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VOLUME 6 EDITION 4 THURSDAY, OCTOBER 24, 2019

WEEKLY NEWS

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EXPRESS PHOTO BY PATRICIA BARRETT  
 Mary Turkewich blows out the candles with a little help from her great-granddaughters. Mary celebrated her 90th birthday last Saturday at the Winnipeg Beach Legion.

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# Love, laughter and Ukrainian tradition is how it rolled at Baba Mary's 90th birthday party

By Patricia Barrett

With as many people as her age packed into the Winnipeg Beach Legion, Mary Turkewich celebrated her 90th birthday last Saturday.

Family from across the Interlake and the city joined Turkewich and her friends for an afternoon of Ukrainian food, song and good cheer.

"I'm very, very grateful that everybody showed up and I'm happy to see them. My [Winnipeg Beach] auxiliary ladies came to my birthday party, too," said Turkewich, who was honoured as a lifetime auxiliary member this summer. "They're part of my family because I've been with the auxiliary for 30 years."

Turkewich's grandparents emigrated from Ukraine over 100 years ago and settled in Polson, near Komarno. Her parents, John Zaluski and Annie Chrapchanski, homesteaded in Zbruch. When she was 17, she met her future husband Philip in Winnipeg Beach and they married a year later.

She moved to the Turkewich farm, about four miles from Winnipeg Beach, and has lived there for 73 years. Turkewich and her husband, who passed away in 1986, raised five children on the farm and she's now blessed with eight grandchildren and 12 great-grandchildren.

Turkewich spoke about her childhood in the Komarno area, where she and her sisters had to walk three miles to school every day (except in very harsh weather when her dad would hitch up a horse and buggy and drive them), as well as her life on the Winnipeg Beach farm, which has now been in the Turkewich family for about 120 years.

"We worked hard. We didn't have too much money, but we were all happy," said Turkewich, who lived with her mother- and father-in-law until their passing. "I milked cows, looked after chickens, pitched hay and had a big garden."

Her grandson Nic Turkewich and his wife Amanda spoke lovingly of Baba Mary. Nic said his grandmother has always been an easy-going woman and the grandkids love to hang out with her.

"That's how it rolls in Baba's house. I grew up next to her," said Nic, referring to the Winnipeg Beach farm. "When we went out riding on our dirt bikes, we would always stop in and visit her first."

Turkewich is known for her chicken noodle soup, and it was a highlight at Nic and Amanda's wedding.

"When Nic was a kid, she'd make him special chicken noodle soup," said Amanda. "And at our wedding that was the soup we served. She made it. She and I have developed a very special relationship and I hold it dearly. She's a fantastic woman."

Turkewich still has a very active social life. She'll hop in her vehicle and drive to dances in the area, and spend time with her friends, grandchildren and great-grandchildren.

"She goes to more parties than we do," said her daughter Gloria Dick, who now lives in Winnipeg and has to phone ahead before a visit to see when her mom is available. "She won't miss a seniors' dance in Teulon."

One of her favourite childhood

**"WE WORKED HARD. WE DIDN'T HAVE TOO MUCH MONEY, BUT WE WERE ALL HAPPY."**

Continued on page 9



EXPRESS PHOTOS BY PATRICIA BARRETT

Mary Turkewich with several of her great-grandchildren and her sister Stella.



Mary Turkewich with her five children.



Mary with her sisters. From left Olga Hradowy, Dorothy Spakowski, Mary Turkewich and Stella Poworski.



Turkewich's grandson Nic Turkewich and granddaughter-in-law Amanda with Turkewich's daughter Gloria Dick.



St. Andrews Mayor Joy Sul, left, paid tribute to Turkewich and presented her with a 90th birthday commemorative award.



Turkewich's Ladies Auxiliary colleagues from left: president Norah Campbell, Eva Sohan, Helen Harmatski, sergeant-at-arms Liz Anderson, Branch 61 president Lorraine Andrushuk and Cheryl Frain.



# Lake Manitoba Narrows residents barbecue and share fuel in aftermath of storm

By Patricia Barrett

People living in The Narrows were still without power last Wednesday after a severe autumn snowstorm on Oct. 10 and 11 crumpled over 100 hydro transmission structures and damaged thousands of poles across the southern region of province.

Situated between the north and south basins of Lake Manitoba, The Narrows lost power the evening of Oct. 11. And as hours without power turned into days, residents fired up their barbecues and shared fuel with those most in need.

"You wouldn't believe how good the majority of people are. People in cottage country here, they came out and wanted a hand checking on things, and they turned around and gave me two pails of gas," said Narrows resident Blair Olafson last Wednesday.

"Then I ran to Ashern today to get propane for generators and for cooking and they had sold out. But there was a nice young man there I know and he says to me, 'There's a 100-gallon tank by my house, Blair. You just go take whatever you need.'"

By Wednesday about 25 Narrows residents were still without power, said Olafson, but were holding their own in the aftermath of the storm.

"We're quite creative. We're eating off our barbecues. We've been eating a lot of barbecued stuff," he said.

He's using a generator to keep his freezer and fridge operating, and for warmth he said he's "up to three blankets, but some people are up to five."

Living without power is especially challenging when it's accompanied by flooding. Olafson said water pooled around weeping tiles and a pump hole in his basement, causing it to flood as the storm brought heavy, wet accumulations of snow, and he had to get a pump going using his generator.

Olafson lived through the massive flood of 2011 on Lake Manitoba and is no stranger to natural disasters in

the region, but he said he's never experienced anything like this before in terms of damages to the power grid.

"And when I talked to my 76-year-old cousin, he tells me he's never in his life seen this. Isn't it awful funny what's happening here the last number of years?" said Olafson. "We're seeing things like the big flood; we never seen a flood like that before. Or the wildfires we had. And we never seen a storm like this."

He was hoping the region would have received more support from the government to help people deal with the aftermath of disasters, he said. This year's hay and feed crisis, for instance, which arose as a result of two years of extremely dry weather, has had a major impact on cattle farmers in the area.

"We've been dealing with a lot of things in this area, and I don't think we're getting the help we need," said Olafson. "We're still not over 2011 here."

Manitoba Hydro's response, on the other hand, has been a "highlight" of the storm and hasn't gone unnoticed, he said.

"I'm very impressed with the hydro crews, the way they're moving," said Olafson. "They came from all over and are working together."

A graphic Hydro posted on its Twitter account Oct. 16 showed extensive power outages running along the south basin of Lake Manitoba as well as along both sides of the north basin, affecting dozens of communities, including First Nations.

SaskPower, HydroOne (Ontario) and Minnesota Power are helping Hydro deal with the damage and 800 personnel have been deployed throughout the Interlake, Dauphin and Portage la Prairie regions, according to an update Thursday.

Hydro has to rebuild over 100 crum-



EXPRESS PHOTO BY PATRICIA BARRETT

The storm snapped the tops of transmission towers across the region.

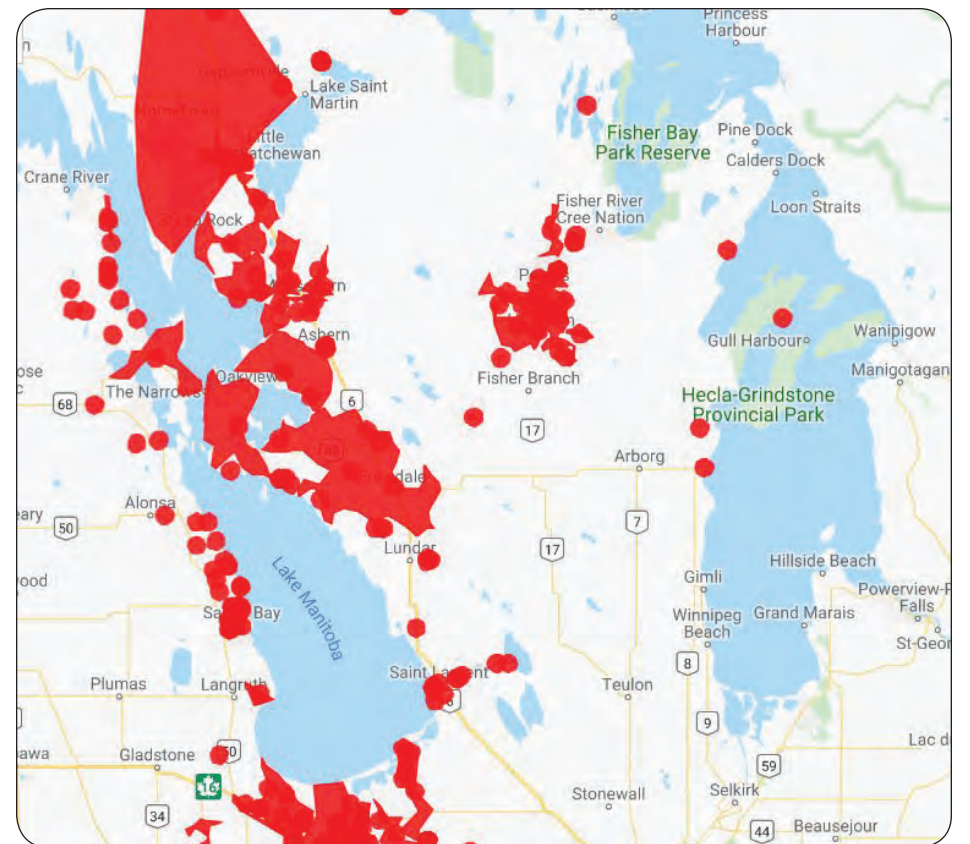


PHOTO COURTESY OF MANITOBA HYDRO TWITTER

Hydro outages as of Oct. 16 at 3:30 p.m.

Continued on page 5

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# MP James Bezan embarks on sixth term

By Ligia Braidotti

While Canada elected a minority Liberal government, PC candidate James Bezan celebrated another victory.

Bezan was elected Member of Parliament for the Selkirk-Interlake-Eastman riding on Oct. 21, with more than 30,700 votes, 22,000 more than his NDP opponent Robert Smith, who came in second with 8,743 votes. Other candidates, Liberal Detlev Regelsky 5,895 votes, Green Wayne James 2,890 and the People's Party Ian Kathwaroon 667. The local MP is in his sixth consecutive term representing the riding at the House of Commons of Canada.

