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EXPRESS PHOTO BY PATRICIA BARRETT

Students at Winnipeg Beach School had a splashing good time last Friday raising \$782 for the Terry Fox Foundation and cancer research.

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

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Lundar girl gets opportunity of a lifetime for Canada 150 celebration

By Jeff Ward

Ten-year-old Keira Monkman travelled to Ottawa in July to take part in building the Manitoba portion of a playground for a TV show about the 150th birthday of Canada.

Monkman's mother, Kim Dziejdzic said that her friend messaged her through Facebook to let her know that casting had been extended and that Monkman should apply. The mother-daughter team put together an application video that night and were delighted by a response the following week that Monkman had been selected to take part in the TV show *Giver*.

The pair was flown out to Ottawa for five days, all expenses paid, and Monkman got her hands dirty helping construct her portion of the playground. The structure features a super chicken climber, springy horses, a picket fence corral, two slides, climbing web and a farmers market stand.

The building was filmed over three days, and Monkman's mother said that her daughter was beaming the whole time. The playground is shaped like the country and had kids from each of the provinces build the section they're from.

"We both had a great time creating a



Kim Dziejdzic poses for a quick photo with her daughter, Keira, while filming episodes of *Giver*, where Keira took part in the building of a playground for the Canada 150 celebration.

lasting memory that she might never



EXPRESS PHOTOS SUBMITTED BY KIM DZIEDZIC

Volunteers celebrate opening day of the playground by climbing on the Super Chicken Climber.



The playground is constructed in the shape of Canada to commemorate and celebrate the 150th birthday of the country.

have the chance to create again," said Dziejdzic.

"It was nice to have a little vacation with her and spend time together working on something that so many people will enjoy. We made a big photo album to preserve the memory and she's already saying she wants to go back in the summer for the grand opening."

Dziejdzic said that the parents weren't just sitting around watching their kids do hard labour and that they were also taking active volunteer roles. They got their hands dirty too by pouring concrete and raking wood chips, which was all part of the work that was closely supervised by on-site

foremen and other staff.

It wasn't all hard work, though, as Dziejdzic explained that there were many on-set pranks like water fights that kept the kids having fun. According to her mother, Monkman's favourite job was operating the cherry picker to haul loads of dirt used to build the barn area of the structure.

"I think that was definitely a highlight for her because she was always super excited to work on that machine. When we filmed the grand opening for the show, we were pulling in people off the street to play and that was really fun too," said Dziejdzic.

The show is set to air sometime in the spring of next year on TVO Kids.

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Arborg's Career Fair showcases educational and job diversity

By Patricia Barrett

Arborg's Career & Job Fair had over 25 local and area businesses, organisations, community colleges and universities showcasing hundreds of educational and career options.

Students from the Evergreen, Interlake, Lakeshore and Peguis school divisions visited the booths set up in the Arborg-Bifrost Arena Sept. 27 and gathered information about course requirements, tuition and job opportunities.

Red River College brought its mobile trades trailer to the fair. Electrical Instructor Denis Precourt, who taught a five-month program in Fisher River, gave students a taste of what the electrician course would entail in the six-by-eight foot labs.

Darlene Bouvier, regional campus manager, said the College will be offering an Introduction to Trades Program in Arborg this fall if there is enough interest from students.

"It would provide students with an opportunity to get some basic theory and then get an understanding of what various trades are like," said Bouvier. "They can move directly into that trade or look for work. Or they can continue their education with the trades training program."

The College, in conjunction with the Arborg-Bifrost CDC and Chamber of Commerce, will also be offering a health care aide program starting in February.

The Interlake-Eastern Regional Health Authority also took part in the fair, staffing two booths.

Local paramedics demonstrated life-saving techniques for students and talked about the challenges of the job, and Lori Buors, IERHA's Aboriginal Human Resources Development Assistant, Ashley Shaw, program assistant with Rural & Northern Health and Robert Maytwayashing staffed a general health care careers booth.

They explained what types of health care jobs are available and how students could earn credits or get hands-on experience in a number of fields, such as nursing, rehabilitation services and long-term and palliative care.

"We have an internship program," said Buors, who is based out of St. Laurent. "We work with the schools. The kids can volunteer hours for either a half a credit or a [full] credit."

Buors said she had students from Peguis, Teulon, Stonewall, Warren, Inwood, Lundar, Ashern, Riverton and Gimli inquiring about health care jobs with the regional health authority.

The IERHA is the second-largest health authority in Manitoba, she said, and there are plenty of job opportunities.

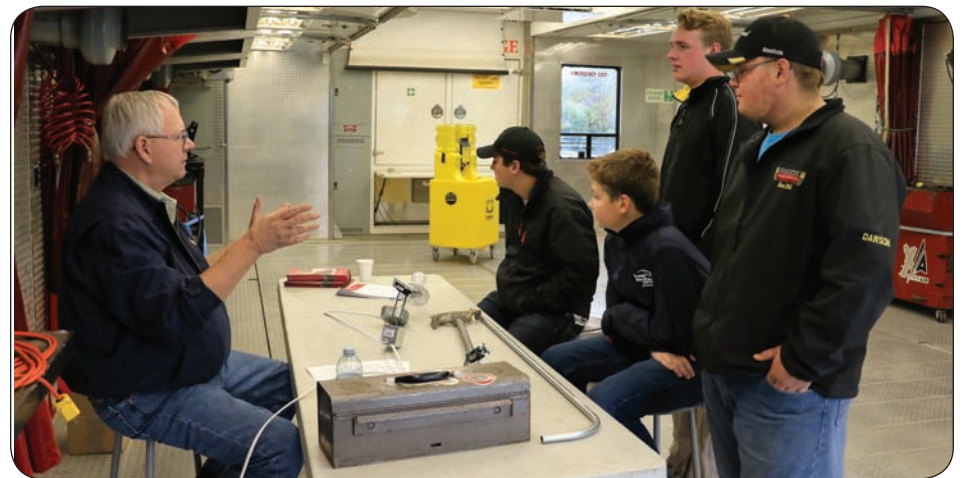


Justin Pasosky, RRC business technology and teacher education instructor and Arborg Collegiate Grade 9 student Dion Suchy.

Maytwayashing added that the health authority serves 122,000 residents of which 30 per cent are Aboriginal.

Indigenous Student Recruitment officers Desiree Morrisseau and Amanda McLeod from the University of Manitoba staffed a booth at the fair and will be visiting northern communities to speak about Indigenous studies.

Local businesses such as Maple Leaf, Vidir Machine, Noventis Credit Union and Enns Brothers gave students an idea of what kinds of employment



Electrical instructor Denis Precourt spoke to students about training in RRC's mobile lab.

prospects are available in the area.

Students had the opportunity to enter prizes draws for a drone and a mountain bike.

The fair was organised by the Arborg-Bifrost Community Development Corporation and Fieldstone Ventures Adult Education Centre in Ashern.



IERHA paramedics, left to right, Tracy, Laurel and Chrissy showed students how to resuscitate a victim.

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Taking the plunge for Terry Fox at Winnipeg Beach School

By Patricia Barrett

Students at Winnipeg Beach School had a splashing good time last Friday raising funds for the Terry Fox Foundation.

In the morning, students headed to the park to run or walk laps then dunked teachers in the afternoon, raising a total of \$782 for cancer research.

Gym teacher and counsellor Posie McDevitt threw in an extra \$18 to bring the total up to \$800. She also threw herself into the dunk tank set up in front of the school.

"The students completed 469 laps," said McDevitt, who donned a head-to-toe wet suit in preparation for the dunking. "They ran in the provincial park and at every lap (one kilometre), they got a popsicle stick. We added them up afterwards and got 469."

Some parents walked with their kids around the park.

McDevitt said students also watched videos about Terry Fox and made badges in art class with the words, "I'm Running for Terry Fox."

Kindergarten teacher Bev Braga led her students on their stroll through the park and also paid for a chance to dunk McDevitt.

"I'm going to dunk you!" she shouted to McDevitt at the top of the tank's platform, causing her to laugh.

The school's Grades 3-4 teacher Carolyn Antonio has organized the school's annual fundraiser for the past 20 years.

"We always try to change it up to add excitement for the kids," said Antonio.

She said she's grateful to the community and the parents for their willingness to take part in the fundraising and for making donations.

"I'm a cancer survivor," said Anto-



Elizabeth demonstrates how she's going to throw the ball and dunk a teacher.

nio. "The Terry Fox Foundation is very near and dear to my heart. That's why I appreciate everyone's support for this."

Her daughter Emily, who attends a different school, took videos of the event.

"We have dunk tanks a lot at [my school]," said Emily. "We did it for fun. But we had a pizza party fundraiser."

In addition to McDevitt, teachers Justin Charrier, Dana LaRocque, Jessica Svienson and Jason Gibson took turns in the dunk tank.

"I feel a little nervous," said Svienson. "This is my first time doing this."

Groups of students from Kindergarten to Grade 7 were called to line up when it was time to dunk the teacher of their choice. They hurled baseballs at the trigger mechanism.

Elizabeth demonstrated her awesome throwing stance to the Express, saying, "I'm going to laugh when I dunk them."

Teacher Jason Gibson taunted the



EXPRESS PHOTOS BY PATRICIA BARRETT

Students in Bev Braga's Kindergarten class lined up for a chance to dunk gym teacher and counsellor Posie McDevitt.



Students wait for the dunking of Teacher Jason Gibson.

students when it was his turn for the tank. He dipped his toe into the chilly water and said, "You're not going to hit it. I'm not worried."

A student named Jay proved him wrong.

The students could not resist an opportunity to get splashed. They ringed the dunk tank and shrieked when teachers jumped, flopped and cannonballed into the water.



One of the students in line to dunk a teacher

Gibson consented to a few extra cannonballs much to the screaming delight of the students.

Gimli's Knights of Columbus donated the tank free of charge and Winnipeg Beach firefighters Trevor Pemkowski and Kim Rusak swung by to fill it up.

"We want to give a big special thanks to [them]," said Antonio.

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West Interlake council close to releasing 2014 Siglunes audit

By Jeff Ward

During their next regular meeting, the council of the RM of West Interlake will approve and release the 2014 financial audit of the former RM of Siglunes that many in the community have been waiting for months to see.

The audit completed by Reid & Associates identified a number of deficiencies in accounting processes. In a document obtained by the *Express Weekly News* dated April 11, 2016, the auditor outlined those deficiencies, the implications they have on the municipality and recommendations to avoid them in the future.

One problem area was in disbursements and expenses. The deficiencies included bank reconciliations not completed correctly. The bank reconciliation provided for the audit had a discrepancy of more than \$1 million. Stale dated cheques were reported on the outstanding cheque list, cancelled cheques were reversed incorrectly to expense accounts in the general ledger, and the accounts payable was not reconciled to the actual outstanding items. The accounts payable listing provided for the audit contained material prior year items that were not indeed payable.

Errors in the payroll, including meeting or hourly wages paid to the councillors, were paid through accounts payable and not through the payroll-re-

porting program. For assets and income, DFA accounts were not being reconciled and reported as accounts receivable if they were receivable.

Reeve for West Interlake Randy Helgason was a councillor for Siglunes during that year and said that the issues were partly due to several staffing changes in CAO and administration during that year. He added that the pressure of dealing with the flood and being in a state of emergency also exacerbated the issues. The auditor also acknowledged those circumstances in the document.

"Obviously, as a councillor, I'm not responsible for that end of things and you just take for granted that things are where they should be and they obviously aren't," said Helgason.

"We're doing our best now and I think things are close to being back in order. Most of our outstanding debt was from the flood. Only recently did we get a claim in the amount of \$1.5 million from DFA, which was from 2011. To carry that debt for five

years is tough on an RM our size."

Helgason explained that he would be relieved when the audit is approved and released so that he and the rest of the Ward 2 councillors can put that behind them and focus on doing municipal business.

The reeve said that the recommendations made

"AS A COUNCILLOR, I'M NOT RESPONSIBLE FOR THAT END OF THINGS AND YOU JUST TAKE FOR GRANTED THAT THINGS ARE WHERE THEY SHOULD BE."



EXPRESS FILE PHOTO

Former Siglunes reeve Randy Helgason will be relieved when the 2014 audit is approved and released so he can move on and focus on West Interlake municipal business.

by the auditor were his opinion and not necessarily what the council will do.

"Everything in the document has been addressed, and as for his recommendations, it's really up to council to either act on them or take our own steps in solving the issue."

The next regular meeting of council will take place on Oct. 18.

Telehealth sessions for Alzheimer's care in the Interlake

By Jeff Ward

Creating a safer and more accessible living environment for people with dementia will be the first of two topics discussed for the Alzheimer Society of Manitoba Telehealth education sessions this fall.

The first session, Steps to Safety: Fall Prevention, begins on Oct. 25 at 6:30 p.m. at several locations around the province. Ashern will host one at Lakeshore General Hospital and Gimli at the Gimli Community Health Centre.

Norma Kirkby, program co-ordinator, and Marilyn Maartense, First Link co-ordinator for the Alzheimer Society of Manitoba, will lead the sessions. The pair will discuss ways that those living with dementia can decrease the risk of falls in the home.

Maartense said that research shows that people with dementia are four to five times more likely to fall than similarly aged people without the disease. And those who fall are at a higher risk for fracture and are more likely to be hospitalized as a result.

Telehealth puts both presenters in 45 different sites all over Manitoba

through a video conferencing system, which allows attendees to see and hear presentations as well as ask questions of the presenters based in Winnipeg.

"We'll be talking about proper lighting conditions, proper footwear, making sure pathways are kept clear and will give practical suggestions for how this can be accomplished," said Maartense.

"Things like the height of the bed, utilizing adaptive equipment and making sure things are easy to reach. It's all part of our main goal to keep people living with dementia safer."

Jackie Dokken, the regional co-ordinator for the Interlake/Eastern area, said that one of the things she does is to try to make people feel comfortable when they walk into a session. She explained that it might be someone's first time reaching out for help and that it's extremely important to her and the Alzheimer Society for that first contact to be a pleasant experience.

"Another nice side effect of the session is that people are able to see others who are going through the same

things they are. It makes them feel a bit better about their own situation because they realize they're not alone and that there's help out there," said Dokken.

Sessions are free to attend. Registration for the event is encouraged to secure a seat. Walk-ins are allowed, and Dokken said that they will never turn someone away who is looking for help. Anyone interested in registering for the first session is encouraged to

visit www.alzheimer.mb.ca for more information.

A second session will take place at the end of November to will deal with transitioning to long-term care.

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Welcome once again, friends. Lately, I have been meeting some pretty remarkable people from Arborg. A few weeks ago, I met and shared with you Kevin Lamoureux's Molson Lake fishing story. Late last week, I happened upon Tony Sorokowski on the Hnausa pier, a man who has spent his life educating kids in the Arborg area.

He was sitting in his truck, his fishing rod stuck in a pier fitting, taking refuge from the waves' spray that was being kicked up by the warm, gusting wind. As I drove alongside him, he rolled down his window, showing a generous smile as I called out to ask if he had an unusual fishing story.

