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VOLUME 2 EDITION 41 THURSDAY, OCTOBER 8, 2015

WEEKLY NEWS

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## Lundar School celebrates National Seniors Day

By Jeff Ward

Students at Lundar School got a lesson in the importance of community togetherness last week when they hosted a luncheon for seniors.

The luncheon on Friday, Oct. 2, fed 63 seniors in celebration of National Seniors Day which helps pay tribute to those who've helped build our country and communities. The Grade 12 class at Lundar School helped prepare and serve food, and even helped the seniors to their seats.

"I told our Grade 12's about this on the very first day of school," said Lundar School principal, Jane Dupre.

"Me and my staff are really into building a sense of community in our school and this is one of those ways we can connect to our community. This was something that was done out of the goodness of our hearts."

There's a valuable lesson for students in giving back to others selflessly. Helping support your community by volunteering your time and effort on things that make others feel good. And perhaps there's even a much more long-term lesson about seeing the fruits of your labours coming back to you. It's very possible that if this outreach continues, some of the students who started it this year might return as seniors later in life.

Grade 12 student Jordhan Lynch understands that, and was excited

Continued on page 5



EXPRESS PHOTO SUBMITTED

Carol Christensen (left) and her grandchildren, Cody (middle) and Kaitlyn enjoy a nice lunch at Lundar School on Friday, Oct. 2 during the first annual seniors luncheon. The luncheon is part of the National Seniors Day celebration, honouring the pivotal role seniors played in helping create this country and its communities. The luncheon was a way to give back and help connect the school with the community.

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

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# Peguis community garden helping to overcome food insecurity

By Patricia Barrett

Peguis First Nation is celebrating four years of food security, community health and a move towards the practice of self-sustainability thanks to its community gardens.

Carl McCorrister organized the garden project in 2011 to help the community produce its own food.

"I had a vision of returning to the land," said McCorrister, who acts as head gardener.

"We had a big falling away of people from the land."

McCorrister provides gardening instruction and shares the spoils of the main garden with the community. About 30 people took part in a gardening workshop this past spring. And an Elder's Day a few weeks ago attracted over 70 people, each of whom received a bag of vegetables that included seven pounds of potatoes.

"When I was growing up, 80 per cent of what we ate was grown by us or hunted," said McCorrister, who used to teach geography and Aboriginal studies at Peguis Central School.

"Now 80 per cent of our food comes from the store."

Peguis is located north of Hodgson in the Interlake and has a population of about 10,000, making it the largest First Nation community in Manitoba. It has seven acres of gardens divided into two sections — the main garden and individual plots along the Fisher River.

This year's harvest saw an abun-

dance of vegetables, including tomatoes, onions, peas, beans, potatoes, carrots, beets, zucchini and tobacco.

McCorrister raised about \$500 from a farmers' market at Neechi Commons in Winnipeg, and donated vegetables to several homeless people in the city.

"We now have several community members who are growing their own gardens," said McCorrister. "It's all about food security and regaining our culture and heritage of producing, growing, gathering and hunting for our foods."

The high cost of provisions in northern communities has turned a spotlight on the issue of food security. A 2012 study by Teresa Socha et al. in the *Journal of Aboriginal Health* showed "a serious need for food security and food sovereignty (i.e., independence) in northern communities."

McCorrister said Peguis works with Food Matters Manitoba and Four Arrows Health to address the high cost of food and to promote healthy eating. The garden project is sponsored by Tides Canada and the Peguis TLE fund [Treaty Land Entitlement Trust].

Other communities in the north have initiated and organized community food programs too, said McCorrister. Some provide meat or fish. One community catches and cleans fish, such as pickerel, and has established a community freezer.

On Peguis, the community gardens supply fresh produce to various com-



EXPRESS PHOTO COURTESY OF CARL MCCORRISTER  
Carl McCorrister and his grandchildren Tory and Meeya sell produce at the Neechi Commons farmers' market in Winnipeg.

munity events, the local food bank and individuals.

"Some of the older ladies have requested beets for pickling," said McCorrister, who delivered a truckload of potatoes to the community's annual fall dinner at the church last Thursday.

"We had a lot of potatoes," said McCorrister, "I think we cooked about 60 pounds of potatoes today."

Last year, the gardens yielded 10,000 to 12,000 pounds of pota-

toes, he said.

"We've had so much success. Our soil is good," said McCorrister, who went back to university in Brandon to work on his Master's degree after he retired from teaching in 2008. "We invite people to come out and see."


McCorrister, who loves to write, has created a Facebook page about Peguis' community gardens.

For more information about the community gardens, visit the Peguis Community Garden Project on Facebook.

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The Lundar Gun Club would to thank Sigfusson Northern Ltd. and Lundar Pharmacy for their generous donations towards the Lundar Gun Club JR program. Congratulations to Hannah Lussier and Andrew Mason on winning the prizes shown in the picture that were presented by Don Law President of the Lundar Gun Club at the Ducks Unlimited Trapshoot that was held on September 13, 2015.

# Gimli's Aurora Recovery Centre pre-opening event

## Pre-opening tour and celebration Oct. 14

By Patricia Barrett

A private medical detox clinic in Gimli is set to open next week and will be hosting a pre-opening tour and celebration Oct. 14.

The Aurora Recovery Centre purchased the former Misty Lake Lodge north of Gimli and began extensive re-modelling at a cost of about \$8 million. The company also purchased Misty Courts, a 17-unit apartment building that will play a role in patient care.

"We'll be using it for aftercare," said Marni Larkin, chief operating officer, in reference to the apartments at Gimli Industrial Park. "People will be using it as independent living space."

People struggling with alcohol, drug and gambling addictions sometimes have to go on a waiting list for access to care. Manitoba has a number of treatment and aftercare facilities (the majority in Winnipeg) such as the Addictions Unit at the Health Sciences Centre, Esther House for women, the Adult Detoxification Center (a non-medical facility) at the Main Street Project, and the Rosaire House Addic-

tion Centre in The Pas.

Treatment at the Aurora Recovery Centre will cost \$900 a day. For clients who need financial assistance, the centre may be able to help them obtain loans from finance companies. The centre itself is an approved vendor for a number of insurance providers, according to its website.

If the facility reaches its maximum capacity (72 beds), it will offer a one-to-two-week waiting list — depending on an individual's needs, said Larkin. Someone in acute need of treatment will not be kept waiting.

"If they identify they need care now, we will try to find them another facility," she said. "It could mean their life."

On staff will be doctors, nurses and licensed health-care professionals. In the future, the centre may need to hire more employees.

"We're growing into our staff," said Larkin. "We'll be hiring in phases as our client base grows."

The pre-tour celebration next Wednesday will include a speech by Peter Connelly, the centre's vice-president of programming, who was also



EXPRESS FILE PHOTO

Gimli's Aurora Recovery Centre will be hosting a pre-opening tour and celebration Oct. 14.

an addictions counsellor at the Hazelden and Betty Ford Clinic in America. He will provide an overview of the facility and its treatment program.

"I think it's a very exciting time," said Larkin. "We know there's a need, and we think our state-of-the-art program will meet those needs."

The pre-opening celebration starts at 7 p.m., Wednesday, Oct. 14. Please RSVP your attendance on or before Oct. 9. The centre officially opens Oct. 16. It's located at 20025 Lakeside Rd.

For more information on the Aurora Recovery Centre, visit [www.aurorarecovery.com](http://www.aurorarecovery.com).

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# Winnipeg Beach drafts False Alarm bylaw

## Third offence could result in a fine of \$500

By Patricia Barrett

Winnipeg Beach council is proposing a new bylaw that would give the town power to impose fines against property owners or occupants experiencing repeated false alarms.

A draft of the False Alarm Bylaw (13-2015) received first reading at council's regular meeting Sept. 23. It would apply to alarms that either detect fire or unlawful or unauthorized entry.

"We've had cases of car alarms and house alarms going off repeatedly and the RCMP attending," said Kerry Lawless, chief administrative officer for the Town of Winnipeg Beach.

"But we didn't have the authority to impose a penalty under the fire by-

law."

Under the provisions of the new bylaw (which excludes motor homes), "All alarm systems must be maintained in working order to avoid unnecessary malfunctioning due to a fault or deficiency in the alarm system, and such default or deficiency must be remedied immediately to avoid false alarms."

False alarms are a nuisance and result in considerable and unnecessary expenses, reads the proposed bylaw. Property owners/occupants can be charged for "excessive" alarms, which are defined as three or more false alarms in any 12 continuous month period.

"The old bylaw called for penalties under the fire bylaw," said Lawless. "That only related to fires."

If the new bylaw is passed, council will amend the Fire Prevention and Emergency Services bylaw (12-2015) to include a clause referring to the False Alarm bylaw and authority to recover costs.

Fire or no fire, a first and second offence would see property owners/occupants receive a written warning, a requirement to have the alarm inspected and a report forwarded to the town. A third offence would result in a fine of \$500 for each separate offence.

Lawless said he will be reviewing the draft bylaw and expects it will receive second and third reading at the next council meeting.



PHOTO BY PATRICIA BARRETT  
Property owners could face a fine of \$500 for repeated false alarms

# Manitoba's doc shortage worst in Canada: report

By Austin Grabish

The number of doctors that left Manitoba last year tops any other province in Canada, a national report released last Tuesday shows.

Data in a report from the Canadian Institute for Health Information (CIHI) states 47 doctors left the province last year.

That number is higher than any other province or territory in the country, and includes a staggering number of physicians that left the Interlake-Eastern Regional Health Authority in 2014.

Progressive Conservative health critic Myrna Driedger said the report is "really bad news for patients."

Driedger said the report highlights "glaring" failures in the province's doctor recruitment and retention strategy.

"To be the worst in Canada in this

area, it shows that other provinces are fixing their problem," she said. "Something is wrong here."

She noted a dramatic spike in the number of doctor vacancies that occurred last year in the Interlake region.

In February, the *Express Weekly News* reported the Interlake's doctor shortage had skyrocketed from having three physician vacancies to 24 in just 18 months.

The RHA cited a tighter reporting system for the increase, and last week said it is now short 25 doctors.

RHA CEO Ron Van Denakker said the region relies heavily on international medical graduates who come to the Interlake on a short-term basis.

He said the health authority is working hard to try to establish a medical clinic in Selkirk with hopes a teaching program could be launched in the city.

"The statistics are quite clear in regions where they do have clinic teaching units. Many times the



EXPRESS FILE PHOTO BY AUSTIN GRABISH

A new report says more doctors left Manitoba than any other province last year. Currently, at least 25 more doctors are needed to fill vacancies in the Interlake, which includes the Gimli Emergency Room pictured above.

residents, when they graduate, will stay," Van Denakker said.

Meanwhile, Health Minister Sharon Blady disputed the CIHI's report.

She said she has conflicting numbers provided to her by the College of Physicians and Surgeons that show Manitoba has gained doctors every year under the provincial NDP.

"So the pool of doctors does continue to grow," she said.

Blady said the province offers a number of incentives for doctors to stay in Manitoba and will continue to work on addressing the doctor shortage.

"It's really about working with local communities and the local regional health authorities to find innovative solutions that work for each community, and we're doing that."

**Early Deadline**

Please note, due to the long weekend our office will be closed Monday, October 12 and our deadlines will be Friday, October 9 by 4:00 pm

Tribune Stonewall Teulon EXPRESS WEEKLY NEWS Selkirk Record

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**NEW ITEMS ONLY**

# Bill C-51 dominates all-candidates Interlake forum

By Austin Grabish

Support for the Interlake's Tory incumbent James Bezan and Liberal contender Joanne Levy appeared strong at an all-candidates forum in Gunton on Monday night.

Four Candidates vying for the Selkirk-Interlake-Eastman MP's seat spent nearly three hours answering questions from about 150 voters that packed Gunton Greenwood Memorial Hall for a forum hosted by the Teulon and Stonewall Chamber Of Commerce.

The Green Party's Wayne James was perhaps the most vocal candidate of the night.

NDP candidate Deborah Chief remained soft-spoken and Libertarian candidate Donald Grant was absent from the forum.

Voters asked questions on a myriad of issues including seniors' housing, health care, electoral reform, and the country's national debt.

More serious issues discussed included how candidates would tackle youth suicide and missing and murdered indigenous women.

Senior citizens dominated the forum and James noted the lack of youth in attendance.

"I don't see a lot of youth being engaged with the democratic process," he said. "It's like they dropped out and they accept whatever's going to happen."

However, it was the youngest member of the crowd that put Liberal candidate Joanne Levy on the spot.

