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EXPRESS PHOTO BY CAITLYN GOWRILUK
 Hnusa General Store owner Brian Austfjord stands in front of the store as construction for the Breidavik Nja Island Historic Library & Resource Centre goes on behind it.

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

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Hnausa General Store owners bringing history to life

Breidavik Nja Island Historic Library & Resource Centre set to open in Hnausa next year

By Caitlyn Gowriluk

A few times every summer since they opened last year, Brian and Donna Austfjord welcome a busload of tourists from Iceland to the Hnausa General Store, their business that has created a community with Canadian and Icelandic culture at its heart.

Brian — a self-described “closet historian” and second-generation Canadian of Icelandic descent — pulls out some of the historical books, maps and charts he keeps at home that help tell the story of New Iceland, a region on Lake Winnipeg that was settled in 1875 with immigrants from Iceland.

Donna — also of Icelandic descent, though her Icelandic ancestors are several generations further removed than her husband’s — brings out coffee for the guests and prepares some traditional dishes to help round out the experience of Icelandic history in Manitoba. Some favourites include vinarterta (a multi-layered Icelandic cake) and pönnukökur (a thin Icelandic pancake similar to the French

crêpe).

Since opening the store last May, the Austfjords have provided this experience seven times: twice so far this summer and five times last year. Each busload, Brian Austfjord said, brings about 50 people to the store. Most of them are middle-aged, he said — and some don’t speak much English — but they all have one thing in common: they have come to Hnausa to learn more about the experience of settlers in New Iceland nearly 150 years ago.

That’s why the Austfjords have a new project in the works: the Breidavik Nja Island Historic Library & Resource Centre, set to open just behind the store in Hnausa sometime next year.

“I’m a proud Icelander,” said Austfjord. “We are very proud, and we are very documented, about who our ancestors were. [There] are all the books that I have, plus all the old Icelandic books that I have, plus all the old maps and charts... This is why I would like to have a museum: so that I could



EXPRESS PHOTOS BY CAITLYN GOWRILUK

The Hnausa General Store is located in Hnausa.



Hnausa General Store owner Brian Austfjord stands next to a 10- by 20-foot piece of flooring salvaged from the former community club in Hnausa that he plans to install inside the Breidavik Nja Island Historic Library & Resource Centre now under construction behind the store.

share that with people.”

Although the museum is still at least several months from opening to the public, Austfjord already has a specific vision for what kind of experience people can expect when its doors finally open next year.

“It’s not just a museum where you come in [and] you see an old spinning wheel and a cream can,” said Austfjord. “There will be books; there will be literature; there will be maps; there will be charts.”

Austfjord said he hopes he can help people get more in touch with their Icelandic heritage by bringing their ancestors’ stories to life.

“These books have their life in short: where they lived, what they did, how

many children they had [and] some of the hardships that they went through,” said Austfjord, “so that [visitors] can experience not only their lineage and stuff like that but some of the pioneering spirit that they had.”

While the museum will be a new challenge, Austfjord said that something he has started saying to the busloads of Icelandic tourists at the store has become something of a guiding principle for its mission.

“What I tell them is this: The only thing that separates us as Icelanders here with you guys in Iceland is an ocean and 142 years,” said Austfjord. “But your history is my history.”

The Hnausa General Store is located in Hnausa.

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A leap from the sky to aid Gimli-based food bank

By Roger Newman

Marlane Lillia Mazur is going to jump from an airplane at age 72 to help the East Interlake's less fortunate citizens.

Mazur has scheduled her first-ever skydive for Saturday afternoon on Sept. 8 to raise funds for the Gimli-based Evergreen Basic Needs food bank.

She's billing it as "Marlane's Leap of Faith Fundraiser," an event that will take place over Gimli Airport with the help of the Manitoba Skydivers Club.

"I've scheduled the jump for September because everybody is con-

cerned with getting back to school and there is a tendency to forget about the food bank," said Mazur of an EBN program that annually delivers 1,600 hampers in the region. "I want to keep awareness of the hampers alive so that this important need won't be overlooked."

The cause is close to Mazur's heart because she is both an EBN volunteer and an employee-cook at the non-profit organization's Gimli restaurant-thrift store.

She's also an optimistic, upbeat person who

has produced two inspirational books since she started journaling by flashlight in bed while growing up in Fish-

er Branch. She moved on to Winnipeg where she worked 18 years with youth at the Marymound school and group homes before she settled in Gimli.

"I loved working with young people and am still in touch with many Marymound graduates," said Mazur, who has four children and two grandchildren of her own.

Now she is concentrating on collecting pledges and donations for her forthcoming descent from the heav-

ens. She is using Facebook and Instagram as well as sitting all day Saturday at a desk near the entrance to the EBN store.

"My goal is to raise \$5,000 and I'm already passed the \$3,500 mark," said Mazur, who is planning an airport celebration when the terra is over and she is back on the firma.

She dismisses the notion that she is

"MY GOAL IS TO RAISE \$5,000 AND I'M ALREADY PASSED THE \$3,500 MARK."

Continued on page 7



EXPRESS PHOTO BY ROGER NEWMAN

Gimli's Evergreen Basic Needs cook and volunteer Marlane Mazur is preparing for a fundraising skydive to help EBN's food bank. She is also the author of two inspirational books and is working on a third.

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St. Clements CAO enters the race for Gimli Mayor

By Roger Newman and Caitlyn Gowriluk

D.J. (Danny Jo or Daniel) Sigmundson officially entered the race for Gimli mayor during a well-attended campaign launch at the Chicken Chef Restaurant Aug. 21 in the community's downtown district.

Born and raised in Gimli, Sigmundson served as chief administrative officer (CAO) for the former Town of Gimli in the early 2000s. He's currently CAO for the RM of St. Clements.

Sigmundson spoke about the need for economic development, rebuilding trust in and respect for Gimli's municipal government, and providing multiple opportunities for citizens to have their views known on municipal projects so that proper consultation takes place.

"I just really care about Gimli," said Sigmundson. "I'm unhappy about some of the decisions that have been made, and how they've been made, and I didn't want to just complain about it. I wanted to participate and work with the community to come up with better outcomes: ones that involved more consultation, more engagement, more decisions that we could make together as a community."

Sigmundson was introduced by former Gimli mayor Bill Barlow, with whom he served on town council, and the audience of about 70 people included retired senator Janis Johnson and past councillors Gil Strachan, Doug Kozlowski and Jack Valgardson. The first-time mayoral candidate is a certified professional accountant and a certificate-holder in municipal government with a background as CAO and consultant for the past 24 years. He would combine his mayoralty duties with his work as St. Clements CAO.

Currently, Sigmundson is vice-chair of the Interlake Eastman Regional Health Foundation. In 2002, he led a successful campaign to raise \$1 million for the expansion of the Gimli hospital. His community service also includes a variety of roles for the Gimli Kinsmen Club and volunteering for the Icelandic Festival.

Now he wants to lead Gimli into a new era of economic development in conjunction with the Gimli Chamber of Commerce.

"I will strive to attract workers with skills to our community and make it a place where people want to live," he said.

While Sigmundson did not announce any specific plans for his mayoral platform, he said it can be boiled down to two main points: citizen engagement and public participation.

"I think the whole point of consultation is not to come to the table and say, 'I'm going to do this. I'm going to do that,'" he said. "We're going to work with the public, hopefully make some decisions, hear some information, have feedback [and] bring those decisions back to the people. ... I think it's very much about the process."

"I'm hearing mostly that people don't feel listened to, that they're left in the dark. They find it difficult to get information."

The platform launch, which was streamed on Facebook Live, included a question period in which Sigmundson fielded inquiries related to marijuana and rebuilding trust in the community.

"We need a vision for the community," he told the crowd. "I think we've all sensed that we're drifting away from what made Gimli Gimli over the past few years. We've moved along



EXPRESS PHOTO BY CAITLYN GOWRILUK

Daniel (D.J.) Sigmundson, one of three Gimli mayoral candidates registered as of Aug. 23, held a campaign platform launch at the Chicken Chef restaurant in Gimli on Aug. 21.

some projects too quick without consultation. ... I would hope that I could gather more people together to help us build a community."

In response to one question, Sigmundson said he is open to the idea of expanding the size of Gimli council from five to seven members in order to increase the diversity of ideas and perhaps include more women councillors.

"I like the idea and think it could be the subject of a community conversa-

tion," said Sigmundson.

Sigmundson is running against incumbent mayor Randy Woroniuk and former Gimli mayor Lynn Greenberg, who was defeated by Woroniuk in 2014. There is also a possibility of more contenders entering the field as the RM is accepting nominations for mayor until Sept. 18.

The election takes place on Oct. 24.

Eriksdale to host annual corn roast and old-time dance

By Jeff Ward

The annual corn roast event that serves as a large fundraiser for the Eriksdale Recreation Centre is taking place Sunday, Sept. 2, and organizers are hoping to see a large crowd come out and enjoy a hot meal and fresh roasted corn.

The Eriksdale Corn Roast started 65 years ago, but this year's event will only have one dance. The Old Time Country Dance will take place from 1 to 5 p.m. and the corn roast dinner from 5 to 7 p.m.

Organizer Jerry Saunders said that

this year they are getting rid of the evening dance as the attendance hasn't been what they were hoping for. However, the Old Time Country Dance with live music has been growing in popularity. This year's event will feature music from local band Country Pride.

Last year, the fundraiser profited \$2,000 for the Rec Centre, which was used for upgrades within the facility.

Saunders said that upgrades to the ceilings in both the dance and bar hall have been completed this year as well as new lighting in both halls

and upstairs. Still in the works is new lighting in the arena and curling rink.

"You gotta keep on [the renovations] if you want to keep it usable," said Saunders.

"The building is 50-plus years old and it's still in pretty good shape. We don't have a particular project for what we raise from the corn roast yet. We'll regroup and find out what our next priority is."

The Rec Centre also got a slew of upgrades to the canteen this year with new flooring, countertops and

appliances. The upgrades have been pricey and total more than \$80,000 worth of improvements to the facility. But these are all in service of keeping the building up to date and making it a space that people want to spend time in.

Saunders said that the corn roast will likely bring in over 300 people to the space this weekend.

Tickets are available at the door and cost \$15 for the dance only, \$12 for the corn roast only and \$25 for both.

Distinguished citizen to be honoured by new Dunnottar Park

By Roger Newman

The Village of Dunnottar council will open a new park this fall to honour the memory of a local citizen who made a significant contribution to banking and the indigenous community.

Mayor Rick Gamble announced the creation of the Linda Park promenade at a luncheon Saturday at the Matlock Recreation Centre. The new park will be on the south side of Whytefold's Tugela Creek near the midway point of the village's walking trails.

Park died at 58 in 2007 after a distinguished Royal Bank of Canada (RBC) career where she spearheaded numerous programs involving the Indigenous community in banking.