Immediately, this thin, white-haired fellow, who was given to speaking rapidly and forcefully, began telling of a time years ago when he would take his family to the Duck Mountain area and try for trout in the East Blue Lake. His natural talent for storytelling totally engaged me.

His eyes flashed from side to side as he punctuated each remark with a nod of his head and a pointed finger. It seems the East Blue Lake is 190 feet deep, and try as they might, they could not catch the large trout they knew were there. So, being a teacher, he started casting about for information and learned, if given the chance, trout will seek 2 C to 10 C water. Tony got his hands on a submersible thermometer and found that depth temperature. Then with heavily weighted line and a special willow-leaf leader with a small hook and worm bait, his family started catching those trout summer after summer for years. Smart man.

Speaking of good catches, it's really



EXPRESS PHOTO BY ARNIE WEIDL
Wayne Wedge of Winnipeg with some pickerel he caught out of the Winnipeg River at Pine Falls.

getting good at the Pine Falls pier area. I was there and got to talking to Wayne Wedge and Eugene Chandl of Winnipeg, and one can see from some of the catch Wayne showed me that it's never been better.

Every once in a while, I run into a couple of long-time good-hearted buddies who are constantly joking around with one another. I met Dwayne Stewart and Ken Gunn from Winnipeg on the Red River bank fishing by the Selkirk Steam Plant, and they were just such a duo who couldn't wait to tell us their funny story.

Both men, who had defined weathered faces, were fairly tall and thin. Dwayne had short grey hair and a goatee while Ken's greying hair was covered with his favourite cap (so he said). As we lightheartedly got to know each other, it became very obvious that

these two guys were always looking for the fun in life.

Now, imagine this: They were boat fishing on Water Hen Lake past Fairford on an early spring, full-sun, no-wind hot day and they were sweating. Dwayne was actively working his line, jigging and casting, while at the other end of the boat, Ken put his line in the water and promptly fell asleep.

Dwayne jigged hour after hour, the sun burning him. The stillness was only broken by Ken's snoring. Finally, Dwayne couldn't take Ken's noise anymore and stretched his leg toward him, giving him a little kick. Ken awoke, half lying in the boat. He sat up bewildered, raking the sweat off his face with his hand, inquiring, "What's going on? You catch anything yet?" Dwayne looked at him with a glad-you-could-join-me smirk and merely shook his head from side to side. Then Ken's expression became alert. Rolling over on his side with one arm on the boat's gunwale, he tested his rod. He sat up smartly and started to reel in rapidly, water spraying off his line as it came in.

Within seconds, a giant pickerel rose, breaking the water. With only a small ripple, it rolled over, showing its white belly as Ken brought it alongside. He grabbed it by the gill and effortlessly plopped it onto the floor of the boat. Pondering the fish for a moment, Ken got a drink of water, baited his hook, cast out and promptly fell back asleep again. Dwayne, amused at Ken's effortless luck, grinned and then went back to working his line, muttering to himself, "If he wasn't my buddy, I'd toss him overboard!"

See you next week, gang. Bye now.

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Former Train Gang students reunite for luncheon

By Jennifer McFee

Former students of Teulon Collegiate enjoyed their fall luncheon at the Anglican Parish of St. Cyprian in Teulon on Friday, Sept. 20.

More than 50 longtime friends gathered for a delicious Thanksgiving-inspired meal catered by Janet Dyrda of Blue Skies Bakery.

The group included members of the Teulon Train Gang, as well as out-of-town students who lived in the boys' and girls' residences. Former students who lived in Teulon also attended the event.

The next reunion luncheon will be held in Winnipeg on the last Friday in May.

More former Teulon students are always welcome to join the luncheons, which are held every spring and fall.

For more information, contact Jim and Betty Moore at 204-895-0976 or 204-227-4255 or by email at j.moore.pc@gmail.com.



Three original members of the Teulon Train Gang John Melnyk, Anne Yanchyshyn and Rose Blahut.



Anne Yanchyshyn, Marion Murphy and Ted Dupley are all former Teulon Collegiate students.



More than 50 former Teulon Collegiate students continue to meet twice per year to reminisce about their high school days. The group includes members of the Teulon Train Gang and out-of-town students who lived in boys' and girls' residences, as well as those who lived in Teulon.

**EXPRESS PHOTOS
BY JENNIFER MCFEE**

Province's low-interest Winter Tire Program continues to move forward

Submitted

More than 53,000 loans have been processed for Manitobans taking advantage of the province's low-interest Winter Tire Program, Crown Services Minister Ron Schuler and Manitoba Public Insurance announced today.

"This low-interest Winter Tire Program assists Manitobans to equip their vehicles with snow tires with the ultimate goal being fewer winter collisions and safer roads," said Minister Schuler. "With colder temperatures and the fall season now here, Manitoba vehicle owners are strongly encouraged to winter harden their vehicles before the arrival of harsher weather."

Now entering its third year, the program provides loans of up to 48 months at prime plus two per cent up to \$2,000 per vehicle.

"Numerous road safety studies confirm that winter tires reduce braking distances by lessening sliding on ice and snow," said Ward Keith, vice-president, Business Development & Communications and chief product officer, Manitoba Public Insurance.

"Road safety should be a priority of everyone who travels on our roadways. Reducing fatalities and injuries is a goal which can be achieved when everyone makes the commitment to safety and preparing for winter with

the use of winter tires is one way to keep our roads safe."

Customers interested in participating in the program are encouraged to visit Manitoba Public Insurance's website at mpi.mb.ca for more information on program rules and to select one of almost 600 participating retailers throughout Winnipeg and rural Manitoba.

Quick Facts: The average length of a winter tire loan is currently about three years; the average loan amount is approximately \$1,200; at temperatures just below freezing

on dry pavement, winter tires have been shown to reduce stopping distances by as much as 30 per cent compared with all-season tires; winter tires offer significantly better traction on snow-covered or icy road surfaces at temperatures well below -30 C than all-season tires have at 4 C.

Question and Answer Session

Re: Funerals and Prearranged Funerals

- Some important facts snowbirds should know, if a death occurs while south.
- Benefits to prearranging your funeral.
- CPP death benefit and survivors benefit.
- Frequently asked questions ie. how protected are my prearranged funds?

When - Friday, October 14 at 2:30 p.m.

Where - New Horizons Activity Center, Gimli, MB

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To learn more, visit your local MASC lending office or go to masc.mb.ca.



WICG frustration grows with lack of direction

By Jeff Ward

What should've been an important public hearing to decide the fate of the RM of West Interlake in May has turned into a long, drawn-out series of meetings with little to no action, and even today, progress is as slow as ever.

As the spokesperson for the West Interlake Citizens Group (WICG), Andrea Sweetland said that her group is not going to give up in their pursuit for dissolution. Sweetland said a meeting encouraged her with Manitoba Minister of Indigenous and Municipal Relations Eileen Clarke. The meeting took place back in July and Sweetland said the minister was very attentive and listened closely to the concerns they had. However, the minister explained that she wasn't certain what she could actually do and need-

ed to do more research before saying anything concrete.

"We haven't heard back from her since that meeting," said Sweetland.

"But I believe that she wants to see this resolved. She committed verbally and in writing that she would be working to find a solution. I have sent a letter to the Municipal Board asking for an extension to our deadline (Nov. 30 if the extension is approved) for the next public hearing because we still have some options we want to explore."

Sweetland said that their No. 1 desire would be to simply go back to the way things were before, with both wards reverting back to their old RMs. However, that's unlikely to happen, as Assistant Deputy Minister of Indigenous and Municipal Relations Lau-

rie Davidson stated during the public hearing in May.

Other options would be to annex Coldwell — an outcome Sweetland concedes is becoming more and more unlikely — or to become a Local Government District (LGD). If the latter were to happen, it would be up to Clarke to give the LGD the power to conduct municipal business.

"We want the extension because we have to do a lot of thinking about what option works best for us, what do we lose or gain. So we have a lot of research to do to try and sort this out. Another idea that was brought up during our meetings was we revert back to our old municipalities but redraw the boundaries to make sure each one had a population of 1,000 each," said Sweetland.

Through all the frustration and waiting, the WICG is going to continue to do what they do best, according to Sweetland. They will continue to lobby, ask questions and make their voices heard. She said they've come too far to give up now and that she does really believe Clarke wants to solve this problem. The only two questions that remain are when will that happen and how.

"We were self sufficient before and it's obvious this amalgamation didn't need to be done. Why are they putting us in this financial stress when we were fine before and now we don't even have a proper financial statement? We don't know the reserves and there are zeroes all over the budget. How is this better?" asked Sweetland.

More Lakeshore students to benefit from LEGO funding

By Jeff Ward

With federal funding now secured, the Lakeshore Educational Growth Opportunities (LEGO) program will be able to double its student volume while simultaneously offering a program schedule that's eight times longer than the pilot project from last year.

The funding covers 80 per cent of the \$250,000 needed to fund the program and opens up a world of opportunity, according to program director Donald Nikkel. The other 20 per cent is coming from both the Lakeshore School Division and Lake Manitoba First Nation, which is where many of the participating students are from. The money covers transportation, accommodations and salaries.

LEGO is now able to offer 20 spots for students for an eight-week pro-

gram that has them getting on-the-job training in a field of their interest. The program is designed to entice students who are having trouble with attendance to get engaged in the school system by showing them what's out there after graduation. Nikkel said that he saw marked improvement in the attitudes and outlooks of students that were in the pilot program last year and he's looking forward to building on that success. The students will begin a two-week pre-employment classroom instruction in mid-October.

"What we've realized is that every student doesn't fit into the same box and we have to try alternative ways of engaging students who are struggling," said Nikkel, who's been working on this program for two years. "With the pilot program, we saw those

students really mature and gain a more positive outlook on their education. They've taken that attitude back into the classroom with them and are starting to succeed. Now that was just a week for the pilot program; imagine what we can do with eight weeks."

Another important part of the program is that it gives students a look at what their ideal career path could look like. Nikkel said that so often students have this romanticized version of their perfect career, and when they get there after four years of university or college, it's not all it's cracked up to be. With this program, students might decide that the career they thought they loved isn't for them, and they can head back to school and re-evaluate their plan. Alternatively, the career path might be even more fun than they originally thought and that could give them the drive to finish school

and move forward into post-secondary education.

Nikkel said that he would try to place students in a field they are interested in. He explained that the program is significantly more effective if the students are placed into areas they want to be in and that he will actively pursue opportunities requested by students. He wants their placements to be driven by what they want and not what is available.

"During the pilot program, I had a student who was really interested in athletics, so we put him in Sport Manitoba in the coaching area. It's all about trying to make a connection and have students finish school. If they have a clearer picture of what their life could be after graduation and it's positive, they're much more likely to come back and do the work," said Nikkel.

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40th Annual Lundar Goose Shoot correction

Staff

In the Sept. 29 edition of the *Express Weekly News*, we published an article promoting the Lundar Goose Shoot, which had a couple of errors. We reported that hunters travel around to the various fields to shoot as many birds as possible with two supplied shells for \$600. However, in actual fact, hunters are assigned fields through a random draw and teams are only allowed a bag limit of 20 geese — five per hunter with no limit of shells, and the fee is \$1,000.

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

Interlake Youth Choir tunes up for concert

By Jennifer McFee

The first-ever Interlake Youth Choir will fine-tune their skills at a weekend-long event that will culminate in two concert performances.

Committee member Edward Cloud explained that in-person auditions took place in May in Teulon, Stonewall and Selkirk, and video auditions were accepted from all across the Interlake.

For the first time, the group of about 27 young singers will meet together at Camp Arnes from Oct. 14 to 16 to learn music that will be performed at two venues on the final day.

"We've got a very exciting conductor for the weekend named Scott Reimer. He has a very long resumé and is just a magnificent fellow. Our accompanist is Beth Emmers, who teaches early childhood music in Selkirk," said Cloud, a music teacher at Ecole Bobby Bend School.

"For the weekend, we're going to spend all day Friday and Saturday doing a lot of singing and few fun activities. None of the kids have been in the same place at the same time. There are few kids who know each other, but this will be the first time that many of them will be meeting each other."

They'll be getting in tune for concerts on Sunday, Oct. 16, with the first performance scheduled at Arbog Christian Fellowship at 2 p.m. followed by a second show at Selkirk United Church at 7 p.m. Tickets cost \$15 for adults, \$10 for students and free for children.

"We're really looking forward to getting a lot of people in the seats for those two events to showcase what a high level of choral talent and ability we have in our Interlake region," Cloud said.

"We want to encourage not only people who know these singers to come out but also parents who have kids who like to sing. That way, they can have an idea of what they can look forward to should they keep an interest up musically. I would love to see a bunch of my students there. It'll be beautiful."

Benefits also abound for the participants, who are all in grades 9 to 12 this fall.

"They do this in other regions of rural Manitoba, and

we felt that it was time to bring it to the Interlake. Choir kids should get to know each other across the region and not just be in their little tiny pockets," Cloud said.

"The kids that we've got engaged are really interested. Last year, I taught choir in Warren for the year, and I bumped into a couple of my students who were telling me how excited they are to be coming."

As a harmonious way to wrap up their work, the Interlake Youth Choir will also have the chance to participate in a gala concert in No-

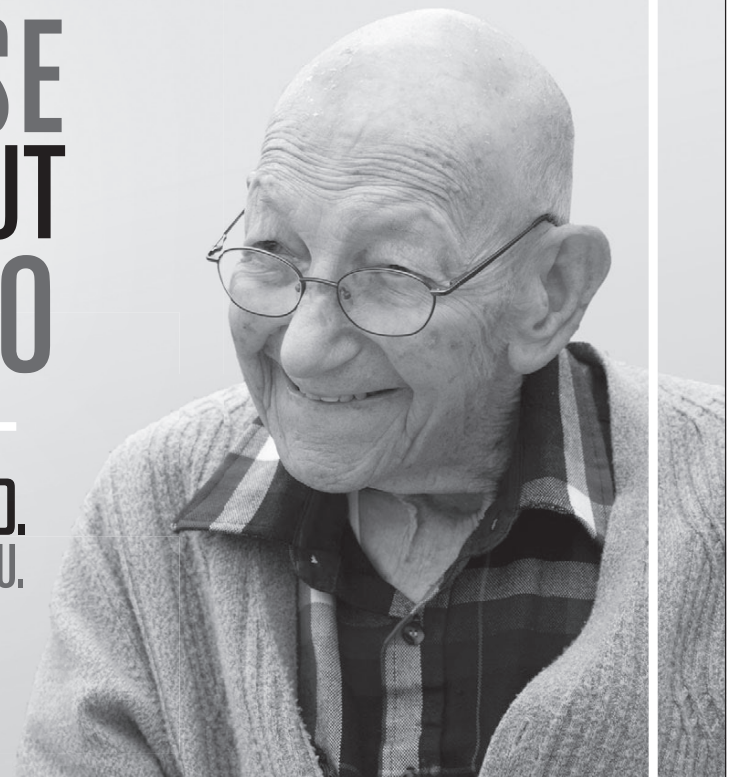
vember for the Manitoba Choral Association's 40th anniversary. A mass choir will combine the talents of hundreds of young singers from across the province.