"It is such a humbling experience to continue to get the support of everyone here in Selkirk-Interlake-Eastman. I am so proud of carrying our Conservative Tory blue flag," he said at his victory speech.

Bezan was first elected to office in 2004 and has been a strong advocate for rural communities and the agricultural industry. He told the Record that one of his priorities is dealing with the challenging weather that farmers faced throughout the season and the impacts it caused in their businesses. Also, the MP who leveraged more than \$35 million to protect Manitoba's lakes is planning to continue his environmental work.

"I still believe strongly in the one policy we had in our platform, which was putting an end to dumping raw sewage into our waterways and protecting Lake Winnipeg," he said.

Since the last election in 2015, Bezan has fought for marketing freedom for Western Canadian farmers and ending the long-gun registry. Beyond complex policies, Bezan also dedicated his work to the issue of Ukrainian democracy and human rights. He was one of 13 Canadian officials sanctioned by the Russian government in 2014 and has received numerous awards for his initiatives to recognize the Holodomor.

Although the Liberals won by a plurality of votes with 156 seats, the Conservatives won the popular vote with 34.5 per cent and 122 seats. The NDP finished the race with 24 seats. Bezan commented that the results send a strong message to the Liberal Party and Prime Minister Justin Trudeau that they still a lot to be accountable for.

"If you look at the results here in Manitoba and the percentage of Conservative votes across Western Canada, it should send a pretty strong message to Justin Trudeau and the Liberals that they are not well-liked in the west and they have a lot of work to do to regain the trust on the prairie



EXPRESS PHOTO BY BRETT MITCHELL

MP James Bezan is pictured with his greatest supporter and grandson James at his victory celebration on Oct. 21. Bezan was elected for the sixth consecutive time and will be representing the Selkirk-interlake-Eastman riding at the House of Commons of Canada.

region," he said.

This will be Bezan's fourth minority government, and he commented they are always challenging and short-lived. However, it will all come down to the other parties' support to the Liberals.

"We saw positive movement. A year ago, they had already written us off.

Four years ago, nobody taught that we could stop the Trudeau government, but here he is. He is not in majority territory. He still has a lot to answer for," he said. "I still believe we fought for a great platform and had a large percentage of Canadians that were standing behind us."

## Lundar Elks could be hosting last dance, without financial support

By Evan Matthews

The Lundar community might be dancing a little less, as a well-known local organization struggles to pay its bills.

A member of the Lundar Elks approached the *Express* on a condition of anonymity, fearing local politics. The Elks member stated the organization would no longer be able to operate the old Lundar Community Hall after receiving crippling hydro bills last winter.

"We have our monthly dances to raise funds, and (the hall) is rented out if somebody needs it for a social, wedding, etc.," said the Elks member, who added the Lundar Elks have roughly 25 members."

The Lundar Elks have an agreement in place with the RM of Coldwell according to the Elks member, who stated while the municipality owns the building, the Elks agreed to the cost associated with running the building. Of course, the Elks then have access to the building for community functions, while also having the ability to rent

the space out to generate additional revenue.

But with last year's hydro bills totaling \$10,000 from January to the end of September, the member said it's unlikely the Elks will have enough funding to continue operating the building.

"That doesn't include other costs like paying for the caretaker, for example," said the Elks member.

However, Coldwell CAO Nicole Christensen said the municipality has been approached informally about taking over the Lundar Community Hall's operations once again, and due to a lack of information, the RM would not be making further comment.

No Coldwell council member responded to the *Express's* request for comment by press time.

"We did have an informal meeting, where the municipality had a representative and they were informed of our circumstances," said the Elks member. "The representative took it back to their RM meeting, and we haven't heard anything."

When asked if the Elks have requested a formal delegation during a Coldwell RM meeting, the Elks member said, "No, but (council) knows the circumstance."

But it's not just funding that provides challenges, according to the Elks member, as the building is aging quickly.

The building is in need of repair, with the list of repairs including flooring, windows and doors, according to the Elks, all of which would help with the building's efficiency and subsequent bills.

### Old Time Dance

The Elks are now left hosting what could be the last Old Time Dance in Lundar.

Having hosted an old time dance once a month for the last 10 years, since July 2009, the Elks member said the hope is to either raise enough funds or receive "help" from the municipality in time to save the organization's current home.

"We don't know if this is going to be

the last dance for sure," said the Elks member. "We just don't know."

Playing old time music from the 1940s, '50s and '60s, the dances typically throw people back to a different era, which the Elks member said is something people tend to enjoy. Often participants will experience waltzes or polkas.

The dance is open to everyone, though typically it is a more senior demographic, according to the Elks, as people come from Dauphin, Ste. Rose, Gimli, Winnipeg and Portage.

"These dances are all over. It's kind of a network. People meet at these old time dances," said the Elks member. "They get to be friends, and when they come to the dances, everyone knows each other."

The (potentially) last Old Time Dance in Lundar is scheduled for Oct. 27 from 1 to 5 p.m., at the old Lundar Community Hall. Entry to the dance is \$15.

# Interlake well represented at MBRA finals

**Staff**

Local communities were well represented at the 2019 Manitoba Barrel Racing Association finals earlier this month in Brandon.

From Oct. 3 to 6, barrel racers gathered to compete in the annual event.

Local Derby finalists included Adele Sobey of Warren on Magical Mystery Ride (Harley), Samantha Wood of Warren on Gofer Me Inda Tyrees (Breeze), Whitney Hogue of Eriksdale on DF Sekeen Frost (Dillon) and Megan Tully of Marquette on BCB Canadian Bud.

Local MB Bred finalists included Adele Sobey of Warren on Magical Mystery Ride (Harley), Lori Tully of Marquette on High Style Scott, Samantha Wood of Warren on Gofer Me Inda Tyrees (Breeze), Whitney Hogue of Eriksdale on DF Sekeen Frost (Dillon).

Local Open finalists included Megan Tully of Marquette on BDB Canadian Bud, Adele Sobey of Warren on Magical Mystery Ride (Harley), Samantha Wood of Warren on Devins Blue Angel (Indi) and on Gofer Me Inda Tyrees (Breeze), Whitney Hogue of Eriksdale on DF Sekeen Frost (Dillon), Sheena Marks of Stonewall on Honor My Pal (Nora) and Serena Adams of Marquette on Rebel Jet Fighter (Jets).

Local Short Go finalists included Adele Sobey of Warren on Magical Mystery Ride (Harley), Lori Tully of Marquette on High Style Scott and Karen Caumartin of Narcisse on Wrangle It A Bit.



**EXPRESS PHOTO BY COUNTRY MONKEY PHOTOGRAPHY** Balmoral's Diane Allan rides DC Solanos Sugar Leo in the barrel racing at the MBRA finals in Brandon.

Local Youth finalists included Karen Caumartin of Narcisse on Shilo, Bobbie Fairlie of Warren on Shake Em Sparky and Abby Procter of Woodlands on Good Due Tru North (Beau).

Local Select finalists included Adele Sobey of Warren on Magical Mystery Ride (Harley), Lori Tully of Marquette on

High Style Scott and Diane Allan of Balmoral on DC Solanos Sugar Leo.

For Allan, the event is all in good fun. "There were more than 500 horses at the event. Everybody can participate. People of all ages come from Ontario, Saskatchewan and sometimes North Dakota," she said.

"I just go and have fun. I enjoy doing it, and if I win a prize, then I buy ice cream on the way home."

At the event, it's not all about being the fastest competitor, she added.

"Usually barrel racing is all about is being better than you were the day before. For my three runs, I was faster each time I did it. So for me, I won, whether I got a prize or not," Allan said.

"You don't go to compete against your friends. You go to improve your horse and improve on your time."

The 2020 MBRA finals will take place Oct. 1 to 4 at the Keystone Centre in Brandon.

## > LAKE MANITOBA NARROWS, FROM PG. 3

pled transmission towers, some of which resemble Whoville's droopy Christmas tree in *How the Grinch Stole Christmas*, and repair 800 kilometres of damaged power lines and over 3,600 snapped poles across the three regions.

Between Oct. 10 — when a Colorado low barrelled into Manitoba — and Oct. 17, Hydro reported it had received 266,000 calls about power outages.

As it may be early days yet, Hydro did not provide an estimate of how much the restoration effort will cost when requested by the *Express*.

Municipal emergency co-ordinator Don Emes said he travelled through The Narrows on his way to Gimli early last week and saw the extent of damages to the hydroelectric system.

"There were hydro poles snapped off like toothpicks all over the place," said Emes, who co-ordinates disaster

responses in Winnipeg Beach, Gimli and the Municipality of Armstrong. "They're going to have a fairly long grind over there until they get it repaired. Just on the volume of poles they'll have to change or repair, I think the power's going to be out for a while."

The terrain around The Narrows and Ashern is not "friendly" because there's a lot of water and swamp, he said, and that will make it particularly difficult for Hydro crews to carry out repairs.

Emes said residents in rural areas typically cope well during crises by banding together to help each other out.


"If neighbours have a woodstove or a fireplace, people will get together. There's always that kind of thing," he said. "And it doesn't take long until a municipality will open up shelters."

The RM of West Interlake, which en-

compasses The Narrows, Ashern and Eriksdale, did open up warming centres on Oct. 14 in the Eriksdale Recreation Centre and the Ashern Centennial Hall to accommodate people without power. Showers were also made available at the Eriksdale rec centre and at the Ashern Motor Hotel, according to a notice on the RM's website. The RM also had people going door to door in remote areas to check on residents.

Olafson said he had no idea how long they'd be without power but did see a number of Hydro trucks near Ashern "working towards" The Narrows. In the meantime, people were coping well.

"We seem to be doing all right. We are from Manitoba," he said. "You really got to look at how fortunate that no one's been hurt here."

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## Canadians face tough reality

By Evan Matthews

The federal election happened this week on Oct. 21.

Given *The Express Weekly News* group's print deadlines, this editorial was written prior to the results being known. For that reason, it's tough to provide commentary.

Though, there is something we can discuss as a nation moving forward: Results.

Whether it be the NDP, the Greens, the Conservatives, the Liberals, the Bloc Quebecois or even the People's Party; Canadians expect results this time around.

Society as a whole is moving away from identity politics, political attack campaigns and constant debate.

This is not to say the discussions of oppressed minorities won't continue. They will, and they should.