She grew up in the Matlock and prepared for her career by acquiring a bachelor of arts from the University of Winnipeg and a diploma in business administration from Red River Community College before working for the Royal Bank in Winnipeg, Montreal and Toronto.

The highlights of her career were recalled at the luncheon by retired Royal Bank executive Reid McLellan and Park's sister Wendy Phillips, who also works for RBC in Toronto.

McLellan said Park was a dedicated banker who forged strong ties between RBC and the Indigenous community.

He said she was responsible for the first RBC branch to open on a reserve at Peguis First Nation, the formation of the bank's Aboriginal banking division and the establishment of the bank's annual Aboriginal Youth Achievement Awards in 12 different categories. As well, Park championed the first program for Aboriginal youth



Jenny Park, the matriarch of the Park family, is still active in the Dunnottar community at age 93.

at the University of Manitoba.

"Linda was a pioneer of sorts who pushed the envelope on projects," McLellan said. "She also had the ability to look at both sides of arguments."

Wendy Phillips said her sister's heritage traced back to her grandparents Gilbert and Jane Harper, who lived on the St. Peter's reserve near Selkirk and moved to Matlock so that their children could go to a good school. Linda grew up in a large family whose matriarch Jenny Park is still active in the Dunnottar community at age 93.

"Our parents carried on the tradition of our grandparents, who were active



EXPRESS PHOTOS BY ROGER NEWMAN

Dunnottar Mayor Rick Gamble, Wendy Phillips and Reid McLellan were principal participants at the announcement that a Dunnottar greenspace will be named after the late bank executive Linda Park. Phillips is the sister of Park, who grew up in Matlock and developed bank programs to assist the Indigenous community.

in the church and community activities," Wendy Phillips said. "It was this foundation that shaped Linda's values and created her desire to make a valuable contribution to the world."

Also speaking at the luncheon was Rev. Robin Mather, an Anglican minister and prominent Dunnottar citizen.

"This community is Linda Park's extended family," Mather said. "Her new

park will be a place of respite and quiet as people walk along our network of walking trails."

The luncheon announcement was just the first phase of bringing the new park to life. It will be officially opened and blessed in early fall by Rev. Stanley McKay, a Petersfield resident and former head of the United Church of Canada.

Annual trap shoot this weekend in Lundar

Staff

The Ducks Unlimited 27th annual Lakeshore Trap Shoot is this Sunday at 10 a.m. at the Lundar Trap Club and tickets are on sale now.

Tickets are \$50 each or \$40 for juniors and dinner tickers are just \$25. There will be prizes for all shooters, a silent auction and raffles to take part in. There are two ways to

get a ticket. You can get one from the organizers Don Law at 762-5519 or Kevin Halldorson at 762-5115 or by going to ducks.ca/events to purchase tickets online.

Dinner begins at 5 p.m..

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SALES
Brett Mitchell



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SALES
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Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS EDITOR
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Province allowing livestock producers to cut hay on Crown land

By Jeff Ward

Livestock producers feeling the heat after a very dry summer can now access Crown land and cut hay to supplement their own feed.

Producers across Interlake have been struggling this season in getting a proper yield from their hay fields.

David Gleich from Eriksdale said that he's only been able to yield 45 to 50 per cent of the hay he got last year. Jamal Abas from Hodgson said he's also seen a significant drop in hay production, and John Bezemer from Ashern saw a 75 per cent drop in yield on his field. These issues are not isolated to the Interlake and are being felt all over the province.

Last week, Manitoba Agriculture Minister Ralph Eichler announced that Crown land not normally designated for agricultural use can now be

used temporarily to cut hay.

"Pastures and forage crops in parts of Manitoba have been greatly affected by low levels of rain and dry soils this summer," said Eichler.

"By providing producers with additional options, such as access to Crown land, we are easing the burden on farmers who are seeing low yields on forage crops."

Abas said that this move to temporarily open Crown land fields for this purpose is a good move by the government but expressed some concern with access to these fields.

"Barriers with respect to access is potentially an issue. Some farms are closer than others to viable pieces of Crown land. The cost to move equipment to cut bale and haul hay could add up very fast. The big question is will the government look at help-

ing producers who have to purchase feed? These costs will undoubtedly be high," said Abas.

In a press release, the province stated that under certain circumstances Crown land can be made available for agricultural use.

"The Agricultural Crown Lands Leasing program will administer the use of available land and provide necessary permits. Livestock must be removed when the naturally existing forage is exhausted or by Oct. 31, 2018. Baled hay must be removed by Nov. 15, 2018."

Producers looking to get a permit or who need more information can contact their local Manitoba Agriculture office or call the department at 1-844-769-6224. Producers can also visit www.gov.mb.ca/agriculture and find more information under Quick Links.

Time is running out for candidates interested in local politics

By Jeff Ward

The next general municipal election takes place on Oct. 24 and the deadline for anyone interested in running for councillor or reeve in their municipality, town or school board is Sept. 18.

Residents who are interested in becoming involved in municipal politics are asked by their respective senior elections official (SEO) to fill out a registration form. Candidates need to declare whether they intend to run for head of council or as a councillor and in which ward, if applicable.

The candidate will also be required to submit a bank account number and name and address of their financial institution if they will be accepting monetary contributions from others. Candidates for mayor or reeve can re-

ceive a maximum of \$1,500 as a campaign contribution from one individual and candidates for councillor can receive a maximum of \$750 from one individual. Donors who give more than \$250 must be identified.

Candidates who register and change their mind have until Sept. 19, the day after the registration deadline to withdraw from the election.

Candidates must be Canadian citizens, be at least 18 years of age on election day, and be a voter in the municipality, which means that they are a resident or own property for six months prior to election day.

Nominations take place between Sept. 12 and 18, which requires all candidates to fill out nomination papers provided by their SEO, taking a

declaration under oath that they are qualified to be nominated and supplying the names, addresses and signatures of eligible voters to support their nomination. Nominations papers need to be signed by at least 25 voters of the municipality or by one per cent of the voters in the municipality, whichever is less.

Manitoba Municipal Relations has a 2018 Candidates Guidebook that explains in detail how the election process works, who is in charge and what steps candidates need to take in order to run.

Your respective SEO will have the forms you need to fill in to get the process started. If you do not know who your SEO is, you can contact your local RM or town office to find out.

ADVERTISING OR PRINT CONTACT INFORMATION

Branden Meier 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igraphic@mymts.net

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS

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Fall weather offers great fishing

Hi gang.
The first signs of fall have quickly appeared, driving folks to squeeze in a few last summer activities — other than fishing. I say that because last week when I went to the three fishing spots I wanted to feature, I found only solitary couples. Fortunately for us, they all had good fishing stories.

Early in the week, upstream of Selkirk on the banks of the Red, I found a kind, quiet fellow fishing with his not-so-quiet, energetic daughter. As I picked my way down a narrow steep trail to the flatter bank, the girl jumped up from her folding chair. She turned to me with a big bright smile as I called out, "Have you had any luck?"

"You bet," she remarked as I handed her my card.

"I'm Ria Giroux and that's my dad, Romeo Siminig, sitting in the shade of the willows over there," she said as she walked to the water's edge and pulled up a string of bass and walleye.

"Is there a fishing experience that

you would like to share with your fellow anglers?" I asked.

She thought for a moment and then launched into story from her youth.

"I was 12 years old when mom and dad began taking me fishing and I loved it. Dad taught me how to clean and cook a fish over a fire. Once I could do that, he gave me his knife and soon when I caught fish, I would go off by myself, make a fire, then cook and eat them. I remember my mom would call out to me, 'I see smoke. What are you eating?'"

Around midweek, I thought it was time to visit anglers at Pine Falls. Again, there was no one around except for one couple. I parked and carefully walked along the wobbly pier being pitched about by choppy waves.

"How's it going, guys?" I made to open a conversation.

"Nothing yet," a jovial chap in shorts and hoodie responded. "We're Vance and Nancy Flett from Winnipeg,"

Nancy, also in shorts and hoodie, seemed a little cold from the wind with her hands in her pockets and her rod imprisoned between her legs and chair. Both had slight streaks of grey through their dark hair. As we talked, I could feel their deep understanding of nature and their bond to each other.

"Thirty years we've been together," Vance declared, "and we've fished everywhere."

"I remember last year we were boat fishing on the far side of the river here on an overcast day with choppy waves and I thought I got a snag. I lowered my rod, reeling in, then hauled up on what felt like dead weight. Again and again, I reeled and hauled. Then a curious wave moving in a zigzag fashion with smaller waves on either side appeared on the surface about 10 boat-lengths away. Abruptly, the spiny back of a sturgeon came out of the water. With a slow, strong whip of its tail, it ran with my line."

Vance loosened the drag and let it go.

"How long have we been going?" he called to Nancy.

"Two hours. Have you had enough?" she asked.

"No," he grunted rocking back and forth in time with his reeling and hauling as the tug of wills went on. Slowly he brought the grey-white four-foot-long delta-tailed sturgeon to the boat's side with Vance's arms aching and rigid from hours of tension. Then suddenly a rogue wave slapped the side of the boat, rocking it wildly, and his line snapped. The fish was gone. Vance shook his arms back to life, smiling, looking at the water where the fish had disappeared. It had been a good fight.



EXPRESS PHOTO BY ARNIE WEIDL

Ria Giroux of Winnipeg with her catch from the Red River upstream of Selkirk.

Last Saturday, I strolled down the Gimli pier and again I could only see one couple fishing. I approached them as they sat tending their rods and asked if they had a story. Like the Fletts, they were open and friendly. They started chuckling, eyeing each other as a story came to mind.

"Can I ask your names?" I quickly interjected before they started.

"We're Moises and Helena Rego from Winnipeg," they chimed in.

With graying hair, round faces and comfortable bodies cradled in well-used chairs, they told how last week Moises' nephew Nuno met them on the Gimli pier with his three-year old-son Leo. Moises had bought little blond-haired Leo a kids' fishing rod. Now, Moises has a sense of humour, and when Leo wasn't looking, he snuck a big minnow on the boy's hook and tossed the line in the water.

"Leo, come reel in your fish," Moises called to the lad.

Leo was beside himself, trembling with excitement as he grabbed his rod and furiously reeled in that minnow. Now Leo is constantly after his dad to go catch "baby fish."

See you next week. Bye now.

Help for the Humane Society



EXPRESS PHOTO BY ROGER NEWMAN

Amanda Burke, owner of Sunshine Daycare in Gimli's Vesturland district, and her youngsters held a lemonade sale last Tuesday to benefit the Gimli Humane Society animal shelter. Burke said she arranged the sale so the youngsters would learn a lesson in life about helping the community through volunteering. She said the lemonade sale will become an annual event and the beneficiary next year will be the Evergreen Basic Needs food bank.

> LEAP FROM THE SKY, FROM PG. 3

brave for parachuting at an age when many seniors have settled for more sedate pleasures. She says age is just a number and she can train hard for the jump because she is in good health except for a wonky wrist.