"Our students will be invited to come down and be part of this Manitoba-wide giant mass choir, which is also an extremely exciting opportunity," Cloud said.

"Singing in a choir that big is just magical." For more information about the Interlake Youth Choir, visit <http://iychoir.wixsite.com/home>.

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Arts and Well-being Centre in Arborg takes a step forward

By Patricia Barrett

An Arborg woman who wants to establish an Arts and Well-being Centre in town is one step closer to firming up a site.

Carissa Rempel had been looking around town this summer for the perfect pastoral setting on which to situate her multi-purpose centre, called the Creative Cocoon, and she found it at the Arborg & District Multicultural Heritage Village.

Rempel will be partnering with the museum, which showcases pioneer life, and entering into negotiations for a piece of land overlooking the Icelandic River.

"It looks like we'll probably work out a lease arrangement with them," said Rempel, who set up a table at Arborg's Career Fair last week to provide residents and visitors with information about the Creative Cocoon and to gauge their feedback.

Rempel had appeared as a delegate at the Town of Arborg's council meeting Aug. 10 at which she asked council to consider leasing her land near a park along River Road.

The new site is across the river from that park and has "the beautiful esthetics of the river and the Heritage Village in our view," she said.

The mission of the Creative Cocoon is to "nurture a vibrant arts community where optimum well-being is sought and where healing and growth are fostered and encouraged," according to the centre's brochure.

It will provide area residents of all ages (preschoolers to seniors), artists, organizations and schools with an opportunity to engage in personal and shared creative endeavours in one central location, promote health and well-being and offer performance and exhibit space to local artists and

those from across the province.

The centre will include an apartment for visiting artists, a large gallery where art can be displayed or where poetry and book readings can take place, music and dance rooms, a yoga studio, and quilting and sewing rooms.

Rempel also sees the possibility of establishing space for a fair trade coffee and tea shop and an arts and crafts supply shop.

The building itself will be modelled after an old Pennsylvania Dutch farmhouse with a fireplace and a large covered porch and swings. There are also plans to build a meditation garden.

Because the project has just got underway, there are no construction dates as yet.

"We're ... still at the beginning stages," said Rempel, "but we have put a board together."

Rempel, who founded the Bridge youth drop-in centre and served as its director until 2012 (the *Express* had incorrectly stated in an Aug. 18 article on the Creative Cocoon that she is currently the director), is on the board.

Averie Johannesson, one of the founders of the Riverton-based Partners in Time Dance Company, Pat Eyolfson, co-chair of the Heritage Village, and Rachel Orbanski, a teacher at Arborg Collegiate, are also on the board.

Rempel said the Bridge provided her with organizational and management experience that she'll put to good use for the Creative Cocoon.

"But a lot of it is figuring it out as we go along," said Rempel, who has a background in counselling and psychology. "Pat [Eyolfson] is really helpful because she has all that experience through the Heritage Village. So she's



EXPRESS PHOTO BY PATRICIA BARRETT

Carissa Rempel (left) and Averie Johannesson set up a booth at Arborg's Career Fair to let visitors know about the Creative Cocoon, an Arts and Well-being Centre Rempel wants to establish in Arborg.



A pastoral area behind Arborg's Multicultural Heritage Village, which looks across the Icelandic River to River Road, is one of a few museum sites currently being considered for the centre's establishment.



Bragging rights

EXPRESS PHOTO SUBMITTED

The jury is still out as to whether it was skill or luck, but on the 18th hole at the Lundar Co-op Golf and Country Club on Sept. 3, former Lundar resident Troy Fortin shot a hole in one. Fortin was presented a trophy last weekend at the club's season wind-up.

a very, very valuable asset."

Johannesson also said Eyolfson is a great resource.

"Every time I read something ... that doesn't make any sense to me," said Johannesson, "Pat always has all the details and information we need."

The board is currently working on registering the centre as a charity.

"We're moving forward," said Rempel. "We're working on our charitable status and our incorporation, and we are going to be starting our capital campaign very shortly."

The board is also conducting a community needs assessment, which will help it determine what arts and well-being activities are most desired,

what types of activities people engage in at present (as well as how often), what types of activities people have paid to see or engage in, and whether they would attend more frequently if their desired activities were available closer to home.

Rempel said she will be attending the upcoming Manitoba Arts Network's 2016 Showcase in Morden to establish connections with other arts centres and gather ideas, and has already spoken with Theatre Projects Manitoba to bring events to Arborg.

For more information about the Creative Cocoon, contact Carissa Rempel at 204-250-5535 or email her at carer214@hotmail.com.

Tourism awards recognize those putting Interlake on the map

By Natasha Tersigni

The Interlake Tourism Association (ITA) held its 15th Annual Members Awards Dinner on Sept. 29 in Lockport to recognize various people and organizations that have worked throughout the year promoting local tourism.

A few months ago, the ITA put a call out for nominations from the public. After all the nominations were collected, a panel of judges looked at the nominations and then decided on the winners. Awards were handed out in eight different categories during the evening: Community Futures East Interlake Community Economic Development Award, Community Futures West Interlake Community Economic Development Award, Non-Member Interlake Tourism, Volunteer of the Year Award, Event of the Year Award, Partnership Award, Innovation Tourism Award, and Interlake Award of Distinction.

The Volunteer of the Year Award, presented to an individual for his or her outstanding contributions to the community, was shared by Beggi Anderson and Louise Machinski. Anderson was nominated for the award for his commitment and dedication to the Arborg and District Multicultural Heritage Village.

"A quiet man, not wanting praise, he goes about keeping the village beautiful with well-kept lawns, flowers and walkways at their best, maintaining this as a beautiful destination that both new and returning visitors enjoy. He is a real diamond among the many volunteer jewels that the Heritage Village has attracted," said Debbie Fiebelkorn, award presenter and mayor of the RM of St. Clements.

As both owner of the Bridgeview Bed and Breakfast and a longtime community volunteer, Machinski was honoured for work with various organizations.

"Understanding the importance of partnerships with local business, educating staff at tourism info sites on customer service and promoting the entire area while keeping a successful business going are some of the things that showcases Louise as a go-to-gal that gets things done. Being a face of tourism by delivering info or manning a booth at events gives her immense value for her volunteer time," added Fiebelkorn.

The Interlake Award of Distinction, that recognizes the exceptional leadership that helps the Interlake and Manitoba realize distinction as a high-quality tourism destination, was presented to the Arborg and District Multicultural Heritage Village. The working village is dedicated to



ITA Board Member Angela Emms, right, presented Cynthia Wirgau organizer of the Lundar Grettir Lobsterfest with the Event of the Year Award for an event with a budget over \$5,000.



EXPRESS PHOTOS BY NATASHA TERSIGNI
Interlake MLA Derek Johnson, right, presented the Interlake Award of Distinction to Florence Barylsky, left, and Pat Eyolfson of the Arborg and District Multicultural Heritage Village.



Lakeside Quilters Show and Sale organizers Donna Kerns, left, and Bonnie Dykes accepted the Event of the Year Award for an event with a budget under \$5,000.

preserving and showcasing the history of the area that has evolved into a provincial tourism destination that continually attracts visitors to the Interlake.

The Homes for the Holidays House and Heritage tour, a three-day event that included tours into nine private homes and heritage locations throughout the Red River North area in November 2015, was presented with the Innovation Tourism Award that recognizes a business or organization that has developed or expanded a new or existing tourism product.

Event of the Year Awards were presented to the Lakeside Quilters Show and Sale (budget under \$5,000) and the Grettir Lobsterfest in Lundar (budget over \$5,000).

Skinners Restaurant and Skinners Locks Market, a weekly Sunday market in Lockport, was presented with the Partnership Award that recognizes alliance that demonstrates the power and value of co-operative approaches to tourism, promotion, development or delivery in the Interlake and in Manitoba.

The Non-Member ITA Award, open to any Interlake business or group, was presented to Bay River Devel-



Community Futures West Interlake Community Economic Development Award was presented to Tony Dyck and Evelyn Gunther of the Steep Rock Beach Park.

opment. Located on the Fisher River Cree Nation, the development's main goals are to drive tourism to their community and grow the local economy.

This year, the ITA partnered with Community Futures East and West Interlake for the Community Economic Development Awards that recognizes a municipality, town, group or business that has undertaken a community project in the last 18 months that has or will have significant and long-term economic effects on the community. The Community Futures East Interlake award went the Central Interlake Training Centre, a community training centre in Arborg that will provide needed training opportunities to local youth. Steep Rock Beach Park was presented the Community Futures West Interlake Award for the improvements made to the park's infrastructure and services.

"This year at our 15th Annual Celebration of Stars, we honoured those individuals who have made a difference to the economic impact that



Arborg resident Beggi Anderson, left, and community volunteer and owner of Bridgeview Bed and Breakfast Louise Machinski were both presented with the Volunteer of the Year Award.



Community Futures East Interlake Community Economic Development Award was presented to Arborg-Bifrost EDO Pat McCallum, Arborg & District Chamber of Commerce Owen Eyolfson and presenter Eugene Zalevich for the Central Interlake Training Centre.

tourism makes annually on the Interlake: the people who make the festivals come alive with meaning, those who welcome our visitors to their businesses and the ones who keep the heritage of the region alive and well," said Interlake tourism manager Gail McDonald.

Gluttons for culture take to the streets of Gimli during Nuit Blanche

By Patricia Barrett

Gimli's 3rd Annual Nuit Blanche Oct. 1 invited festival-goers to watch and take part in a number of free artistic endeavours, including theatre, music, painting, furniture re-finishing and poetry.

The night-time event, which is celebrated in cities across the globe, took place in several local venues, including the Aspire Theatre, Robin's Donuts, Lifa Home and the Noventis Credit Union parking lot.

Doreen Pendgracs acted as culture guide for the evening, ushering a core group of about 40 or so people from venue to venue over the course of two hours.

The tour kicked off with a one-act play called *The Pepperonis*, an amusing send-up of a mafia family, performed by the A-Spire Players and ended at the New Iceland Heritage Museum, where the Wisecracks improv group invited participants to show their acting chops.

At Flatland Coffee, tour participants Wendy Grusko and Sue Stewart discussed Gimli artist Adam Kelly's colourful photographs, which included stars, skies, barns and bison.

"I think they're very vivid," said Stewart. "He's a colourist."

A photo of a fiery red sky over the roof of a barn had Stewart proclaim that it was "good enough to eat."

Over in the Noventis parking lot, Gimli High School art students Lenni, Emma and Eric, along with their teacher Kristine Dubois, were busy creating abstract art with paint guns.

"Art is about winging it," said Lenni as she demonstrated how to load and shoot in the dark.

At Life Home, co-owner Carol Magnusson showed participants how to apply chalk-based paint to furniture to make it look aged. The store stocks a range of colours and sells "antiqued" furniture.

Magnusson applied wax to a wooden chair then dabbed special dust onto the backrest's carved detailing to make it stand out.

"We were the first to bring chalk-based paint to Manitoba," said Magnusson as she painted the chair's drop-in seat cushion. "It gives old furniture new life."

At the bandstand near the harbour, Gimli High School's garage band the Rolling Thunder, made up of Grades 10 and 11 students, had the crowd rocking.



Doreen Pendgracs, Gimli's Nuit Blanche culture guide



The tour kicked off with a one-act play called *The Pepperonis*, an amusing send-up of a mafia family, performed by the A-Spire Players.

EXPRESS PHOTOS BY PATRICIA BARRETT



Guest poet, Victor Enns, read a poem written by the audience.

"There was no hesitation when I asked them to perform," said their former teacher Anders Kuusselka. "I'm so proud of them."

Kuusselka said a number of musicians took to the stage, including former Riverton principal Thomas Kowalchuk, Arborg teacher Jay Ewert, Gimli High School student Jasmine Henry and Gimli High School teacher James Squissato.

The poetry slam at Robin's was already well underway when the tour arrived.

Guest poet Victor Enns, a former student of David Arnason, had participants contribute a single line to a collective poem.

Budding poets were not allowed to read all the lines that had been

written before, only the line before theirs, making the creative exercise a bit more challenging, thematically speaking.

Enns read out the final work, which was clearly about relishing the moment.

"In a true slam, you've got three minutes to say whatever you want. In future rounds you're forced to improvise," said Enns, who recently moved to Willow Island.

Fred Veldink from Silver Harbour performed a few lines from Edgar Allan Poe's *The Raven*, making music of the foreboding lines with his commanding voice. He was awarded a prize from Robin's owner Cheryl Buhler.

"I had to sing in the choir when I was in university," said Veldink, sharing his performance secret. "I was always interested in poetry."

Former mayor and English teacher Bill Barlow also contributed to the po-



Lifa Home co-owner Carol Magnusson showed visitors how to apply chalk-based paint to furniture.

etic form by reciting a few lines from Robert Frost's poem *The Road Not Taken*.

"I used to write my own poetry," said Barlow, explaining afterwards how he dazzled the crowd.

During the Wisecrack's improv workshop at the museum, Matlock was firmly defended as the Interlake's "it" spot when some participants boldly proclaimed Gimli the pre-eminent destination for cultural enlightenment.

Performers led the crowd through a number of short exercises to limber them up for a skit.

Leona Johnson played dead, posing an improv challenge to Wisecrack's member Alex Kristiansen.

The evening wrapped up with a free screening of Andy Blicq and Huw Eirug's documentary *The End of Our Memories* at Kris's Fish and Chips.

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

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EXPRESS
WEEKLY NEWS

Get inspired by IERHA newsletter

By Jennifer McFee

It's easy to feel inspired by a brand new newsletter that focuses on health and wellness issues.

The Interlake-Eastern Regional Health Authority recently published its first issue of *Inspire*, a newsletter that profiles the people and programs promoting healthy living throughout the region.

Ron Van Denakker, CEO of the IERHA, said that about 10,000 copies of the newsletter have been printed.

"*Inspire* is a new document that we put together, but it's not a new concept. It's actually very similar to a document that the former Interlake region used, but we wanted to get back online with our community consultations," he said.

"The hope is that we're going to do

it four times per year, although this is the inaugural copy. The paper copies will go to our facilities, but we've also been using town and RM offices a lot to communicate with the community."

The newsletter is also available on the IERHA website at www.ierha.ca, with a French version coming soon.

"It's a real nice opportunity for us to showcase our people and our programs and some of the progress as it relates to our strategic directions," Van Denakker said.