If a person or group is being actively oppressed, there is a conversation to be had. Plain and simple.

But it seems society is becoming politically tired when it comes to the social justice conversations, being forced to pick sides, and constant debate.

Frankly, people — society — have become more accepting than ever before in human history.

There are still a few bad apples, but we have conversations when we come across those bad apples.

This extends to the political sphere, in this case federally.

Yes, there are legitimate (federal political) issues relating to a "few bad apples." We should talk about those people and those issues as a country,

and we do.

But there was way too much finger-pointing going on during the election campaign to even wade through.

All Canadians want is stable and efficient governance.

The attack ads have become absurd. It's about the leaders and whether or not they're good people or bad people.

We should talk about what the Liberals have done — or not done — over the last four years. That includes Trudeau's SNC Lavalin "mishap." It includes the Liberal purchase of the (so far) non-existent TransMountain Pipeline.

We can talk about who Andrew Scheer and the Conservatives decide to have run as candidates, sure, because it's relevant to the election.

But why are we spending so much time talking about who is a good person and who is a bad person, so to speak?

Party leaders have little power in Canada even if they have a majority, as there are 338 seats in the Canadian Parliament.

The same sentiment is true for most members of Parliament. As individuals, they don't hold much power.

Of course, we need to hold people, especially leaders, accountable. There is no doubt.

But we also need to focus on the issues that affect us as a country; the actual issues.

We have other challenges and policies to address for the future, like climate change, inequality (locally and abroad), hunger and poverty (locally

and abroad) and immigration.

Because of social media and the internet, we're connected more than ever. We hear about violence and negativity more than ever, but the reality is that things are as peaceful as they've ever been.

People are innately good.

As Canadians, the vast majority of us are known for being good people, even internationally.

This notion can extend to our leaders, even if we don't agree with some of their past or some of their current policy ideas.

Yet, so often we're discussing issues like SNC Lavalin or Andrew Scheer's running mates that we don't even touch on topics that matter or should matter.

We don't need to play identity politics or label people as "bad" all the time.

As a society, all we want is to live in a growing, prosperous, innovative and progressive world.

A world focused on tackling real issues and maximizing our efficiency; a world where we can see progress in finding solutions to issues.

What issues do we face or efficiencies do we need?

How do we solve those issues and come up with efficiencies?

Who is putting forward the best policies in relation to those topics?

We've seen coalition governments before. All three parties need to focus on working together this time around.

Show Canadians some results.

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## Haven't you read your fishing manual?

Hi fellow fishers.

It was blustery enough on the Hnau-sa pier last week for anglers to be wearing snowmobile suits, including Marvin and Mary Sveistrup of Stonewall when I met them there enjoying some fishing. A retired teacher and softball champion, Marvin is a man with a forceful nature that had served him well as a young boy. He shared with us how many years ago as a teenager, he went commercial ice fishing on Lake Manitoba by Vogar with his father and brother Hal.

His gaze fell on two commercial fishers dressed in heavy, yellow slicks rounding their skiff into harbour as his mind went back in time and he spoke of standing on the running board of his father's Model T truck, holding onto the open door as the truck slipped over the new first ice of the winter fishing season. He remembered the free, happy feeling he and his brother experienced riding on the boards as his dad drove, the small motor under the truck hood ticking along nicely.

Dad slowed the truck as they came to their stick marker in the ice, which held the nets draw line. The shore was a far-off thin black line. They pulled chipping bars and their "safety poles" from the back of the truck box and made an ice hole around the marker some two feet in size. Their "poles" lay close by. Their father had taught them to carry a thin pole a little longer than themselves when on thin ice. He told them that if they broke through to hang onto the pole, which would distribute their weight and roll over it

back onto the ice surface.

With an ice hole now made, the boys fetched a modified pitchfork with its tine ends curved backwards. They snagged the net's lead line with it and pulled their nets from under the ice laden with fish.

As Marvin was finishing his story, I noticed across the harbour bay that the two fishers who had come in from their morning lift were transferring their fish from the skiff to their truck. I said my goodbyes to Marvin and Mary and drove around to the other side of the bay to talk to them.

"How's the fishing?" I asked a tall, young guy by the landing as I got out of my truck.

"Fair," he responded.

"Can I ask your name and what you're catching?" I inquired.

"Yeah, I'm Arron Magnuson. We're catching some pickerel and a lot of whitefish and tullibee about a kilometre off shore," he said as he hurried to help his father.

"Thanks Arron," I said, getting into my truck. I knew he had a lot of fish processing ahead of him with his dad who had unloaded the skiff already and I didn't want to hold them up.

I found it interesting, though, that a day later I was over at Balsam Bay and another commercial fishing father-and-son team was unloading their catch into the truck at shore. They didn't want to give their names but they did say that they were catching pickerel and goldeye at about a kilometre off shore.

Some time ago I met a grey-haired cordial chap of average stature who

spoke in a fluid easy manner as he fished off the Selkirk waterfront pier. His name was Mr. Templeton and he shared this delightful story of the tender feelings of young lads.

Many years ago, he took his young son Michael and his friend Paul fishing at Nutimik Lake. They got there on Friday evening and Templeton went to work setting up a big tent while the boys ran over to a dock and eagerly began fishing. Soon young Paul came running back to Templeton, his face proudly beaming, holding up a very small sturgeon he had just caught.

Templeton stood looking at the boy and sadly had to tell him that he couldn't keep it. The boy was crestfallen! In a soothing voice, he said, "You put water in that big cooler over there, drop the fish in and we'll see."

He figured they weren't leaving Nutimik for two days, which would give him enough time to bring the boy around to letting the fish go.

With the fish swimming in the cooler, Templeton took the boys to the local store. During idle conversation, he told the owner his problem. "Haven't you read your fishing manual? You have to let the sturgeon go right away!" the store owner chided.

Templeton was mortified! How would he spare the boys' feelings? He drove back to camp and no sooner had the car stopped, the boys jumped out and ran to the shore. They grabbed the cooler and dumped it over. The fish swam free.

"We decided he's our friend so we let him go, Mr. Templeton," Paul said with an innocent smile.



**EXPRESS PHOTO SUBMITTED**  
Marvin Sveistrup of Stonewall with his catch from Lake Winnipeg off the Hnau-sa pier.

"You did good, boys," Templeton responded, relieved he would not have to be the "bad guy" and insist the fish be let go.

So-long. Till next week, my friends.

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### Annual General Meeting

Wednesday October 30 • 7:00pm  
Lakeview Gimli Resort

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Prospective members welcome.

For more information, please contact [gimlichamber@gmail.com](mailto:gimlichamber@gmail.com)



# Safe drop program turned into kindness

By Ligia Braidotti

What was supposed to be a marketing move became a good deed.

Harvester Fishing Net Company recently started receiving parcels for residents who can't be home to collect their deliveries.

Owner Sean Johnston was inspired by Winnipeg's Gorilla Jack Supplements that launched a safe drop program at the beginning of this month and will donate all cash donations to Siloam Mission.

"I thought that was a really good idea, especially in Selkirk. We are here all day anyway. We've got a giant warehouse," Johnston said.

"It doesn't cost us anything to say hey, thanks, leave the boxes here. It's easy."

More than 20,000 people have already seen their Facebook post announcing the safe drop location, and they have received requests for people from all over Selkirk and region. Their goal is not only to get people aware that the store is open to the public but also do give back to their community.

"With all the fishing and hunting gear and programs here, we are just trying to do as much in the community as we can to let people know we are here. They can always come to hang out, and the guys are always good to chat. With the parcels, it gives an opportunity to do one more thing to let people know we are here, come out and safely pick up the parcels," he said.

"We've got a big shelf in the back where we just put them on, and when

people come, we just ask them for their ID and away they go."

Harvester is asking that people donate a minimum of \$1 when they pick up their parcels. The money will be given to Our Daily Bread Selkirk, which sponsors the breakfast programs at the local schools.

"I was looking for something that would feed people here, and Our Daily Bread does a great soup kitchen for people, but they also sponsor the breakfast programs at the schools. There are a lot of kids that can't go to school with a full stomach, and that's really hard on kids. So I'm a big fan of these types of programs," Johnston added.

Although he cannot obligate anyone to donate, he expects people won't refuse to do so.

"In a community like Selkirk that's pretty charitable, I expect it's not going to be an issue for people to give us a dollar or two. The last person that booked the parcel here has donated \$20. A lot of the rural places you can't get a lot of big stuff delivered with Canada Post, but we can. We have a physical location, and we can get the delivery with no problems."

Harvester is also doing a Kijiji and Facebook Marketplace safe meeting location. Due to many accounts of violence related to these meetings, Johnston is offering the space to help people feel safe.

"The guys are always here, and people can come and say, 'Hey, I'm meeting this guy. Would you mind keeping an eye out?' They are out in a parking lot, it's a public space, busy road, easy



EXPRESS PHOTO BY LIGIA BRAIDOTTI

Sean Johnston, owner of Harvester Fishing Net Company, is turning his store into a safe drop location.

to get to, and we've got security cameras all over," he commented.

The store is open Monday to Friday from 8 a.m. to 8 p.m. and Saturday and Sunday from 6 a.m. to 2 p.m. For those wishing to get their parcels delivered to Harvester, add them to your ship-

ping information. The address is Box 51, 506 Mercy St., Selkirk, Manitoba, R1A 2B1. Johnston advises people to give them a heads up that something is coming.

For more information, visit the store or call them at 204-785-1322.

## Revitalized public spaces and pathways part of Viking Park Connectivity Project

Submitted

The Icelandic Festival of Manitoba (IFM), together with its partner, the RM of Gimli, is pleased to release new concept drawings and descriptions of the Viking Park Connectivity Project.

An open house will be held on Nov. 9 from 2 to 4 p.m. at the Lady of the Lake Theatre in the Waterfront Centre, 94 1st Ave. in Gimli.

Grant Stefanson, IFM president and co-chair of the Viking Park Campaign Cabinet, announced the Viking Park Connectivity Project at the 2019 *Islenningadagurinn*.

"We are developing public areas and pathways that will provide safe walking and biking trails, highlight cultural history and other features. The development will extend a continuous pathway from Viking Park to 1st Avenue and Centre Street east-

ward toward the pier," Stefanson said.