"The brave are the families struggling to pay bills, buy clothing and put food on the table," Mazur said. "And the heroes are people from all walks of life who step up to help them. I have been

close to the edge myself and what saved me was my support system."

Once the jump is over, Mazur will return to her EBN duties and finish writing her third book both at home and at her favourite Gimli hangout — Robin's Donuts.

"It's about the 101 blessings in my life," said the always-optimistic author, who goes by Marlane Lillia because she has a namesake in the region.

Decades of volunteering to help preserve Eriksdale history

By Jeff Ward

The board for the Eriksdale Creamery Museum has spent years of their lives dedicated to persevering the history of the town.

And for one weekend each summer, they get to witness the fruits of their efforts as hundreds flock to the building for Creamery Days.

The time that the eight board members spent working to apply for grants, raise funds to do repairs or improvements and to organize events is all worth it, they say.

Board member Andrea Sweetland said work is hard and sometimes feels like an impossible mountain to climb.

Doreen Lamoureux, board president, said there are some years that feel like this will be the last time she volunteers. But time and time again, they come back emboldened by the feedback from previous years and pushed to do better, improve the event, offer more ways for visitors to educate themselves and work harder to preserve the history of the town.

"We've all been doing it for so long now, it's hard to stop," said Sweetland.

"It's a lot of work each year just to organize Creamery Days but we also work a lot to make sure the museum is open through the summer, staffed

with summer students. But we think that time is worth it."

Selkirk-Interlake-Eastman MP James Bezan spoke during Creamery Days last weekend, saying he remembers only three kinds of butter on the table when he was a kid: Inglis, Inwood and Eriksdale. Bezan, who is an outspoken advocate for local museums and history, said events like Creamery Days are important reminders of where we come from and the institutions that hold so much history.

Like all museums, the Eriksdale Creamery Museum is a time machine back to a period that would be difficult to comprehend without it. Creamery Days gives board members the chance to see a high volume of people come out and appreciate all the hard work they've done over the year.

"We don't want them to go home and forget about it. We want to hear their stories the next week about how much fun it was. That helps us keep going," said board vice-president Sandra Ryden.

Sweetland said members are tired the weeks before the event, they're tired during and they're tired after. It's an exhausting amount of prep to make sure it goes well. But they do



EXPRESS PHOTO BY JEFF WARD

Board members, front row, left to right: Elaine Henrotte, Doreen Lamoureux, Sandra Ryden, Andrea and Raymond Sweetland are proud of the work they do each year to make Creamery Days possible. Back row: summer students Dawson Torgerson and Jesse LeStrat. Missing from the photo are board members Ross Gumbrill, Arlene Darknell and Brenda Tegelberg.

it each year because it's fun and the feedback they get makes it so their passion for their work and Eriksdale's history never fades.

Dunnottar implements sustainability plan in critical times

By Roger Newman

There is an accelerated need for all communities to adopt a plan to combat climate change caused by global warming.

Village of Dunnottar mayor Rick Gamble gave this warning Saturday morning just before the village council unveiled its recently passed sustainability plan at a public meeting at the Matlock Recreation Centre.

"The need for action has changed from urgent to critical," Gamble said, citing this summer's worldwide forest fires and floods plus the harmful algae destroying fish and plant life off the Florida coast.

Gamble hopes other communities will follow on Dunnottar's heels in developing their own sustainability plans.

The village plan — three years in the making — is intended to guarantee Dunnottar's future as a sustainable community environmentally, economically, socially and through community partnerships. It was prepared by council representatives and village volunteers with guidance and assistance from St. Andrews-based consultant Tanis Ostermann, the owner and principal of CanSustain Manage-

ment Solutions.

Ostermann opened the meeting by briefing the 60-person audience on the major elements of the plan. She said the four-pillar plan has eight sub-themes including the maintenance of water quality, natural areas, green infrastructure, renewable energy, heritage, wellness, finance and the local economy, and connections to other communities.

"Implementation of the plan is going to be a resident-driven process and everybody must get involved if it is to succeed," said Ostermann, who noted initial input in the plan's preparation also came from the East Interlake Conservation District and Community Futures East Interlake.

Gamble said the plan was financed with the help of a \$38,000 grant from the Federation of Canadian Municipalities and a \$19,170 grant from the Manitoba government. He said council has money to start implementing some of the recommended actions and others will be financed by more grant applications.

"We'll also be appointing a community committee this fall to monitor the plan's progress," the mayor said. "We'll look at how we're doing in ev-



EXPRESS PHOTO BY ROGER NEWMAN

Riverton environmental company executive Mark Myrowich, left, consultant Tanis Ostermann and Dunnottar Mayor Rick Gamble display Dunnottar's new sustainability plan.

ery three-year period."

Audience member Mark Myrowich was so impressed with the need for urgency that he set up a Facebook page for the sustainability cause while the meeting was still in progress.

"We have to use multiple platforms to get everybody involved right away including young people," said Myrowich, who is a Matlock cottager and owner of the Erosion Control Blanket environmental company in Riverton.

Peterson Agencies donates to Lundar Lutheran food program

By Jeff Ward

A generous \$5,000 donation to the Lundar Lutheran Church from Petersen Agencies Ltd. will help put food on the table for many Interlake families and strengthen food programs in Lundar.

The donation stems from Saskatchewan Mutual Insurance (SMI) that donates a pool of funds to their top performing brokers, including Petersen Agencies Ltd. in Lundar, to charities of those brokers' choice.

Kerry and Grant Petersen were chosen as one of the firms and picked the Lundar Lutheran Church as the benefactor for their donation. The church will use the money to support four different organizations, including Lundar School's breakfast program, the Community Christmas hamper program and the Lance Merritt Support Centre. Part of the \$5,000 will also be donated to Winnipeg Harvest which will be used to support the Highway 6 Food Bank.

Cindy Thorkelson oversees the church's Sunday School program, which also operates the Christmas Hamper program. She was very surprised when Kerry Petersen told her about the donation back in June.

"It was quite a surprise, a wonderful surprise," said Thorkelson.

"We're going to make sure that this money goes towards feeding people because times are tough out there for

some. We do grocery hampers, but sometimes people can't wait for those to be filled."

Thorkelson said the donation was the first of its kind for the church. She remembered in the past a few donations that went above and beyond. Alice Petersen, who happens to be Grant Petersen's aunt, donated all of the Christmas Hampers herself one year. Another year, Sigfusson Northern shut down a job site and donated their leftover produce.

Donations are vital to keeping these programs alive. Thorkelson said the expense of buying food is going up and it's making it harder and harder to fill those hampers or programs. Hampers are given out all year round.

"It's very important for people to know that we're always looking for donations. We need financial support, and this donation is great. But there are hungry people out there," said Thorkelson.

The money donated by SMI through the Petersens will go a long way to filling up those boxes and making sure those programs are stocked. But money is a finite resource, and in only a few months time, the Christmas season will be here and the need will grow.

Those wanting to donate can call Cindy Thorkelson at 204-762-5378 for more information.



EXPRESS PHOTO BY JEFF WARD

Lundar Lutheran Church chair Cindy Thorkelson and vice-chair Faye Goranson, left, stand in front of two filled grocery hampers. A recent \$5,000 donation will help keep those hampers filled and support other local food programs in Lundar.

Lake St. Martin members continue to return to rebuilt community

Submitted

Canada, Manitoba and Lake St. Martin First Nation are working together to bring home residents displaced by severe flooding in 2011.

The Honourable Jane Philpott, the federal minister of Indigenous Services, the Honourable Eileen Clarke, minister of Indigenous and Northern Relations for the Province of Manitoba, and Lake St. Martin First Nation marked the completion of 190 homes in the newly rebuilt Lake St. Martin community earlier this month. The housing project represents an investment of \$49.5 million, which has been cost-shared equally between Canada and the Province of Manitoba.

"Members of Lake St. Martin First Nation have demonstrated remarkable strength and resiliency in their efforts to rebuild their community following the devastating flood of

2011. Our government continues to work with partners to complete the remaining work so that more families can return to the community and have a safe place to call home. I am pleased to see that these efforts are now reaching their final stages, with all work expected to be completed in just over a year from now," said Philpott.

The community, which has been rebuilt above the 2011 flood levels, has already completed construction on vital infrastructure including a public works garage, a fire hall, and water and sewage treatment facilities.

A new school for students from kindergarten to Grade 12 is expected to open by September 2018, supported by a \$19.7-million investment from the Government of Canada.

Construction also continues on an additional 130 homes, which are

scheduled to be completed by November 2019.

Lake St. Martin chief and council are working with the Canadian Red Cross to help residents who wish the return to the community come back home.

"Our people have been through so much in the past seven years. It's comforting to know some of our members have returned home. However, we still have over 300 people wanting to return to our traditional lands. Much work, negotiations and planning must be done to see the next wave of members return home in the fall of 2019. We look forward to the continued work with our various partners to ensure completion of Operation Return Home," said Chief Adrian Sinclair.

Quick Facts

- As of July 25, 2018, 284 individuals, or a total of 155 households, have returned to the rebuilt Lake St. Martin community.
- In addition to the 190 homes now completed, work continues on another 130 homes scheduled to be completed by November 2019.
- All required infrastructure is complete: public works garage, fire hall, temporary administration office, and water and wastewater treatment and distribution facilities.
- The Government of Canada is providing \$19.7 million for the construction of the new school.
- Canada and Manitoba have also invested in the development and servicing of the new community site, located on higher ground above the record flood levels experienced in 2011.

Ashern to host live threshing demonstration

Threshermen's Reunion this Sunday at pioneer museum

By Jeff Ward

A new milestone for the board members of the Ashern Pioneer Museum will happen this Sunday as oats planted on the museum grounds last year will be threshed and bound, marking a new legacy for their annual celebration.

The 26th annual Mini Threshermen's Reunion takes place on Sept. 2 at the museum from 11 a.m. to 3 p.m. The event will feature live music, a skit titled "A Story of the Past," tractor displays, museum tours, a barbecue lunch and much more.

The main event is the live demonstration of grain threshing and binding. The oats growing on the field at the museum this summer will be threshed next year, and this year marks the first time in which grain grown at the museum will be threshed.

Museum board member Priscilla

Ebbers said she is very excited for the event, which is a big moment for the museum.

This year's crop of oats will be harvested and stored in the shed for next year's event. The demonstration is to be historically accurate to the time-frame the museum caters to. The use of horse power to sow the grain and prepare the field in the spring combined with the power of the Mother Nature to make sure the grain gets enough water. The extreme heat and dry conditions this summer have been tough on farms all over the Interlake.

Ebbers said on her farm west of town, the conditions have been poor, but Ashern has received just enough rain over the summer to keep the oats growing.

Admission for the event is \$5 for an adult and children 12 and under are \$2. Profits from the event go towards maintaining the museum.



EXPRESS PHOTO BY JEFF WARD

Priscilla and Rick Ebbers and their grandson Hugh stand in front of the huge pile of grain harvested on the field last year. These oats will be separated from their stalks this weekend.

