

**GET YOUR CO-OP BOMBER
GAME DAY PACKS Here!**
Buddy 2-Pack \$60
Family 4-Pack \$125*
*Includes a Parking Pass



Interlake

ERIKSDALE LOCATIONS • Grocery • Hardware

ARBORG LOCATIONS • Food Store
• Gas Bar • Card Lock

BULK PETROLEUM 204-376-5201 or 204-376-5245



THE EXPRESS

VOLUME 2 EDITION 40 THURSDAY, OCTOBER 1, 2015

WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD



Making a difference

Zack Gross of Sandy Hook recently won a Lifetime Achievement Award from Fairtrade Canada for his dedicated efforts to raise awareness about economic inequality in the global south. See story pg. 5. EXPRESS PHOTO BY PATRICIA BARRETT

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

RONA

BUILDING CENTRE GIMLI
www.rona.ca



**Our wood pellets
have arrived**

*Drop in today and get a jump
on the cool weather.*



1-877-770-7662

HOURS: OPEN 7 DAYS A WEEK MON-SAT 9 am - 6 pm • SUN 12 - 4 pm

Zebra mussels swarm Gimli Harbour

By Austin Grabish

The recent invasion of zebra mussels at Gimli Harbour has left one local business owner shaking his head and worried about what the invasive species could do next.

Lake Agassiz Marine owner Dean Thorkelsson says there's "just incredible numbers" of zebra mussels at Gimli Harbour right now.

He kept track of zebra mussel sightings in Gimli last year, and estimates boats coming off the water would have 100 to 150 zebra mussels attached at any given time.

Now he says it's next to impossible to keep track of how many mussels are coming back on boats.

"We can't stop and count them, but we're talking in the millions," he said.

Thorkelsson said the increased number of zebra mussels has already put a strain on his business, which stores and services hundreds of boats a year.

"It has caused us a great deal of difficulty because as we pull these things out, we normally give these boats a half-hour wash, and now they're spending an hour-plus trying to get zebra mussels out," he said.

Thorkelsson said none of the boats he's worked on have had clogged engines from the mussels but knows that's one thing zebra mussels are notorious for doing.

"We expect that to be the next thing we see," he said.

Thorkelsson thinks Gimli Harbour is the perfect breeding ground for zebra mussels. The concrete and steel at the harbour provide plenty of spots for the mussels to cling to.

"They just love to attach themselves to the concrete and steel and hard surfaces," Thorkelsson said.

Zebra mussels were first found in the Gimli Harbour back in the fall of 2013.

Last spring, the province said it had successfully eradicated the mussels from Gimli Harbour after liquid potash was dumped in the marina as part of a controversial experiment, which cost taxpayers over \$500,000.

The project was initially deemed a success, but zebra mussels were soon found lurking in the harbour again.

An emailed request for comment sent to the province was unreturned by press deadline.



EXPRESS PHOTO COURTESY DEAN THORKELSSON

This photo taken on Sunday in Gimli shows zebra mussels stuck on the bottom of the boat pictured above. The invasive species, which multiply by the millions, have swarmed Gimli Harbour in recent weeks.

LUNDAR INNOVATIVE SUPPLY

Now's the time to Prep for **WINTER!**

Heat Master Outdoor Wood Boilers from **\$6295**

Call Mark Eyolfson
(204) 762-5661
lundar-supply@hotmail.com

RCMP locate missing youths

By Jeff Ward

The two missing youths who were last seen in Lundar were found safe and unharmed in Scanterbury only 24 hours after the RCMP alert went out.

The two boys, Binesi Kennedy, 11, and Isiah Sinclair, 13, were found 165 kilometres away from where they were last seen in Lundar on Thursday, Sept. 24. The investigation into how the boys travelled so far on just their bikes is being led by Child and Family Services (CFS). The boys went missing on Sept. 20 and were gone for four days before being found in Scanterbury.

"While we can't get into the specific details of

how they were found, we want to express our heartfelt thanks to the various police agencies involved, child advocate groups as well the family of the youths for their assistance in locating the boys safely," said Sgt. Bert Paquet, media relations officer for the RCMP.

RCMP aren't able to comment on who found the boys, but they did say in their press release that during their initial investigation, they found that both Kennedy and Sinclair were planning to run away to Winnipeg together.

Paquet credits quick reaction from the media and the public in helping locate the boys quickly and safely.

STAR

MACHINE SHEDS
INSULATED SHOPS
CATTLE SHELTERS
HAY SHELTERS
GRAIN & VEGETABLE STORAGE
AIRPLANE HANGERS
COMMERCIAL BUILDINGS

POST FRAME BUILDINGS

40 X 60 X 16 POST FRAME BUILDINGS
STARTING AT \$35,840.00 PLUS GST.
CALL FOR DETAILS

1066 Springfield Rd. at Lagimodiere Winnipeg MB
(204) 669-9200 Toll Free 1-888-545-2662
STARREADYTOMOVEHOMES.COM

CSA INTERNATIONAL

STAR
READY TO MOVE HOMES

Half beards and mutton chops to raise awareness about human trafficking

By Austin Grabish

Jason Friesen is hoping you'll take note of his beard now — and when he has just half of it left as part of a bid to raise awareness about human trafficking next month.

For the second year in a row, Friesen, a Riverton resident, is spearheading Justache October, a month-long campaign that encourages men with all beard types to turn their flow into moustaches, mutton chops and half cuts.

Entitled Justache to include the first four letters of the word "justice," the campaign is a fundraiser for International Justice Mission Canada, a faith-based organization that fights sex trafficking in developing countries.

On Oct. 1, Friesen, 29, shaved the left side of his beard, which has been sprouting strong over the last 11 months.

Having done this once before, he knows the move will attract attention. "People will be like "Dude, what happened?" "Friesen said.

An enlightening presentation on the Cambodian sex trade by International Justice two years ago disturbed Friesen so much he decided to start Justache.

"The tipping point was seeing a photo of a bunch of girls that they had rescued from commercial sexual exploitation," Friesen said.

"It's been in the dark far too long." International Justice Mission



EXPRESS FACEBOOK PHOTO Friesen is seen in this 2014 Facebook photo with just half of his beard.



EXPRESS PHOTO BY AUSTIN GRABISH

Riverton resident Jason Friesen, 29, will chop his beard in half to raise awareness about human trafficking next month.

spokeswoman Petra Kooman said the charity's goal is to strengthen justice systems for citizens living in developing countries, like Cambodia, where sex trafficking and slavery are prevalent.

Kooman praised Friesen and anyone else who takes part in Justache, acknowledging it'd probably be a little embarrassing to walk around with half-shaved faces and mutton chops.

"They kind of have to put their money where their mouth is and then go out in public with this look," she said in a phone interview from London, Ont.

Justache officially begins on Oct. 1, and anyone with facial hair can get in on the fun by turning their bristles

into something different and catchy.

Friesen is hoping Justache will raise \$50,000 for International Justice.

"We're expecting that it will go big," he said.

Anyone interested in donating or taking part can learn more by visiting justacheoctober.com

Speiss elected for Arborg councillor

By Patricia Barrett

Larry Speiss was elected councillor in the town's Sept. 23 byelection.

A total of 155 ballots were cast. Speiss received 100 votes. Tammy Karatchuk, who also ran for the seat, received 55.

Speiss will attend his first council meeting Sept. 30 and will be sworn in.

The 57-year-old retired postal worker will assume the council seat vacated by Erica Bardarson this summer.

Speiss will serve the remainder of the current four-year term.



Larry Speiss

Special treat for stargazers



EXPRESS PHOTO BY JO-ANNE PROCTER

Stargazers across Canada were mesmerized by a blood-red moon in the sky on Sunday night as a rare lunar eclipse and supermoon happened simultaneously. Viewers across the Prairies could see the partial eclipse. The moon started turning red just after 8 p.m. with the total eclipse following around 9 p.m. The last lunar eclipse was in 1983, according to NASA, which calculates the next one won't be until 2033.

COUPON




*May not appear exactly as shown

Whitecaps
Family Restaurant

72-1st Ave. Gimli, MB
(204) 642-9735
Tues-Sun 11 a.m. to 8 p.m.
Banquet Room Available for meetings & parties.

Denver Cheese
Omelette

Buy one, get one Free

Only \$9.95

Coupon Expires October 31, 2015

New, expanded Lyme disease risk areas identified

By Staff

Blacklegged ticks that carry Lyme disease are expanding their reach across the province.

Provincial health officials warned last Friday the bug is expanding to new areas in the northward and westward regions of the province, which includes the Interlake region.

Areas such as Teulon and Patricia Beach are now considered risk areas for Lyme disease.

A provincial monitoring program that tracks blacklegged ticks identified a number of new and expanded Lyme disease risk areas.

A press release from the province said the risk of tick-borne disease transmission is greatest in these areas.

Blacklegged ticks are commonly found along the edge of forests and in areas with thick, woody shrubs and other vegetation.

Limiting exposure to blacklegged ticks is the key to tick-borne disease prevention, officials say.

The province says Manitobans can take precautions to minimize their risk of tick exposure by applying tick-repellent, inspecting themselves, children and pets after spending time



A blacklegged tick.

outside, and staying to the centre of walking trails.

Wearing long pants and long-sleeved shirts is also recommended as is keeping grass and shrubs around homes cut short. This will create drier environments that are less suitable for blacklegged tick survival.

Blacklegged ticks can cause Anaplasmosis, Babesiosis in addition to Lyme disease.

Symptoms of the three illnesses include everything from fever, chills, headache, joint aches, body aches, loss of appetite, nausea or fatigue and

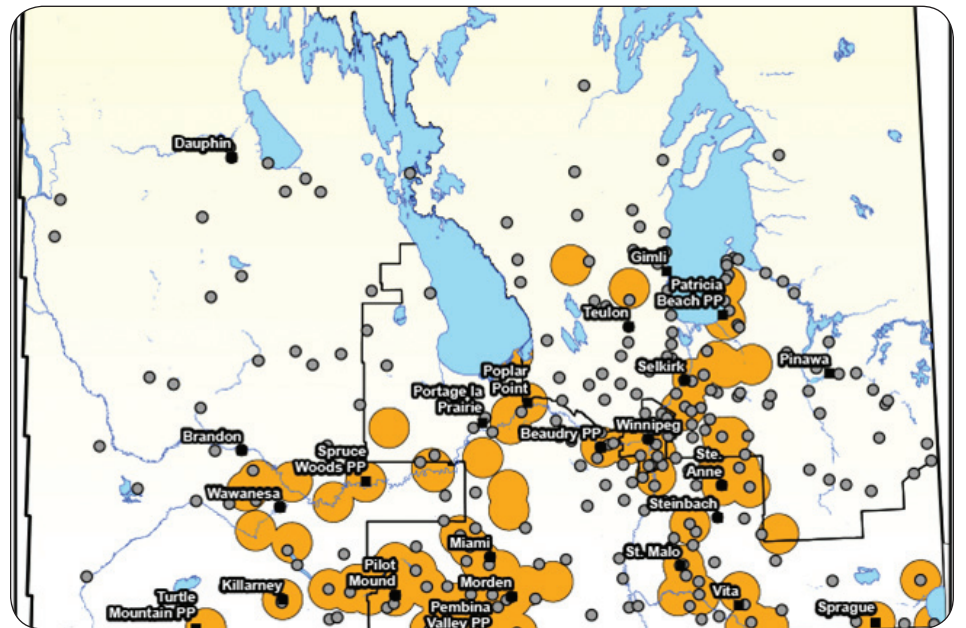


PHOTO COURTESY: CENTERS FOR DISEASE CONTROL AND PREVENTION

Blacklegged ticks like the one pictured left transmit a bacterium that causes Lyme disease. Provincial officials say the ticks are spreading to the northward and westward regions of the province.

vomiting.

Symptoms can begin as early as three days after a bite has taken place or be delayed by as much as six weeks.

A total of 11 people have already contracted an illness from blacklegged ticks so far this year.

People who think they may have a tick-borne disease should see their doctor. For more information, they may also contact Health Links-Info Santé at 204-788-8200 or (toll-free) 1-888-315-9257.

SAT. SEPT. 19th (Day #10) WAS FREE DAY

All these customers received their purchase FREE!

Congratulations!

- | | |
|---|---|
| Philip and Sue Bauernhuber - Arborg \$338.00 | Rob and Kelly Selkirk, Koostatak \$389.00 |
| Kim and Ron Becker - Arborg \$578.99 | Sherman Sinclair, Koostatak \$498.00 |
| Mike Devlin - Gimli \$899.00 | Margaret Sutherland, Peguis \$1,869.00 |
| Susie and Brian Eyolfson, Riverton \$789.00 | Kelly Sweetland, Arborg \$2,727.00 |
| George and Leslie Larkin, Peguis \$619.00 | Jim Want, Petersfield \$719.00 |

we are pleased to add these winners to our ever growing list...

TOTAL \$9,425.99

Smitty's
FURNITURE & APPLIANCES

"The largest selection of Furniture & Appliances between the lakes"

321 MAIN ST. ARBORG
376-5242 TOLL FREE 1-800-361-4156
www.smittysfurniture.net
E-mail: smittysfurniture@mts.net
Fax: 376-5577

HOURS: 9 - 6
TUES. - SAT.



Grand Total to Date \$214,921.51

Fair trade advocate wins Lifetime Achievement Award

By Patricia Barrett

The dedicated efforts of a Sandy Hook resident to raise awareness about economic inequality in the global south has earned him a Lifetime Achievement Award from Fairtrade Canada.

Zack Gross, outreach co-ordinator for the Manitoba Council for International Cooperation (MCIC), has been an advocate for fair trade for 45 years.

"It's a case of justice," said Gross, referring to the poor compensation workers in developing countries receive. "We need to find ways to give them a sustainable income so that they'll be financially better off in the long run."

Gross travels the province and the country meeting with businesses and giving presentations to raise awareness of fair trade and fair trade certified products.

"We have met with corporations and government representatives at dif-

ferent institutions," said Gross, "and found there is a lot of interest."

Fair trade helps producers and exporters in the global south (formerly referred to as the Third World) earn higher prices for their goods, negotiate favourable trading conditions and develop sustainable businesses.

There has been a shift in thinking when it comes to social and economic fairness.

"What we've found on a national level," said Gross, who writes columns for the *Brandon Sun*, "is they're buying into a fair trade system because consumers want to buy organic, green products."

Small businesses and educational institutions in the Interlake are also supporting fair trade, Gross said.

In Gimli, for example, the Fresh Carrot uses fair trade coffee, sugar, chocolate and spices. Gimli itself is a designated a fair trade town. Stonewall Collegiate was the province's first

school designated a fair trade school. Gimli High School is also a strong advocate of fair trade initiatives.

Companies that incorporate fair trade products into their stock (even a few) are given a promotional boost by Fair Trade Manitoba, a program run by MCIC.

"We pick a business prepared to adopt fair trade," said Gross, "and we do social media for them."

Gross has launched social media campaigns for Gimli's Fresh Carrot, which is opening a Winnipeg store, Chocolatier Constance Popp, an artisan chocolate maker, and Jonnies Sticky Buns in Winnipeg.

Gross distinguishes between promoting a company and promoting its decision to adopt fair trade products.

"We're telling people to buy fair trade products — not where to buy them."

Seventy per cent of fair trade goods are coffee, cotton, sugar and cocoa,

said Gross. The fair trade philosophy is one way to ensure fewer people in developing countries will be exploited.

"When you buy a chocolate bar," said Gross, "chances are the cocoa has been harvested by child labour."

Gross said it may be difficult to change the practices of big corporations that shy away from fair trade products, but he can "support alternative organizations" that embrace the system.

