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THE EXPRESS

VOLUME 4 EDITION 35 THURSDAY, AUGUST 31, 2017

WEEKLY NEWS

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EXPRESS PHOTO BY PATRICIA BARRETT

A participant in the annual Gimli MS Bike fundraiser wheels away from the Recreation Centre on a 135-kilometre ride that raised \$328,000 for MS research last weekend. See story on pg. 10.

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

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Eriksdale resident presented with Canada 150 medallion

By Jeff Ward

Eriksdale resident Andrea Sweetland said she was very surprised when Selkirk-Interlake-Eastman MP James Bezan presented her with a Canada 150 medallion and thanked her for her years of community service.

The medallion was presented to Sweetland following the unveiling of the historical community monument in Eriksdale. Sweetland has been a part of dozens of community activities over the years, working on various boards to ensure her community is noticed and appreciated.

Sweetland is a member of the board of the Eriksdale Creamery Museum and has, like the others on the board, dedicated years to making sure that Eriksdale's history is preserved for future generations. She has also dedicated herself to organizing activities like card and craft making days. The annual Christmas Craft Sale is another event that Sweetland has a hand in organizing as well.

When she was presented with the medallion she said she was very surprised.

"You don't do this kind of volunteering to get things like this," said Sweetland referring to the medallion.



The Canada 150 medallion.

"When he (Bezan) gave it to me, most of my thoughts were 'I don't really want to cry right now.' But it was



EXPRESS PHOTO TAKEN BY JEFF WARD

Andrea Sweetland holds her Canada 150 medallion that denotes her volunteerism and community service over the years. The medallion was presented to her by MP James Bezan during Creamery Days a few weeks ago.

very nice to get this because it's been something like this just gives you a tough year. You have thoughts of 'what if I can't do this anymore,' but

Continued on page 5

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Fisher River teen staying on course helping others

By John Bruce

Staying on the right path is paying off for Brandon Murdock, a Winnipeg man with roots in Fisher River.

Shaw Communications selected Murdock, 22, as one of 50 Outstanding Canadians, and awarded him \$1,500 to donate to a charity of his choice.

"It was so exciting," Murdock said. "It reminded me that I was on the right path in my life and I was doing the right things to give back. I appreciate that acknowledgment."

He decided to give it to the Bear Clan Patrol, an organization that walks the streets of Winnipeg's North End to provide security and aid to vulnerable people.

"[Bear Clan] is protecting the community that we're trying to help and revitalize," Murdock said.

The Bear Clan also organizes youth patrols and pizza parties for the community's kids, the same kids who Murdock has made it his life's work to help.

He works for Community Education

Development Association (CEDA) an organization that provides support to underprivileged youth to help them graduate and put them on a path for a successful future.

Murdock was a beneficiary of the program himself.

"It was a home outside of home," Murdock said. "I don't think I would have had interest in post-secondary education without it, and I probably wouldn't have graduated on time."

Murdock, the youngest of five children, is the only child who has graduated high school and attended university.

While Murdock has only visited Fisher River once, he still feels a deep connection to the Manitoba community.

"I totally follow what's going on in my reserve," he said. "I'm very proud to be from Fisher River and identify with them."

He hopes to one day host a recreational program for youth in that community. He's done basketball clinics

in northern communities before and likes to be a role model for kids there.

Basketball was a refuge for him growing up.

"None of the stresses from my home life were on the court," Murdock said. "It was a place for me to escape and perform and just have fun and be a kid."

He likes to share that solace through sports in the communities he visits. He said it's important to show kids in

those communities that they have potential.

"I love to share my story and inspire others through my words and experiences," he said. "[I want] to encourage other youth to give back and continue down a positive path."

Murdock hopes to graduate from the University of Winnipeg with a degree in urban and inner-city studies and advocate for indigenous youth.



EXPRESS PHOTO BY JOHN BRUCE

Brandon Murdock in front of CEDA's tutoring building on Selkirk Avenue. He studied there as a high school student.

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The Powder Princess – a mobile parlour pampering people

Riverton woman transforms trailer into travelling spa

By Ligia Braidotti

If you see a pink trailer travelling around the Interlake, one thing to know is that it's not your conventional camper trailer.

For starters, the 1976 trailer is pink, and when you get inside, a facial bed, mirrors, makeup and nail polish take the place of regular household items and furniture. One month of renovations and esthetician Tanya Grimolfson launched The Powder Princess, a travelling spa.

Grimolfson has been in the industry for more than 20 years. She is a licensed esthetician, hairdresser and makeup artist and has been working freelance for the last 10 years. A few years ago, she had the idea of a spa on wheels while on a trip to California.

"I've been working lots of nights and weekends, and I've been going all over Arborg and Riverton, and it's been fun," she said. "I just feel it's been a really great idea. I'm really happy I did it, and I can't wait for next summer."

The Powder Princess goes to a different location every weekend. Grimolfson lets her clients know her next location through her Facebook page (<https://www.facebook.com/TPowderPrincess/>).

She offers services like lash lift, manicures and pedicures, makeup and relaxation massage. Clients can rent out her services for a girls' night, bridal shower, weddings or any other event. Otherwise, she parks her trailer in strategic locations and waits until her clients and curious people start showing up to get their fix done.

"This is my passion. It's not like work for me. I love helping people relax from daily life and feel good, even if it's for 30 minutes. Step into my spa and forget about life's stresses," she said.

Grimolfson, a mother of three, started driving her spa around the Interlake in the middle of July working by herself. She has been busy ever since, adding the response has been outstanding.

"I love the industry and what really inspired me is that a lot of people don't have the opportunity to go to a spa and I'm kind of just right there. They can come in if I'm open or they can call and book. I really don't know why it's been doing so well," she said.

When summer is over, Grimolfson is still not sure what she's going to do, but she's sure she'll be travelling around with her spa again next sum-



EXPRESS PHOTO SUBMITTED

Tanya Grimolfson is the owner of The Powder Princess, a mobile spa that can be seen travelling around the Interlake.

mer. She plans on starting earlier to reach more locations and attend more festivals.

"This adventure has been so much fun. I love to meet new people and show them how to feel good inside and out," said Grimolfson, with a laugh.

The Powder Princess will be in Hecla September long weekend. Check

out her Facebook page and website <http://www.thepowderprincess.com> for pricing, locations and more information on this one-of-a-kind business that will make you feel relaxed and beautiful with the touch of Grimolfson's hands. You can also contact her at info@thepowderprincess.com.

Cycling for Solutions gains momentum, supports citizen science

Three-day, 500-km road trip to support expansion of community-based water monitoring across Manitoba

Submitted

For the third year in a row, a group of amateur cyclists is challenging themselves to complete an ambitious, three-day, 500-kilometre self-supported road trip from Winnipeg to the IISD-Experimental Lakes Area (IISD-ELA) research facility in north-west Ontario.

Riders pay their own expenses while accepting financial pledges for their efforts. All funds raised will be donated to the Lake Winnipeg Foundation (LWF) to support the expansion of the Lake Winnipeg Community-Based Monitoring (CBM) Network.

CBM engages citizen volunteers in the collection of water samples, which are then analyzed in a lab to measure phosphorus concentration and calcu-

late the amount of phosphorus being exported off our landscapes and into our waterways. Excess phosphorus is the primary cause of potentially harmful algae blooms, which have been increasing in size and frequency on Lake Winnipeg.

CBM data can be used to pinpoint phosphorus hotspots across the watershed. Targeting funding and remedial action to these areas provides the greatest return on investment when it comes to taking action to reduce potentially harmful algae blooms.

Last year's Cycling for Solutions ride raised \$7,845 for the Lake Winnipeg CBM Network. The success of this fundraising initiative enabled a significant increase in local CBM capacity. The 2017 CBM season is cur-

rently underway and will see over 1,000 samples collected at more than 70 sites (up from 200 samples collected from 12 sites in 2016).

Cycling for Solutions 2017 participants are hoping to raise \$8,000. This money will enable the continued expansion of local CBM efforts by adding and maintaining 25 new sampling sites throughout the 2018 sampling season.

"You can't manage what you don't measure," says Roger Mollot, president of LWF's volunteer board of directors, operations manager at IISD-ELA and one of the riders taking part in the three-day trek. "The CBM network allows for timely and accurate measurement of phosphorus loading in our waterways. This improved approach to data collection will enhance the efforts to manage nutrients in our lakes and rivers."

Six cyclists are taking part in this year's ride. Leaving on Sept. 1, their route plan is as follows:

Day 1: Winnipeg to Warroad, Minn.

Day 2: Warroad to Nestor Falls, Ont.

Day 3: Nestor Falls to IISD-ELA

At all times, cyclists will remain within Lake Winnipeg's watershed, a massive area covering almost one million square kilometres. The challenge of the ride intentionally mirrors the challenge of finding solutions to the ecological problems facing this great lake.

"Concerned citizens and LWF members are leading the charge for freshwater solutions — and this is literally true with Cycling for Solutions," says Alexis Kanu, LWF's executive director. "These dedicated riders have demonstrated that each and every one of us has the ability to make an impact."

Donations to Cycling for Solutions 2017 can be made online through CanadaHelps or by calling LWF's office at 204-956-0436. Riders are also aiming to provide updates from the road on the Cycling for Solutions 2017 Facebook event page.

Why is a solar eclipse such a big deal?

By Jeff Ward

Last week, millions looked into the sky with protective glasses to see something quite rare: a total solar eclipse.

For Manitobans, the weather didn't co-operate, and clouds obscured most of the Aug. 21 event, so what did we miss?

The eclipse last week wasn't a once-in-a-lifetime experience, and somewhere on Earth there is a solar eclipse ever 18 months. However, not all eclipses are created equal and they fall into one of two types: a lunar eclipse and a solar eclipse.

There are three types of lunar eclipses, which is when the Earth's shadow is projected on the moon. Each of these can only happen at night and during a full moon with the most noticeable of the three being a total lunar eclipse, which makes the moon look red. It's sometimes referred to as a blood moon and happens because the light is refracted through the Earth's shadow. The effect is called Rayleigh Scattering and it is the same reason that the sunset looks red. To put it another way, a total lunar eclipse has all of the world's sunsets and sunrises projected on the moon at the same time.

There are also three types of solar eclipses. The partial solar eclipse, which is what we would have seen in Manitoba last week, is when the moon covers a portion of the sun. The annular eclipse is when the moon only covers the centre of the sun and the edges form a ring of fire. And the most sought-after version of all eclipses is the total solar eclipse, where the moon covers the sun entirely, turns day to night and is an experience many travel the world to see.