"With improved street markings for pedestrians, new sidewalks, benches and newly planted and preserved trees, the area will be safer, more usable and have a parklike feel. Wayfinding markers at the intersection of the Breakwater Boardwalk and First Avenue and the Town Centre will provide maps, directional signage and historical information."

"The municipality is looking forward to working in partnership with the Viking Park and the invested Community groups to actively enhance our public spaces for the enjoyment of our residents and visitors," said Mayor Lynn Greenberg.

"When government and community groups apply supportive partnerships in investments for the greater good of the community, the investments be-

come successful legacies. We would like to extend our thanks and appreciation to everyone that has worked together to see this exciting project move forward."

"Viking Park received a 92 per cent approval rating from the community when it opened in 2017 and we expect the Viking Park Connectivity project to garner an even better response," said Kathi Thorarinson-Neal, Viking Park co-chair. "Individual and corporate support will be recognized by enabling donors to share their stories in named spaces along newly created pathways and in revitalized public spaces."

The plans for the Viking Park Connectivity Project were developed in collaboration with the RM of Gimli and a consultative group made up of the Viking Park Cabinet Committee:

Lorna Tergesen, Ernest Stefanson, Tim Samson, Arni Thorsteinson, Tim Arnason, Grant Stefanson, Kathi Thorarinson-Neal plus the RM of Gimli, the Betel Home Foundation, the Betel Heritage Foundation, the Gimli Harbour Authority, the Gimli Yacht Club, the Lakeview Resort Gimli, the Gimli Art Club and other community participants. The consultative process took place over last winter and was led by HTFC Planning & Design, the landscape architects who developed Viking Park.

On Aug. 9, 2017, the Government of Canada and Government of Manitoba announced funding for 42 infrastructure projects in 37 communities under the federal government's Small Communities Fund, each contributing over



# Fisher River Cree Nation receives 2018 excellence in sustainability award

## Submitted

Sustainable Development Minister Rochelle Squires announced the recipients of the 2018 Manitoba Excellence in Sustainability Awards last week.

“Our government is pleased to recognize and celebrate the successes of Manitobans and local organizations and businesses in our community that are taking action to reduce their environmental footprint,” Squires said. “I’d like to congratulate these award winners for their leadership and dedication to ensure a sustainable future for all generations.”

This year’s award winners demonstrate that private- and public-sector organizations recognize and embrace their responsibility to promote sustainability in Manitoba. This year’s champion for sustainability is Diversity Food Services. This joint venture of the University of Winnipeg’s Community Renewal Corporation and SEED Winnipeg delivers food services to the University of Winnipeg, Fort Whyte and the Player’s Golf Course, while at the same time providing employment and ownership opportunities for the community.

Fisher River Cree Nation (FRCN) won the sustainable community award.

FRCN serves as a model for sustainable development. It has the largest solar farm in Manitoba and will generate 1.45 gigawatt hours per year, which is enough to power 350 to 400 homes. It contains over 2,900 Heliene Tier 1 solar panels, which were made in Canada. Nine community members were employed and trained in the construction of the solar farm.

FRCN has more homes powered by geothermal than any other community in the province. Half of the homes on the reserve are now powered by geothermal energy, as is the school, laundromat and fitness centre. FRCN was one of the first two communities in Manitoba to install geothermal heating and cooling systems in 2013 through an innovative social enterprise program.

The program created jobs in the community and saved families more than \$1,000 a year on their energy bills. It has all but eliminated the FRCN’s reliance upon burning wood to heat homes, protecting nearby forests and drastically reducing carbon emissions. FRCN devoted more than a dozen years to establish Fisher Bay Provincial

Park. The 84,150-hectare non-operational park is comprised of lands adjacent to Fisher Bay, island areas including Moose, Little Moose and Tamarack islands, and the beds of Fisher Bay and Lake Winnipeg.

## Other award winners include:

- Assiniboine Park Conservancy – outstanding achievement in sustainability;
- Dr. Doug Cattani – innovation for sustainability;
- Prairie Architects Inc. – Building Blocks on Balmoral Project – action on climate change, air

quality and energy efficiency;

- Rural Municipality of Louise Waste Management Facility – sustainability in pollution prevention;

- William L. Taylor – education for sustainability; and

- Randy Proven – honourable mention, champion for sustainability (posthumously).

The Manitoba Excellence in Sustainability Awards honour people, projects and ideas that successfully turn the province’s principles and guidelines of sustainable development into concrete and lasting achievements.

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## > BABA MARY'S 90TH BIRTHDAY PARTY, FROM PG. 2

memories, she said, is of her mom delivering farm-fresh eggs to the Gimli airport.

“I wasn’t going to school yet. It was mom’s job to drive the grain truck to the airport with the eggs. I don’t know how she ever saw out the window,” she said, referring to her mom’s stature. “She didn’t have a driver’s licence then, but we always got there and back safe.”

Everyone rose to sing Happy Birthday and a traditional Ukrainian song of celebration, Mnohaya Lita (meaning many years), which is sung at weddings, birthdays and other special occasions to wish people a good, long life.

Turkewich received congratulatory letters from Lt.-Gov. Janice Filmon, Premier Brian Pallister, Liberal Leader Dougald Lamont, Interlake-Gimli MLA Derek Johnson and a visit from Selkirk-Interlake-Eastman MP James Bezan.

St. Andrews Mayor Joy Sul, who was invited to the party, brought greetings from her municipality and paid tribute to Turkewich’s contributions to the community.

“This is a very special birthday and I am honoured to be here to celebrate it with you,” said Mayor Sul. “We value the history that you, your family and homestead bring to this municipality and thank you for that.”



# Boreal forest explorer sets homestay in Selkirk

By Ligia Braidotti

A lover of Boreal forest is swapping the ultramodern Tokyo for the natural landscape of Manitoba.

Hidehiro Otake says he likes to spend time by himself camping in the boreal forest. He comes to Manitoba once or twice a year to spend months lodged in nature, taking photos of the wild animals, water and landscapes he appreciates.

"I don't understand how not a lot of people know about this place," he said, showing wolf drawings one of his friends from Japan drew at the Selkirk home he stays during his visits.

Once he is done, Otake goes back to his family in Japan and publishes children's books with the pictures he took during his voyage.

His journey started 20 years ago. The photographer grew up surrounded by skyscrapers and the urban lifestyle of Tokyo and found a new passion when he began hiking Japan's mountains. His hobby took him to Minnesota, where he fell in love with the boreal forest.

"You sleep in tents, and you sleep under the stars. And that was a completely different experience for me.

Simple life," he commented. "No running water, no electricity, no technology, but in the mountains you don't need that. I fell in love with nature and really wanted to keep travelling and hiking and being in nature."

Using his camera, Otake hopes to reflect the same feelings he had while experiencing the different landscapes he has in North America. He started in the northern United States and expanded his ventures to Canada when a friend took him to a camping tree in northern Ontario.

"The boreal forest of North America became my fieldwork. I call it the north woods. It's really wonderful. There's lots of wildlife, nature, wilderness, lots of places for paddling," Otake added.

Otake has been settling his homestay in Selkirk recently because Manitoba is in the centre of it all. From Selkirk he can easily travel to the places he wants to explore.

Tokyo and Selkirk share little to none common characteristics. The differences are drastic, and when Otake is travelling, he leaves a busy, fast-paced place to spend months by himself, only hearing nature noises.



EXPRESS PHOTO BY LIGIA BRAIDOTTI

Hidehiro Otake is a Japanese photographer who has been exploring the boreal forest in Canada and the United States.

"Tokyo is a busy town, and my breath is shallow and is not good for your health. Here is deep. When you're relaxed, you take deep breaths," he commented.

"Here, I feel like I am a part of nature. If you're alone, camping, you're surrounded by nature. You are exposed. You feel you're a little, tiny creature, and that's a feeling I like. I'm just one little part of nature."

Otake has already published six children's books and has been featured in several magazines in Japan. He is now getting ready to release a new coffee table book in February.

"I want people to know that there are different wildlife around the world. I try to show what kind of life (animals) have in the bush. It's their home," he said.

"I hope (people) realize we share this planet with others when they see my pictures."

Otake hopes to explore other places such as the arctic and the savannah but said he will always come back to Selkirk.

"This is my home field."

To see Otake's work, go to [www.hidehiro-otake.net](http://www.hidehiro-otake.net) or follow him on Instagram @hidehirootake

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## > VIKING PARK, FROM PG. 8

\$10 million toward the estimated \$34.6 million in total project costs. Among the wide range of projects receiving funding under this program is the Viking Park Connectivity Project. The

Viking Park project includes accessible bike lanes, pathways, landscaping and other beautification measures of the area in the town of Gimli that will help generate economic activity and boost regional development. Canada and Manitoba have each generously contributed \$300,000 toward the \$1 million total project cost with the remaining \$400,000 to be raised by the Icelandic Festival of Manitoba through fundraising, donors and assistance from the RM of Gimli.

The Icelandic Festival of Manitoba partnered with the RM of Gimli and the Betel Home Foundation in 2014 to begin a project to create a park surrounding the Viking Statue. More information can be found in the Viking Park Connectivity Project donor booklet available at the Icelandic Festival office at 107-94 1st. Ave. in Gimli, at H.P. Tergesen's & Sons and online at [www.icelandicfestival.com](http://www.icelandicfestival.com).



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# Rescues and power-sharing bring St. Laurent community together during snowstorm

By Patricia Barrett

Residents in the municipality of St. Laurent closed ranks as a wicked autumn snowstorm that raged for two days downed trees and left over 1,000 people without power.

The municipality's emergency coordinator Paul Belair said the storm that hit on Oct. 10 and 11 brought out the best in people and saw a well-coordinated effort from the municipality to ensure everyone was safe and roads were cleared.

Seniors in the town of St. Laurent's assisted living facility were the RM's first priority after intermittent blackouts.

"We took care of our assisted living centre by getting an emergency generator over there," said Belair last Wednesday. "They were getting cold. We also put a couple of heaters in there. They were able to plug in, make some tea, that kind of thing, and the workers were able to charge their phones."

The community stepped up to help those who lost power for extended periods of time and also rescued people who got stuck in the snow.

"We had people at one end [of the community] who only lost power for 10 hours and they sent out messages and opened their doors to a lot of people who were out of power for a couple of days, inviting them to go have a bite to eat and get warm," said Belair.