Fairtrade Canada, a non-profit organization that oversees the certification and licensing of fair trade products and educates businesses and consumers, awarded Gross the Lifetime Achievement Award two weeks ago.

"People who believe in fair trade," said Gross, "are trying to make a better world for producers."

Home business vendors gather for Mall in the Hall

Ashern to host home-based business show Oct. 3

By Jeff Ward

This weekend nearly 30 home business vendors will be selling their wares to the public in what hopes to be the first of many events showcasing the diverse range of home-based businesses.

Mall in the Hall takes place on Saturday, Oct. 3 at Ashern Centennial Hall, from 10 a.m. until 2 p.m. and will have 27 different home-based business vendors selling items including Tupperware, Pampered Chef and Epicure amongst others. Home-based businesses like these are often excluded at other events, like farmers markets and craft sales, so an event that solely caters to showcasing them is one that quickly became popular.

"The spots were in high demand,"

said organizer Courtney Kostas, who also runs a home-based business called BeachBody.

"The vendors are from all over the Interlake, but also we have some from Winnipeg, Warren and even Steinbach. We're only taking one representative from each company and it's a first-come, first-serve."

All of the spots for this weekend's event are already spoken for and went quickly, according to Kostas.

One of the great by-products of the Mall in the Hall,

other than giving some local businesses a chance to get some exposure, is that all the proceeds from the event are going to a local community group. The event will take in money through the rental of the tables, as well as through a silent auction, and will give that money back to an organization in need. Each vendor has generously donated a prize for the silent auction.

"I haven't decided which organization will get the money yet, but I think it's just a good way to give back and have the event support even more ar-

eas of the community," said Kostas.

Kostas got the idea from a similar event in Cypress River. Once she began talking with people in the community about the idea, she realized that there was some significant interest and decided to begin organizing.

During the Mall in the Hall, there will be a lunch put on by the Ashern 4-H Club, which will be providing pulled pork on a bun from Danny's Whole Hog.

Mall in the Hall is free to attend.



**Immaculate Conception Parish
FALL SUPPER & RAINBOW AUCTION
Fisher Branch Comm. Centre
Sunday October 4, 2015
SUPPER 5PM to 6:30**

Supper prices: Under 6 yrs - **FREE**
Youth (6-12 yrs) - **\$6**
Adults (13+) - **\$12**

The Stonewall Chamber of Commerce & Teulon Chamber of Commerce

invites you to an

ELECTION FORUM

MONDAY, OCTOBER 5TH

Gunton Greenwood Community Hall

56 John Street, Gunton

Doors open 6:00pm - Forum starts 6:30pm



Attending candidates
FOR
Selkirk-Interlake-Eastman

**EVERYONE
WELCOME**

**James Bezan - Conservative
Wayne James - Green Party
Joanne Levy - Liberal
Deborah Chief - N.D.P.**

**THE
Flicks** 
CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:

Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

**HOTEL
TRANSYLVANIA
2**

Frightening Scenes **G**

FRI TO THURS OCT 2-8

CLOSED TUESDAY

FRI & SAT AT 7:30 & 9:30 PM

SUN-MON, WED-THURS

AT 7:30 PM

**THE
MARTIAN**

FRI TO THURS OCT 9-15

CLOSED TUESDAY

AT 8:00 PM

EACH NIGHT

Not recommended for young children;
Language may offend **PG**

THE EXPRESS WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES
Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Jeff Ward



REPORTER/PHOTOGRAPHER
Austin Grabish



SPORTS REPORTER
Brian Bowman



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Dad jumps into water to catch sons master angler

Welcome back, gang.

The memory of the unbelievably deep blue waters of Norris Lake came back to me as I drove northwest of Teulon to the small yet comfortable provincial park by the lake's east side.

Rolling slowly along the narrow winding gravel lane facing the shore last weekend, strong winds whipped up large waves that combined with the lake's aeration system to make the water an even deeper, richer blue. On either side of the lane, RVs and boats of all shapes and sizes sat parked with folks passing the time with neighbours while kids ran around the beach and playground.

I stopped at one trailer and talked to a chap by the name of Brain Pearson from Teulon who said he has had no trouble catching jackfish off the pier.

A little further down the lane, I noticed a father and son at a picnic table beside their truck and boat. I pulled off the lane, got out of my car and called out to them. No sooner had I introduced myself to the father, Patrick Emms of Stonewall, when his son Kaleb — a very bright, quick-witted boy — impressed upon me with great authority that he had just caught a big fish. Naturally I asked him to describe the catch. He didn't need any coaxing. He hastily told how a giant fish got caught on his hook then swam up close to their boat. He began talking faster, his voice getting higher as he described how the fish bent the end of his rod right into the water then swam under the boat. Now dad jumped in to help. He grasped the line and pulled a 32" jackfish into the boat as the boy shook with excitement.

After I congratulated him on a great catch, Patrick mentioned that Kaleb had been in the *Stonewall Teulon Tribune* the week before for participating in the town's prostate cancer Quad Ride for Dad event. Patrick can be rightly proud of Kaleb. That kid is something special.

I ran into John Bear from Scanterbury last week and he said that the fishing on "first creek" at Brokenhead almost at the Lake Winnipeg opening has been really good lately. He said he was fishing out of his boat there and got a vicious strike. Working with light tackle, he played his catch patiently and eventually a long, huge jackfish surfaced, slowly swimming right toward him. Now John has been around a while and has had many a varied fishing experience but this fish, honestly, just plain scared the heck out of him. It looked like a small alligator. Suddenly it rose its



EXPRESS PHOTO BY ARNIE WEIDL

Stan Stepler with a beautiful walleye he caught off Breezy Point.

head and seemed to look John right in the eye. Then with a shocking sideways jerk, it tossed the hook and slipped quietly back down into the deep, dark water. John, stunned for a moment, was thankful he didn't have to fight to release the monster.

Now let me introduce you to a chap, Stan Stepler, who as a boy would jump on his bike with fishing gear and cycle all the way from Winnipeg to Lockport to fish every chance he got. We met at Breezy Point last Friday and casually talked for some time. Now retired with a nice truck, boat and all the fishing equipment anyone could ever need, he still liked to think back about going fishing on his bike when he was a kid. Presently he laughed, saying that he was glad he had caught a few good ones today because he did not want to be here tomorrow with all the anglers congregating for the Walleye Masters Cup put on by the Central Walleye Trail organization. As we parted company, he said he was looking forward to the fall run of walleye that he knew would come here when it gets cooler.

Well, from young Kaleb's exciting first catch to Stan's love of fishing that started as a boy years ago, we see the reason why we all go fishing — the possible surprise of catching something special.

So-long till next week, my friends.

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
Advertising: ads@expressweeklynews.ca
News: news@expressweeklynews.ca



Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication

Stonewall Teulon
Tribune

The Selkirk Record

The Winkler Morden Voice

> CONTACT US

By phone: **204-467-5836**

fax: 204-467-2679

Find us: **74 Patterson Dr.,**

Stonewall, MB R0C 2Z0

Office Hours: Mon. - Thurs.: 8:00am-5pm

Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Robin Chestnut 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-467-5836
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jeff Ward (Highway 6) 204-298-3381
jeff@expressweeklynews.ca

Austin Grabish 204-785-1618
austin@selkirkrecord.ca

Brian Bowman
Sports Reporter
sports@expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 13,183 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we will connect our people through stories in the paper to build stronger communities.

Senior administration changes at Eriksdale School

By Jeff Ward

Students at Eriksdale School have a couple of new faces sitting at the desks of the senior administration this year.

And if the passion and experience that come with the hiring of Alison Martilla as principal and Tracey Parkes as vice-principal at Eriksdale School is any indication, the future of students looks promising.

Joanne Mulvena previously filled the role of principal, when Martilla was the vice-principal at Eriksdale. Parkes was vice-principal and learning support

at Ashern Central School last year.

The duo is looking forward to working together. They are a great team and have divided their responsibilities quickly during the summer months so that each of their individual strengths can be put to good use.

**"I BELIEVE
PASSIONATELY
IN THE FUTURE
OF OUR
STUDENTS."**

"The two big goals of the school are literacy and numeracy. Martilla is really excited about literacy and I'm excited about taking on numeracy," said

Parkes.

"It works out really well because they're both passions of ours and I'm

also teaching Grade 7 and 8 math. Our passions in this regard balance out perfectly."

Of course, with dividing up the responsibilities between the two, there will be naturally some items on the list that are challenging. Parkes admittedly doesn't have the experience doing grant applications and budgeting but is excited about learning more and tackling the challenge head on.

Martilla has been at Eriksdale School for 17 years and is deeply passionate about helping her school and every student that walks through its

doors. Over the past two years, she's settled in nicely to the vice-principal role, and when Mulvena announced her retirement, Martilla knew it was the next step for her career.

"It was exciting [to get the job]. I think the only piece that changed is that, instead of 20 students, I now have 165 of them," said Martilla.

"I've been in this school for 17 years now and I believe passionately in the future of our students. What I want to see most this year is how far the students can grow."

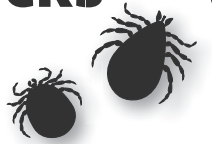


EXPRESS PHOTO COURTESY OF ALISON MARTILLA

Eriksdale School vice-principal Tracey Parkes (left) and principal Alison Martilla are excited about the 2015-16 school year.

Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for surveillance purposes.

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

Passive Blacklegged Tick Surveillance Program
 Cadham Provincial Laboratory
 P.O. Box 8450, 750 William Avenue
 Winnipeg, MB R3C 3Y1



Send your special wishes to your friends and family

- BIRTHDAYS
- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAMS
- THANK YOUS
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES

204-467-5836

classifieds@expressweeklynews.ca



Striking fire: Arborg's fire department in need of upgrades

By Patricia Barrett

The chief of the Arborg Fire Department wants the RM of Bifrost-Riverton and the Town of Arborg to increase funding to replace aging equipment that no longer meets firefighting codes.

"We have one truck that has been on the frontline for 15 years," said Fire Chief George Chzyz, who's been at the helm for 30 years.

That truck is the station's pumper. For a vehicle that's required to go from zero to full throttle when the alarm sounds, a breakdown could hamper the department's ability to effectively fight a fire.

It's not only the truck that's a concern but also the turnout gear, Chzyz said. "Almost half of our helmets are legally out of date."

Through various codes, the National Fire Protection Association establishes minimum levels of protection for firefighting gear.

Arborg Fire Department's list of obsolete equipment extends to face masks, breathing apparatuses (oxygen tanks), jackets and boots.

Chzyz said he understands there are only "so many dollars" the municipality can provide, but the onus is on him to keep his firefighters — and the public — safe.

"I have to make the decision as fire chief," said Chzyz. "If I send him in and he gets hurts, I'm liable because I didn't do my due diligence."

The Manitoba Municipal Officials Guide, issued by the Office of the Fire Commissioner, lists several Acts governing emergency services. In 2004 the federal government added a new clause to the Criminal Code, making occupational health and safety negligence (Bill C-45) a crime.

"Organizations, including municipal corporations and/or its officers, can be charged with a criminal offence if it is found that they have not taken reasonable steps to prevent bodily harm to any person," it reads. The section outlining a fire chief's responsibilities refers to liability for ineffective equipment, techniques or incompetence.

The RM and the town split the cost of the Arborg fire service, which covers about 75 per cent of the RM's 1,200 square miles and acts as backup to Riverton, Gimli, Fraserwood and Fisher Branch.

"It takes a special breed to be a firefighter," said Andy Barylski, whose boots date to 1991. His helmet tag says 1987.

"You go in and you shake afterwards."

He said the younger guys are "gung-ho" and it's important to have their equipment up to code.

"The new jackets are more resistant to fire," said the firefighter, who has dealt with everything from structural fires to airplane crashes to chemical spills. "They're also much lighter."

With the added weight of the hoses, firefighting gear can take a physical toll on the body, he said.

In one corner of the station, there are at least 20 obsolete breathing apparatuses (lacking CSA approval). And the department's thermal imager, which costs about \$14,000, is "on its way out." The imager is a vital piece of equipment.

"If you've got an oil drum fire, for example," said Barylski, "the imager can tell you how hot it is." That in turn can indicate whether it's too dangerous to approach. The device can detect fires burning behind walls and help locate victims in thick smoke.

The issue of obsolete equipment is something the fire chief said he has brought to the attention of the joint fire committee on numerous occasions over



The station has about 20 obsolete breathing apparatuses, which lack CSA approval. They are also significantly heavier than approved models, creating added weight for firefighters.



An obsolete helmet from 1987 is still being used by the fire department

the years.

He said he has even recommended the creation of a fire service levy, something the RM Hanover in southeastern Manitoba is currently considering.

"If we show up on the worst day of their life, they're grateful," said Chzyz, referring to a fire. "But they don't know what it costs to provide the service."

The fire committee is aware the station is working with obsolete equipment, but it faces a number of funding challenges.

One is the ability to attract business to the area and boost economic development that in turn provides money for basic services.

"We need a bigger tax base," said Morley Nordal, who sits on the fire committee and is Ward 3 councillor for the RM Bifrost-Riverton.

He said the municipality is trying to attract new business through its Community Development Corporation.

The municipality also has to provide for its other fire department — Riverton's — which was brought into the fold last year.

"It's the first year of the amalgamated municipality," said Nordal. "And there are a lot of funding issues we have to work out."

Economic challenges aside, Nordal said the safety of firefighters is paramount.

"We understand two things: Firefighters save lives, and they put their own lives on the line."

And that means providing them with the tools they need to do their job.

"Being an employer," said the councillor, who owns Nordal's Auto Body Glass, "I understand the safety aspect. You can't have anybody hurt doing their job."

In the next few months, Nordal said the municipality will meet with Chzyz and the North East Interlake Community Futures Development Cor-



EXPRESS PHOTO BY PATRICIA BARRETT
Firefighter Andy Barylski in front of the Arborg Fire Department's aging pumper. Regular maintenance is required to keep the truck in peak operating condition.

poration (NEICOM) to develop a five-year plan for fire services.

"We appreciate what our firefighters do to no end," said Nordal. "We have one of the best rural fire departments in Manitoba."

Arborg's station deals with a full range of emergencies, receiving between 40 and 50 calls a year, said Chzyz. Not only does outdated equipment put firefighters' lives at risk, but it also affects morale and the ability of the department to attract new recruits.

"We're struggling with membership numbers," he said.

Although the department saw the addition of four firefighters last month, it will lose three by the end of October.

"You can never sit back and relax," said the fire chief. "It cost about \$10,000 for training [four recruits] and about \$3,000 for custom gear."

The trainees themselves put in about 200 hours of time without pay. Once hired, they make \$15 an hour per call.

Over the past 25 years, the station has raised close to a million dollars through fundraising efforts. It built its own hose tower and expanded the second storey of the hall to accommodate a training facility — all using staff labour.

"We had a plumber on staff," said Chzyz, "and local suppliers donate materials. That's how stuff gets done."

He said he's worried it may take a critical incident to get increased funding.

"If someone dies, is that when we'll get new equipment?" said Chzyz. "What is someone's life worth?"

The Arborg Fire Department is holding an Open House Oct. 10 starting with a pancake breakfast at 8 a.m. A vehicle fire and extrication, and a building fire demonstration will take place at the station, 540 River Rd. The department encourages everyone to come out to see what it takes to fight fires.

New principal, same focus for Ashern Central

By Jeff Ward

The retirement of Neil MacNeil at Ashern Central School last year left some big shoes to fill, but with 16 years of educational experience under her belt, Darlene Willetts fit the bill of what Lakeshore School Division was looking for.