The total solar eclipse produces something called totality. Last week, a thin band of the U.S. was in that path where the moon's shadow is projected onto the Earth. As the moon covers the sun and the last bit of direct sunlight falls behind the midnight mirror, you can see the glow of the sun's corona



EXPRESS PHOTO VIA NASA

Once the moon covers the sun, a thin band of light from the sun's corona scatters across the moon's surface. This is totality and the only time it is safe to look directly at the sun.

and the pink and red light from the hydrogen gas from the chromosphere. This is possible because from our spot here on Earth, the sun and the moon appear to be the same size in our sky. The sun is actually 400 times bigger than the moon, but coincidentally, the sun also happens to be about 400 times further away. This is the only time that it is safe to look at the sun with your bare eyes and it is a sight that few will get to experience. But why is it so rare?

The moon orbits Earth every 29.5 days, but we don't get an eclipse every month. This is due to the fact that the moon's orbit is tilted in relation to our own by 5.1 degrees. This means that the Earth's shadow is kept off the moon and vice versa most months.

There are two places called nodes where the moon's orbit crosses the sun's plane. So as the Earth orbits the sun, those nodes will line up about twice a year. If the moon passes between the sun and the moon at that time, we get a solar eclipse. Calculating those orbits gives astronomers the ability to accurately predict when, where and exactly what time the next eclipse will happen. The next time Canada will be in the path of totality will be April 8, 2024, in New Brunswick.

You're more likely to see a total lunar eclipse in your lifetime than a solar one. The totality of that eclipse can last more than an hour and anyone on the nightside of Earth can see it. The total solar eclipse is more rare because totality will only last a few minutes. Although Earth will see a total solar eclipse every 18 months, it will be viewable by less than half a per cent of Earth's surface. The total eclipse is made even more rare because the moon isn't at a constant distance from the Earth. The moon has an elliptical orbit and its size changes by about 12 per cent throughout the month. When the moon is closer to us is when we can get a total eclipse.

When Apollo 11 landed on the moon on July 21, 1969, astronauts Neil Armstrong and Buzz Aldrin left mirrors on the moon for astronomers to bounce lasers off of. That experiment told us that the moon is actually moving farther away from Earth at a rate of three centimetres every year. So in the far future, approximately one billion years, the Earth will have its final total solar eclipse.

So before that happens, you might want to get out and find yourself in the path of totality — before it's too late.

> CANADA 150, FROM PG. 2

boost to keep going."

The medallion itself is a coin a little larger than a silver dollar. On one side it displays the Canada 150 Maple Leaf and on the other it has the Canadian Coat of Arms and Bezan's identifier. It's a keepsake that, for Sweetland, will remind her of all the work she's done volunteering over many years. It will also serve as a reminder that her hard work didn't go unnoticed.

Sweetland said that for her personally, she never felt like she deserved something like this. To be publicly honoured for doing something she enjoyed and felt was important to make her community better was never on her radar.

"I think that the greatest gift anyone could give a volunteer is just a sincere thank you. Most volunteers do it for their community. All they ever want is for someone to say thanks," said Sweetland.

Although proud of the work she's done, Sweetland said that she's not a one-woman crew. There are dozens of people that have contributed over the years to make events like Creamery Days successful. She explained that while they are too numerous to name, there is a strong team of volunteers that help make each event work.

Sweetland said that she hopes the medallion might in-

spire people to continue volunteering in her community and others. She said that it's important for people to know that these efforts are appreciated.

"You'd have nothing if not for volunteers. Most of the events people enjoy have volunteers working to make things go smoothly. We do it because we love our community," said Sweetland.

As for what she'll do with the medallion, Sweetland said that after she's done showing it to those interested, it will likely sit quietly on her shelf to remind her of many jobs well done. And it's likely that it will someday end up in the care of her grandchildren.

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> ARNIE WEIDL **Another jack that slipped away**

Hi guys and gals. There was no reason to think our camper-angler friends at Norris Lake wouldn't give us an entertaining fishing story when I was there last weekend until I got side-tracked by a lovable loon.

I idled slowly through the dusty gravel lanes, stopping occasionally to talk fishing with folks, and I almost missed something special.

At the end of the pier, I noticed two young guys fishing with a pal, who happened to be a loon squatting between them. This goose-necked, rapier-beaked, swept-back winged creature in a dark brown-black coat of feathers was acting almost human. It quickly became evident that "Herbert," we'll call him, liked people.

Herbert clearly seemed to have no patience for Alex and Tyler Robinson's ability to catch fish. I watched as he looked up sideways at Alex, then Tyler. Then, seemingly in exasperation, he jumped off the pier and disappeared under the water, coming up with a small fish. He wiggled his head, squawking as if to say, "See, this is how you do it."

It soon became apparent the loon considered campers to be his buddies and the Norris campground his summer home. Campers told me he would waddle or fly from one camp lot to the other, picking up morsels of food, checking out the campers and sometimes just sitting beside them for company. At night, he would honour some boat owners by perching on their boat for the night.

Persnickety, smart Herbert, the Norris Lake mascot, if you come to camp here, he'll probably come say hi.

I mentioned last week anglers who fish in still waters seem to be luckier than others lately. Fish hiding in still waters happened again last Thursday



EXPRESS PHOTO BY ARNIE WEIDL
Bernard Mendoza of Steinbach with his catch from the Winnipeg River by Powerview.

with folks on the Winnipeg River by the Powerview Dam.

On the south side, there is a large, flat rock outcrop harbouring a little bay. There I met Bernard Mendoza from Steinbach who was catching one fish after another while no one else along the bank were getting a bite.

Not long ago, I met a very interesting chap by the name of Shayn Peitash of Beausejour with a fishing story of theft — as far as he's concerned. Shayn was a tall, well-built guy with short brown hair, a strong jaw and tight lips set as he cleared his throat before each sentence. He was riverbank fishing with dad on the Red years ago when nature called. He asked Pop to watch his line

while he had a quick talk with a willow bush. Coming back, he saw dad reeling in his line with a master pickerel on the hook. Shayn felt it should be his fish, but dad insisted he would keep it to have it mounted. Shayn didn't want to cause trouble, so the fish wound up on dad's wall. Days later Shayn went to Sunday school and when the teacher asked if anyone had a summer story, Shayn jumped up and told how dad stole his giant fish. The teacher was convinced Shayn was lying about the size of the fish and that father had taken it, but Shayn stood his ground and kept on insisting his story was true.

Finally the teacher got mad and threw Shayn out of Sunday school. Father and son still argue over who owns that fish.

A few days ago, I met a very unusual character. He was tall, portly and one of the nicest guys I have ever come across. He put you in mind of a very cool Santa Claus with his snow white beard and hair, spectacles half off his nose and a talent for telling one story after another in a hearty, bellowing voice. He's Larry Gillings from Monominto (I bet you can't find where that is) and he told of a time fishing on the Red upstream of Selkirk when he saw a bunch of small frogs by the water's edge.

He caught a couple and set them on his double hook pickerel rig, cast out and immediately got a strike of two jackfish. Larry sat in his chair astonished at the frenzy before him. The jacks mindlessly attacked the frogs, pushing each other away by reflex. The water became frothing foam. Larry, being a joker by his own admission, yelled at the jacks, "To heck with you guys, you figure it out."

Well, they did. They took the frogs, slipped the hooks and left!

See you next week.

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Fly-in BBQ lunch

By Jo-Anne Procter

Manitoba pilots flew in to Oak Hammock Air Park last Saturday to enjoy a barbecue lunch.

The Oak Hammock Flying Club hosted their annual fundraising event to give pilots an opportunity to take a flight, show off their planes and socialize with others interested in aviation. The club has hosted the barbecue for 14 years as a club fundraiser and is always happy to see new faces attend the event.

Martin Carriere from Stonewall has had his pilot's licence for 35 years and had his advanced ultra light 1996 Quad City Challenger at the event.

"The ultra lights are the same as a conventional plane but more sensitive to wind," said Carriere.

He told the *Tribune* on a good day he can get 2.5 miles/gallon/hour flying at 55/60 miles per hour.

"They are a lot of fun to fly," he said. "You just have to pay a lot of respect due to the weight."

Carriere also said that the age of an aircraft isn't a big deal as maintenance is very regulated.

Greg Ross also from Stonewall had

his ASAP Chinook Plus2 ultra-light plane on display, which he built with his father who lives in Grandview. It took the duo approximately 1.5 years to build, and they have recently started building a Zenith CH750 plane. When asked if took the first flight in his "homebuilt" ultra-light, he replied, "They say it is not recommended as you have an emotional connection and sometimes emotion can override common sense."

Cub president Ed Gulay was happy to take this very nervous reporter, who is afraid of heights, on a flight to snap a few photos. "Just don't think about it — just do it" was a comment from a friend who overheard the offer, and Gulay ensured me it would be like "sitting in a rocking chair" — and he was correct! It was a great experience and now I understand the passion these pilots have.

The club is 25 members strong and has 17 active aircraft on the facility. For more information on the club, check out www.oakhammockflyingclub.com and be sure to stop in next year as they celebrate their 15th annual fly in.



EXPRESS PHOTOS BY JO-ANNE PROCTER

A bird's-eye view of the Oak Hammock Air Park during the annual fly-in barbecue held last Saturday.



Martin Carriere from Stonewall with his Quad City Challenger that was built in 1996 in Quebec.

Parkinson SuperWalk set for Sept. 17 in Gimli

By Jennifer McFee

It's nearly time to lace up for a good cause with the annual Parkinson SuperWalk set to hit the streets of Gimli soon.

On Sunday, Sept. 17, walkers will converge for the fundraising event, which wraps up at Waterfront Centre's Johnson Hall (94 1st Ave.).

For Karen Lamb, who is co-chairing the event with Cindy Parker, she hopes the fundraiser will draw interest from participants across the Interlake.

"It's just a nice little stroll along the lake and then back to Johnson Hall," said Lamb, who is walking in memory of her mother, who had Parkinson's disease.

"We're trying to make it bigger and better than ever before. Our goal is to expand it to make it more of an Interlake walk. There are so many people in other communities in the Interlake who have Parkinson's or who have connections to Parkinson's, so we're trying to reach them as well."

As the previous organizer for the past five years, Gary Einarson expressed similar sentiments. Although he's not involved in organizing this

year's walk, Einarson still plans to participate — and he urges others to do the same.

"I try to encourage people who live in other parts of the province to go to the walks that are nearest to their home just to give them a shot — Morden, Brandon, Winnipeg and Gimli," said Einarson, who has Parkinson's himself.

"For the Gimli and Interlake SuperWalk, we're trying to convince people to join us and to have an Interlake theme to it. We can share information and so much more."

During his time as organizer, Einarson took great strides towards that goal.

"When I started, we had about 65 people participating. Now it's somewhere in the ballpark of double that number," he said.

