

10% OFF

TUES. OCT 25

See Food Stores for details

CO-OP

Interlake

ERIKSDALE LOCATIONS • Grocery • Hardware

ARBORG LOCATIONS • Food Store

• Gas Bar • Card Lock

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

THE

EXPRESS

Breast Cancer Awareness Month

VOLUME 3 EDITION 42

THURSDAY, OCTOBER 20, 2016

WEEKLY NEWS

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



EXPRESS PHOTO BY PATRICIA BARRETT

The Arborg-Bifrost Fire & Emergency Department held their annual open house last Saturday educating families about the dangers of house fires and how to escape them. Firefighter Annya Foster gives some advice to a young girl and her dad on how to use a fire extinguisher.

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

RONA

BUILDING CENTRE GIMLI

www.rona.ca

25% OFF ALL IN-STOCK

Uniboard Laminate Flooring

Available in 12mm and 14mm.

Uniboard Luxury Laminate is made in Canada and comes with a 35 year residential warranty. Drop in today to see the variety of colours available.

1-877-770-7662

HOURS: OPEN 7 DAYS A WEEK MON-SAT 8 am - 6 pm • SUN 10 - 5 pm

CBC focuses on family's secret struggle with mental illness

By Jeff Ward

For many people, the prospect of opening up some of their darkest secrets and most intimate moments can be a scary concept. But an Ashern family has decided to share their family life with tens of thousands of people through a CBC documentary about mental illness.

Being Greene aired last Thursday on CBC and stars Quinn, Kane, Dave and Roxie Greene. The film deals with each of their individual struggles with mental illness. The family had camera crews follow them around for a period of two years documenting nearly every aspect of their daily lives, detailing how their mental illness affects them and how each of them cope with it.

Quinn Greene, who now lives in Winnipeg with his brother Kane, said that the process was meant to be a brutally honest look at how anxiety can affect people day to day. The documentary focuses on the family's abili-

ty to push past their own burdens and live full, healthy lives. He added that they all hope the documentary will inspire people to seek help for their illnesses and they hope to see a reduction in the stigma of mental illness as a result of the film.

"It was very challenging at certain moments to have the camera right there watching you," said Quinn Greene about the experience of making the film over the last two years.

"In the film, the topic of suicide is a very close reality at some points. My mother suffers from depression and attempted suicide about a decade ago. I deal with anxiety that makes it extremely difficult sometimes to live anywhere near a normal life. This film is a very honest portrayal of what we are going through."

The story that leads viewers through the film revolves around the family trying to rally support behind Kane Greene, who Quinn

"AS A PARENT, THERE'S NOTHING I WOULDN'T DO TO TRY AND BRING A LITTLE MORE HAPPINESS INTO MY SON'S LIFE."



EXPRESS PHOTO COURTESY OF FACEBOOK

Being Greene is a documentary about one family's struggle with mental illness and their fight to get through tough times. Pictured from left to right: Dave, Quinn, Roxie and Kane Greene.

said is dealing with a very deep, dark depression right now. Both Quinn and his father Dave — who many Interlake residents know as an Elvis tribute artist — devise a plan to help bring Kane through to the other side. Dave Greene said he came up with an idea he called Greene Warriors that has each of them dress up in fake battle armour and have mock battles at many locations around Winnipeg.

"The idea is that there is a battle for mental health on every street corner, so what we're doing is symbolic of that fight," said Dave Greene.

"The reality for many people who suffer from mental illness is that they may look and act normal on the surface but they could be battling some very dark thoughts inside of them. We want people to know that they can and should seek help. We want to reduce the stigma."

Dave Greene said that with his very public persona as a tribute artist combined with living in a small community, making a film like this is basically him telling everyone in town his dark-

Continued on page 5

WE ARE MOVING TO OUR NEW OFFICE NOVEMBER 1ST, 2016!

Lakeview DENTAL CENTRE

Tel: 204.642.8393
Fax: 204.642.1305
Lakeviewdentalgimli@gmail.com
www.lakeviewdentalgimli.ca

OPEN HOUSE NOVEMBER 12, 2016
31 Centre Street, Gimli, MB

CARING DENTISTRY FOR ALL AGES...

Lakeview Dental believes in providing the best possible dental care for all our patients in Gimli and the Interlake area through Preventive, Restorative and Cosmetic Dentistry. Our office is designed with the state of the art technology to provide our patients with the most advanced dental treatment in a comforting and relaxed environment. Our entire dental team believes in achieving optimal oral health while developing long term relationships with our patients and their families. Improving smiles on mouth at a time. We are located steps away from beautiful Lake Winnipeg. We look forward to giving the community the care they deserve.

- General Dentistry
- Implant Dentistry
- Denture Stabilization
- Orthodontics

Derek JOHNSON
invites you to the
Grand Opening MLA Office
Friday, Oct. 21st 10 am - Noon
356 River Rd., Arborg
Coffee - Donuts - Fellowship

'I'm worried I'm going to lose more friends'

By Dave Baxter

When Reena Leclerc decided it was time to get sober, she wanted one of her best friends to be by her side.

But that friend couldn't be there for her because he had just lost his battle with drugs.

"I actually messaged Corey that Sunday when he hadn't been found yet," said 26-year-old Leclerc of Selkirk. "I just went into treatment and I messaged him to come visit me because I knew he would. That's just the type of guy he was.

"He was very supportive of me getting help."

Leclerc's friend Corey Berens, 35, of Lockport was one of two men found dead inside a car in Winnipeg on Oct. 4, one day after Leclerc went into treatment.

Myles Brown, 27, of St. Andrews was also found dead inside the car, which was found along College Avenue. Winnipeg police say they believe both men died from a suspected drug overdose.

Police also said the bodies of Berens and Brown had been inside the vehicle for days before they were discovered.

Leclerc now says she wants others who are dealing with drug addiction issues to seek help because she knows how dangerous and dire addictions can become.

"I want to say there is help out there and go get that help," she said. "It's a tidal wave, and I'm worried I'm going

to lose more friends."

Leclerc said she was a close friend of both Berens and Brown, and she got the news while in her drug treatment program.

"It honestly was just disbelief," she said. "I went into shock and there's a part of me that still can't believe they are gone.

"Over the years, we had our times where we didn't see each other for a while, so it feels like we're just not hanging out right now, but now I'll never see them again."

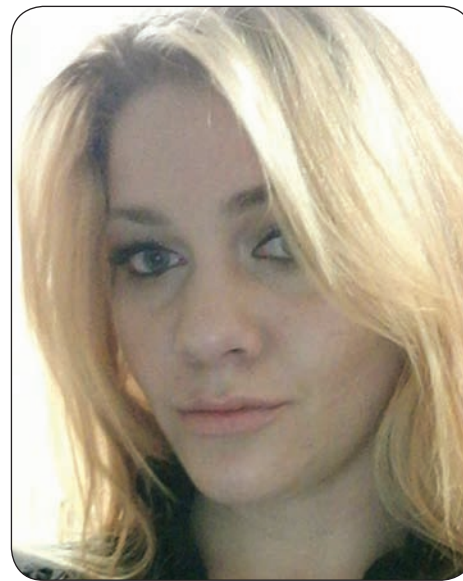
Leclerc went into detox drug treatment in Winnipeg on Oct. 3 following a lengthy battle with drug addiction.

"I used drugs every day for the last nine years," she said. "It was bad. It was really bad."

Leclerc said over her nine years of drug addiction, she used everything from opiates to fentanyl patches, first starting with percocet as a way to overcome anxiety when she was a teenager.

She has now been sober for about two weeks and now has to "learn how to live sober."

"I don't even know how to be sober," she said. "I have to start my life over."



FACEBOOK PHOTOS

ABOVE LEFT: After losing two of her friends to suspected drug overdoses this month, Selkirk woman Reena Leclerc is asking anyone with drug addiction issues to seek help. ABOVE RIGHT: Corey Berens, 35, of Lockport was one of two men found dead in a car in Winnipeg on Oct. 4 from a suspected drug overdose.

Winnipeg police have said they are looking into the possibility of a connection to fentanyl or carfentanyl in the death of both Berens and Brown.

Police also said they seized drugs and drug paraphernalia from the ve-

hicle where the men's bodies were found.

Those seeking help can contact the Addictions Foundation of Manitoba by calling 204-944-6200 or toll free at 1-866-638-2561.

IERHA hosting 'Living Life to the Full' program in Selkirk

Submitted

The Interlake-Eastern Regional Health Authority (IERHA) and the Canadian Mental Health Association want you to know about a new program that will help you be happier, more confident and less worried.

The program, called "Living Life to the Full," helps participants learn new ways of dealing with what life throws at them.

"We're pleased to partner with the Canadian Mental Health Association to bring such a valuable program to

Continued on page 5

Countryside Home building centre
APPLIANCE
Specials of the Week
 Sale Ends on Thursday, October 27, 2016

Frigidaire Stove Smooth Top, White Reg. \$999.00	Sale \$739
Frigidaire Fridge 18 cu.ft., white Reg. \$899.00	Sale \$659
GE Dishwasher Reg. \$549.00	Sale \$499
Frigidaire Upright Freezer Reg. \$929.00	Sale \$799
Clearance Items	
G.E. Dryer Reg. \$599.00	Sale \$399
GE Washer Floor model, one only Reg. \$849.99	Sale \$649

Fisher Branch
204-372-8501

Arborg Home hardware building centre

Masterfeeds INC.
GATE BUSTER
SALE
Special on Mineral, Salt & Rite-Lix Tubs
Sale Dates: October 15 - November 15
204 376-3090 • 451 Main Street, Arborg
Home Owners helping homeowners

Arborg-Bifrost Fire Department throws smoking hot Open House

By Patricia Barrett

The Arborg-Bifrost Fire & Emergency Department threw a smoking hot Open House last Saturday that taught locals and visitors about the dangers of house fires and how to escape them.