"All too often, a lot of the stuff that we do is in reaction to things, so it's sometimes really hard to focus on some of the great stuff we're doing. So much of the focus is always on emergency rooms and EMS services and

Continued on page 15

Profiling the people and programs working towards healthy living in Interlake-Eastern RHA

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- 2 **Uniting physicians and other care providers**
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- 5 **Personalized approach to palliative support**
- 6 **Selkirk obstetrics team ready to deliver**
- 7 **Free health and wellness programs**
- 8 **Directory of RHA programs and services**

Reducing Antipsychotic Drug Use in Our Personal Care Homes

By Donna Maxwell

There's an awakening happening in Interlake-Eastern RHA's personal care homes and the beneficiaries are many, including patients, family members, staff and ultimately, the health system in general.

Cynthia Sinclair, regional manager of personal care home program accreditation and standards development, is working regionally and nationally to decrease the use of antipsychotic drugs for treatment of dementia in personal care homes.

Sinclair and her team, which includes staff development coordinators for the personal care home program Michelle Mroz and Pat Larkin, are having success - a spring report shows antipsychotic drug use in Interlake-Eastern has dropped from 32 per cent over the last year.

"They're waking up...and they're becoming more engaged in their environment and their surroundings and with people. Their families can now have a little bit more of a conversation or a relationship with them and they seem a little bit more like the person their families used to know. There's a real improvement in quality of life," Sinclair said.

"Subsequently staff are feeling really good about it too when it's successful because they're seeing their efforts end up with a better outcome for the resident and the resident is doing much better."

"Towards the later

Sinclair says the decrease in drug use is "significant" and educating staff how to assess resident behaviours is paramount to success.

"Behaviour has meaning. People with dementia can't communicate like you and I. As dementia progresses, thinking skills lessen and lessen and lessen," Sinclair said.

"They were never intended for this use, ever. They were initially discovered as anesthetics."

Antipsychotic medication also puts dementia patients at higher risk for death from stroke or cardiac arrest.

Sinclair said the modules they've created take the teachings from PICES, which are very clinical and theoretical and geared mostly toward nurses, and make the lessons appropriate for everyone.

"My belief is that anyone who basically touches the resident or

Sinclair began her work in Winnipeg with the Executive Training for Research Application with the Canadian Foundation for Health Care Improvement. She and colleague Joe Parlmak created six education modules based on the PICES program that relates to dementia and the approaches and assessment of it. Since joining Interlake-Eastern RHA in 2014, Sinclair and staff development coordinator Mroz have created six more modules that deal with things like helping the team communicate effectively with each other and physicians and helping nurses develop leadership skills and conflict management.

The use of antipsychotic drugs for dementia should be a last resort, Sinclair said, as the drugs were never intended for use in treating it. The drugs are used for treating things like schizophrenia or other diseases like Huntington's but over time, the medical community began using them for dementia because it often presents in the same fashion. The drugs have been considered the best way to deal with undesirable behaviours like aggression but now Sinclair's work is evolving that understanding.

"Because some of the behaviours in dementia kind of look like schizophrenia we're starting to see it in long term care," Sinclair said, noting in dementia patients the drugs sedate them and put them at risk for injury from falls.

"It's a very awful experience," she said.

"It's exaggerated but has an incredible impact."

Sinclair said staff members are often concerned when they hear they'll be reducing or eliminating drugs because they fear it will result in chaos and that behaviours will get worse.

"We don't want to take the drugs away and then tie them into a chair. We don't want to take away one restraint for another. There's no evidence that taking drugs away increases undesirable behaviours," she said.

Sinclair said getting one dementia patient off antipsychotic drugs can result in a savings of about \$5,000 per year. The program will continue to be rolled out to the RHA's remaining personal care homes where more awakenings await.

Sinclair at front with other personal care home program staff involved in rolling out the RHA's nationally recognized program to reduce the use of antipsychotic drugs in personal care homes (from left to right): Pat Larkin, staff development coordinator; Tara-Lee Procter, regional director; and Michelle Mroz, staff development coordinator

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Continued on page 15

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> IERHA NEWSLETTER, FROM PG. 13

those kinds of things. This publication talks about some of the good work that we're doing."

Stories focus on wide-ranging topics such as the reduction of anti-psychotic drug use in personal care homes, community groups that are working together to improve health care, and the personal approach of palliative support specialists.

The publication also includes an extensive list of free wellness classes and activities throughout the region.

"Wellness activities are so critical to a good quality lifestyle," said Van

Denakker, who encourages readers to provide feedback about the newsletter.

If all goes according to plan, the next issue will be published in the spring of 2017.

"I'm looking forward the day when we are not short 25 doctors, where we have emergency departments open so we can really start to talk about some of these other great things that we do," Van Denakker said.

"It's just so secondary in people's minds sometimes, but we really do have some great stories to tell."

Have guns will travel



EXPRESS PHOTO BY DENNIS VANDEKERCKHOVE

Zachary Halldorson's junior goose shoot team from Lundar came out on top at the 14th annual shoot in Stony Mountain last weekend. Halldorson's team shot their limit of 12 birds weighing in at 99.84 pounds. The team received \$600 and each shooter received a camouflage tote bag and duck call. Pictured from left to right: Kenady Christensen, Randall Johannson, Hannah Lussier, Zachary Halldorson and goose shoot organizer Ed Vandekerckhove.

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The 20th Boneyard General Repair **Boyz & Bullz**

Saturday, October 15th at The Eriksdale Recreation Centre

Boyz and Bullz 20th anniversary set to be an adrenaline-filled event



Annual Eriksdale bull riding event Oct. 15

By Jeff Ward

Lights, pyrotechnics, 1,800-pound bulls and some of the toughest riders around are set to make the 20th Annual Boneyard General Repair Boyz and Bullz Bull-o-Rama an exciting event in Eriksdale on Oct. 15.

There will be up to \$6,500 on the line for the bull riders to win Saturday, Oct. 15 at the Eriksdale Recreation Centre. The event will feature 26 riders who will compete in the Bull Riders of Canada sanctioned event where one of the riders — if they're the only one to hang on for both rounds — could walk away with the entire pot. Ben Kinkead, organizer of the event, said that it's the quickest way to earn \$6,500 but it's definitely not the easiest.

All that stands between the riders and their payday is two eight-second



EXPRESS FILE PHOTO

Continued on page 17

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The 20th Boneyard General Repair Boyz & Bullz

Saturday, October 15th at The Eriksdale Recreation Centre



> BOYZ AND BULLZ, FROM PG. 16

rounds. It might not sound like a lot, but Kinkead said that the eight-second ride could seem like an eternity on an "1,800-pound bull that doesn't want you up there."

Kinkead said that there will likely be some special recognition of the 20th anniversary but doesn't have anything to announce just yet. Doors open for the perogy and steak dinner at 4:45 p.m. with the Noventis Credit Union Bull Draft beginning at 5:15 p.m.

Kinkead said that one of the more unique aspects of this event is that riders are able to pick their first round bull. The event has all proceeds being donated to the Eriksdale Recreation Centre to help operate and maintain the facility.

"This is the biggest fundraiser we

have for it and the event has done nothing but grow over the last 20 years," said Kinkead.

"It take us 60-plus volunteers to set up the steel ring, cook perogies, pour beer and hand out sponsorship packages. It takes a lot of committed people to keep an event like this going. And we've got a great pen of bulls this year that should make for a great show."

Tickets for the show are \$15 for adults and \$10 for youth (ages 5-17). Tickets for the cowboy social following the show are \$10

and the dinner tickets cost \$18. All tickets are available at the door.

"The ride is going to be tough on these guys but it'll be very entertaining for the crowd. I hope to see some strong riders this year go the distance," said Kinkead.

"THE RIDE IS GOING TO BE TOUGH ON THESE GUYS BUT IT'LL BE VERY ENTERTAINING FOR THE CROWD."



EXPRESS FILE PHOTOS
Lights, pyrotechnics, 1,800-pound bulls and some of the toughest riders around are set to make the 20th Annual Boneyard General Repair Boyz and Bullz Bull-o-Rama an exciting event in Eriksdale on Oct. 15.



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RURAL MUNICIPALITY OF
West Interlake

Stake-out in Sandy Hook providing RM of Gimli with drainage options

By Patricia Barrett

One of the RM of Gimli's proposed solutions to flooding on Second Avenue in Sandy Hook has met with objection from a property owner on Third Avenue, who is worried that the RM is moving forward with the solution.

Council briefly discussed the matter at its regular meeting Sept. 28 after Coun. Thora Palson received a letter from the property owner expressing concern over a surveyor staking out Third so that the RM can start a drainage/road expansion project there.

"There is no project," said CAO Joann King by email a few days after the meeting. "It was put forward for discussion. There will be further consultation in the future."

But a road widening project would provide a "safer traffic flow" down Third Avenue, said King. "Now, when cars are parked on the road, it is reduced to one lane."

The maximum posted speed on Third is 50 km/h.

Residents on Third Avenue have been subjected to flooding, but those on Second have experienced it to a greater extent, King said, and they

had contacted the RM with their concerns. Water issues include flooded yards, fields, crawl spaces and septic tanks.

King said people on Third Avenue do not agree with the RM's proposed option to the flooding.

The resident on Third considers a drainage/road widening project over-kill.

"I feel, as well as the majority of property owners on Third Avenue, that the proposed ditch and road expansion is far in excess of anything that may be required to remedy any issue that may or may not exist," he wrote.

A survey of property owners on Third, which the man said he carried out last month, shows the majority against the RM's proposed solution.

"Over the Labour Day weekend, I canvassed all of the property owners on Third Avenue as to their opinion of the proposed ditch/road project," he wrote. "... Of the 17 property owners, 13 or 76.5 per cent were opposed, one owner or 5.8 per cent was in favour, and three property owners or 17.6 per cent were not available."

Those opposed cited concerns with



EXPRESS PHOTO BY PATRICIA BARRETT

A property owner on Third Avenue in Sandy Hook is opposed to one option Gimli council has proposed to help mitigate flooding in the area.

ruining the "natural look of the street," the cost of the project "far" exceeding the current budget, lack of consultation and a drop in property values.

King said there are no cost estimates available because there is no project.

As for property values plummeting, she said, "I would think proper drainage and wider roads would help im-

prove property values."

The Third Avenue property owner suggested there may be other ways to go about improving drainage in the area other than by installing new drains along Third.

"Lower the culvert under the north/south back lane at the corner of our

Continued on page 23

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Culture, dance and food celebrated in Arborg

By Rozanne Nevakshonoff

The 5th Annual Interlake Culturama held at the Arborg Community Center on Friday night was another resounding success put on by the Interlake Immigration Settlement Services and Arborg Heritage Village.

Exhibits lined the walls with representation from the Aboriginal community, Belize, Britain, Iceland, India, Mexico, Paraguay, Philippines and Ukraine. At the heart of the stations was the Canadian table proudly decked out in red and white.

Eugene Zalevich, MC for the evening, introduced the marvellous variety of entertainment including some North American country music and a Spanish love song. African, First Nation, Métis Nation, Philippine, Ukrainian and Indian exhibitors performed traditional dances.

Of special interest, it was noteworthy that more than 20 families drove out from Winnipeg to represent their Punjabi culture at the behest of Diljeet Brar, the ag extension co-ordinator in Arborg.

The Punjabi region, located in northern India, is primarily agriculture in nature. Nanveet Brar explained that "The hardest part of their transition to Canada was attaining a position in their professions." Navneet is a research scientist in agriculture. She finally found her niche at the University of Manitoba and is carrying out field studies on soya beans and corn.

Diljeet, Navneet and their six-year-old daughter came to Canada in 2010 through the Federal Skills Program (FSP). They first came to Canada through Vancouver but are very happy to be in Manitoba where there are more similarities with their region back in India with agriculture being more predominant and more hours of sunshine in comparison to Vancouver.

"Even in the deepest cold of winter, the sun shines here," says Brar.

The Brars are the only members of their respective families to make the journey to Canada.

Diljeet keeps their culture alive by running the BHANGRA Dance School where children teach children. The youth performed two dances. One of them, the Bhangra, which is performed by young men, is a harvest dance in celebration of a bumper crop of wheat being reaped. Three-year-old Jai Brar is the youngest performer in this troupe and has been dancing for a year.

The second dance, the Luddi, which is performed by the young ladies, is also a rite of passage dance where they vie for the attention of a possible



suitor. The colours, movement and music were outstanding.

The Singh family also arrived in Canada in 2010 under the FSP. Their journey brought them directly to Manitoba to awaiting family members. When comparing his life now in Canada to that of India Major Singh explains, "Everything here is more convenient. You flip a switch, lights turn on. You turn a dial you can cook. Gas is cheaper. Higher wages. The hardest part is the command of English and the expectation of the use of English."

Major Singh has a Master of Science in Information Technology degree and his spouse, Vipon Walia, holds a postgraduate degree in Computer Applications. Both felt education to be of paramount importance and see Canada as having endless possibilities for them and the futures of their children.

Major Singh, along with his spouse, Vipon Walia, will be attending their Canadian Citizenship Ceremony on Oct. 13, 2016, in Winnipeg.

I urge everyone to come out and support this event in 2017. Not only is it educational, but you can make new friends as well.



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF

The 5th annual Interlake Culturama returned to Arborg as the audience was treated to a kaleidoscope of cultural performances from Britain, Iceland, India, Mexico, Paraguay, Phillipines, Canada and the Ukraine.

BE A DIFFERENCE MAKER!

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Interlake MLA Derek Johnson to establish office in Arborg

By Patricia Barrett

Interlake MLA Derek Johnson is preparing to open a constituency office in Arborg so that residents in town and in the surrounding areas can pop in with any concerns.

The office is located in the same strip mall where Johnson had established his 2016 election campaign office:

Unit 1, 356 River Rd., near the Interlake Co-op food store.

Over the July and August legislative break, Johnson made the rounds of municipal councils and dealt with constituents' concerns. He was back in the House on Monday.

The opening date of the constituency office is to be announced.



EXPRESS PHOTO COURTESY OF HEATHER SIGURDSON

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Car care tips from the pros prepare you for fall and winter driving

It's foolhardy to head out in a poorly maintained vehicle in the dead of winter, but being prepared and maintaining your vehicle on a regular basis can help prevent unnecessary breakdowns. Regular, routine maintenance can help improve your gasoline mileage, reduce pollution, and catch minor problems before they become big headaches. Here are some car care tips to keep you from getting caught out in the cold.

- **Get your oil and oil filter changed more** often if your driving is mostly stop-and-go or consists of frequent short trips. Service providers suggest that regular oil and filter changes is one of the most frequently neglected services, yet one that is essential to protect your engine.

- **The cooling system should be flushed and refilled** as recommended. The level, condition, and concentration of the coolant should be checked periodically. A 50/50 mix of antifreeze and water is usually recommended. A professional technician also should check the tightness and condition of drive belts, clamps, and hoses regularly.

- **Replace old blades regularly.** If your climate is harsh, purchase rubber-clad (winter) blades to fight ice build-up. Your service provider will inspect your washer fluid with your regular services and provide you with the appropriate washer fluid rated for the cold winter months. And don't forget to always carry an ice scraper to keep your windshield clean and clear. Cleaning ice and snow buildup on the windshield and by the wipers can prevent premature damage to your wiper blades, wiper arms and wiper motor.