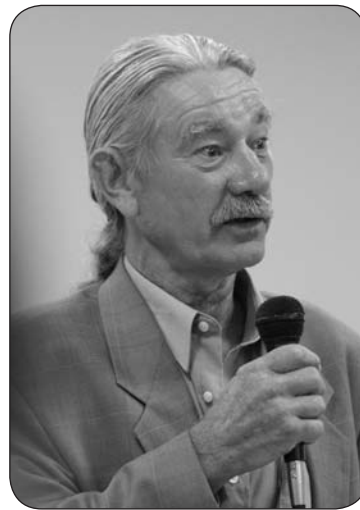
Josh Haney, 18, asked about



Conservative incumbent James Bezan



NDP candidate Deborah Chief



Green Party candidate Wayne James



Liberal candidate Joanne Levy

Justin Trudeau's stance on Bill C-51, the Tories' controversial anti-terrorism legislation, which gives sweeping powers to government and police.

Haney, who serves as vice president of the NDP's Lakeside Constituency Association, wanted to know if Levy thought it was ethical for Trudeau to support the bill given mounting concerns surrounding the legislation, which he's publicly acknowledged.

Levy said she's listened to Trudeau, and thinks national security is important and something that can't be ignored.

"To dismiss C-51 without the due regard to the security of Canadians would be foolhardy," she said.

Bezan then stepped in and defended the legislation further before James and Chief accused the bill of violating human rights.

The federal NDP have called for the bill's repeal, and

Chief said it violates rights entrenched in the Canadian Charter of Rights and Freedoms.

"If we say something, if we protest something, then we may get arrested," Chief cautioned.

Bill C-51 was one of the few issues raised by voters that Chief was able to address.

She was unaware of the federal NDP's position on several issues, and wasn't able to answer a handful of questions that other candidates did.

She also spoke against an inquiry into missing and murdered women. She said she's talked to many who feel there are better options than an inquiry.

The move puts her at odds with Tom Mulcair's pledge if elected to call an inquiry into missing and murdered indigenous women within the first 100 days of forming office.

Bezan touted the Tories' income-splitting tax benefit, discussed the threat of terror-



EXPRESS PHOTOS BY AUSTIN GRABISH  
Voters lining up to ask questions

ism, as well as the uncertain global economic times.

Bezan was put on the spot when a voter brought up the MP's past dispute with Elections Canada over signage expenses.

Canada's elections watchdog had asked the Speaker to suspend Bezan over an

elections expense report he had filed in 2011.

The matter was settled last year.

## > SENIORS LUNCH, FROM PG. 1

about the prospect of this luncheon since day one.

"I was super excited to be apart of this. Excited for having out community brought together. There was basically one senior from every family in Lundar and everyone had a great time. A few ladies came up to me saying it was amazing. That feedback was really nice to hear," said Lynch, who also had her own grandparents in attendance.

Lynch was actually a bit disappointed that this would be the only year she

would be able to participate, seeing as she will be graduating in June. Noting that she wishes this would have been around since she was in grade nine so she could have been apart of it longer.

Lynch had some advice for those students who will be participating next year.

"Don't take it for granted and don't skip it. Get into it and enjoy it. Be grateful for the time you have with them."

The lunch was provided free of charge to all who attended.

"THERE WAS BASICALLY ONE SENIOR FROM EVERY FAMILY IN LUNDAR AND EVERYONE HAD A GREAT TIME."

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PUBLISHER  
Lana Meier



SALES  
Brett Mitchell



SALES  
Rick Reimer



SALES  
Robin Chestnut



REPORTER/PHOTOGRAPHER  
Jeff Ward



REPORTER/PHOTOGRAPHER  
Austin Grabish



REPORTER/PHOTOGRAPHER  
Patricia Barrett



SPORTS REPORTER  
Brian Bowman



PRODUCTION  
Nicole Kapusta



DISTRIBUTION  
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ADMINISTRATION  
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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL **Walleye, a cut above the rest**

Hi. Thanks for dropping in.

This week, oddly, two members of our angling family I met had stories of flying fish which I hope you will enjoy.

I was at Canadian Tire in Selkirk not long ago and met a chap who said he had kind of scary story about sturgeons. Our new fishing buddy Dan Pawluk from Beausejour was a tall, slim, fellow with greying hair and a kindly manner. He said he and his wife had a shoreline cottage at Point du Bois and loved to fish on the Winnipeg River between 8 Foot Falls and Slave Falls.

On many moonlight summer nights, he recounted, they would look out over the water from their veranda through the silhouetted fir trees beyond the massive grey rock outcroppings watching dozens of sturgeons leap from the water only to splash back in, sending ripples across the river. One morning, as was their custom, our pair of cottagers awoke before dawn and headed out in their boat to the middle of the channel for some good angling with the sturgeon. Just as the sun was breaking over the trees in the east, suddenly a large school of sturgeon erupted from the water all around them. They were stunned for a moment with all the turbulent splashing about, but then with a sputtering thud a three-foot sturgeon unceremoniously flipped itself up, over and down to the floor of their boat tail first. Eyes wide, their legs high in the air, our couple didn't know quite what to do. After they regained their composure a bit, they took their uninvited guest by the head and tail and returned him to his river home laughing and shouting their good-byes as he swam away.



EXPRESS PHOTO SUBMITTED  
Chris Wujec of Winnipeg with a giant walleye caught by "the cut."

Quite far up the Red not far from the mouth of the Lake Winnipeg south basin there is a great fishing spot called "the cut." Last week I had occasion to meet Chris Wujec of Winnipeg who had just come back from the cut. He showed a fine example of a beauty of a walleye, which I'm sure we can all enjoy. Chris lives to weekend fish and if he's not around the south basin, you'll find him fishing in Lake of the Woods.

Lately I felt it was time for another story from Hnaua but every time I went over there, high winds had huge

waves crashing over the pier. That was until last Saturday. The waters were still churning up, grey and choppy under a cloudy, windy, cool afternoon, but many stalwart anglers and their vehicles were lined up along the pier. Of the bunch, one fellow of a fair size somewhere in his 40s with short light brown hair and a habit of punctuating the end of his sentences with a chuckle or a short laugh said he had a funny story from his uncles who loved to play jokes.

Our new friend, Rob Waskul of West St. Paul, said the men in his family liked to fish up at Paint Lake south of Thompson. It seems two of his uncles were fishing up there and one caught a very small perch that swallowed the hook and bait, causing its quick demise. The first uncle, noticing the other wasn't looking, quickly brought the others' line in, took the hook off and loosely wound the line around the dead fish then cast it back into the water. First uncle then called out to second uncle, "You've caught a fish!" Second uncle, all excited, began reeling in his line only to realize in amazement that the line was not coming out of the water but was high in the air. Following the line upward with his eyes, he stared in shock as he saw the fish high in the air hanging from the tip of a seagull's beak. Without realizing what he was doing, second uncle continued reeling in his line along with the fish and the seagull.

The first uncle beside him laughed, thoroughly enjoying the second uncle's predicament. Then, as fortune would have it, the line fell from the fish and the seagull got lunch.

Well, good fishing my friends. Bye for now.

### > CONTACT US

Express Weekly News - Interlake Graphics  
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)  
Classified: [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)  
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or call our office at 204-467-5836

### OUR EDITORIAL STAFF

**Jeff Ward** (Highway 6) 204-298-3381  
[jeff@expressweeklynews.ca](mailto:jeff@expressweeklynews.ca)

**Austin Grabish** 204-785-1618  
[austin@selkirkrecord.ca](mailto:austin@selkirkrecord.ca)

**Brian Bowman**  
Sports Reporter  
[sports@expressweeklynews.ca](mailto:sports@expressweeklynews.ca)

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## > LETTER TO THE EDITOR

# Frustrations mounting with amalgamation

After much deliberation, I felt I had to respond to the interview in which it is very clear that Mr. Helgason has clearly taken sides, that is — Ward 2 good, Ward 1 bad. In the article, he blames Ward 1 councillors Keith Lundale, Merle Day and John Wainwright for personal attacks and comments about his frustrations.

The province is, according to Helgason, blamed for locating the RM office in Eriksdale and appointing Arlene Branson as CAO. He goes on to say that he was very proud of his Ward 2 councillors and himself for their conduct. From all this, it is very clear that Mr. Helgason sees himself as West Interlake reeve for Ward 2 only.

If Mr. Helgason wants to know who is responsible for this mess he is in, all he needs to do is look in the mirror. I wonder why the government relocated the office and appointed the CAO. Could it be that they saw some dysfunction in your governance and ability to lead? Certainly, after many years on council, Mr. Helgason should well know the workings of his office, but I feel he is certainly inadequate with the personnel side of the equation. Calling out the Ward 1 councillors, pitting them against the Ward 2 councillors, then taking sides himself is quite childish and not what I would consider the aspirations of a capable leader. So he may sit in the exalted reeve's chair, but is he

## Interlake-Regional RHA annual flu clinics starting soon

### Submitted

Interlake–Eastern Regional Health Authority's public flu clinics will begin the week of Oct. 19 this year. The theme of this year's flu campaign is Get Vaccinated. Don't spread the flu. This campaign reminds people that a flu shot provides immunization to those who get the shot and helps prevent transmission to those with weakened immune systems like children and older adults and those with health conditions.

Flu clinic listings for this area will appear in next week's issue of the *Express Weekly News*.

Melody Hawryluk, one of two immunization co-ordinators for Interlake–Eastern RHA and public health nurse, says the region is expecting good turn out this year.

"As soon as the leaves start turning, we know cold and flu season is around the corner," Hawryluk said. "The flu vaccine is available to all Manitobans over six months of age at no charge and it offers protection against four seasonal flu strains. A flu shot is especially important for those at increased risk of serious illness from the flu."

The following people should consider getting the shot:

- people 65 years of age and older
- all children 6 months of age and older
- personal care home residents
- anyone with chronic health issues
- health-care workers and first responders
- pregnant women
- individuals of Aboriginal ancestry
- people who are severely overweight or obese
- household contacts of those listed above

Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.

People can talk to their public health nurse or health-care provider if they have questions about the flu shot. Your local pharmacy may also be offering flu vaccines as well.

For a complete listing of Interlake-Eastern RHA flu clinics, visit [ierha.ca](http://ierha.ca) and click on "Care in Your Community," "Public Health" and "Immunizations."

truly a representative of both wards? I think not.

I think much of the mess he finds himself in could easily have been avoided had he and his Ward 2 gang not decided to go on a power trip and fire one of the better CAOs in Manitoba. It is a pity when one group has two people making decisions while two in that same group simply nod their heads in agreement without question. As for tossing mud at the Ward 1 councillors, I have known Keith and Merle since I came to Eriksdale (40 years) and John since he first arrived from England. All three are men above reproach who have dedicated themselves to community ideals and promotion. On occasion, I have enquired as to the workings of council, but if my questions broach on subjects considered contentious, they tell me they cannot talk about

it and do not. I was at a council meeting when Mr. Helgason and Mr. Jonasson were called out by Mr. Lundale saying exactly what he thought of the CAO's firing. It made me very proud to see him speak out for Arlene Branson.

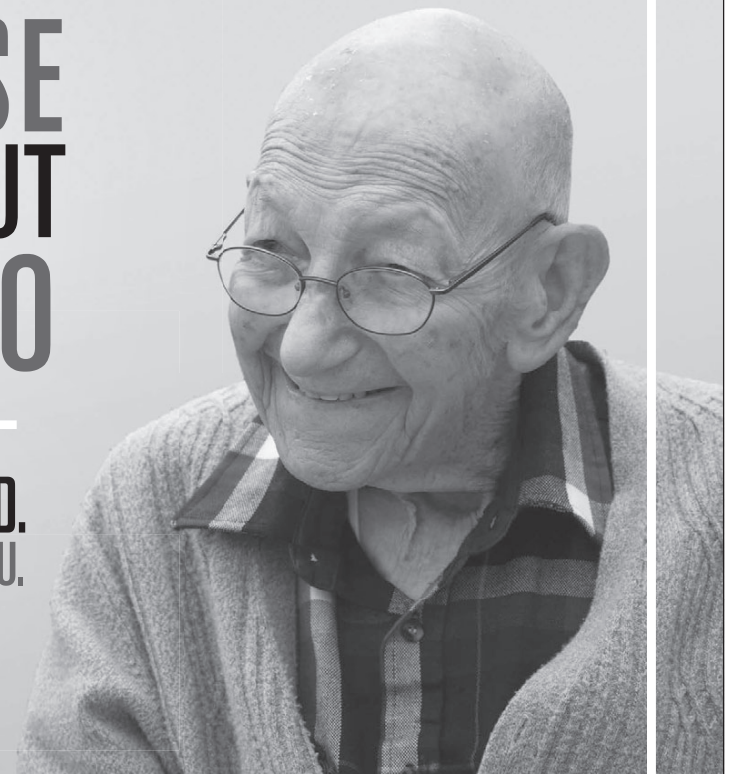
The reeve should count himself lucky that he has Ward 1 councillors who question spending and other decisions and who simply are not "bobble-heads" to anything that is placed on the table.