Gimli council approves plans for pups, plants

By Caitlyn Gowriluk

Gimli council approved plans that included a proposal for a dog park and a project that will see an unused green space converted into a pollinator garden at their last meeting on Aug. 22.

The dog park proposal was reintroduced after being previously discussed at earlier meetings. The park will be located at the north end of town near the Gimli New Horizons Centre and is slated to be complete

within the next month.

While the initial dog park will be simple — with some fencing, gates and cement put down — council eventually hopes to implement upgrades, said Gimli mayor Randy Woroniuk.

"It's supposed to be the Cadillac version — there's all kinds of dog things," said Woroniuk. "We're slowly working up to it."

While the exact size of the park has not yet been decided, it's estimated to take up about five town lots, said

Gimli CAO Joann Murphy.

"We want enough space that it's worth people's time to come and

use it," said Murphy.

Council has been researching other dog parks in the province and will be making recommendations for the project based on its findings, said Murphy.

Council also approved a proposal for a project that will see a largely unused green space next to the East Interlake Conservation District (EICD) near the east side of town turned into a pollinator garden (a space specifically designed to attract pollinating insects like bees).

"We've identified certain small green spaces in town that we think, with a little bit of investment, can be really enhanced," said Coun. Thora Palson.

Palson said she has been working with the EICD on developing that green space for the past two years. The approved project will see signage created in the garden to educate people on the types of plants in the garden, the types of pollinators these plants rely on, and some of the conservation issues faced by pollinators today.

The project is intended to give visitors ideas they can implement at home to improve pollinator survival, the proposal said.

"It just goes to show how a little bit of effort really sort of kicks into motion for people wanting to make more of an effort," said Palson. "We're going to use native Manitoba species, and it's going to take a year or two for them to get established."

There have already been several improvements made to the green space, including fixing the sidewalk and trimming tree branches, said Palson.

"It's really going to be sort of a work in progress," said Palson. "I can see in the future having little stepping stones, maybe little birdhouses, [and] just really creating a natural environment."

Council will meet next on Sept. 12.



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More girls speeding into Interlake Dragway

By Caitlyn Gowriluk

It only takes Emily Wruck a few minutes to get suited up for a drag race.

The list of protective gear is long — a helmet, a neck collar, arm restraints, shoes, pants, gloves and a jacket — but for Wruck, it has become something of a routine.

Behind the wheel of her car — a purple 2011 Hercules junior dragster covered with skulls, barbed wire and flames, and adorned with her first name in a brassy font on the side — Wruck acts like an old pro. And although at 13 years old and 4'10 (or "basically 4'11," as Wruck said), she may not be exactly what people picture when the phrase "drag racer" comes to mind, Wruck is one of an increasing number of young girls joining the sport.

"When my son started, I think there was maybe three girls and, like, 12 boys," said Wruck's mom, Brandy, who has been running the Interlake Dragway with husband Darryl since 2012. "It's dominated by girls right now."

This shift at the dragway has been happening slowly over the past five years, Brandy said. Of the 10 kids enrolled in the junior dragster program at the dragway this year, six are girls. And as the Wrucks expect at least five more to join the program next year, and two boys to age out of it, the number of girls participating in the sport is continuing to increase, said Wruck.

While drag racing may not be what everyone thinks of as a family activity, Brandy said that's exactly what their family business has become.

"Anybody will do anything to help each other," she said. "If you're racing your best friend, well, you guys are enemies. But as soon as you cross that finish line, what happened there stays there."



Emily Wruck and dad Darryl practise the handshake they do each time Emily races.

Racing can also become something of a ritual between parents and kids, said Darryl.

"Every parent here, when it's eliminations, has their own little thing they do with their kid," he said.

For Darryl and Emily, it's a handshake they do just before she starts the race.

"The key to winning is doing the same thing over and over, just to be a routine," he said. "And it works."

As the Wrucks gear up for their last big event of the summer coming up on September long weekend, they said they're hoping to get a big crowd out to see what drag racing is all about.

"Lots of noise, adrenaline," said Brandy. "It's just pure excitement."

For more information and to see dates for the rest of the Interlake Dragway's race weekends, visit the dragway's website at interlakedragway.org.

"THE KEY TO WINNING IS DOING THE SAME THING OVER AND OVER."



EXPRESS PHOTOS BY CAITLYN GOWRILUK

Emily Wruck, 13, climbs into her 2011 Hercules junior dragster car after getting suited up in protective gear at Interlake Dragway on Aug. 23.



EXPRESS PHOTO SUBMITTED

This year's September long weekend event at Interlake Dragway will see all different types of cars race into Gimli.

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Physical Activity Guidelines

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least two days each week

Ways to increase activity

Increases in daily activity can come from small changes made throughout your day, such as walking or cycling instead of using the car, getting off a bus stop earlier and walking the rest of the way, or walking the children to school.

See your doctor first

It is a good idea to see your doctor before starting your physical activity program if:

- you are aged over 45 years
- physical activity causes pain in your chest
- you often faint or have spells of severe dizziness

- moderate physical activity makes you very breathless
 - you are at a higher risk of heart disease
 - you think you might have heart disease or you have heart problems
 - you are pregnant.
- Pre-exercise screening is used to identify people with medical conditions that may put them at a higher

risk of experiencing a health problem during physical activity. It is a filter or "safety net" to help decide if the potential benefits of exercise outweigh the risks for you.

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- New registration package incentives

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THE EXPRESS
WEEKLY NEWS

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Friday, August 31

5:00 - 10:00 pm Street Dance and Touch a Truck hosted by Ashern Skating Club

****5:00-6:00 Reduced Sensory Hour for individuals with complex needs (NO lights, sirens, loud noise or music during this time)****

10:00 pm Fireworks at the end of Main Street sponsored by Ashern Skating Club and Ashern Rodeo

Saturday, September 1

8:30 am Pancake Breakfast at Centennial Hall
9:15 am Colour Run at Ashern Sports Grounds

11:30 am Parade - Call Courtney at (204) 302-1425

2:00 pm Rodeo Grounds open to the Public
4:00 pm 26th Annual Ashern Rodeo Begins
8:00 pm Outdoor Social at the Rodeo Grounds
Music by Car Wash Party Sound

Sunday, September 2

10:30 am Cowboy Church Service at the Grounds
11:00 am 26th Annual Threshermen's Reunion
3:00 pm Rodeo Finals Start

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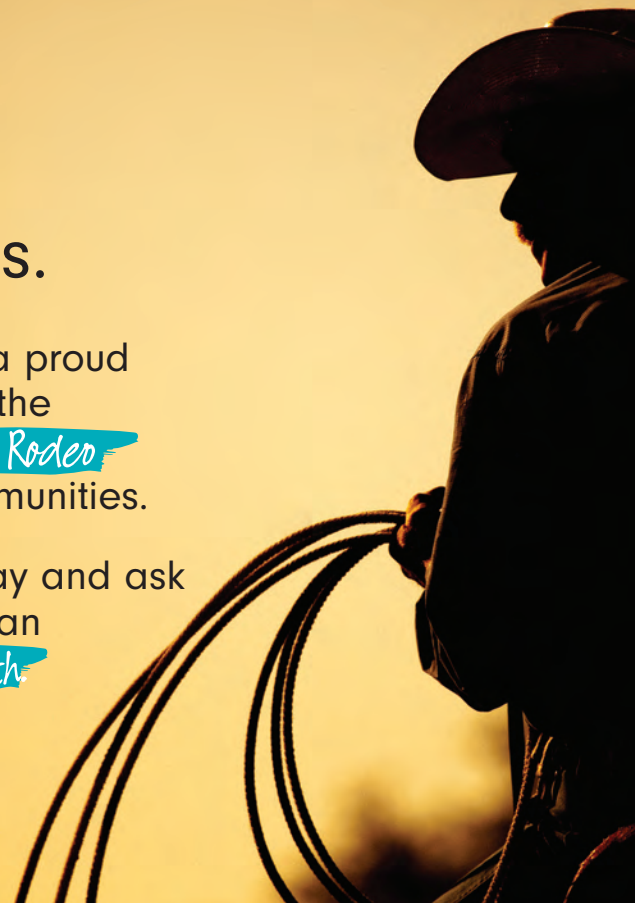


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Manitoba government holds multi-cultural celebration at legislature



EXPRESS PHOTO BY JEFF WARD

A member of the Chinese pavilion performed an interpretive dance with many twirls and flourishes that spun light off of her vibrant attire.

By Jeff Ward

With the wrap up of the 49th annual Folklorama Festival, the Manitoba government hosted several pavilions to perform for a crowd and celebrate the cultural diversity of the Province.

Performers from the India, Africa, French Canadian, Ukraine-Kyiv, Chinese, Pearl of the Orient Philippine and Chile Lindo pavilions sang and danced for a crowd of a few hundred on Monday, Aug. 20.

Traditional food from those pavilions was also served in the rotunda at the legislature and a video showcasing some of the success stories of the Manitoba Provincial Nominee Program was shown.

Manitoba Minister of Sport, Culture and Heritage, Cathy Cox said Folklorama has provided different cultures that reside within the province the ability to showcase their heritage to a wide audience.

"Currently there are over 250 ethno-cultural groups in Manitoba thriving and they represent over 150 countries and speak 148 languages so that is

quite amazing," said Cox.

Folklorama had a banner year this year seeing 445,000 pavilion visits over the two-week festival, which is a five per cent increase over last year. Many pavilions experienced sold-out shows with guests from Australia, China, Egypt, Mexico, Arizona, California and Minnesota.

Organizers of the annual cultural celebration are already starting to get ready for their 50th anniversary next year.

"We are thrilled with the success of Folklorama 49 and we are extremely grateful for everyone involved," said Teresa Cotroneo, acting executive director.

"We have been a Winnipeg tradition since 1970 and we are so proud to be such a long-standing part of Manitoba's history. Just because the festival has come to a close, it doesn't mean we are slowing down. We are working away on some exciting initiatives to celebrate our 50th anniversary and will release details in the coming months."

Lakeshore superintendent looking forward to new school year

By Jeff Ward

A new school year is on the horizon, and while it might have felt like the summer flew by, that pace of time doesn't surprise Lakeshore School Division Supt. Janet Martell anymore as she looks ahead to the 2018-19 school year.

Lakeshore, as it has been over the last half decade, is positioned to continue to make strides in student numeracy and literacy. The division's credo is to make sure students get "a year for a year," which means a year of growth for their year of school.

Martell said the division is always going over their data on students to assess what is working and what isn't.

Every six weeks, teachers look over the data they've collected to make sure that the year for a year goal is always in sight. Growth is one of the most important things for the school division.

"We know that there are some stu-

dents that need accelerated growth," said Martell, "because they don't progress the rate we'd like them progress. They come into our system at various grade levels from various other systems. And sometimes we're in a situation where students need two years in a year."

"THE FIRST TIME IN MY 10-YEAR HISTORY AS SUPERINTENDENT, WE'RE PROJECTING TO DIP UNDER 1,000 STUDENTS."