The department set up its Fire Safety House, a mini-house on wheels that was donated by the Gimli Fire Department, to show children and adults how to escape a smoke-engulfed building.

Firefighters Annya Foster and Kristin Bartsch explained the importance of dropping to the floor and crawling towards an escape.

"You go low to the ground," said Foster, referring to hands and knees, "because there's less smoke. There's about a two-foot crawl space ... if it's burrowing, bellowing smoke."

In a blinding smoke-filled room, there was, in fact, clear air near the floor.

The mini-house, which is sized for kids, is outfitted with a smoke-generating device that can pump out dense smoke — a harmless water vapour with a wood-fire scent.

Foster said even though firefighters have oxygen tanks, they will crawl on their hands and knees through burning houses trying to find victims. Very rarely will they stand up.

Bartsch said the crawling technique also protects firefighters from intense heat.

The temperature above the floor is much hotter, he said, because heat rises, whether that's from fire or from steam.

"We have to be careful ... not to create too much steam," he said, "because it kills."

Firefighters will often crawl in pairs, one behind the other, as they navigate through the rooms of a burning house, sweeping each area with their hands to find people or pets. Flashlights are of little assistance in dense smoke.

"You use the wall as your reference point so you don't get lost," said Bartsch.

"I'll have one hand on the wall and one hand on his ankle," added Foster, as she and Bartsch dropped to the floor in the thick smoke to demonstrate the technique.

In a strange house, firefighters have a good idea of what room they're in.

"We do a 360 of the outside so we get the gist of where ... the bedrooms are. You can tell by the floor too" said Foster, referring to carpeting or linoleum. "You can feel that with your gloves on."

Common furniture items such as beds and fixtures such as sinks and toilets also help firefighters find their way through smoke.

"Everything two feet down is our world," said Foster.

Bartsch showed a group of kids and a few adults how to check closed doors with the back of the hand before opening them.

If they're really hot, they shouldn't be opened.

"At that point, it's already burning," said Bartsch. "You could have a flashover if you open it."

Foster said a flashover occurs when air gets automatically sucked in through a doorway and then it will "roll out the top and you're in big trouble."

Firefighters will usually try to extinguish the fire through a window or they'll stand behind a door for protection, open it slightly and have another firefighter aim water at the fire.

Bartsch had the visitors get down on their hands and knees and crawl under the smoke to a window at the far side of the building.



Firefighter Kristin Bartsch taught a group of children and adults how to escape a burning, smoke-filled house on hands and knees.

Back in the station, where visitors were treated to hotdogs and beverages, Foster showed some kids how to extinguish a small mock fire with a fire extinguisher.

"The big thing for fire extinguishers," said Foster, "is that you've got to remember the acronym PASS (pull, aim, squeeze and sweep)."

Jaycen Kirby, 10, who claimed he had not used a fire extinguisher before, had a low-level (small) fire out in four seconds.

Kirby showed visitors how to drop to one knee for stability, pull out the extinguisher's pin, squeeze the handle to release a bit of air and then sweep the nozzle at the fire.

His mom, Kathy, is a paramedic with the station and she obviously taught him a lot about fire safety and techniques.

"Always aim at the base," said firefighter Terrell Kerbrat, who helped Kirby perfect his technique. "Try to get the foam or the extinguishing agent to cover it [fire] up and it starves it of the oxygen that feeds it."

At the hardest level (a big fire), Kirby ran out of foam.

Fire extinguishers come in different sizes.

"For normal combustible materials, like wood or paper, it puts it out quite easily," said Kerbrat. "... it works really well, even for electrical fires. But liquid fires are the worst."

A fire in a pan on the stove should be smothered with a lid or a wet cloth, he said.

Liquid fires (fuel spills) outdoors can be very tricky.

"If a wind comes — if you get a disturbance in your foam — it will actually light back up," said Kerbrat.

When asked if he would be so calm and collected during a real fire, Kirby said, "It depends how big it is. Sometimes you can slow down the fire for other people to escape ... and give people a better chance of survival."

Kirby said some materials in houses can burn a lot quicker than others.

"It depends what the floor is made of," he said. "Certain materials are more burnable than others."

He said he learnt that from Kerbrat.



Former Deputy Fire Chief Wally Goldau and 10-year-old Jaycen Kirby at the Open House.



EXPRESS PHOTOS BY PATRICIA BARRETT
Arborg firefighter Annya Foster demonstrated how to aim a fire extinguisher.

Plastics and glues used in new houses are more combustible, as well as newer furniture, said Kerbrat.

"That's why newer houses burn so quickly. It's smaller wood that's glued together," he said. "A big change in construction was ... a glued-together flooring system as opposed to floor joists ... which don't burn so easily."

Wally Goldau, retired deputy chief, was on hand to welcome visitors to the station, tell them about fire safety and different types of emergency situations firefighters encounter.

Goldau said one of the worst situations he recalls was a collision between a lumber truck and a half-ton near Vidor.

"It took us two hours to get the driver out of the cab because everything was crushed," he said. "So we had to do it piece by piece because his legs were [trapped] beneath the dash."

The man driving the lumber truck escaped with a cut to his leg and the half-ton driver was OK.

"But extrication should never take more than 20 minutes," said Goldau, who was a firefighter for 42 years.

Goldau said the station's fire safety open house is one way to teach people about fire hazards.

It's important for homeowners to check their smoke detectors "because a lot of people lose their lives ... through smoke inhalation," he said.

Province delays promised repairs to PR 518

By Natasha Tersigni

Last June, members of the Shoal Lakes Flooded Landowners Association left a meeting with Minister of Agriculture and Lakeside MLA Ralph Eichler, Minister of Infrastructure and Midland MLA Blaine Pedersen and Interlake MLA Derek Johnson with a glimmer of hope.

Along with policy discussions, Pedersen had assured members that construction on a one-kilometre strip of Provincial Road 518 would occur this summer. With summer construction season passed and no work done on the road, the association worries that the repairs were an empty promise.

"We were told they were going to complete the construction by this fall and, as I can see, nothing has been done," said Shoal Lakes Flooded Landowners Association president Orval Procter, who added that the one-kilometre stretch is very dangerous for drivers, especially in the fall when farmers are hauling hay.

"This is the only north to south connection in 500 square miles. It is a vital road to local farmers. You have Highway 6 on the west side and then the next road is 322 on the east side. PR 518 is the only road in between."

Pederson could not be reached directly by the *Express*; however, his of-



fice released the following statement on his behalf: "The Manitoba Government is committed to maintaining public safety and improving the quality of our roads and highways in our province. Manitoba Infrastructure is planning to move forward with repairs to Provincial Road 518. We cannot currently provide a timeline for the completion of this project."

Eichler added that he is aware of the importance of the road and will continue to monitor construction progress, which he said is currently in the planning stages.

"Manitoba Infrastructure is currently working on the design to construct a one-kilometre long rock embank-



EXPRESS PHOTOS BY NATASHA TERSIGNI

After promises that construction on a vital stretch of PR 518 was going to occur this summer and did not, members of the Shoal Lakes Flooded Landowners Association are questioning the government. The section of road was initially rebuilt as a one-way, and with substantial erosion on both sides, the stretch is now very dangerous for drivers.

ment on the east of 518 approximately five kilometres south of the junction of PR 415. The intent of the project is to mitigate any erosion of the road in this area. We currently cannot confirm but are aware of the need to move this project forward," said Eichler.

For now, there is not much more that Procter and the association can do but hope the government understands

the necessity of the road and moves forward with construction.

"The road has eroded away quite a bit. That one-kilometre stretch was built initially to be only one way and it has eroded quite a bit on both sides, so it is even narrower than one way now. It is very dangerous and we are just hoping that nobody gets hurts before construction occurs," said Procter.

> LIVING LIFE, FROM PG. 3

our region," Pat Olafson, IERHA regional director of mental health and crisis services said in a release last week. "Who doesn't want to feel happier, sleep better and feel more confident? We are able to address those needs with this new program, in partnership with CMHA, which has had

great success in other regions, provinces and countries."

The program is for everyone and boasts interactive courses to understand feelings, thoughts and behaviours, and what to do about them. In eight fun, friendly 90-minute sessions, Living Life to the Full helps people

make a difference in their lives. Each session is moderated by a trained facilitator and includes a booklet, handouts, exercises and discussions. This program helps participants have more energy, gain confidence, get out more and enjoy better, healthier relationships in a meaningful and user-friendly training in life skills.

The course runs from Tuesdays,

starting on Oct. 25 to Dec. 12, 2016, (10:30 a.m. to noon) and is held at Robert Jefferson Heritage Room at the Gaynor Family Regional Library located at 806 Manitoba Ave. in Selkirk.

To register, visit interlakeeastern.cmha.ca/programs_services/living-life-full/.

> MENTAL ILLNESS, FROM PG. 2

est secrets. He was fully prepared and willing to do so because his son Kane needs the strength of his father and brother to get through his own depression.

"As a parent, there's nothing I wouldn't do to try and bring a little more happiness into my son's life. I'm willing to sacrifice my own personal wellness to help my son improve his mental health," said Dave Greene.

The process of filming the documentary forced Quinn Greene to really look deeply at his own life and he said the process was quite cathartic sometimes. Dave, Kane and Quinn use performance-based art to help alleviate the stresses caused by

their own mental illness. Quinn uses sketch comedy to cope, Kane is a musician and beat boxer, and Dave does live performance art as an Elvis tribute artist.