If we are successful in separating from this amalgamation, Mr. Helgason will lose three dedicated men, given half the chance, and his community could likely feel that loss also.

Al Kelner  
Eriksdale

# BECAUSE IT'S ABOUT HIM TOO

## GET VACCINATED. DON'T SPREAD THE FLU.



The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

[manitoba.ca](http://manitoba.ca)

**Manitoba** 

2015 federal election

# Bezan speaks out against Trudeau's stance on crime

By Lindsey Enns

Selkirk-Interlake-Eastman Conservative candidate James Bezan is speaking out against the Liberals plan to rethink guaranteed minimum sentences if elected in the upcoming federal election.

If elected, Liberal leader Justin Trudeau recently said he would consider repealing some of the mandatory minimum sentences implemented by the Conservative government.

"Rolling back the mandatory minimum sentences ... is a risk to public safety and a very dangerous public policy that will affect all Canadians," Bezan said in a release to media last Friday. "Trudeau and the Liberals are taking a dangerous approach to public safety as they want to put dangerous offenders back into our communities faster and without proper rehabilitation."

Selkirk-Interlake-Eastman Liberal candidate Joanne Levy said Bezan's shot at Trudeau and the Liberals is "yet more evidence the Conservatives



JAMES BEZAN

are out of ideas."

"He's hunkering back to what their fundamental beliefs are, whether they're based on any kind of evidence or not," Levy told the *Express Weekly News*. "There's absolutely no evidence that mandatory minimums decrease crime or keep us any safer."

"It can ... lead to incarcerated youth and at risk groups in our society."

Prime Minister Stephen Harper recently outlined the Conservative



JOANNE LEVY

government's plan to crack down on criminals. His plan includes new funding for child advocacy centres, research into the impact of crime on victims, and tougher penalties for serious crimes including murder and drunk driving. Harper has also stated that a re-elected Conservative government would make the Life Means Life Act top justice priority in the fall parliamentary session.

"I am especially pleased with this

proposed legislation, as it reflects my Private Member's Bill (Bill C-478) on tougher penalties for criminals who commit brutal acts of abduction, sexual assault and murder," Bezan added.

The Life Means Life Act, introduced in March 2015, would amend the Criminal Code to ensure that offenders who are convicted of murder or high treason will be imprisoned for the rest of their natural lives with no chance of parole. This includes murders involving sexual assault, kidnapping, terrorism, the killing of police officers or corrections officers or any first-degree murders that are found to be of a particularly brutal nature.

"A prison sentence should mean what it says," Bezan said. "And a life sentence should mean exactly that — a sentence for life. Only a re-elected Conservative government will make it a priority to fight crime, protect our children and make our communities safe."

Voters head to the polls on Oct. 19.

## ALL-CANDIDATES FORUM

THURSDAY, OCTOBER 15

@ 7:00 p.m.

Arborg-Bifrost Community Center

*Invited to participate are:*



**JAMES BEZAN**

~ Conservative Party of Canada



**DEBORAH CHIEF**

~ New Democratic Party



**JOANNE LEVY**

~ Liberal Party



**DONALD GRANT**

~ Libertarian Party of Canada



**WAYNE JAMES**

~ Green Party of Canada

Coffee and Conversation to follow.

Sponsored by the Arborg & District Chamber of Commerce

## Annual fundraiser a hole-in-one in Lundar

By Jeff Ward

The clubhouse at the Lundar Co-Op Golf and Country Club was packed last Friday with people clamouring to bid on popular live auction items, all in support of the golf course.

The fundraiser, which took place Friday, Oct. 2, had dozens of items in live and silent auctions as well as a full dinner and cocktail hour. About 85 people attended the event this year, which helps support the golf course to keep its fees low. This year the funds raised will go towards fixing and painting the clubhouse and helping bring the building back to code.

"We'll be looking to gain a government grant to help finance the rest of the project and add it to the donations we got during the fundraiser," said Darrell Rudge, president of the co-op.

"We'll be repairing the basement with the new gyproc and doing electrical and plumbing work as well as working to repair our safety and exits lights. These are projects that would've been difficult without the help of those who come out and donate to us."

The fundraiser featured a plethora of items to bid on: Jets hockey tickets, smoked ribs, oil changes, firewood

delivery and much more. However, some of the most popular items are the baked goods, which sell during the live auction and can fetch prices so high that you'll want to start a bakery in Lundar.

Some loaves of bread were sold as high as \$25 and pies sold for more than \$40. All totalled, the baked goods section of the live auction took in more than \$1,000.

"Lots of people bring money to bid on stuff but sometimes the prices get high quickly. So when it comes to the baked goods, people will spend their money on those items just to win something. Of course, every dollar helps so we're very happy to have them bidding," said Rudge.

With the fundraiser now complete and the golf course closed for the year, Rudge looks towards the future and will be attending a seminar on how to apply for the government grant to help complete the projects in the clubhouse.

Although the golf course clubhouse is closed for the season, you can still walk on and play for free if you want to enjoy the last few days before the snow flies. The total amount of money raised during the auction is still being tallied.



# Annual Arborg Terry Fox raises over \$110,000 since 2009

By Patricia Barrett

Approximately 150 people laced up their sneakers or jumped on a bike and took to the streets Sept. 20 to raise money for the 35th Annual Terry Fox run in Arborg.

The town raised \$13,174.90 for cancer research. Arborg and neighbouring communities have raised over \$110,000 since 2009 for the Terry Fox Foundation, which supports Canadian cancer research.

Loretta Martin spoke about the stress and fear her whole family experienced when her mother was diagnosed with cancer 13 years ago and again this July when a form of the cancer returned.

Martin said that although her mom won't have to undergo surgery, chemotherapy or radiation, she'll be on medication for the rest of her life.

"Regrettably, today there is no cure for mom's cancer," said Martin, addressing the crowd, "but medications have been developed that can keep this type of cancer under control or even reduce it."

Martin said the loss of loved ones, and the hope that no others are lost to cancer, makes the Terry Fox run very important.

"The funds raised today are for research," she said, "research that will enable cancer to be detected earlier and research to find treatments that are increasingly more effective at combating and, hopefully one day,



able to cure all forms of this disease."

Since 2014, over \$650 million has been raised to support cancer research, according to the Terry Fox Foundation website.

After having lost a leg to cancer, Winnipeg-born Terry Fox undertook



EXPRESS PHOTOS SUBMITTED BY DALE STANOWSKI

Pictured, clockwise from top left, Loretta Martin and Charlene Thompson spoke about their families dealings with cancer and how they believe that without organizations like the Terry Fox Foundation working to find a cure for cancer, their story might have had a different outcome; approximately 150 took part in this year's run; and Arlene Perry (right) had the winning big for a handmade quilt by Ellen Martin.

a cross-Canada run in 1980 called the Marathon of Hope to raise money for cancer research and awareness. He set off from St. John's, running for 143 days and covering 5,373 kilometres.

He was forced stop just near Thunder Bay because cancer had spread to his lungs.

For more about the Terry Fox run, visit [www.terryfox.org](http://www.terryfox.org).

Public Consultations

## Share Your Views on Manitoba's rural veterinary services

The **2015 Rural Veterinary Task Force** is holding public meetings across the province to hear what you have to say about Manitoba's rural veterinary services. These meetings will be open for presentations and discussions anytime between 1:30 p.m. and 7:00 p.m. at the following locations:

**Dauphin – Tuesday, October 20**

Canway Inn and Suites, 1601 Main Street

**Brandon – Wednesday, October 21**

Riverbank Discovery Centre, #1-545 Conservation Drive

**Stonewall – Thursday, October 22**

South Interlake-Rockwood Agricultural Society's Red Barn, south of Stonewall on Hwy 236  
(French language services will be available)

**Online survey** - If you cannot attend these meetings, you may respond to a survey available on the Manitoba Agriculture, Food and Rural Development website at [manitoba.ca/agriculture](http://manitoba.ca/agriculture).

**To make a written submission or for more information** - Contact Dr. Paul Schneider at [chairman.ruralvettaskforce@gmail.com](mailto:chairman.ruralvettaskforce@gmail.com).



Growing Forward 2  
A federal-provincial-territorial initiative



PROTECT MANITOBA'S WATERS AND RESOURCES

# STOP AQUATIC INVASIVE SPECIES

## Taking your watercraft out of the water?

**STOP the spread of zebra mussels.** There has been a dramatic increase of zebra mussels in Lake Winnipeg and the Red River this summer. This invasive species threatens our aquatic habitats and fisheries, ruins beaches, and causes millions of dollars in damage to public and personal property. You can help prevent the spread of this invasive species.

**PROTECT OUR WATERS.** Any watercraft or water-related equipment such as boats, Jet Skis®, docks in the water for more than 24 hours, requires a directive providing information on removing zebra mussels and preparing equipment for winter storage. The directive is available:

- online at [manitoba.ca/StopAIS](http://manitoba.ca/StopAIS) • by emailing [fish@gov.mb.ca](mailto:fish@gov.mb.ca)
- in person at Manitoba Conservation and Water Stewardship regional offices in Riverton, Gimli, Winnipeg Beach, Selkirk, Pine Falls and Grand Beach between 8:30 a.m. and 4 p.m., Monday to Friday
- in person at 200 Saulteaux Crescent in Winnipeg between 8:30 a.m. and 4 p.m., Monday to Friday

Manitobans are reminded the possession of zebra mussels is prohibited.

For more information and how to CLEAN, DRAIN, DRY and DISPOSE of zebra mussels, visit [manitoba.ca/StopAIS](http://manitoba.ca/StopAIS) or call toll free 1-877-867-2470.



# Business lots for sale in Eriksdale, only one dollar

By Jeff Ward

If you've been wanting to start a new business in the Interlake and were hoping to secure some land for your new building, then you might want to take a trip to Eriksdale where a business lot can be purchased for just \$1.

In February of 2010, Eriksdale council set up a system to enable prospective business owners to purchase land within the town for just \$1. The incentive, which still exists to this day under the new council of the RM of West Interlake, has seen a few businesses take advantage of the lots and begin their entrepreneurship in Eriksdale — the most recent of which is Lisa Sobry, whose business Healing in Style

just re-opened in her new building along Station Lane.

"Once you get some activity, it spurs more activity," said Ward 1 Coun. Keith Lundale, who's very excited about Sobry's success and hopes it will create a buzz for Eriksdale.

"When you see business like hers flourish in a small community, it makes a big statement, and hopefully people take notice and purchase the other lots we have."

You can't just buy a lot for \$1 and sit on it. You have to build a business

and there is a timeline. When the incentive started, council was very careful to enact guidelines to make sure that people weren't taking advantage of it in the wrong way.

The guidelines state that a business owner must construct and operate a business within a two-year deadline from time of purchase. A \$5,000 bond per lot will be held by the municipality to assure compliance with construction and the time period allowed. The bond is then returned to

the owner when the business is established and registered. Each business lot measures 75 feet by 75 feet.

"We want to let people know that we're open for business. We welcome these people into the community and we'll do anything we can to enhance the experience of starting a business here," noted Ward 1 Coun. Merle Day.

There are only three commercial business lots left at the \$1 price tag, so if you're interested in purchasing one, now might be the time. Requests can be submitted to the RM office in Eriksdale and need to state what kind of business you wish to establish. The decision will be made by council and is final.

**"WE WANT TO LET PEOPLE KNOW THAT WE'RE OPEN FOR BUSINESS."**

# Hydro makes buying a Power Smart home easier than ever

News Release

Manitoba homebuyers are going to find it easier than ever before to buy a Power Smart home, thanks to a new program being launched by Manitoba Hydro. The Power Smart for New Homes program will see Manitoba Hydro partnering with the new home construction industry to increase the energy efficiency of new Manitoba homes.

Under the program, Manitoba homebuilders can receive incentives directly from Manitoba Hydro to assist them in designing for innovation and incorporating new energy efficient technologies in their homes. These rebates mean builders can bring the latest technologies to homebuyers at a lower cost.

"Making our province a leader in

the development and construction of energy efficient homes will help all Manitobans and create green jobs," said Dave Chomiak, minister of mineral resources for the province of Manitoba. "It helps our builders by promoting innovation and will give consumers more Power Smart choices when purchasing a new home. Being Power Smart is good for your pocketbook and great for the environment."

"The program's objective is to lead the development of innovation in energy efficiency by partnering with builders who are at the forefront of the industry," said Lloyd Kuczek, vice-president of customer care and energy conservation. "It goes beyond recent advancements in the Manitoba Building Code toward the next generation

of code changes, helping builders be the leaders of this change."

Other new home standards that have made significant strides in promoting efficiency will also be supported by the program.