Education isn't a one-size-fits-all approach and teachers work hard every year to make sure students perform at grade level. Martell said it's not easy, but teachers enjoy the challenge and it's one of the many reasons they're drawn to the work.

Divisionally, there is one new teacher starting in Lake-

shore this year at Fisher Branch Collegiate. Assistant Supt. Leanne Peters is no longer with the division as she left to pursue a job in the Sunrise School Division in the same role. Martell is also retiring at the end of the school year. Another big change is the re-



EXPRESS PHOTO BY JEFF WARD

Lakeshore Supt. Janet Martell is looking forward to a new year for the school division, which will also be her final year as she is set to retire in June of 2019.

duction in enrolment numbers in the division. Martell explained that with Lake Manitoba First Nation opening their own school this year, those students will be leaving the division.

"It likely will see us dip under 1,000 students. ... The first time in my 10-year history as superintendent, we're projecting to dip under 1,000 students."

That will mean that the division has less resources but still tasked to do the same job, Martell said. It also means that many teachers from Lunder School, which is where Lake Manitoba students have attended traditionally had an excess number of teachers and they've been reassigned to other schools as a result.

Ashern Central School has the high-

est projected enrolment this year at around 200 students, with Inwood School remaining the smallest student body at only 42 students from K to 12.

The beginning of a new school year brings with it a lot of excitement for Martell. Students are looking to achieve new goals and teachers are looking to see their pupils grow.

"There are a lot of new faces attached to new schools, so they're excited. They're nervous too, I'm sure, as kids are. I think it's that anticipation of what's to come from a student, teacher and principal perspective that is so energizing in September," said Martell.

Students are back in classes Sept. 4.



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Ponemah Beach Central End of Summer Celebration!!!!

Saturday, September 1 • 4:00 - 7:00 pm
27 Central Avenue, Village of Dunnottar, Manitoba

- Food, Music, Kids Activities
- Wildlife Haven Ambassadors (<https://wildlifelhaven.ca>)
- Handmade Artisan Goods
- Baking, Jams/Jellies & Vegetables

Everyone welcome. FREE to attend.

Lundar's Lutheran Church gets a second life with new roof

By Jeff Ward

Lundar Lutheran Church got a big upgrade recently with a new shingled roof, which will go a long way in keeping the space cared for so that the community can continue to use it.

The church has seven different roofs, according to chairperson Faye Goranson, that all have different peaks that intersect in different places. The roof had been redone a number of years ago, but unfortunately the shingles weren't fastened down properly.

Goranson explained that during storms or periods of high winds, shingles would blow off at a rate of two or three each year. She added that during a storm this past winter, shingles had been blown off and they couldn't get them replaced until the spring. That spot would eventually let in water during a rain storm in the spring, resulting in a water stain on the south interior wall of the church.

It was at this time that Goranson started looking for somebody to redo the whole roof.

"At the same time, though, there was no point in just doing the church roof as there were several others that connected with it. And the church hall was built in the late '70s and had the original shingles."

Goranson contacted Wall Brothers Construction from Fisher Branch to do the work, which cost just under \$20,000. And while the work was expensive, Goranson is very pleased with the work. She said they started mid-July and that it only took two weeks to complete the entire project.

The church is a meeting place for the community and it is used by dozens of groups every year. The church subsidizes the space and charges a very nominal rate for those looking to hold an event there, with many groups paying less than \$50 to meet there.

"IT HAD TO BE DONE. THERE WAS REALLY NO QUESTION."

Goranson said that the church is meant to be filled with people and that the renovations are to make sure the building can stay open and be a place people come to worship or to hold events.

"It had to be done, there was really no question," she said.

Goranson added that while the building itself might be large, it's really only a small group of people who work to make sure projects like the new roof get completed.

Lundar Lutheran will be teeming with activity very soon as Sunday School resumes on Sept. 9 and Confirmation for anyone 12 and older takes



EXPRESS PHOTO SUBMITTED BY ALVIN GORANSON
Workers from Wall Brothers Construction took two weeks to completely redo the many roofs of the Lundar Lutheran Church.

place on Sept. 17.

For more information on those pro-

grams, you can call church vice-chair Cindy Thorkelson at 204-762-5543.

Get to know Canada's first vertical bank note

Submitted

Canada's new \$10 bank note will begin to appear in cash transactions late this year.

Designed to stand apart, it's the first vertical note issued by the Bank of Canada and it features the portrait of social justice defender Viola Desmond.

Here's what businesses and cash users need to know about this new \$10 bill.

It Pays to Check

As with Canada's other notes, the new \$10 has bold security features, ensuring that Canadians can use it with confidence. That's why the Bank issues new notes — to stay ahead of counterfeiting threats and to keep pace with advances in technology.

But remember, bank notes are only secure if you check them. Routinely checking all notes — no matter which series or value — allows you to inter-

cept counterfeits and keep them out of circulation.

The security features on Canada's vertical \$10 note are quick and easy to check:

- Feel the smooth, unique texture of the note. It's made from a single piece of polymer with some transparent areas.
- Feel the raised ink on the front of the note, namely on the portrait, the word "Canada" and the large number "10" at the bottom.
- Look at the detailed metallic images and symbols in and around the large transparent window.
- Look at the pattern in the eagle feather. Tilt the note to see the colour shift from gold to green.
- Flip the note to see the elements inside the large window repeated in the same colours and detail on the other side.

The new \$10 note will be rolled out



EXPRESS PHOTO SUBMITTED
Viola Desmond's sister Wanda Robson helped unveil the new \$10 bill in Halifax, N.S., earlier this year.

gradually and circulate alongside the

Continued on page 18

Bike riders turn out in large numbers to pedal for MS fundraiser

By Roger Newman

A total of 321 bicycle riders came from both locally and across the province to the Lake Winnipeg shores on the weekend to raise \$300,000 to help multiple sclerosis patients.

They started in Gimli and rode both Saturday and Sunday on a circuit that stretched from Camp Morton north of town to the Village of Dunnottar in the south.

"This was our 29th annual bike and it was a success," said Erin Kuan, president of the Manitoba and Saskatchewan MS societies, as she watched the riders taking a break on the Gimli Rec Centre grounds Saturday afternoon.

"The money will be used for more research and treatment programs and services for MS patients, although regrettably there is still no cure for this disease of muscular degeneration."

The riders stayed overnight in Gimli in tents, trailers and hotels before completing the last leg of the ride Sunday. They also enjoyed a beer garden and a Saturday dinner before they pedalled off into the sunset.

"This is not a race and we've shortened the distance in recent years to make it more fun for the participants," Kuan said while noting there are similar rides in all Canadian provinces.

"All this effort goes into improving the quality of life for MS patients."



Father and daughter team Jennifer Patterson and Brian Stokotelný, right, camped in their own tents on a Gimli School playground.



Running the ride behind the scenes were MS Manitoba president Erin Kuan, safety official Currie Gillespie and route co-ordinator Marielle Barret.

EXPRESS PHOTOS BY ROGER NEWMAN



A tired rider Evan Jackson, also of Winnipeg, received a soothing massage from masseuse Carolyn Hsu.



Standard Aero was one of the many corporations that entered a team in the ride.

"ALL THIS EFFORT GOES INTO IMPROVING THE QUALITY OF LIFE FOR MS PATIENTS."

> BANK NOTE, FROM PG. 17

other polymer \$10 notes. Unlike the special \$10 note issued for Canada's 150th anniversary in 2017, printed in a limited quantity to mark this historical milestone, the vertical \$10 note will be the regular \$10 note produced for years to come.

Helping Businesses Prepare

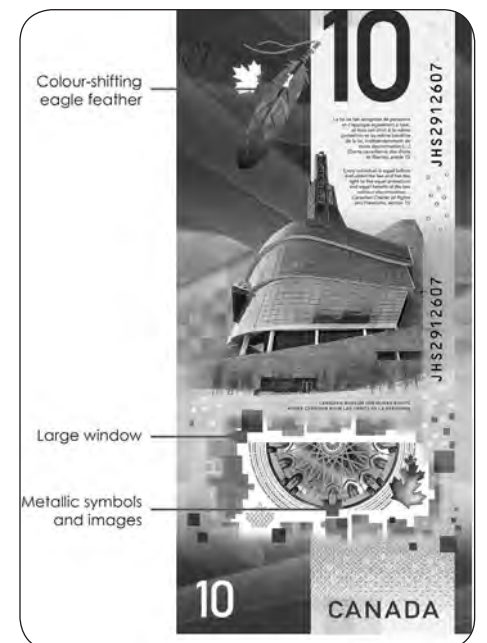
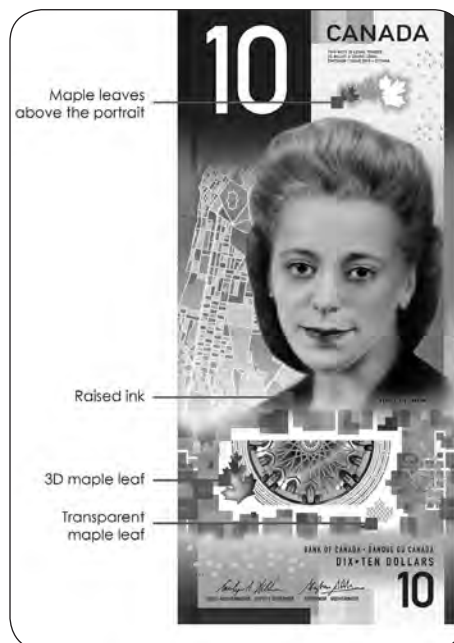
Business owners may be wondering what this new \$10 note means for their cash-handling equipment. The vertical \$10 has been designed to minimize the impact on the cash-handling industry and maintains the same functional features as current polymer notes. Equipment owners and renters should contact their sup-

pliers with questions about machine compatibility.

A look ahead – What comes next?

With the release of this new \$10 note, the Bank of Canada's approach to issuing bank notes is changing. Rather than issuing all five denominations within a short timeframe, a new note will be released every few years. This will allow the bank to integrate the latest security features each time a new bank note is issued, ensuring that Canadians can continue to use their bank notes with confidence.

For more information, contact us at 1-800-303-1282 or info@bankofcanada.ca.



get inspired

> MEAL IDEAS



Arugula Salad with Goat Cheese, Berries and Pecans

Prep time: 15 minutes
 Servings: 1-2
 7 cups arugula
 2 ounces goat cheese
 1/2 cup pecans, toasted
 1 cup mixed berries (such as blackberries or strawberries)
 Dressing:
 2 tablespoons freshly squeezed lemon

juice
 1 tablespoon finely minced shallots
 1 tablespoon honey
 1/4 teaspoon kosher salt
 1/4 cup Bertolli Extra Virgin Olive Oil
 In bowl, toss arugula, goat cheese, pecans and mixed berries.
 To make dressing: In bowl, mix lemon juice, shallots, honey, salt and olive oil.
 Add dressing to salad for serving.