And a Good Samaritan came to the rescue of a woman and her two young children who got stranded in the snowstorm and issued an SOS via Facebook, he said.

The RM's public works were "on top" of the roads throughout the storm, he said, doing their best to keep them open under an accumulation of heavy, wet snow.

"This was the reverse of spring where everything is frozen and you can scrape off the snow," said Belair. "The ground was warm and kind of soggy and that can cause the grader to slide. There was a risk of losing the grader in the ditch — which we didn't."

Despite a "horrendous" north wind, dwellings along the lakeshore didn't fare too badly, he said. But had the wind come from the northwest, it might have been a different situation altogether.

"We dodged a bullet there. I think if it had been minus three, it would have turned into an ice storm and we would have had more damage," he said.

As he made the rounds ensuring

there were no major crises unfolding, Belair said he stopped to help those stranded in the storm.

"We had a stuck car that I was trying to get out at Laurentia [Beach] and, my God, it felt like I was being sandblasted by the wind," he said. "I ended up giving that gentleman a ride because he had a car full of groceries. Then I got a flat tire. What were the odds of that?"

One of the oddities that accompanied the storm was a flash of blue light he said he saw across the lake just as the power cut out.

"The power was gone for about two and a half hours and it came back on for an hour and a half. Then, all of a sudden, the power went off and there was a massive blue light in the sky," said Belair. "It looked like lightning because the whole sky lit up. Maybe it was a transformer that blew up."

The same thing had happened about two years ago after a heavy rain in February. A massive flash appeared over the lake and knocked out power for about nine hours in St. Laurent, he said.

A Manitoba Hydro spokesperson told the *Express* he received no reports of a transformer blowing up in either St. Laurent or Langruth.

Langruth is directly west across the lake from St. Laurent. On days and nights of good visibility, large marsh fires and lights can be seen with the naked eye.

Hydro's assessment of damaged infrastructure in the Interlake region alone, provided in an Oct. 14 update, showed seven transformers in need of replacement along with about 1,400 wood poles and 120 cross-arms.

At the height of the storm on Oct. 11, Hydro reported 1,032 customers in the RM of St. Laurent without power. In the RM of Woodlands 759 customers were in the dark, while 238 customers in the RM of West Interlake lost power.

Belair said, in total, Laurentia Beach was without power for roughly 24 hours while Pioneer [Beach] went almost two and a half days without power. Twin Lakes Beach, 10 kilometres south of St. Laurent, was in the dark for about 10 hours.

A big part of weathering storms such as this one is being prepared, being patient and refraining from unnecessary travel.

St. Laurent resident Andre Abgrall, who lived through the catastrophic flood of 2011, followed all the rules in the emergency preparedness book, so



EXPRESS COURTESY OF MANITOBA HYDRO

A hydro pole hangs in the lines.

to speak, when he heard the Colorado low was making its way north from the States.

Other than losing power for about 25 hours, Abgrall said the storm didn't have much of an impact on him. He made sure he had enough water and food before the storm hit and used candles for light.

"I just stayed at home and that's it," he said. "I was not one of the worst ones; I was one of the better off ones, I think."

Anticipating tree damage, Abgrall said he cleared snow from his pine trees to prevent the branches from breaking. Having lost other mature trees in the 2011 flood, he didn't have to worry about limbs falling on his house or bringing down power lines.

"I lost a few branches," he said. "My trees are young trees, from the time of the flood, so they're not very big."

His neighbour was not so lucky, though, having had a tree fall. But Abgrall said the man had all the tools he needed to deal with it. And the man also cleared snow from the road in the

event residents had to quickly evacuate or emergency vehicles would need access to the area.

"For me, it was quiet. Compared to the other people, we got out of this easy," said Abgrall. "I had a good sleep that night, no problem."

The RM didn't have to declare a state of emergency because there was no threat to loss of life, said Belair. But like the city, it suffered a lot of damaged trees.

Given the unpredictability of the changing climate, the RM had a meeting last week to discuss "valuable intel" it had gleaned over the course of the storm, said Belair. Going forward, it will be looking at how best to respond to a similar situation in extreme temperatures.

"If this happens and it's minus 30, what are we going to do?" said Belair. "So we have a game plan and we're working on it right now."

**"WE DODGED A BULLET THERE."**

## The New Iceland Heritage Museum



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## ESD teachers become role models for lifelong learning



EXPRESS COURTESY OF RIVERTON COLLEGIATE TWITTER

From left Riverton Collegiate principal Erin Furgala, Riverton assistant principal Shivani Agnihotri, Gimli High School teacher Rachelle Bauer and Dr. George Johnson Middle School teacher Linda Arnason.

By Patricia Barrett

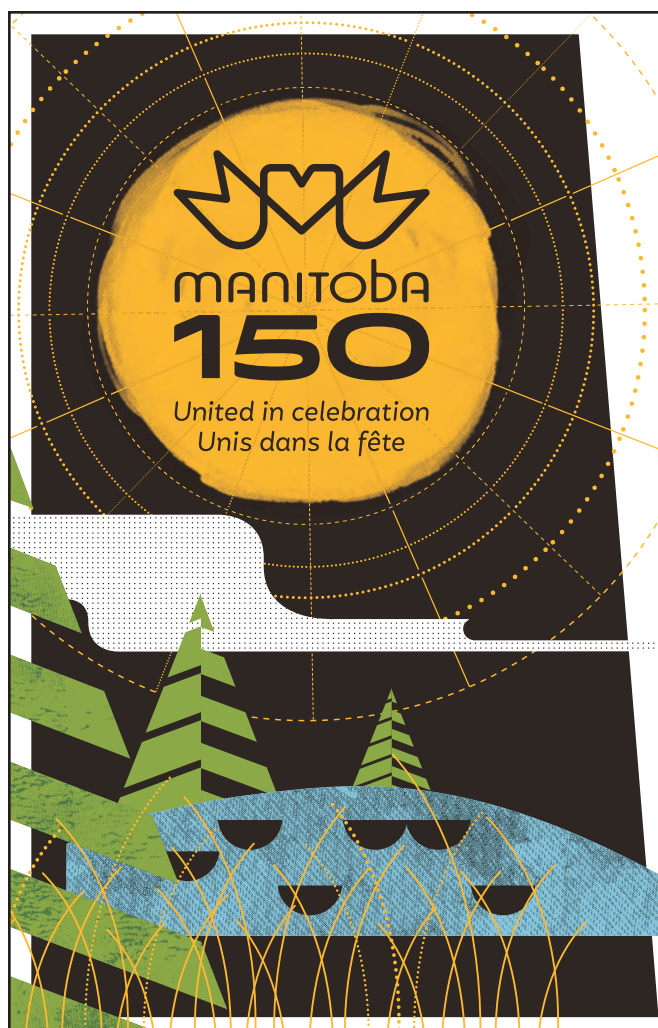
Learning never stops for teachers in the Evergreen School Division. Last Wednesday four teachers from the division attended a University of Manitoba graduation ceremony, where they received advanced degrees in education.

Riverton Collegiate principal Erin Furgala earned a master's degree in education administration and psychology. The collegiate's assistant principal Shivani Agnihotri, who teaches chemistry and biology, earned a post baccalaureate in education. Dr. George Johnson Middle School re-

source teacher Linda Arnason also earned a post baccalaureate in education as did Gimli High School teacher Rachelle Bauer, who teaches English, drama and psychology.

The chair of the Evergreen School Division's board of trustees said the division is proud of its staff for continuing their educational studies.

"This dedication to lifelong learning will be beneficial to students, their families and fellow staff," said Sandra Davies. "Our teachers are leading by example, showing students that we never stop learning. Congratulations!"



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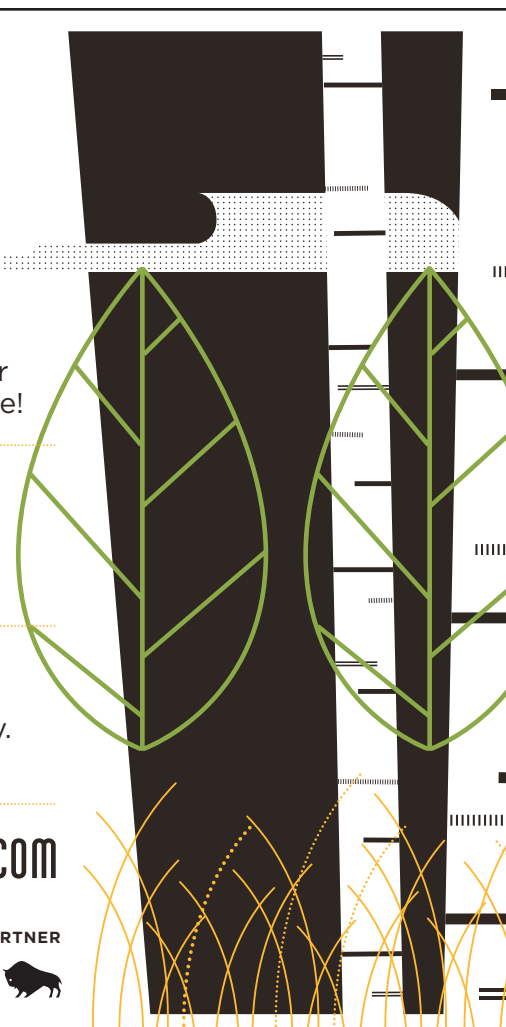
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# Final push to reconnect Hydro customers in Interlake

## Hydro camp reaches 200 workers

By Evan Matthews

Roughly 2,000 people remain without power, the majority of which are in the Ashern area, as recovery efforts after last week's severe winter storm continue.

Hydro said that number includes the First Nation communities of Little Saskatchewan, Dauphin River, Lake St. Martin, Fairford and Homebrook. Hydro is working to repair extensive damage to the power line that supplies the community and was expected to be ready by Tuesday at the earliest. A generator was also expected to arrive in Lake St. Martin First Nation by Tuesday, according to Hydro.

As of Sunday, more than 65 per cent of the wood poles damaged in the winter storm are now replaced, representing nearly 650 kilometres of power lines, according to Manitoba Hydro. The effort required to replace the remaining 1,300 poles and 300 kilometres of lines is increasing significantly, Manitoba Hydro president and chief executive officer Jay Grewal said.