Not only does Willetts possess the skills as a teacher in various grades and subjects but also the administration skills as well, spending the 2014/2015 school year as vice-principal of Lundar School.

Willetts has spent her entire educational career in Lundar and Erksdale, so while the move to Ashern Central was exciting, it also took her out of her comfort zone.

"I've been to Ashern for many things in my lifetime but this is my first time not being in my comfort school," said Willetts.

"Every school has little things that are different, so just the sheer learning curve that I've been under really works the brain. I go home exhausted every night because my brain is working very hard all day."

One of the big changes for Willetts coming from Lundar School to Ashern Central is that Ashern is a Leader in Me School. The program, which just got off the round last year, is a life-changing approach to education that

needs to have students and teachers buying in 100 per cent for it to work.

Willetts had done her research about the program and is excited to be apart of it in the early stages. She mentioned that while it will be a bit of an adjustment at first, it will also be something that will teach lifelong lessons to students.

"The concept behind it is those lifelong lessons that kids need to have. So I was very excited to come down and be a part of that and help grow it and build it. They've had one year, very solid foundation, and now we get to take it to the next level," explained Willetts.

Even though the school year is only a few weeks old, Willetts said that as soon as she walked in on her first day, she knew it was the right fit for her and that her decision to apply for the position was a good one.

The thing that Willetts is looking forward to the most this year will be to see her Grade 12s graduating. Not only will it be a personal accomplishment for herself, it will be a moment that will live on forever.

"This will be my first year signing diplomas and to know that they will walk around with those and my signature will be on it is a very incredible feeling," noted Willetts.

"I GO HOME EXHAUSTED EVERY NIGHT BECAUSE MY BRAIN IS WORKING VERY HARD ALL DAY."



EXPRESS PHOTO BY JEFF WARD

Darlene Willetts is the new principal for Ashern Central School and is excited to begin the next step in her long career in Lakeshore School Division.

RED RIVER COLLEGE | INTERLAKE CAMPUS

Upcoming Programming

Full-time Programs

Program	Location	Start Date
Management Development	Peguis/Fisher River	Oct. 20
Child and Youth Care Diploma	Peguis	Nov. 16
Computer Applications for Business Diploma	Peguis	Nov. 16

Courses

Course	Location	Start Date
Weekday:		
College Mathematics	Peguis/Fisher River	Oct. 19
Event Planning	Selkirk	Oct. 22
Bookkeeping and Accounting for a Small Business	Selkirk	Nov. 2
Reading and Writing Skills	Peguis/Fisher River	Nov. 2
Intro to College Studies	Peguis	Nov. 3
Computer Orientation	Peguis	Nov. 4
Keyboarding	Peguis	Nov. 4
Red Cross CPR Health Care Provider Level	Selkirk	Nov. 5
Red Cross CPR Health Care Provider Level	Selkirk	Nov. 6
Exploring Aboriginal Cultures and Issues 1	Peguis	Nov. 10
Administrative Procedures	Selkirk	Dec. 2
Simply Accounting (Sage 50 2015)	Selkirk	Dec. 2
Customer Service	Selkirk	Dec. 15

Evening:

Statistics	LiVE*	Oct. 5
Bookkeeping and Accounting for a Small Business	Selkirk	Oct. 13
Business Communication 1	Peguis/Fisher River	Oct. 20
Management Principles 1	Peguis/Fisher River	Dec. 3
Payroll and Taxable Benefits	Selkirk	Jan. 6

Saturday:

Food Handler's Certificate	Selkirk	Oct. 3
Grievance Handling	Selkirk	Nov. 21

*LiVE - Attend classes online at scheduled times and interact with your instructor and other students. You will need access to high-speed Internet.

For information on these and other courses and programs, call the Interlake Campus at 204.785.5328 or 1.866.946.3241, or see rrc.ca/interlake.

Please join us for our
**Annual General Meeting -
Monday, October 5, 2015**

Pinawa Community Centre, Vanier Drive
(Pinawa Secondary School Gym)

6:00 p.m. Health and Wellness Exhibits

Expert advice to increase wellness in your life! The Mobile Wellness Team, our program staff and our community partners will be on-site to offer healthy lifestyle ideas

7:00 p.m. Annual General Meeting

Featuring a presentation on *Aging in Place* plus a review of Interlake-Eastern RHA activities; presentation of the Community Leadership Award and Chair's Award for Excellence in Customer Service; and a question and answer period. *Everyone welcome. Refreshments will be served.*

For more information, contact:
Toll free: 1-855-347-8500
E-mail: info@ierha.ca
Website: www.ierha.ca



Interlake-Eastern
Regional Health Authority

Arborg Collegiate about to turn on the gas in new science lab

Evergreen School Division receives more than \$420,000 from provincial government

By Patricia Barrett

Students at Arborg Collegiate are almost set to break out the flasks and beakers and fire up the gas in their new state-of-the-art-multi-purpose science lab.

The high school, which is part of the Evergreen School Division, received more than \$420,000 from the provincial NDP government to upgrade its existing chemistry lab into a modern, multi-purpose science room.

"Chemistry starts next semester," said Principal Randy Semenek, who provided a tour of the semi-finished lab, "so there has been no interruption to the school year."

Arborg Collegiate has about 120 students in grades 9 to 12. The existing science room was gutted and remodelled last June to accommodate chemical storage and demonstration

areas. The gas pipes have been installed, along with new lighting and a new floor.

"The only thing we're waiting for is the cabinets," said Semenek, who spent 12 years as teacher and assistant principal at Gimli High School before coming to Arborg two years ago.

Student workstations formerly ran along the edge of the room. But with the new design, they will now run down the middle, said Semenek.

That's something science teacher Craig Sagan said will with aid teaching and learning.

"It was hard to see what they were doing," said Sagan, referring to experiments students performed facing the wall.

"Now I'll be able to see them from the front and the sides."

The former room used to house only a lab, with a demonstration area in another room. Sagan said the new de-

"WE WANT OUR STUDENTS TO LEARN ON THE BEST EQUIPMENT AVAILABLE TO PREPARE THEM FOR CAREERS RIGHT HERE AT HOME."



EXPRESS PHOTO BY PATRICIA BARRETT

Arborg Collegiate science teacher Craig Sagan (left) and Principal Randy Semenek in the new multi-purpose science lab that is slated for completion later this month.

sign will enable him to teach and run experiments in the same room.

"It won't just be paper tests," said Sagan, who has taught science at Arborg since 2002. "I'll be able to assess them on their lab techniques through better observation."

The government provided money for renovations and new equipment, such as a fume hood and chemicals. Sagan said the new preparation room will give students in Grade 12 the op-

portunity to practise mixing chemicals.

With ample demonstration space, the biology department will also use the room.

"We want our students to learn on the best equipment available to prepare them for careers right here at home," said NDP Premier Greg Selinger in a Sept. 23 news release.

"This is an investment in the students of Arborg and their futures."

Province vows to help protect aboriginal languages

By Jeff Ward

Responding to some recommendations made in the Truth and Reconciliation Commission report, the Manitoba government has created a new partnership with educational leaders throughout the province to help promote and preserve aboriginal languages.

Announced by Education and Ad-

vanced Learning Minister James Allum on Sept. 21, the partnership was developed with the guidance of elder representative from all seven Aboriginal language groups recognized within Manitoba: Cree, Dene, Michif, Ojibwe, Inuktitut, Dakota and Ojicree.

"Language is a critical component of cultural identity, and the Manitoba government recognizes the importance of working with our partners in the indigenous community to protect

and promote Aboriginal languages," said Allum.

"This partnership agreement will provide us with a framework to ensure our language strategy reflects the diversity of indigenous communities throughout this province."

This partnership is a step in the right direction in helping protect aboriginal cultures by making sure their languages are not forgotten. Part of the strategy is developing a communication strategy to promote aboriginal languages and to promote and develop land-based teacher training with the purpose of producing more fluent speakers and teachers.

"I think that we're kind of late in terms of preserving [the language]," said Cornell McLean, chief of Lake Manitoba First Nation.

"Back in the day when I was going to school here in Lake Manitoba, kids knew how to speak their language. Nowadays, not so much. I think it's

a step in the right direction, though," said McLean.

McLean is happy that the province has committed to this strategy and believes that given a good effort and enough time that some of these dying languages could see resurgence in fluency.

"Our language is our identity. My generation is in our 40s and my friends know how to speak the language, but going into people in their 30s and 20s, not so much," noted McLean.

The changes to the educational system haven't yet made their way into local school divisions, but the strategy will begin appearing over the next little while.

Janet Martel, superintendent for Lakeshore School Division, mentioned that she is very excited to be learning more about the strategy and exploring the possibilities for supporting aboriginal languages.

Stephen Breton
Realtor®
Moosehorn - unique property w/
mechanics shop and steel storage shop
Price Reduced \$159,900
Ashern - excellent business
opportunity! Endless options.
\$249,900
Coming Soon...Hilbre Auto Service
ROYAL LEPAGE
DYNAMIC REAL ESTATE
INDEPENDENTLY OWNED AND OPERATED
204-999-2460
stevebreton@royallepage.ca
Living and serving the Interlake and Winnipeg!

ERIKSDALE MUSEUM'S
Christmas Craft &
Home-based Business Sale
Saturday, Nov. 21, 2015
11am - 3pm
Tables still available
(max 40 tables)
Admission \$2
To book or for info call
Doreen 204-739-5322
or Andrea 204-739-2140
NEW
ITEMS
ONLY

FIRE PREVENTION WEEK

OCTOBER 4-10



 Hear the **BEEP**
where you **SLEEP**

EVERY BEDROOM NEEDS A WORKING SMOKE ALARM.

Sparky is a trademark of NFPA.

A Salute to Our Local Volunteer Fire Departments

Since 1922, Fire Prevention Week was recognized to honour the Great Chicago Fire in 1871 that killed more than 250 people, left 10,000 homeless and destroyed more than 17,400 structures and burned more than 2000 acres.

Fire Prevention Week is October 4 - 10, 2015. The theme this year is "Hear the Beep where you Sleep - Every Bedroom Needs a Working Smoke Alarm". This message reinforces the importance of having working smoke alarms, testing them once a month and practicing your fire escape plan.

Some smoke alarm tips:

Install smoke alarms in every sleeping room, outside each sleeping area and on every level of your home.

Test your smoke alarms monthly.

When a smoke alarms sounds, get outside and stay outside.

Replace all smoke alarms in your home every 10 years. To determine the age of your smoke alarm, look at the back where you will find the date of manufacture. Smoke alarms should be replaced 10 years from the date of manufacture.

Immediately replace any smoke alarm that does not respond properly when tested.

Working smoke alarms save lives, cutting the risk of dying in a home fire in half. Smoke alarms should be installed and maintained in every home.

There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quick to warn about smoldering fires. It is best to use both types of alarms in the home.

Smoke alarms are an important part of a home fire escape plan.

Plan your escape:

Your ability to get out of your house during a fire depends on ad-

vance warning from smoke alarms and advance planning.

Smoke Alarm Videos – the National Fire Protection Association (NFPA) has developed several videos to help you, your family and your community learn about the importance of installing and maintaining working smoke alarms in your home. Visit NFPA's website at <http://www.nfpa.org/safety-information/for-consumers/fire-and-safety-equipment/smoke-alarms/smoke-alarm-videos>

Files from Manitoba Office of the Fire Commissioner <http://fire-comm.gov.mb.ca/home.html>

Open House

**Arborg-Bifrost Fire Emergency Services, River rd.
8:00 am October 10, 2015**

Come chat with your local firefighters and see how it's done.

Starting off with a pancake breakfast 8/10 Then on to Vehicle extrication, followed by a vehicle fire, Hot dogs, and A live burn in the burn trailer, and more,

**Manitoba Air Ambulance
STARS**

will also be on site with their mobile training unit..

Don't miss out!!!

Also we are Looking for a few good people, if you think you have what it takes to be a firefighter, come on down and talk to one of our officers.

Arborg Fire Department



Front L-R: Deputy Chief Leroy Loewen, Chief George Chyzy, Deputy Chief Jeff Pearce, Asst. Chief Dave Edge Left to right firefighters - Wilson Delos-Trinos, Keith Kornelson, Richard Kozminski, Cornie Klassen, Randy Dueck, Curtis Bartsch, Chad Timchishen, Kristin Bartsch, Tyler Zubriski, Kevin Petkau, David Fontaine, Eric Jonson, Terrell Kerbrat, Anya Foster, Cathy Kozminski-Kirby, Ed Sumka. Missing from photo: Andy Barylski, Clifford Penner, Wes Bell, Susan Bauernhuber.

EDDIE'S GRAVEL SUPPLY LTD.

Chem Free Topsoil
Sand-Gravel-Stone
Tank or Field Installs

Specializing in Asphalt Paving
& Lakeshore Rehabilitation

(204) 389-2023 Winnipeg Beach

EXPRESS
WEEKLY NEWS

204-641-4104

We would like to thank the men and women of the Gypsumville and Moosehorn Fire Department's for their dedicated service to our Municipality.

Rural Municipality of
GRAHAMDALE
www.Grahamdale.ca

Gimli
Arborg VETERINARY SERVICES

Gimli 204-642-8398
Arborg 204-376-2797

WE SUPPLY AND/OR INSTALL:

- Window Coverings by **HunterDouglas**
- Floor Coverings • Cabinetry
- Countertops & More!

THE HOME STORE
Hwy 9 & Colville Drive, Gimli, MB
(204) 642-8585

FIRE PREVENTION WEEK

OCTOBER 4-10

Fisher Branch

This years theme is here the beep where you sleep. We have had a great summer doing fire prevention at day camps, day care and Fisher Branch home coming. We're looking forward to doing fire prevention again this year starting October 4th. A big thank you to the Ukrainian Farmers Coop and Countryside Home Building Centre for their donation of 22 smoke alarms for this years kindergarten class.



Riverton



Stand Brandt, Mitch Johnson, Fire Chief - Jason Comeau, Justin Helgason, Bruce Barkman, Deputy Fire Chief - Troy D'Hont, Steve Enns, Colin Cormack, Terence Zagozewski, Jasmine Johnson, Walyon Johannson, missing - Gerret Johnson

Ashern



The Ashern Fireman serving pancake breakfast Sept long week-end. Back Left to Right Gerald Falk. John Bezemer. Brent Johanason. Scott Price. Aaron Altman. Desmond Defoort. Front Left to Right Jay Ruchotzke. Ken Falk. Delwin Kernsted. Cory Johnson. Michael Kufus. Upcoming events include fire training and fire safety presentation at the Seniors Manors and Seniors Housing.

Do you know how to use your portable fire extinguisher?

In case of fire, you should always evacuate your home as quickly as possible. However, in some situations a portable fire extinguisher can be very useful if it's used properly. Do you know how to use yours?

The first thing to remember is that a portable fire extinguisher should only be used on a small fire or incipient fire — one in the initial stages — and only if the room isn't filled with smoke. After all, it takes just three minutes to be asphyxiated. If you're sure you aren't in any danger, follow these steps to use your extinguisher:

1. Remove the extinguisher from its mounting and heft it in your hands to make sure it's full. Check that the needle is in the green zone of the pressure gauge.

2. Position yourself between the fire and an exit (or with your back to the wind if the fire is outside), and approach to within two or three metres of the fire.

3. Remove the safety pin by turning it and breaking the seal, as necessary.

4. Take hold of the nozzle and aim it at the base of the flames, pressing the lever down as far as it will go. Sweep the nozzle from side to side, always at the base of the flames, being sure to cover the entire width of the fire.