"I think our dynamic relationship really comes across in the film. We use our performance to connect with other people and make them feel good. Seeing others laugh and smile because of what I did helps give me perspective. It's a big part of the reason we chose to perform," said Quinn Greene.

The documentary will be available online through the CBC website at some point in the near future but a date hasn't been set for that release.

The *Greens* hope that the *Being Greene* film encourages people to seek help or get more educated on mental illness and the forms it can take. Dave Greene said that compassion and education will go a long way into helping reduce and hopefully one day eliminate the stigma.

INTERLAKE SHRINE CLUB

50/50 Draw Winner
Christine Klyzub

*Thank you to everyone
for your support.*

THE Flicks CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:

Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

FRI TO THURS OCT 21 - 27
CLOSED TUESDAY
STORKS
Fri & Sat at 7:30 & 9:30 pm
Sun-Mon, Wed-Thurs at 7:30 pm

Animated **G**

FRI TO THURS OCT 27 - NOV 3
CLOSED TUESDAY
DEEPWATER HORIZON
Fri & Sat at 7:30 & 9:30 pm
Sun-Mon, Wed-Thurs at 8:30 pm

Adult Accompaniment Under 14 **14A**

THE EXPRESS
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Patricia Barrett



SALES
Branden Meier



REPORTER/PHOTOGRAPHER
Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS REPORTER
Brian Bowman



ADMINISTRATION
Corrie Sargent



DISTRIBUTION
Christy Brown



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Tracy Farmer



SALES
Stephanie Oland Duncan



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL A tale of the big fish that got away

Hi friends.

It wasn't that long ago that I ran into a most delightful family on the Red River bank downstream from the spillway. There was dad, Charles James, mom, Bebi and son Tony. Tony, in his early 20s, had a fishing story for us about a catch he and his parents had not too far from here some 10 years ago.

Everyone was fishing but his line was not that far out. Suddenly, to his shock and then fear, a giant jackfish that reminded him of an alligator appeared just below the water's surface. It lazily took Tony's baited hook, rolled to one side, turned and floated in the current with Tony struggling in tow.

Mom and dad flew into a frenzy. Tony, now knee-deep in the water, his hands frozen on his rod, began slogging downstream following the monster. A crowd began to gather walking along the riverbank, shouting instructions and encouragements at Tony as well as mom and dad, who had rushed into the water to help. Just as Charles and Bebi got their arms around their son to stabilize him the fish jackknifed into the air throwing the hook. Everyone stood motionless, stunned for a moment, and then those with lines ready began casting out trying to recapture the beast. No luck. Young Tony on the other hand climbed ashore, dropped to the ground head down, trembling, telling his mom and dad he had enough for one day.

Unique, charming and mysterious Hecla beckoned me last week, yet this time my attention was drawn from the brightly coloured maritime homes to the wind-driven white-



EXPRESS PHOTO SUBMITTED

Craig Jones at the Hecla fish processing shack with a few of his catch.

capped restless waves of Lake Winnipeg slamming and spraying over the village pier. Parking there beside the fish-processing shack, I watched our commercial fishing brothers coming in with their skiffs loaded with their morning lift, using their motors with authority to navigate beside the docks.

As the men in their bright yellow slicks tied off and unloaded fish baskets, I got out of my car and, bracing against the wind, walked to the shack

to see if the boys had a story for us. Craig Jones, sporting a week-old grey beard, met me at the door and in his usual jolly mood offered me a chair along with some good hot coffee. Almost immediately, he went into a story that happened back in the late '30s.

His dad Murray and his uncles Helgi and Alan were at a fishing camp on Deer Island getting ready for winter fishing just before Christmas when Alan got appendicitis.

Murray and Helgi, knowing they had to get him to hospital fast, put him in a small flat-bottom boat, wrapped him up in lots of blankets and made for Riverton across the treacherous ice patches and open water. They had skates and used them to go quicker on the ice, and then when they met open water, they would jump into the boat and paddle. Days later, exhausted, wet and half frozen, they got to Riverton. There, they found somebody with a car to get Alan to the Gimli hospital. Boy, some of the things they had to do in those days.

Last Saturday, I drove over to Victoria Beach and just as I came up to the pier, two people were about to launch their boat. I went over to them and introduced myself to Winnipeggers Ron Graham, a big robust chap with grey-blond hair, and his sister Peggy Keen, a true outdoors lady with sun-bleached hair. Ron had the greatest story about his granddaughter.

They were boat fishing in the bay here a week ago and Ron felt a fish had taken his hook but wasn't moving. Ron looked over at his grand-

Continued on page 9

Stonewall Teulon
Tribune
The Selkirk Record
The Winkler Morden Voice

> CONTACT US

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



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



> CONTACT US

By phone: **204-467-5836**
fax: 204-467-2679

Find us: **74 Patterson Dr.,
Stonewall, MB R0C 2Z0**
Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Branden Meier 204-641-4104
ads@expressweeklynews.ca
Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca
or call our office at 204-467-5836

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca
Jeff Ward 204-298-3381
jeff@expressweeklynews.ca
Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
www.expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

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

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

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

Sandy Hook man wins \$1M Lotto 6/49



EXPRESS PHOTO SUBMITTED
Donald Grefford of Sandy Hook won \$1 million on the Sept. 28 Lotto 6/49 draw.

Submitted

A Sandy Hook man who has regularly played Lotto 6/49 for the past 20 years has finally had his payday.

Donald Grefford won \$1 million in the Sept. 28 draw but wasn't sure at first how much he had actually won.

"I went on the computer to look up the winning numbers," he said. "I couldn't believe they matched, so I called my roommate over to take a second look. He wasn't sure either."

Grefford went to the store to scan his ticket and confirm the good news.

"At first I thought the screen read that it was a \$100,000 winner. I was probably the calmest winner ever when I discovered it was actually a million!"

Grefford plans to use his winnings to pay off his house and start a construction business with his son. He is also going to put some money away for his grandkids' educations.

The winning ticket was purchased at the St. Vital Husky at 1025 St. Mary's Rd.

Mobile clinic open house connects health-care staff

By Jeff Ward

Last week the Interlake-Eastern RHA hosted an open house in front of Ashern Lakeshore Hospital so that residents and staff at the hospital could get a closer look at their mobile clinic that has now been in operation since the beginning of this year.

The mobile clinic serves four locations in the Interlake — Gypsumville, Seymourville, Grand Marais and Prawda — and offers regular check-ups, physicals, help managing chronic diseases, minor treatments, prescribing medication and some lab services.

Annabelle Reimer, the manager of the mobile clinic, said that the main goal of the open house in Ashern was to allow the members of the hospital an opportunity to view the clinic for themselves. She said that often the primary care nurse will refer patients to the hospital and request certain labs from them and that it's important for hospital staff to see the limits of the clinic. The open house took place last Wednesday, Oct. 12 from 10:15 a.m. until noon, and clinic staff said that approximately 40 people took part.

"We often collaborate with Ashern quite a bit, whether it's the hospital or the pharmacy," said Reimer.

"We want them to have a better understanding of the limitations of the vehicle. We want to be continuing to build relationships with those staff because we'll be working together all the time."



EXPRESS PHOTO BY JEFF WARD

Primary care nurse Kristen Bourque and nurse practitioner Ashley Pylypowich help provide patients access to medical services that could take hours to get if the individuals had to drive into the nearest hospital.

The mobile clinics are designed to provide easier access to health care for residents living in communities that are too far from a regular hospital. It allows residents a shorter trip — in some cases cutting hours off — so that they can access primary care nurse Kristen Bourque or nurse practitioner Ashley Pylypowich.

Reimer said that the clinic is currently providing service four days a week and has no intention of expanding into Ashern, nor does it have any

plans to expand into other more isolated communities.

"Our focus right now is to continue to expand our list of services within the communities we are already in. Each week is getting better, and I've been very happy with the uptake in appointments so far. We will be doing a services survey in the spring time, which will allow us to take a look at what residents would like to see added," said Reimer.

HPV: As common as the common cold.

Get CheckedManitoba.ca

CancerCare Manitoba
CervixCheck

ATTENTION CRAFT SALE ORGANIZERS

Advertise your upcoming HOLIDAY CRAFT SALE

in our Selkirk Record, Stonewall Teulon Tribune and Express Weekly News on Thursday, November 10.

Contact us for affordable advertising in our special craft sale section!

Contact us before November 3 at 4:00 pm

Email: ads@expressweeklynews.ca

Discover loans that are right for you

The Manitoba Agricultural Services Corporation has been providing financial assistance to producers for over 50 years. We have increased our loan limits, introduced equipment financing and increased our level of service to producers to help meet all of your farm financing needs.

Increased lending limits — Direct Loans are available up to \$2.5 million and Stocker Loans are available up to \$500,000.

MASC offers short and long-term interest rates, with fixed terms up to 25 years. All our loans feature no prepayment penalties, with flexible repayment terms to match your cash flow.

Online Services — Track your account and loan information wherever you are, whenever you want.

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

MASC
Manitoba Agricultural Services Corporation
Lending and Insurance
Building a strong rural Manitoba

RCMP apology 'vindication' after decades of abuse

'I still cringe when I think about the names they called me,' former RCMP officer says

By Dave Baxter

For one former RCMP officer, the bullying and harassment she faced while on the force pushed her to the point where she almost took her own life.

"I sunk into a deep depression and my thoughts did turn to suicide, but thankfully I had a sober second thought and that is why I am having this conversation today," former RCMP officer and Gimli resident Sherry Lee Benson-Podolchuk said during a telephone interview with the *Express* last Friday.

