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VOLUME 3 EDITION 36 THURSDAY, SEPTEMBER 8, 2016

WEEKLY NEWS

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EXPRESS PHOTO BY LANA MEIER

Toes were tappin' and hands were clappin' Saturday afternoon in Ashern during the second annual Ashern's Got Talent. The L'il Bitty Steppers were the opening act with their high-energy Métis step dancing and jigging, and the talent continued with one performance after another. Pictured, Shanley Sigfusson, left, and Zoe Oversby performed solos as well as a yodelling duet. See page 10 for more photos.

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

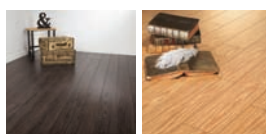
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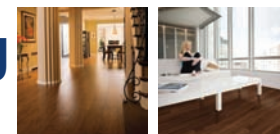
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Days of yore in Ukrainian Park

By Patricia Barrett

Picts, Romans, Vikings and other groups from days of yore invaded Ukrainian Park last weekend to fight, feast and make merry.

Every year, the Barony of Castel Rouge, a Winnipeg-based living-history group that formed in the 1970s, rents the park so its members — and friends from across Canada and the U.S. — can hone combat techniques, practise fencing and archery, and sell or swap period pieces.

The festival usually attracts between 80 and 100 people.

“We’re a worldwide, medieval-based social club,” said Seneschal Gabriel De Lion, who acts as the Barony’s steward and administrator. “We range from about the fall of Rome to the ... 1650 era. You hit a lot of different cultures that way.”

The Barony (a made-up name) meets weekly to practise armoured combat, cut and thrust combat, rapier combat (fencing) and archery. They also engage in crafts such as metalwork, leatherwork and weaving.

The Barony is a local chapter of the Society for Creative Anachronism, an international organization devoted to pre-17th century European combat and arts.

At one end of Ukrainian Park, warriors representing Picts, Mongols, Vikings and Romans engaged in a small m lée (groups of four or five fighters).

“We study historical styles and fighting techniques,” said Odwulf, who came from Thunder Bay, Ont., for the four-day event, “and incorporate them into the martial art system.”

He said their spears, axes and swords are “a little safer than live steel.”



Prince Hrodir from Moorhead was the warrior to beat.

The weapons are made from rattan, which is wrapped with hockey tape to keep it from splintering.

Although the participants take real blows — some so fierce they leave dents in the padded metal helmets — the intent is not to hurt each other.

“We want to have a beer after with the person who killed us,” said Odwulf.

Duke Tarrach (Dave Horvath) from Fargo, N.D., said the fights aren’t staged.

“This is non-choreographed, full-speed, full-contact martial sport,” said Tarrach, who was later “legged” and had to fight on his knees.

Fighters don’t know who’s going to get killed during battle, but they can



EXPRESS PHOTOS BY PATRICIA BARRETT

Warriors representing the Romans, Vikings, Picts and Mongols took to the battlefield in Ukrainian Park



Odwulf (centre with plate armour) and his group of warriors staged an assault on Hadrian’s Wall.

“look around and guess,” he said. saying he’s at the top of his game.

He pointed to Prince Hrodir (Sam Overland) from Moorhead, Minn.,

Continued on page 4

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Provincial study rules out crosswalk for Winnipeg Beach

By Patricia Barrett

A crosswalk across Highway 9 at Ash Avenue in the Town of Winnipeg Beach will not go ahead after Manitoba Infrastructure conducted a pedestrian count in July.

Council had requested the crosswalk in June to help residents and tourists cross the busy highway just north of the Domo gas station.

"The numbers aren't there to justify traffic disruption on the highway," said CAO Kerry Lawless at council's regular meeting on Aug. 24. "So even if we offered to pay for it doesn't mean they'd do it."

Personnel from MI's Traffic Engineering Branch spent two days sometime "in mid-to-late July" counting pedestrians at the intersection. The exact dates are unknown.

"They needed a minimum threshold of 15 pedestrians per hour averaged over a seven-hour time period," said Lawless, "whereas there was only a handful."

Mayor Tony Pimentel said MI counted 10 pedestrians over the course of a day.

People from the golf course and those crossing to and from downtown have no safe place to cross the highway.

"I think if you had a main crossing, people would go down there and go down Ash," said Pimentel. "That's where they travel through anyway because ... if you cut through the golf course, you still have to either go down this street here or back to Ash."

Coun. Darlene Shkawritko said that although the



EXPRESS PHOTO BY PATRICIA BARRETT

A proposed crosswalk at Ash Avenue and Highway 9 in the Town of Winnipeg Beach is unwarranted because of low pedestrian numbers, according to Manitoba Infrastructure.

province's numbers may be low, a crosswalk is warranted because of traffic volume.

"No one will go there," said Shkawritko. "I will never take my grandchildren and cross at that place to cross the street. I won't do it."

Lawless agreed. "Nobody goes there because there's no crosswalk."

A spokesperson for the Traffic Engineering Branch said both a pedestrian count and a vehicle count were conducted over two days, and a crosswalk "will not be installed at this time."

The branch's study was based on the Transportation Association of Canada's Pedestrian Crossing

Control Guide, said the spokesperson. The guide recommends a study of vehicle and pedestrian volumes, speed limits and the number of lanes a pedestrian must cross, among other variables.

The speed limit at Ash is 50.

Coun. Daryl Carry said people cross Highway 9 at random spots.

"There are people all over because there is no main crossing," he said.

The mayor said MI's decision ties the hands of council, but there may be an alternative.

"We could build a bridge over top," he said, half-jokingly.

> UKRAINIAN PARK, FROM PG. 2

Because of that, Odwulf said they'd try to take him down.

Participants generally practise a few weekends every month.

"There's more to it than combat," said Prince Hrodir. "The SCA is a medieval crafting society. We like to research old medieval methods for creating things [including armour] and try to create them."

Odwulf's group staged an assault on a gateway in Hadrian's Wall, which was set up in a corner of Ukrainian Park.

Hadrian's Wall, a 15-foot high, 73-mile long stone

and turf wall with forts and guard posts, was started under Roman Emperor Hadrian in 122 A.D. to keep the Picts (an Indigenous people from northern Scotland) from attacking Roman-held Britain (what is now called England).

"This event has a 'Roman Expulsion from Britain' theme," said Baroness Clare (Robyn Brough) from Winnipeg. "It's the Picts against the Romans."

When the fighting spilled out onto the green, she explained some of the typical battlefield feints.

"That's death from behind," said the Baroness, when one warrior was enticed to take on three opponents while a fourth snuck up from behind and axed him.

The Baroness has been a member of the Barony for about 20 years and travels to various SCA events, including the largest in North America called Pennsic, which attracts up to 10,000 people.

She said warriors have to undergo a training period before they're allowed to take part in combat because "we don't want people getting hurt. And we're very conscious of head injury. And on days like this (high temperature and humidity), the fighter is going to be told to stop and get water."

In addition to combat armour that some participants make themselves or get others to make for them, the group's craftspeople create costumes and other period pieces such as cutlery and dishes.

Pol from Calgary makes leather waist bags, belts, gauntlets, gorgets (throat protectors) and drinking horns and cups made from bull horns.

His cups are hot items. He sold 150 in one year to SCA participants and to members of

the public who come out to see what the event is all about.

"Most of these horns come from India," Pol said. "I have to clean them and wax them on the inside to make them drinkable."

Amya Lyghtfot, who has been fencing for a year and a half, came from Saskatoon with all the kit required for a weekend sojourn.

She brought her drinking horn engraved with a turtle (her heraldic badge), a drinking cup made by Pol, a Celtic cat fencing helmet and puncture-proof fencing garb.

She also brought her rapier sword and dagger, which she used to fight Robin Kyrke.

"You get bruises," said Lyghtfot, who's a member of the Avacal Kingdom back home, "but you don't thrust hard."

She said she practises a few times a week and fights at events. Last weekend, she participated in 45 fights.

In her fight with Kryke, she experienced a "double kill" in which they stabbed each other at the same time.

On the other side of the camp, the archers were engaging in a friendly competition.

After a set number of arrows are shot, the distance between them is measured by a string, which is then cut and reused for subsequent shoots.

The farther apart they are, the more string you lose.

"When you run out of string, you're out," said Baron Geoffrey from Minneapolis.

The Baron suggested string swapping — a piece of treachery in which he said he would never engage — as a method of coming out ahead.



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Midnight thieves steal ATVs from St. Martin Garage

By Jeff Ward

The RCMP and the owner of St. Martin Garage are asking for the public's help in identifying four people who broke into the garage and stole four all-terrain vehicles.

The break-in happened just after midnight on Aug. 26. The owner of the garage, Dwight Campbell, said there were four vehicles taken from the compound — a 2014 Razor 1000, two 2016 850 Sportsmans and a 2016 Sportsman Highlifter.

Security system cameras in the compound captured the whole thing, but identifying the perpetrators in the theft is difficult because their faces are covered. Campbell said that the vehicles wouldn't have gotten very far on their own as the fuel levels are kept low. He added that he followed some

tracks for a mile and believes they were then loaded onto a truck. Campbell thinks that the thieves must have a good knowledge of the vehicles because starting them without a key is no easy task.

"It's definitely frustrating to have this happen," said Campbell.

"I hope that people are looking out for them and that I can get them back. The community has been very supportive through Facebook and some phone calls. It's nice to know that people are out there looking out for me."

Campbell said that he is offering a reward to anyone who aids in the recovery of the vehicles.

Anyone with information about the theft is urged to call the Gypsumville RCMP detachment at 204-659-2682



EXPRESS PHOTOS COURTESY OF DWIGHT CAMPBELL.

The public is being asked to keep an eye open for these ATVs that were stolen from St. Martin Garage on Aug. 26.



The thieves used bolt cutters to gain entry to the compound at St. Martin Garage, where four ATVs were stolen just a few weeks ago.

Steep Rock Beach Park to host Itty Bitty Bash

By Jeff Ward

The unofficial send-off to summer at Steep Rock Beach Park is happening this weekend at the campground.

The Itty Bitty Bash has been one of the more lucrative fundraisers for the park, which helped fund the pavilion that was built just a few years ago.

Campground manager Lana Iwanchuk said that this event has historically been one that brings the whole campground together one last time before the end of summer. A silent auction, a 50/50 draw, a catered dinner and a draw for seasonal campers to win their site for next year will all be a part of the festivities on Saturday, Sept. 10.

A dinner ticket costs \$15, but Iwanchuk said that the event is free to attend if you're not looking for a meal.