White Fish Fillets with Pesto

Total time: 15 minutes
 Servings: 2
 Fish:
 2 cod fillets (about 7 ounces each)
 salt, to taste
 Bertolli Extra Virgin Olive Oil, to taste
 Red Pesto:
 1 bunch basil
 1 ounce cashews
 3/4 ounce Parmesan cheese

Bertolli Extra Virgin Olive Oil
 water
 To prepare fish: Rub both sides of fillets with salt and olive oil while heating saucepan.
 Sear fillets meat-side first followed by skin-side.
 Heat oven to 350 F.
 To make Red Pesto: Puree basil, cashews, Parmesan cheese and olive oil while adding small amount of water.
 Add additional olive oil as necessary, ensuring sauce is thick enough to cover fish.
 Place fish in oven tray, cover with Red Pesto and bake 5 minutes.



Olive Oil Cubes

Photo courtesy of Getty Images (Arugula Salad with Goat Cheese, Berries and Pecans, Olive Oil Cubes)

Assorted herbs
 ice cube trays
 Bertolli Extra Virgin Olive Oil
 Break up herbs by hand. Add herbs to trays. Fill trays with olive oil and gently set in freezer; allow to solidify.
 When cooking, use cubes for added flavor.



Help Your Children Prepare for School Life

As we enjoy the last days of August, thoughts turn to school, and the beginning of fall activities. Things can get pretty busy, and the return to a more scheduled life can be a shock to everyone's system. There are some things we can do to ease the transition. Most important is, in the week before school starts, to have children return to their normal bedtime and waking time. It's much easier to deal with the crankiness that comes with this adjustment when they don't actually have to get ready for school. We can also help them by making suggestions of a positive transition.

picked out. If there were problems with kids at school, talk about how to avoid them this year. If a child does not have friends, suggest he or she befriend someone new to the school.

If we tell them their 'practice week' before school starts will make it easy when the big day comes, it's so much better than telling them they'll have to be getting up much earlier and they'll be cranky. Talk with them about last year's problems and how they might be avoided this year. If mornings were rushed, plan to get things organized the night before: book bag by the door, lunches made, clothing

Children may need much more parental attention after school and during the evening, especially if they were at home with Mom or Dad all summer. They will miss home, and you. Recognize too, that unless they were in daycare over the summer, returning to school is a drastic change in environment. Suddenly they may be in a class of thirty, in a school with hundreds of children and many adults. All summer they spoke whenever they had something to say, with no need to raise their hands. They could change activities when they were tired of doing something. They could run around, or have a snack, when they felt the urge. Talking to them about such differences will help prepare them for the changes and assist them in making a smooth transition.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.



Chocolate-Pumpkin Cake

Total time: 20 minutes
 2 eggs
 4 1/2 ounces sugar
 4 1/2 ounces Bertolli Extra Virgin Olive Oil
 4 1/2 ounces flour
 1/3 ounce cocoa powder

1/8 ounce salt
 5 1/4 ounces pumpkin
 1/10 ounce baking powder
 Heat oven to 350 F.

Mix eggs with sugar thoroughly and beat until bubbles form. Slowly add in olive oil while continuing to stir mixture.

Add flour, cocoa powder, salt, pumpkin and baking powder; using whisk, mix well.

Pour into cake mold lined with baking paper and bake 15 minutes.

Let cool and remove cake from mold.



Pumpkin Prosciutto Stackers

2 ounces prosciutto
 1 ounce aged balsamic vinegar (syrupy consistency)
 4 ounces gorgonzola
 4 ounces aged Parmesan, shaved
 1 bag Crunchmaster Pumpkin Harvest Crackers

Cut prosciutto into cracker-size pieces, about 1 1/2 inches in diameter.

Pour vinegar into small carafe or dish with serving spoon.

Layer gorgonzola, 1-2 pieces prosciutto and 1-2 pieces shaved Parmesan on one cracker. Drizzle lightly with vinegar. Place on wooden or slate serving platter to serve as inspiration to guests. Plate remaining prosciutto, gorgonzola, Parmesan and crackers on platter before serving and place vinegar nearby.

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Impact lose pair of MMSL games



EXPRESS PHOTO BY LANA MEIER

The Impact lost 1-0 to the Stonewall United on Aug. 21

By Brian Bowman

The Interlake Impact had a rare rough time on the soccer pitch last week.

Interlake was defeated 1-0 by the Stonewall United on Aug. 21 and then was blanked 5-0 by Jedinstvo FC late Friday evening.

The win by Stonewall was a big one as they have playoff aspirations.

"The win against Interlake, who are high up in the standings, was good for us," said the United's Jason Ferris. "Interlake has a lot of young kids and a lot of hustle, so it's a little bit tougher for us."

It looked like it was going to be a scoreless game until a mistake allowed Stonewall's Dylan Felgueiras to pounce on a loose ball and score the game winner with about eight minutes remaining in the game.

"It was one mistake and we capitalized on it," Ferris said. "But, other than that, it was a 0-0 close game."

With the two recent losses, Interlake now has an 8-5-1 record and 25 points to sit in third place in the Manitoba Major Soccer League's Division 5 standings.

The Impact now trails Jedinstvo FC by eight points (the top two teams after the regular season move up a division next season) and are six points in front of North Winnipeg United.

Both of those teams have played one fewer game than the Impact.

Interlake is back in action Wednesday when they play Rangers FC at Buhler Recreation Park. Game time is 7 p.m.

The Impact will then close out their regular season with three games in the first two weeks of September.

Locals on target in trapshooting provincials

By Brian Bowman

Local shooters did very well at the Manitoba trapshooting provincials in Oak Bluff last weekend.

Arborg's John, Katie and Dori Jones, along with Arborg's Brian Johnson and Lundar's Don Law all did well at the three-day competition, which attracted about 60 competitors.

"We did really well," said Katie Jones. "Donnie Law won his event, I won the ladies' event, my little brother won the junior gold event, and my dad won a couple of (his) classes."

"We all came home with trophies, which is really nice."

Katie said the group was pleased with their results despite the less-than-ideal conditions.

"It was pretty hard to shoot pretty much all of the days because of all of the fires burning in B.C.," she said. "The visibility for the targets when the sun comes through the cloud, the smoke would make it harder to see."

"Overall, the scores weren't as high as they normally are but we still did well."

The provincials are the end of the season - and are used to help raise averages, said Katie - but the season quickly resumes.

Katie and the group will be headed to Lundar on Sunday for a Ducks Unlimited Fun Shoot.

The first shoot of the new season will be a couple of weeks later in Yorkton, Sask.

People involved in the sport do a lot of travelling to different cities.

"I travel more than most of my family," Katie said. "I usually shoot all over Saskatchewan. I enjoy shooting out there. They have really good facilities and my dad and my brother went to Florida in March and they were there for two weeks shooting."

Dori did very well in Florida, returning home "with a bunch" of trophies.

"When you win in the States, you get a big head because the people in the States shoot literally every single day," Katie noted. "The don't have 50 below winters like we do. They did really well in the States - I was super proud of them."

Katie has also shot in Tucson, Ariz., which attracts a lot of talented shooters each year.

The Jones' family keeps sharp by shooting every weekend in the summer. They also built a range of their family farm, which helps them to reduce travelling to either Lundar or Winnipeg to practice.

When Katie isn't shooting, she is an instructor.

She recently hosted a booth at a street fair in Arborg, setting up some



EXPRESS PHOTO BY BRETT MITCHELL

Firearm Safety Instructor Katie Jones instructs Bernice Vasey from Horseshoe Valley, Ontario on the finer points of target shooting. The target shooting booth was a fundraiser for the Arborg Street fair.

BB's and targets for adults and kids. She estimated about 50 kids came by to shoot.

Katie is adamant about teaching the safety aspect of shooting.

"Gun safety is very important to me," she stressed. "There are so many people that don't handle their firearms correctly. I see it on a daily basis, even at events that we go to. People

don't know what they're doing and it really bothers me because people can get seriously hurt."

"I believe in gun safety even if you don't shoot competitively."

Anyone interested in taking a course with Katie can message her on her Facebook page Firearm safety.

They can also call her at 204-641-0181.

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WORK WANTED

Experienced farm operator looking for fall tractor field work for large grain operator for the duration of fall. Call 204-918-0765.

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We are currently seeking a licensed automotive technician or apprentice for full time position. We are a full service automotive repair shop. Duties include all aspects of vehicle repairs. Must be able to work with min supervision. Must be honest, reliable and hard working. Wage negotiable. Apply: Stonewall Tire & Auto Repair, 377 1st Street East Stonewall. Email resume: stone walltire@mts.net

HELP WANTED

Moosehorn/Ashern area - hunters seeking duck/goose cleaning for first 2 weeks of October. Will compensate generously. Ph Clancy 612-845-1832.

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MISCELLANEOUS

Registering new members this fall? Need new employees for the fall/winter? Have something to sell or promote? Province-wide classifieds reach over 400,000 readers weekly. Call 204-467-5836 to place your ad or email classifieds@mcna.com for details.

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VILLAGE OF DUNNOTTAR

PUBLIC NOTICE

In accordance with Section 194 of The Municipal Act, the financial report of the auditor together with the related financial statements for the year ending December 31st, 2017, have been deposited in the office of the Chief Administrative Officer at the Municipal Office, 44 Whytewold Road, Matlock, Manitoba and are available for inspection by any person at the Municipal Office during regular business hours.

Dated at Matlock, Manitoba this 22nd day of August, 2018.

J.M. Thevenot, C.M.M.A.
 Chief Administrative Officer

CARE AT HOME WANTED

Are you compassionate, patient and reliable?

We are looking for a warm, conversational caregiver, experienced in elderly care, for our 71-year-old mother who has Stage-1 Dementia.

Duties to include vital physical, practical and emotional support. Services will be needed for **four hours per day - 4 days a week. \$25 per hour.**

Please reply with resume and references. Hours are flexible - you can choose what days work best for you.

Please contact me at kotyshynkeery@gmail.com to set up an interview.

PUBLIC AUCTION SALE

32 foot **BAYLINER CONQUEST**, Motorized Leisure Boat
 Named: *Priority One*

Date: **THURSDAY, SEPTEMBER 13, 1:00 pm**

Venue: **Office of MOORE and Assoc, 407 Main St., Selkirk**

Boat can be viewed at Gull Harbour Marina, Hecla Island
 Owner Dr. SV Patel
 Call Geoff 204-960 8183 or Paul 204-998 9096

Expression of Thanks Jacqueline Thorkelson

The family would like to express their sincere thanks for the support and sympathy they received after the sad loss of our dear Jacqueline.

The gifts from relatives and friends of flowers, food, cards, technical support, friendship and love were greatly appreciated.

Thank you to the First Responders and the Gimli RCMP for their care and compassion. The family also thanks Mona from Neil Bardal Funeral Centre, the Gimli Waterfront Centre, Mandi of Mad Dash Catering and Lenore of Heaven Scent Flowers for ensuring the perfect Celebration of Jacqueline's life.