"We view these programs as allies in our quest for more energy efficient homes. For that reason, programs such as Passive House, Net Zero, R2000 and others are compatible with Power Smart for New Homes," explained Kuczek.

"Sustainable Building Manitoba enthusiastically supports the launch of the Power Smart for New Homes program. Along with the many other Power Smart initiatives, this program will continue to move Manitoba forward as a leader in sustainable build-

ing practices," says Dawn Fraser, chair of Sustainable Building Manitoba.

If 10 per cent of new homes in Manitoba are built Power Smart by 2020, the program will have saved enough energy to power 330 homes for a year, and reduced carbon emissions equivalent to taking over 1,000 cars off the road. In addition to savings, the program will enhance local industry expertise and reinforce Manitoba's reputation as a leader in energy efficiency.

Building energy efficient homes at a lower cost benefits new homebuyers. Power Smart homes not only have lower ownership costs, but they are often more comfortable, durable and hold their value better than homes without energy efficient upgrades.

# Orange Shirt Day commemorates residential school survivors

By Jeff Ward

On Wednesday, Sept. 30, tens of thousands of people in Canada donned orange shirts in recognition of the harm caused by residential schools.

Approximately 100 community members of Lake Manitoba First Nation wore orange shirts as a show of support for those still dealing with the trauma from the horrors of residential schools. The annual event grew from the St. Joseph Mission Residential School Commemoration Project and Reunion events in Williams Lake, B.C., in May 2013. It was at this event that former residential school student Phyllis Webstad shared a personal story about her time at residential

school. At only six years of age, she had her new orange shirt, a gift from her grandmother, taken from her. She spoke powerfully of how it seemed to her that no one cared and how it now speaks to the many harms experienced by children in residential schools.

"You could say it kind of eases the pain," said Cornell McLean, chief of Lake Manitoba First Nation.

"The orange shirts are a symbol of recognition, and when you speak to the elders, you never forget about what they went through and that's what this is really about — remembering what they went through."

McLean knows a few community

members who went through the residential school system and knows first-hand in his own family just the kind of pain and long-term trauma they inflicted.

"My Auntie Florence told me she had a sister and she saw her being disciplined once and then never saw her again. And my father-in-law told me that his feet were burned for just speaking his language," said McLean.

Horrible doesn't even begin to describe the hundreds of stories from residential schools. They are a black eye for the entire country and a tough portion of Canadian history to look at.

Orange Shirt Day is recognized annually as a way to come together in

the spirit of reconciliation and to affirm that every child matters. The date is significant because this time of year is when many children were taken from their homes and placed in residential schools.

"Each and every one of us must commit ourselves to reconciliation and ensure there is no further harm done to First Nations children and families," said Assembly of First Nations national chief Perry Bellegarde.

"Every single child must know that his or her voice, dreams and success matter."

For more information about Orange Shirt Day you can visit [www.angeshirtday.weebly.com](http://www.angeshirtday.weebly.com).

# West Interlake Citizens Group holds information night

By Jeff Ward

As the ongoing saga of the dissolution of the RM of West Interlake continues, the West Interlake Citizens Group (WICG) held an information night to gain valuable community insight.

Approximately 100 people attended the information night, held Sept. 30 at the Eriksdale Recreation Centre. The meeting was brief, lasting just over an hour.

WICG spokesperson Andrea Sweetland chaired the meeting with help from Arlene Darknell. The attendees were given information about the current status of the proposal and the current strategy and also had the opportunity to ask questions and give feedback.

"Tonight's meeting is all about you," said Sweetland to the room of concerned citizens.

"When we all met here for the first time on June 3, it was a loud and clear 'Yes, we want to dissolve' that we heard back from all of you. And we're here to follow through with that."

Sweetland went on to say that the group had recently finished their delegations in bordering RMs. The RMs of Armstrong, Coldwell, Fisher and Grahamdale were all consulted by the WICG about their plan.

That plan, which has taken some serious education on the Municipal Act by WICG members, is simple. Eriks-

dale can never go back to being the RM of Eriksdale, but what they can be, in the short term at least, is a local government district (LGD). If you've never heard of an LGD before, you're not alone. Even WICG members had to look it up. Currently, there are only two active LGDs in Manitoba: Pinawa, and Mystery Lake in Thompson. The provincial government has phased out the rest.

Eriksdale can't be an LGD forever, so they do need to find a suitable amal-

gamation partner for the next election, which is in 2018. So if the WICG succeeds in having their proposal approved and Municipal Affairs decides to act on it, Eriksdale would become an LGD and would have until the next election to work through the amalgamation process with one of the aforementioned RMs.

"We first talked about [an LGD] about a month ago and then we had to research what that meant. We discovered that an LGD is very similar to being an RM in its

operation, so we figured that it would make sense for the short term and we would have the time to properly work on an amalgamation," said Sweetland.

According to the WICG's research, an LGD runs much like any municipality does. There would be an elected council, as well as a local administrator (which is very similar to a CAO). The big difference between the two is the inclusion of the lieutenant-govern-

**"WHEN WE ALL MET HERE FOR THE FIRST TIME ON JUNE 3, IT WAS A LOUD AND CLEAR 'YES, WE WANT TO DISSOLVE.'"**



EXPRESS PHOTO BY JEFF WARD

Approximately 100 concerned citizens attended a second public meeting put on by the West Interlake Citizens Group.

nor, who has overriding power on the LGD.

In this situation, the Siglunes area would revert back to an RM as they have the minimum numbers for population (1,000).

During the meeting, those in attendance were given a survey to fill out. This survey asked simply in what areas (the aforementioned municipalities and Eriksdale and Ashern were on the list) do you do your shopping, your banking, your recreation, where do your kids go to school, and so on. It also asked where you own property and if you agreed with the WICG plan to become an LGD and look for a suitable amalgamation partner. The survey was anonymous.

The information collected will give the WICG a much more accurate depiction of where the majority of daily

activities and errands take place, thus revealing the most suitable partner for amalgamation.

"We will take the information and figure out what has the most check marks and then use that information in our proposal. I think it'll only make our proposal better if we can show that we have this kind of information," said Sweetland.

If you weren't in attendance, there is still time to get your thoughts heard on the survey. If you'd like to fill one out, you're encourage to contact Andrea Sweetland right away at 204-739-8002.

The WICG plans to have their proposal finished in the next few weeks and hopes to have this situation resolved by year's end.

# New Iceland to celebrate 140 years in Manitoba

By Patricia Barrett

The descendants of Icelandic settlers are getting set to celebrate 140 years in the Interlake, with festivities taking place over the course of four days.

The celebration will start with Gimli's Walk to the Rock at 12:30 p.m. on Oct. 21, a day of great historical significance.

In 1875, about 350 Icelanders landed on Willow Island, a peninsula just south of Gimli. The settlers' original destination had been Riverton, but a storm on Lake Winnipeg prevented further travel.

The annual pilgrimage to the rock — a memorial cairn — started with a local resident and her family to memorialize the arrival of the Icelanders and to recognize the hardships they

endured.

"Connie Magnusson is a descendant of the first settlers," said Tammy Axelsson, executive director of the New Iceland Heritage Museum in Gimli. "She and her family started walking to the site, and it grew from there."

The museum now organizes the event every year. "On a bad day with the water raging, you think, 'These people landed here on the beach with only tents,'" said Axelsson. "They were probably feeling disheartened."

The settlers had come from Kinmont, Ont., when jobs on the railway fell through. A steamship had been towing their flatbed boats across Lake Winnipeg but had to put ashore when a squall came up, said Axelsson. The following year saw another wave of

settlers arrive in the area. With a land grant from the Canadian government, the settlement became a colony called New Iceland.

"We will pause for a moment to recognize our ancestors," said Axelsson, referring to the stop at the cairn.

After the walk, participants can enjoy coffee and hot chocolate at Johnson Hall. Anna Birgis, wife of the consul general of Iceland, will be speaking about Icelandic women's right to vote.

At the Aspire Theatre that evening, Elfa Logi Hannesson, an actor and director from Iceland, will perform the saga of Grettir the Strong, written in the 14th century. The saga follows Grettir's banishment from Iceland, detailing his travels, feuds and battles.

Hannesson will perform the play

again Oct. 23. Both performance will be followed by coffee, vinaterta (torte) and pönnukökur (crepes).

Those versed in New Iceland history will want to take part in the New Iceland Heritage Quiz Oct. 22 at the Ship and Plough pub.

A Gala Dinner at the Lakeview Resort on Oct. 24 will mark the close of the four-day celebration. The menu includes lamb and traditional Icelandic soup prepared by a master chef from Iceland, said Axelsson. Hjalmar Hannesson, the consul general of Iceland, and his wife Anna Birgis, will be attending.

For more information about the New Iceland celebrations, visit the Museum's website at [www.nihm.ca/what-s-on.html](http://www.nihm.ca/what-s-on.html).

# Province steps up to save community pastures

By Jeff Ward

The provincial government has stepped in to save a decades-old farming program that not only helps farmers but also helps the environment.

Announced on Thursday, Oct. 1, Provincial Minister of Conservation and Water Stewardship Tom Nevakshon-

off and Provincial Minister of Agriculture, Food and Rural Development Ron Kostyshyn were in Mulvihill to announce that the community pastures program would continue under the umbrella of the provincial government, after the federal government had abandoned the program back in

April of 2012.

"This was a really uncaring and callous move by the feds, to just drop something like this that was so critical to this area," said Nevakshonoff, who spoke proudly of his party's quick action to help keep these community pastures in the province.

"We've established a co-op entity that runs as a non-profit. [Community pastures] give an opportunity to those less well off to use the land and also gives a chance to younger generations to try their hand at ranching."

Community pastures have been around in Manitoba for more than 70 years, and here in the Interlake, there are three pastures. One in Mulvihill, started in 1954, has more than 18,000 acres. One in Sylvan Dale, established in 1967, has almost 12,000 acres, and one in Narcisse established in 1963 with almost 14,000 acres. There are 35 patrons of these three Interlake pastures, and the shock of losing the land would have been felt quickly and by many families.

"It's a good thing to keep around and it was needed and lots use it and depend on it," said Fred Branson, who's been using community pastures for more than 30 years and is

the chairman of the Mulvihill Grazing Association. "If we didn't have the community pastures, we would have had to go rent more land for our cattle somewhere else, and that land can be hard to find and sometimes very expensive."

Branson also mentions the younger generation of farmers who, with help from a community pasture, can start a small farming operation and build up their herd during times when land prices are too high for them to purchase. Community pasture land is also used by many ranchers, like Branson, who want to supplement their existing land to add more cattle to their operation.

Environmentally speaking, community pastures are also advantageous to the continued prosperity of Interlake ecosystems.

"These are natural landscapes that are very diverse in terms of flora and fauna and are good repositories for carbon. There is lots of water stories in these areas and there are good greenhouse gas benefits as well," said Nevakshonoff. The transition of community pastures from the federal government to provincial will be complete in March of 2016.

## October is Seniors Month



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## ELECT DEBORAH CHIEF



**SELKIRK-INTERLAKE-EASTMAN**

**DEBORAH CHIEF** was born in a log house built by her father, a decorated WWII veteran, on the land of Brokenhead Ojibway Nation. She was delivered by two elderly Ojibway Grandmothers. Named White Thunderbird Woman, those Grandmothers knew Deborah was bound to be a leader.

- First female Chief in Brokenhead
- Masters of Business Administration, Graduate Degree in Management.
- Built economic self-sufficiency on her Reserve and delivered balanced budgets
- Strong advocate for women, children and seniors
- Served on the Interlake Regional Health Authority, the Family Violence Committee and the Provincial Child Abuse Committee
- Mentor for the Indigenous Women in Leadership program at St. Francois Xavier University
- Serves as Health Director for Brokenhead Reserve

- ✓ SUPPORT \$15/HR MINIMUM WAGE AND \$15/DAY CHILD CARE
- ✓ LIFT SENIORS OUT OF POVERTY BY INCREASING GIS, EXPAND CPP AND AFFORDABLE HOUSING
- ✓ JOBS/APPRENTICESHIPS THROUGH MUNICIPAL INFRASTRUCTURE AND NGO PROJECTS
- ✓ PROTECT SUPPLY MANAGEMENT SYSTEM FOR FARMERS
- ✓ PARLIAMENTARY COMMITTEE CHAIRED BY PM FOR TREATY AND INHERENT RIGHTS
- ✓ INQUIRY INTO MISSING AND MURDERED INDIGENOUS WOMEN
- ✓ REPEAL BILL C-51



### JOIN DEBORAH'S TEAM

**Campaign Office:** 218A Manitoba Avenue, Selkirk, MB  
Call us : 204-785-9800 • [deborahchief@ndp.ca](mailto:deborahchief@ndp.ca) • [@Deborah.Chief](https://twitter.com/Deborah.Chief)

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# More than \$500K donated through Co-op's Drink Pink

## Local gas stations participate in Drink Pink breast cancer fundraiser

### News Release

It's been more than a year since Julie, 21, and Heather, 40, were diagnosed with breast cancer. Despite their initial shock at the diagnosis, they're now speaking about their experience in a video as part of Co-op's Drink Pink campaign in October.