"We do very well with this fundraiser, and the support we get from the community is fantastic," she said.

"We get gifts donated from local businesses, campers and people from the community for the silent auction. We've had as many as 150 prizes in previous years. It's just a really nice farewell to the community for another great summer, and I hope to see lots of our regulars and neighbours out again this year."

With the pavilion now built, Iwanchuk said that the focus for the money raised would be general improvements for the campground. There is no specific project the money is earmarked for at this time.

Anyone looking to purchase dinner tickets is asked to call the campground office at 204-449-2221.

Career fair coming to Arborg

By Patricia Barrett

Arborg will be hosting a career fair Sept. 27 that will showcase a wide range of disciplines, programs and courses and provide people with opportunities to network and find jobs.

Red River College will be bringing its Mobile Training Lab, a 53-foot semitrailer in which students are taught trades such as carpentry, plumbing, welding, automotive mechanics and pipe fitting.

This is the first time Arborg has hosted a career fair.

"We're working with the Evergreen School Division, the Interlake School

Division and Lakeshore School Division," said Pat McCallum, economic development officer with the Arborg-Bifrost Community Development Corporation, "and they're going to be busing in students."

McCallum said she expects anywhere from 600 to 800 students to visit the one-day fair.

"We're also working with Peguis and Fisher River who are also going to be bringing students in for it," she said.

The fair is also open to the general public.

Anybody who needs a job or who's

in the market for a career change is encouraged to attend, said McCallum.

Any company, educational organization or professional association that offers training or which wants to hire workers is welcome to take part in the fair. McCallum said there is room for additional exhibitors.

There is no charge to attend the fair. It will be held in the Arborg hockey arena.

For more information or how to register as an exhibitor, contact Pat McCallum at 204-376-5742 or email abcdc@mts.net.

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The luck of the fisherman

Welcome, friends.

While out and about last week, I had the enjoyable experience of meeting two of our angling brothers who offered stories about "the one that got away."

I was slowly rolling along the winding paths of the small park at Norris Lake last Friday, admiring its rich deep blue waters while occasionally stopping to talk to campers. In time, I noticed a robust chap sitting on a park bench by his trailer getting his fishing gear ready while his wife and son enjoyed swimming at the beach. I parked and walked over to our new friend who said he was Craig Smith from Petersfield. I asked if he had a story for us whereupon he laughed as he tied a spoon on his rod's line.

"You bet," he replied. "When I was riverbank fishing on the Red River with a gang years ago, we caught a giant carp that looked five feet long."

Because he was the youngest at 16, they made him go down the embankment to land the fish so they could take a picture with it. While there, he found himself up to his backside in water and muck wrestling this huge yellow fish.

"Grab him by the gills," his friends called from the comfort of the park grass. Looking up at them, half-exhausted, he remembered thinking, "Why don't you experts come down here and do it?"

Try as he might, he could only grip the beast's slimy head as it thrashed from one side to the other like a gigantic snake. Finally, Craig's arms gave out and the fish rolled over out of his grasp to freedom in the muddy water.

"He's probably still in the river today," Craig offered with a hearty laugh.

The Winnipeg River by Powerview draws anglers from around the world. I was there a few days ago and ran into



EXPRESS PHOTO BY ARNIE WEIDL
A surprised Ron Ramuscak caught a nice pickerel on the Red and didn't quite know what to do next with it.

another fellow, Dave Ledrew, who lost a big fish.

Some years ago, he was boat fishing on the north shore's rock reef with friends when he suddenly got the feeling they had run aground. The boat literally stopped dead. It took a few minutes for Dave to realize the boat was free but that he had something heavy on his line that had gone to the bottom.

He reeled in slow and hard, inch by inch. It must have taken half an hour until, amazingly, the white underbelly of an enormous sturgeon appeared just under the water as it wrapped itself around the anchor rope. Try as they

might, when they would swing the boat around to free the fish, it would turn the other way, getting caught again. Then it got mad and began dragging the anchor, boat and all towards shore.

By now, Dave's rod had snapped in pieces and his line was only holding on by its biggest eye. The big fish, crazed, grounded itself with the boat against it. Here was a chance for the boys to get a picture with this creature, but as soon as they jumped out of the boat to grab it, it went wild, thrashing the water into white foam, snapping Dave's line. The freed fish, with great flick of its tail shot away like lightning and left the men hanging outside the boat empty-handed.

Over by the Manitoba Hydro steam plant park area early last week, I came across a bunch of guys from Acme Technical Services who had just decided to close up shop and go fishing. Now, we can all relate to that, right? I passed my card around asking for a story. One fellow, Ron Ramuscak, came forward and shared about when he was young and went fishing in a small lake by Ignas, Ont., with his buddy who was a paraplegic.

They caught and released fish all day and since Ron didn't like to touch fish at the time, his friend unhooked them until it came time to clean a few for supper. That his friend could not do, so Ron "got tough" and grabbed his filleting knife and became a true angler. Just as Ron was finishing his story, another Ron, Ron Natividad, came running at us over a small hill from the riverbank his rod in one hand and a fish in the other.

It was the first fish he had ever caught and all the guys laughed at his "now what do I do with it" expression.

So long till next week, folks.

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New group offers maternal mental support for new moms

Coping with Change aims to help new moms deal with change

By Jennifer McFee

Pregnant women and new moms are invited to participate in a new workshop in Teulon designed to help them cope with the many changes in their lives.

Offered by the Interlake-Eastern Regional Health Authority, the Coping with Change educational program promotes maternal mental health through a woman-centred approach.

Geared for pregnant women and postpartum moms with babies up to about a year old, the program aims to provide assistance in the transition to mothering, which is not always easy.

Community mental health worker Liane Knoll-Kowk hopes to gather a group of up to 15 women to take part.

"We're going to be talking about the birth experience and its effects on their emotions and emotional adjustments in general during the postpartum period. We're going to normal-

ize the spectrum because it's a huge spectrum. Some moms have a real tough go and some moms don't. It's hard to sometimes find the language when you talk about that," she said.

"We'll be talking about relationships and how those change after the baby arrives. And we'll be talking about how to break isolation because, especially in rural Manitoba, you see so much of that. We'll also be talking about self care and learning some new coping strategies."

New moms will have the chance to voice their own realities of mothering while also developing connections with others.

"I think it would be exciting if they could develop a network within their own area as well because so many of them feel so alone and they're afraid to talk," Knoll-Kowk said.

"Moms always think that it should all be coming naturally to them, but

moms aren't born to mother — they learn that behaviour. It's so good to hear that you don't have to love everything about it. It's not an easy thing."

The group will meet Thursdays at the Teulon United Church CE Building (80 3rd Ave. SE) from 6:30 to 8 p.m. starting on Sept. 29 and wrapping up on Oct. 27 or at a later date, depending on the needs of the group.

There is no childcare available for older children, so the group will be specifically for moms who come on their own or with their new babies. Women from any area are welcome to attend.

Knoll-Kowk hopes to bring the group to the rest of the region over the next year to promote maternal health and to potentially prevent or decrease mental illness.

For more information or to pre-register, contact Knoll-Kowk at 204-785-7533.



EXPRESS PHOTO SUBMITTED
Interlake-Eastern Regional Health community mental health worker Liane Knoll-Kowk is looking for 15 pregnant women and new moms to participate in a new workshop.

letter to the editor Interlake-Eastern RHA CEO clarification

The letter from E.J. Wood in last week's issue of the *Express Weekly News* includes a number of inaccuracies that I would respectfully like to address.

Interlake-Eastern RHA continues to recruit doctors to our region to keep emergency departments open. We are in need of at least 20 to 25 more physicians to help us maintain our emergency departments and provide regular care to patients. With the exception of Winnipeg, other rural regional health authorities also struggle with physician shortages. They too will redirect patients to hospital emergency departments with physicians on-site. Interlake-Eastern RHA was unique in its adoption of "nurse-managed care" where a nurse would have access to remote physician support. We have been operating under nurse-managed care for over three years. Physicians, nurses and their respective colleagues have been clear that it was not intended to be a long-term solution but rather to get us to a point where we had enough physicians to avoid service disruptions. We are not there yet.

When an emergency department is not accepting patients because a doctor is not available on-site, our staff members are posting a sign on the door indicating emergency department services are not available. We ask people to enter the emergency department and speak with nurses who will identify the best care option based on an individual's needs. People also have the option to call a toll-free number, 1-866-267-5818, to hear the emergency department schedule or they can visit www.ierha.ca to see a month-long schedule of emergency department status at each hospital in the region.

The physicians in the region support the development of a reliable monthly schedule that is posted online and available by phone. This

schedule reflects, on a hospital-by-hospital basis every month, if emergency departments are accepting patients or not.

That being said, people may attend an emergency department where the doctor has had to leave to accompany a patient in ambulance transport to another hospital. In this circumstance, nursing staff will assess people and identify care options.

When time is of the essence, we strongly advise people to call 911 for an ambulance. Ambulances take patients to hospitals that can provide the physician care that is appropriate for their needs.

Over the summer, we worked with our physicians and nurses to carefully plan our exit from nurse-managed care. The decision to remove nurse-managed care from our hospitals was made with careful consultation of community members, physicians, acute care nurses and emergency department staff from across the region.

There is no plan to permanently disrupt services in any of our emergency departments nor any type of planned rotational closures. We are continuing to recruit physicians with a view of enhancing these services.

Decisions about the delivery of care within Interlake-Eastern RHA are made in consultation with physicians and nurse practitioners, nursing staff, our staff leaders, community leaders, health groups and local health involvement group members. We greatly value the feedback we receive as we strive to deliver predictable health-care services while balancing the needs of all of our unique communities within our regional scope for delivery of care.

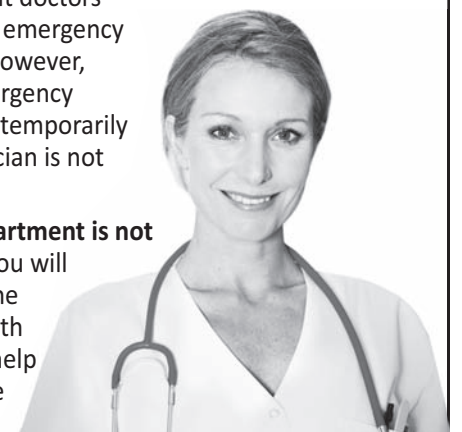
Ron Van Denakker
CEO Interlake-Eastern RHA

ALWAYS CALL 911 FOR EMERGENCIES

**EMERGENCY DEPARTMENTS
WILL NOW REQUIRE A
PHYSICIAN AVAILABLE
ON-SITE TO DELIVER CARE.**

We continue to recruit doctors to our region to keep emergency departments open. However, services in some emergency departments may be temporarily unavailable if a physician is not available on site.