Benson-Podolchuk said when she first joined the RCMP in 1989, the bullying and harassment started immediately but became more physically and mentally abusive over time.

"It started as pressure to belong and fit in, and at first the teasing was

harmless, but soon the name calling became very sexist and derogatory," Benson-Podolchuk said. "I still cringe when I think about the names they called me."

Earlier this month, RCMP Commissioner Bob Paulson delivered a public apology to hundreds of current and former female RCMP officers who had been subjected to bullying, discrimination and harassment dating back more than 40 years.

Paulson also announced a \$100 million settlement that could see as many as 20,000 current and former female officers qualify for compensation.

"For me, the apology was powerful and it was vindication," said Benson-Podolchuk, who worked for RCMP departments in both Saskatchewan and Manitoba over the span of her

"I STILL CRINGE WHEN I THINK ABOUT THE NAMES THEY CALLED ME."



SHERRY LEE BENSON-PODOLCHUK

20-year career. "That is not what I was looking for, but I realize this is a huge problem and I hope this encourages more women to step up and speak out."

Benson-Podolchuk said while she was on the force and she complained to her superiors, she was "laughed at" and that is when the bullying and abuse was taken to a whole new level.

"They took the screws out of a door so it fell on me when I opened it," she said. "That knocked me out and gave me a concussion."

She said after the incident, officers didn't let up on her and one prank was particularly disturbing.

"I returned to work and there was a dead prairie chicken in my gym bag with blood dripping all over my things," she said.

During his public apology on Oct.

6, Paulson spoke directly to every female RCMP officer that has ever experienced bullying, sexual abuse, discrimination, sexism or other forms of physical or mental abuse.

"To all the women, I stand humbly before you today and solemnly offer our sincere apology," Paulson said during a news conference in Ottawa. "You came to the RCMP wanting to personally contribute to your community and we failed you. We hurt you."

"For that, I am truly sorry."

The settlement will also include the creation of a scholarship that will honour the RCMP's first female regular members as well as the establishment of national and divisional advisory committees on gender, sexual orientation, harassment, equity and inclusivity.

Benson-Podolchuk said policies against bullying and harassment will only be effective if they are properly enforced.

"Even though things have changed and improved over the years, changes are only as effective as those willing to enforce them," she said. "Otherwise the policies are just pieces of paper with fancy words."

In 2007, Benson-Podolchuk published her book *Women Not Wanted*, which tells the story of her 20 years on the RCMP and the years of discrimination and bullying she faced.

She also currently travels across North America giving speeches and presentations about workplace bullying and harassment.

Paint Nite Fundraiser in St. Laurent to raise money for parish

By Jeff Ward

A fundraiser next Thursday will help maintain as well as keep the heat and lights on the St. Laurent Parish and its neighbouring hall.

Paint Nite is an opportunity for attendees to flex some creative muscles, share some laughs with friends and walk home with a brand new painting for their homes, all while helping raise money for the St. Laurent Parish. Debbie Lavallee one of the organizers of the event said that because of some roof repairs the parish needs to do some extra fundraising to help pay for the costs of keeping the building warm, the lights on and water running.

Monique Rainville is the host and artist for the event and said that the painting attendees will be tasked with

recreating is called A Night at Rainbow Pines. The fundraiser takes place on Oct. 27 at 7 p.m. at the Parish Hall right beside the church and tickets are \$45 each.

"I walk everyone through the process one layer at a time," said Rainville.

"The thing that's so exciting about these is that everyone will have a different interpretation of the painting and each will be unique. Different colours or lines really do make for limitless possibilities."

Rainville said that there is a soft cap of 50 attendees, but if the demand is there, she can accommodate more as she is not one to turn people away.

Anyone interested in purchasing tickets can call Monique Rainville at 204-999-5517.

McMunn & Yates
Building Supplies

Make it Better™

Community based since 1971.

Stay connected:

16 Main Street, Eriksdale, MB | 204.739.2110

Receive a \$50 McMunn & Yates Gift Card when you purchase \$250 of Owens Corning™ EcoTouch® PINK® FIBERGLAS® Insulation or AttiCat® Blown-In Insulation†.

Offer valid from October 1st–31st, 2016. THE PINK PANTHER™ & © 1964-2016 Metro-Goldwyn-Mayer Studios Inc. All Rights Reserved. The colour PINK is a registered trademark of Owens Corning. © 2016 Owens Corning. All Rights Reserved. † See us in store for complete details

For complete details and more specials, view our flyer at mcmunnandyates.com!

CFIB claim small business optimism down in Manitoba

"YOU HAVE TO THINK BIG PICTURE BECAUSE IT CAN BE EASY TO GET DOWN ON YOURSELF WHEN ALL THE PRESSURES COME IN."

By Jeff Ward

In a report released last month, the Canadian Federation of Independent Business (CFIB) said that overall small business optimism is down in Manitoba, and an owner of not one but two small businesses in Eriksdale might have a good idea why that is.

Lisa Sobry owns Healing in Style and Blue Moon Natural Products out of Eriksdale. Sobry said that while she enjoys the challenge of operating a small business, she doesn't disagree with the findings in the report. She said that it's tough to be optimistic, especially in rural areas, about starting a small business because there are only a handful of resources available to help new entrepreneurs.

The CFIB report shows a decrease in optimism in September to an index of 54.7 per cent, down 1.5 points from the index in August. The index level is below the national index of 59 per cent. Ted Mallett, the chief economist for CFIB, said that a flatness in the overall economy and the results of their findings suggest the confidence is stuck in neutral.

Sobry said that the reality of working 14 to 16 hours a day in the first two years of starting a new business is one that many entrepreneurs aren't ready for. But she believes that the decline in optimism might be due to the fact that, even after all that hard work and sacrifice, there are still factors that are out of your control.

"I don't feel like there are enough grants available for people over the age of 30 for one thing," said Sobry.

"There are so many specialized grants for young people, or minorities, and those are fine, but resources to help people like myself aren't that abundant. The other issue is that working to find and apply for grants can be a full-time job in itself, so if you're already in the middle of running the business, how can you find the time?"

The CFIB report states that only 40 per cent of businesses in Manitoba say their overall state of business is good, above the national average of 35 per cent. The report also shows that there are many major cost pressures for small businesses that are putting the squeeze on owners like taxes, regulatory costs, wages and insurance costs.

Sobry said that it takes a dedicated person to want to own their own business and that if they can get over the extremely demanding work load in the first two years of getting a business off the ground, then the sky's the limit.

"You have to think big picture because it can be easy to get down on yourself when all the pressures come in. If you're willing to give up those first two years, then you already have a better chance at succeeding. I feel that my optimism for my own business is much higher than those numbers, but I can definitely understand why those numbers are lower," said Sobry.

The CFIB represents the small business community at all three levels of government and routinely lobbies for reasonable labour laws and the reduction of regulatory paper burden.

BECAUSE IT'S ABOUT THEM TOO

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



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

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

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

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

manitoba.ca



> GET FISHING, FROM PG. 6

daughter, who was busy singing to herself and playing with a little toy. So with a smile and twinkle in his eye, he pretended to want a sandwich from their cooler and asked her to hold the rod. Passing the rod from one to the other, he brought the fish to fight. The girl got right into it, reeling in with all her cute little might, landing a small sauger. The little girl was so taken with the experience, she had "poppa" buy her a rod — a pink one, thank you very much. Till next week. Bye for now.

 <p>Moose Jaw Mineral Spa Oct. 30-Nov. 2 Aquatic Classes, City Tour, Casino Pkg, and More!</p> <p>Branson and the Ozarks November 3-11 A fun filled tour with fabulous shows and unique sightseeing</p>	<p>2017 TOUR PRESENTATIONS Newfoundland & Labrador Alaska & The Yukon Nov. 10, 2:30 pm & 6:30 pm RSVF</p> <p>Beautiful Victoria, B.C. Mar. 1-15 Perfect time to experience mild climate & blooming gardens! 14 nts. Inner Harbour, airfare, transfers, daily breakfast, plus!</p>
<p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p>	

Eriksdale hosts Lakeshore teachers for numeracy skills training

By Jeff Ward

Eriksdale School played host to approximately 40 teachers earlier this month for a day of professional development (PD) designed to help identify problems and gaps in students learning when it comes to numeracy.

Working much like Reading Apprenticeship, the skills learned highlight gaps in students' knowledge and then, by working in smaller groups, allows teachers to help bridge the gap and get students back to grade level understanding.

Eriksdale School principal Alison Martilla said that the PD session was part of a strategy launched in P.E.I. that has shown marked improvement in numeracy scores for the schools involved. She said that during the in-service day on Oct. 7 that teachers were very excited to get to work and left feeling mentally exhausted because of the high demand of learning these new skills.

Lori Emilson, who is a curriculum support teacher for Lakeshore School Division, created the session.

"We started organizing it as something that was just for our school, but it kind of took off around the division because many teachers have wanted some PD around this topic," said Martilla.

"Right now, this is in a pilot program across the whole division with Grade 6 and 9 students. We will eventually get all grade levels on board but we have to start slow with a process like this."

Both Martilla and her vice-principal Tracey Parkes attended a three-day PD session in Lorette over the summer

that focused on foundational outcomes for math. Parkes said that teachers are aware their kids need this kind of approach and that there will be a combination of short- and long-term benefits from the strategy.

Short-term outcomes are that students will be exposed to all of the foundational outcomes by the end of the school year and that problems areas will be identified and hopefully remedied. The long-term outcomes are about implementing the strategy

in every grade division-wide.

"This process is identical to what our literacy process is like. We target students after they do initial assessments then move into guided practice. We put students in smaller group instruction while we further research what's causing the issues. In our meta-cognition, we break down specific concepts by what students know,

what they need to know and how to move forward," said Parkes.