"It's like having your life put on hold for a year and everything has changed," Heather said. "How your treatment goes and what they end up offering you for treatment changes a lot depending on how early you catch it."

Drink Pink is a partnership between the Co-operative Retailing System (CRS) — comprised of FCL and over 200 independent retail co-ops across Western Canada — and Van Houtte Coffee Services Inc. that has raised \$505,000 since 2010. The partnership donates 10 cents to the Canadian Breast Cancer Foundation (CBCF) for every cup of coffee sold in October at participating Co-op Gas Bars and Food Store delis. Co-op will also do-

nate a portion of proceeds from special merchandise offers, such as travel mugs, available throughout the promotion.

"We continue to aid in the pursuit of creating a future without breast cancer," said Vic Huard, executive vice-president of strategy at Federated Co-operatives Limited. "Working with retail co-ops, we're taking action by engaging Co-op members and customers and supporting the scientific research that will benefit people like Julie and Heather as well as many other families here in Western Canada."

"Van Houtte Coffee Services is proud to again partner with Co-op on this great event," said Lori Empey, regional account manager at Van Houtte Coffee Services. "The success of this event over the last five years has been wonderful. Together, we are committed to finding a cure and ending breast cancer."

In addition to Drink Pink, the CRS supports breast cancer research with



EXPRESS PHOTO SUBMITTED

Julie Vickaryous (left) and Heather Whyte's friendship began at a very unlikely place — at the Saskatoon Cancer Centre.

a three-year \$1.5 million donation Oct. 4, the CRS will donate bananas, made in 2014 and regional sponsorship of CIBC's Run for the Cure. On

Continued on page 20



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# Your FARM



## Inking of TPP a game-changer for Canada

By Harry Siemens

On Monday in Atlanta, Georgia, trade ministers from 12 countries announced the conclusion of a landmark Trans-Pacific Partnership (TPP) agreement that will allow farm exports to grow substantially.

By eliminating tariffs and bringing new disciplines to non-tariff barriers like those related to biotechnology, the agreement is expected to improve the competitiveness of the Canadian farm industry.

The new trade deal is getting great responses from the ag sectors which depend so heavily on trade of their produce to other countries.

"Gaining improved market access is crucially important for Canada's export-oriented agriculture industry," says Levi Wood, president of the Western Canadian Wheat Growers. "Allowing competitors to gain preferential access to key export markets would have been devastating for the grain, cattle and hog sectors."

The TPP deal will ensure market ac-

cess for Canadian wheat, canola, barley and other crops is equal to access for Canada's main competitors in the United States and Australia.

The Wheat Growers say substantial gains are also expected for export shipments of Canadian beef and pork.

The agreement should also lead to significant improvements in market access for Canadian canola oil, malt and other processed grain products.

Expansion of the livestock sector and grain processing in western Canada is seen as vitally important in broadening market options for prairie grain farmers and reducing our dependence on shipping raw grain by rail.

"This deal will significantly strengthen the agricultural economy in western Canada," says Wood. "We congratulate negotiators on reaching an agreement that will allow agriculture to make an even greater contribution to Canada's prosperity."

Patti Miller, president Canola Council of Canada, says eliminating tariffs on canola oil in Japan is a huge benefit to

the canola industry.

"Once the agreement is fully implemented, the TPP will put us on a level playing field in one of our most valuable export markets," says Miller.

Japan is a long-standing and consistent market for canola seed, but tariffs of approximately 15 per cent have prevented oil exports. Through the TPP, the canola industry estimates that when tariffs are fully eliminated in Japan and Vietnam over five years, exports of canola oil and meal could increase by up to \$780 million per year.

In 2014, more than \$1.2 billion in canola seed was exported to Japan. As governments eliminate tariffs, the canola industry estimates that exports will shift increasingly to value-added oil and meal, while maintaining the overall volume of canola exported.

"Canada has a globally competitive canola processing sector," says Miller. "By eliminating tariffs on value added products, the TPP will increase the value of our exports and bring benefits to the whole canola value chain. This in-

creased value will flow through communities across the country."

The inclusion of commitments to prevent biotechnology related measures from being trade barriers in the TPP could also be beneficial to the canola industry, Miller said, including commitments around approval processes of new biotech products and measures to minimize the impact of low level presence incidences.

"Leadership shown by the government of Canada to make sure that Canada benefits from this landmark agreement will help the canola industry to continue growing and supporting communities," says Miller.

Implementing the agreement quickly is important for the canola sector, as Australia currently has preferential access to ship canola oil to Japan through their bilateral free trade agreement implemented earlier this year.

Once the TPP is fully implemented, Canadian canola will be on a level playing field with other oils into Japan.

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# Rural veterinary services under review

By Patricia Barrett

The provincial government is in the midst of conducting a review of rural veterinary services.

Over the next six months, a three-person Rural Veterinary Services Task Force (RVSTF) will consult with stakeholders and provide recommendations to government on how to enhance this important service for livestock and pet owners, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced in a June 4 press release.

"The task force is in the information gathering stage of our mandate," said Dr. Paul Schneider, chair of the task force by email, "and hopefully we will be able to uncover any and all concerns on how rural veterinary services — including the business models — are delivered."

Manitoba's veterinarians are governed by a number of provincial laws, along with bylaws and codes of ethics established by the Manitoba Veterinary Medical Association, the professional body that grants licences and regulates the practice of veterinary medicine.

The RVSTF will examine a broad range of issues impacting veterinary services in rural areas, including Manitoba's ability to attract and retain qualified veterinarians, the models, mandates and operations of veterinary service districts and of private clinics, and the roles veterinarians play in biosecurity and animal welfare, said a spokesperson for the task force. It will also determine how much progress has been made since the last review, which was carried out in 2008.

Veterinary Service Districts were created in the 1970s with veterinarian hospitals established about 60 miles apart. The costs of operating and maintaining those hospitals is shared by the province and municipalities.

Dr. Schneider said most RMs "recognize the value of veterinary services"

to provide care for pets and livestock and information about animal health and welfare, as well as to protect the public from disease.

"For these reasons, most RMs are actively part of a Veterinary Service District where they have established — and continue to support — a veterinary clinic in their area," he said.

Currently, Manitoba has 145 rural veterinarians.

The 2008 task force interviewed commodity stakeholders, such as Manitoba Pork and the Manitoba Cattle Producers Association, and will do so again.

"The livestock sector looks to veterinarians for disease diagnosis and treatment, herd health management, pharmaceuticals, special services such as embryo transfer and all types of health and management information," said Schneider. "The task force is communicating with the livestock sectors to see if their needs are being met today."

As for the provincial and municipal funding partnership, the last review found it was working well but recommended additional levels of funding to keep pace with increasing costs. It recommended large clinics and sole practitioners receive better funding support.

More specifically, the report cited concerns about the working conditions of large animal veterinarians, especially their long working hours. It recommended a reduction in the number of hours vets are required to be in call in a district.

"Most rural veterinary practices are multi-species practices, which mean their caseloads consist of all types of animals from cattle to cats and much more," said Schneider. "The task force is looking at the caseloads of the clinics that are in the veterinary service districts to assess the importance of each type of animal to the practice and to look at other parameters such



EXPRESS PHOTO BY PATRICIA BARRETT

Cattle take a dip in a pond near Balmoral.

as seasonality of demand on services."

The 2008 report cited a need to increase the skill level of veterinary technicians so that they could assume a greater level of responsibility and to increase the numbers of new veterinary graduates. It also noted a need for veterinarians to develop a commitment to remain in rural areas.

"In some rural areas, the need for veterinarians and other animal health professionals is not being met," said Schneider, who was part of the 2008 review and has worked as a veterinarian in rural Manitoba for many years. "The task force is looking at the reasons for this and the opportunities to improve the situation."

The task force has contacted rural veterinarians about the review. Schneider said it will be accepting written submissions and holding focus groups for veterinarians, district representatives, veterinary students and animal owners. It will also send surveys to the users of veterinary services, veterinary clinics, veterinary students and district boards.

The task force has already met with stakeholders in Shoal Lake (Sept. 17) and will be holding a stakeholder meeting in Arborg Oct. 14.

"We will be holding two focus group meetings in Arborg," said Schneider. "One with veterinary service district representatives and one with veterinarians."

He said the Manitoba Veterinary Medical Association had sent invitations to all veterinarians in rural Manitoba for focus group meetings in St. Claude, Shoal Lake and Arborg.

General public meetings will also be held in the upcoming weeks:

Oct. 20 — Dauphin at Canway Inn & Suites, 1601 Main St.

Oct. 21 — Brandon at Riverbank Discovery Centre, 1-545 Conservation Dr.

Oct. 22 — Stonewall at South Interlake-Rockwood Agricultural Society's Red Barn, south of Stonewall on Highway 236.

All sessions will run from 1:30 to 7 p.m. No registration is required.

The task force's report and recommendations are expected to be released January 2016.

Visit [www.gov.mb.ca/agriculture/surveys-and-consultations/print,rural-veterinary-task-force.html](http://www.gov.mb.ca/agriculture/surveys-and-consultations/print,rural-veterinary-task-force.html) for more information about the rural veterinary service review.

## Mark your calendar for free documentary

By Staff

Now's your chance to increase your health knowledge through a free documentary about HPV and the importance of cervical cancer screening.

The film *Someone You Love: The HPV Epidemic* will be screened on Thursday, Oct. 22 at the University of Winnipeg.

In the documentary, five women share their stories about HPV and cervical cancer. As well, some of the

world's top experts provide information about HPV, the world's most common sexually transmitted infection.

A brief education session and question-and-answer period will follow the documentary.

The event is organized by Cervix-Check, CancerCare Manitoba, which is a Manitoba Health program established in 2000 to ensure that Manito-

ban women receive organized, high-quality cervical cancer screenings. The program operates a confidential registry of all Pap test, colposcopy and histology results in the province. It educates health-care providers and the public about the importance of Pap tests for the prevention of cervical cancer, while also working with communities to improve access to screening.

Anyone age 18 and older is welcome to attend the Oct. 22 event. The event is free, but tickets are limited and required. To register, visit [www.eventbrite.ca/e/cervixcheck-presents-someone-you-love-the-hpv-epidemic-tickets-17499265775](http://www.eventbrite.ca/e/cervixcheck-presents-someone-you-love-the-hpv-epidemic-tickets-17499265775).

Doors open at 6 p.m. and the show starts at 6:30 p.m.

# Eriksdale's Healing in Style grand re-opening

By Jeff Ward

In what continues to be one of the best Interlake business success stories, Eriksdale business Healing In Style had a ribbon-cutting to officially re-open the business in its new, much larger building.

The expansion had its delays, getting the building up the highway, laying hydro lines and getting telephone service all proved to be challenges. But Lisa Sobry, the owner of Healing in Style, gutted it out and persevered and was proud to finally open the doors officially on Friday, Oct. 2.

"It's been an ordeal, I can tell you that," said Sobry over the phone.

"But it's open now and it feels amazing. It's been a huge project. It feels like starting an entirely new job because there's so much space in here. We've been wondering how we fit everything into the old building."

The new building is right across the street from the old one on Railway Avenue and is almost three times the size at 1,300 square feet and will have twice as many hairdressing stations.

It has separate rooms for the massage table and the tanning bed for added privacy and also has a much larger area for all your manicure and pedicure needs.

It not only marks a personal accomplishment for Sobry, but also a community accomplishment for Eriksdale. Showing that the area is ready for businesses to be started there and that they can grow and flourish in the small town might make others take notice. Sobry's success could lead to others starting their first business in Eriksdale.

"It's a really proud moment for us. A business coming to town and then expanding so quickly is amazing," said John Wainwright, deputy reeve of the RM of West Interlake

who was on hand for the ribbon-cutting as well as Coun. Keith Lundale and Coun. Merle Day.

"She'll do really well there. A lot of the services she offers are things people used to go into Winnipeg for and now they can get them done right here in their home town. She's

**"A LOT OF THE SERVICES SHE OFFERS ARE THINGS PEOPLE USED TO GO INTO WINNIPEG FOR AND NOW THEY CAN GET THEM DONE RIGHT HERE IN THEIR HOME TOWN."**



EXPRESS PHOTO SUBMITTED

Healing in Style owner Lisa Sobry cuts the ribbon during the opening of her new building. Sobry is excited about being able to offer a much more private and relaxed atmosphere for her clients. Pictured from left to right: Jason Anderson, Lisa Sobry, Coun. John Wainwright, Coun. Keith Lundale and Coun. Merle Day all from West Interlake municipality.

had her challenges but she's fought through it. I hope she keeps on her successful ways."