If an emergency department is not accepting patients, you will see a green sign on the door. Please speak with staff inside who can help you identify your care options.



Monthly emergency department schedules are posted online at ierha.ca (click "Care in your Hospital" and then "Emergency Department Schedules") or you can call toll-free 1-866-267-5818 and listen to schedule options.

These schedules are current when posted but are subject to last minute changes as doctors may need to accompany patients on ambulance transfers to another hospital. In these cases, staff on-site will direct you to your best care option. We apologize for any inconvenience this may cause you and encourage you to always call 911 for critical emergencies.



Interlake-Eastern
Regional Health Authority

Stonewall entrepreneur to receive Manitoba Hero award

By Natasha Tersigni

Stonewall businessman Danny Kleinsasser, owner/operator of Danny's Whole Hog, has been chosen as a 2016 Manitoba Hero and is being recognized for his continued support to numerous Manitoba charities.

Kleinsasser will be honoured for his ongoing philanthropy work with charities and will be taking the stage at the awards banquet alongside four other deserving Manitobans on Sept. 17 at the Club Regent Event Centre in Winnipeg.

Kleinsasser is always helping others while continuing to grow his barbecue and catering business and raising his family.

"When I first heard about receiving the award, I was very shocked because I feel there are many more deserving people. I am humbly accepting the award and I am hoping that through this, more people will learn about these organizations in need and will lend a hand. We are giving people in Manitoba, and at the end of the day, we should all be proud of how we support our communities," said Kleinsasser.

Some of the charities he supports include Winnipeg Harvest, Youth for Christ, Teen Challenge, Lighthouse



EXPRESS PHOTO SUBMITTED

Danny Kleinsasser has been chosen as one of five 2016 Manitoba Heroes and will be recognized at a gala on Sept. 17.

Mission, CJOB's Hunger for Hope, the Winnipeg Goldeyes' Field of Dreams Foundation, the Kidney Foundation's Raising Hope on the Runway campaign and Siloam Mission.

"My business has been blessed so much and it is has allowed for me to give back."

Four years ago when Our Manitoba Heroes founders Paul Bennett and Jeff

McWhinney started the gala, their intentions were to recognize everyday people doing extraordinary things. With this year's award recipients, Bennett is confident the gala is continuing to recognize outstanding community members and their continued work.

"We wanted to do something in the community that would reward and encourage those who are doing great things to receive recognition, which would then allow them to receive more exposure for their causes. We also wanted to continue to encourage these deserving people because it is not easy to do what they do on a continual basis," said Bennett, who added that once a list of nominations comes in every year, they are voted on by a selection committee made up of 10 to 12 prominent Manitobans.

"I think it is important that we recognize people that are doing great things in our communities."

Also being recognized with Kleinsasser at the Our Manitoba Heroes gala are comedian Big Daddy Tazz, who is a strong advocate to end the stigma surrounding mental illness; Ian Rabb, who has started three drug and alcohol addiction homes; Jeff Fisher, a successful sports doctor who routinely gives back to his community through his foundation Project ECHO

(ELITE Cooperative Help Organization); and Samantha Lussier, who led a successful national media campaign to find a liver transplant and raise money for an 11-year-old girl battling liver disease.

"I am hoping this is contagious and we can get many more people stepping forward to help out with different events or initiatives," added Kleinsasser.

For more information on the Our Manitoba Heroes gala or to purchase tickets for the Sept. 17 event, go to www.ourmanitobaheroes.ca.

Correction

Staff

In the Sept. 1 edition of the *Express Weekly News*, we published the article, "Steep Rock Beach Park to borrow \$400K from RM of Grahamdale" and reported that the public hearing on the matter will take place at the RM office.

However, in actual fact, the meeting will take place at the Moosehorn Community Hall on Railway Avenue in Moosehorn.

The *Express* apologizes for any confusion this might have caused.

Please join us for our
Annual General Meeting
Monday, October 3, 2016

Quarry Park Heritage Arts Centre
166 Main Street, Stonewall

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

Dr. Michael Routledge, chief provincial public health officer, will present highlights from the 2015 Health Status of Manitobans Report *Healthy Environments Healthy People* with a regional perspective by Interlake-Eastern medical officer of health, Dr. Tim Hilderman.

Also on the agenda is a review of Interlake-Eastern RHA activities; the Chair's Award for Excellent Customer Service and Community Leadership award; and an open forum for questions and answers.

For more information, contact:

Toll free: 1-855-347-8500 E-mail: info@ierha.ca

Website: www.ierha.ca



Interlake-Eastern
Regional Health Authority

Time running out in Grahamdale to appeal assessment

By Jeff Ward

Ratepayers in the RM of Grahamdale wanting to appeal their 2017 assessments are running out of time to make their case to the Board of Revisions.

Ratepayers have until Sept. 27 at 4:30 p.m. to submit their application for the revision of an assessment. According to the Municipal Assessment Act, applicants can ask for a revision for their liability to taxation, the amount of an assessed value, the classification of property and the refusal by an assessor to amend the assessment roll under a subsection in the act.

Grahamdale CAO Shelly Schwitek said that often residents would have made changes to their property that aren't reflected in the assessment that the municipality wasn't aware of.

The Board of Revision will sit on Oct. 13 at 1 p.m. at the RM office in Moosehorn. Once all of the applications are submitted, they are sent to the assessor who will review them. The assessor might contact ratepayers individually before the board sits to resolve

issues.

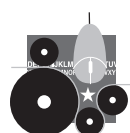
"We've had previous years when the meeting wasn't necessary because things were handled by the assessor beforehand," said the CAO.

"Last year, there were many ratepayers who appealed, saying their rate was too high after the reassessment. The thing we need to be clear on is that you can't appeal your taxes, but you can appeal your assessment."

Schwitek said that some assessments might have incorrect information on them, like the wrong square footage, or include a residence that has been torn down. It's important for ratepayers to keep the RM updated on changes to the property so that the assessment can be accurate each year.

For Grahamdale, the Board of Revision is made up of the members of council and the reeve, although it doesn't have to be. It can be made up of members of the public, or a combination of the two. Schwitek said that if any ratepayer has a concern to file it as soon as possible so a solution can be reached.

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Free yoga for seniors being offered in Eriksdale

By Jeff Ward

Yoga enthusiast and instructor Maggie Grieg is encouraging seniors in Eriksdale to join her once a week at Lindell Manor for free yoga lessons.

Grieg is hoping to help seniors in the area improve their mobility, strengthen their muscles and just enjoy a fun activity once a week.

At 78 years old, Grieg knows the value of being able to recover muscle strength and the satisfaction of being able to do tasks that previously were too difficult. She said she discovered yoga a little over four years ago and started teaching it to her friends almost right away.

Passing on the lessons she was given, Grieg saw the good it was doing and decided to start offering classes. She's been offering regular classes in Lundar but is now expanding the operation to Eriksdale with the help of Eriksdale Community Resources.

Classes began last Thursday at 1:30 p.m. at Lindell Manor and will continue each week until the spring.

"Because I'm quite elderly myself, I'm a lot less intimidating," said Grieg, who's been absorbing as much yoga information as she can over the last four years.

"By teaching, I get to do it myself and

I absolutely love it. The room we have at Lindell Manor is beautiful and it's a great location to have a nice, quiet class. Yoga is all about relaxation and the environment is perfect for it. I'm mixing in a little bit of meditation as well in the classes and it's going really well."

Grieg's passion for yoga is apparent by just listening to the excitement in her voice as she explains the classes. She said that the yoga is done from a seated position in chairs so as to not over-extend. These classes aren't about doing strenuous balancing or contorted positions but more about long stretches and light weight lifting.

"I had a lady say that all she wanted was to be able to comb her hair again, and after just a few months, I came in and saw her beaming. She told me that she had just washed her hair on her own. I have dozens of stories like that," said Grieg.

Eriksdale Community Resources provides tea and a snack at the end of the class. Grieg said that yoga would help seniors live more independent lives, regain mobility and, most importantly, provide a fun activity to do with friends.



EXPRESS PHOTO BY CHARLOTTE LINDELL

Lil Sewell (left) participates in the free yoga lessons provided by Maggie Grieg (centre) at Lindell Manor in Eriksdale. The lessons will help seniors regain mobility and regain some independence.

International Fetal Alcohol Spectrum Disorder Awareness Day – Sept. 9

Submitted

On Sept. 9, the ninth day of the ninth month, people all over the world recognize International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day as a reminder of the lifelong effects that drinking during pregnancy can have on a person. It's also a day to celebrate those who have FASD and to highlight the services that are available.

Join us on Sept. 9 at noon to meet our team of FASD diagnostic co-ordinators, key workers and FASD coalition members. They will talk about FASD and hand out stress relievers in the shape of brains with the message "I learn differently" at the Interlake-Eastern RHA Corporate Office, Sunova Centre, 233A Main St., Selkirk.

"There is no known level of alcohol that is considered safe for a developing fetus. Drinking alcohol while pregnant is a risk factor and can affect a child's development in a number of ways," said FASD diagnostic co-ordinator Sherisse Picklyk Dear. "Individuals with FASD have many strengths and gifts. The support and informa-

tion that comes from an assessment goes a long way to helping kids reach their full potential."

FASD diagnostic co-ordinators work with the Manitoba FASD Centre to screen referrals and to ensure diagnostic criteria is met while providing support through assessment. Key workers offer in home intensive support to caregivers with children or youth up to age 21 who have FASD or confirmed prenatal alcohol exposure, and help families understand FASD. The MB Key Worker program offers services to families living in Selkirk or rural communities within a one-hour drive.

Devon Ungurain, FASD diagnostic coordinator, said she is often asked how FASD can still occur when the link between alcohol consumption and FASD is widely known.

Ungurain explained there are many complicated reasons for drinking during pregnancy, including addiction, believing inaccurate information or women not knowing they are pregnant.

"Recognizing that each woman's life experiences and pregnancies are different can help us understand how a child can be diagnosed with FASD," she said.

Since 2010, FASD diagnostic co-ordinators have connected with over 350 caregivers seeking information, education and assessment for children and youth living in the Interlake and Eastern regions.