"Much of the remaining damage is located in remote, hard-to-reach areas and our crews are working in extremely difficult conditions to complete this work," said Grewal.

"I've seen some staff working up to their chests in water and mud. This means progress restoring our remaining customers is going to move more slowly, but I want them to know that we won't stop until everyone's lights are back on."

As of Sunday, field crews working in the Dauphin and Neepawa regions began re-deploying staff to camps established in Lundar and St. Martin to support restoration efforts.

Approximately 1,000 people are working to repair the storm damage, including crews from Manitoba Hydro, various contractors and partner utilities SaskPower, Hydro One and Minnesota Power, according to Manitoba Hydro. Over 300 additional Manitoba Hydro employees are also working behind the scenes to support the logistical challenges of this massive storm restoration.

In total, Hydro said nearly 25 per cent of the corporation's employees have been engaged in the effort over the last 11 days.

Preliminary estimates for the cost

of this restoration effort by Manitoba Hydro are in excess of \$100 million, but the utility said actual costs won't be known for a number of weeks.

A press release from the Coldwell RM coupled Manitoba Hydro's comments, as it said the RM had been working with Manitoba Hydro and contractors to restore power to still affected areas. The total of affected people in the region reached as high as 7,000 at one point, according to media reports.

The Lundar Memorial Arena and the Lundar Agricultural Barn have been host to Hydro workers. On Oct. 1, Manitoba Hydro reached out to BT&T Construction about setting up a camp. Sigfusson Northern also jumped on board, according to Hydro.

Over 200 Manitoba Hydro employees have reported to the camp. Though mobile work camps are normal practice in emergency-type situations, they're not usually set up so quickly.

"It's a logistical miracle they managed to (set) the camp up in as short a time as they did. The Community (Centre) is being used as a central cooking and eating area, and there have been so many volunteers working to constantly cook, bake and help our workers be comfortable. On Monday (Oct. 11), the crews received a Thanksgiving dinner," said Riley McDonald, Manitoba Hydro media relations.

"It's been incredible. The patience is one thing, but like I said before, people are volunteering, baking, helping with cooking. ... These aren't Hydro employees; they're community members, BT&T and Sigfusson employees, etc. It's heartwarming.

"It's been tough going for the past week or so, but the storm has really brought out the best in people."

Hydro workers have been doing work to that similar in the rest of the province, as they put in poles, string lines, and generally re-build system infrastructure after the storm.

Both the RM and Hydro reiterated the request that residents give workers space to do their jobs and slow down when passing working crews.

Hydro doubled down, too, on thanking local residents and businesses.

**"IT'S A LOGISTICAL MIRACLE THEY MANAGED TO (SET) THE CAMP UP IN AS SHORT A TIME AS THEY DID."**



EXPRESS PHOTO SUBMITTED

Manitoba Hydro employees are working in difficult and hard-to-reach areas, which is making progress slow in parts of the province.



EXPRESS PHOTO BY MICHELE SIGFUSSON

Manitoba Hydro workers met at the Lundar Memorial Arena for meals prepared by BT&T and Sigfusson Northern employees.

"BT&T and Sigfusson Northern have really gone above and beyond helping with this," said McDonald.

"Their employees and volunteers have made huge sacrifices to make sure our crews are fed, watered and comfortable, and we couldn't be more grateful."

Many businesses in the area are opening their doors and offering help. A number of hotels have even opened rooms up for local residents to come and have showers if they don't have power.

Media reports have suggested local businesses, including Sunset Narrows Lodge as one example, have stepped up to help when asked.

"We're housing Hydro workers in

the lodge, ... We're doing breakfast, bagged lunches and supper for 110 workers," said Myrna Oughton, manager of the Sunset Narrows Lodge.

"We have a lot of workers going above and beyond, like our head chef. Breakfast is at 6:15 a.m. and he's usually been here around 9 p.m. cooking."

Hydro will be paying the lodge, according to Oughton, but payment is very low on the priority list.

"We're concentrating on getting them housed and fed," said Oughton.

"There is a lot of people without power. We were down ourselves for six days. We get it. We know what it's like. We just want everyone to have power back as soon as possible. They're doing all they can."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Team Canada, Oliver wins world championship

By Ty Dilello

It was a storybook ending for Team Canada at the 2019 World Mixed Curling Championships in Aberdeen, Scotland on Saturday. Canada captured the gold-medal in thrilling come-from-behind fashion to defeat Germany 6-5 and capture Canada's second-straight gold medal at the Mixed Worlds in the process.

The Canadian squad is a Winnipeg-based rink that features Marquette's Sara Oliver at lead. Second Brendan Bilawka, third Meghan Walter and skip Colin Kurz round out the Canadian team. With the win, 17-year-old Meghan Walter is the youngest player in history to win a world mixed gold medal.

"Honestly, I thought winning the Nationals in our hometown was the best thing to ever happen," relays Marquette's Sara Oliver, "but definitely representing Canada and going undefeated at a world event with all of our family in the crowd was truly the best feeling I have ever felt and I will definitely cherish this for a lifetime."

After going undefeated in the round robin, Canada won two playoff games before edging Norway 6-5 in the semi-finals and were leading Germany 4-1 after five ends before Germany answered with three points in the sixth ends.

In the seventh end, Kurz missed a draw to give up a steal of one and giving Germany the lead going into the eighth end but retaining the last stone advantage. In that eighth end, Germany went for a hit-and-roll with

their final stone to clear one of the Canadian rocks, but was unable to move it far enough, giving Canada a score of two points without Kurz having to throw his final stone.

"World Champion has a good ring to it," said skip Colin Kurz. "We're very happy, it hasn't really sunk in yet, but it's kind of what we came here for. That we were able to achieve that I couldn't be happier for the team."

Talking about representing Canada, he added, "Representing your country is something you always look forward to and you never know if you're going to be able to do that, so getting that opportunity we tried to represent it with pride and managed to get the gold medal."

The Kurz mixed team was originally formed as just four friends looking to play in the local mixed provincial championships. When they won the provincials, they just carried that momentum into the nationals and world championships, with the end result being world champions.

"I think how good friends we are helped," said Kurz. "We never really got into any big problems. We were able to socialize a bit with all the teams here and we didn't overthink anything."

The Kurz rink will be returning home to Winnipeg this week with their gold medals. Although they'll be returning to their regular men's and women's teams for the rest of the season, I'm sure this won't be the last time we'll be seeing them succeed at the upper echelons of mixed curling.



EXPRESS PHOTO SUBMITTED

Team Canada after winning the 2019 World Mixed Curling Championships in Aberdeen, Scotland. Left to right, coach Jim Waite, lead Sara Oliver, second Brendan Bilawka, third Meghan Walter and skip Colin Kurz.



EXPRESS PHOTO WCF/STEPHEN FISHER

Bilawka and Oliver sweeping at the World Mixed Curling championships.

## Busy weekend for Interlake curlers all around the world

By Ty Dilello

This past weekend saw Interlake curlers competing all around the world in various events.

The big highlight, of course, was Marquette's Sara Oliver, who captured the 2019 World Mixed Curling Championships in Aberdeen, Scotland, as a member of Team Canada.

Gimli's Kerri Einarson reached the semi-final of the prestigious Canad Inns Prairie Classic in Portage before falling in an extra-end to Ontario's Rachel Homan. Einarson took home \$6,000 for their efforts. East St. Paul's Tracy Fleury lost in the quarterfinals to Einarson and collected \$3,700.

William Lyburn of Winnipeg featuring a couple of Interlakers playing front-end in Kennedy Bird and Wade Ford were competing in Medicine Hat, Alta., at a World Curling Tour event. They lost a C-Side final despite knocking off a pair of top-15 ranked teams in the world in Saskatchewan's Kirk Muyres and Peter De Cruz of Switzerland.

Winnipeg hosted a Manitoba Junior Curling Tour (MJCT) event at the Heather Curling Club where a bunch of Interlake squads competed. On the women's side, Talyia Tober of Moosehorn reached the semi-finals before falling to the eventual champion Victoria Beaudry rink by a 10-8 score.

On the men's side, Stonewall's Emerson Klimpke went 2-1 in the round-robin and lost in the quarterfinals to Jordon McDonald. Winnipeg Beach's Josh Maisey also finished the round-robin with a 2-1 record and they as well lost out in the quarterfinals.

Next weekend will feature many of these same curlers competing at the men's and women's Atkins Curling Supplies Classic (World Curling Tour) event in Winnipeg at the Assiniboine Memorial Curling Club. While the junior boys and girl's will be in Winkler playing at the MJCT Quality Inn Winkler Junior Curling Classic.



# U18 female Lightning win first league game of the season



EXPRESS PHOTO BY LANA MEIER

The Lightning's Ally Rakowski had a goal and an assist against the Hawks.

## Staff

The Interlake Lightning U18 AAA female hockey team had a chance to celebrate their first victory of the season.

But that celebration didn't last very long.

After experiencing the high of defeating the Pembina Valley Hawks 5-3 on Saturday evening in Stonewall, the Lightning reached a low after getting shut out 9-0 by the Yellowhead Chiefs on Sunday.

In the win over Pembina Valley, Taylor Audette, Natalie Chivers and Ally Rakowski each had a goal and an assist for the Lightning.

Kennedy Hauser and Megan Humeniuk scored Interlake's other two goals.

Abby Bourdeaud'hui, with a pair, and Jasper Desloo replied for the Hawks.

Katie Dorsch made 31 saves for the win.

Sunday's game was a totally different story as the home side scored six second-period goals in the lopsided victory.

Joie Simon (three), Jena Barscello, Louis Fergusson, Toni Koshowski, Mya Kubrakovich, Calli Maguire and Kopra Tibbetts scored for Yellowhead. Sadi Quane posted the shutout.

Interlake's next league game isn't until Nov. 1 when the Lightning travel to Portage la Prairie to play the Central Plains Capitals. Puck drop is 7:45 p.m.

# Tigers tame Interlake Thunder to end regular season

## By Brian Bowman

The Interlake Thunder have beaten up a lot of teams in their two seasons as part of the Rural Manitoba Football League.

But it was the Thunder that took one on the chin last Sunday.