"And when I started organizing five years ago, we took in about \$16,000. Two years ago, we topped \$30,000. We slipped down a bit this past year, but our use of funds was more efficient. So in the end, we actually did better because we had fewer expenses."

Einarson gives credit to the volunteers and to the overall community



EXPRESS FILE PHOTO

Gimli will host the Parkinson SuperWalk on Sept. 17.

for showing ongoing support for the cause.

"We had a consistent committee, so that helped a lot. We also have a really good community, and we really have appreciated the support that we've received through the campaigns," he said.

"For instance, our facility that's the home base for the walk is donated, so that's a major contribution. When you walk into Johnson Hall, it's an impressive place so it adds a little class to our presentations."

Throughout his stint as chairperson for the walk, Einarson served a dual

role as the leader of a Parkinson's support group. Now that he has stepped down from his duties with the SuperWalk, Einarson continues to focus his efforts on the support group and he invites anyone who would like more information to contact him at 204-642-7365.

Meanwhile, Lamb also invites anyone interested in volunteering for the Sept. 17 Parkinson SuperWalk to contact her at 204-612-2440. In addition, she welcomes donations for the silent auction. For the fourth year in a row, she has made and donated a queen-size quilt that will be a sought-after raffle prize.

To register for the Parkinson SuperWalk Gimli or to make a monetary donation, visit donate.parkinson.ca. Participants can also register at the event, with check-in beginning at 9 a.m. followed by the walk at 10 a.m.

In addition, an information session about Parkinson's disease will take place in Arborg on Sept. 6 at 6:30 p.m. in the Ardal-Geysir Lutheran Church at 301 River Rd. To pre-register, call 1-800-565-3000 ext. 3440 or email donna.greening@parkinson.ca.

Finding healing in nature

How the Selkirk hospital's landscape is benefiting both patients, employees

By Lindsey Enns

When you step onto the grounds of the Selkirk Regional Health Centre, you almost have to remind yourself that you're at a hospital.

Lush with Manitoba-grown wild prairie grasses and flowers, rooftop gardens and multiple outdoor seating areas, the site's landscape design is helping transform the new regional hospital into a healing environment.

"One of the first things we did ... was to try to define sort of what health and well-being meant for people living in the Interlake," said Monica Giesbrecht, principal at HTFC Planning and Design and the project's lead landscape architect. "So no matter where you are in the hospital, there is some sort of glimpse or connection to that landscape."

Giesbrecht added the prairie-inspired landscape, down to the outdoor railings, decks, benches, lighting and the hospital's walls of sea blue windows, were all made to mimic the feeling of being in cottage country.

"Studies show that when you feel more at home at a place, you're likely to be more calm and less stressed out so this feeling of familiar was very important."

Some of the 28-acre site's design details include a nearly 1.5-kilometre walking trail, 3.6 acres of stormwater



EXPRESS PHOTOS BY LINDSEY ENNS

Monica Giesbrecht of HTFC Planning and Design, pictured top left, overlooks the new Selkirk Regional Health Centre's landscape she helped design from the second floor during a tour of the centre's outdoor spaces last Thursday afternoon. The site's landscape design is helping transform the new regional hospital into a healing environment for both patients and staff.

management systems, 14.8 acres of native grasslands and park space, as well as 30,000 square feet of gardens, 360 trees, 1,300 shrubs and 2,400 perennials.

The main floor consists of a "central healing courtyard," which includes seating areas, a large shade tree, elevated deck and donor wall as well as a green vine shade wall. A family courtyard with an outdoor kitchen, decks, grassy hills, native and adaptive plantings and seating is also located in the back of the hospital.

Up on the second floor is a 850-square-foot therapy and meditation balcony, two rooftop gardens and visitor terraces overlooking the central and family courtyards.

"Many studies show that a view to the outside increases patient recovery by nearly 50 per cent, that they mentally feel better, that it reduces stress in staff in a hospital and it helps families that are dealing with not-so-great things, cope with stress," Giesbrecht said. "So the architect and the regional health authority really bought into that idea."

Lita Savage-Murray, a spokeswoman with the Interlake-Eastern Regional Health Authority (IERHA), said the centre's landscape design was an important part of the new hospital's build. She added the total cost of the landscaping project is factored into the building's budget, which was \$111 million.

The 180,750-square-foot facility officially opened its doors on June 25.

With the idea of wellness in mind, the hospital is home to floor-to-ceiling windows, open-air terraces, rooftop green spaces, natural paint colours and locally quarried limestone walls.

The IERHA is currently working

with hospital staff to organize local community garden groups to help maintain the landscaping, which will give the community a chance to be part of their new health centre.

Giesbrecht said studies show that other advantages to introducing views and access to nature at hospitals include reduced pain and depression in patients, a better quality of life for the chronic and terminally ill, increased mobility and independence for patients as well as creating a better overall atmosphere for staff.

For Giesbrecht, who has been working on this project since 2007 alongside LM Architectural Group and EllisDon, said being able to see their vision come to life is difficult to put into words.

"The reason I am a landscape architect is to promote human health and connection to land and I get goosebumps because this is exactly what this does," she said, adding they have already heard lots of positive feedback about the site's design. "It's a once-in-a-lifetime project."



**Interlake-Eastern
Regional Health Authority**

Please join us for our Annual General Meeting:

Monday, October 2, 2017

École Powerview School

33 Vincent Street, Powerview-Pine Falls

5:30 p.m. Tradeshow

The health programs and services available in our region will be featured. Our Mobile Wellness Team, our program staff and our community partners will be available to provide expert advice and to offer healthy lifestyle ideas.

6:30 p.m. Annual General Meeting

There are many changes underway in health care. Join in a conversation between Dr. Brock Wright, president & CEO of Shared Health Services Manitoba, and Dr. Myron Thiessen, vice-president primary health care and chief medical officer of Interlake-Eastern RHA, as they explore health care change, why it's necessary and how you stand to benefit. We'll also review Interlake-Eastern RHA activities; presentation of the Community Leadership Award; and provide a question and answer period.

Everyone welcome. Refreshments will be served.

For more information call 1-855-347-8500
e-mail info@ierha.ca visit www.ierha.ca

Oats looking good after dry summer at Ashern Museum

By Jeff Ward

Despite a summer with little rain, the oats growing at the Ashern Pioneer Museum are looking good and will be harvested this weekend for Threshing Day.

Museum board member Priscilla Ebbers said that even with the dry, hot summer they've had, the oats are still growing well. Right now, the grain is approximately two feet high and has filled the entire east portion of the museum grounds.

Threshing Day, an annual tradition for over 20 years in Ashern, takes place Sunday, Sept. 3 at 1:30 p.m. at the Ashern Pioneer Museum.

Threshing is the process in which the grain has its seeds removed from the stalks and husks. Ebbers explained that the grain threshed this weekend will be from last year's harvest. This year's grain will be dried out and placed in the shed over winter to thresh for next year. Ebbers said that the grain they

planted at the museum this year was done the way it was in the old days with no fertilizer and only the rain for moisture.

"We didn't get a lot of precipitation over the summer but the stalks are just golden enough to use the binder," said Ebbers.

"Once we sheave the grain, we'll store it for next year. I think we'll get about what we expected to out of this field. At first we were a bit worried because it didn't seem that it had grown all that much, but it does look pretty good right now."

Ebbers is very pleased with how this season has gone and is looking forward to many more seasons of planting at the museum.

Threshing Day gives people the opportunity to see a live demonstration of how grain is separated from the stalk. That education is something the museum board prides itself on providing to locals and visitors. Even

"WE DIDN'T GET A LOT OF PRECIPITATION OVER THE SUMMER BUT THE STALKS ARE JUST GOLDEN ENOUGH TO USE THE BINDER."



EXPRESS PHOTO TAKEN BY JEFF WARD

Oats are nearly ready for harvest at the Ashern Pioneer Museum and the grain from last year is ready to be threshed this Sunday for Threshing Day.

thought there are many agricultural producers in the area, it's possible that people aren't aware of how this process is done.

Ebbers said the grain in the ground now will be cut during the threshing demonstration if conditions are good.

Perogy dinner raises \$3K for playground equipment

By Jeff Ward

The Steep Rock Campers committee held their first fundraising dinner last weekend and served homemade perogies to more than 100 attendees.

Committee chair Donna Fissel said the fundraiser brought in \$3,449.80 and the money will go towards a future purchase of playground equipment. Fissel said that while the committee was hoping to feed close to 200, they were happy with their turnout and blown away by the reception.

Fissel said that everyone who came to dinner said they enjoyed their time and the food, and all leftovers were purchased afterwards. This was the first event the committee, which only formed back in June, organized and Fissel was impressed at how well this group works together.

"We've only been a committee for a little while, and before this, many of us didn't know one another. So to come together and work like this to help make the area better is amazing. This was a huge job and it flew by so

fast," said Fissel.

The playground equipment will be purchased in the spring and will likely be installed before the 2018 summer season. Fissel said the committee exceeded what they wanted to raise by more than \$1,000.

Campground manager Lana Gabbs said that she couldn't say enough about the commitment and enthusiasm of the committee.

Fissel explained that their success comes from like-minded people getting together to serve a common goal. Everyone wants to work and do what he or she can to help.

"I think it's just the right people, right time. When you get people together who are enthusiastic about making a difference, the other stuff comes together quickly. I'm excited to get started early next year," said Fissel.

The committee plans to hold another perogy dinner next year as well but is aiming for an August long weekend date for that event.



EXPRESS PHOTO SUBMITTED BY LANA GABBS

Donna Fissel and Ivan Slater cooked perogies earlier this month and froze them for last weekend's fundraising dinner. The event raised \$3,449.80 for playground equipment.

Gimli MS Bike event raises over \$320,000

By Patricia Barrett

Hundreds of people took part in last weekend's Gimli MS Bike event, raising over \$320,000 that will help researchers find a cure for multiple sclerosis and provide essential services for those living with the disease.

The two-day fundraising event for the Multiple Sclerosis Society set a fundraising goal of \$403,000. As of Aug. 28, contributors had raised \$322,869.

Currie Gillespie from Woodcock Cycle Works, a Winnipeg-based bike store that has partnered for several years with the MS Society, provided cyclists with a few safety tips before they set off, including riding as close to the road edge as possible and not watching the wheel of the rider in front in order to avoid a crash.

Made up of 65 teams, 439 cyclists set off from the Gimli Recreation Centre to complete a 135-kilometre journey that stretched from Camp Morton to Dunnottar.

A number of teams raised significant amounts of money for the MS Society. The Industrial Pedalers team was No.1 out of the Top 10 teams, raising \$29,510, and the Greatful Tread team from Great West Life raised \$20,712, according to the MS Bike website (as

of last Monday).

Cyclists were treated to supper Saturday night, a beer garden and a massage therapist.