The FASD team is scheduling sessions at local schools to present Visions and Voices, an adult speakers bureau devised of folks living with FASD. Visions and Voices speakers will provide an opportunity for students to learn more about FASD from a personal perspective and about respecting diversity amongst their peers. They also locally host Building Circles of Support, an

eight-week informational series on FASD.

Join the FASD team on Sept. 15, at the HEW Primary Health Care Centre (6:30 to 7:30 p.m.) for a viewing of *A Place where I Belong*, a film featuring Pine Falls resident Chris Martin, who is living with FASD. Martin will also be in attendance for a Q and A session after the video.

For more information or to contact a speaker, contact Lita Hnatiuk, communications associate for Interlake-Eastern RHA, at 204-785-4765 or lhnatiuk@ierha.ca.

<p>Nashville, Branson, Pigeon Forge October 23-November 5 A special tour for music lovers that journeys through the musical heartland of America</p> <p>Branson and the Ozarks November 3-11 A fun filled tour with fabulous shows and unique sightseeing</p> <p>Selkirk Departure (minimum required)</p> <p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p>	<p>Fortune Bay Resort Casino Sep 18-21 Selkirk Departure \$180 Rebate, Food Coupons, Shopping & More!</p> <p>Fly & Stay Vacations The Heart of Hawaii Jan 24-Feb 7 Home to World Famous Waikiki Beach Beautiful Victoria, BC. Mar 1-15 "The City of Gardens"</p> <p>Deadwood the Black Hills & Badlands October 2-7 Walk in the footsteps of legends like Wild Bill Hickok, Calamity Jane & Seth Bullock.</p>
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Ashern hosts 24th annual rodeo weekend

Staff

It was a jammed-packed two days of fun in Ashern over the long weekend for the town's 24th annual rodeo, parade and second annual Ashern's Got Talent.

The weekend of festivities kicked off with the parade Saturday morning and included everything from horses to antique tractors and floats that made their way through town.

Following the parade was the talent show that included local musicians and fiddle players Joan Geisler, Shanley Sigfusson, Jody, Brent and Zoe Oversby, Don Gould, Raelene Lucier, Kyle Michaniuk, Jason Appleyard and Coco Vermeer, as well as weightlifter Trent Monk, who "deadlifted" 500 pounds, and the St. Laurent L'il Bitty Steppers.

The crowd then moved to the rodeo grounds where everyone enjoyed heart-stopping rodeo action including bareback riding, saddle bronc, bull riding, tie down roping, steer wrestling, ladies barrel racing, team roping, junior steer riding and junior girls barrels, along with the ever-popular wild pony ride.

On Saturday, the party went well into the night with Rob McLane & Against the Grain entertaining in the beer gardens.

The rodeo carried on the next day with some of the same cowboys as the day before along with a few new faces.

The Ashern rodeo committee would like to thank the volunteers, sponsors and spectators who came out and helped to make the weekend the success it was.



EXPRESS PHOTOS BY LANA MEIER

Your
FARM



Open Farm Days will be the talk of the herd

Interlake farms will be opening their gates on Sept. 18

By Natasha Tersigni

In their fourth year participating in Manitoba Open Farm Days, Ken and Iris Overby will be welcoming members of the public to tour their free-range bison herds on Sunday, Sept. 18.

The Overbys have been raising bison on their farm located just south of Inwood since 1994. Today they have over 300 animals, and the couple enjoys sharing their knowledge of the bison industry with visitors.

"We find most of the public is three generations removed from the farm, so Open Farm Days gives them an opportunity to see what farming is all about, how we treat animals and where their food source comes from. The tours help to give them a better idea of what it looks like to farm today," said Ken.

With only approximately 30 to 50 bison farms in the province, guests visiting the Overbys' farm have the unique opportunity to see what farming the indigenous species looks like. Guests will be taken through a herd of 130 animals of all different ages to see how they live off of the land. Guests won't be able to touch or feed the animals but will be able to see them in their natural habitat.

"We try to be very hands-off and give them their space," added Ken.

"The biggest advantage of ranching bison is that they are indigenous

to North America. That is why we do not need shelters and the animals can just winter out on the pasture. Our bison operation is very hands-off. I have never personally seen a bison calf born. They are a really neat species in how well they take care of themselves and how well suited they are for our environment."

As well as giving tours of the pastures, the Overbys will discuss different aspects of their operation including how the animals are treated and how they maintain pasture management through rotational grazing.

"When we do the tour, it is not just about how we treat the animals; it is also how we treat the environment. We are bison producers, but because the bison majorly feed on the grass in the pasture land, we are also harvesting the grass and the sun on marginal land," said Ken.

The Overbys will be welcoming the public between 1 and 5 p.m. during Open Farm Days. Pasture tours will begin at 1 p.m. and 3 p.m. on Sept. 18.

Along with the Overbys, two additional Interlake farms are participating in Open Farm Days: Riverton's Integrity Foods and Gimli's Mission Trail Farms.

At Integrity Foods, guests will be able to walk through the bakery's gardens and learn about conservation, growing, harvesting and preserving



EXPRESS PHOTOS BY NATASHA TERSIGNI

Inwood's Iris and Ken Overby will once again open their bison farm to the public for Manitoba's Open Farm Days on Sept. 18. Along with tours of their bison pasture, guests will see firsthand how a ranch is operated.

food. As well, there will be pets to see including goats, sheep, pigs, a miniature donkey, ducks, cats and rabbits, plus fresh pizza from the wood-fired oven and soup to enjoy.

At Mission Trail Farms, a dairy farm just south of Gimli, guests will be able

to tour a 50-cow milking operation as well as see milking demos at 12:30 p.m. and 3:30 p.m.

For information and directions on all farms participating in this year's Manitoba Open Farm Days, go to www.openfarmday.ca.



Guests visiting the Overby farm on Open Farm Days will be able to tour the pastures and see the bison up close.



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Your Wedding



Four smart ways to invite your guests to table

What you give your guests to eat at your wedding reception shouldn't be decided lightly, especially as the meal generally swallows up a large part of the wedding budget. Here are a few options.

1. A banquet. This is the classic wedding dinner format. It's often preceded by a cocktail reception with appetizers and a cash- or open bar. The meal, which includes several courses, is served to guests at their tables by wait staff. The cost varies according to the number of courses and the choice and variety of dishes on offer.

2. Tapas. It's possible to replace the traditional three course meal with tapas, or assorted samples of different dishes. These can be a meal in themselves when served at the table and in sufficient quantities.

3. A cocktail party. This format involves an informal seating plan that allows guests to circulate and nibble on a variety of finger foods throughout the evening. It's a great way to encourage mingling among your guests.

4. A buffet. Simple and affordable, a buffet has the advantage of offering a wider variety of food. Guests get to serve themselves, according to their specific tastes.

Discuss the different options with the person responsible for the reception. Whatever format you choose, al-



ways provide options for the children and ask guests about allergies, intolerances, and dietary laws. Think about whether you want to offer an open bar or a cash bar, and whether you want to serve a dessert in addition to your wedding cake. These days, other sweet ideas are gaining in popularity at receptions, including cupcakes and all-you-can-eat candy bars. Ask your caterer about all the latest trends.

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Cluck and Quack sale coming soon to the Red Barn

Exotic breeds of poultry and much more available



EXPRESS FILE PHOTO

The Cluck and Quack poultry sale will be at the Red Barn, just north of Stonewall, on Sept. 24 and 25 from 10 a.m. to 4 p.m.

Staff

For the second year, the Cluck and Quack Poultry Club is bringing its poultry and small animal sale to Stonewall.

This year marks the club's 14th sale, with the first dozen held in Beausejour before setting up last year at the Red Barn, located at Provincial Road 236 and Road 75N.

"The sale held in Stonewall last year was a trial to see how well we could do outside the 'home base' and it really did exceed our expectations with a remarkably large public attendance," said long-time club member Al Harris.

Based on last year's success, the fall event is returning to the Red Barn on Sept. 24 and 25 from 10 a.m. to 4 p.m., featuring exotic breeds of

poultry for sale. Other sale items include rabbits, ducks, geese, pheasants, peacocks, goats, sheep, crafts and preserves. Industry representatives and crafters can also apply.

Vendors can sell from horse stalls or from their trucks within an assigned area, and they're responsible for providing their own tables and cages for display.

Registration fees cost \$15 for club members and \$25 for non-members. To reserve a space, contact Harris at 204-467-8654 or govilon@mymts.net.

In addition to the chance to participate in the sale, Cluck and Quack membership provides a valuable networking opportunity with people who share similar interests. Members can participate in judged shows, agricultural events, and health and feeding seminars. As well, they receive a membership directory that lists the birds and animals of each member. Each spring, members look forward to a popular open auction.

Members can also participate in meetings held in February, April, June, October and December. Items that members are hoping to buy or sell are listed in the meeting minutes or online at www.cluckanquack.ca.

Interlake Women's Resource Centre

Annual General Meeting

Monday, September 21st, 2016

Johnson Hall, Waterfront Centre, Gimli

6:30 pm - membership purchase/renewal

7:00 pm - AGM

**Guest Speaker: Holly Parcey
of the SARAH program**

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Elections will be held for new Board members



fall registration 2016-2017

Simple ways to stay fit all year long

Many people find it easier to maintain their beach bodies during summer than they do throughout the rest of the year. Summer weather encourages people to get off the couch and enjoy the great outdoors, and many people prefer to eat lighter meals during the summer to combat the heat and humidity.

But once the dog days of summer give way to autumn, the motivation to stay in beach shape tends to wane. Couple that dwindling motivation with the tendency to eat larger, heartier meals as the weather gets colder, and it's easy to see why so many people gain weight over the last several months of the year and into the new year. But maintaining a healthy weight year-round promotes long-term health and reduces a person's risk for various ailments and diseases, including heart disease and diabetes. The following are a handful of strategies men and women can employ as they try to turn their beach bodies into the bodies they see in the mirror all year long.

• Keep setting goals. As winter heads toward spring, many people set short-term goals to motivate them to get back into beach shape. That's a highly effective strategy that need not be exclusive to late winter. Setting short-term fitness and dietary goals throughout the year can keep you from falling back into bad habits. Tie your goals into the season to increase your chances for success. For example, resolve to run outdoors or cycle a certain number of miles each week in autumn, when the weather is still conducive to physi-

cal activity and the scenery is idyllic. When winter arrives and exercising outdoors is no longer viable, commit to attending a few fitness classes per week at your gym.

• Switch up your workout routine every few weeks. Boredom also can affect people's ability to maintain healthy weights year-round. Adhering to the same exercise routine for months on end can grow tedious. The body can even grow accustomed to the same workout routine, meaning you won't be getting as much out of your exercise sessions as you might if you switch things up. If you find your daily workouts taking a turn toward the mundane, switch up your routine by changing exercises or signing up for classes that interest you.