The system is being used in classrooms right now across the division but it will take some time before results start to come in. The strategy is

in its infancy right now, but both Martilla and Parkes believe this to be a big step in the right direction. And they both said that with the support of teachers and their enthusiasm, things are looking very bright.

"THIS PROCESS IS IDENTICAL TO WHAT OUR LITERACY PROCESS IS LIKE. WE TARGET STUDENTS AFTER THEY DO INITIAL ASSESSMENTS THEN MOVE INTO GUIDED PRACTICE."

Manitoba Liquor and Lotteries parts ways with former RHA CEO

Staff

The former CEO of the Interlake-Eastern Regional Health Authority (IERHA) has now been let go from his position as CEO of Manitoba Liquor and Lotteries (MBLL).

In December of 2014 John Stinson stepped down from his position as the CEO of the IERHA to take on the position of CEO of MBLL.

The board of MBLL announced in a press release last Tuesday that Stinson would be "departing the organization."

Liquor and Lotteries said Stinson's departure comes at a time when the organization is looking for "refinement of its core operation."

"The board of Manitoba Liquor and Lotteries today announced that it will focus the corporation's strategies towards growth and refinement of its core operations," Manitoba Liquor and Lotteries said in a press release. "This will include developing new ideas, new projects and new approaches to strengthen the organization while improving its liquor products and gaming and entertainment

services.

"This will ensure MBLL is aptly positioned for a future that meets the needs of its customers and Manitobans."

"As a board, our job is to maximize the positive impact MBLL can have on the Manitoba economy and in the lives of all Manitobans," MBLL board chair Polly Craik said in a press release.

Craik also praised Stinson for the work he had done since taking on the position as MBLL CEO in 2014.

"John played a key role in guiding MBLL through a period of significant change, and we thank him for his leadership," Craik said.

Peter Hak, an MBLL executive who has held several senior positions since joining Manitoba Lotteries in 1984, will become interim CEO effective immediately.

The current Progressive Conservative Government appointed all the current members of the MBLL's board after the provincial election on April 19.

Group attempting to revitalize tourism on northern highway route

By Jeff Ward

The president of the Northern Woods & Water Highway Association is trying to build awareness about the lesser-known system of highways in an effort to encourage more tourism to the communities surrounding the road.

Dale Harrison said that the highway system, which starts at Highway 6 and goes up north past Eriksdale and then across Highway 68 through The Narrows, Dauphin, Sawn River and The Pas, was established sometime in the mid '70s. Harrison's goal today is to re-establish this highway and connect every community along it from Winnipeg to Dawson Creek, Alta. He explained that this stretch of highways is similar to the nationally known Yellowhead Route and even has markers

that let travellers know what they are driving on.

"But even with those signs, no one knows the highway exists, and that's what I want to rebuild," said Harrison.

"One of the things we need to do is get visibility because no one is going to go to our website if they don't know we exist. We need to start building our brand, and any way we can get our logo in front on people is going to strengthen that brand."

Harrison said that encouraging people to travel the highway will have the by product of increasing tourism and creating new economic development for communities that live in the area of the highway. He wants businesses and governments to invest in their own futures by leveraging the highway system.

"Having more people travelling the highway strengthens the front-line businesses of gas stations, restaurants, hotels, campgrounds, recreation sites, museums, et cetera. Travel dollars inject new money into local economies to create or sustain jobs. In the smallest communities, these dollars can mean the difference of survival as local populations dwindle and shopping gravitates towards larger centres. Governments determine infrastructure spending on traffic counts, so increasing traffic will

improve roads and maintenance."

The idea is ambitious and Harrison said he knows it will be an uphill battle but believes it will be well worth the effort to see these areas flourish with new visitors. He believes his plan is fairly comprehensive, but right now it's all about awareness. He wants people to reach out to him and get the ball rolling.

Anyone looking for more information on the Northern Woods & Water Highway Association is encouraged to visit www.nwwr.ca.

"BUT EVEN WITH THOSE SIGNS, NO ONE KNOWS THE HIGHWAY EXISTS, AND THAT'S WHAT I WANT TO REBUILD."

A buckin' good time at 20th annual Boyz & Bulls

By Jeff Ward

An October tradition in Eriksdale once again provided some of the most exciting entertainment money can buy at the Boneyard General Repair - Boyz & Bullz event, presented by The Healthy Chef, last Saturday.

The sold out event is a staple for the small town and continues to pack a thousand people into the Eriksdale Recreation Centre, for the fundraiser.

The event saw some great bull rides and was very well hosted by BRC (Bull Riders Canada) finals bound announcer Dustin Edwards.

The Eriksdale event format is unique as all of the bull riding contestants are treated to a Mr. Perogie & Steak supper. During this complimentary feast, the draw is done live where contestants pick numbers for their turn to select their long round bulls.

This year 17 riders from across the country rode a pen of some of the toughest bulls that organizer Ben Kinkead said he has ever seen.

The event pits the riders against each other in two rounds with the best riders from the first round competing in the second round top eight.

In the first round it was 16-year-old Everett Fairlie of Woodlands who stole the show with an 84.5 point score aboard Lazy S & Bonkowski Bucking Bulls' Brindle Bob. Fairlie double entered in Eriksdale after a spot opened up from a last minute turnout. Considering Eriksdale's format was already a two head event that meant Fairlie would have to ride four bulls in one night.

He rode excellent, with qualified rides on the first two, and making a good effort but coming in just under the eight seconds on his last two bulls.

"It's pretty tough to stay on even in the first round, so for a guy to stay on for both rounds is quite a bit harder," said Kinkead.

"That second round has some very tough bulls and these guys are working pretty hard to compete in that top eight. They were amped up this year for sure and those bulls really made them earn their pay cheque."

Kyle Primeau from Gwynne, Alta. took home the top prize for his performance and \$2,086 that had him holding on for the full eight seconds in both rounds. Primeau won round two and placed second in round one scoring an 83.5 in the first round and an 87 in the second round aboard Stevens Bucking Bulls Billy The Kid.

Meanwhile Fairlie took home \$1,564 for second place.

A two-way tie for third between Dustin Glenn and Wyatt Laughlin



Debbie Kinkead presented the trophy buckle to Kyle Primeau who held on for two eight-second rounds.



Kyle Primeau of Gwynne, Alta., was the overall champion of the evening after his winning ride on Billy the Kid from Stevens Bucking Bulls.



Taryn Watson, left, Dillynn Kinkead, middle, and her cousin Sage Kinkead had the best seats in the house to watch their cousin Austin ride.



Eriksdale's Austin Kinkead did his best to entertain the hometown crowd.

earned the two riders \$260 each.

Kinkead said that the representation from Manitoba was strong this year with Fairlie and Keenan McMahon from Inwood. Eriksdale resident, Austin Kinkead also rode in the competition and improved on his great performance of last year with the fifth best score going into the top eight. Ben Kinkead said that his young cousin set a pretty high bar in the first round and challenged nicely in the top eight.

"He put in a great effort in that second round. He took that bull the farthest I've ever seen it taken. He was very close to going the full eight seconds," said Kinkead.

With the points won from Fairlie's double entry spot, even though he came second place in Eriksdale, Fairlie now leads the 2016-17 Season V

National Standings with 485 points.

"There is a long ways to go (in the season), but it feels good to start the new season strong," said Fairlie.

Fairlie recently found out that he would be attending his first ever Bull Riders Canada Finals, competing against 29 other Top BRC bull riders this weekend in Lloydminster, Sask.

BRC President, Russell Friend was impressed with the young up-and-coming cowboy's determination.

"Everett has a lot of confidence and is craving bulls...that is the recipe for success," said Friend. "Fairlie could really make the finals even more interesting this weekend in Lloydminster."

BRC caught up with Kyle following

his win and he was very complimentary about his hosts, the Eriksdale Community Club. "Ben Kinkead (Eriksdale Community Club VP) puts on an outstanding event for the Bull Riders in Eriksdale - it's first class."

When asked how it feels to be back riding in BRC and about his goals for Season V, Primeau responded, "I'm going to do what's best for my family and to provide for them, and I think BRC provides me that opportunity."

All roads now point to Lloydminster as the Wrangler Bull Riders Canada Season IV Finals takes over the Exhibition Grounds this weekend.

The fundraiser raised approximately \$15,000 for the Eriksdale Recreation Centre.

My Sole's Path reflexology service setting up shop near Gimli

By Patricia Barrett

A home-based complementary medicine business south of Gimli is up and running after obtaining approval from the municipality.

During a public hearing Oct. 12, Gimli council approved Gail Thomas's application to use her home at 9 Kencaron Cres. for a reflexology practice called My Sole's Path.

Thomas will also be offering massage, craniosacral therapy and reiki.

"It's energy work," said Thomas when CAO Joann King asked what reiki is. "It's energy you use between you and your client. It's amazing. It helps the body heal."

Energy work does not involve touching injured areas.

According to a 2016 study in the August edition of the journal *Complementary Therapies in Medicine*, energy therapy was found to "markedly" reduce anxiety in a small group of subjects but cautioned that larger trials are needed. It said past experimental studies "have demonstrated the effectiveness of different energy therapies in reducing anxiety and pain."

Thomas said she is a certified registered reflexologist.

"My base is reflexology — working on the feet, on the nerve endings, which are attached to ... parts of the

body and organs," said Thomas. "I call it my map ... because that way I know exactly what's going on in the body, not like a doctor, but for my information. Then you work on those areas to increase circulation, blood flow and oxygen."