5. Stop only when the flames are extinguished or the fire extinguisher is empty.

If the fire doesn't go out or if the room is filling with smoke, evacuate the premises immediately. Call 911 and wait for the firefighters to arrive. If the fire seems to have gone out, call the fire department anyway; the fire could have spread into the walls.

After the fire, be sure to replace your fire extinguisher or have it filled, even if it isn't empty. Place it near an exit where it is visible and easy to get to.



Ukrainian
Farmer's
Co-op

West Interlake
RURAL MUNICIPALITY

Thanks for your
hard work and dedication.
-Reeve, council and staff

RANDY'S
TIRE & SPORT

P.O. Box 316 24 PTH #6
Lundar, MB ROC 1Y0
Ph: 204-762-5815
randy_randystire@mts.net

Thank you fire fighters for
your service and sacrifice!

RANDY'S TIRE & SPORT

FALL CLEARANCE!

Polaris Quads & Side by Sides
Visit Randy's Tire for Sales & Service

204-762-5815

randy_randystire@mts.net

P.O. Box 316, 24 PTH #6, Lundar, MB ROC 1Y0



Warning: Polaris off-road vehicles can be hazardous to operate and are not intended for on-road use. Driver must be at least 16 years old with a valid driver's license to operate. Passengers, if permitted, must be at least 12 years old. All riders should always wear helmets, eye protection, and protective clothing. Always use seat belts and cab nets or doors (as equipped). Never drive on public roads or paved surfaces. Never engage in stunt driving, and avoid excessive speeds and sharp turns. Riding and alcohol/drugs don't mix. All riders should take a safety training course. Call 800-342-3764 for additional information. Check local laws before riding on trails. ©2014 Polaris Industries Inc.

LUNDAR

Goose Shoot

October 9 & 10, 2015

Lundar, Manitoba



Lundar Garage

We can fix your vehicle from the bottom up

204-762-5321



36 Main St., Lundar

SIG STEEL
METAL ROOFING AND SIDING

204-762-5030

36 Main St., Lundar
www.sigsteel.ca



SEE OUR kijiji AD FOR CURRENT SPECIALS

LUNDAR

Goose Shoot



Past 12 Years Calcutta Funds Raised

2003 \$10,900	2007 \$14,650	2011 \$17,350
2004 \$10,100	2008 \$17,100	2012 \$18,050
2005 \$12,925	2009 \$12,250	2013 \$41,500
2006 \$19,250	2010 \$15,200	2014 \$29,100

All Canada Goose Shoot Calcutta

Once teams are registered, and field draws are complete there's a Calcutta which is where members of the public can bid on teams which they think will win. In 2014, the Calcutta raised \$29,100. 1.5% goes to Manitoba Liquor and Lotteries. 14% goes to the Lundar Elks Lodge. And 84.5% is split among first, second, and third place bidders. After expenses \$24,589.50 in prize money was handed out. 1st receives 42%, 2nd 32%, and third gets 26%. Bidding occurs Friday Oct. 9 at the Lundar Community hall. Dinner catered by Danny's Whole Hog, \$15.

Events - Friday, October 9

- 5:00pm Registration at the Lundar Community Hall
- 6:00pm Cocktails
- 6:30pm Supper Provided by Danny's Whole Hog \$15/plate
- 8:00pm Team & Field Draws, Calcutta (Bidding on Teams)

Events - Saturday, October 10

- Noon. Hunting Ends
- 2:00pm All Team Members report to Lundar Arena with all geese.
- 8:00pm Dance
- 10:00pm Presentation of winners.

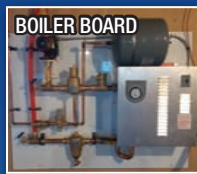


In-floor Radiant Heat, giving you comfort and control. Perfect for new shops/houses, or to retrofit your current space.

It's a great investment!



Outdoor Wood Boilers available



BOILERS starting at **\$899.99**

Suppliers of Pre-designed and Fabricated Boiler Boards and Radiant Floor Systems for home and shop.

Complete installs are available but we also cater to the do-it-your-selfer.

Call or Email today to get a quote on your project!

lundar-supply@hotmail.com **204-762-5661**



Chicken Chef



Family Restaurants

- Restaurant • Gas Bar • C-Store • ATM
- Daily Lunch & Supper Specials
- * OPEN 7 DAYS A WEEK *

(204) 762-5100 FAX 204-762-5541

Box 733, Lundar, MB R0C 1Y0

Lundar Motel Hotel

101 MAIN STREET AT HWY. #6
LUNDAR

Come Enjoy Home Cooked Meals while in Lundar!

Join us in the Bar for
THE KING OF KARAOKE!
Saturday October 10
9:30pm - 2:00am
after the Goose Shoot

Wishing you a safe and fun-filled Weekend!
- Brian and Jan Halowaty

204-762-5566

Toll Free: 1-855-762-5566
Email: lunhotel@mymts.net
www.lundarmotorhotel.com

Heading out for the big hunting trip?
Make sure your truck is in tip top shape!

CALL

#6 Quality Repair

Call Randy Lavallee at

204-762-5716

Make sure your truck is ready to bring home the game!

It's where the pros go on Hwy 6!



We've got you covered in DEERHORN, Mb!

Lundar MANITOBA
The Rural Municipality of Coldwell

**Rural Municipality of Coldwell
Council and Staff**

www.lundar.ca

LUNDAR **Goose Shoot**

All Canada Goose Shoot Judging Rules

To determine the winners of this competition the following parameters will apply:

- A) Total # of geese shot during this competition.
- B) In case of a tie, then then total weight of the geese shot during this competition.
- C) If A&B tie, the weight of the largest goose chosen by team members.
- D) If A,B & C are a tie the largest wing span of a goose picked by team members.

All decisions of the judges are final. At the end of the competition all hunters are responsible for taking their own geese, failure to do so may affect future entries!

- Prizes**
- 1st: 3.5" 12 Ga. Semi auto shotguns for each team member.
 - 2nd: 3.5" 12 Ga. Pump action shotguns for each team member.

3rd: 3.5" 12 Ga. pump action shotguns for each team member. The teams that did not place in the top three will be entered into a draw for a hard luck prize. This prize will be drawn at the dance on Saturday night.

Rules for the all Canada Goose Shoot:

There shall be four people to a team plus checkers to be appointed. A team member replacement is allowed. All hunting shall be in accordance with Manitoba Game Bird regulations. For the purpose of the All Canada Goose Shoot only Giant Canada, and lesser Canada geese apply.

All competitors in the All Canada Goose Shoot must possess a valid migratory game bird stamp and Manitoba Provincial Game bird license. NO EXCEPTIONS!

Only 12 gauge shotguns are allowed. There is no limit to the number of

shells. Each team is to supply their own shells, decoys, and calls. Hunting areas will be drawn from preselected fields rented from farmers.

A hunter will not be eligible to hunt in the All Canada Goose Shoot two years in a row. Hunting ends at noon. Hunters, with their geese must report to the Lundar Arena no later than 2:00pm, Saturday October 10, 2015. Every team member plus their checkers must report into the judging station regardless of the # of geese. All geese are to be left at the weigh station until all teams have reported in. The above rules are to be read in conjunction with the rules for checkers and teams provided at the time of registration.

Entries accompanied by their \$800 in Canadian funds commencing April 10th 2015 must be in the hands of the treasurer by May 31 2015. If there are more than 20 entries, a draw will be made to determine the 20 teams to

be entered into this years shoot. The teams that are not successful will have the option to leave their entry fee and secure a spot for next years shoot. If by May 31, 2015 we not have 20 spots filled up we will take entries on a first come first serve basis until 20 spots are filled. All entries after that will be returned along with the entry fee. Team captains will be notified of the results.

The Benevolent and protective order of the Elks Canada, Lundar Lodge No. 528 Lundar, Manitoba, Canada hereby give notice to all participants that the Elks Lodge is not liable, either individually or collectively for any damage, injury or loss, however occasioned during, before, or after this Goose Shoot. All participants shall be deemed to accept liability for any loss however sustained by registration as a participant in this event.

- 2014 Winners**
- 1st: Aaron Forsyth, Eriksdale, Mb
 - 2nd: Cody Lucier, Eriksdale, Mb
 - 3rd: Brent Berezowski, Dauphin, Mb

WEST INTERLAKE WATERSHED CONSERVATION DISTRICT

Our job is to deliver incentive programming that supports sustainable land and water management with measurable improvement to watershed health.

DISTRICT PROGRAMMING INCLUDES:

- Riparian Area Management (exclusion fencing, off site watering systems)
- Abandoned Well Sealing (financial assistance to seal abandoned wells)
- Forage Seed Assistance Program (financial assistance for the purchase of forage seed)
- Sod Seed Assistance Program (financial assistance to seed forage crops)
- Rain Barrels and Composters (sold at a subsidized rate)
- Low Flow Toilet Rebate Programs (\$50 rebate off the purchase of a low flow toilet)
- Habitat Rehabilitation (repair degraded riparian and aquatic habitat)
- Surface Water Quality Testing (Swan Creek on a quarterly basis)
- Well Water Quality Testing (transportation of well samples to a qualified lab)
- Community Tree Nursery Program (orders for multiple varieties of tree seedlings, first 25 seedlings are free)

Contact the WIWCD for more info at 204-762-5850 9 Main St., Lundar www.wiwcd.com

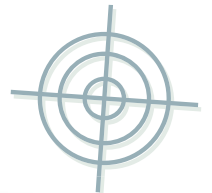
LUNDAR

Goose Shoot



Lundar Taking Aim for Over 30 Years

For over 30 years, Lundar has been holding an annual community fund raiser called the Lundar All Canada Goose Shoot.



Experienced field scouts know that finding a good field is number one. Lundar is known for prime fields that keep hunters coming back year after year. Teams consist of 4 shooter entry is \$800 per team, top 3 teams win guns each. This years 1st place winners went home with Browning Silvers. Fields are drawn on Friday night with calcutta auction and supper to follow. Hunt Saturday morning, and dance and prizes Saturday night. Lots of gun draws, raffles, etc. both nights. Its a good time up in Manitoba, Canada.



DOMO

DANIELSON'S GARAGE
Best Wishes for a Successful Hunt!

BUMPER TO BUMPER
Auto Parts Professionals

Minnie's Handmade Ethnic Treats Inc.

Ask for **Minnie's Perogies** at your Local Grocer!

MANITOBA MADE
Lundar, Manitoba (204) 762-5661

LUNDAR

Rick Scharf Appliance & Electric Sales & Service

Heating * Cooling * Electrical

Lundar, MB • (204) 762-5600

STEVENSON'S FOODS

56 Main St., Lundar
204-762-5714

Petersen Agencies Ltd.

- Residential • Farm • Commercial
- Seasonal • Marine • Travel • Liability

17 Main St., Lundar
petersenagencies@mymts.net

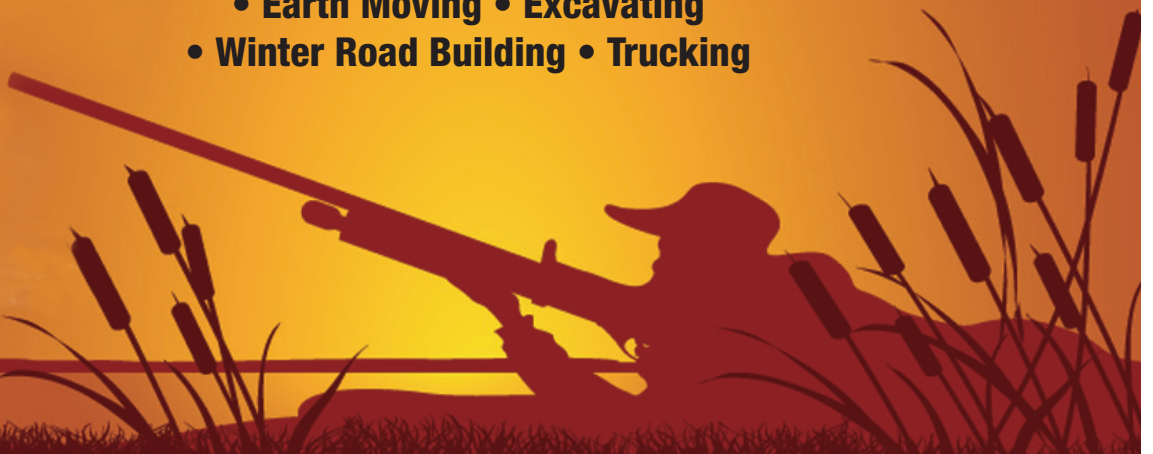
Auto Insurance **204-762-5869** *autopac* General Insurance **204-762-5501**

Sigfusson Northern

50 Swan Creek Drive, Lundar
204-762-5500

HEAVY EQUIPMENT CONTRACTOR

- Earth Moving • Excavating
- Winter Road Building • Trucking



Arborg's Culturama brings the community together

By Patricia Barrett.

Arborg's Fourth Annual Culturama held last Friday evening showcased the community's cultural diversity and attracted between 400 and 500 people from Arborg and neighbouring communities.

Passport holders formed long queues at each of the nine different pavilions set up in the Arborg Bifrost Community Centre.

The event offered a taste of Aboriginal, Canadian, Ukrainian, Mennonite, Icelandic, British, Bolivian, Paraguayan and Philippine cuisine. The pavilions themselves were a feast for the eyes, richly decorated with artifacts providing a visual means to the past and tales of hardship and celebration. Pavilion hosts, most of whom dressed in traditional costume, explained traditional beliefs and practices.

Three staff members from the Riverton and District Friendship Centre — program co-ordinator Martine Sawanas, executive director Tanis Grimolfson and secretary Joyce Monkman, along with their friend, Don Bilinski, who used to own D & T's Shop Easy Foods — offered bannock at the Aboriginal pavilion.

First Nations people made bannock using the flour of wild plants long before European contact, contrary to the popular belief that early Scottish settlers introduced the bread to Canada.

Sawanas runs a hot lunch program at the Friendship Centre every Tuesday and Thursday for youth and adults. "I take requests from people," she said. "I've made chili and bannock, stew and bannock."

The centre provides a food bank, parent-child services, computer access and job assistance services to help Riverton's low-income individuals and families.

Peter and Cielo Wiebe, along with their two children Franco and Bruno, spent the entire day making cornbread and other Bolivian dishes. The family has lived Arborg for three years and took part in the festival last year.

At the Icelandic pavilion, the raven seemed to be getting more attention than the ponnukukur (crepes). In Norse mythology, the god Odin had two ravens that he would send out to gather information, said Owen Eyolfson, who owns the Arborg Hotel. Corrine Einarsson and her son Matthias also helped set up and staff the pavilion.

At the British pavilion, scones filled with raspberry jam and clotted cream that took a few days to prepare tempted palettes. Clotted cream is produced in Devon, said Ken Firman,

who helped staff the pavilion. A few generations of his family (Boundy) homesteaded in Arborg.

Selkirk-Interlake-Eastman MP James Bezan wended his way through the crowded hall, stopping at each pavilion to sample the traditional fare and to speak with pavilion hosts.

"This is the first time I've been able to make it to Culturama," said Bezan, who has a farm near Teulon, "because I'm usually in Ottawa."

In addition to enjoying the food and displays of Arborg's diverse cultural groups, Bezan chatted with a number of people.

"This gives me a chance to have informal contacts with constituents," said the Conservative MP, who has represented the area for four consecutive terms. "It's important for me to hear what people are thinking."

A performance by the Ivan Flett Memorial Dancers, a Metis step-dancing troupe composed of three talented siblings (Michael, Jacob and Cieanna), had the MP on his feet, clapping along to the rhythmic clicking of their shoes.

Michael invited members of the audience onto the floor and taught them how to jig. A number of youngsters (and a few adults) eagerly took to the floor to try to master the steps.