• Find healthy seasonal foods. Many people prefer to buy locally sourced and/or in-season foods, recognizing the positive impact that such dietary habits can have on the environment. That commitment to buying healthy, locally grown foods can be tested as the seasons change and the offerings at your local market change along with them. Educate yourself about which foods are in-season in your area throughout the year, opting for the most nutritious foods you can find. Buying in-season foods saves you money, and you will also feel good about staying on a nutritious, eco-friendly track.

• Join an exercise group or sports league. The buddy system is an ef-



Joining an exercise group is one way men and women can stay motivated and maintain healthy weights year-round.

fective way to stay committed to a fitness regimen, but if you cannot find a friend or family member to brave cold winter treks to the gym with you, then consider joining an exercise group or competitive sports league. As summer turns to autumn, join a road runner's club to motivate you to run. When harsh weather makes running outdoors too difficult, sign up for a winter sports league. Such groups or leagues get you off the couch and provide great opportunities to meet like-minded men and women who have made their

own commitments to staying fit.

Staying fit all year long is a challenge for many people. But maintaining that beach body even after summer has come and gone need not be so difficult.

Reechka
Ukrainian Dance Club

30th year Anniversary

REGISTRATION/OPEN HOUSE
Monday, September 12
starting at 5pm at the AEMYS

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

Any questions regarding times and fees call Lynette Oliver
642-3226 or email foodstoremgr@interlakecoop.com

REGISTRATION DAY

Fall/Winter Registration
Saturday, September 12 10am-2pm
Arborg Arena

Following groups will be available
for registration or share information
Arborg Bifrost Parks and Recreation Commission,
Arborg Minor Hockey, Arborg Skating Club,
Reechka Ukrainian Dancers,
Gymnastics, Partners in Time Dance

For More Information
Please Contact Recreation Office
204-376-5576

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Ashern's Relay for Life raises 12K

By Jeff Ward

Outdoing their goal from two years ago, the Ashern Relay for Life fundraiser collected an incredible \$12,100 that will directly help fund cancer support services and the effort to find a cure.

Emboldened by her own personal connection with cancer, Kristen Stoneham took on the task of organizing this year's event. Taking place on Aug. 27 at Wayside Park in Ashern, the relay walk had five teams and 38 people in total walk for an uninterrupted six hours to raise money. The event held in 2014 raised \$10,000.

Stoneham said that this is the first time she's ever organized an event like this but she was able to get some key advice from her mother, Virginia Leifso, who has been a part of Flin Flon's relay for years.

Her mother was diagnosed with breast cancer when Kristen was just nine years old, and since then, the disease has left an indelible mark on her life.

"These events are important because I know what it's like to see someone you love go through that fight," said Stoneham.

"Seeing the aftermath of chemo and going through all of that as a family changes you. We grew up in

Flin Flon, but my mom stayed in Winnipeg for treatment because it was too hard to travel. I see how much the Canadian Cancer Society helped us and I want to support them so that they can continue that."

Stoneham's mother is now 23 years cancer-free and continues to play an active role in organizing the Flin Flon relay.

Teams raise money by going out before the relay and collecting pledges. The relay is a symbolic journey of what a cancer patient has to go through. The walk is exhausting, but Stoneham said that the point is to show that you can get through it. Beating cancer is a tough, painful journey that far too many people have to go through. The support and money raised at the relay can help make that journey a little bit easier.

"We had some great committee members that helped pull this off and some really helpful local business that helped sponsor. It's really amazing that our communities like Moosehorn and Eriksdale came out to support us as well," said Stoneham.

With the success of this year's event, Stoneham is looking forward to 2018 for the next relay and said that she hopes to outdo what was raised this year.



EXPRESS PHOTO COURTESY OF KIRSTEN STONEHAM
Kristen Stoneham sits on her mother Virginia Leifso's lap for a fun moment during the Relay for Life a few weeks ago in Ashern. More than \$12,000 was raised for cancer research.



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Bob Barker backs local black bear project

By Jennifer McFee

Former *Price is Right* game show host Bob Barker continues to express support for a proposed black bear rehabilitation centre on Roger and Judy Stearns' property in Rockwood.

He is donating \$50,000 towards the proposed project, which is expected to cost approximately \$75,000 in total.

"I was happy to have this opportunity to make this contribution," Barker said in an email to the *Express*. "I consider it money very well spent. Roger and Judy Stearns are heroes in my eyes."



EXPRESS PHOTO SUBMITTED
Bob Barker with his furry friend Federico.

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Flood mitigation underway in Riverton

By Patricia Barrett

Construction of a permanent earthen dike that will help protect Riverton from periodic flooding along the Icelandic River is underway.

In August 2014, the province announced funding for permanent flood barriers in some Interlake communities, including Riverton, Pebble Beach

in the RM of Bifrost (now Bifrost-Riverton) and Willow Island south of Gimli.

The Riverton dike will provide protection in the vicinity of Riverton Collegiate (Thompson Drive and Main Street) and include necessary drainage work, according to the announcement.



EXPRESS PHOTO BY PATRICIA BARRETT

A permanent flood barrier is being constructed to protect Riverton.

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Falling leaves present a beautiful safety hazard

ades of color and fall from the trees is a favorite activity each fall. Drivers travel near and far to witness spectacular and colorful displays of fall foliage, hoping to catch the peak hues in their respective areas of the country.

While falling leaves can be a sight to behold, those leaves can become a nuisance to drivers in various ways. Understanding certain inconveniences and safety risks posed by falling leaves can help motorists protect their vehicle and themselves.

Staining

Leaves can do more than just stain driveways; they also can damage a vehicle's paint job. Should wet leaves, sap and other chemicals that leach out of the leaves stay on a car for an extended period of time, they can cause an outline stain and damage to the paint.

It's important to manually pick leaves off of the car's surface right after they fall. Do not sweep them away; otherwise the leaves can scratch the paint surface. When all the leaves have been removed, thoroughly wash and dry the vehicle.

Should stains be present already, use a commercial leaf-stain remover or automotive paint cleaner. Tackle one stain at a time.

Clogging

Leaves that fall can become trapped in air intake vents, eventually impeding flow and causing odors. Leaves that fall in the groove of the windshield by the windshield wipers should be removed. Use a high-powered shop vacuum to remove any leaves that are imbedded in the venting.

Check other areas of the car where leaves can become problematic, such as under the vehicle or in the rear exhaust pipe.

Slippery surfaces

The Car Care Council notes that wet leaves on the surface of roadways can be hazardous. Wet leaves can make roadways quite slippery, even as slippery as roadways when snow is falling. Drivers should slow down when roads are covered with wet leaves and take turns and off-ramps more carefully.

Dry leaves also can pose problems, as they tend to accumulate at the edges of roads, where they easily can obscure curbs or street markings. Leaves may fill potholes, giving the false impression that a road is smooth and causing damage to tires and suspension systems when drivers drive over them.

Autumn leaves may be beautiful to see, but they can complicate driving and fall car care. Motorists should keep their cars clear of leaves and use caution on roadways.

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Musical connections: Prize-winning pianist performing in Gimli

By Patricia Barrett

The winner of the Western Young Artist competition will be treating Gimli residents to a variety of classical piano pieces in a few weeks.

Mexican-born pianist Luis Ramirez, who recently earned a master's degree in piano and is currently in the process of earning a second master's degree in musical composition from Brandon University, will be taking centre stage at Johnson Hall on Sept. 26.

Ramirez entered the 2016 Western Young Artist competition last spring, which is open to pianists, singers and instrumentalists of a certain calibre, and was chosen from among the competitors to tour six Prairie centres, including Winnipeg and Gimli.

He will be performing a number of works that on the surface seem as different as the eras in which they were written but whose symbolic elements — geography, nature, destruction — connect each piece.

"Each of the movements invokes a different country," said Ramirez, referring to Debussy's *Estampes*. "... He makes a point of doing a folkloric landscape within the same set of pieces."

And Beethoven's Piano Sonata No. 3, Op. 109 is a "typical idyllic Germanic landscape," he said, referring to the geographical connection.

Ramirez will start the second half of the performance with contemporary Canadian composer John Burge, whom he chose to honour the music of Canada. He was also able to make a connection between Burge's and Beethoven's sound.

He will close with Prokofiev, his favourite composer. Piano Sonata No. 7,

Op. 83 has (like Burge's work) a lot of "dark moments" in it.

"The very first three pieces I'm playing are in a kind of uplifting or charming character," said Ramirez, who has played a number of venues in Mexico, Canada and the U.S. "But the last one is ... about devastation and destruction."

To help the audience appreciate the symbolism of each piece and better understand the context in which each was written, Ramirez will be telling the story behind the songs before he plays them.

"If one hears it [Prokofiev's sonata] without knowing what it was written for, it might scare them away," he said.

"... But if I tell you he's implementing snare drums and marching rhythms [to symbolise] tanks ... coming and destroying your village ... then you're going to be hearing it with completely different ears."

Some of the pieces might strike a dissonant note to those unfamiliar with them, but Ramirez said "it's not all about a presentation of what's nice and what's beautiful."

"The music was their way of communicating that," said Ramirez, who has written his own works. "And if you're talking about those topics, of course, you're not going to expect it to sound pretty. I would say give them a chance to let them show you the music."

The tour's convenor also emphasizes the importance of giving what may be unfamiliar a chance.

"Let's take you out of your comfort zone for a little while and experience something different," said Muriel Smith, director of the Westshore Singers.

She said someone accustomed

to Bach's music would have found Beethoven's music strange and perhaps uncomfortable to listen to.

"Later on, with the Impressionists of the late 19th century, exotic scales, extended harmonies and different musical timbres were used by composers to create a new musical language," she said. "This also broadened people's musical ear and their acceptance of a new musical style."

Smith co-ordinates the tour as part of her volunteer duties with the Manitoba Registered Music Teachers' Association, of which she is a member.

She said the MRMTA's parent association, the Canadian Federation of Music Teachers' Association, has sponsored the competition since 1942, providing talented young artists with an opportunity to tour and bring classical music to centres that normally would not get such performances.

"What's really important is that Gimli and area residents are introduced to different styles of music, without having to go to the city for a concert," she said. "We're bringing it to you."

Smith, who has a PhD in music, said the tour is not a money-making venture. The low admission fee helps the sponsor recover the costs of sending a performer on tour. The point is to expose the performer to a wider audience.