Thomas also specializes in craniosacral therapy, a form of bodywork that is said to relieve discomfort in the skull, spinal column and sacrum (at the base of the spine).

"Cranio is more hands-on ... a cross between reiki and chiropractic without actually adjusting," said Thomas. "It's, again, energy work, but it's the rhythms of the body that you meld with and put ... back in sync."

Thomas had previously owned a health food store in The Pas before moving to Gimli.

"I'm going back to my core work because that's what I really love doing," said Thomas by phone a few days after the public hearing. "The health food store was a necessity that grew from it and then overtook it. But you can't do it all!"

Thomas has practised reflexology for 25 years. She took the Ingham Method through the International Institute of Reflexology in the U.S., she said. She has her full reiki certificate, which encompasses three levels, and



EXPRESS PHOTO BY PATRICIA BARRETT

Mayor Randy Woroniuk, Coun. Thora Palson and Coun. Richard Petrowski.

has been practising since 2000. She has been practising craniosacral since 2003.

The operation of a home-based business must adhere to a number of conditions under the RM's Zoning Bylaw 11-0013.

Those include not detracting from the neighbourhood, being carried on solely by members of the family residing in the same building unit without the employment of other persons, having no exterior display, no advertising and no other exterior indication of the homeowner's occupation, taking up less than 50 per cent of the total floor area of the dwelling, not causing

any nuisances such as emissions of odour, dust, smoke, noise, light and refuse matter, and not causing undue parking issues or traffic congestion.

The bylaw states that home occupations can have one identification sign not exceeding two square feet in area indicating the name of the occupancy and/or the home occupation of the occupant.

No one registered to speak against the business.

Thomas said she is working on her Facebook page.

For more information about her services, call or text Gail Thomas at 204-620-1331.

RCMP urges drivers to watch for slow-moving farm machinery

Submitted

Did you know it takes just five sec-

onds for a car travelling at 90 km/hr to close a distance the length of a football field between the car and a tractor or combine?

Did you know that the size of farm equipment often requires operators to veer right before making a wide left hand turn?

Did you know the most common causes of collisions involving farm equipment are rate of closure, left turns and passing collisions?

"This year we have already had one death on our roads because of a collision with farm equipment," said RCMP Insp. Ed Moreland, officer in charge of traffic services. "Motorists and farmers both need to be aware of the safety issues involved with slow moving vehicles. Lives depend on it."

"The key to road safety is good judgement," said Glen Blahey, health and safety specialist with the Canadian Agricultural Safety Association. "By simply slowing down, paying attention and by being respectful, both farm equipment operators and motorists can share the road safely."

The Canadian Agricultural Safety Association and the RCMP have some tips to help keep everyone safe on the

road:

- Farm machinery does not always use an obvious intersection but can enter a main roadway from a field or a farm lane. Motorists should be aware of all approaches onto the roadway.

- Slow down! Everyone has a right to the road, and if motorists slow down, they can help avoid rear-end collisions.

- Watch for the slow-moving vehicle sign. It is a bright orange triangle with a red border. The sign is to be mounted at the centre or to the left of centre on all slow-moving farm vehicles and equipment. If you see the sign, be aware the vehicle will be moving at a slow rate of speed and adjust your actions accordingly.

- Farm machinery is large. If you can't see the driver, the driver cannot see you.

- Farmers are often working long hours late into the night. Machinery should not be operated on the roadway or otherwise if the operator is too tired or the equipment is not equipped with flashing and driving lights.

- Slow down, buckle up, be alert, drive sober.



MALL IN THE HALL
ANNUAL CHRISTMAS CRAFT SALE

Saturday, November 5 2016
Teulon Rockwood Centennial Centre
10 to 3pm

All event proceeds support the growing arts, fitness and educational programming offered at the GAAC.

204 886 3192
gaac@mymts.net
greenacresartcentre.org

Join us at the centre for our AGM on Sun, Nov 27 at 3pm. New board members welcome!

50 VENDORS
- homemade & commercial

SILENT AUCTION

DOOR PRIZES

HOMEMADE LUNCH SERVED

50/50

Admission \$2⁰⁰

Provincial grants for Gimli's Recreation Centre see marginal reduction

By Patricia Barrett

The provincial department of Indigenous and Municipal Relations advised the RM of Gimli council that a multi-year funding agreement for the Gimli Recreation Centre, which ends in 2019, had been cut effective April 1, 2016.

"I think they've reduced it all the way around," said CAO Joann King during council's regular meeting Oct. 12. "We used to get \$11,000. ...That ... was in place since 2003 and it had been adjusted upward over that time."

According to a letter received by the RM Sept. 19, "the appropriation for the Recreation Opportunities: Partners in Leisure Program (ROP) has been reduced from the previous level and consequently the grant provided to your organization must be adjusted accordingly. Please be advised that beginning in 2016/2017, your grant has been reduced by \$605.00 to \$10,935.00."

"It's going in the wrong direction," said Coun. Richard Petrowski.

The letter also stated that the "reduction in the appropriation also means that ROP Training Allocation, which provided funding up to \$600.00 to support the training costs for recreation directors, community recreation leaders, elected officials and volunteers is not available for 2016/17."

It's unclear how the reduction may affect the RM's budget.

Other council briefs:

Council approved the terms and conditions set out in an agreement with the federal government for expansion of the RM's wastewater treatment plant.

Under the agreement, the government will invest up to 33.33 per cent of the project's total eligible expenditures, up to a maximum of \$6 million.

Coun. Thora Palson will help co-ordinate interviews with local and area fishers for a project that will detail the history of Gimli Harbour.

"The [Municipal] Heritage [Advisory] Committee is producing three booklets," said Palson, who sits on the committee, "and one of the booklets is the history of Gimli Harbour."

In addition to the harbour, the committee will be putting together stories of notable people in the area and accounts of the Interlake's Fresh Air Camps, such as Camp Rusalka, Ukrainian Park, Camp Massad and Sunrise Lutheran.

"The harbour book and the Fresh Air Camp should be ready for Canada's 150 in July," said Palson. "Notable persons probably won't be ready until the end of 2017."

Council passed a resolution appointing Mayor Randy Woroniuk, Pal-



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli CAO Joann King advised council that the province has reduced multi-year funding for the Gimli Recreation Centre.

son, Tammy Axelsson, director of the 150 Committee. New Iceland Heritage Museum, and Leona Gudmundson to the Canada

Continued on page 14

"Three is my max."

More than three drinks a day for men can increase health risks.

drinksense.ca

MANITOBA LIQUOR & LOTTERIES

DrinkSense

Arborg Family Dental

Arborg Family Dental encompasses a group of passionate dental professionals excited to care for your dental needs. We are committed to providing our patients with exceptional dental care in a calm and comfortable environment. An emphasis is placed on patient education and preventative care as we use the latest dental technology, equipment and tools. Our goal is to partner with our patients to help them achieve and maintain a lifetime of excellent oral health.

Some of our services include:

Implants	Dentures	Fillings
Crowns	Teeth Whitening	Bridges
Invisalign	Root Canal Therapy	Extractions

Please feel free to contact us to schedule an initial consultation appointment to discuss your dental needs and have all of your questions answered

204 376 2624
Monday to Thursday 9:30AM - 5PM
 145 Sunset Blvd, Arborg, MB

Camp Rusalka development agreement approved by council

By Patricia Barrett

At its regular meeting Oct. 12, the RM of Gimli council approved a development agreement it had drafted in August, setting out a number of conditions on Camp Rusalka, a trailer park about 10 minutes north of Gimli.

The camp, owned by the Ukrainian National Federation, sought approval in 2015 to have part of its park known as Parcel B rezoned as recreational use in order to correct an oversight dating back a few decades when the parcel was originally created.

The camp's representatives have appeared before council numerous times this year, addressing property owners concerns about the re-zoning (now approved) and other issues, such as water and wastewater management (now corrected).

UNF's volunteer camp manager, Dave Garrity, attended council to hear its final decision on the development agreement.

"We set the rules, but as long as you're okay with it," said Deputy Mayor Peter Peiluck, inviting feedback from Garrity.

Peiluck had met privately with Garrity and a couple living beside the camp a few days after council's Aug. 10 meeting to discuss what steps could be taken to resolve a few lingering issues.

The couple shares a 400-foot boundary with the camp, and they have appeared in opposition at every hear-

ing/discussion regarding Rusalka. They did not, however, appear Oct. 12.

They had opposed the draft development agreement at council's August meeting because they were concerned about an area of cattails in a large field behind their house. They attributed the reeds to the camp's previous water-management practices, something Garrity corrected this summer by installing a French drain.

The couple had also asked that council mandate the erection of a fence along the shared boundary, calling the trailers "unsightly."

Council included a clause about fencing in the agreement.

Garrity said he and the Camp's operations committee want clarification about the clause.

"The only ... one [concern] was whether or not there was still an issue with the fencing or trees," said Garrity.

The camp had previously maintained that the cost of fencing 400 feet of land is beyond its budget, so council suggested it may want to plant trees.

But in future, fencing would be at "council's discretion," said Peiluck.

CAO Joann King clarified the fencing issue.

"We put that in there because we are ... dealing with you and a certain group of individuals who ... agreed to different things," she said. "But in the future, that may not be the same group of people. And if problems were to come forward, they are [UNF]



EXPRESS PHOTO BY PATRICIA BARRETT

One of the trailers in Parcel B of Camp Rusalka. The trailer park is in the final stages of entering into a development agreement with the RM.

required to [erect] fencing and barriers. Council would have the discretion at that time to ask you to do it."

King said Garrity is "doing an excellent job," but past history (i.e., lapses by previous management) requires the RM to have discretionary power over fencing.