Evergreen School Division

MATURE STUDENT PROGRAM Mature Student High School Diploma

Evergreen School Division is now accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma. Interested candidates must be 19 years of age or over and out of school for at least six months.

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

The program begins **September 18, 2018** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

For more information, or to register please contact: **Gail Kreutzer, Career Development Consultant**
 Gail.Kreutzer@esd.ca
 (204) 642-1718



NOTICE OF NOMINATIONS Evergreen School Division

Notice is hereby given that nominations for the offices of School Trustee of the aforesaid Local Authority will be received in the office of the Evergreen School Division at 140 Street West, Gimli, MB

During business hours from **8:30 am - 4:30 pm** on the following days
September 12, 13, 14, 17 and 18, 2018

NOMINATIONS FOR THE FOLLOWING POSITIONS

Ward No. 1	Arborg, Riverton	3 trustees	4 year term
Ward No. 2	Gimli, Fraserwood	4 trustees	4 year term
Ward No. 3	Winnipeg Beach, Dunnottar	2 trustees	4 year term

The nomination deadline is September 18, 2018 at 4:30 pm.
 Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters.

Nominations may be filed in person at the above location, on the dates and hours specified, by an agent, or by fax at (204-642-7273). Nomination papers, and/or candidate's declaration of qualification, can be obtained at Evergreen School Division at the above location.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at the R.M. of Gimli in the province of Manitoba, this 22nd day of August, 2018

Charlie Grieve, Secretary-Treasurer
 Local Authority of Evergreen School Division
 Phone: 204-642-6266 or 204-642-6260



EMPLOYMENT NOTICE

Lakeshore School Division requires a **Mechanic** for its school bus garage located in **Ashern, Manitoba**. This position will involve the maintenance and rebuilding of buses in the Lakeshore Fleet. This is a permanent full-time position commencing as soon as possible.

Applicants will be considered based on their experience in the Truck and Transport, Automotive, Heavy Equipment, or other related trade.

Journeyman status in Truck and Transport trade with a school bus inspection certification and class 2 driver's license are the preferred qualifications. Lakeshore School Division. The school division will also consider experienced individuals who are willing to apprentice in the Truck and Transport mechanic trade.

SALARY and Benefits: As per collective agreement

STARTING DATE: As soon as possible

A complete job description is available on request.

Please direct any questions to Mark Parkes at 204-739-2101 or 204-280-0804.

Interested candidates may forward their application to:
 Mark Parkes, Director of Operations & Infrastructure
 Lakeshore School Division
 Box 100
 Eriksdale, MB, R0C 0W0
 Phone: (204) 739-2101 Fax: (204) 739-2145
 parkesm@lakeshoresd.mb.ca

Deadline for applications: Friday, September 7, 2018 at 2:00 p.m.

We thank all who applied for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers.

Successful candidates must complete a Criminal Record and Child Abuse Registry check prior to commencing employment.

Classifieds



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Lundar Lutheran Church
Thanks **KERRY & GRANT**
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 generous donation from
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 Insurance Company to our
 Food Hamper Projects.

ANNOUNCEMENT

BIRTHDAY

Come & Go Tea
 In Honour of
 Mary Grocholski
 80 Years Young!
 Sunday, September 9th, 2018
 1:00 - 4:00 p.m.
 Sun Rise Lodge South, Arborg
 No gifts please,
 just the pleasure of your company!

OBITUARY

Edwin Walter Petrowski
 April 2, 1936 - August 16, 2018



It is with great sadness that we announce the passing of Edwin Petrowski (Gigi) on August 16, 2018.

Edwin was born at home in the R.M. of Gimli, one of eight children of Kornelia and Michael. He grew up in the Felsendorf area (between Fraserwood and Gimli) and went to Felsendorf school.

He worked hard his whole life right from the time he was a very young boy. Although he was a very strong man, he had the most gentle soul. He loved his family and his dear pets so very much. He had many friends who he loved to host (with a beer) or to visit. He enjoyed these visits right up until his final days when they'd come and his whole face would light up.

Gigi missed Amma (Myrna) dearly this past year and although sad to leave us I know he was rejoicing to see her and their kids.

Edwin is lovingly remembered by his children Joe (Frances), Danny (Cherie-Lyne), and Richard (Shelley); siblings Eddie (Rosie), Stanley (Helen), Emily (Tom), Bernice (Kjell), and Teddy (Emilie); brother-in-law Ken (recently deceased); grandchildren Wesley (Tyyne), Scott (Natasha), Jake (Isha), Gina, Rebecca, Marc, Dylan, Alexis (Jeremy), Thomas, Eric; great-grandchildren Søren, Mikko, Thørsten, Reija, Gunnar, and Valli.

Gigi was predeceased by his wife Myrna; children Elaine and Allen; parents Kornelia and Michael; sister Donna; and brother John and sister-in-law Pat.

We wish to thank his doctor S.V. Patel for his many years of care. Dr. Thompson and Dr. Chan for their care in the last little while. To the whole staff at the Gimli Hospital for their kind and gentle care in Gigi's final week.

A celebration of life will be held at St. Michael's Church, Gimli, MB on Wednesday, September 5, 2018 at 11:00 a.m. Interment to follow at the Gimli Cemetery in Gimli. Lunch to follow at the Farmers Hall. Pallbearers will be Ed Petrowski, Blair Petrowski, Ken Petrowski, Wes Petrowski, Scott Petrowski and Marc Petrowski.

In lieu of flowers, donations can be made to Palliative Care at Gimli Community Health Centre or to the Gimli Humane Society.

We love you very much Gigi. Until we meet again.

Condolences, pictures and videos may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



**RURAL MUNICIPALITY OF GIMLI
 PUBLIC NOTICE**

PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 194 of The Municipal Act, that the report of the Municipal Auditors and related Financial Statements for the year 2017 for the RM of Gimli have been deposited in the office of the Rural Municipality of Gimli at 62 2nd Ave, Gimli, Manitoba and are available for inspection by any person or their agent between the hours of 9:00 a.m. and 5:00 p.m., Monday to Friday, inclusive.

Any person or their agent, at their own expense, may make a copy thereof or extracts therefrom.

Dated at Gimli, Manitoba this 21st day of August, 2018

Randy Woroniuk
 Mayor
 Rural Municipality of Gimli

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 Brass * Crock * Scythe * Saw * Crates * Vintage
 Tools * Copper Boiler * Clock * Pharmacy Scale
 * Apothecary Bottles * Coffee Grinder * Aladdin
 Lamp * Along w Household *

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**NOTICE OF
 NOMINATIONS
 TOWN OF ARBORG**

NOTICE IS HEREBY GIVEN that on the following days:
 September 12th, 13th, 14th, 17th and 18th, 2018

between the hours of 8:30 & 11:30 AM, and 12:30 & 4:30 PM, at the Arborg Town Office, 337 River Road, I will receive nominations for the offices of Mayor and four Councillors of the aforesaid Local Authority.

The nomination deadline is September 18th, 2018 at 4:30 PM. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the dates and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at Arborg this 30th day of August, 2018

Lorraine Bardarson
 Senior Election Official (SEO)
 Town of Arborg
 Phone 204-376-2647 Fax 204-376-5379

NEWS TIPS Call 467-5836



**NOTICE OF
 NOMINATIONS
 LAKESHORE SCHOOL DIVISION**

NOTICE IS HEREBY GIVEN that on the following days:

September 12th, 13th, 14th, 17th, and 18th, 2018 between the hours of 9:00 a.m. to 4:30 p.m.

at the Division Board Office, 23 Second Ave, Eriksdale, Manitoba.

I will receive nominations for the office of School Trustee of Lakeshore School Division as follows:

- 1 - Trustee for Ward 1 - Lundar Area
- 1 - Trustee for Ward 2 - Eriksdale/Mulvihill Area
- 1 - Trustee for Ward 3 - Ashern/Vogar Area
- 1 - Trustee for Ward 4 - Moosehorn/Grahamdale/Hilbre/Steep Rock Area
- 2 - Trustees for Ward 5 - Fisher Branch/Hodgson/Poplarfield/Chatfield Area
- 1 - Trustee for Ward 6 - Inwood Area

The nominations deadline is Tuesday, September 18th, 2018 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the S.E.O. at the number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Lakeshore School Division: Marlene Michno, Senior Election Official
 Contact (204) 739-2101 ext: 1222 email: michnom@lakeshoresd.mb.ca
 Dated at Eriksdale in the Province of Manitoba, this 21st day of August 2018.

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UPCOMING EVENTS

Dunrea Flea Market - rain or shine! Antiques, collectibles & more! Over 75 vendors. Admission \$3, 11 a.m. - 4 p.m. Sunday, September 2, 2018, Fair Grounds, Boissevain MB.