"Ramirez is an emerging artist," she said. "And that means he is on the cusp of a professional career."

To help the audience appreciate a pianist with whom they're unfamiliar, Ramirez said there are a few different ways to listen.

"It has a lot to do with how they say something. It's basically their use



EXPRESS PHOTO SUBMITTED

Mexican-born pianist Luis Ramirez will be taking centre stage at Johnson Hall on Sept. 26.

of the language in the same way as someone speaking would say things differently with different words ... what melodies they emphasize, how they emphasize those melodies, how fast they're going, how loud they're playing," he said.

Ramirez will perform in Gimli at Johnson Hall in the Waterfront Centre on Monday, Sept. 26 at 7 p.m. Admission is \$15 for adults and \$5 for students.

For more information or to obtain tickets, contact Muriel Smith at 204-642-8549 or muriel.smith58@gmail.com. Tickets are also available at Terjesen's store.

A selection of Ramirez's performances are available at www.casal-maggiorefestival.com/luis-ramirez-5.

Changes to garbage pick up in St. Laurent

By Jeff Ward

After a comprehensive yearlong review by the public works department in St. Laurent of the community's garbage pickup service, changes are now in place to make the service more efficient and keep the community a lot cleaner.

RM of St. Laurent Reeve Cheryl Smith said that the review of the system brought to light some problems with the Monday pickup service. The public works crew was finding that collecting all the garbage from the west side of the municipality was taking too long and that the other areas scheduled for pickup were falling

behind. Smith said that expansion of new beach developments, more full-time residents and fully functional parks have contributed to a much larger volume of refuse in the area.

The result of the review affects anyone receiving pickup service in the areas east of PR 415, Road 90N and everything north of PR 518.

"One of the things

"THEY CAME TO US WITH A SOLUTION AND WE AGREED THAT IT WAS THE RIGHT APPROACH."

that this council has done well is allow our staff to take leading roles," said Smith about her public works department.

"They update us at each council meeting and have been open about how much time it takes to do the beach properties. They came to us with a solution and we agreed that it was the right approach."

Smith explained that since implementing a garbage pick up system in the municipality, her

public works staff has seen a huge difference in the cleanliness of the community. There is no longer garbage in the ditches when staff cut the grass, and she said that this whole system has contributed to a much greener St. Laurent.

"This change in the schedule doesn't affect too many people, and their collection will now happen on Wednesday instead of Monday. Service will still continue throughout the municipality, and during the discussion, we wanted to make sure that everyone here would receive the service regardless of where in the RM they are," said Smith.

St. Laurent Fire Dept. investing in new water truck

By Jeff Ward

In an ongoing effort to improve the safety of the community, the St. Laurent fire department has recently purchased a water tanker with a 3,500-gallon capacity.

The tanker will help give the crew the extra water they need to fight large blazes while increasing the total available water to 6,000 gallons.

Fire Chief Real Fontaine said that, on average, it takes 5,000 gallons to fully contain a fire and that this tanker will make it possible for his firefighters to attack fires and buy more time if mutual aid needs to be called in.

The tanker will cost approximately \$30,000, according to Fontaine, who said that he's been looking for a tanker truck since the winter. Shopping around for one that suits the needs of the community while also trying to keep the cost low took time, but Fontaine was able to find one for sale in Saskatoon and the deal

was finalized on Aug. 29.

St. Laurent Reeve Cheryl Smith said the money for the purchase came from the fire department's reserves.

"This purchase is good news for everyone," said Fontaine.

"It's a welcome addition to our fleet of water haulers and one that will be very useful. One of the things that

people don't know is that when we're putting out fire, there is a lot of water wasted. And the water needs to cool down the fire before it can put it out. So having more water available is always a good thing."

Fontaine said that the water waste comes from the spray arching over the fire or to the sides and that it's im-

"THIS PURCHASE IS GOOD NEWS FOR EVERYONE."

possible to fight a fire without wasting some. He added that fighting fires is about chemistry and knowing how to cool the blaze before being able to put out the flames. Having more water allows his team to have more time



EXPRESS PHOTO COURTESY OF REAL FONTAINE

Real Fontaine will be working to clean out the interior of the new water tanker before it will be put into use at the fire department in St. Laurent.

to cool down the fire and more time to call for mutual aid if needed.

The tanker could be put into action right now if needed, but Fontaine said

that he wants to make sure there is no metal debris in the tank that could clog up the pumper first.

'New physical learning' exercise trains the brain of a Parkinson's patient

Gimli Parkinson SuperWalk planned for Sept. 18

Submitted

Every hour of every day in Canada, a person is diagnosed with Parkinson's disease.

That equates to approximately 25 Canadians receiving this diagnosis from their doctor. This number will increase up to 51 people per day in 2031. In Manitoba, there are an estimated 6,500 individuals diagnosed with the neurodegenerative disease. New research reveals how "new physical learning" exercise can dramatically improve the slowness, stiffness, balance and behavioural/cognition issues associated with Parkinson's disease.

For people with Parkinson's disease, "new physical learning" exercise can be a critical and very beneficial part of managing this progressive neurodegenerative disorder. It builds on the basics of developing balance, strength and agility with cognition through a wide range of exercises including dance, strength training, boxing, yoga, tai chi and other activities. Parkinson's patients benefit from revolving

through a series of activities to both stimulate the Parkinson's brain with dopamine while slowing the progression of a loss of balance and flexibility which declines at an accelerated rate in people with Parkinson's.

Kelly Williams, a clinical resource nurse at the Movement Disorder Clinic in Winnipeg, emphasized the intent is to train the brain to do movements more automatically and to protect the brain from degenerating as quickly.

"The whole point is to challenge your body. Teach yourself something new. New physical learning creates a mind-body connection that protects your brain from degenerating as quickly, also known as neuroprotection."

So what kind of exercises are best? Lorri Apps, managing director, Manitoba, Parkinson Canada, says that depends on what stage of Parkinson's disease a person is living with. Apps said, "It is important to speak to your doctor to determine what is right for your individual health and abilities. The key is consistency."

Bernice and Vern Teichel know the benefits of staying active and exercising daily to manage Vern's Parkinson's illness. The father of two was diagnosed in 2004 after he noticed a twitch in his left pinkie finger. Since then, he has given up playing hockey.

Vern and his wife exercise daily by golfing, walking or participating in strength training or lawn bowling.

Steve Van Vlaenderen also knows firsthand what this recent study confirms. Exercise of any kind, whether weight training, cycling or boxing, can slow the progression of Parkinson's. Diagnosed with the disease in 2011, Steve commented, "My exercise routine changes five times a week to include strength training, brisk walking with a 40-pound weight vest strapped to my torso, tai chi as well as other exercises that challenge my body and mind."

Steve will be participating in this year's Parkinson SuperWalks in Winnipeg and Gimli with a 40-pound weight vest strapped to his torso. For Steve, this signifies "the burden that

Parkinson's not only places on the person who is diagnosed with this disease but also on family members and friends who also deal with the effects of this debilitating disease."

Steve, Vern, Bernice and Kelly will join hundreds of other Manitobans as they participate in the Sept. 10 Parkinson SuperWalk in Winnipeg.

To also promote this year's Parkinson SuperWalk and to raise funds for research, services and programs, and advocacy, Steve worked with Popeye's Winnipeg and Brandon, who are offering a special promotion in support of Parkinson Canada until Sept. 8.

The two-kilometre SuperWalk 2016 will take place on Saturday, Sept. 10 at the University of Manitoba, Max Bell Centre, Field House (109 Sidney Smith St.).

For further information and to register, please visit www.parkinsonsuperwalk.ca.

Other Parkinson SuperWalk locations include Brandon on Sept. 10, Morden on Sept. 17 and Gimli on Sept. 18.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder Midget struck down by Mustangs

By Brian Bowman

The St. Vital Mustangs are currently the best team in the Midget Football League of Manitoba.

And the Interlake Thunder saw why last Saturday.

St. Vital improved its record to 4-0 after defeating the Interlake 48-6 in Stonewall.

"They are a very, very good football team, no doubt about it," said Thunder head coach Kris Johnston. "They have veterans in a lot of key areas and they have a tremendous quarterback, who I have a lot of respect for."

The Mustangs took a 14-0 lead on their first two possessions of the game and then added a pair of touchdowns and a field goal late in the second quarter to go up 31-0 at the break.

"They were solid drives and they moved the ball down the field," Johnston said. "They chewed up a lot of time off the clock in the first quarter and gave our offence very little time on the field."

Mustangs' quarterback Joshua Jamieson did a real good job moving St. Vital down the field. He finished the game 17-for-26 for 234 yards and three touchdowns. Those TD passes were caught by Garrison Trinder, Nick Liang and Colin Pantos.

Liang also added a TD on the ground along with Drey Warde and Breydon

Stubbs.

Defensively, the Mustangs did a great job game planning for the Thunder's offence. Outside of Interlake quarterback Thomas Dunlop, the Thunder rushed the ball just nine times for a paltry 13 yards.

"The fact that we were down early obviously had a significant effect on our play calling," Johnston said. "We came into the game with very much a goal of running the ball."

Dunlop, meanwhile, had a good game throwing the ball. He completed 12 of 17 passes for 126 yards and he scored the Thunder's lone touchdown on the ground in the third quarter.

"Thomas Dunlop played a fantastic game," Johnston stressed. "They did everything humanely possible to limit him throwing the ball and completing passes. But, despite all of that, he was absolutely magical in a number of situations by creating plays."

"He was monumental in any, and all success, we had on offence."

Alex France was the Thunder's top receiver in the game, hauling in seven catches for 81 yards. Germain Waldner was Dunlop's next favourite target, adding three catches for 38 yards.

"Overall, our receivers played well," Johnston said. "They were there for our quarterback when he needed them to be and they made some



EXPRESS PHOTO BY JO-ANNE PROCTER

Fraserwood's Colton Nedotiafko rumbles for extra yardage against St. Vital on Saturday.

catches, they made some plays."

With last Saturday's loss, the Thunder are now 2-2 and remain in sole possession of third place in the five-team league. Interlake will hit the road this Saturday (7 p.m.) when they battle the fourth-place Southwest Wolves (1-3).

Interlake has already forgotten the loss to St. Vital.

"We have to make sure that we're looking forward and it's a long season," Johnston said. "We get two cracks at everybody and we have to move on from this past week."

Interlake athletes tossed a new training area

By Brian Bowman

In recent years, Interlake athletes have had plenty of outstanding performances in track and field.