In a matchup between the RMFL's top two teams, it was the Swan Valley Tigers that took home bragging rights after defeating the Interlake Thunder 43-17.

"We lost to a really good football club," said Thunder head coach Mitch Obach. "It was a game that could have gone either way going into it. They have been good all year and we were looking forward to it but it didn't go

the way we wanted it to and that's why we play the games, I guess."

Interlake trailed 21-7 at the half and had some real good drives in the second half but failed to punch it in.

"It was one of those days where we didn't capitalize on our opportunities and they made us pay for it because they're a good football team," Obach admitted.

Interlake quarterback Josh Charison scored on a three-yard run while running back Brady DeLaroque scored on a 13-yard scamper.

Karsen Karish hauled in a two-point conversion on a pass from Charison.

With the win, Swan Valley improved to 7-0 while Interlake ended its regu-

lar season with a 6-1 record.

On Oct. 15, the Thunder rolled to an impressive 55-0 victory over the Dauphin Clippers.

Charison had a great day, completing nine of 13 passes for 179 yards and four touchdowns.

Carter Fuerst hauled in two of those TDS while deLaroque and Karish also had catches for majors.

DeLaroque had a game-high 88 yards in the air and also rushed for 126 yards, also the most in the contest.

Interlake's rushing touchdowns were scored by Athon Nadon, Fuerst and Jaxon Pillon.

Eric Zotter also returned an interception for a touchdown.

Zotter, Aden McLean and Benjamin Olafson each finished the game with nine tackles.

Interlake will now host the Southwest Sabres in a semifinal playoff game this Saturday at 2 p.m. in Stonewall.

Interlake defeated Southwest 33-20 back in Week 4.

The Sabres won't be an easy team to beat.

"It's going to be a test, for sure," Obach said. "They're a tough team and we already knew that going in. They're a good football team with some dangerous weapons and we're going to have to bring our best football to take them, for sure."

# Ice Dawgs split pair of games last week in CRJHL action

## Staff

The Arborg Ice Dawgs gave up four third-period goals in a 6-2 loss to the Selkirk Fishermen in Capital Region Junior Hockey League action on Saturday.

Evan Bedard scored three goals for the Fishermen while Ben Kelly, Dane Derewianchuk and Braeden Hummel also tallied for the winners.

Blake Wishnowski and Michael Crane scored third-period goals for Arborg.

Arborg outshot Selkirk 54-50 as Tre Strachan took the loss.

On Oct. 15, Arborg edged the North Winnipeg Satellites 3-2 at Billy Mosienko Arena.

The Ice Dawgs' Daron Monkman scored the game-winning goal with 4:30 remaining in the third period.

Arborg's Theoren Sumner had tied

the score at 2-2 with a shorthanded goal midway in the third.

The Ice Dawgs' Josh Roche opened the game's scoring with a power-play goal just 56 seconds into the contest.

North Winnipeg's Eli Caparros answered with goals in the first and second periods.

Michael Perpaw made 29 saves for the victory.

Arborg, now 1-2, will battle the St. Malo Warriors on Friday (7:30 p.m.) in Gimli. The next evening at 7 p.m., the same two teams will hook up in St. Malo.

Meanwhile, the Lundar Falcons' games against North Winnipeg last Friday and St. Malo on Sunday were postponed due to power outages throughout the Interlake.

The Falcons played at North Winnipeg this past Tuesday but no score was



EXPRESS PHOTO BY LANA MEIER

Arborg's Theoren Sumner tied the score at 2-2 with a short-handed goal against the North Winnipeg Satellites on Oct. 15.

available at press time.

Lundar will travel to Selkirk on Fri-

day for a 7:30 p.m. game against the Fishermen.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Tournament finalists



EXPRESS PHOTO SUBMITTED

The Arborg Collegiate Athletics reached the final of their six-team home tournament last Friday. Arborg lost 2-1 (19-25, 25-15, 12-15) to the Morris/Ste. Jean Baptiste Mavericks in the final.

## U18 Lightning drop pair of games

### Staff

The Interlake Lightning lost both of their Manitoba U18 AAA Hockey League games last weekend.

Interlake was defeated 4-1 by the Central Plains Capitals on Saturday and then was doubled 4-2 by the Parkland Rangers on Sunday.

In Sunday's loss, the Lightning got off to a slow start as the Rangers took a 2-0 first-period lead on goals by Hayden Lacquette and Brayden Kohlman.

Rylan Gibbs made it 3-0 in the second and then Daenen Delaurier put Parkland up by four goals with a power-play goal at 4:01 of the third.

Interlake's Ethan Johnson replied with an unassisted goal about two minutes later and then the Lightning's Ashton Charison tallied at 14:19. Cameron Jones and Kaden Stewart assisted on Charison's goal.

Lightning goalie Dominic Jacobson made 18 saves.

Against Central Plains, Interlake's Ayden Manningway opened the game's scoring at 10:06 of the first period with the assist going to Lyle Murdock.

The Capitals' Sean Neufeld replied with a goal four minutes later and then Central Plains took the lead for good when Kian Calder tallied at 5:55 of the second period.

Ryan Botterill and Riley Borody then added third-period goals.

Chris Fines stopped 33 Central Plains' shots in the losing cause.

Interlake, now 3-5, will be up in Thompson this weekend for a pair of games against the last-place Norman Northstars (0-10).

Saturday's game is slated for 7:30 p.m. and then Sunday's contest will start at 1:30 p.m.

## get inspired

> MEAL IDEAS



### Seared Salmon with Spinach and Grapes

Servings: 4

- 1 teaspoon salt
  - 1 teaspoon dry mustard
  - 1 teaspoon dried thyme
  - 1/2 teaspoon pepper
  - 4 salmon steaks or fillets (6 ounces each)
  - 2 teaspoons honey
  - 3 teaspoons olive oil, divided
  - 1 large bunch spinach, washed and stemmed
  - 1 clove garlic, minced
  - 2 cups red California seedless grapes, halved
  - 1/2 cup dry red wine
- Heat oven to 325 F.

In small bowl, combine salt, mustard, thyme and pepper. Drizzle salmon

fillets with honey and sprinkle with seasoning. Reserve any remaining seasoning.

In nonstick skillet or saute pan, heat 2 teaspoons olive oil. Brown both sides of salmon fillets over medium-high heat, about 4 minutes per side.

In baking dish, toss spinach and garlic with remaining olive oil. Place browned salmon on bed of spinach, cover loosely with aluminum foil and bake 8-10 minutes, or until salmon is just cooked through.

In skillet used to brown salmon, over medium-high heat saute grapes 1 minute. Add wine, bring to boil and reduce quantity by half. Season sauce to taste with remaining herb mixture.

Serve salmon on wilted spinach topped with grape and wine sauce.



### Six Indicators of an Unhealthy Relationship

If any of the above indicators are present, it is not a healthy relationship, and, frankly, she should move on. Even a healthy relationship can have its challenges, so why remain in a situation that already has serious strikes against it?

The teenage years are years when those around us should be supportive and encouraging. Dysfunctional relationships at this time can have long term emotional consequences as this is a critical time for the developing sense of self.

If a woman is having a hard time distancing from this type of relationship, despite urging from friends and family members, professional help is in order.

*Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to [www.gwen.ca](http://www.gwen.ca) Follow her on Facebook for daily inspiration.*

When teen aged girls are dating, they often have not had enough life experience to know if a relationship is healthy or not. There are some definite indicators that are trouble signs, and they include the following: 1) he is physically or verbally abusive, 2) he calls you names or puts you down, 3) he lies or cheats-in any situations, not just with you, 4) his values or morals are of a lower standard than yours, 5) he encourages you to be rude to your parents, or ignore their rules. 6) he criticizes your friends, and discourages you from spending time with them, 7) he is argumentative, and you find yourself repeatedly engaged in conflict.

Unless she has a high level of self-esteem, a young woman may tend to blame herself for the problems. Alternately, she may fall into the trap of thinking that she can change him.



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Get up to \$50,000 from the Government of Canada. All ages & medical conditions qualify. Have a child under 18 instantly receive more money. Call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your free benefits package.

### "Part-Time Janitorial/Caretaking Person" Required for Senior Housing Unit

Minimum of eight (8) hours per week. Assigned duties to include general cleaning, snow shovelling, outside grounds work, and system checks. Current "Vulnerable Sector Check" is a requirement.  
**Submit Resume with References by 4:00 p.m. Monday, November 4, 2019 by mail, email, or in person to:**  
 Riverton Bifrost Holding Inc. Box 448, Riverton, MB R0C 2R0, rbh.inc@outlook.com, or Icelandic River Lodge 64 Main Street North, Riverton, MB

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### FARMLAND FOR SALE

311 acres cultivated cropland in the RM of Bifrost-Riverton. Section 29-SW and NE ¼'s between RD 130 NE and RD 131 NE north of PTH 68 on PR 222 and PTH 8. Interested parties can make contact by mail at Box 634, Riverton, MB. R0C 2R0.



### The Local Urban District of Fisher Branch SNOW CLEARING SIDEWALKS

The Local Urban District of Fisher Branch is inviting proposals for snow clearing sidewalks within the Village of Fisher Branch for the 2019 season.

- Snowblower is required.
- Equipment must be available upon request.

A map of sidewalk locations for snow clearing is available at the RM. of Fisher Office 30 Tache Street, Fisher Branch, Manitoba.

Sealed envelope to be marked "Snow Clearing Sidewalks".

**Deadline for proposals is 4:00 p.m. Tuesday, November 5, 2019.**

**Send to:** Local Urban District of Fisher Branch  
 Box 280  
 Fisher Branch, Manitoba  
 R0C 0Z0  
 Phone: (204)372-6393

## Employment Opportunity Seasonal Snow Clearing Personnel

Aspen Park, Gimli on an on-call basis and may include weekends. This is a physically demanding job and applicants need to be in good physical health. Applicants should be familiar with the use of snow blowers.

To apply, forward letter or resume to the following:  
**Winnipeg Condo Corp 208 (Aspen Park)**  
**Box 3577, RR #1**  
**Gimli, MB R0C 1B1 or fax to 204 642-1243**

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication  
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## MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

PUBLIC NOTICE IS HEREBY GIVEN under Section 194 of the Municipal Act that the 2017 Auditor's Financial Report, together with the related 2017 Financial Statements, for the Municipality of Bifrost-Riverton, have been deposited in the Office of the Administrator of the Municipality of Bifrost-Riverton at 329 River Road, Arborg, Manitoba and are available for inspection by any person or their agent, during regular office hours and that any person, or their agent, at their own expense, may make a copy thereof or extract therefrom.