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Ben Klassen, Arnes.....	\$729.000	Philip Bauernhuber, Arborg.....	\$1,900.00	Cynthia Webster, Gimli.....	\$449.00
Iga Kowalsky, Riverton.....	\$599.000	Simonetta DeSante, Riverton.....	\$529.00	George & Maria Wiebe.....	\$51.00
Iga Lupyk, Riverton.....	\$677.00	Danielle & John Weedon, Riverton.....	\$1,799.00	Debbie & Adrian Zelenitsky, Gimli.....	\$858.00
Rick & Vickie McCorrister, Peguis.....	\$2,067.00	Bev Webb, Fisher Branch.....	\$129.00	Doreen Steg, Camp Morton.....	\$1,474.50
Yvonne Stranger, Peguis.....	\$1,329.00	Alan McKay, Arborg.....	\$349.00	Darlene Jonsson, Gimli.....	\$529.00
Ralph Sutherland, Fisher Branch.....	\$1,158.00	Zenith Poole, Arborg.....	\$848.00	Delbert & Luwana Brandt, Riverton.....	\$1,799.00
Olga Swatiuk, Arborg.....	\$788.00	Barb & Menno Friesen, Riverton.....	\$559.00	Brenda & Ed Anderson, Princess Harbor.....	\$529.00
Tony & Leona Vandersteen, Fisher Branch.....	\$699.00	Pat Dudrak, Arborg.....	\$499.00	Linda Williams, Peguis.....	\$339.00
Thelma Jaworek, Arborg.....	\$848.00	Mary Dunlop, Gimli.....	\$109.00	Eugene Feschuk, Gimli.....	\$2,227.00
Dan & Lynn Chymy, Fisher Branch.....	\$329.00	Jean Harrison, Arborg.....	\$1,988.00	Ida Jean Buck, Hodgson.....	\$26.75
Riverton Group Home, Riverton.....	\$2,699.00	Roxanne Roche, Arborg.....	\$1,868.00	Glen & Phyllis Stevenson, Peguis.....	\$877.00
Ainsley Gibbs, Arnes.....	\$79.00	Ernie & Lucille Stabner, Eriksdale.....	\$1,349.00	Don & Betty Johnson, Arborg.....	\$1,299.00
Jonas Roche, Arborg.....	\$349.00	Nancy Woychshyn, Arborg.....	\$499.00	Patricia McCallum, Gimli.....	\$569.00
Margaret Podaima, Fisher Branch.....	\$769.00	Donna & Ray Andert, Gimli.....	\$899.00	Joyce Bielik, Riverton.....	\$29.95
Michael Eyoifson, Riverton.....	\$617.00	Wilf Ashley, Arborg.....	\$479.00	Marvin Olson, Arborg.....	\$29.95
George R. Weibe, Arborg.....	\$1,227.00	Jake Barkman, Riverton.....	\$619.00	Jeroline Smith, Peguis.....	\$1227.00
Janice Sinclair, Peguis.....	\$209.00	Mike & Thelma Blahey, Arborg.....	\$557.00	Sandra Jonasson, Arborg.....	\$549.00
Geraldine & Jamie Stephenson, Riverton.....	\$1,711.00	Elaine Bolter / Geoff Crew, Sandy Hook.....	\$999.00	Melissa & Jeff Abuda, Arborg.....	\$3,339
Dean & Sharmaine Murdock, Dallas.....	\$319.00	Karen Dzaid, Arborg.....	\$499.00	John Paul Avison, Arborg.....	\$679
Theodore Zagozewski, Riverton.....	\$119.00	Natalia & Roger Eyoifson, Riverton.....	\$1638.00	Carol & Dan Beauchemin, Inwood.....	\$1,329
Morris Willis, Riverton.....	\$148.13	Randy & Glenda Forster, Hodgson.....	\$1898.00	Jim Dingwall, Camp Morton.....	\$1,038
Glen Syme, Arborg.....	\$59.00	Perry & Genni Hibbert, Arborg.....	\$479.00	Eugene Feschuk, Gimli.....	\$698
Rob & Kelly Selkirk, Peguis.....	\$2,399.00	Kris & Begga Johannesson, Riverton.....	\$939.00	Jason Hudson, Riverton.....	\$1,278
Pete & MaryPlett, Arborg.....	\$599.00	Rick & Sheila Johnson, Arborg.....	\$349.00	Darlene Jonsson, Gimli.....	\$359
Donald Ostertag, Gimli.....	\$1,448.00	Bertha Jonasson, Arnes.....	\$769.00	Ruth Kennedy, Arborg.....	\$549
Peguis Free Spirits Child Care, Peguis.....	\$189.00	Donna Jonasson, Arnes.....	\$399.00	Benita Muzyka, Arborg.....	\$388
Brent Melsted, Arborg.....	\$599.00	Jeannette Kist, Gimli.....	\$121.87	Archie Thompson, Arborg.....	\$549
A.W. Mabon, Gimli.....	\$1,027.00	Kevin & Lisa Klym, Arborg.....	\$774.00	Amanda Unger, Riverton.....	\$799
Brian Jonasson, Arnes.....	\$454.00	John & Tina Kornelson, Arborg.....	\$689.00	Evelyn Wallach, Poplarfield.....	\$899
Phyllis Dueck, Riverton.....	\$767.00	Kent & Helena Kostshyn, Lundar.....	\$639.00	Judy Wells, GrandePointe.....	\$119
John & Nellie Burak, Arborg.....	\$599.00	Thomas Kowalchuk, Fraserwood.....	\$499.00	Lynn Bear, Peguis.....	\$239.00
Andrew Barr, Winnipeg.....	\$1,749.00	Layne & Holly Kulbacki, Arborg.....	\$599.00	Hazel Brunen, Eriksdale.....	\$729.00
Crystal Sigurdson, Riverton.....	\$699.00	Edward Penner, Arborg.....	\$619.00	David Chudy, FisherBranch.....	\$1,499.00
Robert & Ellen Martin, Arborg.....	\$1,330.00	Keith Poleschuk, Arborg.....	\$2082.00	Susie and Brian Eyoifson, Riverton.....	\$528.00
Ronald Ostryzniuk, Poplarfield.....	\$479.00	Nelson Spence, Hodgson.....	\$479.00	Nelson Hudson, Koostatak.....	\$629.00
Margaret S.Wilson, Peguis.....	\$1,699.00	Tanya & Lyle Thorgilsson, Lundar.....	\$329.00	Larry and Valerie Kornelsen, Arborg.....	\$799.00
Stacey Ledingham, Riverton.....	\$1,279.00	Nancy Woychshyn, Arborg.....	\$768.00	Jason Loewen, Arborg.....	\$859.00
Wayne Barkman, Arnes.....	\$799.00	Mathew & Gemma Avison, Arborg.....	\$219.00	Rita Milne, Gimli.....	\$1,327.43
Kathy Taylor, Winnipeg Beach.....	\$599.00	Raymond Bazinet, Eriksdale.....	\$389.00	Minerva Ladies Aid, Gimli.....	\$659.00
Doreen Steg, Camp Morton.....	\$299.00	Lynn Bear, Peguis.....	\$1,044.00	Sheila Murdock, Koostatak.....	\$1,018.00
Lloyd Sigurdson, Arborg.....	\$599.00	Ken & Linda Cherepak, Arborg.....	\$49.01	Ruth Otto, Ashern.....	\$1,829.00
Glen & Norma Plett, Arborg.....	\$629.00	Debbie Deveau, Eriksdale.....	\$249.00	Gwen Adams, Matlock.....	\$1499.00
Jeannette Nickols, Riverton.....	\$1,699.00	Dorothy Dubchak, Gimli.....	\$899.00	Buddy Chudy, Fisher Branch.....	\$1298.00
Agnes Furguta, Riverton.....	\$939.00	Sid & Beatrice Dueck, Arborg.....	\$569.00	Dave and Mary Crate, Koostatak.....	\$529.00
Scott McDougall, Ashern.....	\$369.00	Don Firman, Arborg.....	\$529.00	Frank Dziedzic, Stonewall.....	\$859.00
Doug Moroski, Meleb.....	\$399.00	Leslee Gislason, Riverton.....	\$699.00	Heather Fedorchuk, Gimli.....	\$1119.00
John Harper, Hodgson.....	\$799.00	Heather Hamaberg, Teulon.....	\$749.00	Ilean Haldane, Winnipeg Beach.....	\$1979.00
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Brad Baziniak, Riverton.....	\$698.00	Star Johanneson, Arborg.....	\$549.00	John Logan, Teulon.....	\$1126.99
Allan Porter, Peguis.....	\$1,698.00	Allan & Janie Johnson, Riverton.....	\$1,039.00	Todd and Lisa Mazur, Fisher Branch.....	\$72.40
Peter & Verna Bodnar, Arborg.....	\$1,028.00	Richard & Doris Dueck, Arborg.....	\$59.90	Jason and Sarah Naylor, Arborg.....	\$1328.99
Zenith Poole, Arborg.....	\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....	\$499.00	Peter and Lisa Sawatzky, Arborg.....	\$249.00
Kevin & Lisa Klym, Arborg.....	\$179.00	Jeff Melsted, Gimli.....	\$120.00	Donna and Jim Skinner, Arborg.....	\$50.94
Joan Hudson, Hodgson.....	\$979.00	Beverly & Bryan Plett, Arborg.....	\$2,148.00	Allen Spence, Hodgson.....	\$1199.00
Leonard & Joyce Jackson, Gimli.....	\$2,427.00	Bruce Reimer, Arborg.....	\$1,308.00	John and Mary Troyan, Arborg.....	\$868.99
Amanda Rundle, Riverton.....	\$258.00	Ray Reimer, Arborg.....	\$399.00	Boyd Abas, Hodgson.....	\$338.99
Kay Bergman, Arborg.....	\$2,229.00	Richard & Judith Werner, Arnes.....	\$419.00	Sharon J. Bear, Peguis.....	\$39.99
William & Ethel Brown, Gimli.....	\$5,000.00	Don Barkman, Arborg.....	\$279.00	Sophie Bristow, Gimli.....	\$49.00
Mike Budniak, Meleb.....	\$1,504.10	Noreen Barkman, Arborg.....	\$679.00	Susan & Greg Brown, Lundar.....	\$1,713.00
Leona Cochran, Koostatak.....	\$499.00	Mark Bayliss, Arborg.....	\$19.95	Elaine Bruce, Ashern.....	\$449.00
Ivan & Christine Fridfinnson, Arborg.....	\$737.10	Melvin & Carol Bilinski, Fisher Branch.....	\$999.00	Linda Foster, Matlock.....	\$408.00
Jocelyn & Tony Hayka, Arnes.....	\$949.00	Jim & Wanda Brandson, Lundar.....	\$916.00	Dan & Nyla Klatt, Grahamdale.....	\$649.00
John Hudyma, Fraserwood.....	\$599.00	Paul & Linda Buus, East Selkirk.....	\$338.00	Rosemarie Kawalenko, Arnes.....	\$1,929.00
Alex Klimchuk, FisherBranch.....	\$575.00	Richard & Doris Dueck, Arborg.....	\$59.90	Lenore Mahase, Winnipeg.....	\$369.00
Kevin & Lisa Klym, Arborg.....	\$1,484.00	Henry T. Friesen, Arborg.....	\$1727.95	Melissa Markusson, Gimli.....	\$399.00
Claudia Krawchuk, Fraserwood.....	\$499.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00	Darrin Mitcheel, Riverton.....	\$1,703.95
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Tammie McDouid, Arborg.....	\$1,049.00	Darryl & Jeanette Lazarok, Poplarfield.....	\$599.00	Ashley Prince, Peguis.....	\$20.00
John Miller, Broad Valley.....	\$69.95	Jason Loewen, Arborg.....	\$59.90	Glen Tamoto, Sandy Hook.....	\$1,179.00
Ronald Plett, Arborg.....	\$499.00	Jeff Melsted, Gimli.....	\$1759.00	Rick Weins, Arborg.....	\$649.00
Frank Reimer, Arborg.....	\$658.00	Candace Sigurdson, Riverton.....	\$499.00	Tracy Sigvaldason, Arborg.....	\$59.00
Dave & Eileen Short, Arborg.....	\$98.00	Fern & Phillip Sinclair, Peguis.....	\$279.00	Della Sinclair, Koostatak.....	\$1599.00
Phil Thorkelson, Arborg.....	\$599.00				

A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Sept 29th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to the daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.

We must reduce our inventory and to ensure we do, we will even give it away for one day!

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- SALE RULES**
- All sales must be paid in full to qualify for this sale.
 - Visa, Mastercard or Smitty's Credit Cards accepted.
 - Sale Starts 9a.m. Tues., Sept. 4 and ends Sat., Sept. 29, 6p.m.
 - All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 3, 6p.m.
 - All sales tallies and free day will be verified by our accounting firm.
 - Commercial sales excluded in tallies and free day.
 - All taxes excluded in tallies and refunds.
 - No returns or substitutions for these 20 sale days.

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