But Bruce Pirnie and Justin Charrier would like that improvement to extend even further.

Pirnie has decided to open a high-performance throwing area on his Arnes' property for athletes looking to fine tune their throws.

"This is something that I've always wanted," said Pirnie, a former Olympic shot putter. "It's been a dream of mine and it was a matter of the right

piece of property falling into my hands at the right time.

"We're excited to get something going."

The portion of land will be a training area as opposed to a competition area, said Pirnie. Coaching and training has always been instrumental in a young athlete's success.

"Justin is one of our top up-and-coming coaches," Pirnie said. "He's a really good throwing coach, so we probably wouldn't even have considered this without the fact that Justin is here."

"He has a really good group of young throwers here in the Interlake but they don't have any decent places to train. This should allow those kids and Justin to take the next step."

Athletes would be able to train in the shot put, discus, hammer, and javelin. Charrier expects to have a cage up by the end of this month.

"We've seen a lot of success in the last couple of years, so this is an opportunity to get more kids and give (others) a little more training," Charrier explained. "A few of them have been going into (Winnipeg) a couple

of times a week and it's a long drive."

Pirnie hopes to be able to go around to the local schools to spread the word about the throwing area. He expects the area to be fully operational by next spring.

"We could throw tomorrow if somebody was interested," Pirnie said. "We're set to go but I haven't had my throwing cage up yet, which we would use primarily for hammer, but that's the least of the worries as far as the school kids are concerned."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake 'AAA' coaches named for upcoming season

Staff

The Interlake Minor Hockey Association has announced their "AAA" coaches for the 2016-17 season.

Dwayne Swanson returns as head coach for the Midget "AAA" Provincial team. He has been coaching for over 15 years, with the last six directly involved with Interlake's regional programs.

Al Chop will be assisting Swanson with this year's team.

The Lightning Female Midget team will be coached by Chantal Larocque. She originally hails from Ste. Anne

and has coached at the PeeWee and Bantam "AA" levels and at the Midget "AAA" level.

Larocque has an extensive playing career at the University of Manitoba, University of Minnesota-Duluth and in Calgary in the WWHL. She is also a member of Manitoba's ball hockey team.

Jessica Jones will be an assistant coach for the Lightning Midget Female team.

The Bantam "AAA" male team, meanwhile, will see Chad Balmer take over the team from last year's coach,

Todd Studler.

Balmer, who resides in Selkirk, has been involved in minor hockey for over 10 years, coaching at the Bantam "AAA" and "AA" levels within Hockey Winnipeg over the last few years.

He was also on the awards committee for the 2014-2015 Western Canadian Bantam "AAA" Championship. He is involved in many development programs and owns/runs a pre-season camp in East Selkirk.

Trent Goodbrandson will be assisting with this year's team.

The Interlake Ice Bantam female

team will be coached by Paul Miller. Miller is originally from Balmoral and now resides in St. Andrews.

He has coached various levels of hockey for the past 20 seasons, from House League to Bantam "AAA". Miller's coaching background has included instructing a skating and skills enrichment camp for Novice to coaching at the Manitoba Winter Games.

Miller is a former member of the Stonewall Minor Hockey Club and North Dakota State University Bottineau.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Kiln
5. American time
8. Female sibling
11. Fencing sword
13. Spoken in Laos
14. Swiss river
15. Fictional Middle-earth
16. "The Real World" (abbr.)
17. Replacement worker
18. Form after cuts
20. Frozen water
21. Irritates
22. Type of bread
25. Female peace officers
30. Where to put things
31. Commercial
32. Hard drinker
33. Take in
38. Copy
41. Volume of published materials
43. Used to be called "skim"
45. Organizes
47. Parts of worms
49. ___ Khan: hereditary title
50. A cravat with wide square ends
55. Central China mountain range
56. Longing
57. Elephant's name
59. British children's author Blyton
60. Something curved in shape
61. Home to important events
62. Nagorno Karabakh Republic (abbr.)
63. A very large body of water
64. Consists of two elements

CLUES DOWN

1. Former CIA
2. Ooohs and ___
3. Invests in little enterprises

1	2	3	4		5	6	7		8	9	10
11				12		13			14		
15						16			17		
	18				19	20			21		
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55					56				57		58
59					60				61		
62					63				64		

4. Spanish river
5. In the preceding month
6. Malignant tumor
7. Dried off
8. Via ___: main street of Ancient Rome
9. Asian country (alt. sp.)
10. One point south of southeast
12. Confederate soldier
14. Popular Bollywood actress Thottumkal
19. Small scale embedded generation (abbr.)
23. Female sheep
24. Of unsound mind
25. Pacific Time
26. Iowa town 51044
27. Trim
28. Wrath
29. Used to serve wine

34. Make less bright
35. Skywalker mentor ___-Wan Kenobi
36. Protestant, Ulster, Loyalist
37. Expression of disappointment
39. Tropical fruits
40. Furniture with open shelves
41. Metal can be extracted from it
42. Flat tableland with steep edges
44. Lingua ___
45. Chadic language
46. Peruse
47. Yemenese port city
48. Lean
51. Helps little firms
52. Blackjack players need this
53. Be obedient to
54. Source of the Nile River
58. Cool

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MUNICIPALITY OF
KILLARNEY-TURTLE MOUNTAIN

Finance Manager

Responsible for the financial affairs of the Municipality including budget development, financial reporting, revenue collection, etc.

Deadline: September 12, 2016

Please see www.killarney.ca for a full job posting.

For more information:

Jim Dowsett, CMAA
Chief Administrative Officer
Phone: 204-523-7247
Email: tmkly1@mts.net

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Sat, Sept 17th 10:00 am
Steinbach, MB - 15 Miles
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Sunday, Sept 18 @ 10AM
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02 Dodge 3500 4x4 Cummins
Wet Kit * Welding Equip *
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nished home in Ko-
marno. 15 minutes
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Must like cats. For
rent ASAP. \$500/mo.
Close to lakes. Ph
204-886-3380 (home)
or text 204-886-8661.

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ity needs a perma-
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tions and experience.
Applications accept-
ed until 4 p.m., Sept.
16, 2016 by mail or
email. Rosburn Mu-
nicipality, Box 100,
Rosburn, MB, R0J
1V0. Phone 204-859-
2779. Fax 204-859-
2959. municipaloffice@rosburn.ca.

Dream job! Live in
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be able to travel. 204-
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Watersong Farms Inc. Is seeking a full time

AQUACULTURE TECHNICIAN

To work within our land based Steelhead Trout facility.

Located at #117 PTH #67 near Warren, MB

Responsible for all daily operational activities as directed
and overseen by management

Qualifications:

- Previous aquaculture and or animal husbandry experience an asset, a strong work ethic, positive attitude and a commitment to the ongoing development of land based aquaculture is a priority.
- Ability to assess and manage key environmental conditions, enforce biosecurity and adhere to protocols is required.
- Successful applicant will be required to live within 15-20 minutes of facility as there will be on call duties.
- Salary starting at \$2800.00 + / month depending on qualifications.

Please apply with resume to info@watersongfarms.com

[No phone calls]

Only those interviewed will be contacted

NEWS TIPS CALL 467-5836



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

On the date and at the time and location shown below, PUBLIC HEARINGS will be held to receive representations from any persons who wish to make them in respect to the following matter:

1. RURAL MUNICIPALITY OF GRAHAMDALE BY-LAW NO. 995-2016 being an AMENDMENT to the RURAL MUNICIPALITY OF GRAHAMDALE DEVELOPMENT PLAN BY-LAW NO. 936-2005.
2. RURAL MUNICIPALITY OF GRAHAMDALE BY-LAW NO. 996-2016 being an AMENDMENT to the RURAL MUNICIPALITY OF GRAHAMDALE ZONING BY-LAW NO. 937-2005.

HEARING

LOCATION:

23 Government Rd. P.O. Box 160
Moosehorn, Manitoba R0C 2E0
September 22, 2016 at 7:00 p.m.

DATE & TIME:

GENERAL INTENT:

In order to accommodate development of cottage lots and an RV park, the intent of:
By-law 995-2016 is to re-designate SE 11-29-10 WPM in the RM of Grahamdale Development Plan from Agriculture Restricted Area to Recreation Area; and
By-law 996-2016 is to re-zone SE 11-29-10 WPM in the RM of Grahamdale Zoning By-law from "AR" Agriculture Restricted Zone to "SR" Seasonal Recreation Zone.

For further information, please contact:

Shelly Schwitek, CAO
Rural Municipality of Grahamdale
PO Box 160, 23 Government Rd.
Moosehorn, MB R0C 2E0
(204) 768-2858
rm606@tcmsnet.com

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

Note: Property owners are responsible for notifying lessee



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Interlake Riding PROGRESSIVE CONSERVATIVE ASSOCIATION

Notice of Annual General Meeting & Delegate Selection Meeting

Date: 1 October, 2016
Time: 10:00 AM Registration
10:30 AM AGM begins with DSM to follow
Place: Eriksdale Hall
22 Railway (Next to Co-op)
Eriksdale, MB
Guest Speaker: Derek Johnson, MLA for Interlake

PURPOSE OF MEETING:

To elect Executive Officers for 2016-2017
To select delegates and alternates to the
Provincial Annual General Meeting/Executive
Meeting to be held November 4 & 5, 2016 in
Brandon, MB

Please note the following provisions of the Constitution:

1. This notice meets the requirements of the Constitution. **Article VII (5).**
2. 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 (14 Clear Days Prior to AGM), 2016.**
3. 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)**
4. Renewal of Party Membership may occur if the membership has lapsed less than (1) year. **Article VII (8)(h)** 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
Larry Brandt, President @ 204-641-9109 or larry@ibuildermart.com

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The Winnipeg Beach Community Centre
is looking for a

CANTEEN OPERATOR for the 2016/17 ice season

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467-5836



RURAL MUNICIPALITY OF GIMLI

Municipal RCMP Detachment Clerk

The Rural Municipality of Gimli is accepting applications for the position of Municipal RCMP Detachment Clerk. This position is with the Gimli Detachment, under the general supervision of the Area Commander or his designate. The work is being performed in a police detachment environment.

Please visit the Rural Municipality of Gimli website at www.gimli.ca for the full employment opportunity description.



RURAL MUNICIPALITY
OF GIMLI
CHANGES TO THE
GIMLI RECYCLING
PROGRAM



The Rural Municipality of Gimli awarded the Recycling Collection and Processing Proposal to 4570732 MB Ltd. on August 24, 2016. The current service provider, Cornerstone Enterprises, will continue to pick up recyclables until September 30, 2016. We thank Cornerstone Enterprises and their hard working staff for their many years of service and dedication to Gimli's recycling program. We wish them the Best of Luck in their future endeavors.