Other performances included a troupe of dancers performing a Punjab folk dance and a solo Aboriginal dancer.

The Interlake Immigrant Settlement Services and the Arborg & District Multicultural Heritage Village organized the event, which helps develop awareness and respect for different cultures and their traditional practices.



A young dancer performs a traditional Aboriginal dance at Culturama.



EXPRESS PHOTOS BY PATRICIA BARRETT
The Ivan Flett Memorial Dancers, Metis step-dancing.



Cielo Wiebe celebrated her Bolivian culture.



A dance troupe performs a traditional Punjab dance.



Martine Sawanas, Tanis Grimolfson and Joyce Monkman (sitting) from the Riverton and District Friendship Centre.



Selkirk-Interlake-Eastman MP James Bezan



Joe and Sheila Stoyanowski staffed the Canadian Pavilion.



The British Pavilion served scones with raspberry jam and clotted cream

get inspired

> MEAL IDEAS



Choco-Mint Crownies

Ingredients
 1 1/4 cups flour
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1/2 cup (1 stick) butter, softened
 1/2 cup granulated sugar
 1/2 cup firmly packed light brown sugar
 1 egg
 3 teaspoons McCormick® Pure Vanilla Extract, divided
 1 package (12 ounces) miniature chocolate chips (2 cups)
 1 package (family-size) fudge brownie mix
 1/2 teaspoon McCormick® Pure Peppermint Extract

Preparation
 Mix flour, baking soda and salt in medium bowl. Set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy. Add egg and 2 teaspoons of the vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips. Set aside.

Prepare brownie mix as directed on package, adding remaining 1 teaspoon vanilla and peppermint extract.

Pour brownie batter into greased a 13x9 pan. Bake in preheated 350°F oven 15 minutes.

Drop cookie dough by the tablespoonful on brownie, covering the top evenly. (Batter will spread during baking.) Bake additional 20 to 25 minutes or until cookie top is golden brown. Cool completely in pan on wire rack.

Preparation Time 20 minutes
Cook Time 20 minutes



Butternut Squash & Linguine

Ingredients
 1/2 box Dreamfields Linguine
 2 teaspoons olive oil
 1 tablespoon minced garlic
 4 cups butternut squash pieces (about 1-inch pieces)
 1/2 cup dry white wine or reduced-sodium, fat free chicken broth
 1/4 teaspoon salt
 1/4 cup chopped fresh sage or 4 teaspoons dried sage
 1/4 cup crumbled goat cheese, blue cheese or shredded Parmesan cheese
 Crumbled cooked prosciutto or bacon, optional
 Additional cheese, optional
 Toasted chopped walnuts, optional

Preparation
 Cook pasta according to package directions. Drain and return to pan; cover and keep warm.

Meanwhile, heat olive oil in large nonstick skillet over medium heat until hot. Add garlic; cook and stir until fragrant, about 1 minute. Stir in squash, wine and salt. Simmer 12 to 15 minutes just until squash is tender, stirring occasionally. Stir in sage.

Toss squash with pasta and cheese. Sprinkle with prosciutto, additional cheese and walnuts, if desired.

Preparation Time 20 minutes
Cook Time 22 minutes



Roasted Tomatoes

Ingredients
 4 medium ripe tomatoes, cut in half
 2 tbsp (25 ml) canola oil
 1/4 cup (50 ml) finely chopped red onion

The Skill: Giving Recipes a Healthy Makeover



Whenever possible, opt for ingredients that are close to nature (such as fruits, vegetables, and whole grains) instead of using more processed items. Anything packaged should be low in fat, salt, and added sugars. Including fruits, vegetables, and whole grains will also help you pump up the volume of your food, helping you feel fuller and more satisfied from a smaller amount. You can also upgrade the nutritional value of meals you prepare by using skim milk instead of whole milk in your cooking and replacing some (or all) of the all-purpose flour with whole wheat flour, oatmeal, or wheat germ when making breads, muffins, or other baked goods.

Making healthy ingredient substitutions allows you to maintain the familiar taste and appearance of your favorite dishes while boosting their nutritional value and health benefits. Opting for the more nutritious choice can have a variety of trickle-down benefits for your health and waistline. For example, a study from Navarra, Spain, found that when people were assigned to follow a Mediterranean diet that was rich in virgin olive oil for three years, they achieved significantly higher levels of antioxidants in their blood, which was associated with reductions in body weight during that time.

Meanwhile, culinary herbs and

spices can give our health a boost as well as infusing our meals with extra flavor. For example, cinnamon may lower blood sugar as well as artery-clogging LDL cholesterol and total cholesterol. Rosemary has strong antioxidant properties and anti-inflammatory effects, both of which can help protect against heart disease and cancer. (Ground cloves, oregano, ginger, allspice, and cinnamon also have been found to have high levels of antioxidant activity.) Thyme, rosemary, and sage can inhibit the growth of human colon cancer cells, according to laboratory research from the University of Georgia. And turmeric (used in Indian curries and stews) has been found to have strong anti-inflammatory properties and appears to inhibit the growth of cancer cells. Moreover, in a recent study from China, curcumin (the major component of turmeric) was found to increase the level of apoptosis (cellular suicide or self-destruction) in triple-negative breast cancer cells in a laboratory setting, thereby inhibiting the cancer cells' growth. (It has been found to have similar effects on lung cancer, prostate cancer, colorectal cancer, and oral cancer cells.)

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus
 - Team Pursuit
 Find us on FACEBOOK

1 clove garlic, minced
 1/2 tsp (2 ml) black pepper
 1/3 cup (75 ml) fresh bread crumbs
 1 tbsp (15 ml) chopped fresh flat leaf parsley
 1 tbsp (15 ml) chopped fresh basil
 1 tbsp (15 ml) chopped fresh oregano

Directions:
 Place tomato halves on foil-lined baking sheet. Drizzle each half with

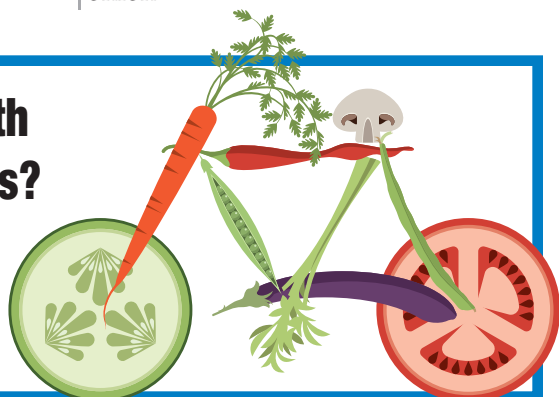
canola oil.

In small bowl, combine red onion, garlic, pepper and bread crumbs. Stir to combine ingredients. Sprinkle mixture over cut sides of the tomatoes.

Roast tomatoes at 350 °F (180 °C) for 45-60 minutes, or until tomatoes are very tender. Sprinkle fresh herbs over tomatoes and serve immediately.

Do you have a Health or Wellness Business?

Call Robin at 204-641-4104 to advertise



ISAGENIX
 Weightloss • Energy & Performance • Healthy Aging

— Allana Sawatzky —
 isaallana@hotmail.com

— Janice Karaim —
 jkaraim@mymts.net

— Rose Sawatzky —
 isa.rose1957@gmail.com

www.isaproduct.com

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how
Stephanie 204-896-3980
 Independent Sales Consultant
 cleanwithwater15@gmail.com

Gimli's Parkinson SuperWalk raises record funds

By Patricia Barrett

Gimli residents came out in force to the 11th Annual Parkinson SuperWalk Sept. 20, raising a record amount of money that will go towards Parkinson research.

Nearly \$30,000 was raised by about 115 participants, donors and sponsors of the event.

"The generous support of the community was greatly appreciated," said Gary Einarson, chairperson of the committee, in a press release.

Volunteers from coast-to-coast organize SuperWalks in their communities, raising funds for research, support and education. Last year's walk raised \$2.9 million.

Over 100,000 Canadians live with Parkinson's disease, a progressive and degenerative illness in which the brain begins to irreversibly deteriorate over a period of time. The disease causes symptoms such as trembling in the hands, legs and face, impaired balance, slow movements and rigidity in the limbs and trunk.

Karen Lamb, one of the organizers of the event, lost her mother to the disease. She was an expert quilter who taught Lamb the craft. To honour her memory, Lamb made a quilt that was raffled off after the walk.

Lamb and her husband, John, who live in Winnipeg Beach, joined the SuperWalk organizing committee three years ago. A number of Gimli area families who lost loved ones to the disease are part of the committee.



EXPRESS PHOTOS BY KAREN LAMB

Over 100 superwalkers raised close to \$30,000 for Parkinson Research during Gimli's 11th Annual Parkinson SuperWalk Sept. 20.

Hundreds of pounds of batteries recycled in Eriksdale

By Jeff Ward

Over the last four years, Eriksdale residents have recycled an estimated 600 pounds of used batteries to help keep them out of area landfills, and the numbers continue to grow.

Starting roughly four years ago, the RM office in Eriksdale had a box from Call2Recycle for residents to toss in their old batteries. The box was then picked up when full, averaging approximately 50 pounds, and was delivered to Call2Recycle's environmental auditors to make sure the materials are sent to the best processors in the U.S. and Canada.

The processors sort the batteries and melt them down into byproducts that can be used to make new batteries, stainless steel alloy and cement additives. Cellphones are often refurbished and resold when possible. The whole process is designed to take what can be a very harmful substance out of landfills where they can harm

the environment.

"When I started [at the RM office] four years ago, I just went online searching for recycling opportunities," said Dolly Lindell, who also put a box in Eriksdale School.

"The Purolator guy was amazed at the amount of boxes we were sending in. We've shipped probably a dozen boxes since we started. I figured that since we recycle so many other things, why not this as well?"

And the response from the Eriksdale community is the attitude that Call2Recycle was hoping for. Nowadays there are dozens of types of batteries — lithium-ion, nickel and cadmium, and alkaline, just to name a few. In-

side each battery is a different chemical substance that helps drive the reaction that produces electricity and powers your devices. For alkaline batteries, once that charge is gone, it cannot be put back in and the battery is tossed into the trash, but there are still some chemicals left inside.

Of course, the amount of chemical inside a dead battery is small, but think of the hundreds of batteries we go through each year and multiply that by how many other people are also using batteries. If we're all throwing them away, we

now have potentially hundreds of millions of batteries just lying in the ground, under pressure, heat and cold. The environmental impact could be severe. For lithium-ion batteries, the danger can be much more im-

mediate since even a small puncture to the battery can create a small inferno as the reaction inside the battery creates heat from the puncture.

"Our goal is to divert these potentially harmful materials from the solid waste stream and recycle their by-products into new products. [We are] really pleased that Eriksdale is recycling batteries with such enthusiasm. We are not surprised knowing the importance that rural communities place on recycling," said Delphine Lagourgue, director for central Canada at Call2Recycle.

If any community is interested in starting a battery-recycling program, it is free of charge. Call2Recycle provides the recycling bin and covers the cost of shipping the batteries.

To get more information on how to start a recycling program in your area, you can visit their website at www.call2recycle.ca or contact their customer service team at 1-877-723-1297.

**"THE
PUROLATOR GUY
IS AMAZING AT
THE AMOUNT OF
BOXES WE'RE
SENDING IN."**

Gimli truck driver receives Highway Angel award

By Patricia Barrett

The Truckload Carriers Association named a Gimli truck driver, who pulled a man from the cab of his crushed semitrailer earlier this year, a Highway Angel recently.

In February Jason Levreault was on an 11-hour routine haul from Saskatoon to Winnipeg when he witnessed a collision between two semitrailers on the Trans-Canada Highway in the early hours of the morning.

"I remember what I told 911," said Levreault, who works for Winnipeg-based Bison Transport. "I told her, 'A semi just ran into a parked semi on the highway.'"

The semitrailer that had stopped on the highway was half on the shoulder and half on the highway.

Levreault said he pulled over, checked on the driver of the parked truck then ran over to the driver in the smashed cab and shouted out. When he got no response, he began to climb up the wreckage.

"Right away I could feel my fingers," said Levreault, who had left his gloves in his truck. Temperatures that evening were near minus 30 degrees Celsius.

"The bottom half of the truck was sliced away," he said, "and there was diesel fuel all over the highway."

Some vehicles stopped but didn't assist. The driver of a pickup truck did, though. Together they lifted the injured driver from the cab and took him back to Levreault's truck. He had suffered a gash to his head and his hands were bleeding.

"I had just taken first aid with St. John Ambulance," said Levreault, who



Levreault earned the Highway Angel award by the Truckload Carriers Association for his heroic action earlier this year.

was born and raised in Gimli. "At first I didn't remember what to do, but then I did."

The injured driver, who remained conscious, told Levreault he hadn't seen see the parked semi.

"You can get complacent at night," said Levreault, who has been a transport driver since 2001. "With tiny, little curves, it can be hard to see till the last second."

Whenever he started a job with a new trucking company, Levreault said he had to go through a period of training.

"They always say, 'Pull over to a safe spot whatever you need to do.'"



EXPRESS PHOTO COURTESY OF JASON LEVREULT

Jason Levreault of Gimli pulled a driver from the smashed cab of this semitrailer on a cold Saskatchewan night while travelling on the Trans-Canada Highway.

Although the driver of the parked semi was half on the highway, he wasn't charged.

The accident occurred in Saskatchewan between Whitewood and Wapella.

An employee in Bison's safety department nominated Levreault for the Highway Angel award. Levreault said he is the fourth Bison driver to win the award.

The Truckload Carriers Association, an organization that represents about 700 companies in the trucking industry, started the Highway Angel program in 1997 as a way to recognize drivers for their kindness, courtesy

and courage towards others while on the job.

The TCA presented Levreault with a certificate, patch, lapel pin and truck decal.

"Every time I drive by that spot, I have a two-minute nightmare," said Levreault, who was treated for frostbite. "What if it was me?"

As for the injured driver, Levreault said he saw him at a McDonald's two months after the accident.

"He put his hand on my shoulder and thanked me," said Levreault. "It was such a miracle the guy barely got hurt."

Education student to organize Arborg Youth Program

By Patricia Barrett

An Arborg student in her final year of university has put together a Saturday Youth Program for the town that will start Oct. 10.

Jessica Stobert has mapped out an eight-week recreational program for Arborg youth (ages four to 12) that will include cooking lessons, crafts, games and storytelling.

"I have had many jobs with youth," said the 22-year-old student, who's in her final year of education at Brandon University. "I love to teach."

For the past three years, she has run the Summer Day Camp for the Arborg-Bifrost Parks & Recreation

Commission. And she's currently involved in youth programming at the YMCA in Brandon.

"I thought it would be great to start this in Arborg," said Stobert, who wants to return to her hometown after she graduates and teach in one of the schools.

She will be choosing a theme for each week and creating a range of activities around it.

"For example, the first week will focus on Thanksgiving," said Stobert, who comes home every weekend from Brandon. "The kids will describe what they are thankful for." That will be expressed through arts

and crafts activities.

Stobert plans to split the children into two groups in order to maximize the time she can spend with each child. Children aged four to seven will start at 10 a.m. while children eight to 12 will start at 10:30 a.m.

"With the energy the kids bring," said Stobert, "it's an overall fun atmosphere."

Stobert is in the process of finalizing the program, which will likely be held at the Curling Club. The full program costs \$40. For those who wish to drop-in, each class cost \$5.

For more information, contact the Recreation Centre at 204-376-5576.

A new paper, a new face,

a new way to **EXPRESS**

the **stories**, the **people** and
the **businesses** in the Interlake.