The MS Bike cycle fundraiser began in 1989 with events held across Canada.

MS is an autoimmune disease of the central nervous system that damages the protective covering of nerves. It can cause extreme fatigue, lack of coordination, weakness, tingling, impaired vision, compromised sleep, cognitive difficulties and mood changes.

Canada has the highest rate of MS in the world with an estimated 1 in 340 Canadians living with the disease, according to the MS Society's website. More women than men are likely to develop the disease. To date, the cause of is unknown and there is no cure.

The MS Society is dedicated to finding a cure for the disease by funding research. It holds a number of fundraisers across the country, including the MS Walk, MS Golf and Women Against MS Gala Luncheon.

The second Manitoba MS Bike event — the Riding Mountain Challenge (150 kilometres) — will take place Sept. 9-10 in Dauphin.



The Greatful Tread team from Great West Life raised over \$20,000.



The Industrial Pedalers team placed No.1 out of the Top 10 teams, raising \$28,910.



A bike patrol wore a fish head helmet to celebrate Gimli's fishery.



copy

EXPRESS PHOTOS BY PATRICIA BARRETT

Over 400 cyclists took part in the 2017 Gimli MS Bike tour last weekend.



Currie Gillespie from Woodcock Cycle Works provided the cyclists with a few safety tips before the ride.

Arborg Yardscape contest rewards local green thumbs

By Jeff Ward

Ron and Janice Gulay said they were thrilled to win the recent Yardscape competition at the Arborg Street Festival.

The competition was a fun way to encourage Arborg residents to go the extra mile in their yards and to help beautify their neighbourhood. Organizer Susan Bauernhuber said that the competition, which is in its first year, had six properties up for contention. The Arborg Garden Club judged all properties in July but the Gulays didn't know they had won until the festival on Aug. 19.

Janice Gulay said that she thought they had a good shot at winning but that there are some very nice yards in the community. She and her husband spend time daily weeding, cutting grass, watering and more to make their yard look presentable. And all that work paid off. The Gulays won two standing lawn ornaments from Home Hardware and a \$100 gift card from Willow Hair Design.

"Ever since we moved here, we've kept up our yard and we were very happy to be chosen," she said. "To be honest, I never really liked gardening that much until a few years ago. But now I find it so relaxing to get up early, go outside and water the plants. It's so peaceful out there and quiet in the morning. I feel that it just relieves all my stress."

She said that making their yard a sanctuary of sorts is something that has become a passion for them. She said that she loves to go and check out her neighbours' yards to see what they're doing.

Regardless of who wins, each homeowner who starts down this path is making the community a brighter and more inviting place to live.

And that's one of the goals Bauernhuber had for the competition. For her, it wasn't as much about pitting



one yard against another but more about celebrating the efforts of those who make the community a beautiful place to be.

"I think it's catching on, too, because I've already had people come up to me and say that next year they're going to enter. We were happy with the turnout for submissions this year but would love to see this grow over the next few years," said Bauernhuber.

With or without the contest, Gulay is thinking about next year as well — which flowers she's going to plant, which trees will be moved and what ornaments will be included are all going to be thought about over the winter months. Gulay said that she's looking forward to next year's competition and to see more people take on the hobby.



EXPRESS PHOTOS SUBMITTED

Ron and Janice Gulay won the first annual Arborg Garden Club Yardscape competition recently.

Campers could win seasonal campsite for a year at Itty Bitty Bash

By Jeff Ward

Steep Rock Beach Park will host its unofficial send off to the summer season with the Itty Bitty Bash next weekend, when attendees have the chance to win their seasonal campsite for the year.

The Itty Bitty Bash, which will take place on Sept. 9 at 5 p.m., is a fundraiser hosted at the campground organized by the campers. The Steep Rock Beach Cafe caters the event and tickets for the dinner are \$15 each.

Campground manager Lana Gabbs

said that campers who volunteer their time to help raise money for the park arrange the whole event. The event originally raised money for the pavilion, but now the money goes towards general maintenance and other improvements.

A massive silent auction, with prizes donated by campers and local merchants, includes big ticket items like tickets for the Winnipeg Blue Bombers, a barbecue, Tasimo coffee machine and a handmade picnic table.

"It's really nice how the campers

come together and put this event on. The silent auction usually has 125 prizes, and the 50-50 draw is also exciting. And having the opportunity to win your campsite for the year gets a lot of people really excited," said Gabbs.

Seasonal campers can spend \$20 on a ticket that, if drawn, will pay for their campsite in full for the 2018 season. Gabbs said that for an average lakefront site, that \$20 ticket could mean savings of \$1,500 for the site fee.

Improvements to the campground,

combined with Canada 150 events have spiked attendance this summer. Gabbs has seen a 43 per cent increase over the same period last year. Over a 90-day period more than 144,000 people have visited the park.

"That many people is mind-blowing and it's been utterly amazing being here for the last four years. And we want to keep that momentum going into next year," said Gabbs.

Those interested in pre-purchasing tickets for the dinner can call the office at 204-449-2221.

Yabba Dabba Doo at Arnes Farmer's Market

By Ligia Braidotti

If you ever dreamed about driving Fred Flintstone's car and just having a little taste of the stone era, a Gimli artist has just made that possible.

When Daniel Van Caeyzele retired from being a mechanic, stopped working full-time at his shop in West St. Paul and moved to Gimli a year ago, he found carving wood a fresh and stimulating hobby.

"The first bear I did, I hated it and burned it," Van Caeyzele commented, adding he didn't give up after his first try. "I got good at it. I made five, six bears and I got good at it."

And, indeed, he got so good at it that this year he built a park at the Arnes Farmer's Market property that is as distinctive as the farmer's market itself. On the south side of owner Dennis Bobrovich's property, Van Caeyzele built a Flintstones-inspired park for kids but said the

parents seem to have enjoyed it more.

"Kids these days don't know who the Flintstones are. I just want to have comic characters from the '50s and '60s and '70s. I see a lot of adults getting their pictures taken, and a lot of them come back and say 'I showed my kids the Flintstones, and they loved it.'"

Van Caeyzele and Bobrovich met while hunting 12 years ago and have been friends ever since. In fact, it was Bobrovich who introduced and encouraged Van Caeyzele to start wood carving. Together they have embarked on several projects together for the park.

While the farmer's market is going on, Van Caeyzele takes the opportunity to make and sell some of the bears he carves, which he calls Yogis. His bears don't have a perfect face. He said he prefers to make them comic style, look-

Continued on page 14



EXPRESS PHOTOS BY LIGIA BRAIDOTTI
Daniel Van Caeyzele and his wife Iris sit at one of his Flintstones cars that he made himself and is placed at the Arnes Farmer's Market park.



Daniel Van Caeyzele and his wife Iris with one of his "Yogis" at the Arnes Farmer's Market park.



Two Registration Nights!

A mass registration with other community groups at the Teulon Rockwood Centennial Centre, Wed, Sept 6, 5-8pm (to coincide with the TES Open House)
A second registration at Green Acres Art Centre, Thurs, Sept 14, 5-7pm.

For Full Program Details:
www.greenacresartcentre.org • 204-886-3192 • gaac@mymts.net
Facebook at GAAC Teulon



2017-18 PROGRAMS:
Dance with Ms. Alycia and Miss Elena
Little Stars Ballet Lyrical Hip Hop
Jazz Boys Funk Hip Hop

Highland Dance with Miss Lesley Bond
Theatre with Angela from Manitoba Theatre for Young People



Guitar, Bass and Drum Lessons with Shane Taite
Piano Lessons with Ashley Teichrib
Music for Young Children (Ages 2-3 accompanied with an adult) –
Sunrise Program with Ashley Teichrib
Adult Painting with Graham Clarke
Fitness with Patsy Duncan
Yoga with Heather McDermid

Thank you for making our programming possible:
MB Tourism, Culture, Heritage, Sport and Consumer Protection – Community Arts Councils Operating Support
Community Places Program – Manitoba Housing and Community Development
Manitoba Children and Youth Opportunities and Manitoba Culture, Heritage and Tourism, the School and Community Arts Program
Interlake Community Foundation, Teulon Collegiate Institute Youth in Philanthropy Group with Interlake Community Foundation,
RM of Rockwood, Town of Teulon

Join us for our AGM on Sun, Nov 26, 2017, 3pm. New board members always welcome.



15th Annual South of the Lakes Art Tour 2017

Saturday Sept 16th 10-5
Sunday Sept 17th 12-4

Admission & Maps are FREE

Pick up maps at Hallmark and other stores around Rosser, Grosse Isle, Stonewall, Balmoral, Teulon and Selkirk

For more information call
Dolly 204-467-2766






fall registration 2017-2018

Keeping Kids Active

Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some kids that they aren't good at sports, a lack of active role models, and busy working families.

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids did generations ago. So their opportunities might be limited.

In spite of these barriers, parents can instill a love of activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood.

Benefits of Being Active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- weight control
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life

Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

What Motivates Kids?

So there's a lot to gain from regular

physical activity, but how do you encourage kids to do it? The three keys are:

1. Choosing the right activities for a

child's age: If you don't, the child may be bored or frustrated.

2. Giving kids plenty of opportunity to be active: Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.

3. Keeping the focus on fun: Kids won't do something they don't enjoy.

When kids enjoy an activity, they

want to do more of it. Practising a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

Reechka
Ukrainian Dance Club

REGISTRATION/OPEN HOUSE
Monday, September 11
starting at 5pm at the AEMYS

- Ukrainian Adult dance class starting in October
- New registration package incentives

Any questions regarding times and fees call Shelly Burak
204-364-2480 or email rburak@mts.net

Fall Program Registration & Wellness Expo

Come join us at the Gimli Pavilion
Thursday, September 7 from 4:00 - 8:00 pm

There will be tables set up with information about many recreation activities and programs that will be offered in Gimli.

For more information about programs or the Wellness Expo please call the Rec Centre at 204-642-6670 or email grcprogrammer@rmgimli.com

Cash and/or cheque will be the preferred method of payment at this registration night.

FALL/WINTER REGISTRATION DAY
September 9th, 10:00am - 2:00pm
Arborg Arena

Community Groups Include:
Arborg Bifrost Parks and Recreation Commission
Arborg Gymnastics Club
Arborg Minor Hockey
Arborg Skating Club
Partners In Time Dance
Reechka Dance Club (Ukrainian Dance)

Contact Recreation Office for more information
204-376-5576 tom.abprc@mymts.net

Don't miss an opportunity of a lifetime!!

Do you like Fun? Adventure? Making friends?

Then come and be a part of the largest youth organization in Canada!

182 Royal Canadian Air Cadet Squadron is looking for youth aged 12-18, who want to make a difference in their communities! You must possess a willingness to have fun, learn new skills, and enjoy the benefits of increased self-confidence, and physical fitness. If this opportunity interests you, then come and be a part of challenging and rewarding program!