As of October 1, 2016, 4570732 MB Ltd. will begin collecting recyclables from every residence and business in the RM of Gimli on a weekly basis. This includes one pickup per week for all residents and businesses in both urban and rural areas. Additional pickups for businesses can be arranged through the service provider at a cost to the business.

There will be a Recycling Depot in the Gimli Business Park. Residents and businesses may drop off recyclable materials at this location if they missed their scheduled pickup or have excess recycling. Illegal dumping of household waste or items other than recyclable materials will not be tolerated and fines will be issued to any person in violation. The depot will be erected as a courtesy drop off for residents and businesses and we ask that you respect the site.

Recyclables must be contained in a BLUE or CLEAR bag. Residential collection must be placed on the front street by 7:30 a.m. on the scheduled pickup days to ensure the items are collected. Businesses will have to arrange a suitable outdoor location with the service provider, for aesthetic purposes this will have to be on the lane side, similar to the garbage collection.

The new recycling schedule is available at the Municipal Office or on the Gimli website www.gimli.ca. The schedule will be subject to change as the program evolves.

We thank you for your anticipated cooperation and patience as we begin the new recycling program.

Dated this 2nd day of September, 2016

Mayor and Council
Rural Municipality of Gimli

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



204-467-5836

classifieds@expressweeklynews.ca



SUBSTITUTE TEACHERS

**Evergreen School Division is seeking applications for
Substitute Teachers for the 2016-2017 school year.**

Evergreen schools are located in Arborg, Gimli, Riverton and Winnipeg Beach. Qualified applicants are invited to pick up an application package at the Evergreen Education Support Centre, located at 140 Centre Avenue West in Gimli, or download an application package at www.esd.ca under Employment/Human Resources—Substitute Teacher Application Package.

For further information, please phone 642-6260.



Rural Municipality of Grahamdale PUBLIC NOTICE BOARD OF REVISION FOR 2017

Public notice is hereby given that the 2017 Assessment Roll for the Rural Municipality of Grahamdale has been delivered to the Municipal Office and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of the Municipal Assessment Act:

APPLICATION FOR REVISION:

42(1) A person whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- (a) liability to taxation
- (b) amount of an assessed value;
- (c) classification of property;
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

43(1) An application for revision must:

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- (d) be filed by
 - (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - (ii) serving it upon the Secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **Thursday October 13, 2016 at 1:00 p.m.** in the Council Chambers of the Rural Municipality of Grahamdale to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, September 27, 2016 at 4:30 p.m. The Applications must be sent to the address printed below:

Dated at Moosehorn, Manitoba, this 26th day of August, 2016.

Shelly Schwitek, Secretary, Board of Revision
Rural Municipality of Grahamdale
Box 160, 23 Government Road, Moosehorn, MB R0C 2E0
Phone: (204) 768-2858, Fax: (204) 768-3374

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Steinbach, MB

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229,000 KM * 92 Western Star Wet Kit
1,123,038 KM * 73 Kenworth W900 Wet Kit
* 73 White Freightliner w Wet Kit * Trailers
Martin 50 Ton Triple Axle Low Bed * 82 Great
Dane 20 Yard Belly Dump Gravel Trailer * 75
Arnes 22' End Dump * Trailmobile 50' Flat
Deck Highboy w Sliding Tandem * Semi 40' 2
Room Freight Trailer * 03 ABU B H 16' Tandem
Flat Deck Trailer * WW B H 16' Tandem Stock
Trailer * BH 12' Flat Deck w Fuel Tank * Semi
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Trailer Gas Welder * Gardner Denver Trailer
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ACREAGE AUCTION LEON PELLETIER

Sunday Sept 18th @ 10:00 am

Beausejour, MB

South 10 Miles on Hwy 302 #61129
Auction Note: The Acreage is Sold!

Leon was a Welder, Farrier & Enjoyed His Hobby Farm!
Contact: (204) 866-4141

Truck & Trailer 02 Dodge 3500 4x4 Cummins
Dsl 6 Spd/Std Dually w Wet Kit 207,000
KM Sft * 2000 Custom Built 5th Wheel 24'
Hyd Tilt Flat Deck Tandem Dually Tractors,
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540 PTO w JD FEL 4500-5000 Hrs * Set 1/2
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920 - Not Complete * Equip JD 14' Tandem
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350 Side Del Rake * Sovena 3PH Rotovator *
Trailer Post Pounder * Hyd Post Hole Digger
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Items 2000 Custom Built 5th Wheel Tandem
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Hyd Drive Tilt Squeeze Chute * Farmhand
16" Hammer Mill * 22) 16' Corral Panels *
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Steep Rock, MB

2 1/2 Miles East on Hwy 239
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McSherry Auction Service Ltd

AUCTION SALE ESTATE OF ANDREW & DONNA KACHKOWSKY

Sunday Sept 11th @ 10:00 am

Lockport, MB

253 Rockhaven Rd
Contact # (204) 295-9730

MF 35 Utility 3PH w
MF200 FEL * Ford 8 N 3PH
* 01 GMC Safari Cargo Van
* 96 GMC 1500 4 x 4 * 75
GMC 3 Ton Truck w 14' B
& H * BH 16' Flat Deck
Trailer * Al 14' Boat &
50 HP Mercury * BH 14'
Camper * JD 160 R Mower
* JD Snowblower * JD 50
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3 HP * Gas Port Air Comp
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Clock * Coca Cola Sign * 7
Up Signs * Traffic Signs *
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Furniture * LR Chairs *
Bedroom Furniture * Lots
More- Go to Web!!!!

Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or
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OBITUARY



David Murphy

Peacefully on September 1, 2016,
David passed away in Arborg with his
family by his side.

Left to cherish his memory are his wife
Barbara; son Greg (Sue); daughters
Dawn (Daryl) and Rosanne (Dwayne);
and two beautiful grandchildren Emily
and Megan.

After moving to Arborg in 1985,
David built successful businesses out
of nothing and cared deeply for his
community.

Special thanks to the doctors and
nursing staff of the Arborg and District

Hospital.

As per David's wishes, cremation has taken place and there will be no
funeral service.

In lieu of flowers, donations can be made to the charity of your choice.

Miss you already.

MacKenzie
FUNERAL HOME

MacKenzie Funeral Home
Arborg
204-467-2525
info@mackenziefh.com

ACREAGE AUCTION

SATURDAY, OCT. 1 • 10 AM

1 mile west of St. Francis Xavier on Hwy. 1, then a 1/2
mile northwest on #424. Very neat low houred equip-
ment, 1990 Chev 1500 only 120,000 one owner km's,
MF 1250 Compact tractor, White 6065 w/ loader FWA.
Paola - owners 204 864 2165.



For more complete listing www.billklassen.com

Bill Klassen Auctions Ltd.

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Cell: (204) 325-6230
Fax: (204) 325-4484

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Wed Sept 14th @ 4:00 pm

Stonewall, MB

Yard Items * Tools *
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Antiques * Household *
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RANDY'S Tire & Sport



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> MEAL IDEAS

Bowl of Chili Soup



1 lb (500 g) extra lean ground beef
 1 tsp (5 mL) canola oil
 1 onion, finely chopped
 4 cloves garlic, minced
 1 jalapeno pepper, seeded and minced
 1 tbsp (15 mL) chili powder
 1 tsp (5 mL) dried oregano
 1 tsp (5 mL) ground cumin
 1 can (28 oz/796 mL) diced tomatoes

(no salt added)

1 can (19 oz/540 mL) no salt added red kidney beans, drained and rinsed
 3 cups (750 mL) sodium reduced vegetable or beef broth
 1 green bell pepper, chopped
Directions

In a soup pot, brown beef, stirring to break up meat. Scrape into colander and let fat drain out.

Return pot to medium heat and add oil. Cook onion, garlic and jalapeno pepper for 3 minutes or until starting to soften. Stir in chili powder, oregano and cumin and cook, stirring for 1 minute. Return beef to pot and stir to combine.

Add tomatoes, kidney beans and broth to pot and bring to a boil. Stir in pepper; cover and simmer for 15 minutes for flavours to blend.

Sometimes Changing for Someone Else Is the Best Route



Conventional wisdom regarding relationships now holds that it is not healthy to change who we are to suit another person. If we give up our true natures, trying to be someone we are not, then we will ultimately pay a price.

While there certainly is some truth to this argument, the issue is just not that simple. Protecting our individuality and the right to be who we are can, unfortunately, be used as an excuse for not growing. It can also be an excuse for continuing attitudes or behaviours that are damaging or hurtful.

If a relationship is to continue in spite of differences, a healthy balance must be found. If a man enters into marriage and family, but then decides he really is a party animal who must socialize frequently, there are going to be problems. Fulfilling his needs may seriously compromise the well-being of his family.

However, a man could also argue that his wife's desire to pursue a career might also seriously compromise the well-being of the family. Now what? It is obviously necessary to have some agreement about which values take priority.

Most would agree fulfilling one's potential is a higher value than partying. A woman may love to go to the opera or ballet, while her partner is not only disinterested, but highly allergic to such activities. She may push him to stretch his boundaries a little, and accompany her.

This probably is not fair, or neces-

sary. The relationship will not suffer that much if he never learns to like ballet. However, if her husband is not really into communication or showing affection, and she asks him to become more involved in these activities, this is a different matter.

If he takes the stance he's just not a talker, and is not the affectionate type, there could be serious consequences. Similarly, if a woman is given to angry outbursts where she cuts her partner to shreds, and claims that it's just the way she is and cannot change, she is choosing a destructive path.

When we say that we cannot, or will not, change we may be putting our relationship on the line. This is not always a bad thing. Sometimes it makes things very clear. If an abusive partner says change is not possible, that is a very clear message for the other one to move on.

If a woman tells her partner she wants more closeness, affection and communication, and he responds he is just not the type, the relationship is in serious trouble. To refuse to work towards improving those areas is to refuse to develop the relationship. It's a little like saying "I'm not hungry, so you can't eat." Hunger for relationship does not go away. The hungry partner is left with two options: starve to death, or eat out.

Emotional starvation compromises physical health, and eating out, well, you know where that leads. Both are ways to get out. It is wise to remember when a partner is asking for more in a relationship, it is because they truly WANT the relationship. Sometimes changing at the request of another is in our best interests. When they stop asking, it might be too late.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

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