Dated at Arborg, Manitoba this 9th day of October, 2019.

Brian N. Johnson, Reeve



# Announcements



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## CARD OF THANKS

We would like to say thank you for all the prayers, support, donations, and ongoing efforts to help Sam Jr. Our thanks to the Gimli RCMP and EMS for their quick response; and to those involved in the Stars Airlift to The Health Science Centre. Thanks to all those who have been and continue to help in his recovery and rehabilitation. A special thank you to Ryan, Lisa, Sheri and staff at Gimli Pharmasave for accepting donations to help our family during this time. Lastly, we would like to thank Faroex for their support.

-Sam and Teresa Thordarson and family

## IN MEMORIAM



**Pauline Hrehoruk**  
Lovingly remembered and sadly missed by all of us

-Don, Diane, Pat, Michael

## OBITUARY

### Begga Johannesson (nee Einarson)

Peacefully, on October 12, 2019 at the Arborg and District Hospital, our family sadly announces the passing of our dear mom, amma, great-amma, aunty, great-aunty and friend Begga Johannesson (nee Einarson) at the age of 87.

She was predeceased by her loving husband Kristjan in 2010. Now "together again". She was also predeceased by her parents Elli and Clara (step-dad Mundi Halldorson); parents-in-law Sturlaugur and Gudleif; brother Clarence; sister Josie; sisters-in-law Mary, Dorothy, Kristine and Beatrice; brothers-in-law Marino, Helgi, Stoney, Laugi, Don, Hugh, Sigg, and Johnny; as well as nieces/nephews Lori, Brenda, Kenny, Elvin, Brian, Blake, Brock, Dave, and Dick.



Left to lovingly cherish her memory are sons Barry (Elaine), Kevin (Wendy) and Jeff; daughter Jodine (Glenn); grandchildren Keith (Amanda), Kris (Stormy), Jody (Kevin), Jason (Kelly), Brian (Tabby), Cheryl, Trevor, Taylor (Shae), and Krista (Bronson); great-grandchildren Wayde, Kassie, Troy, Thorin, Kiorra, Ostyn, Tytan, Jenna, Brycen, Kristjan, Myla, Tori, and Will; sisters Sigga, Ellen and Bernice; brother-in-law Raymond; sisters-in-law Sella, and Darlene (Elert); lifelong friend and neighbor Oskie and family and numerous nieces and nephews.

Mom was born November 19, 1931, she grew up in Hnaua, MB and started working at a young age to help out, as all her siblings did when old enough. Her father died when she was only 13. She worked on her parent's mink farm, and "seamed on nets" for the fishermen with her sisters on their little veranda at home. Later she began work at S+T Store in Hnaua, and also Magnusville Store, and enjoyed both. Around this time she met our dad, whom she adored very much. After marriage, she began working in Riverton at the Post Office, as they now lived in Riverton. She also worked a while at the Credit Union but preferred the Post Office job where she stayed until retirement. She developed close friendships with co-workers there. She also became an avid stamp collector. Over the years mom volunteered on various committees such as LCW, Riverton Ice Club, Church council etc. all while raising four children. As her kids grew up, mom enjoyed more activities such as ceramic classes, embroidery, knitting, bingo, curling many years and bonspiels, along with enjoying TV game shows and the "Soaps". Mom loved a good game of cards such as "crazy rummy" etc which she played with some of the grandchildren at times. She loved spending time with them all! Sunday chicken dinners were commonplace for years, along with her Christmas Day dinners and often New Years too. Favorites would be her cabbage rolls, vinnerterta, ponnokukkur, pies and three layer jellied salad. We all loved her icebox cookies that she would tell the grandkids it has groundup chocolate chips, when it was actually raisins, so they would eat them. Mom has always enjoyed the company of her family, extended family, and friends over the many years. She thought the world of her children, grandchildren, and great-grandchildren, and very much enjoyed spending time with them all.

Mom and dad were together over 60 years, and it was very hard for her to lose him. She was very proud of all his accomplishments and his talent. We take comfort in knowing they are now together again.

Our family would like to thank all the staff at the Riverton Lodge/Supportive Housing, and additional Homecare help for all the care and concern given to mom over the last few years, and also friendships made. Mom appreciated all of you. Thank you to Dr. Randunne for mom's care over the years. Also to doctors and staff at the Gimli Community Health Center, and most recently Dr. Akinpelu, Dr. Komolafe and all staff at the Arborg Hospital and Clinic for all the care given to mom.

As per moms wishes, a private gathering will take place at a later date.

If you so wish to honor her memory, in lieu of flowers a donation may be made to the Riverton Cemetery.

Loving you always,  
Forgetting you never;  
Your life was a blessing,  
Your memory a treasure;  
You are loved beyond words.  
And will be missed beyond measure.  
Always in our hearts  
Goda nott elskan  
Unittl we meet again

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY



### Leo Bjorn Jakob Gudmundson September 16, 1937 - October 12, 2019

With heavy hearts the family announces the passing of their husband, dad, afi and lang afi on Saturday, October 12, 2019 at the Arborg Hospital.

Leo will be remembered by his loving wife Johanna, son Dale (Tammy) Gudmundson, children Kyle and Jordan Gudmundson, daughter Leona, children Kaela and Cory Jacobson, Amanda and Jodie Malnati-Johnson, Scott and Corrine Johnson and his pride and joys his great-grandsons Hayden, Thorinn, Finn and Johnathan and special great niece Svanna, who he was a very proud uncle afi too.

A private family service will be held at a later date in Vidir. We would like to thank Dr. Donnelly and everyone at the hospital for the care that they gave Leo.

Goda Nott Elskan

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## OBITUARY

### Ian Trevor Sewell (Oddur)

It is with deep sorrow we announce the passing of Ian Sewell on October 20, 2019 at the age of 46.

Ian leaves to mourn his parents, Sally and Dana; brother Mark (Kendra and family); sister Deanna (Cory and family); and grandmother Lilly.

Ian was a shy, gentle man; generous to a fault and with a heart of gold.

At Ian's request, no formal service will be held.

Donations in Ian's memory can be made to the MS Society, Manitoba Division, 100 - 1465 Buffalo Pl, Wpg., R3T 1L8, or to the Gimli Humane Society.

Góða nótt elskan

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



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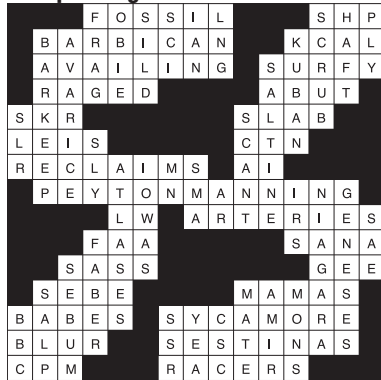
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**CLUES ACROSS**

1. Type of relic
7. Type of medical program (abbr.)
10. Outer defense of a castle
12. 1,000 calories (abbr.)
13. A way of using
14. Abounding with surf
15. Expressed violently
16. Shared a boundary with
17. Swedish krona
18. Thick piece of something
19. Wreaths
21. Animated program network (abbr.)
22. Regains possession of
27. Spielberg sci-fi film

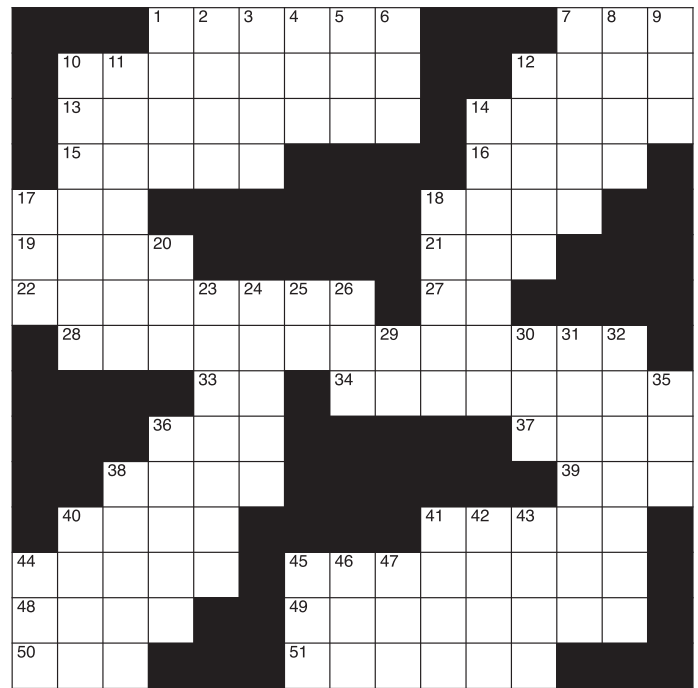


28. 2-time Super Bowl winner
33. Ice hockey position (abbr.)
34. Circulatory system parts
36. Supervises flying
37. District in Peru
38. Impudence
39. \_\_\_ willikers!
40. One point east of southeast
41. Papas' partners
44. Youngsters
45. Type of tree
48. A hazy or indistinct appearance
49. Poems with distinct pattern
50. Marketing term that denotes price
51. Fast drivers

**CLUES DOWN**

1. Grenade
2. Off-Broadway theater award
3. Small, immature herring
4. \_\_\_-fi (slang)
5. 007's creator
6. Liquefied natural gas
7. Cleanse thoroughly
8. Handle of a knife
9. Perform diligently
10. Drink pourer
11. Extreme greed
12. Southern Russia river
14. Type of cracker
17. Single Lens Reflex
18. Barely sufficient
20. Slick
23. Reference books
24. Federally recognized native peoples
25. Manganese
26. Senior officer
29. Atomic #18 (abbr.)
30. Tax collector
31. World wonder \_\_\_ Falls
32. Origins
35. Car mechanics group
36. MMA fighter Urijah
38. Gland secretion
40. Gelatinous water creature
41. Good friend
42. Arab ruler
43. Capital of Belgian province Hainaut

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44. English broadcaster
45. Soviet Socialist Republic
46. Affirmative
47. Trigonometric function (abbr.)

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