Where: Hangar 1 Gimli Industrial Park (Gimli Airport)
Time: 6:30-9:30 pm Tuesdays
When: Starting September 12th, 2017

You can join anytime.
Come and experience the opportunity of a lifetime!
You won't regret it!

For more information, email: 182air@cadets.gc.ca
or visit www.cadets.ca

GINLI ART CLUB

MEMBERSHIP REGISTRATION NIGHT
Wednesday, Sept. 6, 2017 from 7-9 PM
3 Centre St. (Harbour Front)

Beginners and Artists of All levels are welcome

Club activities, (Mon-Fri) a different Medium each day

We look forward to meeting with you!
Call 642-8217 or visit www.gimliartclub.com

Annual Membership Fee \$100

Local rider hopes to win over hometown crowd

By Jeff Ward

This weekend, dozens of tough, competitive riders will descend on Ashern for the 25th annual rodeo, and one local rider is hoping to give a good show for the hometown crowd.

Matt Carmichael has been riding the saddle bronc event for three years. He said that while he's never been able to stay on for a full eight seconds, he's hoping for the Ashern rodeo that all his practising will pay off. Carmichael said that performing in front of a hometown crowd does add a bit of pressure to the rider because he wants to do his community proud and put on a good show. But he added that for those eight seconds when he's riding, all of that pressure melts away as he tries to stay on.

"It's a different feeling when you're up there, a different rush that you can't get anywhere else," said the young rider.

"I've ridden in a lot of events but this one is one of my favourites. Getting to ride in front of family and friends is great. You feed off of their energy and it pushes you to ride well for them."

Carmichael said that even though it's a competition, the riders are about as helpful as anyone could be. He

added that those competing are always willing to lend a hand wherever needed and that there is a lot of camaraderie in these events. The eight seconds a rider has to stay on the back of a bucking bronco are among the toughest eight seconds ever. The horse is at least three times heavier than the rider and an order of magnitude stronger. In Carmichael's own words, "the animal is always stronger than you every time. You're not going to beat it with strength."

So the question becomes how do you beat it? And that's something that is answered on an individual basis. Many riders will have different approaches to staying on. The catch is that riders also have to spur their horse to induce bucking to get more points. A soft ride of eight seconds isn't going to win any championships. So riders have to push the horse to work harder to knock them off.

"If you're not in time with the animal you're going to get bounced off. You have to be in position before each jump and you want to make the horse move in nice wide circles," said Carmichael.

You wouldn't be alone in thinking that riders are all counting to eight in



EXPRESS PHOTO SUBMITTED

Matt Carmichael hopes to put on a good show this weekend in the Saddle Bronc event at the Ashern Rodeo. The local rider is excited about performing in front of his hometown crowd.

their head, but for Carmichael, he said that's not the case.

"I used to count but I don't anymore. It's distracting. Now I'm starting to remember more of what I've learned and to be more aware of what's going on," said Carmichael.

Win or lose, Carmichael is a dedicated and passionate rider looking to put on a good show this weekend for rodeo attendees.

The rodeo begins on Saturday Sept. 2 at 4 p.m. at the Ashern Rodeo Grounds.

25th Annual Ashern Rodeo

SEPTEMBER 1-3, 2017

1.5 MILES SOUTH OF ASHERN ON HWY #6
The Grandstand and Beer Gardens are covered, so rain or shine, you can enjoy in comfort!

FRIDAY

5:00 pm - 3rd Annual Good Times Bar Pig and Corn Roast

7:00 pm - Street Dance on Main St.
- hosted by Ashern Minor Hockey and Ashern Skating Club

10:00 pm - Fireworks at end of Main St.
- hosted by Ashern Chamber of Commerce, Ashern Rodeo, and Ashern Pioneer Museum

SATURDAY

8:30 am - Pancake Breakfast at Centennial Hall

11:30 - Parade

1:00 pm - 3rd Annual Ashern's Got Talent on Main Street

2:00 pm - Rodeo Grounds open to the public

4:00 pm - 25th Annual Ashern Rodeo begins

8:00 pm - Outdoor Social at the Rodeo Grounds

RODEO 1/2 TIME SHOWS by the J&S Trick Riding Team!

1:30 pm - Threshing Demonstration at the Museum

3:00 pm - 25th Annual Ashern Rodeo Finals. Championship Buckles presented after the show.

SUNDAY

10:30 am - Cowboy Church Service at the Rodeo Grounds

11:00 am - 25th Annual Ashern Pioneer Museum Thresherman's Reunion at the Museum

Festivities include: Canada 150 Quilt on display, Tribute to a Local, Museum Tours, Petting Zoo, Tractor Display, Kids Activities and Food Vendors

Rodeo Admission:
Day Pass - \$10
Weekend Pass - \$15
Outdoor Social - \$10
Full Weekend Pass (Sat., Social & Sun.) \$20
Kids 6 & under Free

Kids Activities all Weekend! 50/50 Tickets on sale!

Visit Ashern Rodeo Facebook page

> FLINTSTONE, FROM PG. 12

ing at people with a smile on their faces.

"I can do a nice face. I can do a real bear, but I don't want to. I want a character bear smiling at you or whatever," said Van Cayezeele.

Each bear, Flintstone-inspired object, bench and the attempt of a Dino were made using tamarack, spruce and some poplar, resources he gets from Bobrovich's farm.

"I get all the wood from here, and we help each other and whatnot. It just works so great."

Van Cayezeele said selling wood artwork is not easy because the material and time cost a lot. He takes a whole day of carving to make a bear, then a

few more days for the wood to dry, sand and paint. But selling is a plus for him, not his primary focus.

"It's a retirement thing for us. We don't care if we are selling. I just love to do this kind of stuff. I enjoy watching the people come here," he said.

Although the farmer's market is only open during weekends, the park is open all week for everyone to enjoy a little taste of Bedrock. The Arnes Farmer's Market is located on PR 222, 16 kilometres north of Gimli.

Van Cayezeele and Bobrovich said they plan on expanding the park and making wood dinosaurs to place in the bushes, referring to Jurassic Park.

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Eriksdale Museum barn quilt now on display

By Jeff Ward

The barn quilt installed recently at the Eriksdale Creamery Museum displays a pattern called The Butter Churn, which is quite apropos given the museum's past.

Eriksdale's barn quilt is the newest addition to the Interlake Barn Quilt Trail, which is a collection of 30 painted quilts. A barn quilt is painted on plywood. Most but not all are mounted on barns for people to see.

The quilt patterns will typically represent something important to the person painting it. In the case of Eriksdale, the new quilt is displayed like a big sign at the museum entrance, representing the long history of butter making the Creamery Museum is known for.

The quilt was sketched and painted by the two summer students at the museum, Trevor Scott and Adam Mikula.

Museum board member Andrea Sweetland said that this project is something she's been wanting to do for a while and was thrilled with the way it came out.

"We chose the colour yellow, for butter, and green because that'll be the building once it's painted," said

Sweetland,

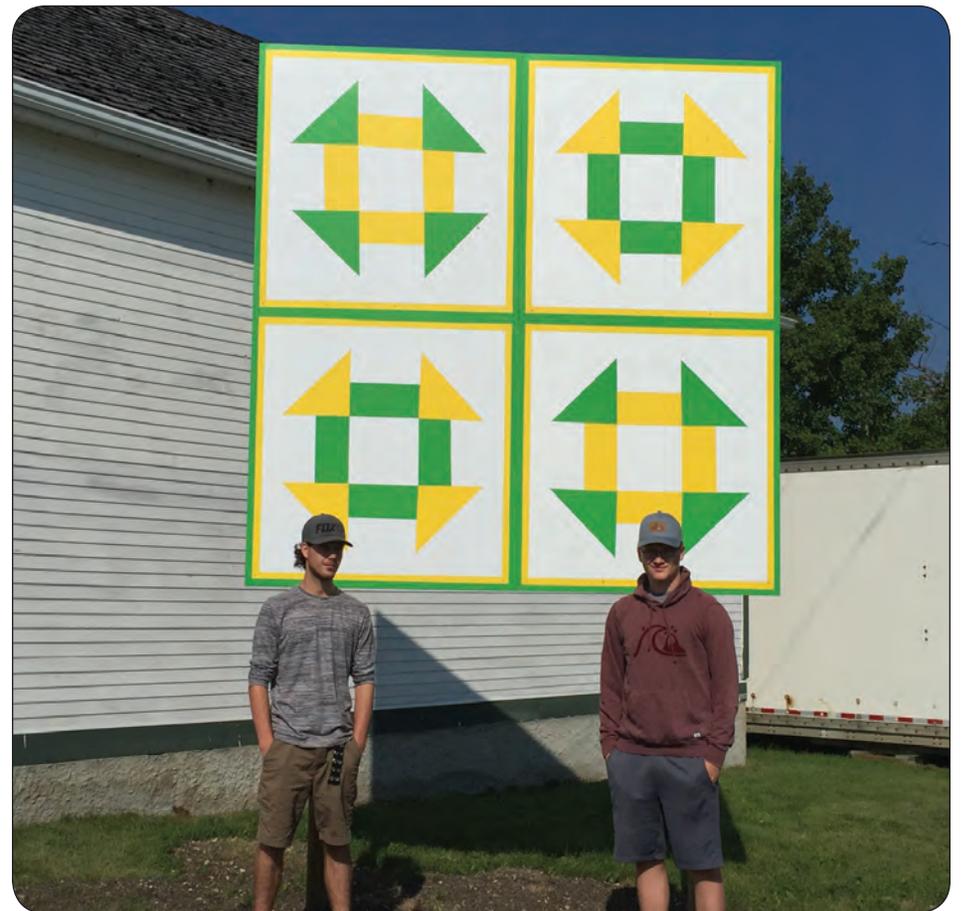
"[Scott and Mikula] did a great job on this project. They really wanted it to be perfect and took it very seriously. I think it looks great out there and it turned out better than I expected."

Scott said that he's never done anything like this before, and other than painting a house, he doesn't have any experience. He said that this was a great learning experience and that he's proud of the work he and Mikula did.

"It was fun to work on this project and I think it looks great," said Scott.

The quilt is already on the trail's website at www.interlakebarnquilts.com and Sweetland said that the extra financial help from the Interlake Barn Quilt Trail Committee helped make this project a no-brainer. The committee helps communities access grant money from Manitoba Sport, Culture and Heritage for purchasing supplies. Sweetland said that the project cost a little over \$300.

The idea is that the quilts will represent the culture and heritage in that community. And with the butter churn pattern on display, the Eriksdale version will do just that.