- **Have your battery checked.** The only accurate way to detect a weak battery is with professional equipment. Your local service provider can perform a routine charging system inspection and give you the results so that you can plan to replace the battery before it causes damage to other components such as your starter and alternator. Have your service provider inspect your battery for corrosion on posts and cable connections; clean all surfaces and retighten all connections. A word of caution: Removal of cables can cause damage or loss of data/codes on some newer vehicles, so be sure to have a professional look after this service.

- **Inspect all lights and bulbs.** Your professional service provider will inspect your lights and recommend bulb replacement if required. You as a vehicle owner should periodically clean road grime from all lenses. To prevent scratching, never use a dry rag. Clouded lenses can be refinished by many service outlets.

- **Worn tires are dangerous in winter weather.** At your regular winter service have your tires inspected for remaining tread life, uneven wearing, and cupping; check the sidewalls for cuts and nicks. You should check tire pressure once a month, letting the tires "cool down" before checking the pressure. Your tires should be rotated on a schedule to provide longer and more even wear. For best overall winter driving the thread depth of your tires should be 6/32 or more to get the best traction. All this can be done by your Local Automotive Service Provider

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Winnipeg Beach resident(s) taking drainage into their own hands

By Patricia Barrett

Winnipeg Beach Public Works department discovered a sump pump placed in a sewer in front of a residence on Epsilon Avenue.

The reason for the unauthorized pump is unknown.

"They probably don't want water sitting in the bottom of the ditch because of mosquitoes," suggested Coun. Ryan Reykdal. "The water will just funnel in there and they'll pump it out — probably to a neighbour's ditch."

Who put the pump in the sewer is yet to be determined.

Council can't send a letter out because it is not sure who installed it.

"It could be a neighbour," said CAO Kerry Lawless.

Coun. Daryl Carry suggested the town call residents and ask about the pump.

Council will be reviewing a bylaw pertaining to damage to municipal property and undertaking further investigation. Civil action is a possibility.

Mayor Tony Pimentel said the town will be removing the pump.

Other council briefs:

The CAO reported there may be a delay with releasing wastewater from the town's lagoon because a filter is incompatible with the new system.

"There is a problem with one of the filters," said Lawless. "They're not going to be able to do the release through our new system this fall."

To the best of his understanding, Lawless said there are two lagoon systems like this in North America, and that the issue may have arisen because contractors weren't aware that suppliers had changed the design of the filters.

The fabric in the filter system is apparently not thick enough, and particulate counts were above the required threshold for release.

After Oct. 15, the town will be prohibited from releasing wastewater,

and some effluent will have to be retained over the winter.

"The lagoon's provincial operating licence prohibits any release between Oct. 15 and April 30," said Lawless. "All effluent is stored throughout the winter and released after April 1. The lagoon's new treatment plant will be shut down during this period each year, with only the aeration operating. The plant is started up again after April 1 and the winter's retention is then released. The treatment plant operates throughout the summer months, treating effluent as it collects and continually releases."

Lawless said the contractor responsible for the construction had recently added alum to the lagoon to lower phosphorus counts to an acceptable level for release.

Treated wastewater is discharged into Lake Winnipeg. Phosphorus contributes to algal blooms in Lake Winnipeg, which can affect fish.

"We're going to do a manual release — the old-fashioned way — for this year, so we have retention room," said Lawless.

That will begin the week of Oct. 3 and take about two weeks.

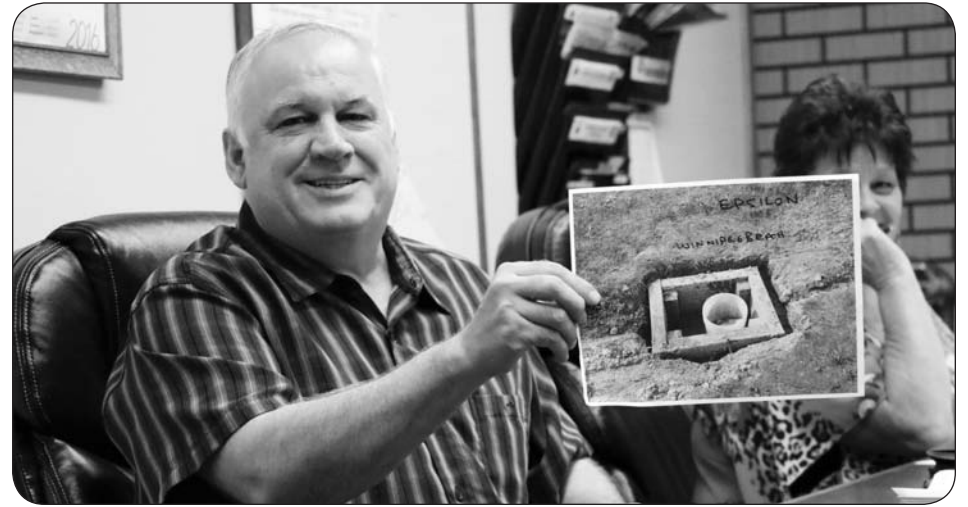
The cost of the new treatment system, about \$3.5 million, was shared between the town and the federal and provincial governments, each partner paying a third.

The town's share is \$1.66 million.

About 1,800 properties are connected to the town's sewer system. Property owners will be paying about \$85 a year over the course of 10 years or a lump-sum payment of about \$650, according to council.

The province's Water Services Board, which assists municipalities with water and wastewater systems, was responsible for the upgrade, said the mayor.

"It's great they're handling it all," said Pimentel, "then they get the re-



EXPRESS PHOTO BY PATRICIA BARRETT

A Winnipeg Beach resident may have taken drainage into his/her own hands. Coun. Daryl Carry held up a photo showing a sump pump basin installed in a sewer on Epsilon Avenue that was recently discovered by Public Works.

sults they need to get in order for us to release the product."

The town financed interim project costs through internal funding and a line of credit.

"Once the project is completed and the final numbers tabulated, a loan for the town's \$1.66 million portion will be secured either from the provincial government or a financial institution and paid back over 10 years," said Lawless.

Coun. Pat Green reported that the ice at the community centre should open Oct. 24 and that children's recreational hockey may be expanded because there has been more interest.

"It looks like Wednesday nights with different age groups," she said. "That's nice to hear because it's all volunteer run."

Coun. Carry asked whether council would consider making a request for a contribution from the RM of St. Andrews to support the town's recreational facility because, last year, the facility had more St. Andrews users than Winnipeg Beach users.

"We're servicing the north end of their municipality with our facility," said Carry.

Coun. Green said she attended an IERHA Healthy Together Now meeting with the Age Friendly Committee last week, and the committee will be putting in a grant request to build community gardens in a park near Strollway Street.

"We asked for funding to build 10 beds, send someone on training for the composter ... and build the composter," she said.

The mayor said he's considering a council portfolio shuffle.

"I'm looking at changing the portfolios. I'll draft something up," said Pimentel. "We've all been at our portfolios now for two years, so I thought maybe we'd switch it up."

Pimentel asked councillors to send him recommendations as to what responsibilities they'd be interested in assuming, and they will discuss the proposed changes at the next council meeting.

Manitoba's population grows by over 22K over last 12 months

Staff

In the 12 months ending June 30, Manitoba's population increased by 22,147 people or 1.71 per cent, the largest annual growth in Manitoba's population on record, according to the province.

"Our population is now estimated at more than 1.3 million people and our population growth rate has far exceeded Canada's growth rate for the past six years," Growth, Enterprise and Trade Minister Cliff Cullen said in a release last week. "Our record-breaking 12-month growth rate was

also the second highest of any province."

Cullen noted other population statistics:

- Manitoba welcomed 17,238 immigrants over the 12 months ending June 30.

- Total net migration was a record-breaking inflow of 15,451 individuals from other jurisdictions. This net inflow marks the eighth consecutive 12-month period with a net inflow of more than 8,000 migrants, with four of those 12-month periods more than 10,500.

- Manitobans gave birth to 17,372 babies over this period. This is the highest number of births for a July to June period since 1989-90. Births have increased 3,626 or 26.4 per cent, compared to a low of 13,746 in 2001-02.

Approximately two-thirds of Manitoba's immigrants over the period ending June 30 were provincial nominees. The Manitoba Provincial Nominee Program nominates individuals who are likely to make a positive contribution to the province, based on their skill sets and other criteria, the minister said.

"Our government has committed to making Manitoba the most improved province in Canada," said Cullen. "This record-breaking immigration shows that Manitoba is beginning to move in the right direction, as a destination of choice for newcomers. The popularity of our province reflects the many opportunities and job prospects our province offers. Immigration will continue to be an important element of our government's plan for sustained job and economic growth."

Province to widen scope of parking permit areas in Winnipeg Beach

By Patricia Barrett

The province will be requiring vehicle permits in a number of areas within the boundaries of Winnipeg Beach Provincial Park starting in the spring of 2017.

Residents and visitors who want to park along the Boundary Creek Marina access road and parking lot, as well as along Elm Avenue, east of the railway line, will have to purchase a vehicle permit.

"It's going to be a Nightmare on Elm Street there when they start ticketing all those people," said Coun. Daryl Carry, referring to the 1984 slasher film during council's regular meeting Sept. 28.

He said a lot of seasonal residents park along Elm Avenue, which is close to downtown.

The province owns both sides of Elm from Stitt Street down to the lake, said Mayor Tony Pimentel.

He estimates that between 20 and 25 vehicles can fit along that gravelled section of road.

In August, council had asked the province to consider lifting the requirement for a parking pass at the tennis courts at Hazel and Prospect, located at the north end of the park, after receiving letters about the "un-friendliness" of the province's parking permit sign.

"The requirement for vehicles to have a Park Vehicle Pass while in a provincial park is not a policy, it is a legislated requirement," wrote Sustainable Development's regional di-

rector Richard Romaniuk in an Aug. 31 letter to council.

Currently, vehicle passes are required for the tennis court parking lot, the boat launch parking lot and the campground.

The mayor said Winnipeg Beach has been unique among provincial parks in that it did not require parking permits until about 2015. And to the best of council's knowledge, no tickets have been issued since that time.

The province has been "really good investing within the town" yet hasn't collected parking revenues the way it has in other provincial parks, such as Grand Beach, said Pimentel.

"They've probably spent over \$11 million within the last six, seven years," he said. "The beach front [seawall] was \$5 million. ... The campground, I think, was \$6 or \$7 million. They've invested quite a bit with no return from the users. We forget that. That's the thing we've [council] been really happy with ... but, unfortunately, they're under belt-tightening."

The province also takes care of the grass in the park.

According to the letter from Romaniuk, revenue from parking permits will "assist in park improvements."

The mayor said the forthcoming permit requirement should not cause undue congestion on town streets.

The town's Public Works Committee is currently considering the development of a drop-off zone in the downtown area, where visitors can unload beach supplies then find parking.



EXPRESS PHOTOS BY PATRICIA BARRETT

Starting in 2017, the province will be requiring a parking permit for Elm Avenue, which is close to downtown.

Every year, the town hosts a number of popular events, such as the Beach-Scape Harvest Festival, Boardwalk Days and an Ice Fishing Derby, attracting thousands of tourists.

Visitor spending in Manitoba's provincial parks was about \$210 million in 2009, according to a 2011 publication by the Canadian Parks Council titled Economic Impact of Canada's National, Provincial & Territorial Parks in 2009.

No information pertaining to how much the province makes from the sale of vehicle permits (or the collection of fines) for parks could be found.

Permits can be purchased at most locations where fishing and hunting licences are sold or at Sustainable Development offices, including the one on Elm Avenue in Winnipeg Beach.

An annual vehicle permit is \$40; casual, \$12; and daily, \$5, according to the Parks and Protected Spaces Branch website.

Winnipeg Beach PAC among those recognized for promoting recreation

By Patricia Barrett

The Interlake Municipal Recreation Association presented an award to the Winnipeg Beach School Parent Advisory Council for helping to promote a healthy, active lifestyle in the community.

The council received a Recreation Builder Award during the 6th Annual IMRA Awards ceremony held last week in Winnipeg Beach.

It undertook numerous fundraising activities for the construction of a new playground for students and those in the wider community.

Principal Shawna Rudd said PAC president Sarah Pinsent and gym teacher Posie McDevitt attended the awards ceremony and dinner, at which they received an honorary plaque.

The plaque is now in the school's trophy case.

The IMRA also recognized the achievements of five individuals who

made a difference to recreational life in their communities.

Laurent Kerbrat volunteers at a local rink. Ruth Hermann is a coach and volunteer with her local community club. Blake Burnett is an arena manager, community fundraiser and tireless volunteer. Janeen Price and Jody McPherson are soccer club volunteers and coordinators who wanted "more accessible and affordable outdoor activities for the kids in their community," according to the IMRA's Sept. 22 news release.

IMRA chair Rod Cameron paid tribute to this year's winners.

"It is important to recognize the contributions our neighbours and local leaders make to recreation in our communities," said Cameron in the news release. "These are the people whose work often goes unnoticed, but without their contribution, our communities would not be the places they



EXPRESS PHOTOS SUBMITTED

The Winnipeg Beach School Parent Advisory Council won an award for helping to promote a healthy, active lifestyle in the community.

are. I encourage us all to take the time to thank these award winners and the many other people who are making a difference in the Interlake."

The IMRA has provided a networking forum for individuals and groups

interested in improving recreational opportunities and resources in the Interlake since 1988. It offers workshops, seminars and training to help promote participation in recreational activities.

St. Laurent debuts possible designs for Métis Heritage Centre

By Jeff Ward

At a public meeting on Sept. 24 potential designs for the multi-million dollar Métis Heritage Centre were on display, while members of the public were given the chance to ask questions about the project.

The meeting was organized and hosted by St. Laurent economic development officer (EDO) Tiffany Desjarlais. Desjarlais explained that the meeting was a way for the public to have a look at the designs, share ideas and raise concerns if they had any.

A half-dozen people attended the meeting, and Desjarlais said they were excited about the plans and had some positive thoughts to share. The plan is a \$2.5 million facility that builds an addition onto the Welcome Centre already in place just off of Highway 6. Along with the addition, the Welcome Centre will be renovated to include dozens of exhibits and artifacts showcasing the rich Métis heritage and cul-

ture of St. Laurent.

"We will have a lot of text displays that tell the stories of Métis heritage through ancestors," said Desjarlais, who works as point person on the project.

"We'll also have the bombardier in our entrance that was returned from the Smithsonian exhibit last year. There will be a small stage where people can do presentations about history and the culture of music and dance. The whole inside of the building will be in the infinity symbol shape."

The infinity symbol appears on the Métis flag and represents the faith that Métis culture will live on forever. With a centre like this, it can be anchored to the ground and honoured in St. Laurent. Desjarlais said that she wants to have her grandchildren learn about her grandparents by visiting the facility in the future.