For all your advertising and
print needs, please call

Robin Chestnut
at **204-641-4104**

or email him at
ads@expressweeklynews.ca

For story tips and ideas,
please call

Lana Meier at
204-467-5836



EXPRESS
WEEKLY NEWS

2015 federal election

Candidates rev up their campaigns as election nears



JAMES BEZAN



DEBORAH CHIEF



DONALD GRANT



WAYNE JAMES



JOANNE LEVY

By Brandon Logan

With just over two weeks remaining until the Oct. 19 federal election, candidates in the Selkirk-Interlake-Eastman riding are hitting the campaign trail non-stop.

Following our recent look into Conservative Party candidate James Bezan's and Liberal Party candidate Joanne Levy's campaigns, the *Express* contacted the remaining three candidates running in the riding.

Nationally, the NDP have stayed near the top of most polls throughout the campaign and local candidate Deborah Chief hopes that is true of this riding.

Chief has been going door to door talking to constituents in recent weeks. She said from her talks with community members, it appears people want change from Prime Minister Stephen Harper and the Conservatives.

"From what I've heard, the current government or the Harper government, they're just fed up with his leadership," Chief said. "People that I've spoken with want to see change in the government."

Chief said the NDP would be the best choice to lead, adding that addressing affordable housing, seniors' issues and First Nations are big advantages they have over the current government.

Change is also the theme Wayne James and the Green Party are running behind.

While the NDP, Liberals and Conservatives have used the word "change" throughout their campaigns nationally, James said the ideas are nothing more than "tinkering with the systems."

"There's no real change going on," James said, "whereas the Green Party is offering real change in the sense

that we recognize what we're doing here on the planet with our ever-expanding capitalist system of economics isn't sustainable.

"In fact, it's destroying our environment around us."

James said his party would address these problems head on instead of putting a "Band-Aid on top of a Band-Aid," which he says is what other parties are doing.

Rounding out the five Elections Canada official candidates is Libertarian Donald Grant.

Grant admits the Libertarian Party is in a stage where they want to be more recognizable in hopes of growing the party in the future.

He said the biggest component to this campaign is lowering taxes, something that is a topic of discussion for many Manitobans.

"I think the biggest component is we want a flat tax," Grant said. "We want

people to pay less taxes. The governments are taxing the heck out of us. They're tired of it."

With very few candidates across the riding, the biggest goal Grant and the Libertarians have is to earn more seats than the Green Party.

Campaigning is expected to ramp up for all five candidates over the next few weeks as the election nears.

A Selkirk-Interlake-Eastman all candidates debate will take place on Monday, Oct. 5 at Guntun Greenwood Community Hall in Guntun hosted by the Stonewall-Teulon Chambers of Commerce. Admission is free and doors will open at 6 p.m. with the debate set to start at 6:30 p.m.

For those hoping to get their vote in early, advanced voting across the riding will be taking place everyday from Friday, Oct. 9 to Monday, Oct. 12.

Voters got to the polls on Oct. 19.

Gimli Film Festival searching for new director

By Patricia Barrett

The board of the Gimli Film Festival is looking for a new director to take the lead of the popular festival that draws thousands to Gimli every year.

Leona Johnson, who headed the festival for the past two seasons, is stepping down. She said she will miss working with the festival's board members and committees, filmmakers and legions of volunteers.

"It's such a wonderfully supported event in Gimli," said Johnson.

The annual festival, launched in 2000, showcases the best new films from Manitoban and Canadian directors. It also presents documentaries, short films and feature-length productions from around the world.

It's a huge tourist draw. Johnson said last year's event was one of the best in terms of the number of films shown (peak capacity) and indoor attendance, which increased by 30 per cent.

"They are so passionate about the

films," said Johnson, referring to the visitors who flock to Gimli for the festival. "They love our lakeside resort community and they support local businesses."

The free "twilight screening under the stars" that can attract upwards of 3,500 people to the beach is a magical part of the event, said Johnson, who has worked in the not-for-profit sector since she was 21.

She said the best candidate for the director's job, which was posted mid-September on the festival's website, should possess a number of qualities. They should have a strong background in leading not-for-profit organizations, fundraising experience, event planning and execution experience, as well as a good sense of community.

"They should live locally — or be willing to relocate," said Johnson. Last but not least, they should have an appreciation of film and the art of film.

"Film has the ability to inform, engage, educate and entertain," said Johnson. "It's a way of looking at our past and our future. People go to films for these different reasons."

She said Manitoba's filmmakers are amazing.

The ability to work closely with people and "set the tone" is a key part of the directorship.

"She made you feel like everyone was doing the right thing," said Claire Gillis, referring to Johnson. "We couldn't have asked for a better person."

Gillis, who has sat on the festival board for four years, said they had been fortunate to find someone with all the skills needed to lead the organization.

"She's a built-in gem," said Gillis, who's a pharmacist at the local Pharmasave. "You can't find people of her calibre willy-nilly. They're not dropping out of the sky."

Although the festival lasts a week, the planning, the fundraising, the organization, the selection of volunteers, and so forth, is a year-round, full-time job, said Gillis.

In terms of Johnson's successor, Gillis said she's "certain there's someone out there who'll do a fantastic job for us."

What Johnson will miss most is the frenzy of activity required to launch the festival and the people she got to know.

"I've met a lot of new friends," said Johnson, who didn't grow up in Gimli but whose husband did. "It was a great way to get to know people in the community."

Johnson said she plans to live life at a slower pace. "I want to be more semi-retired."

The competition closes Sept. 30. For more information about the position and the Gimli Film Festival, visit gimlifilm.com.

Arborg Collegiate off and running with new track

By Patricia Barrett

Students at Arborg Collegiate are already off and running on their new asphalt track thanks to fundraising efforts that brought in about \$250,000.

"We shouldn't have to run track meets through the mud and water anymore," said Tom Chwaliboga, who sat on the track fundraising committee and is also the recreation director at the Arborg-Bifrost Parks & Recreation Commission.

The former track was gravel and it was subject to flooding in wet weather. The infield where students play soccer was particularly affected by standing water.

Completed this summer, the new track is 400 metres and has six lanes. It also has a proper drainage system.

The project was financed through the generosity of the Arborg community.

"There was a lot of local fundraising and grants," said Chwaliboga. The money will also be used to purchase new sports equipment.

In May, students from Arborg Collegiate (grades 9-12) and Arborg Early Middle School (K-Grade 8) helped raise money by participating in a Maple Leaf Foods Community Walk/Run event.

Over the course of the next few weeks, the infield will get a layer of soil and grass seed so that it's ready for spring events.

The money raised for the track came up a little short, said Chwaliboga, and fundraising efforts will continue.

For more information about the project, contact Arborg Collegiate at 204-376-5160 or aci@esd.ca.



EXPRESS PHOTO BY PATRICIA BARRETT

Arborg Collegiate Students jog to the finish on the new asphalt track behind the school. The community of Arborg raised approximately \$250,000 for the project, which was completed this summer.

Gimli science teacher about to embark on Arctic expedition

By Patricia Barrett

A science teacher from Gimli High School is about to trade in her teaching clothes for a floater suit and climb aboard an Arctic research vessel.

Cheryl Bailey is one of two teachers taking part in an expedition to study the environmental impact of human activity.

"Culturally, environmentally and economically, the Arctic is important to all of us," said Bailey, who teaches biology and environmental sciences at Gimli High School. "And this trip will make us think about how we're all in this together."

To many scientists, the Arctic is considered a bellwether of climate change.

"Education is always the key," said Bailey, who has been teaching in the Evergreen School Division since 1998. "The more we know, the more we can do things to improve the environment."

She said the trip will "fit in well" with

the course Evergreen teaches about Lake Winnipeg, which suffers from pollution and violent weather events.

Part of her teaching methodology is to get students out in the field to see how research is conducted and to become aware of the effects human activity has on the natural environment. She has taken her students on field

trips aboard the CCGS Namao, berthed in Gimli Harbour, to participate in research projects.

She said she applied for the Schools on Board ArcticNet program (run by the University of Manitoba) last spring.

"This program is really important to my school and to others around the province," said Bailey.

Each year, high school students and teachers are selected from across Canada to join scientists

on board the CCGS Amundsen, a Canadian Coast Guard vessel that serves as an icebreaker and floating science laboratory.

The vessel usually spends mid-May to mid-November in the Canadian

Arctic supporting Canadian scientific research projects. It will accommodate three back-to-back ArcticNet programs, including the one Bailey is taking from Oct. 1 to 11.

The ship will head east, coming close to Greenland, said Bailey, and will make a stop at Pond Inlet, a small community on Baffin Island.

"We'll get off the ship and meet some of the local people there," she said.

As far as temperature goes, it's an ideal time to journey north. "It's early season in the high Arctic," said Bailey, who's accustomed to frigid Manitoba winters. "It will be between minus 4 degrees Celsius and minus 15."

The two teachers and nine students will be working with scientists and performing specific tasks. They'll also be keeping journals, and taking photographs and videos.

"I'm trying to work out if I can do a blog," said Bailey. "Our Internet usage might be limited — scientists get first priority."

She said students will be staging a debate on climate change. "They'll be split into groups (pro and con) and given a climate change issue."

They'll also be sharing their expe-

rience with their respective schools through conference calls. Students back home will have a chance to ask them — and the scientists — questions about the Arctic.

"My head has been spinning," said Bailey, who will be teaching right up to her departure day of Sept. 30. "I'm not sleeping terribly well."

She said she's limited to what clothing she can bring aboard — mostly layers. She'll spend most of her time in a survival suit or floatation suit.

It won't be all work and no play. Bailey said she and the other ArcticNet participants will have a chance to shed their floater suits and don evening attire for a captain's dinner.

"Apparently there's a good chef on board," she said. "They asked us what some of our favourite foods are."

Researchers and crew spend months in the Arctic and have to get supplies delivered by helicopter at times.

Bailey is scheduled to return Oct. 12. She plans to give presentations about her experience to the Evergreen School Board and to other teachers in the division, as well as to those in other Manitoba school divisions.

"THE MORE WE KNOW, THE MORE WE CAN DO THINGS TO IMPROVE THE ENVIRONMENT."

Relatives in search of Brustad homestead

By Jeff Ward

A Washington woman is looking for the public's help in locating a homestead that her father was born in almost 100 years ago.

Joyce Brustad Gordon lives in Nordland, Wash., and is hoping to come visit Eriksdale in September of next year. On Sept. 8, 2016, her father would have turned 100 years old and she can't think of a better way to celebrate his birthday than to, hopefully, visit the log cabin homestead he was born in, during 1916. Her father, Arvid Brustad, was born to her grandparents Henry O. Brustad and Arvida C. Brustad, who had two other children while living in Eriksdale.

"I'd love to see where he was born, if it still exists," said Gordon over the phone.

"I was a bit worried that the area would have been turned into a strip mall or a Subway. I'm not sure if there is a cabin left, but I'm hoping someone can help me find out."

Gordon is hoping to echo the journey of her family by spending some time in Eriksdale on her father's 100th birthday and then taking the train west to Vancouver. The Brustad's only spent six years in Eriksdale as Henry attempted to farm wheat in the area. Those efforts failed and he ended up becoming a cook for the crews working on the railroad before traveling west in 1921 and finally settling in Portland, Ore.

If anyone knows of or remembers the Brustads and where they lived during their time in Eriksdale, you're urged to email Joyce at 2swedishchicks@gmail.com to help her find the homestead.



EXPRESS PHOTO SUBMITTED
Henry Brustad and his wife Arvida pose for a picture in Winnipeg in 1921 before they travelled west by train. Joyce Brustad Gordon is hoping to find the homestead where they lived and where her father Arvid (front left) was born.

MPI offers options to eliminate deductible for vandalism claims

News Release

Manitobans who insure their vehicles with an Autopac Extension deductible package (\$100 or \$200) will now qualify to have their deductible reduced to \$0 for vandalism claims. This change in coverage by the Government of Manitoba will take effect today, following an amendment to the Automobile Insurance Coverage Regulation.

"Our government has heard the concerns of those who have been victims of this senseless crime," said Gord Mackintosh, minister responsible for Manitoba Public Insurance.

"This amendment will benefit those vehicle owners who choose to carry the \$100 or \$200 deductible option, and who suffer damage to their vehicles as a result of criminal vandalism."

Last year there were about 10,000 vandalism claims opened with Manitoba Public Insurance. Vehicle vandalism came to the forefront earlier this year after a rash of criminal incidents within the capital region. Manitoba Public Insurance, Manitoba Justice, community representatives and the Winnipeg Police Service are committed to reducing this crime.

"As Manitoba's public auto insurer, we recognize the need to continually adapt our products and services to meet the evolving needs of our customers," said Ward Keith, vice-president Business Development & Communications and Chief Product Officer Manitoba Public Insurance. "We're pleased to be able to offer our customers the option to eliminate the deductible for vandalism losses if they choose to do so."

This policy change, which will automatically benefit approximately 75 per cent of all Manitoba Public Insurance customers who currently have the optional \$100 and \$200 deductible packages, will result in a minimal premium adjustment of \$3 to \$5 per year, which is expected to apply to policy renewals and reassessments effective March 1, 2016, or later. The average cost of a vandalism claim is about \$1,300.

Infrastructure repairs force temporary road closures in Eriksdale

By Jeff Ward

Over the next few weeks' road closures will force the re-routing of traffic for the town of Eriksdale. These closures will only be temporary and will reopen shortly.

The road that is affected is a portion of the Business Park — which extends from Highway 417 up to Road 125N, Blue Gleich Road and will be completed in the upcoming weeks. Swan Lake Drive is the approach onto Highway 6 and is being completely removed as required by Manitoba Infrastructure and Transportation (MIT).

"The removal of the access from Swan Lake Drive onto Highway 6 was required by MIT several years ago for the RM of Eriksdale to gain access to their new business park from Highway 417," said deputy reeve John Wainwright.

The cost of the project will total \$85,000, with \$34,800

being funded by the Municipal Road Improvement Program and the remainder coming from the Federal Gas Tax funds. Wainwright mentioned that the project should be on or under budget due to the contractors being hired on an hourly rate.

All of the projects have been in the works for a while (pre-amalgamation), but because of the amalgamation process, many projects, this one included, were delayed. The removal of the CAO post-amalgamation also caused further delays to many ongoing projects, according to Wainwright.

The upgrades to Eriksdale's interior come after several years of efforts to upgrade the numerous agricultural roads in the outlying areas of the RM.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder has mixed results on the gridiron

By Brian Bowman

The Interlake Thunder football teams had mixed results on the gridiron last Saturday.

The Interlake Bantams doubled the Transcona Nationals 44-22 while the Atoms outscored the Fort Garry Lions 50-46.

Lucas Kmet scored the game-winning touchdown in the Atom game with just 21 seconds remaining in the fourth quarter.

In Midget action, the Thunder were defeated 51-0 by the Mustangs in St. Vital Saturday evening.

Dylan Condie led St. Vital with 127 yards rushing and three touchdowns. Mustangs' quarterback Josh Jamieson also had a rushing touchdown while Jude Tanghe hauled in a TD reception.

Chad Ladan had a fumble recovery for a major.

With the loss, the Thunder have now lost five games in a row and are 1-5 on the season. And things don't get much easier for the Interlake as the Thunder will visit the first-place Nationals (6-0) this Friday evening in Winnipeg. Kickoff is 8 p.m.

The other Thunder teams will be back in action on Saturday in Stonewall. The Bantams will play St. Vital at 9 a.m., followed by the PeeWees against the St. James Rods (11:30 a.m.), the Atoms versus Charleswood (2 p.m.) and the Crunchers versus Fort Garry (4:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Thunder's Colton Meisner (30), Brandyn Linklater (95) and Tanner McCallen (8) bring down a National player during Interlake's 44-22 win last Saturday.