EXPRESS PHOTO SUBMITTED BY ANDREA SWEETLAND
Adam Mikula, left, and Trevor Scott were responsible for sketching and painting the Eriksdale Creamery Museum's new barn quilt. The painting is one of 30 quilts included in the Interlake Barn Quilt Trail.

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Getting Brakes Checked

If your brakes are trying to tell you something, you should pay attention. A properly operating brake system helps ensure safe vehicle control and operation and it should be checked immediately if you suspect any problems, says the non-profit Car Care Council.

While an annual brake inspection is a good way to ensure brake safety, motorists should not ignore signs that their brakes need attention. Knowing the key warning signs that your brakes may need maintenance will go a long way toward keeping you and others safe on the road.

Your local service providers remind motorists to look for the following warning signs that their brakes need to be inspected:

- **Noise:** screeching, grinding or clicking noises when applying the brakes.
- **Pulling:** vehicle pulls to one side while braking.
- **Low Pedal:** brake pedal nearly touches the floor before engaging.
- **Hard Pedal:** must apply extreme pressure to the pedal before brakes engage.
- **Grabbing:** brakes grab at the slightest touch to the pedal.
- **Vibration:** brake pedal vibrates or pulses, even under normal braking conditions.
- **Light:** brake light is illuminated on your vehicle's dashboard.

Because brakes are a normal wear item on any vehicle, they will eventually need to be replaced. Factors that can affect brake wear include driving habits, operating conditions, vehicle type and the quality of the brake lining material. Be sure to avoid letting brakes get to the 'metal-to-metal' point as that can mean expensive rotor or drum replacement.

With the Winter months around the corner it may not be a bad idea to get your brakes checked or changed. Brake inspections can save you money so doing an inspection yearly is recommended, the longer you leave your brakes the more costly it can become. To get your brakes checked or changed visit your local Interlake service provider.

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get inspired

> MEAL IDEAS

Warm Grain Bowl with Wild Salmon, Almonds and Salsa Verde



Total time: 20-25 minutes
 Servings: 8
 8 wild salmon fillets (3 ounces each)
 sea salt, to taste
 fresh pepper, to taste
 2 tablespoons extra-virgin olive oil, divided
 1 cup asparagus, cut into 2-inch pieces
 1/2 cup shitake mushroom caps, sliced

1 package Seeds of Change Quinoa, Brown & Red Rice with Flaxseeds
 1/4 cup slivered almonds
 Salsa Verde (optional):
 1 bunch scallions
 1 clove garlic
 1/2 cup packed cilantro leaves
 1/2 cup packed mint leaves
 1/2 cup packed basil leaves
 1/2 cup lemon juice
 1/3 cup extra-virgin olive oil
 Heat oven to 400 F.

In oven-proof pan, season salmon with salt and pepper, and drizzle each fillet with olive oil. Bake 12-15 minutes, until cooked through.

In blender or food processor, combine all Salsa Verde ingredients and pulse until fully incorporated but still rustic and chunky. Set aside.

In medium saute pan over medium-high heat, heat remaining olive oil. Add mushrooms and asparagus and saute vigorously 3-5 minutes. Add grains and slivered almonds, and continue to saute until heated through, about 5 minutes. Adjust seasoning with salt and pepper, to taste.

Divide grains among eight plates, place a piece of salmon on each plate then finish with dollop of Salsa Verde, if desired, and serve.

Substitution: Shitake mushroom caps may be substituted with button mushrooms or other wild mushrooms.

Photo courtesy of Getty Images

Fingerling Potato Salad



Prep Time: 15 minutes
 Cook Time: 15 minutes
 Servings: 6
 1 1/2 pounds mixed fingerling potatoes
 2 large lemons, divided
 2 cups water
 2 tablespoons coarse kosher salt
 3 tablespoons white balsamic vinegar
 3 tablespoons extra-virgin olive oil
 1 1/2 teaspoons whole cumin seeds
 3/4 teaspoon whole coriander seeds
 pepper, to taste
 4 green onions, thinly sliced
 1/3 cup chopped fresh dill
 salt, to taste
 2 cups baby arugula

In large pot of boiling, salted water, cook potatoes until just tender when pierced with fork, about 15 minutes. Drain and cool slightly.

Slice one lemon into 1/8-inch-thick rounds. In small saucepan, combine sliced lemon, water and kosher salt; bring to boil. Reduce heat and simmer until lemon slices are tender, about 10 minutes. Drain lemons then coarsely chop.

Cut remaining lemon in half and squeeze out 2 tablespoons juice. In small bowl, mix chopped lemons, lemon juice, white balsamic vinegar and oil. Coarsely crush cumin and coriander seeds using mortar and pestle. Mix seeds into lemon dressing. Season, to taste, with pepper.

Cut lukewarm potatoes in half lengthwise. Place in large, shallow bowl. Mix in green onions and dill. Pour lemon dressing over and toss to coat. Season, to taste, with salt and pepper. Add arugula and toss gently. Serve lukewarm or at room temperature.



Right on Right

trying to understand truth, then we create conflict.

Why does this create conflict? Well, it's usually because both sides are right, and so the issue can never be resolved. Seeing and understanding both sides of an issue is the first step towards truth. Acknowledging and behaving on the basis of an understanding and acceptance of the possibility that both sides are right, is the first step towards living in truth. This is not easy.

If she says he's lazy and doesn't do enough around the house, and he says she's always nagging, they are probably both right but could argue about this forever. The truth of this situation is that he does not do as much as she would like, and that he feels as though he's being nagged. Meaningful solutions can be generated if they work together and say, "O.K., here is where we are, and how can we shift things so that we both feel good?"

One of the reasons that it is so difficult to function in this way, is because it means giving up control, and many are very attached to control. Being controlling only creates power struggles and/or resentment, whereas acknowledging the truth of situations honors both sides, and maintains integrity. Ironically, letting go of control and really seeing both sides from our hearts open the way to going beyond being right, to be happy.

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. Follow Gwen on FaceBook for daily inspiration.

What does it mean to be right? This is an important question, because so many problem issues boil down to a disagreement over who is right. Factual questions may be answered by checking a reliable information source, but what about those questions that are a matter of opinion, or personal philosophy? In this case, we may feel that we are right if we have others who agree with our point of view. But feeling that we are right, does not mean that we are understanding the truth of situations. This is a very subtle distinction, between being right, and knowing truth, but it affects our lives in profound ways, if we get the two mixed up.

Take, as one example, the issue of homosexuality. The debate has raged for years as to whether it is right or wrong, with much energy expended. Some feel that it is definitely wrong and unnatural, and condemn homosexuals, going so far as to try to prohibit them from teaching in schools, or serving in the ministry. Others say live and let live. Now there has been some research that suggests that homosexuality may be genetic. This puts the whole debate in a different light.

We -would never (anymore) think that it's wrong to be left handed. So it seems that the more information we have, the closer we get to truth, if we spend our time and energy in confirming our own rightness, and trying to convince others of it, rather than

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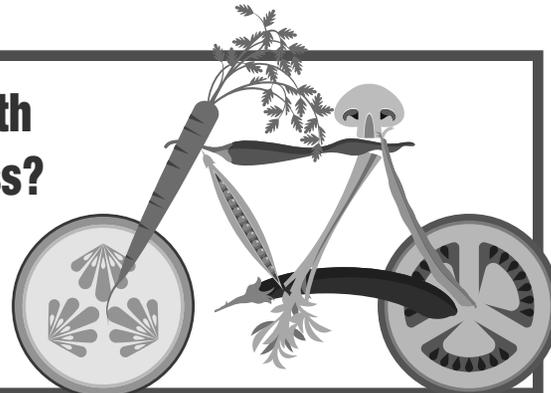
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Interlake farmer making a case for soybean investment

By Jeff Ward

As the fall harvest approaches, many agricultural producers are eyeing potential yields and prices — and that's no different for Brad Dreger, who's seeing big returns from soybean growth.

Dreger farms in the RM of Grahamdale, where he produces alfalfa seeds, soybeans and canola. His investment in soybeans began three years ago, which have become, for him, a big time cash crop.

Manitoba Agriculture's most recent crop report says that soybeans are mostly at the seed development stage of R4 - R5. That means that the beans have approached a full pod stage at minimum and are beginning to seed.

Dreger said his farm is right on schedule for harvest and things are looking good. The only crop behind schedule is his alfalfa, which, he estimates is a week or two behind.

"The alfalfa is behind because it was a slow start. I think the ground may have been a few degrees too cold to start," said Dreger.

"My yields won't be as good as last year, but that was an exceptional year for producing. This year will still be

above average, though, which is good considering how hot it's been this summer."

Soil moisture conditions for Dreger have also been good, which is in stark contrast to the Eriksdale and Lundar area where soil moisture is rated the driest in the Interlake. The crop report states that the aforementioned area is seeing 30 per cent adequate moisture and 70 per cent short.

In terms of prices, Dreger's soybeans will produce the most bang for his buck, he said, because they take very little fertilizer to grow so there is a higher potential profit margin.

Dreger explained that the amount of alfalfa seed and soybean he can transport in a single truckload make them a much better investment as well.

He said a truckload of oats could net him \$2,000 to \$3,000, while a truckload of alfalfa seed could be as much as \$160,000. Of course, that means he's transporting a much higher volume of alfalfa, but the point is it's only one truckload, which cuts freight costs down.

"The beans are easier on the soil too. Canola takes a lot of nitrogen out of

"THIS YEAR WILL STILL BE ABOVE AVERAGE, THOUGH, WHICH IS GOOD CONSIDERING HOW HOT IT'S BEEN THIS SUMMER."



EXPRESS FILE PHOTO BY JEFF WARD

Brad Dreger said that his fields are producing at a normal rate but that his alfalfa seeds are a few weeks behind due to a slow start. He said his yields should be above average this year.

the soil, but the soybeans make their own and don't take much out of the ground."

Dreger said that if conditions hold, he should see positive returns this

year. However, the weather, as always, is out of his control.

"There's not a lot you can about it. You just go about your day, hope for rain and good temperatures."

Keep safety in mind during harvest season: province

Staff

All motorists and farm families are being reminded to be especially cautious and aware on provincial roadways during Manitoba's busy harvest season.

"The harvest season is a very busy and exciting time for farm families in Manitoba," Agriculture Minister Ralph Eichler stated in a release last week. "Now with harvest under way, motorists can expect to see an increase of farm vehicles and equipment moving down provincial roadways. Whether operating or approaching farm vehicles, our government asks all Manitobans travelling at this time of year to exercise caution. We all have an important role to play to help ensure everyone returns home safely."