"Council has to protect the municipality and people on neighbouring properties," she said.

There were no modifications to the conditions set out in the draft agreement.

Some of those conditions pertain to trailers, cabanas and outbuildings having to meet fire and Manitoba building codes, water and wastewater systems meeting Manitoba environment regulations, existing encroachments on neighbouring properties being corrected and all drainage being corrected to the satisfaction of Sustainable Development.

King said the RM sent the development agreement to UNF a few weeks ago for review, but has not yet received a signed agreement.

> GIMLI'S REC CENTRE, FROM PG. 13

The group is working on plans to celebrate Canada's 150th birthday in 2017 with a number of events planned for the town.

"It is going to be a wonderful 150 celebration next year," said Woroniuk.

There will be all kinds of events, said the mayor, but some of the details are

presently under wraps.

"I don't want to let the stuff out of the bag," said Woroniuk, "but they [the committee] have lots of good ideas and I'm really looking forward to this."

He did hint, however, that the event will "encompass" the waterfront.

The committee had previously announced that it wants businesses, organizations and individuals to come up with 150 activities during the year.

"There are things we're doing now, but we'd like to encourage the community to come up with some other fun things," said the mayor.

The Royal Canadian Legion sent council a letter requesting it purchase advertising space in a Military Service Recognition Book. Advertising revenues will help the Legion raise funds for the book's distribution throughout the province and provide support for scholarships, youth-sponsored programs and veterans.

Peiluck asked whether part of the book would cover the Gimli Legion branch.

On the suggestion of King, the mayor said council should inquire with the Gimli branch for more information before making a decision.

The book will "recognize and honour many of Manitoba/Northwest Ontario's brave veterans on an individual basis who have served our country so well in the past three ma-

jor world conflicts (WW1, WW2 and the Korean War), and recent conflicts such as Afghanistan. This publication will go a long way to help our Legion in our role as the 'Keepers of Remembrance,'" according to the letter.

The book will be distributed to school and university libraries, Legion branches and other public facilities in the two provinces.

Council authorized the following payments:

- \$174,983.55 for bills for general operating expenses.
- \$32,809.21 for pre-authorised utilities for Sept.
- \$538,493.54 for the second installment of the 2016 Education Levy.
- \$94,500 to Western Recreation for progress payment No. 4 for construction of the outdoor pool.
- \$94,500 to Western Recreation for progress payment No. 5 for construction of the outdoor pool.
- \$12,517.95 for council monthly indemnities and expenses for the period ending Sept. 30.
- \$58,754.04 for payroll and remittances for the period ending Sept. 24.

NEW ICELAND HERITAGE MUSEUM
PRESENTS

for the love of
Chocolate!

94 - 1st Avenue, Main Floor
Gimli, Manitoba

204-642-4001

Open Daily: 10:00 am - 4:00 pm

A dining experience like no other!
Every course contains chocolate and
will be paired with select wine.

Hosting the evening is the always entertaining
Doreen Pendegrace, author of
*Chocolatour: A Quest for the World's
Best Chocolate.*

Tickets \$70 available at the NIHM
Call to reserve your tickets today! 204-642-4001

www.hihm.ca

Friday, October 28th
Cocktails 6 pm Dinner 7 pm
at the Lakeview Resort



Massage Therapy Awareness Week

October 23-29, 2016

20 Reasons to get a Massage

1. Relieve stress
2. Boost immunity
3. Reduce anxiety
4. Manage low-back pain
5. Help fibromyalgia pain
6. Reduce muscle tension
7. Relieve tension headaches
8. Sleep better
9. Ease symptoms of depression
10. Improve cardiovascular health
11. Improve balance in older adults
12. Promote relaxation
13. Lower blood pressure
14. Help chronic neck pain
15. Increase range of motion
16. Improve quality of life in hospice care
17. Reduce pain of osteoarthritis
18. Decrease stress in cancer patients
19. Decrease symptoms of Carpal Tunnel Syndrome
20. Enhance exercise performance



To benefit from massage therapy, contact one of these local Massage Therapists for your appointment!

Top 4 Soothing Benefits of Prenatal Massage

Whether you're in your first, second or third trimester, you can probably benefit from a soothing prenatal massage. After you've cleared it with your health-care provider, and after you've found a registered massage therapist (look for one who specializes in and feels comfortable with prenatal massage), lie back (or on your side) and relax! Here are some of the benefits you could gain from indulging in a prenatal massage.

Stress Reduction and Improved Mood

Studies have shown that pregnant women who receive regular massages experience less stress and have higher levels of dopamine and serotonin (low levels of these two hormones are linked to depression). These hormones

also changes were also linked to fewer birth and newborn complications, such as low birth weight.

Back Pain Relief

As the uterus grows and puts pressure on the pelvic floor and lower back, some women may experience the awful pain of Sciatica, which is the result of nerves being pressed or pinched. Prenatal massage can help to reduce sciatic nerve pain by relieving the tension in the nearby muscles that are doing the pressing or pinching.

Reduced Swelling

Another thing that can be affected by a growing uterus is circulation: as the uterus grows heavier, it can put pressure on major blood vessels, restricting blood flow to the extremities. The result can be swelling in the arms, hands, legs, feet and joints, also known as edema. Massage can help to reduce this swelling and stimulate blood flow in the affected areas.

Relief for Minor Pains and Discomforts

Massage has many other potential benefits, including reduction in muscle tension and headaches, reduced joint pain, reduced anxiety and better sleep!

*Files from www.canadianfamily.ca

Got Tension?

Get those knots out with therapeutic massage by one of our licensed massage therapists, & you'll feel stress & tension slip away.

QUARRY
PHYSIOTHERAPY
AN *inMotion* CLINIC

- Trigger Point Release
- Deep Tissue Massage
- Pre/Post Sport Massage
- Relaxation Massage

Direct Billing to most private insurances
GIFT CERTIFICATES AVAILABLE
Gimli 204-642-5353 Arborg 204-376-2406
www.quarryphysio.ca

MASSAGE THERAPY AWARENESS WEEK
OCTOBER 23 TO 29, 2016

Make an appointment with your Massage Therapist today or find one at www.mtam.mb.ca

Low Back Pain?

Discover how massage therapy can help you.

visit www.messageforlife.ca

Gimli MLA Jeff Wharton gets Hecla off to a running start



One participant ran with her stroller.



EXPRESS PHOTOS COURTESY OF JEFF WHARTON
Participants line up for the Lakeview Hecla's inaugural half marathon.

By Patricia Barrett
Gimli MLA Jeff Wharton got runners off to a good start for the inaugural Hecla Half Marathon Oct. 15.
Wharton brought greetings from the province and acted as official starter for all three races — the half marathon and the five- and 10-kilometre runs.
The Lakeview Hecla Resort in Grindstone Provincial Park organized and hosted the event, reputedly the largest half marathon the Interlake has seen with over 200 registrants.
Wharton also helped hand out the medals at the finish line. The winners' names are yet to be posted.
After the run, the Lakeview treated the runners to wine and threw open its four mineral pools.
"What a beautiful run," wrote Lorie Hacking Fiddler on the Hecla Half Marathon's Facebook page. "Best recovery room ever!"
Proceeds from the event went to the Lake Winnipeg Research Consortium and the Hecla Historical Village Association.

Lundar Garage
(204) 762-5321

To advertise here
please call
204-641-4104

St. Martin Garage
(204) 659-5250

Hilbre Auto Service
(204) 449-2243

R&B Auto
(204) 739-5458
(Eriksdale)

#6 Quality Repair
(204) 762-5716
(Deerhorn)

Kerbrat Bros. Auto Ltd.
(204) 768-3042
(Ashern)

Roadrunners
Auto Service
(204) 768-2667
(Ashern)

Roy's Ashern
Tire & Quicklube
(204) 768-3068
(Ashern)

Roadrunners
Auto Service
204-659-2647
(Fairford)

Your Local Independent Automotive Service Provider
reserves the best vehicle care for you, their neighbour.

All Season Tires V.S. Winter Tires

All-season Tires
First things first: despite their name, all-season tires are not optimal for all four seasons. In fact, many in the automotive industry have started calling these tires "3-season tires" because they're really only best for the spring, summer, and fall. In other words, all-season tires are not suitable alternatives for winter tires, mainly because they begin to harden and lose their grip as soon as temperatures fall below 10 degrees C.
The loss of traction in colder weather isn't the result of sloppy craftsmanship, but because all-seasons are made with a tread compound designed to deliver good traction under most driving conditions, like dry, muddy, rainy, or even snowy streets, as long as the temperature doesn't dip too low.
All-seasons are essentially meant to offer you most of the benefits of summer and winter tires rolled into one. Unfortunately, the process of creating a tire that works adequately in most conditions requires compromise, and all-seasons can't provide the grip and tight handling of summer tires or the superior traction and safety provided by winter tires during heavy snowfall, ice, or sub-zero temperatures.
The Bottom Line: All-seasons are versatile tires that are great for use in moderate temperatures. Depending on your driving style and vehicle, you can probably use all-seasons during the summer, but if you live somewhere that gets a lot of snow and cold weather, all-seasons can't replace winter tires.

Winter Tires
If you live in a country that gets battered by wintry conditions every year (like Canada!) the value of winter tires can't be overstated. Winter tires give drivers better traction, braking, and handling in most or all winter conditions. They're designed with deeper treads and grooves and come with specific tire patterns that bite into ice and snow to grip the road. Unlike all-season tires that start to degrade at temperatures below 10 degrees C, winter tires maintain their traction in temperatures as low as -35 degrees C, thanks to being constructed with rubber that was designed specifically for cold weather.
You shouldn't keep your winter tires on all year though. The same rubber that's designed to be efficient in cold weather will wear out quickly in warm weather, so you should switch to all-season tires or summer tires when your winter tires are no longer needed.
The Bottom Line: Nothing beats the performance of winter tires on snow and ice, so if you live in a cold climate, they're an absolute must, even if you drive an SUV or truck with AWD. If you live in a moderate climate that experiences only the occasional snowfall and mildly cold temperatures, you should be okay using all-season tires.