Sobry mentioned that her expansion wouldn't have been possible without the great guidance and expert knowledge of the staff at Community Futures West Interlake and more spe-

cifically Henry Sikora, who works as a business analyst for the organization.

"I would encourage anyone who's looking to start a business to talk to them because I wouldn't be here without them," said a proud Sobry.

To schedule your next pampering, call Lisa Sobry at 1-204-333-7773.

## Experiential tourism draws interest from Peguis First Nation

By Patricia Barrett

A tourism expert teamed up with the Peguis Development Corporation and Community Futures East Interlake to host a two-day workshop designed to teach participants how to develop one-of-a-kind tourism experiences referred to as experiential tourism.

"It's about creating moments in travel," said Heather Hinam, who has been teaching experiential tourism workshops for about five years, "not a guided tour."

Experiential tourism is a popular trend in the tourism industry. It offers visitors an opportunity to experience personal, hands-on travel activities that go beyond traditional sightseeing jaunts. Participants can learn a new skill or take part in an activity they've always wanted to try. It's often referred to as cultural tourism, ecotourism or educational travel.

For tourists, it offers personal growth and enrichment. For communities like Peguis, it offers a way to draw tourists to the area.

The Peguis Development Corpora-

tion helps create business opportunities in the community. The workshop took place Oct. 5-6 in the Peguis Child and Family Services Building. Participants learned how to take advantage of unique cultural or natural resources and received advice on how to market an experience, prepare a budget and partner with experts in the local community.

"Experiential tourism is not something you build a business on," said Hinam, who runs her own business called Second Nature, "but a way to layer an experience, something to add to an existing business."

Hinam graduated from an experiential tourism training program at Gros Morne Institute for Sustainable Development in Newfoundland. She has a contract with the Manitoba Tourism Education Council to provide experiential tourism workshops to groups across the province.

"From a business perspective," said Tammy Dziadek of Community Futures East Interlake, "you want to create something they [visitors] want to

do."

It's a model that's geared to different types of tourists, she said. Tourism experts categorize tourists into distinct classes or types using a proprietary tool called the Explorer Quotient (EQ).

Travel Manitoba identified two of nine traveller types that are drawn to the tourism experiences Manitoba offers, according to the Economic Developers Association of Canada.

Those two are the "authentic experienter and the cultural explorer," said Dziadek, who has taken the EQ test and found she is a "gentle explorer," someone who is reluctant to venture far beyond the comfort of home.

Authentic Explorers, on the other hand, want to experience vast natural settings. Cultural Explorers want to experience culture and people.

In addition to teaching community groups how to develop and organize experiential tourism experiences, Hinam has also "delivered guests to the frontline" at various locations along Lake Winnipeg's western shore.

She has created custom tourism experiences in Gimli, Riverton and Hecla. At the Solmundson Gesta Hus Bed & Breakfast on Hecla, for example, she arranges for a local commercial fisherman to take tourists out on the ice in his Bombardier — an ice fishing vehicle that's a hybrid of a car and a tank.

"We'll stick a knife in your hand," said Hinam, who has a PhD in ecology and conservation biology, "and you'll clean the fish."

She has also taken small groups into the woods at night to listen to owls, arranged a baking holiday for people who wanted to learn how to make pönnukökur and found artists willing to teach tourists the trade.

"If someone wants to experience this part of the Interlake," said Hinam, "they can call me and I can find them a connection."

For more information about experiential tourism adventures, visit Hinam's website at [www.discoversecondnature.ca](http://www.discoversecondnature.ca).

# Speiss sworn in as new Town of Arborg councillor

By Patricia Barrett

Larry Speiss was officially sworn in as councillor at the Town of Arborg's regular council meeting Sept. 30.

Speiss received 100 of the 155 ballots cast in the Sept. 23 byelection. He has lived in Arborg for 20 years and is a retired postal worker. For 10 years, Speiss sat on the board of Arborg's Riverdale Place Homes, an organization that provides support to adults living with a disability. He currently sits on its workshop board.

"We welcome Larry as our new councillor," said Mayor Randy Sigurdson.

## Other council briefs:

- The town is replacing all of its water meters with electronic meters. Approximately 554 meters will be replaced by March 2016. Ninety-eight meters have already been installed. The town received funding for 91 meters from Infrastructure Canada's Building Manitoba Fund, a tax-sharing program in which municipalities can receive a share of provincial tax revenues.

"Meters cost between \$350 and \$365 each," said Lorraine Bardarson, chief administrative officer. The new meters will be able to record water usage remotely, eliminating the need for home visits. They will save both labour and transportation costs.

The town is currently upgrading its water lines after receiving a \$2.1 million grant from Canada-Manitoba Infrastructure, a cost-sharing infrastructure program for local governments. The town will pay a third of the cost.

- A delegation from the Arborg Garden Club presented its long-term development ideas to council, based on consultations it held with landscape architecture students at the University of Manitoba.

Spokesperson Tom Chwaliboga said the club wants to enhance the overall appearance of the town.

Library Park, which has two concrete benches and a number of plaques surrounded by a healthy patch of junipers, is one area the club wants to



Larry Speiss signs on the dotted line during his inauguration ceremony at council's Sept. 30 meeting.

beautify. The benches were vandalized and three of the commemorative plaques need to be righted.

The club wants to remove the plants and install decorative rocks, granite boulders and native grasses. The estimated cost of materials is \$2,500. Labour would bring the cost to about \$4,000.

The club also proposed installing curb bump outs (a design feature that extends a sidewalk into a street) near Riverdale Place and the Sunrise Lodge. They could be landscaped with rock and shrubbery.

"I'm seeing motorized scooters in that area," said Chwaliboga. "It would be a safety factor for seniors."

Street bump outs reduce the amount of time it takes to cross intersections, something of benefit to older adults.

Another area the club wants to enhance is a gravel embankment that runs along a parking lot across from the Co-op.

"We'd like to build concrete boxes [planters] like the ones we have in front of Noventis and put benches between them," said Chwaliboga. "We'd also like to plant trees there and add rocks."

He said the visitor experience could be made more pleasant if that strip of road near the bridge was improved. Three boxes, about two feet high and



EXPRESS PHOTOS BY PATRICIA BARRETT

The Arborg Garden Club would like to install box planters like this one along Highway 326 near the bridge.

three feet long, plus benches would cost about \$12,500.

The mayor said planting trees wouldn't be a costly undertaking. Every year council provides the club with between \$5,000 and \$6,000.

"We've nothing but admiration for what you do," said the mayor.

Council will consider the club's recommendations and look for grants it can incorporate into next year's budgeting process.

- Council also heard from a delegation from the Legion. Spokesperson Philip Bauernhuber, treasurer of Branch 161, said the Legion is struggling with membership losses and the subsequent ability to balance its budget.

"It's not a specific request right now," said Bauernhuber, "just a general consideration for tax concessions."

The Legion pays \$3,450 in taxes. This year marks its 70th anniversary. The building is used by a number of community groups for events and dinners.

"It's a tremendous facility for the town," said Mayor Sigurdson. "It has been a gem for the town all through these 70 years, and it has contributed money to the town."

Council said it would have to pass a bylaw to exempt the Legion from a portion of its taxes. It agreed to consider the matter further.

- Council approved a number of annual contributions and grants. The Handi-van service received \$3,200, the senior's council \$1,500, \$50 to the Canada Post Foundation for Children's Charities, \$500 to the Arborg Skate Club, plus \$100 to become a partner for the Skate Canada Manitoba Open in February 2016.

- Council passed a resolution to split the cost (50/50) of the Arborg Community Dike Project with the RM of Bifrost-Riverton. The town will pay \$115,000 towards the project. The provincial government provided a grant of \$2.3 million, of which the RM was to pay 10 per cent, or \$230,000. The dike will re-route water east of the town into the Icelandic River, easing flooding of farmland in the RM and helping protect homes in Arborg.

Council approved a new phone system upgrade for its offices and will install six new phones at a cost of \$3,437, which will include installation and staff training.

The public works garage and water treatment plant will receive \$2,456 and \$2,510 respectively for the installation of commercial-grade steel doors.

Deputy Mayor Rob Thorsteinson, who sits on the fire committee, reported that one of the fire trucks was sent for repair and is now back in the hall.

## > CO-OP'S DRINK PINK, FROM PG. 13

oranges and granola bars for more than 30,000 Run for the Cure participants at 10 race locations.

"Since 2010, Federated Co-operative Limited and Van Houtte Coffee Services have made it possible for Canadians to make a positive impact on

the breast cancer cause with a simple cup of coffee," said Liz Viccars, executive director for the Canadian Breast Cancer Foundation - Prairies/NWT Region.

"The \$505,000 raised through the Drink Pink program over the past

five years has enabled the foundation to continue to invest in the best and brightest minds in breast cancer research across the Prairie provinces. The research projects we invest in are driving scientific advances and bring us closer to our vision of creating a future without breast cancer. We are very appreciative of the support of Federated Co-operatives Limited, Van

Houtte Coffee Services and their generous customers who give so much every October. We are all in this together."

Watch Julie and Heather share their stories at [www.drinkpink.coop](http://www.drinkpink.coop).

Local Co-op gas stations participating in the Drink Pink program include Stonewall, Teulon, Arborg, Selkirk and Winkler.

# Petersfield pilot shares tales from 30 years in the air

By Brandon Logan

Jeff Schroeder's life changed after a chance visit to St. Andrews Airport in the early 1980s.

Now, more than 30 years later, the Petersfield resident is most recognizable from the History Canada show *Ice Pilots NWT*.

Along with his television appearances, Schroeder also has the world record for most hours logged in a Curtiss C-46 Commando and some amazing tales from his time working with the United Nations in Africa in the early 1990s.

Born and raised in Winnipeg by his German immigrant parents, Schroeder was an auto mechanic in his early adult life before deciding to make a career change.

It was during a trip to Petersfield, where his parents owned a cabin, when his life took a 180-degree turn.

"I was on my way out with my mom taking her to the cabin and we stopped off at St. Andrews Airport," Schroeder recalled. "They were advertising an introductory flight, and for \$6 an instructor would take you up for a 15- to 20-minute flight and show you in a small airplane what flying was all about."

After convincing his mother to let him go up for the half-hour flight, Schroeder said he was immediately hooked on flying after getting into the air, and wanted to turn it into a career.

He began flight training at the Winnipeg Flight Club at St. Andrews Airport, but realized halfway through his private pilots licence that he wanted to further his education and knowledge of aviation and aircrafts.

With no suitable schools in Canada to fulfill his needs, Schroeder was accepted to the University of North Dakota and eventually earned his Bachelor of Science in Aeronautics in 1983 before returning to Canada to work.

Paying his dues to move up in his career, he started flying small airplanes throughout Northern Manitoba and Northwestern Ontario.

He slowly made his way up the ranks and in 1986 he graduated to a Douglas DC-3, which could haul 30 passengers. However, it was later that year when he met his true love — the Curtiss C-46 Commando.

"I started in 1986 with the C-46 and I stayed on it, and actually to this day I still fly the C-46," he said. "So we're getting close to 30 years."



**EXPRESS PHOTOS BY BRANDON LOGAN AND SUBMITTED** Jeff Schroeder, in his Petersfield home, shows off a book collection of photos from his two-year UN stint in Africa during the early 1990s.

Four years later in 1990, Schroeder made captain on the C-46 and not long after he took on his biggest challenge in life.

A call came from the United Nations in Africa, as they needed large aircraft to haul supplies — mainly beans and grain — to Ethiopia, Sudan and other countries going through drought and civil war at the time.

For Schroeder, the decision to take part in the UN campaign was a no-brainer.

"I realized that I could finally use my skills I'd honed for many years and put it to good use," he noted.

Schroeder was eventually based in Nairobi, Kenya, and he flew out of a base in the north-western region of the country called Lokichogio. He lived in a tent with no running water with the other UN pilots, calling the experience "raw."

While he said he could talk about his African experience for days, Schroeder shared some stories of close calls during his two years on the continent.

"We'd take off with a load of beans and grain, and we'd be flying over Sudan and you'd always be looking out the window for puffs of smokes," he explained. "If you ever saw a puff of smoke, you'd instantly close the throttles because that meant they (rebels) were shooting off a surface-to-air missile and they were heat seeking."

"One particular time we were flying along and saw a puff a smoke, so we knew they were shooting at us, which was not extremely uncommon," he added. "We closed the throttles right away and the surface-to-air missile exploded right behind the tail (of the aircraft)."

There was another time Schroeder and his crew returned home, only to be notified by one of the UN engineers that their plane's tail had been riddled with bullet holes.

That was the nature of his job.