The EDO stressed that the project is still in the early stages and they only



EXPRESS PHOTO SUBMITTED

An artist's rendering shows what the exterior of the \$2.5 million Métis Heritage Centre could look like. This design was on display during the public meeting a few weeks ago.

just finished the feasibility study. This is a project that will likely take four years to complete, and if things go well, Desjarlais hopes to see shovels in the ground sometime in the next 16 months.

"I'm still researching grants and getting applications ready. I want to make

sure that we're maximizing our grants to benefit each other because some of them can stack. It's very exciting to be working on this project, and I'm looking forward to seeing it develop over the years," said Desjarlais.

Zebra mussels piling up along the shores of Lake Winnipeg



FACEBOOK PHOTO

Piles of zebra mussels are seen here along the shores of Patricia Beach last week. Inspection sites for aquatic invasive species have now been set up in both St. Clements and Selkirk Park in Selkirk.

Staff

The province is once again reminding boaters to stop at inspection stations for zebra mussels and other aquatic invasive species after piles of them were spotted along Lake Winnipeg last week.

Several news outlets last week were reporting that piles of zebra mussels were found along the shores of Beaconia and Patricia beaches.

Zebra mussels have also been found in other parts of Lake Winnipeg, the Red River and Cedar Lake north of Lake Winnipegosis.

Highway inspection stations have recently been set up at Grand Rapids, Eriksdale, Swan River, The Pas and the RM of St. Clements.

There is also an inspection station with a decontamination unit at the Selkirk Park boat launch and an inspection station but no decontamination unit at the St. Vital Park boat launch.

"As we near the end of open water season, we ask that Manitobans take extra precaution to ensure they are not transporting aquatic invasive species when moving watercrafts," Sustainable Development Minister Cathy Cox said in a release last Friday. "The best and most effective measures to reduce the spread of AIS come from Manitobans taking action to clean, drain and dry their watercraft and other vessels, and dispose of water and bait in a way that does not move unwanted invasive species to another water body."

It is illegal to possess or transport aquatic invasive species such as zebra mussels in Manitoba.

Everyone is required to do their part and ensure that before removing any watercraft from the shore of the water body they:

- inspect watercraft and water-related equipment;
- clean and remove any aquatic plants and AIS from the watercraft, trailer and all water-related equipment;
- drain all water from the watercraft including motor, bilge, bait buckets and any compartments; and
- completely dry all water-related equipment and any hard-to-drain compartments that have contacted the water before it is used in any other body of water.

The province recognizes that as people prepare to move their boats to winter storage, it may not be possible to find or remove all zebra mussels before leaving the shore.

In that situation, a transportation authorization can be requested, which will allow the movement of a watercraft that may contain AIS.

Extra measures are required for control zones, which are areas where AIS have been found or

expected to be spread. All water-related craft or equipment leaving a control zone water body must be decontaminated before being placed into another water body. Also, before leaving a control zone, all live bait must be disposed of in the trash.

When transporting watercraft on land, remember the drain plug and all other valves or other devices used to drain water must be removed or left open. It is the law in Manitoba to clean, drain, dry and dispose.

Boaters can get more information on how to obtain a transportation authorization or to find when the watercraft inspection program is operating online at www.manitoba.ca/stopais.

> SANDY HOOK, FROM PG. 18

property to meet the bottom of the existing ditch," he wrote. "Continue the ditch on Railway to meet the ditch on Highway 519. Remove the culverts running from the ditch on Railway to the properties on either side of Third Avenue."

Any ditching project — especially those that could potentially alter the natural flow of water — requires approval from the province's Sustainable Development department.

"We have not applied," said King, referring to Sustainable Development permits, "as this [drainage/road expansion] is just a possible option."

If the RM's option is deemed the best solution, King said council will hold a public consultation.

In the meantime, the RM will be carrying out drainage work on the east side of Highway 9, which it plans to complete this fall. Sustainable Development had been consulted on that project, said King.

Lakeshore School Division holds Wellness Day for staff

By Jeff Ward

Staff from the Lakeshore School Division were treated to a day of wellness education from a variety of keynote speakers and breakout session facilitators for a day of professional development.

The goal of this wellness day, which took place Friday, Sept. 30 during an inservice, was to help motivate staff to consider a variety of wellness options for themselves and to consider those options as part of the working environment throughout the division.

Assistant Supt. Leanne Peters said that it's important for staff to take time for themselves to find balance between their passion for teaching and their own personal time. She said that many staff feel like their work is their calling in life and that separating themselves can be difficult.

Wellness day took place at Lundar School and had two keynote speakers — Sylvia Yeager and Big Daddy Taz — as well two wellness sessions in the

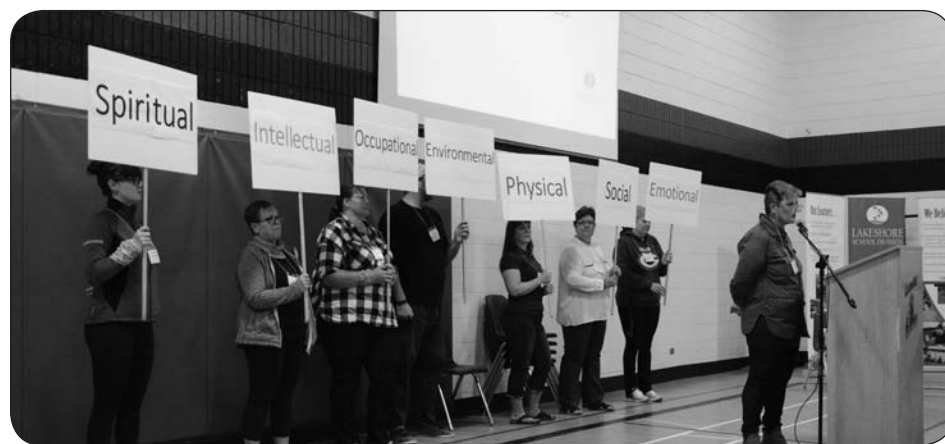
morning and afternoon with 15 topics each for staff to attend.

"The buzz was phenomenal. People were really energized right through to the end of the day," said Peters.

"Over the past five years, we've focused these PD (personal development) days on our divisional goal of better literacy and numeracy. But that really limits those days to teachers. We wanted something that included all of our divisional staff but could still touch on our goal."

Supt. Janet Martel spoke about the seven dimensions of wellness — spiritual, intellectual, occupational, environmental, physical, social and emotional — to start the day. Peters explained that all staff need to have a good balance of these in order to contribute to a healthier division.

The breakout sessions also touched on these aspects with practical lessons staff could use every day. Sessions like organization, finding a healthy voice, stress reduction, yoga, healthy cook-



EXPRESS PHOTO SUBMITTED

Lakeshore School Division Supt. Janet Martel speaks to staff about the seven dimensions of wellness.

ing and getting a better night's rest were all part of the day.

"We've been going through our responses and it's been overwhelming. We had many people say they didn't know what to expect and that they were blown away. We wanted them to leave feeling like they gained some-

thing and I think we accomplished that," said Peters.

The assistant superintendent said that she hopes staff will take these lessons and run with them and even utilize what they learned in the classroom to spur new discussions in students.

Fentanyl use rising 'drastically' across Manitoba

By Lindsey Enns

The use of what's being dubbed one of the most deadly and dangerous drugs on the market right now is rising across Manitoba, according to RCMP.

Cpl. Scott Hanson says the illegal use of fentanyl has risen "drastically" over the last year across the province.

"It's the most dangerous drug I've seen on the streets in my police service," said Hanson, who has been a member of the RCMP for 16 years and for more than 10 of those years has been directly involved with drug enforcement. "We are actively engaging every fentanyl file we can. Every one of them is being investigated."

Hanson said over the past year he and a team of experts have led nearly five investigations involving the powerful synthetic opioid narcotic, typically used for terminal cancer patients, and have made seizures during each of those instances.

"It's certainly not like we're seeing with cocaine importation. We're seeing it in much smaller amounts," he said, adding RCMP have seized anywhere from 10 to 40 grams of fentanyl at one time. "Putting those amounts of dosages on the street are very dangerous for the residents of Manitoba."

Fentanyl, depending on its purity, can be diluted by any drug distributor, Hanson explained.

"That's where you see the cost ben-

efit to the drug trafficker," he said. "There's money to be made there and that's why we're dealing with this problem."

In September, RCMP released a video highlighting some of the dangers of fentanyl and other opioids pose to first responders and the public.

The video, which has been viewed more than 35,000 times on YouTube, features real life accounts of RCMP officers who came in contact with fentanyl while on duty.

Some of the symptoms officers described feeling included sleepiness and/or drowsiness, a slower heart-beat, trouble breathing, nausea, dizziness, pinpoint pupils as well as mood alterations.

An increase in overdoses and deaths related to fentanyl and its use across Canada is one of the reasons RCMP chose to release the video publicly, according to a release.

Although he has come in contact with fentanyl while on the job, Hanson said he has never had any adverse reactions to it.

He added he and other officers have received advanced training to deal with such substances and take extra precautionary measures, which include wearing double gloves, wearing long sleeve shirts and full face masks.

"We're never working with fentanyl alone," he added. "We always have a partner ... my partner monitors my

actions and can administer first aid."

Hanson added more recently most RCMP officers have been given nasally administered naloxone kits, which can be used to counteract the effects of fentanyl on themselves or others who are in medical distress due to fentanyl exposure.

Near the beginning of this year, the province announced it was investing \$500,000 to create a new task force to lead a co-ordinated Manitoba-wide response to growing concerns over the illegal use of fentanyl.

Hanson, who is also a member of the task force, said they are gathering information on the number of deaths, overdoses, seizures and other activity linked to the drug. They plan to release that information to the public sometime in near future.

"We want to get an accurate picture of what the actual problem is in Manitoba ... with fentanyl," he said. "It's just trying to piece together the entire picture so we know exactly what we're dealing with. We're not only talking about deaths, we're talking about overdoses and fentanyl related contacts from our frontline responders."

According to the Canadian Centre on Substance Abuse, at least 655 deaths in Canada from 2009-14 had been linked to fentanyl.

Information obtained by the *Record* through a Freedom of Information request earlier this year stated that

three people were sent to the Selkirk emergency room in 2015 because of a fentanyl overdose.

The Interlake-Eastern Regional Health Authority said it didn't have a reporting system in place that tracked fentanyl overdoses prior to 2015.

Hanson said the province's task force is made up of individuals from a number of different agencies including Manitoba Health, Manitoba Justice, the Brandon Police Service, physicians, surgeons and the Addictions Foundation of Manitoba.

"The task force meets on a regular basis and we share ideas and talk about the strategies and solutions to the problem," he said. "With that information, our goal is to create policies for recommendations and strategies that the government can use to apply to the problem of fentanyl to mitigate the risk to the public."

Hanson admits the fentanyl problem in Manitoba and across Canada is a difficult one for police to get ahead of.

"It's just an extremely dangerous drug and I can't say that enough," he said. "People just have to really understand that if they're using fentanyl, you just don't know what you're actually using. You just do not know the purity level."

"The best way to not overdose is to abstain from using it."

Peguis plays key role in IERHA's mock school bus accident

By Patricia Barrett

Peguis Central School staff and students played a key role in the staging of the Interlake-Eastern Regional Health Authority's mock school bus crash that was designed to test all facets of emergency services.

Nineteen students played the role of accident victims during the disaster exercise, which took place Sept. 27 at the ball diamond south of the Percy E. Moore Hospital.

"The ... hospital invited us to share our emergency response plan," said Peguis School principal Edwin McCorrister, who was on hand to watch the exercise. "They invited us to meetings and we donated a bus."

The school division's mechanics delivered the bus to Hodgson early that morning and prepared the disaster scene before the students were brought in.

"I helped bring the bus down here," said Steve, who is a bus mechanic for the Division. "We lifted it with a winch and tipped it over."

The bus had been decommissioned and will eventually be sold for scrap, he said.

Tim Johnson, who trains bus drivers for the division, was also part of the pre-disaster preparations.

"The plan is to cut these two seats out and get the kids out," said Johnson, referring to the role the fire department would play. "Once the kids are out, they'll practise with the Jaws of Life."

Anita Sutherland, who teaches law, current issues and Aboriginal studies at Peguis Central, helped IERHA staff prepare the students.

"They [IERHA staff] gave them scenario cards," she said, referring to what injuries they would sustain and what symptoms they should demonstrate, "and dressed them up."

The IERHA organized the disaster as a way for paramedics, hospital staff, local fire departments and the RCMP to practise life-saving skills, co-ordinate their efforts and build relationships.

"The exercise ... is to test our response. It's to test our plan," said Jay Ferens, the IERHA's regional manager of disaster management. "And ... it's a learning experience for everybody especially when you have multiple agencies working together."

Ferens said the IERHA has staged a number of mock accidents in the past, but this is the first time it has done one with Percy Moore Hospital, a federally run facility with whom it has a solid partnership.

"We could definitely do more," said Ferens, referring to the exercise as "the next best thing to a real disaster."

"In a real disaster, that's when you don't want to find out our communications don't work, we didn't know their plan, we don't know who their fire chief is, so this is really important," he said.

Jason Mushaluk, IERHA regional coordinator of disaster management, had the students climb into the bus through the emergency exit in the rear of the bus before crews arrived.

Mushaluk took charge of the students playing victims who succumbed to their injuries. He placed them at the front of the bus and explained the symptoms of particular injuries.

"You'll probably be coughing up blood," said Mushaluk, explaining a chest injury to one of the students lying behind the seats.

When the students were in place, the disaster experts called 911.



Jay Ferens, IERHA's regional manager of disaster management.



Paramedics carry a victim to an ambulance who later passed away from her injuries.

RCMP from the Fisher Branch detachment were on the scene moments before paramedics and fire fighters arrived.

Peguis paramedics climbed into the bus to assist injured students, checked vital signs and worked together with firefighters to transport injured students to waiting ambulances.

One student played a victim in shock. She stared vacantly about the scene, saying nothing. A firefighter wrapped her in a blanket and stayed by her side.

Those playing deceased victims were laid on the ground and covered with blankets. They were last to leave by ambulance.

"Normally we don't transport dead bodies from the scene," said Ferens. "But we wanted to test the hospital's abilities to deal with deceased."

Fire crews from Peguis and the RM Fisher determined they would need to break the front windshield to extract victims near the front of the bus.

A firefighter climbed on top of the bus and lowered a protective blanket over the victims through the driver's side window before another firefighter smashed the windshield with an axe and ripped it away.

The firefighters started cutting into the side of the bus, using a number of tools that are part of the Jaws of Life.

"If there's no other way to get in," said Walter from the Peguis Fire Department, "cutting into the bus is a last resort to get victims out."

Fire Captain Gord Wevursky of the Fisher Fire Department said the first thing fire personnel would do is disconnect a vehicle's power source, either by shutting off propane or disconnecting a battery before cutting into a vehicle.

"There's a big cable in newer vehicles with excessive amounts of electricity that could kill you," he said.

Wevursky said the exercise tested the department's capabilities.