MSHL adds Stonewall, loses Sagkeeng

By Brian Bowman

The Manitoba Senior Hockey League will have a different look this upcoming season.

The Sagkeeng Braves will be taking a league of absence from the league this season but the Stonewall Flyers, formerly of the South Eastern Manitoba Hockey League, have decided to join the MSHL.

"It's always good to have another competitive team in the league, but I don't know if (people) are aware of the history of Stonewall hockey," said MSHL chair Mark Buss last Thursday morning. "Since the 1950s, the big hockey loop around here used to be Beausejour, Gimli, Stonewall...and Pine Falls and Teulon had teams.

"Hockey, in this area, when it was big in the 60s and 70s, Stonewall, Gimli, and Beausejour were the teams that were banging heads for a long time."

Buss said it makes sense geographically to have Stonewall part of the five-team MSHL, which also features the Gimli Wolves, Lakeside Phantoms, Beausejour Beavers, and Lac du Bonnet Blues.

Flyers' forward Adam Kirk said a shorter travel time for games was a major factor for their team voting in favour of switching leagues.

Another big reason for the change, said Kirk, is

the MSHL's import rule. The MSHL allows each team as many as five import skaters and two import goalies. By contrast, the SEMHL allows just two imports.

"With declining numbers, it was decided to go to the other league because you can have five imports and with South East you only get two imports," Kirk said. "It's definitely a thing to try to boost numbers and maybe get a few more guys out."

Buss said the import rule is a good way for teams to attract quality talent to the league. Not all of the communities have a large talent pool to pick from.

But the MSHL is a league loaded with talented players. Many of the players in the league have played high-level hockey in various leagues while Gimli reached the Senior "A" provincial final last season before losing 5-4 to the Morden Redskins of the SEMHL.

Beausejour, meanwhile, reached the provincial semifinals before losing to Morden.

"It's a good league," Buss said proudly. "There are a few NHL draft folks that either didn't make it or didn't play and I know there are some guys that played in the AHL or college.

"It's a competitive league, that's for sure."

Local teams playing KJHL preseason games

By Brian Bowman

Local teams have been busy preparing for the Keystone Junior Hockey League regular season with several exhibition games recently.

Last Saturday, the Lundar Falcons were nipped 6-5 in overtime by the St. Malo Warriors in St. Adolphe. Lundar had shut out St. Malo 3-0 back on Sept. 19 in Warren.

The Arborg Ice Dawgs, meanwhile, had a couple of tough games last week with the defending KJHL-champion Selkirk Fishermen. Arborg lost 9-1 to Selkirk on Sept. 22 in Gimli and then were stopped 8-3 by the Fishermen Sunday evening in Selkirk.

Arborg visited the North Winnipeg Satellites on Tuesday but no score was available at press time.

Lundar will host Fisher River tonight (8 p.m.) while Arborg will play home to St. Malo Saturday (7:30 p.m.) in Warren. On Tuesday, Peguis will play the Satellites at Billy Mosienko Arena. Game time is 8 p.m. The KJHL regular season begins Oct. 9 when St. Malo hosts North Winnipeg.

Midget Lightning loaded up front this season

Head coach has high expectations for this year's team

By Brian Bowman

The Interlake Lightning Midget Provincial team used the preseason to evaluate talent.

Now, they're ready for their Manitoba Midget "AAA" Hockey League regular season, which begins Friday when they host the Pembina Valley Hawks at 7:30 p.m. in Teulon.

The Lightning expect to be very competitive in the league this season. Interlake is hopeful to be, at least, several games over .500 by season's end.

"We think our forward lines are as

good as anybody in the league," said Lightning head coach Dwayne Swanson confidently last week. "We think we have some strong forwards and we can roll three, sometimes four, lines that will be just fine."

Forwards Noah Basarab, Riley Vautour, Jordan Kristjanson, Karson Collins, Storm Swan, James Maxwell, and Wyatt Bear, expected to be returned to the Lightning by the WHL's Seattle Thunderbirds soon, are each expected to make huge contributions to the Lightning this season.

While the Lightning are strong up front, there may be some question marks on the blueline. Finding six solid defencemen on the back end may be a work in progress, at least early in the season.

In goal, Nathan Cvar is expected to

give the Lightning a solid netminder with Midget "AAA" experience. The other goaltending spot was still up for grabs, said Swanson, late last week. It was expected to be cleared up by this past weekend.

"We have a couple of first-year Midgets that are vying (for the second spot) right now," Swanson said. "They're both very good goaltenders and it's making a very tough decision for us."

Interlake started its preseason with a pair of losses to Eastman (6-2) and Parkland (8-4) on Sept. 11 and 12, respectively.

The following week, the Lightning were defeated 2-1 by Southwest in a very good game, said Swanson, and 7-3 by Pembina Valley before edging Yellowhead 7-6 to wrap up its pre-

season.

"We changed our line combinations in order to have a better chance to get a win (against Yellowhead)," Swanson said. "It was important to get some confidence before the season started. It wasn't our regular team (during the preseason), but we didn't want to go into the regular season with five straight losses under our belt."

In the Pembina Valley loss, the Lightning surrendered seven goals in a 13-minute span in the second period after leading 1-0 after 20 minutes.

"We were still evaluating kids," Swanson said. "We weren't concerned about those games. We had a lot of first-year Midgets in the lineup and a lot of the kids that were going to play with us were away at junior camps."

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Mythological bird
4. Norwegian sea inlets
10. Military mailbox
11. Curved span
12. One hundred grams
14. Chest muscle (slang)
15. Old Portuguese pennies
16. Remove connection
18. Gas storage container
19. Conakry is the capital
20. Erstwhile
24. W. Australian capital
26. Dr. Laura's initials
27. Death notice
28. Irtysh River city
30. So. Am. country
31. Last in a large series
34. Term for alternative musical passage
36. 12
37. A nestling hawk or falcon
39. Vice president
40. Detailed criteria for a piece of work
41. Six
42. Gossipy
46. Relating to the body
48. Incendiary liquid used in firebombs
51. Plunder
52. Niger capital
53. Game of chukkas
54. Genus Hedera
55. Government prosecutor
56. Plural of genus
58. Born of
59. Livebearers tropical fishes
60. Doctor of Education

			1	2	3		4	5	6	7	8	9			
								11							
12	13			14				15							
16		17						18							
19								20				21	22	23	
				24			25	26			27				
						28	29				30				
31	32	33				34			35			36			
37			38			39									
40						41			42		43	44	45		
46						47				48				49	50
						51				52					
						53				54				55	
						56				57		58			
						59						60			

CLUES DOWN

1. Plundering
2. Can-_____, kitchen tool
3. Crested Australian parrot
4. 4th tone of scale
5. Author of "The Rings"
6. Mains
7. Major European river
8. PC publishing
9. 40th state
12. A tight embrace
13. Large African antelope
17. Impertinence
21. Wild Eurasian mountain goat
22. City in Malaysia
23. Small ornamental bag
25. Nelson's ship
29. Point midway between S and SE
31. "Untouchables" Elliot
32. Misprint
33. Heme
35. Italian mountain range
38. Surgical knife
41. Purple
43. Forfeited
44. Fixed a female cat
45. An edible tuberous root
47. Formerly included in genus Cedrela
49. Headed up
50. Soft shelled clam genus
56. Country doctor
57. Equally

McSherry Auction Service Ltd
MANTARIO CONTRACTING INC.
Sat Oct. 10th @ 10:00 am
Grande Pointe, MB
Wpg 101 Perimeter & 59 Hwy Jct - 5 Min
South on Hwy 59- 253 Bernat Rd.
Contact: (204) 979-8907

Excavators & Attachments 99 Komatsu PC 120 Excavator w 48" Bucket w Hyd Thumb 8359 Hrs. * Link - Belt 2800 LS C Series II Excavator w 36" Bucket * 60" Wrist Twist Bucket * 24" Digging Bucket Fits 120 * Construction Equipment 02 JCB Mdl 506 C H.L. Zoom Boom w Forks 6000lb Lift 50' Reach 4435 Hrs. * 78 Ford 9000 10 Spd Diff Lock w 14' Gravel B & H * JCB 8' Bucket * Haugen Loader 16' Man Platform * Log Fork Grapple * JD 770 AH Grader w Snow Wing * JD 544 A Wheel Loader * Ford 9000 Tandem w 15' Gravel * Mikasa Double Vib Asphalt Roller * Grader Blades * Skid Steer & Attachments Case 1845 C Dsl Skid Steer 3662 Hrs. * Case Mdl 125 Skid Steer Backhoe Attach * Lowe Skid Steer Hyd. Auger w 9" 12" 16" Bits * Stout Skid Steer Pallet Forks * Stout Skid Steer Tines w Grapple * Skid Steer 7' Hyd Angle Blade * Case 300 CM Hyd Directional w Bits, Locator and over 250' Ext. Pipe * Skid Steer Steel Tracks * Trailers & Storage 2010 US Cargo B H 18' Tandem Enclosed Trailer * 1990 Wilson 48' Alum Highboy Tandem Flatdeck Trailer * 02 Royal Cargo BH 8' x 16' Tandem Enclosed * 00 Penner BH Tandem 18' Flatdeck w Ramps * 03 US Cargo 5' x 10' Elec/Hyd BH Dump Trailer * 53' Container w 93 Mond Triple Axle Trailer * 2) Trailmobile 53' Semi FRT Trailers 1) 99 1) 98 * Light Trucks & Light Equipment 05 Ford F150 XLT Ext Cab 4 x 4 5.4 Tritan Matching Cap 240,000 K Safetied * 3PH 7' Cult * JD 60" Mower Attach * JD 60 HD Sweeper Attach * Semi 5th Plate * Cement Equipment M & B Model BB-10 1 Yrd Concrete Hopper Bucket * Gas Powered 12' Screed Leveler * 3) Vib Compactors * Bartek B436 Power Trowel * Elec Concrete Vibrator * Milwaukee Cordless Concrete Vibrator * Hilti DCH 230 Concrete Saw * Hilti DX450 Concrete Gun & Accessories * Hand Cement Floats * Landscape Rakes * Power Tools & Generator Large Amount- Many Multiples of Quality Brand Names - Milwaukee, Makita, Porter Cable, Dewalt, B & D, Ridgid, Bostitch, Hitachi * Onan PX6100 E Generator * Cummins Onan PX 12000 E Generator * 2) Honda EP250 CX Generator * Jobsite Air Compressor * 2) Gas Air Compressors * Table Saws * Shop Smith * Sliding Mitre Saws * Compound Saws * Hammer Drills * Hole Hawg Drill * Pam Driver * Senco Power Driver * Drills * Planers * Belt Sanders * Routers * Grinders * Drywall Guns * Cordless Tools * 6) Passload Impulse Nailers * Air Tools * Nailers * Staplers * Roofing Nailers * Various Hand Tools & Shop Related Items * Misc Sokkia D20C Transit Level w Tripod * Stanley Mdl Fat Max Bld Level * Stabila Laser LAR 250 Laser Level * Stabila LAPR 100 Lazer Level * Yamaha 2" Water Pump * Pallet Jacks * Temp Job Site Hydro Service * Frost Fighter 350,000 BTU Heater * Manual 24' Lift 300lb Capacity * Heaters -Herman * Wood Heater * Oil Fired Water Heaters * Insulated Tarps * Tile Cutters * * Painting Equip * Lifting Slings * 12) Sections Construction Scaffolding * Ladders * Material Lots of Hardware * Nails * Staples * Screws * Chainlink Fencing * Various Lumber * Plywood * New Pre-Hung Ext Doors * Electrical * Plumbing * Insulation *

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

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

STEEL BUILDINGS
 Steel Buildings... "Summer madness sale!" All buildings, all models. You'll think we've gone mad deals. Call now and get your deal. Pioneer Steel 1-800-668-5422 www.pioneersteel.ca

McSherry Auction Service Ltd
CLOSE OUT AUCTION
NORTH INTERLAKE CONTRACTORS LTD.
Thurs. Oct 8th @ 10:00 am
Riverton, MB
South 3 Miles on Hwy #8 then East 2 Miles on Balaton Rd
Contact: Eric - (204) 641-1390
Late Model, Low Hours
Well Maintained Equipment!
It All Sells Unreserved!
Internet Bidding - BidSpotter.com

Excavators 01 JD 110 * 09 Hitachi ZX 200 LC-3 * 10 JD 200 DLC * 06 CAT 320 CL * 11 JD 290G LC
 Crawlers 98 Cat D6M LGP * 06 JD 750 J LGP * 97 JD 650 G LGP * 08 JD 750 J Crawler * Graders 03 Case 885 * 07 Volvo G 960 * 87 Champion 740 *
Wheel Loader / Skidder 04 JD 648 G Grapple Skidder * 99 CAT 938 G Wheel Loader * Heavy Trucks (Wet Kits & Safeties On All) 99 Int. 9200 Eagle * 96 Int 9200 * 02 Int. 9200 I Eagle * 97 Freightliner * 96 Int 9200 * 99 Int. 9200 Eagle * 89 Ford 9000 Tandem * 95 Int. 4900 Tandem 15' Gravel Box * 86 Intl Mdl 1954 w 1800 Gal Water Tank * Rock Trucks 06 J D 350 D 6 x 6 Articulate Dump Truck * 06 JD 400 D 6 x 6 Articulate Dump Truck * Trailers (All with Safeties) 2) Canuck R12 28' End Dump Trailer 1) 11 , 1) 10 2) Clement Scissor Lift End Dump 33' 1) 92 , 1) 89 98 Trail Boss Tandem 21' * 97 Dorsey 48' Tandem Highboy * 04 Witzco Challenger RG 50 , 50 Ton Tri Axle Lowboy Detach Neck * 00 Deopker 40 Ton Low Bed Tri Axle * 10 16' Flat Deck * 13 ETNYRE Blackhawk 55 Ton Tri Axle Lowboy * 06 H Enclosed 16' Tandem Light Trucks 06 Ford F 550 HD 4 x 4 Crew Cab Service Truck w Crane * 95 Ford XLT 350 Service Truck * 11 GMC 2500 Crew Cab 4 x 4 271 Dsl * 03 Chev 2500 4 x 4 Dsl Ext Cab * 06 Ford F150 4 x 4 * 95 GMC 3500 Ext Cab Dsl 4 x 4 * 05 GMC 2500 HD Sierra * 00 Chev 350 Dually 18 Passenger Van 6.5 L Dsl * 07 GMC 2500 Ext Cab 4 x 4 6.6 Dsl * Skid Steer 12 JD 333 D Skidsteer on Tracks * 13 J.D. 60" Mulcher Attach * 84" Tines & Grapple Attach * Excavator Attach. 2) Rippers 42", 50" * 3) Wrist Twist Buckets up to 72" * 6) Buckets 22" to 54" * 2) 52" Bush Cutters * 1) 52" Mulcher * 3) Tree Shear Grapple 24", 29" * Herder 10' Bullrush Cutter * Misc 3 Bunk Houses * Culverts * 25KW Gen Set Mounted In Fruehauf 26' Semi Frt Trailer * Blast Mats * Fuel Slip Tank * 2273 Litre Fuel Tanks * New, Over 20 Retreads * Stihl Brush Saws * Stihl Chain Saws * Dolmer Quick Saw * 25) Al. Wind Master Sign Stands * Construction Signs * Glow Posts * Various Construction Related Items Service Maintenance Items * Safety Items *

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

HOUSE CLEANING
 Clean 90% of your home with just water-saving you time, money and the environment. Radically reduce the amount of chemicals in your home with Norwex. Ask me how. Call Stephanie 204-896-3980 or cleanwithwater15@gmail.com

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

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

RTM TRANSPORT LTD. STRATHCLAIR, MB
 Requires a **Dispatcher or Dispatcher Trainer** -Full time position-

The Qualifications for this job are:

- Basic Computer Skills
- Knowledge of road system on Prairies
- Work well in busy, challenging office atmosphere with other staff and drivers
- Good phone & people skills
- Able to work with little supervision
- Trucking background and understanding of road weight system would be an asset but not required. Will train right person.