Schroeder said there were also many other stories, more light-hearted than the near-death ones. Some of them include being given goats and being arranged married to a chief's daughter during his time there.

Shortly before his time in Africa came to an end, he faced another near-death experience as his C-46 engine failed and crashed a mile and a half from the Lokichogio airport onto the savanna. While he, obviously, survived with minor injuries, his plane was a writeoff.

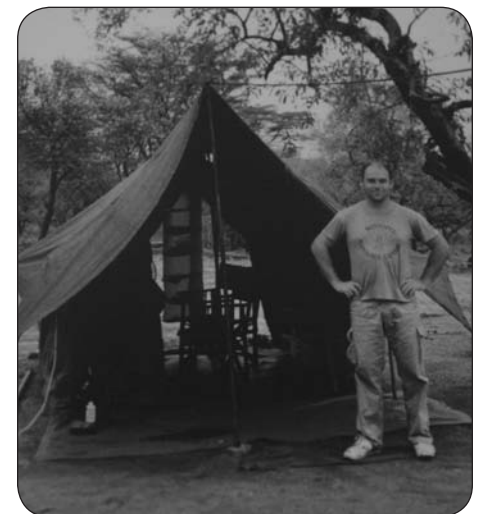
Not long after, World Vision ran out of funding meaning there was no money for supplies, so Schroeder returned to Canada.

"We formed a company called Commander Transport and we started flying, again, C-46s out of Winnipeg," he said, adding his was the chief pilot, operations manager and the training pilot.

Eventually, the company was sold to Island Lake Tribal Council and the name changed to First Nations Transportation.



**ABOVE:** Jeff Schroeder stands in front of his crashed Curtiss C-46 Commando in Africa. **BELOW:** Schroeder stands in front of what was his home for two years while he worked for the UN in Africa during the early 1990s.



Schroeder continued flying for them up until 2009 when the company closed its doors for good.

From there, he joined Buffalo Airways in the Northwest Territories where he continues to fly C-46s and appear on the extremely popular History Canada show *Ice Pilots NWT*.

With almost 30 years of flying experience with the C-46, Schroeder has flown that aircraft further and longer than any other person in history.

"I have about 23,000 hours on the C-46 alone, and through all the records we've gone through, that's by about five or 10,000 (hours on the next closest pilots)," he said. "I've been flying the C-46 in Canada, in Africa, throughout Europe and down to Florida."

"Pretty well anywhere you can think of in the world."

Despite his long history with the plane, Schroeder loves what he does more than ever.

This week he's back in Yellowknife in one of the Curtiss C-46 Commando's doing what he loves most, flying.

**"I'VE BEEN FLYING THE C-46 IN CANADA, IN AFRICA, THROUGHOUT EUROPE AND DOWN TO FLORIDA."**

# Regional health authority address aging at AGM

## Chair of Teulon health planning committee earns award for his work

By Jennifer McFee

Aging is inevitable.

And as our older population continues to grow, there needs to be a maintained focus on seniors' programs and services that are available in the community.

At the Interlake-Eastern Regional Health Authority (IERHA) annual general meeting held Monday in Pinawa, CEO Ron Van Denakker addressed the issue of aging in place.

"In general, we are getting older and if we were to rely on the typical institutions like personal-care homes, there's absolutely no way that we as a system would be able to afford that," he said over the phone.

"More importantly, that's not really where people want to be. In actual fact, there is a relatively low percentage of people who actually require the services of a care home in their lifetime. But if we didn't have all of the other programs in place to keep people in their homes and in their communities, which is where they want to be, that number could be significantly greater."

Other options include supportive

housing or assisted living for people who are medically stable but need a little extra help. As well, home care can sometimes include housekeeping or meal services. In addition, there have been significant investments in mental health services for seniors.

"There's all kinds of seniors programs that are being run through community groups that are funded by us, things like congregate meal programs where maybe once or twice a week elderly people will get together and go to wherever these meals are being provided. There's also wonderful socialization opportunities there," Van Denakker said.

"There's all kinds of seniors community programs through community resource councils. There's Meals on Wheels programs. There's adult day programs. People will come together and enjoy a day with other people, maybe playing cards and bingo. This really helps people to have socialization, which we know is really important for the whole wellness of individuals."

At the meeting, Van Denakker also discussed health-system sustainability.

"It's my mantra, it's my message and it's my commitment to the community that what we're trying to do is develop a plan that is a sustainable plan. It's not the ideal state but it is a sustainable state," he said.

"Our clinical services plan as a region is a reliable, dependable service.

There are a lot of challenges, but regardless of the challenges, we have an obligation as a region working with our communities to provide a dependable, reliable service. "If you expect the emergency room to be open 12 hours a day, seven days a week, the plan that we put forward essentially assures you that when you do show up at ER at that time that it's open.

So that's some of the work that we're trying to do over the next three to five years."

The meeting also provided a venue to recognize the work of David Oakley, chair of the Teulon health planning committee. On behalf of the committee, Oakley accepted an award for excellent customer service and

community leadership.

"The Teulon health planning committee was consisting of members from the municipal leaders, the Teulon Foundation, community members and people from the IERHA to look at working towards the development of a sustainable health system in Teulon.

They're very much ahead of the curve in terms of their willingness to work on a service plan that they knew was reliable and sustainable," Van Denakker said.

"David has worked tirelessly. Typically this goes to a municipal leader, but David is a very deserving recipient of this award."

The AGM provides one of many opportunities for the IERHA to engage with communities, he added.

"I'm a big proponent of town hall meetings, which we held a number of last

year. There are a lot of really thriving health-care community committees that I like to participate in myself," Van Denakker said.

"I certainly like to get around the province to meet with municipal leaders and First Nations on a regular basis because it's important to hear the voice of the community."

**"OUR CLINICAL SERVICES PLAN AS A REGION IS A RELIABLE, DEPENDABLE SERVICE."**

# Haunted Forest in Lundar makes frightening return

By Jeff Ward

The heart pounding, terror-inducing scares you'll receive during a walk in the woods just outside of Lundar will make you beg for mercy. But you'll gladly pay for the feeling.

Back again for another year of frights is the Malcolm's Haunted Forest, which returns for six days of scares (Oct. 16, 17, 23, 24, 30 and 31). The forest, which has been a highly requested and hugely popular Lundar attraction, brings out hundreds to experience the forest in all its pitch-black glory. Scares around every corner keep people on edge but also exhilarate attendees with an experience unlike any other in the Interlake. The attraction is four miles outside of Lundar just west of town on Provincial Road 419.

"We're very excited to bring the forest back this year," said Judy Mal-

colm, the mastermind behind the detailed scare-fest. Judy works with her husband closely to create an atmosphere that's hard to match.

"This year we've added two new trails to make the experience longer and we've filled that area with stuff no ones ever seen before. We've been working on this for the

last three weeks and we'll be working on it right up until the final few days. I think people are really going to enjoy themselves here this year."

During the walk-through of the

forest, Malcolm pointed out some of the newest attractions — which we won't spoil here — and the amount of work that goes into the attraction is quite staggering. Set aside for a

minute the decorations and staging, but for them to actually bushwhack two new trails through the woods and also remove boulders in the ground to keep it as safe as possible shows a real dedication to making the forest as good as possible.

Each bend has a different set piece that will have attendees weary of each step. There will be the witch's hut, a favourite of many, as well as a full cemetery and cave. There are

many other new set pieces as well but knowing about them in advance will spoil the fun.

The forest is a big financial investment for the Malcolms, who fund the entire attraction out of their own pocket, spending hundreds of dollars on new props and often building elaborate sets and displays by hand. And although they are charging an admission, \$10 for anyone over 14 and \$5 for kids 13 and under, all of the money will go towards making the forest even better next year. Rolling the income back into the attraction to continually improve.

Flashlights are not allowed in the forest and it is recommended that younger kids be on the mature side as the forest is not for the faint of heart.

**"I THINK PEOPLE ARE REALLY GOING TO ENJOY THEMSELVES HERE THIS YEAR."**

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder trounced by Transcona

By Brian Bowman

The Interlake Thunder must not like playing under the lights.

For the second game in a row playing an evening contest, the Thunder was blasted on the road in Midget Football League of Manitoba action.

This time, the Transcona Nationals did the damage as they cruised to a 68-0 win over the Thunder last Friday.

Transcona scored eight touchdowns on the ground, led by Brandon Urciuoli's three TD's.

Dakota Holden, meanwhile, led Interlake's rushing attack with 58 yards on 13 carries. Thunder quarterback Declan Kubel finished 4-for-13 for 73 yards in the air. Two of those completions went to Alex France for 32 yards.

Defensively, Carter Safiniuk led the Thunder with 11 tackles while Austin deLaroque had eight and Kyle Reyn-

olds six.

With the loss, Interlake is now 1-6 and in fifth place in the six-team league. The Thunder will wrap up their regular season this Saturday when they visit the last-place Sunrise Coyotes (0-7). Kickoff is 3 p.m.

In Atom play, the Thunder clinched first place with a dominating 37-7 win over the Charleswood Broncos last Saturday in Stonewall.

The Thunder ended their regular season with an impressive 7-1 record.

"It is so nice to see the kids' hard work pay off," said Thunder head coach Darcy Gascoigne in an email. "This team has given 100 per cent every game and never quits playing. Even when down points, they managed to orchestrate last-minute comeback wins against two of the league's stronger teams."



EXPRESS PHOTO BY KIM KMET

The Interlake Thunder Atom team clinched first place with a dominating 37-7 win over the Charleswood Broncos last Saturday in Stonewall.

## Ashern wins Arborg vball tourney

By Brian Bowman

Ashern Central School won a junior varsity girls' volleyball tournament in Arborg last Saturday after edging Elie 2-1 in the final by scores of 25-20, 24-25, and 15-13.

Ashern reached the finals after sweeping Fisher Branch 2-0 (25-23, 25-16).

Ashern was a perfect 4-0 in sets in Pool 1 while Arborg was 2-2 and Riverton was 0-4.

In Pool 2, Elie was 4-0, followed by Fisher Branch (2-2) and Lundar (0-4).

Meanwhile, the junior varsity boys had a tournament in Riverton last weekend, which saw the Warren Collegiate Wildcats defeat Arborg 2-0 (25-16, 25-22) in the championship game.

Arborg beat Fisher Branch 2-0 by scores of 25-19, 25-17 in the semifinals.

Warren was 8-0 in sets in the five-team pool play, followed by Arborg (6-2), Fisher Branch (4-4), Charles Sinclair (2-6) and Riverton (0-8).

## Lightning strike twice in OT



EXPRESS PHOTO BY LANA MEIER

The Lightning's Noah Basarab (17) battles for the puck Friday night against Pembina Valley. Basarab potted a short-handed goal to tie the game 3-3 against Norman Sunday afternoon.

By Brian Bowman

The Interlake Lightning found themselves part of two very close hockey games last weekend.

And they found a way to win both of them.

Interlake started their Manitoba Midget AAA Hockey League regular season with a pair of overtime wins last weekend in Teulon.

The Lightning edged the Pembina Valley Hawks 2-1 on Friday evening and then overcame a 3-1 second-period deficit to nip the Norman Northstars 4-3 on Sunday afternoon.

"It was a perfect start," said Lightning head coach Dwayne Swanson. "We started off 2-0 and wins in this league are extremely hard to come by...especially in the first game against the defending champs. That was a nice touch to beat those guys in overtime."

In Sunday's win, Nicholas McCartan scored the game winner, assisted by Riley Vautour, in OT. Trailing 3-1 in the second, Interlake's Sean Loutit scored a power-play goal and then Noah Basarab potted a shorthanded marker at 6:39 of the third to tie the score at 3-3.

"That was a game that, hopefully, we learned something," Swanson said. "They (Norman) are probably going to be one of the weak (teams) in the league and we started off not ready to play them. We kind of took them for granted after our good game, I guess, on Friday."

Interlake took an early 1-0 lead as Jordan Woytowich netted a power-play goal.

But Norman came right back with two power-play goals of their own. Justin Nachbauer tied the score at 1-1 at 5:40 of the opening period and then Michael Markus tallied just under five minutes later.

Tristan Galarneau then scored an even-strength goal with 56 seconds left in the first period.

Interlake outshot Norman 58-41. Adam Swan earned the win in goal.

The Lightning began their regular season with the one-goal victory over Pembina Valley.

Storm Swan scored the game winner in overtime, assisted by Preston Phillips and Jack Einarson.

Vautour had tied the score at 1-1 with a third-period goal. Garrett Szeremly gave the Hawks a 1-0 lead with a second-period goal.

Nathan Cvar made 24 saves for the win. Interlake outshot Pembina Valley 42-25.

Interlake will continue its three-game homestand when it hosts a pretty good Central Plains Capitals' team this Friday in Teulon.