To help improve safety on and around the farm, Manitobans should:

- take extra precautions when driving past slow-moving farm equipment;
- ensure farm equipment is appropriately lit and has its required per-

mits before travelling on roadways;

- regularly inspect and maintain farm equipment;
- consider having a short nap or take a break to prevent fatigue when working long hours;
- create a safe, separate play area for children on the farm; and
- identify which farm tasks may be appropriate for youth, based on their age, skill levels and the North American Guidelines for Children's Agricultural Tasks at nagcat.org.

If harvest becomes stressful for producers and their families, free confidential support is available through Manitoba Farm, Rural and Northern Support Services at (toll-free) 1-866-367-3276 or online at ruralsupport.ca.

The Manitoba Farm Safety Program provides training, resources and support to producers to ensure they understand workplace safety requirements and provide a healthy, safe workplace. For more information, visit manitobafarmsafety.ca.



EXPRESS PHOTO BY JO-ANNE PROCTER

The province is reminding farm families and motorists to keep safety in mind as harvest season gets underway.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba winless at U21 women's tournament

By Brian Bowman

Team Manitoba found out the hard way that home field isn't always an advantage.

Manitoba finished with an 0-4 record at the 21U Women's Invitational Tournament held last weekend in Stonewall.

"I wanted us to be competitive and we were competitive," said Manitoba head coach Marc Bissonnette on Monday evening. "On that front, I'm happy. I'm not totally disappointed.

"Of course, I wanted us to do better and get into the medal round and if we would have beat Nova Scotia, then we would have been in the medal round."

Manitoba started the five-team tournament last Thursday with a 15-5 loss to Ontario.

The two teams were tied at 5-5 heading into the bottom of the fourth inning. But Ontario broke the game wide open with four runs in that inning and then added six more insurance runs in the sixth.

Both teams made two errors apiece.

"Even though we hit good, we couldn't string together hits," Bissonnette lamented. "In the game against Ontario, if you look at the boxscore, they had 16 hits and we had 10 (but they had 15 runs and we had five.

"The score really doesn't say how the game was."

Teulon's Jade Ledochowski took the loss, giving up nine runs – eight earned – in 3 2/3 innings. Arborg's Jamie Johnson pitched 1 1/3 innings, surrendering two earned runs.

At the plate, Ledochowski had an RBI sacrifice fly.

Garson's Brittney Langlais and Arborg's Laura Kilbrei each were 0-for-3. Johnson was hitless in one plate appearance.

On Friday, Manitoba lost a pair of close games, beginning with a very tough 3-2 decision to B.C.

B.C. scored a run in the top of the first inning and then added two more in the third. Manitoba scored both of its runs in the third as the two teams combined for just eight hits.

"There was a balk called against us that really hurt us," Bissonnette said of the B.C. loss.

Ledochowski and Johnson each had a hit against B.C. while Langlais was 0-for-3. Grosse Isle's Kaitlyn Holod



Jamie Johnson warms up for a plate appearance.

finished the game 0-for-1 at the plate.

Langlais also pitched, going 2/3 of an inning without giving up a hit or walk.

Later that evening, Manitoba was defeated 10-6 by Quebec. Manitoba scored a pair of runs in each of the first, fifth, and sixth innings while Quebec scored six in the third and added two more in each of the sixth and seventh innings.

Holod scored two runs for Manitoba while Langlais and Johnson each had an RBI. Ledochowski finished the game 2-for-2.

Langlais threw two innings on the hill, giving up two earned runs and two hits. Holod was also on the mound for two innings and did not give up any runs.

Manitoba wrapped up play Saturday with a 9-2 loss to Nova Scotia in a must-win game to advance to the playoffs. Nova Scotia led 5-2 after five innings and then added four runs in the bottom of the sixth.

Langlais was 1-for-3 with a run scored while Ledochowski had an RBI. Both players had a stolen base.

Langlais also pitched four innings, allowing three earned runs while striking out two.

Ontario won the gold medal after a wild 16-14 victory over Quebec in the championship game. Nova Scotia edged B.C. 6-5 to take home the bronze.



EXPRESS PHOTOS BY DARRYL GERSHMAN

Arborg's Laura Kilbrei makes a catch during the 21U Women's Invitational Tournament held last weekend in Stonewall.

Noventis donates to Thunder



EXPRESS PHOTO BY KIM DELAROQUE

On behalf of Noventis Credit Union, Sylvia Magyar-Brambilla, centre right, presents a cheque in the amount of \$2,300 to Interlake Thunder VP of Finance Pamela McDonald, centre left, and members of the Thunder Atom and PeeWee football teams. The donation will be used towards the new locker room/storage facility at Stonewall Collegiate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall plays super hosts to women's baseball tournament

By Brian Bowman

As the last ball was pitched at the U21 Women's Invitational Baseball Tournament in Stonewall on Sunday, many people echoed the outstanding work done by volunteers to ensure the event's tremendous success.

Team Manitoba head coach Marc Bissonnette was one of those people who wanted to strongly voice his pleasure in how well Stonewall hosted the five-team tournament.

"It was fantastic," said Bissonnette Monday evening. "The organizing committee was fantastic and I spoke with every team, except Ontario just because I didn't get to it, and everybody was super thrilled with how things ran.

"Everything went as exactly as they should have been."

And, as great of a job the committee did off the field, Manitoba was very well represented on the field, too. Despite finishing with a 0-4 record, Manitoba proved that they can play with the top teams in the country.

Manitoba fielded a very young team this year—and they will only get much, much better - as they prepare to host the 2018 version of this tournament again next summer in Stonewall.

"The future is looking very good," Bissonnette said confidently. "There is no doubt. The girls did the best that they could and we'll be ready next

year.

"We have a bunch of girls that are very young. Next year, we are going to be deeper and I don't think that we will have as big as roster."

Manitoba had 16 young women on this year's roster but Bissonnette felt that was too many. In fact, he predicted Team Manitoba will pare its roster down to 13 for next season.

"Having 16 girls on the bench is fine but, at the same time, it's tough and puts (the coaching staff) in a difficult position, especially with the young girls," Bissonnette said.

Five players on Team Manitoba's roster this past summer - Garson's Brittney Langlais, Arborg's Laura Kilbrei and Jamie Johnson, Grosse Isle's Kaitlyn Holod, and Teulon's Jade Ledochowski - each represented the Interlake extremely well last weekend.

"They all did awesome," Bissonnette stressed. "Jade Ledochowski was probably one of the best catchers that we had there. Jade did super well and Jamie Johnson, who is 17 years old, came in and did a fantastic job.

"I'm proud of those girls."

The players learned a lot from last weekend's major event. And, so too, did the coaches.

"As a coaching staff, we learned that girls' baseball is much different at 90 feet," Bissonnette said. "The thing



Pictured from left to right, Kaitlyn Holod (Grosse Isle), Jamie Johnson (Arborg), Jade Ledochowski (Teulon), Brittney Langlais (Garson) and Laura Kilbrei (Arborg).

is, when we practiced and had our exhibition games, they were always against boys. We would always see boys on the field but it's not boys that we play against (at this tournament).

"When you put girls on a 90-foot basepath, it changes the game. We learned a lot and there are some things that we see ourselves doing different next year that we didn't do this year because we didn't understand that."

By hosting this elite event two years in a row, it should be an excellent

boost to girls' baseball in Manitoba. Bissonnette said they have already tossed around some ideas to encourage more girls to come out and watch the tournament games next summer.

"We are going to try to bring in younger girls," he said. "We're going to offer if they come in with their jerseys, or something like that, we'll let them in for free. The other thing that we have talked about is doing some kind of camp for younger kids.

"We are going to promote this sport."

Locals participate at men's national baseball championship

Staff

Manitoba finished with an 0-4 record at the 2017 Men's National Baseball Championships in Victoria, B.C., last weekend.

Team Manitoba started play last Thursday with a 16-4 loss to New Brunswick. New Brunswick wasted little time scoring in this one, taking a 9-0 lead after just two innings.

Selkirk's Chris Norquay took the loss, allowing seven hits and eight runs in 1 2/3 of an inning.

Lundar's Nick Drews was 0-for-2 with an RBI.

Manitoba also struggled early in its next game against Alberta on Friday, surrendering three runs in the first inning of a 4-2 loss.

Norquay went 1-for-3 with an RBI

while playing left field. Drews was hitless in three plate appearances.

On Saturday, Manitoba was edged 3-2 by a team from Tecumseh, Ont., and later outscored 11-7 by the Victoria Mavericks.

Norquay was 0-for-2 in the Tecumseh loss while Drews had a hit in a pinch-hit appearance. Drews was also very good against Victoria, banging a

pair of hits and two RBI while scoring a run.

Norquay pitched in relief against Victoria, allowing a pair of hits and a run in 2/3s of an inning.

B.C. won this year's men's national championship after a 5-3 win over New Brunswick in the gold-medal game. Red Deer took home the bronze after edging Sherwood Park 9-8.

Impact blanked by Liberty FC Winnipeg

Staff

The Interlake Impact had a tough end to August as they were blanked 2-0 by Liberty FC Winnipeg last Sunday at the Ralph Cantafio Soccer

Complex.

Franck Jordy Takouop Messa and Birkha Rai scored in the win.

The loss dropped Interlake's record to 7-4-4 in the MMSL's 5th Division.

The Impact remains in sole possession of fifth place in the 10-team division with 25 points.

Interlake trails Elmwood FC (35 points), Liberty FC Winnipeg (34),

Carmania SC (32), and North Winnipeg United (29) heading into play next month.

The Impact is scheduled to play Portage Fusion FC on Sept. 17 (1 p.m.) at Buhler Recreation Park field No. 4. Interlake will then battle Red Devils United on Sept. 22 (6 p.m.) at Shaughnessy Park in north Winnipeg.

Thunder strikes down Falcons with late comeback win

By Brian Bowman

The Interlake Thunder showed a ton of character in their first Midget Football League of Manitoba game this season.

And they were rewarded with a thrilling comeback win.

Trailing 19-0 after the first quarter — and 26-0 at the half — the Thunder scored a pair of late fourth-quarter touchdowns to defeat the Greendell Falcons 28-26 on Saturday in Winnipeg.

“It was quite the game,” said Thunder head coach Mitch Obach. “It’s one of the more exciting games that I probably have coached over the last 10 years. It was a pretty big thrill for the guys.”

The wild comeback really caught the attention of the Thunder coaches. Every single player on the Thunder roster contributed to the victory, said Obach, in some fashion.

“We were really impressed,” Obach stressed. “In the pre-season, we really stressed conditioning and being in shape. And it paid off for us in the second half and in the fourth quarter.”

Thunder running back Colton Nedotiafko of Fraserwood pulled the Thunder to within 26-21 with a short touchdown plunge with about three minutes remaining in the fourth quarter.

After recovering an onside kick, Nedotiafko later hauled in a TD pass from Selkirk’s Carlin Doak with just 1:03 left in regulation time.