Attractive benefits package available. Wage to be negotiated based on experience.

Only selected applicants will be contacted.

Please send resume to:
RTM Transport Ltd.
 Box 245, Strathclair, MB R0J 2C0
 Fax: 204-365-4753
 Attn: Ken Wozney
 Email: rtmkenwozney@gmail.com

SERVICES
 ME Construction, building mover, pile-driving, hoisting, rigging, bridge building, Marcel Espenell, 204-744-2491, 204-825-8616, email espenell@gmail.com, Box 46, Altamont, MB R0G 0A0, 200 yards East of St. Lupicin.

Doctor Dent Paintless Dent Repair. No sanding, fillers, painting. Hail repair, preserves factory paint. Loaner cars. MPI endorsed for 20 years. Winnipeg West 204-786-DENT, East 204-661-DENT.

HELP WANTED
 Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

BUSINESS OPPORTUNITY
 Lake Winnipeg 9000 lb. quota fishing license with wide gauge Bombardier \$54,000. Ph. 204-389-2037.

Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tcwend.com

CAREER TRAINING
 Medical Transcriptionists are in huge demand! Train with Canada's top Medical Transcription school. Learn from home and work from home. Call today! 1-800-466-1535 www.canscribe.com. info@canscribe.com.

MISCELLANEOUS
 Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Province-wide classifieds. Reach over 400,000 readers weekly. Call this newspaper NOW or email classifieds@mcna.com for details.

HEALTH
 Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

HEALTH
 Do you have a disability? Physical or mental. We can help you get up to \$40,000 back from the Canadian Government. For details check out our website: disabilitygroupcanada.com or call us today toll-free 1-888-875-4787.

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

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

Flax straw bales for sale. Regular sq. bales, \$3 each; larger round bales, \$20 ea. Call 204-664-5447.

HAY/FEED
 5x6 alfalfa bales. 1st & 2nd cut. Call Barry 204-633-4783 or 204-792-2918.

Got a SPORTS TIP?
 Call Lana at 204-467-5836

MUNICIPALITY OF BIFROST-RIVERTON

PUBLIC NOTICE

PUBLIC NOTICE IS HEREBY GIVEN under Section 194 of the Municipal Act that the 2012 Auditor's Financial Report, together with the related 2012 Financial Statements, for the former Rural Municipality of Bifrost, have been deposited in the Office of the Administrator of the Municipality of Bifrost-Riverton at 329 River Road, Arborg, Manitoba and are available for inspection by any person or his agent, during regular office hours and that any person, or his agent, at his own expense, may make a copy thereof or extract therefrom.

Dated at Arborg, Manitoba this 23rd day of September, 2015.

Harold J. Foster
 Reeve

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

IN MEMORIAM

Mattern
In loving memory of our dear mother, grandmother and great-grandmother **Barbara Ellen**, who passed away September 23, 1986 and our brother **Charles William**, who passed away September 24, 1999. He only takes the best. God saw you getting tired, And a cure was not to be; So He put His arms around you, And whispered "Come with Me". A golden heart stopped beating, Hard working hands put to rest; God broke our hearts to prove to us, He only takes the best.

-Lovingly remembered by,
Mina, Ed, Dody, nieces, nephews, grandchildren and great-grandchildren

CARD OF THANKS

A big thanks to all those who voted in the recent Arborg Bi-Election and especially those who supported me and gave me words of encouragement. I also want to thank Tammy Karatchuk who was an outstanding candidate.
-Larry Speiss
Councillor elect

McSherry Auction Service Ltd

CLOSE OUT AUCTION EARL THOMAS TRUCKING

Sat Oct 3rd @ 10:00 am

Beaconia, MB
Jct Hwy #59 & 500
1 Km Weston PR 500 39029
1 Hr 20 Min. North of Wpg MB
Contact: (204) 880-1214

Construction Equip 05 Hyundai 210LC7 Excavator 7190 Hrs * 5' Twist Bucket * Fiat Allis FL 5 P. Shift Crawler 3000 Hrs * 64 CAT D6 * JD 544-B Wheel Loader 3925 Hrs * 3 Way Screener, Grizzley w Hopper * 98 Freightliner 42" Bunk Wet Kit Sft. * 97 Freightliner Tandem w 14' Gravel B & H Sft * 99 Ford F550 Dually 4 x 4, 7.3 Dsl 9' Gravel B & H * 85 J.C Tandem Lowboy Hyd Detach Neck * 83 Arnes 16' Pup Trailer * 83 Arnes 24' End Dump Trailer * 98 Pintle Hitch Tandem Dually Equip Hauler * Woodmizer LT 40 G 18 Port Bandsaw * Race Car - A Modified 750 HP 350 Alcohol Engine Race Car * Craftsman Mdl 101 Metal Lathe 48" Bed * Sea Spirit Boat * Locomotive 16" Solid Brass Bell w Cradle * Guns * Partial List - Go to Web! *

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Close Out Construction Auction

Earl Thomas Trucking
Saturday, Oct 3rd, 10:00 am
Beaconia, MB
Jct 59 & 500
1 KM West on PR 500 #39029/

Hyundai 210 LC7 Excavator * 2 Crawlers * Semi * End Dump Tandems * Screener * JD Wheel Loader * Lowboy Trailer * Woodmizer Band Saw * Metal Lathe * Guns * Camper * Boat * Go to Web site *

(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Sale

Mantario Contracting Inc. Saturday, Oct 10th, 10:00 am

Grande Pointe, MB
253 Bernat Rd
Contact (204)-979-8907

Komatsu PC 120 Excavator * Link Belt Excavator * JCB Zoom Boom * JD 770 Grader * JD 544 A Wheel Loader * Case 184 S Skid Steer * 8 Skid Steer Attach * Enclosed, Flat Deck and Tilt Trailers * More Equip & Vehicles * Cemenet Equip * Generators * #1 Power Bldg Tools * Material * Hardware *

(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd

ELEANOR & GARY BEDIUK

Sun. Oct. 4th @ 11:00 am

Selkirk, MB
1067 Breezy Point Rd.
Continue North on Main St.
Contact: (204) 485-5897

Tractor & Equip Int. 574 Dsl Cab 3PH 540/1000 Sold w Allied 594 FEL 6500 Hrs. * Farm King 3 PH 7' Snowblowerw Hyd Chute * Farm King 3PH 72" Roto Tiller * 3PH 5' Rotary Mower * Allied 3 PH 8' Blade * MF 35 3PH 7' Sickle Mower * Ford 3PH 2B Plow * Farm Wagon * Yard & Sheds 2) Sheds 1) 6' x 6' 1) 8' x 12' * JD 345 Hyd 48" R Mower w Bagger 690 Hrs * Mini Roto Tiller * Roto Tiller * Tilt Yard Trailer * Patio Furniture * Starter Green House * Pedal Bikes * Tools & Misc 2) Butler 1350 Bush Grainers * 150 Gal Fuel Slip Tank * Magikist Pressure Washer * 5) 200 Gal Polywater Tanks * 8' Truck Cap * 3/4 Socket Set * Power & Hand Tools * Various Shop Items * Vice * Pipe Clamps * Chains & Hooks * Load Binders * Hyd Cyl. * Some farm Misc * Al Ext. Ladders * Insulated Tarps * Snow Fence * 8) Railway Ties * Rough 2" x 6" x 16' Welding Material * Condo Pipe * Propane Heaters * Load Bars * 16.9 30" Tire Chains * Metal Shelving * Full Bolt Bin * Guns CB 1 -Coey Model 75 22 Cal SS CB 2 - Remington Mdl 812 12 GA SS Antiques Horse Dump Rake * Treadle Sewing Machine * Dresser * School Desk * Medalta Crocks 1) 20 Gal 2) 10 Gal * 7 UP Pop Crate * Gal. Tubs * Cream Cans * Egg Crate * Bushel Baskets * Military Gas Can * Saw * Grain Scoop * 2 Yard Gates * Some Household *
Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Book Your Classified Ad Today - Call 467-5836

McSherry Auction Service Ltd

ANNUAL FALL GUN AUCTION

Sat. Oct. 24th 9:30 am

Stonewall, MB #12 Patterson Drive

Always a Huge Sale with Coast to Coast Buyers! Consign Early for Advertising
Email: mcsherry@mymts.net

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

HOUSEHOLD AUCTION FOR DONNA OLSON

SAT., OCT. 10 • 10 AM
Two miles west of Starbuck on Hwy 2, yard # 9135
John Deere 1630 tractor with 145 loader, only 789 hrs. Snow blower and other implements, other tools and yard equip. and household items.



Check our website for listing and pictures.

Bill Klassen Auctions Ltd.
Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

Hip or Knee Replacement?

Restrictions in Walking/Dressing?

\$2,000 Yearly Tax Credit
\$40,000 in Tax Rebates
Disability Tax Credit
For Expert Help: 204-453-5372

Is your Company looking to hire Aboriginal job seekers?

Post your next available job opening with www.firstnationsjobsonline.com

For more information email: danbussully@sasktel.net

First Nations Jobs Online

Get The Job Done!

Computer Tutor

Professional, reliable computer repair, setup, and maintenance services.
1-204-471-5818
Your virus, spyware, popups & speed up your system experts
www.computertutorpetra.ca

Gimli Veterinary Services

70 Centre Street Gimli, MB R0C 1B0
204-642-8398 lmtvet@mts.net

STONEWALL TIRE & AUTOMOTIVE REPAIR

204-467-5595
377 1st St. E., Stonewall

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding
Fully Insured - Claim Free
25 years Experience
Vince 861-0487
Darren 861-0028

Call 204-641-4104 or ads@expressweeklynews.ca

GOLIATH TECH

SCREW PILE SYSTEM

Strong. Durable. Precise.

The ELITE Screw Pile Solution for Decks, Fences & Additions
MANITOBA@GOLIATHTECHPILES.COM
Kelvin or Rob TEL.: 204.461.4443
WWW.GOLIATHTECHPILES.COM FAST & AFFORDABLE

Call 641-4104 To Advertise in this Space

SELKIRK CARPET & MATTRESS CLEANERS

OFFERS GREEN CLEANING
204-785-4464
Commercial & Residential
• carpets • mattresses • upholstery • leather
• pet stain • urine removal • dust mite elimination
Serving Hwy 9 North to Gimli

Auto Transponder KEYS

Cruise Control • Remote Starts
We can replace all lost vehicle keys!
204-482-5252 • 204-481-2070

WE SUPPLY AND/OR INSTALL:

- Window Coverings **HunterDouglas**
- Floor Coverings • Cabinetry
- Countertops & More!

THE Home STORE
Hwy #9 & Colville Drive
Gimli, MB
(204) 642-8585



Community Wellness



Interlake-Eastern
Regional Health Authority

UPCOMING PROGRAMS AND EVENTS

All community wellness events are **FREE** for Interlake-Eastern residents unless otherwise stated. Advance registration is required. Space is limited so register early. If you are interested in attending a community wellness program close to home but don't see it listed, contact Theresa Dankochik at wellness@ierha.ca or 1-877-979 WELL (9355) and we'll do our best to accommodate you or identify a program in your vicinity. All classes are subject to change.

DIABETES SELF MANAGEMENT PROGRAM

Have you recently been diagnosed with pre-diabetes or diabetes? Are you unsure of what diabetes is? Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes; explaining what diabetes is, how to control blood sugars, what to eat with diabetes and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

Arborg

Thurs., Oct. 15 (Class Two)
1:00 pm – 3pm
Arborg Hospital Boardroom

Hodgson

Wed., Oct. 7 (Class Two)
1:00 pm – 3:00 pm
Percy Moore Hospital Boardroom

Ashern

Thurs., Oct. 15
1:00 pm – 3:00 pm (Class Two)
Ashern Hospital Boardroom

Peguis

Wed., Oct 28 (Class One)
Tues., Nov. 10 (Class Two)
1:00 pm – 3:00 pm
Peguis Health Centre
Gimli
TBA(Class One)
TBA (Class Two)
Percy Moore Hospital Boardroom

DIABETES SOLUTIONS WITH A NURSE EDUCATOR

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a Diabetes Troubleshooting Nurse Education Session.

Gimli

Thurs., Oct 1
9:30 am - noon
Gimli Hospital EMS Training Room

EATING FOR HEALTH EDUCATION SESSION

Want to learn about healthy eating in general? Looking for nutrition tips, weight loss tips, or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol, and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.

Arborg

Wed., Nov. 4
10:00-noon
Arborg Hospital Boardroom

Ashern

Wed., Nov. 4
10:00 am – noon
Ashern Hospital Boardroom

CRAVING CHANGE

Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this FREE three week program is the class for you!

Fisher Branch

Tues., Oct. 6
Time: 9:30 am – 11 am
Fisher Branch PCH Boardroom

Gimli:

Wed., Oct. 14
Wed., Oct. 21
Wed., Nov. 4
Wed., Nov. 18
6:30 pm – 9pm
Gimli Hospital Multipurpose Room

MOBILE WELLNESS EVENT SCHEDULE

Mobile Wellness (MW) events are free events that bring a team of health care professionals to provide education and help you make healthy lifestyle choices. MW encourages people to be aware of the factors that affect their health and the things that they can do to improve their health. MW includes: a health check (blood pressure, blood glucose, and a lifestyle quiz); healthy displays on physical activity, nutrition, smoking and stress, healthy lifestyles presentation and a passport to record results.

Call 1-877-979-WELL (9355) or email wellness@ierha.ca for more information.

TAKE CHARGE OF YOUR HEALTH – INTRODUCTION TO EXERCISE

“Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time.” Leave this FREE class with resources to continue on your path to Wellness. You will learn:

- Where to begin
- Goal setting
- The physical activity guidelines specific to your age group
- Recommendations for developing a walking program
- Gentle stretching & strengthening exercises modified to meet your individual needs

*****Don't forget your running shoes and to wear comfortable clothing! We'll get up and get moving as we learn fitness facts!**

Fisher Branch

Tues., Dec. 2
Time: 9:30 am – 11:30 am
Location: Fisher Branch Personal Care Home Boardroom

Gimli:

Mon., Oct. 5
9:30 am - noon
Gimli Hospital Multipurpose Room

WORKSHOP: LIVING WITH ALZHEIMER'S DISEASE OR OTHER DEMENTIAS

Attend this workshop to understand Alzheimer's disease from a medical, family and individual perspective; learn about legal and financial considerations, helpful community resources, home safety, and best practices for caregivers.

Gimli

Sat. Oct. 17
9:00 am – 3:30 pm
Gimli Community Health Centre

GET BETTER TOGETHER

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease? Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

This FREE six week program is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you! Each session is 2.5 hours.

To get on a wait list to attend Get Better Together in another community, email wellness@ierha.ca or phone toll free 1-877-979-WELL (9355).

F.A.N. CLUB

Fitness And Nutrition Club – a four week program to help families get active is coming soon to your community!

For more information call toll free, 1-877-979-WELL (9355) or email us at wellness@ierha.ca.



To schedule an appointment with a nurse or dietitian regarding your chronic condition, please call 1-877-979-WELL (9355).

A physician referral is not required for these appointments.



To register or for more information contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355).