"They're 2-0 as well," Swanson noted. "We saw them at Souris when we were there for a tournament and they're not overly talented but they will work like crazy. They have extremely good goaltending and they're a dangerous team."

Swanson said he would like to see plenty of fans in the stands for the Central Plains' contest.

"It would be nice to see some people come out," he said. "It's real good hockey and, I know it's early in the year and the weather is still nice and that kind of stuff, but I would love to see people come out and watch those kids play hockey."

"We have some really nice players out there."

On Saturday, the Lightning will play Pembina Valley in Morden.

Both games have 7:30 p.m. start times.

# Classifieds



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### BUILDING FOR SALE

Commercial building for sale. 55'x120' Main Street. Well cared for. Two successful businesses run out of location. Reason for selling: retiring. Ideal for hair shop for part of it and hardware, dollar store etc. for the other part. Appraised at \$189,000, asking \$129,000. Ph 1-204-768-2545 or 204-768-2221, Ashern. 9 a.m. - 5 p.m.

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5 new 16 x 80, 3 bed, 2 bath, starting at \$83,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email: [amhl@mymts.net](mailto:amhl@mymts.net)

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### OFFICE SPACE FOR RENT

Office building on Main Street Selkirk, 400 block. Great location, currently occupied by Accountant. 1200 sq. ft. Avail. January 1/16. \$1600/per month. Negotiable for long term lease. Ph. 1-204-785-0105.

### HOUSE SITTING

I'm looking for accommodations in & around Gimli for the upcoming season Oct/Nov. to Mar/Apr. If anyone has a condo or a house they would like cared for, please call Patricia at 204-914-1293.

### HELP WANTED

Class 1 driver required for scheduled run from Wpg. To N.W. Ontario. Phone 204-785-3984.

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### UPCOMING EVENTS

Separated - Widowed - Divorced - Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again persons deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer 2 week-end retreats per year. Our next week-end retreat will be held Oct 30th - Nov. 1st, 2015. We also offer a 10 week program 3 times per year. The next 10 week session starts Jan. 13th, 2016. For more information please call 204-275-3090 or [visitwww.beginningexperience-winnipeg.ca](http://visitwww.beginningexperience-winnipeg.ca)

### POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

### STRAW/FEED

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### STRAW/FEED

Rye grass straw for sale. 5x6 round bales. Variety is endophyte free, safe for cattle. \$30 loaded in field. Ph 204-461-0706, Nick Matheson.

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**ANTIQUE AUCTION**  
Ashern, MB  
Saturday, October 24, 2015 at 10:00 a.m.  
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Hwy #6 & PR #325, Ashern

**Included in the sale:** Wooden Drink boxes - Pepsi, Coke, Seven Up, Drewyrs; Numerous Pop bottles (some as old as 1949); Signs; Lamps; Doorknobs; Saws; Cookstove; Tin cans (variety); Children's Toys- Cars, Trucks, Tonka; Hockey magazines; Washboards; Lge quantity Silver ware; Spittoon; Enamel Ice box; DeLaval Cream Separator; Berkel Meat Slicer; Weigh Scales; Enamel pots; 45 rpm Records; Mash movies (set); Shoe Stretchers (some T. Eaton Co.); Wooden Hand wringer; Wooden shoe shine kit; Lots of items too numerous to mention.

**Auctioneer's Note: Lots for everyone!**  
For complete listing/pictures visit the website.  
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**Municipality of Bifrost-Riverton**  
**Equipment for Sale**  
**BY TENDER**

The Municipality of Bifrost-Riverton invites tenders for the following equipment:  
**1 - 2008 Shulte XH1000 mower c/w 2002 Handi Hitch**

Sealed tenders marked "Equipment" to be received by the undersigned by 4:30 p.m., October 19, 2015.

This mower can be viewed by calling the undersigned for a viewing appointment or for further information. The Municipality of Bifrost-Riverton reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the Municipality of Bifrost-Riverton in its sole discretion.

L. Grant Thorsteinson  
C.A.O.  
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Arborg, MB ROC 0A0  
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**Municipality of Bifrost-Riverton**  
**NOTICE**  
**Change of Meeting Dates**

The Regular meetings of Council of the Municipality of Bifrost-Riverton will be held on the following dates:  
**Wednesday, October 21, 2015 at 8:00 a.m.**  
**Thursday, November 12, 2015 at 8:00 a.m.**  
**Wednesday, December 9, 2015 at 8:00 a.m.**

All Regular Meetings of Council are open to the Public.

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Subsection [48(2)]

## NOTICE OF BY-ELECTION Municipality of Bifrost-Riverton

Notice is hereby given that a vote of the MUNICIPALITY OF BIFROST-RIVERTON will be taken to elect Councillor (Ward 1) from the following duly nominated candidates.

For the offices of Councillor:

1. ANDERSEN, FRODE
2. GUDBJARTSON, DANIEL A.
3. JOHNSON, GERRET N.
4. KARATCHUK, JOHN R.

### VOTING PLACES

Voting places will be open for voting on: WEDNESDAY, the 4th day of November, 2015 between 8:00 a.m. and 8:00 p.m. at Geysir Hall (SW 26-22-3E 16006 RD 130N)

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

### ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the **Main Municipal Office 329 River Road, Arborg, MB** and will be open during the following day, **Friday, October 23rd**, between 8:00 a.m. and 8:00 p.m.

### APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at Box 70, Arborg, MB R0C 0A0 or Fax 204-378-5616.

If applying in person\*, a voter may apply between October 7, 2015 and October 30, 2015.

\* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or fax\*\*, a voter may apply between September 21, 2015 and October 30th, 2015.

\*\* A voter applying by mail or fax will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

**KIM FURGALA**  
Senior Election Official  
Municipality of Bifrost-Riverton  
Phone: 204-376-2391



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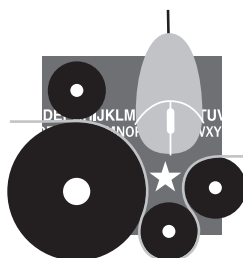
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## ANNOUNCEMENTS

### ANNIVERSARY



**Bob and Darlene Munro**

On September 25th, 2015 Bob and Darlene Munro of Gimli, Manitoba alongside family and friends celebrated their 50th Wedding Anniversary. The couple met at Penticton High (BC) and have been in love ever since. Bob retired as an Inspector of the RCMP and Darlene is well known as the Chocolate Lady. They raised three boys Robert (Dawna), James (Janine), and Michael (Victoria) collectively they have nine grandchildren. Please wish this couple a Happy Anniversary when you see them.

## OBITUARY

### Sandra Ruth Johnson



It is with the deepest sadness we announce the passing of our mom, sister, aunt, granny, and partner, Sandra Ruth Johnson, born July 18, 1953. On September 26th 2015 at 2:10 a.m. in the Arborg and District Health Center, Sandra took her last breath, with her children and partner by her side. Throughout an eight year battle with cancer, mom fought strong and hard right to the end.

Sandra's joy in life was her passion in organic gardening. Her pride was in growing garlic and tomatoes, and selling them alongside her Mother Clove Garlic Jelly at the markets. Sandra thrived on her self-taught knowledge for a cleaner and healthier world.

Left to mourn her passing are her children Nicole Nagy (Trent Kempin), Chad (Kristine) Nagy, grandson Kale, partner in life Wayne Gislason and his families, her sisters Sylvia (Maurice) Sigurdson, Mabel (Ron) Korchynski, Gwen Smith, and Verna Hryhorchuk. Along with numerous nieces, nephews, cousins, friends and pets. Loved ones waiting her arrival on the other side include her parents Stefan and Margaret Johnson, brothers-in-law Anthony Hryhorchuk and Gerry Smith, niece Kristy Hryhorchuk, nephew Darcy Sigurdson, and her beloved little dog Fergie.

Expressions of sympathy can be made as a memorial donation in her honour to your choice of a pet rescue shelter.

Cremation has taken place, a private family gathering will be held at a later date.

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> MEAL IDEAS

## Pan Seared Rib Eye with Balsamic Glaze and Crispy Salted Potato Wedges



### Ingredients

#### For Crispy Fingerling Potatoes

1 pound small Yukon gold potatoes cut into wedges  
 Kosher salt and freshly ground black pepper  
 3 tablespoons extra virgin olive oil  
 1 teaspoon roughly chopped fresh rosemary leaves, plus a couple of sprigs  
 For Steaks

Kosher or coarse salt and freshly ground black pepper  
 4 3/4-pound bone in rib-eye steaks, about 1 inch thick  
 1 large shallot, thinly sliced  
 1/2 cup aged balsamic vinegar  
 2 tablespoons unsalted butter  
 Preparation

For potatoes: Place the potatoes in saucepan and cover with cold, salted water. Set over high heat and bring to boil. Cook until potatoes are fork tender, about 10 minutes depending on size of potatoes. Drain and rinse under cold running water. Pat potatoes dry with paper towels and season with salt and pepper to taste. Set potatoes aside and begin steak.

For steak: Sprinkle large cast-iron skillet with kosher or coarse salt; heat skillet over high heat for about 8

minutes, then add steaks. Sear until steaks are crusted brown, about 4 minutes; turn steaks. Sear to desired doneness or about 6 more minutes for medium rare. Transfer to cutting board and let rest while you make sauce.

Wipe out pan and add shallot; cook, stirring, about 1 minute. Slowly add vinegar and 1 tablespoon of water and bring to a boil. Stir continuously until reduces and thickens, about 2 minutes. Remove pan from heat, swirl in butter, and season with pepper to taste. Drizzle sauce over steaks just before serving.

To finish potatoes: Heat olive oil in large skillet over high heat. When hot, add seasoned potatoes, cut side down, and rosemary. Cook until golden and crispy, about 2 minutes per side. Sprinkle with additional salt and pepper to taste.

Serves

Yield 4 to 6 servings

Notes, Tips & Suggestions

Serve with Las Rocas Garnacha, a vibrant and versatile red wine with rich dark berry flavors and aromas.

Source Las Rocas



4 large carrots, chopped  
 3 large whole cloves garlic  
 1 acorn squash, peeled and cubed (about 4 cups/1 L)  
 1 onion, chopped  
 2 tsp (10 mL) curry powder  
 2 tsp (10 mL) dried thyme leaves or 1 tbsp (15 mL) chopped fresh  
 1/2 tsp (2 mL) ground ginger or 2 tsp (10 mL) minced fresh  
 4 cups (1 L) no salt added vegetable

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## The Skill: Steering Your Family Toward Healthy Eating



### Part 1:

Conflicting food preferences within your family can make improving your dietary pattern considerably more challenging, especially if you're sharing meals with family members every day. If you don't engage your family in a healthful way of eating, you may eventually feel as if you're left with only two choices: to abandon your efforts or to eat differently from the rest of your family, neither of which is a viable option for the long haul.

A patient of mine named Carla, thirty-eight, found this to be true. After having three children, she was carrying an extra 30 pounds and she wanted to slim down. For a while, she did quite well on Weight Watchers, which I consider a very good, responsible weight-loss program, but there was a problem: She was on the Weight Watchers program alone. Her husband wasn't on it. Her kids weren't on it. So she still came home to a vast array of nutritionally questionable foods, from cheese puffs to chips to gummy bears. In Carla's case, the temptations of readily accessible, tasty junk foods won out over her own diet plan, and she found herself going off the reservation and gaining, not losing, weight.

To me, the solution was obvious: Ditch the junk. But while that's a simple concept, the execution can be hard, because it often means

getting the whole family on board. Carla and I worked on tackling this together. She talked to her kids (ages six, eight, and ten) about why eating healthier foods was important for them all, and talked to her husband about not only taking better care of himself but also helping Carla reclaim the health and appearance she wanted. Carla helped her family realize that helping one another be healthy was a good way of demonstrating love. And with their help, she found the strength to reach her weight goals – and the goal of treating her family to a healthier diet.

Rather than catering to the lowest common denominator (other-wise known as the picky eater in the family), enlist the support and participation of your family in improving eating habits for the entire family. Family is (or should be) about shared love and shared responsibility, and for both reasons, family members should be engaged in any effort toward a challenging change, whether it's to lose weight or find better health through good nutrition. Enlisting the support of your family will make you stronger and far more able to achieve lasting success in either respect. Plus, you love them and want to share with them the benefits of the healthy changes you're making.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L.

Katz, MD, MPH, FACPM, FACP  
 Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

or chicken broth  
 1/4 cup (50 mL) light sour cream or yogurt  
 1/4 cup (50 mL) chopped fresh cilantro  
 Directions

In a large pot, combine carrots, garlic, squash and onion. Stir in curry powder, thyme and ginger. Pour in broth and bring to a boil.

Reduce heat, cover and simmer for about 40 minutes or until carrots and squash are very tender.  
 Ladle soup in batches, into a

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