"With the bus being on its side," he said, "there is limited access for patient removal. If you've got 30 kids injured ... you punch a hole in the roof to ... get access."

In a real-life crash, the RCMP would call in its accident investigations team before removing a vehicle.



Peguis firefighters about to remove an unconscious victim from the mock disaster.

"We'd have a drone in the air to take aerial photos," said an officer with the Fisher Branch detachment, explaining how police would analyze the scene. "If there are ... deaths, we need to determine if it was mechanical or human error or a combination of those."

Students were taken to the Percy E. Moore Hospital and triaged. Later in the afternoon, IERHA staff spoke with them about the exercise and answered questions (a debrief).

"We talk about the situation, what went well, what can we improve on," said Ferens. "... The idea is to do a very thorough analysis of the scenario, of the incident ... and to really look at how do we make this better."

Ferens said there are plans in 2017 to stage mock disasters using IERHA facilities.

Weed-pullers on Sandy Bar improve habitat for the birds

By Patricia Barrett

Over a dozen volunteers headed out to Sandy Bar last Friday to pull weeds in a bid to improve the sandspit's habitat for next year's nesting birds and to entice the piping plover back to the area.

Armed with gardening gloves, paper bags and warm clothes, bird advocates, local conservation district employees and a scientist heeded a "weeding call" from the sandspit's caretaker Joanne Smith.

Smith's mission was to make the habitat suitable for the return of plovers, a Manitoba species at risk that has been declining since 1991.

"They are still in the province," she said, referring to a recent sighting at an unknown location. "If we make more sites pleasing to them, then we will, hopefully, have more successful nesting areas in the province."

Plant growth on Sandy Bar, which is just east of Riverton, can encourage predatory mammals to the area.

"Skunks and mink can hide in all those weedy areas," said Smith, who supplied her volunteers with homemade zucchini cake and cocoa golf balls before she led them out on the spit.

Smith said she read a 2001 Conservation report that recommended getting rid of encroaching woody vegetation in order to make habitats more hospitable to plovers.

Smith is a tireless advocate of bird protection. Working closely with IBA Canada and Manitoba Sustainable Development, she regularly monitors bird numbers and environmental threats on the sandbar.

For five years running, she has organized the Hodgson and area Christmas Bird Count, marshalling dozens of volunteers to gather data about bird species, which helps scientists understand changes to the environment and potential threats.

The Sandy Bar volunteers freed the spit from a considerable swath of white sweet clover, an aggressive weed that discourages nesting.

"Sandy Bar is a designated area for nesting birds, such as the ring-billed gull and the pelican," said Tim Poole, co-ordinator of the Manitoba Important Bird Areas Program, which helps protect bird habitats and encourages people to get involved in conservation initiatives. "They like open sandy habitat to nest in."

Poole noted that the removal of vegetation also improves birds' anti-predator strategies.

"It helps them with their camouflage," said Poole, who drove up from



Thor Johannson, left, and Jeff Bruce joined the weed-pulling team after they saw it advertised on the Sandy Bar Facebook page and Nature Manitoba's website.

Winnipeg with coffee and muffins for the volunteers. "Shore birds, like the piping plover, avoid tall vegetation and trees because those areas can hide predators."

Manitoba has 38 Important Bird Areas, ranging from mixed-grass Prairie habitat in the southwestern part of the province to the peat bogs and marshes of the Hudson Bay Lowlands.

Sandy Bar is one of a number of IBA's in Lake Winnipeg (most are islands), said Poole. It is an important nesting and staging (rest stop) area for thousands of migratory birds, such as Canada geese, snow geese, sanderslings and ruddy turnstones.

Manitoba Sustainable Development has designated Sandy Bar a Special Conservation Area (SCA) that is off limits to vehicle traffic between April 1 and Sept. 15. Despite the signs on the beach indicating the restricted period, people still take to the sand on ATVs when birds are nesting.

"Sandy Bar is considered a critical habitat for piping plover which nest on the beach," said a spokesperson from Sustainable Development. "We restrict entry to ensure we don't have vehicles here [disturbing] the plover's breeding season, which begins in May [and lasts until] the latter part of July."

SCAs fall under the Wildlife Act, and species are protected under the Endangered Species Act, said the spokesperson. Conservation officers from the Riverton monitor Sandy Bar to ensure people are complying with



The weed pullers took a short break before getting back to weeding. Back row (left to right): Jeff Bruce (Winnipeg), Thor Johannson (Riverton), Heather Alexander (EICD Gimli), Bonnie Chartier (Gimli), Peter Douglas (Winnipeg), Jock McCracken (Sandy Hook), Tim Poole (IBA Manitoba) and Dr. Christian Artuso (Bird Studies Canada). Front row: Audrey Boitson (EICD Gimli), Elsie Douglas (Winnipeg), Linda Curtis (Winnipeg) and Joanne Smith (Hodgson).

the restriction period.

ATVs are permitted on the sandbar after Sept. 15, he said, so as not to "infringe on the community's activities."

"The position of the government was not to restrict ATVs year-round," he said. "There's a good window on either side of the restriction period to allow for a second nesting."

Dr. Christian Artuso, a biologist with Bird Studies Canada, said the last time piping plovers nested on Sandy Bar was in the early 2000s.

He was happy to see a group of rusty blackbirds darting along the shore. The globally threatened species typically prefer forested areas.

"They've got a smaller wintering range," said Artuso, "because they're getting killed by people who want to keep them off their crops, such as sunflowers."

GIS Technician Heather Alexander and Resource Planner Audrey Boitson from the East Interlake Conservation District in Gimli joined the weed-pullers.

"It's part of our district," said Boitson, who found a few favosites (extinct coral) on the beach, "so we thought we'd give them a hand and learn more about the bird area."

Thor Johannson from Riverton and Jeff Bruce from Winnipeg decided to volunteer after they saw it advertised on the Sandy Bar Facebook page and Nature Manitoba's website, respec-

tively.

The weed pull also got the attention of Jock McCracken, who has a residence in Sandy Hook, Bonnie Chartier, an IBA board member from Gimli, Linda Curtis of Winnipeg, who has taken part in other IBA bird blitzes (bird counts), and Peter and Elsie Douglas of Winnipeg, who have helped out in the Shoal Lakes IBA.

The volunteers worked from morning to mid-afternoon pulling up clover, ragweed and other weeds from the spit's mid-section.

"I think we cleared out a strip at least 50 metres [about 55 yards] in length," said Artuso. "Not very wide, but the key is it opened up that middle area of the sandbar."

Smith said she is planning a 2nd Annual weed-pull next year and welcomes volunteers.

"I think it's important to get everybody noticing and aware of what's happening around them," she said. "It was excellent to get all the weeds pulled, but I was just as excited to have the different groups like the Conservation District, Bird Studies Canada, people from the Manitoba IBA program and people concerned about the environment take part."

For more information about Sandy Bar, visit www.ibacanada.ca or Bird Studies Canada at www.birdscanada.org.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Impact reaches Division 6 title game

By Brian Bowman

The Interlake Impact have reached the MMSL's Division 6 championship game.

Interlake punched its ticket to the big game after an impressive 3-0 shut-out over the Portage Cobras in a semi-final matchup.

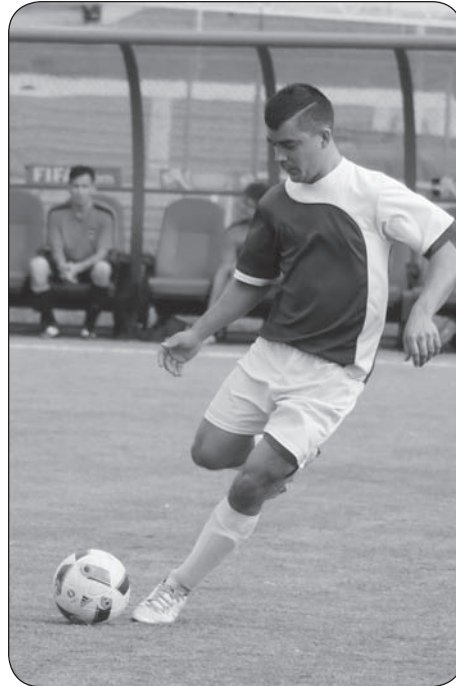
Benny Wiens scored to give the Impact an early 1-0 lead and then Josh Friesen made it 2-0 around the 70th minute. Nathan Friesen then closed out the game's scoring with a late goal.

Wiens' goal gave the Impact some confidence and they began to play much better for the remainder of the first half. But the goal that put Interlake up by two goals was really important, said Wiens.

"My goal was pretty big but I would say our second goal by Josh Friesen was more important because, after that, we pretty much had the game," Wiens said. "When Josh scored our second goal, that's when we really felt safe."

Portage came hard at Interlake throughout the match and gave them, as expected, a real good playoff battle.

"It was a totally different Portage team than we had faced during the season," Wiens noted. "There wasn't a lot of time to move the ball — they were all pushing a lot harder this time



The Impact's Marcelo Peralta takes a shot on net last Saturday.

around."

Wiens felt the Cobras gave the Impact a real good test leading into last night's division final between the Interlake and North Winnipeg United.

"It was a good match and we all expected Portage to bring their 'A' game," Wiens said. "It was good for us to play a team that really wanted to win."



EXPRESS PHOTOS BY LANA MEIER

Nathan Friesen, right, scored the third goal for Interlake during their 3-0 win over the Portage Cobras in MMSL semifinal action.

North Winnipeg finished with a 13-4-1 record during the regular season and was just five points back of the first-place Impact. In two regular-season meetings between the two clubs, Interlake won 2-1 and then North Winnipeg came back to win 3-2.

"We're expecting a really good game," Wiens said. "We're going to

have to push really hard. They're very talented with moving the ball, so we have to make sure that everyone is covering their man and pushing far up.

"They have a very good counter attack, so if we make a mistake, then they can turn the ball around real quick and score a goal."

MSHL ices 2016-17 season

By Brian Bowman

It's official — the Gimli Wolves will not be icing a hockey team this season.

Wolves' head coach Scott Pawluk confirmed that the Wolves will be taking a year off from competitive senior hockey this season. The decision was necessary after the Manitoba Senior Hockey League informed the Wolves that the league did not have enough teams for the 2016-17 season.

The MSHL will be taking a one-year hiatus although its future is somewhat in jeopardy.

"It's a tough spot," said MSHL chair Mark Buss Tuesday morning. "If we could get five teams again for next year (then it can work) but I know bringing in new teams...I think that is almost impossible at this point.

"There are no other teams starting up in our area."

Pawluk said he heard rumours throughout this past summer that the league was not going to be playing games this season.

"We're just going to take a year off, I guess," said Pawluk last week. "We could go to a different league but the travel would absolutely kill us."

The travel in the South Eastern Manitoba Hockey League would be way too much for their coaches and players, said Pawluk. Teams in the SEMHL include Carman, Altona, Morden, Winkler, Portage, Notre Dame, Warren, and Stonewall.

Getting home late at night when guys have to work the next day simply did not make much sense.

"A lot of the games are during the

week," Pawluk reasoned.

The MSHL was whittled down to just three teams — Gimli, Lac du Bonnet, and Sagkeeng — after the Stonewall Flyers elected to return to the SEMHL and the Beausejour Beavers and Lakeside Phantoms pulled out of the league.

"Our league, as a whole, is getting older," Pawluk said. "I've noticed over the years that it's the same players over and over for the last six years. The teams are growing older, so when you start to lose a bunch of players, we're just not getting the youth back in our league."

Pawluk said the Wolves had a core of about "11 or 12" players that came out to every game. After that, though, it was often a guessing game as to who would be in the lineup on a game-to-

game basis.

"They came out when they could," Pawluk said. "Between work and school and personal commitments, it was tough to get the guys to come out."

And that doesn't look good to the future of the MSHL. It's a very good possibility that the league may fold forever. Pawluk said he has noticed in recent years that the crowds have also dwindled, much like they have in junior hockey across Canada.

"The numbers have been dwindling, for whatever reason, I don't know," Pawluk said. "I noticed that the crowds haven't been that great. We had good support from people that we're coming out all of the time."

"But once the (Winnipeg) Jets came back and you have to compete with them on a Friday night, it's tough to compete with that. Rather than going to games, they're sitting at home watching them."

Lightning lose twice in weekend Midget action

By Brian Bowman

The Interlake Lightning found itself in two entirely different games to start their Manitoba Midget AAA Hockey League season.

First, they got blown out by the Winnipeg Wild on Friday and then lost in a shootout to the Southwest Wolves on Sunday.

In Sunday's 3-2 loss, McCullough Park and Bryce Young scored for Southwest in the shootout while Codey Behun replied for the Interlake.

Tanner Andrew scored a first-period power-play goal for the Cougars and then he tied the score at 2-2 with the man advantage at 14:49 of the third period.

In between, Behun scored a pair of third-period goals, the first coming on the power play.

Adam Swan made 35 saves in the

loss.

Meanwhile, the Lightning's season could not have started any worse than it did in the first period of Friday's home game against Winnipeg.

The Wild scored seven first-period goals in a 10-1 victory.

Foster Bytheway scored the Interlake's lone goal midway in the first period, assisted by Blaze Senden.

Hunter Cloutier (two), Brett Nama-ka, Griffin Leonard, Luke Seremet, Reece Vitelli, Ben Coppinger, Thomas Hansell, Jesse Gibbons and Troy Earl scored for the Wild.

Riley Buhay and Swan split the goal-tending duties for the Lightning.

Interlake will begin a five-game stretch on the road by getting another crack at the Wild on Saturday (2 p.m.) at the MTS Iceplex. The Lightning will then visit Pembina Valley in Morden on Sunday (2:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Lightning's Adam Swan makes a save Friday night during Interlake's home-opening loss to the Winnipeg Wild.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Nico Marrow-Litke passes the puck to assist on Arborg's first goal during exhibition action last week. The Ice Dawgs defeated the Satelites 5-4.

Arborg wins Riverton varsity boys' vball tourney

Staff

The Arborg Athletics won a single-day tournament in Riverton last Friday after defeating the host Patriots 2-0 by scores of 25-14 and 25-12 in the championship game.

Arborg reached the finals after defeating Pinaymootang 2-0 (25-11, 25-9) in a semifinal matchup.

Arborg finished round-robin action with a 5-3 record in sets. The Athletics defeated Minegozibe

Anishinabe 2-0 (25-19, 25-9) and the St. Laurent Hawks (25-10, 25-9) while splitting with Riverton (25-16, 21-25).

The Athletics lost 2-0 (23-25, 23-25) to Pinaymootang.

Riverton, meanwhile, was 6-2 during the round robin. The Patriots beat Minegozibe (25-22, 25-6) and the St. Laurent Hawks (25-20, 25-21) while also splitting with Pinaymootang (25-17, 21-25).

KJHL regular season begins

By Brian Bowman

The real season is about to start for the Keystone Junior Hockey League.

After a lengthy preseason, the KJHL regular season will begin Friday with a pair of games. The Lundar Falcons will play in one of those games when they visit the St. Malo Warriors at 8 p.m.