Interlake’s first touchdown came off Petersfield quarterback Justin Suiters’ eight-yard pass to Selkirk’s Rory Doak in the third quarter.

Carlin Doak then ran a bootleg play

in for a TD in the fourth.

The Thunder elected to flip flop their two quarterbacks throughout the game and it seemed to work quite well, especially in the second half.

Interlake had 80 offensive plays in the game and sustained several lengthy drives led by a strong running game.

But while the game finished the way the Thunder wanted, it didn’t start so well for the visitors. Greendell scored on its very first play from scrimmage and led by 19 points after just one quarter.

They then added a second-quarter major to lead 26-0 at the break.

But the Thunder looked like a totally different team in the second half.

“We have a young team and we

didn’t get a pre-season game so, in a lot of respects, we approached it as a pre-season game and I think, quite frankly, it was some nerves,” Obach said of his team’s slow start.

“We had some cobwebs that needed to be wiped away, in the first quarter, especially.”

All of the clubs in the four-team league have a bye this weekend and the Thunder will resume play Sept 10 when it hosts the St. Vital Mustangs.

“It will be great playing at home,” Obach insisted. “We will have the younger teams play before us, which is nice. And we’ll see what the Mustangs bring. They may not win the championship every year but you kind of go into every year viewing them as the top team and the team to beat.”

“And I don’t think that that’s any different this year, especially after their first game (a 55-0 win over Sunrise).”



The uncertain future of Midget football in Manitoba

By Brian Bowman

As the Midget Football League of Manitoba started its season last weekend with just four teams, many people have to wonder about its future.

The Interlake Thunder will be competing for a league title against just the St. Vital Mustangs, Greendell Falcons and Sunrise Coyotes this season.

Thunder head coach Mitch Obach, who also sits on the league executive, admitted that there is concern about the league’s future — and direction — going forward.

“There’s definitely some struggles,” said Obach Sunday morning. “Both the (North Winnipeg) Nomads and

(Transcona) Nationals were close to fielding teams but it didn’t happen.

“Whether it was politics or what, neither was willing to work with the other one to make a team happen, which was unfortunate.”

The Thunder and Mustangs are in real good shape numbers-wise this season. Interlake has 42 players on its roster and many of those are considered good football players. In contrast, Sunrise is a program that has struggled to field quality players to compete in the MFLM.

The league may want to consider the option of changing to a nine-man game, said Obach. Other teams, how-

ever, have not been too receptive to the idea, Obach noted.

A big impact to the local Midget league, said Obach, is high school football. The Winnipeg High School Football League is flourishing with three major divisions and two junior varsity ones, including a three-team nine-man league.

“It doesn’t really impact us so much, but it impacts Sunrise,” Obach said. “But I personally feel that the high school rosters have gotten so large now that you will start to see (low depth-chart) players consider other options.”

Another reason that the Midget

league is struggling to attract players is the fact that the Bantam numbers are also down. Parents may not want to risk their kids to injury at a young age, but Obach noted that injuries occur in all sports.

“Concussions pretty much happen in any sport where there are people moving around,” Obach noted. “I know having coached for 10 years that the football equipment evolution the last 10 years is amazing. The quality of stuff that the players suit up with now is (a lot better).”

Bantam Thunder showing promise on the gridiron

By Brian Bowman

The Interlake Thunder Bantam football team’s record fell to 1-2 after a hard-fought 48-20 loss to the Falcons Football Club last Saturday.

But things are looking very promising for this young football club.

“We had a not a bad showing,” said Thunder head coach Ed deLaroque. “Things are actually looking pretty good this year.”

Interlake got off to a strong start against the Falcons but the home side eventually took over the game.

The Thunder, said deLaroque, have already finished the tough part of their schedule.

“We’ve played our two hardest competitors already and we can run with them,” he said confidently.

After opening their season with an exciting 24-22 road win over the Eastman Raiders, the Thunder then lost 44-16 to the high-powered St. Vital Mustangs.

“We started the year with a nice win,” deLaroque said, noting the Thunder also had a real good effort against St. Vital.

“That was the first time in a year and a half that (St. Vital) didn’t beat somebody by more than 30 points,” deLaroque noted. “As bad as it sounds, (the score) was actually pretty good. We

got off to a horrible start — they were up 30-0 after the first quarter.”

The Thunder battled back from that early 30-point deficit and traded punches with the talent-laden Mustangs.

This year’s Thunder Bantam team is made up of players from all over the Interlake. And they’re all good football players, said the Thunder head coach.

“I like the fact that we have depth (this year),” deLaroque said. “We’re not relying on one or two players. We have a pretty strong core on both sides of the ball.”

Greendell and St. Vital lead the six-

team league with 3-0 records, followed by the Fort Garry Lions (2-1), Interlake (1-2), the Transcona Nationals (0-3) and Eastman (0-3).

All of the Bantam teams have a bye this long weekend and the Interlake will resume league play Sept. 10 when it hosts Transcona at 9 a.m.

The Thunder will use the next week or so to practice before their key game against Transcona.

“We’ll look to put some more plays in and move around some personnel to positions they know better,” deLaroque noted.

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Email: cao_bifrost@mymts.net

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- Site visit will be September 9, 2017 10AM-12 Noon.
- Directions are 5 miles east on PR 68 turn north on Gemmells Road 3 miles north.

Mail bids to Eileen Le Strat BOX 197
Eriksdale Manitoba ROC 0W0



MATURE STUDENT PROGRAM

Mature Student High School Diploma

Evergreen School Division is now accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma.

Interested candidates must be 19 years of age or over and out of school for at least six months.

The program is flexible for your educational needs and you can work at your own pace. The centre is open Tuesdays from 9:00 - 3:30 and Wednesdays from 9:00 until noon for teacher assistance, with the remainder of time working in the comfort of your home.

The program begins **September 12, 2017** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

For more information, or to register please contact:
Gail Kreutzer, Career Development Consultant
Gail.Kreutzer@esd.ca
(204) 396-0720

Gimli Septic Service has an immediate opening for a part time or full time Septic/Hydrovac truck operator.

Applicant must be a responsible individual and maintain a Class 1 or Class 3 licence. Must demonstrate good truck driving ability with a clean driving record. Job requires physical labour. Must have the ability to lift 65lbs, work independantly, be motivated and bring a positive attitude. Must be willing to work weekends. We expect our drivers/operators to deliver excellent service to our customers while representing our company in a courteous and professional manner. Wage dependent on experience.

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or email: btfarm@mymts.net



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ARBORG BIFROST PARKS AND RECREATION COMMISSION EMPLOYMENT OPPORTUNITY

ATTENDANT & MAINTENANCE POSITION

The Arborg Bifrost Parks and Recreation Commission exists to foster and promote quality recreational facilities and programs for the Town of Arborg and RM of Bifrost/Riverton. The Recreation Commission is requesting applications to fill an attendant/maintenance position primarily at the Arborg and District Arena with a requirement to perform maintenance at other facilities as required.

Length of Employment: September 15, 2017 - March 30, 2018.
This position will be part-time with the opportunity for it becoming full-time (year round) after March 30th.

Interested candidates can contact Tom Chwaliboga at the Recreation Office for more information or a detailed job description.

Please submit resume to:
Arborg Bifrost Parks and Recreation Commission
Box 555
Arborg, MB
ROC 0A0
or email: tom.abprc@mymts.net



TOWN OF ARBORG PUBLIC NOTICE

ARBORG DUTCH ELM DISEASE MANAGEMENT

Public notice is hereby given that the Town of Arborg intends to conduct a Pesticide Control Program to control Elm Bark Beetles by spraying the bottom one-half meter of all American Elm trees within the boundaries of the Town of Arborg with an insecticide containing "Chlorpyrifos".

The projected dates of application will be between September 5th and September 29th, 2017. All product and procedures will be in accordance with regulations set out by Manitoba Conservation.

Should anyone **not** want their Elm trees sprayed, or require further information, please call the Town Office at 204-376-2647.

Dated this 24th, day of August, 2017.

Lorraine Bardarson, CMMA
Chief Administrative Officer
Town of Arborg



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Please reference "Arborg Technician" in the subject line when applying.

To apply, email resumes to: careers@mazergroup.ca



INTERLAKE PROGRESSIVE CONSERVATIVE ASSOCIATION

Notice of Annual General Meeting (AGM) & Delegate Selection Meeting (DSM)

Date: Saturday, September 9, 2017
Time: 11:00 AM Annual General Meeting (registration at 10:30 AM)
 12:00 PM Delegate Selection Meeting
Place: Eriksdale Community Centre, Eriksdale, MB
Guest Speaker: TBA

PURPOSE OF MEETING:

- To elect Executive Officers for 2017-2018
- To conduct Association business
- To select delegates and alternates to the Provincial Annual General Meeting to be held November 3 and 4, 2017 at RBC Convention Centre in Winnipeg, MB

Please note the following provisions of the Model Constitution:

- This notice meets the requirements of the Model Constitution. **Article VII (5).**
- No member shall vote at any such meeting unless that member has been a member for not less than fourteen (14) clear days prior to the date of the meeting. **Article VII (8)(f).**
 To be eligible to vote at this meeting, membership applications must be turned into PC Headquarters by **5:00 pm, August 25, 2017.**
- Only individuals who have been members of the Party for the thirty (30) days immediately prior to the date of the meeting will be eligible to be elected as either an officer or a delegate. **Article VII (8)(g)**
- Renewal of Party Membership

Memberships do not become effective until the date they are received by PC Party Headquarters at 23 Kennedy Street, Winnipeg, Manitoba.

Members and Invited Guests Only

For further information on memberships, visit: www.pcmantoba.com/membership

For more information on AGM/DSM, contact: **Larry Brandt, President** @ 1-204-641-9109 or larrybrandt@me.com or **Ardith Sigurdson, Regional Director-Interlake** at sigfarm@mymts.net

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ANNOUNCEMENT

CARD OF THANKS

Big thank you to everyone who sent cards, good wishes and attended my 97th birthday party August 19th

-Thanks,
Steini Palsson

ANNOUNCEMENT

CARD OF THANKS

EMMS - Our family would like to thank everyone for all their support after the passing of our precious Mom, Grandma and Nan, and Baba Irene Emms on February 2, 2017. For the many phone calls, meals, flowers, visits to the hospital and hugs, we thank you. For all who attended and helped with the Memorial graveside service and lunch on August 12 it was greatly appreciated. The service was perfect and she would have loved it. A special thank you to Pastor Gary Schenk for all his love and support during this time and for performing both the private service and her interment. Mom always loved your visits and looked forward to them. We are very fortunate to have you in our lives. Mom your greatest gift to us was your unconditional love. We love and miss you every day.

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