On Saturday, the Arborg Ice Dawgs will head south to play the Fishermen in Selkirk while the Peguis Juniors will host the Norway House North Stars. Both games start at 7:30 p.m.

The Fisher River Hawks will see their first regular season action Sun-

day (2 p.m.) when they host the North Stars. Selkirk will host Lundar in the other Sunday matinee. That game is set to start at 2:30 p.m.

In preseason action last Friday, Arborg edged Peguis 6-5 while Lundar doubled North Winnipeg 4-2. On Saturday, Peguis beat Arborg 7-2 and OCN trounced Norway House 18-2.

Sunday's games saw St. Malo down Lundar 5-1 and Selkirk defeated North Winnipeg 6-2.

Peguis hosted Fisher River Monday evening but no score was available at press time.

Dowhy, Cvar selected to Team Manitoba

Staff

Stonewall's Kerigan Dowhy and Olivia Cvar have been selected to Team Manitoba's U18 women's hockey roster.

Dowhy, a 5-foot-6 goalie who plays for the Interlake Lightning, was one of 20 players named to Manitoba's final roster. Dowhy has recently committed to play Division 1 hockey and attend school at Bemidji State in Minnesota.

Cvar, meanwhile, is a 5-foot-9 forward originally from Gimli, who currently plays for the Balmoral Hall prep team.

Team Manitoba's roster was announced Tuesday after a seven-month

process of the Program of Excellence, the selection and development process for Team Manitoba.

The U18 roster includes two goaltenders, six defencemen, and 12 forwards. The roster includes U18 Team Canada players Ashton Bell (Westman Wildcats, Deloraine) and Corinne Schroeder (Balmoral Hall, Elm Creek).

Team Manitoba will be competing at the U18 National Championships from Nov. 9-13 in Regina. This tournament includes eight provincial and regional teams, including Alberta, Atlantic, British Columbia, Manitoba, Ontario Blue, Ontario Red, Quebec and Saskatchewan.

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TRANSPORTATION SUPERVISOR

Lakeshore School Division invites applications for a permanent full-time **Transportation Supervisor** commencing as soon as possible.

Lakeshore School Division is seeking a reliable individual to provide hands-on and supervisory duties related to transportation. Lakeshore School Division is located in the west Interlake with the division office in Eriksdale, Manitoba approximately 120 km north of Winnipeg. The school division is comprised of eight public schools, two Hutterian schools and 29 school bus routes operating approximately 1,000,000 km annually.

RESPONSIBILITIES and DUTIES

1.0 Training and supervision of school bus drivers

- Ensure that bus drivers are adequately trained and have proper credentials.
- Conduct or arrange for annual in-services for bus drivers.
- Train bus drivers in proper driving techniques and pre-trip inspection procedures to ensure the buses are kept in safe mechanical condition and operated as economically as possible.
- Advise drivers of, and monitor their adherence to, all Provincial, Department of Highways and School Board regulations.
- Check periodically that bus loading times and procedures are followed.
- Evaluate bus driver performance when required.

2.0 Evaluating school bus routes

- Manage the Bus Planner program to update the addition or deletion of students on routes.
- Suggest additions or deletions of routes to the Director of Operations & Infrastructure.
- Evaluate passengers' behavior 'en route' where required.
- Investigate any instances of vehicle abuse or excessive breakdown of buses, implement remedial action.

3.0 Ensuring safe operation of buses

- Assess winter road conditions and ensure that it is safe to transport students. Report these findings to the Director of Operations & Infrastructure.
- Work with Principals and/or Bus Drivers to address safety concerns (i.e. loading zones, unruly passenger behavior, road conditions).
- Ensure monitoring of two way radios to assist Bus Drivers traveling in adverse weather conditions.

Please forward a letter of application with a resume and three references to:
Mark Parkes, Director of Operations & Infrastructure
Lakeshore School Division, Box 100, Eriksdale, MB, R0C 0W0
Phone: (204) 739-2101 Email: parkesm@lakeshoresd.mb.ca

Application deadline: Wednesday, October 19th, 2016 at 12:00 p.m.

We thank all who applied for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers.
Successful candidates must complete a Criminal Record and Child Abuse Registry check prior to commencing employment.

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Seeking part-time breakfast, lunch and dinner cook. Must have some kitchen experience. Call Marco at CRAVINGS RESTAURANT (204) 467-9078 or craving-srestaurant@hotmail.com

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Week of September 21 • No. of Cattle: 659
Total Slaughter Cattle 100 Total Feeder Cattle 559

D1 & D2 Cows 77-83	Age Verified 82-87
Good Bulls. 101-119.75	Older & Shelly Cows . 500+up
STEER PRICES	
400-500 181-191	400-500 145-163
500-600 178-184.50	500-600 140-163
600-700 174-185.50	700-800 130-166
700-800 150-180	800-900 120-163.25
800-900 162-173.25	900-1000 115-152.50
900-1000 140-167.75	

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AUCTION SALE

Harvey Fenning, Grahamdale, MB
Saturday, October 15, 2016 at 11:00 a.m.

Sale site: Town of Grahamdale. Hwy #6 North of Moosehorn, MB. Watch for signs

Tractors, Equipment & Vehicles: Oliver semi-mount 7ft Mower (good cond); 8N Ford 4 spd, 3pth, pto, 12v; Farm King Buhler 540 60" Roto tiller; Duetz Tractor w/707D Leon loader, bale spears, 3pth, dual pto, cab (ser #B520100 & F51912); Malco Loader w/homemade snow bucket; 1981 Dodge Ram club cab w/cap; **Yard & Miscellaneous** - MTD 5hp tiller; Stihl FX56C grass cutter; Craftsman 14" & 16" elec chainsaws; Husqvarna 435 Chainsaw; Pioneer 16" Farm saw; 5 hp Lawnmower; J.D. 130 Riding mower (parts); Tools & Shop Supp; Antiques & Household-Enterprise cookstove w/pipes; Tobacco tins; White Rose oil cans; Texaco shell oil cans (all full); Metal till; License plates; Old Drink bottles - Boylan's, Stewarts Cream Ale; Red Rose tea tin; Scythe; Hay knife; Sewing machine w/cabinet; Superior elec buffet range; Small toys; Wooden desk; Old metal construction signs; Hires Root beer pump;

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Ruth & the late Nick Ivaniski, St. Martin, MB
Saturday, October 22, 2016 at 11:00 a.m.

Sale site: From St.Martin & Hwy #6 - 6.8 km East on PR #513.

Turn S.W. for .6 km to Gulckey Road (Yard Site) Watch for signs

Tractors & Equipment: 750 Massey Ferguson Combine w/pick-up & header, 3532 hrs; Int. 915 hydrostatic Combine, 1667 hrs; Minneapolis Moline A4T - 1600 Tractor (may be running); Taylor Way 10ft Disc; Swath roller; Int. 806 Tractor; 12ft Deep tiller w/mulchers; Int. 100 Seeder w/3-8ft sec w/packer wheels; Allied 50ft Harrows; White 476 Cultivator w/wing lift, 25ft mulchers; M. M. 6ft One-way (heavy); 8ft Blade; Pencil Auger; Westfield Auger, pto, 8"- 48ft; Westfield Auger, W70-26 (ser #B0790), hyd drive & motor; Versatile Swather (parts); 50ft Sprayer w/400 gal alum. Tank; (4) 900 x 20 Tires & rims; Various tractor, combine, swather parts; (2) pto hyd pumps; 6ft Offset Disc; 1971 Ford 600 w/14ft metal grain box w/hoist, drill fill, roll tarp; Ford F150 Truck; F600 Coop Truck w/13ft box, hoist, roll tarp; Wooden wagon w/box; Aluminum & fibreglass boats; 13 boxes Leaf cutter nests (12 new); Tools & Shop supp **Antiques** - (2) Horse drawn rakes; 1956 Diamond T, Mod 430 w/13ft wooden box/hoist; Cast iron Baler by Peerless Mfg, Waynesboro, PA, No 188, steel wheels

Auctioneer's Note: Everything for this sale is listed so it will be a short day.

Full listing at www.globalauctiionguide.com

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take a break > GAMES

SUDOKU

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

Level: Intermediate

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!

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!

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Nonsense (slang)
- Military leader (abbr.)
- Removes
- Streamed
- Inner ear cavity
- Where to go after high school
- Olympics host
- A day to remember fallen soldiers
- Forearm bone
- Bypass surgery pioneer F. Mason
- Judo garments
- Gentlemen
- Large wrestler
- Large integer
- Makes a soft sound
- Some claim to have six
- Sunfish
- Clan
- A form of comedy
- Defy
- More (Spanish)
- Sixteen ounces
- Adventure story
- Liquid distilled from wood or coal
- Michigan ghost town
- Fond of
- Pearl Jam frontman
- Clothes
- Flinches
- Giving the axe
- Where planes are kept
- Intervals
- Plant's unit of reproduction
- Equips

CLUES DOWN

- Cooks by exposure to direct heat
- Using few words

	1	2	3	4		5	6	7	8	
9					10			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	
	38				39		40		41	
43					44			45	46	47
48			49	50				51		52
53							54		55	
56								57		
	58								59	

- Wood
- Steer
- Soft drink
- Consider
- Clears from a river
- Claim again
- Beige
- Witnesses
- Spiked
- Partidge actor Susan and Marmaduke director Tom
- ___ and Andy, TV show
- Fraiche and de Menthe are two
- Burden
- Olfactory properties
- Carbon particles
- Set of four
- A sweater pulled over the head
- Relaxing places
- Gets up
- Canned fish
- ___ Blyton, children's author
- A conceited and self-centered person
- Fine-textured cotton fabric
- Turner and Kennedy
- Repents
- Smartphones, tablets, etc.
- A way to garner
- Eat them for breakfast
- Former Tigers third baseman Brandon
- Oh, God!
- Canadian flyers
- One legged Chinese mythological demon

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TOOMEY CONSTRUCTION LTD.
 Saturday October 15th @ 10:00 am

Fraserwood, MB
 Jct 7 & 231, 1/4 Mile South on Hwy 7 On West Side
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AUCTION NOTE: Relocation Auction As They Now Have A Shop in Gimli and Are Downsizing Their Inventory!
Property & Buildings RM of Armstrong 6.25 Acres, 3 Lots, Hwy Frontage. Sheltered Yardsite w 1987 16' 80" Mobile Home, 40'x 80' x 14' H Insulated Metal Clad Shop Wheel Loader / Crawlers/Scraper CAT 966 C F/R Shuttle 3 1/2 Yard Wheel Loader 18,538 Hours * Letourneau 8-10 Yard Hyd. Scraper * JD 350C Crawler w FEL Showing 2765 Hrs. (Sold after JD Backhoe Attach) Tractor 97 CAT Challenger 75C Triple Hyd. New Tracks, 330 HP 7700 Hrs. Excavator Attach 2015 Pro Mac 52 BT II Brush Cutter WBM Q/A * SEC Wrist Twist 72" Bucket * 54" Skeleton Bucket WBM Q/A * 60" Bucket WBM Q/A * 60" Bucket WBM Q/A * 40" Digging Bucket in Frost Teeth WBM Q/A * Hyd Pallet Forks WBM Q/A * Skid Steer & Attach 08 New Holland L 190 Skid Steer Aux Hyd A/C Heat 1460 Hrs. * VTS 60 Track Undercarriage System for NH 190 * Grouser Set 10" Steel Tracks * JD MH60 Tree Mulcher Attach * NH 72" Brush Mower * 6' Hyd Sweeper * 7' Hd Angle Dozer * Hyd Auger w 12" Bit * Heavy Trucks 05 Kenworth T800 565 Cummins, Wet Kit, Sleeper, 731,000 KM SFT * 99 Int Eagle 9200 3406 CAT Tandem w 2015 Canuk 16' Rock Box w Hyd Tailgate 1,100,000 KM SFT * 92 Kenworth T800 3406 CAT Heavy Spec Tandem w 16' Gravel Box 613,699 KM SFT * 91 Freightliner FLD 112 L10 Cummins Tandem w 14' Gravel Box 1,135,553 KM SFT * 92 Freightliner 3406 CAT 13 SPD Wet Kit Sleeper 1,495,000 KM SFT * Trailers 2011 Canuck R12-3500 Triple Axle Gravel End Dump Sft * 05 Darco Ind 5th Wheel 24' Deck Plus Beaver Tri Axle Flat Deck * 98 Trail Boss 21' Deck 5' Beaver Equip Hauler Tandem Dually * Construction Misc Atco Tri Axle 36' Insulated Washroom Camp * Magnum 7 KW Generator Lighting Plant * Rome 14' Blade * Wacker RD 7 Dsl Double Steel Roller Packer * Bombay BP 15/45-2 Gas Plate Compactor * Allen 725cc 8' Ride on Power Trowel w Floater Pans * 3) Gas 36" Power Trowel * Stihl T 5350 Quicky Saw * Elec Jack Hammer * Sokkin LP31 Builder Laser Level * Along
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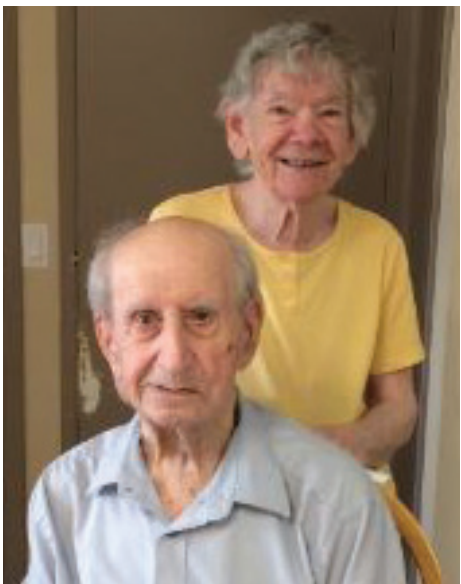
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 To the people who expressed their condolences in various ways on the death of C. May Lupal, warm thanks.
 -The Lupal family

ANNOUNCEMENT
ANNIVERSARY



October 13, 1956 - October 13, 2016
 Happy 60th Wedding Anniversary
 Joe and Eileen Mazur
 -Congratulation and love always,
 Angela, Don, Karen and Colin
 Patrick, Gavin and Chad

ANNOUNCEMENT
GRADUATION



Taylor Bahniuk
 Congratulations on passing your nursing degree with honors and distinction from Assiniboine College in Brandon on June 2, 2016. We also congratulate you on receiving the award "One to Watch For" chosen by the School of Health and Human Services on April 7, 2016. We are all very proud of you and we know you will make a wonderful and caring nurse. Also congratulations on receiving a full time permanent position in medicine at Brandon General Hospital.
 -Love from,
 all your family

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

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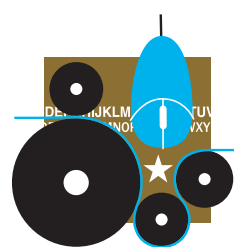
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