YOUR LOCAL SERVICE PROVIDER ...
•is more convenient
•offers better value
•ensures all services are warranty approved.
•knows you and your car!
KEEP LOCAL BUSINESS LOCAL!

Get great gas mileage, shop local!

Napa Autoparts Lundar
(204) 762-5321

Bumper to Bumper
(204) 768-2901
(Ashern)

Smith's Autotech
(204) 372-8585
(Fisher Branch)

To advertise here
please call
204-641-4104

Fisher Repair
(204) 372-6648
(Fisher Branch)

Fisher Napa
(204) 372-6648
(Fisher Branch)

Interlake Auto &
Tractor Parts
(204) 376-2667
(Arborg)

Nordal's Automotive
(204) 376-2416
(Arborg)

Powerbend Tire
& Service
(204) 376-2247
(Arborg)

To advertise here
please call
204-641-4104

Funding for Gimli Aquatic Centre needs your votes

\$100,000 in grant money just a few clicks away

By Natasha Tersigni

With time quickly running out and \$100,000 in grant money on the line, the RM of Gimli is encouraging as many people as possible to go online and vote for the Gimli Aquatic Centre through the Aviva Community Fund.

After backing from Gimli broker Garriock Insurance, RM of Gimli parks and recreation manager Chris Hornby was able to register the aquatic centre project with the online contest. Aviva Canada, a national insurance group, has held this online competition for the past seven years and looks for community-based projects to support in three categories, Community Resilience, Community Health and Community Development, with two different funding levels per category: small ideas (\$50,000 and under) and large ideas (\$50,000 - \$100,000).

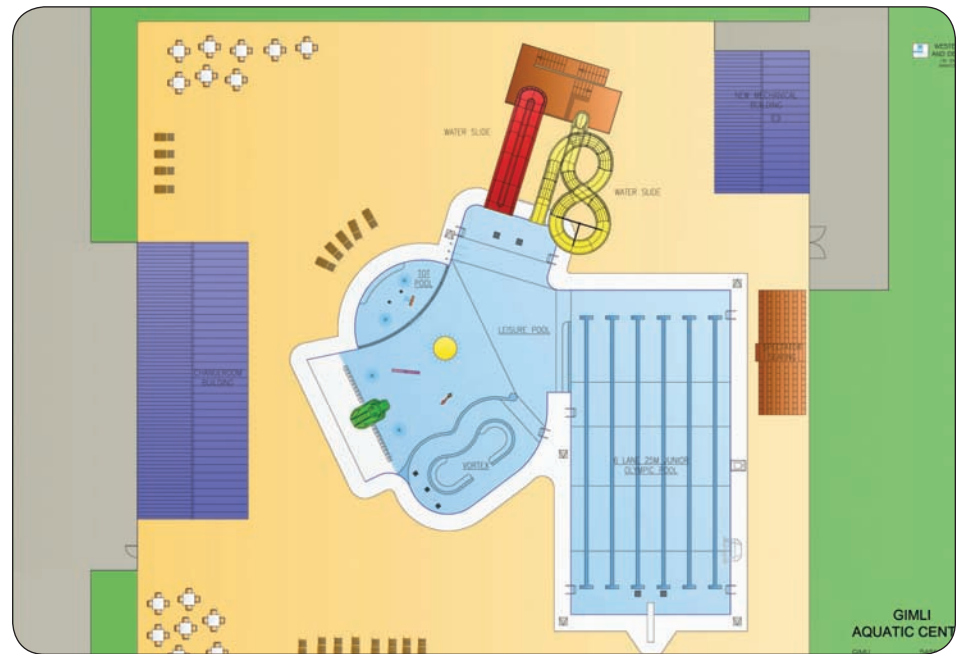
The Gimli Aquatic Centre, an outdoor recreation venue complete with water park and 25-metre lane pool that is expected to be operating by July 2017, has been entered in the Com-

munity Health large ideas categories and has a chance of being awarded one out of five grants between \$50,000 to \$100,000. In order to move forward and be in contention for funding, the project first needs to make it through the first round of voting.

"The first round is based on votes, so we need as much support as possible to push us through. It costs nothing to vote and you get 18 votes per email address registered, so you if you have four addresses you can sign them all up and send all the votes our way," said Hornby, who added the aquatic centre is the only project from the Interlake entered this year.

"This pool project is going to be a great amenity in the area and hopefully through the Aviva Community Fund, we can win some money and add some more features to the community site."

The 15 ideas that receive the most votes in the two funding categories will move on to become finalists. The finalists are reviewed by an independent panel of judges and then it is de-



EXPRESS PHOTO SUBMITTED

The RM of Gimli is encouraging as many people as possible to vote online before Oct. 28 for the Gimli Aquatic Centre at www.avivacommunityfund.org. The new outdoor pool and water park is eligible for up to \$100,000 in funding if they get enough votes to make it past the first round of the national contest hosted by Aviva insurance group.

termined from there which projects will receive grant money.

The voting portion of the contest

closes on Oct. 28. To vote go to www.avivacommunityfund.org and search for Gimli Aquatic Centre.

Campaign for Selkirk brothers nears \$25K goal

By Dave Baxter

When the very first donation of \$20 was given to Amanda Vitt's GoFundMe campaign back in July, she never dreamed she would soon be closing in on \$25,000 and nearing the goal of giving her nephew the gift of sight.

"Now we are so close and we still have more people that plan to donate, so I really believe we are going to reach it," Vitt said.

In July, Vitt who lives in East Selkirk, set up a GoFundMe Page called The Gift of Sight, with the goal of collecting \$25,000 to help her nephews Benny and Ashton Francey, who live in Selkirk, and were both born blind.

As of last Friday the page sat at \$23,678 donated and Vitt said she has even had strangers approach her because they wanted to help.

The page can be found online by visiting gofundme.com/bennyashton.

"It is amazing, just completely amazing," she said. "I have had complete strangers stop me in Walmart to donate, and we've received donations everywhere from \$5 to \$1,000.

Benny is 10 and Ashton is eight, and the Selkirk brothers were both born

with a rare condition called Leber Congenital Amaurosis that causes blindness at birth.

Both the boy's conditions are different, as Benny can see silhouettes and colours but no details, while Ashton lives in "total darkness," Vitt said.

Vitt said funds raised through the GoFundMe campaign will help purchase eSight glasses for Benny, which could help him see people and objects for the very first time.

She said because of the money raised they will likely book a flight to Toronto to receive the glasses "in the coming weeks."

"It has all just moved so quickly," Vitt said. "I still can't believe it.

"Every little bit has brought us to where we are now."

On Oct. 4 Vitt updated the progress of the campaign on her Facebook account.

"This morning, Benny went for his last Optomologist appointment before we schedule our flight for Toronto, to meet with eSight!" she posted on Facebook. "We are so very hopeful that this will all be a smooth process."

Because of Ashton's condition,



EXPRESS PHOTO SUBMITTED

Pictured from left to right: Valerie Sul, MaryAnne Wolowich, Jaqueline Bourbonniere and Michelle Horanski were four of the 60 people that took part in a Paint Nite event last Tuesday to help raise money for a GoFundMe campaign for two Selkirk brothers entitled "The Gift of Sight."

eSight glasses would not be helpful, but Vitt wants to raise money to get him into a therapy program that involves being around horses.

On Sept. 27, Vitt hosted a Paint Nite event in St. Clements to support the campaign, and she said 60 people

showed up, and \$1,668 was raised.

"There was family and friends and some people we didn't even know came out because they had heard the story, so the support was fantastic," Vitt said.

A flood of housing issues: Lake St. Martin woman far from high and dry (Part 1)

By Patricia Barrett

A Lake St. Martin woman who was denied access to temporary housing on a former radar base west of the First Nation is bringing attention to the community's lack of permanent housing and the plight of evacuees six years after the flood of 2011.

Diana Traverse, 50, said she is a flood evacuee who should be entitled to government-supplied housing.

But Manitoba Housing recently evicted her from one of the 20 or so houses situated on the base just off Highway 6 between Fairford and Gypsumville.

"There's people like myself that are totally homeless," said Traverse, whose aunt took her in, "and a lot of them are on that list [petition] that I'm handing out."

She said she was given permission to move in a four-bedroom home, which she occupied for about four months this summer, before receiving a letter from Scott Lawrence, Manitoba Housing's District Manager for Property Services.

"It has come to my attention that you are squatting in the above mentioned unit illegally and have gained access to the unit illegally," wrote Lawrence in a letter dated Aug. 11. ".... You must vacate this unit immediately or face further action to have you removed. All water and septic services have been stopped effective immediately."

Hydro service to the house was disconnected a number of weeks ago.

After living on another First Nation for some years, Traverse said she returned home to Lake St. Martin in August of 2010 and was leasing and working in a restaurant with the intention of purchasing it.

She said she was living in the community with her mom when the flood of May 2011 hit. Evacuees were given temporary living accommodations in hotels and apartments in Winnipeg and other centres.

Traverse and her family moved into hotels in Ashern and Moosehorn, she said, before she and her mom moved in 2012 to a Manitoba Housing unit on the radar base.

RCAF Station Gypsumville radar base opened in 1962, serving as an early warning system against a possible Soviet air attack. It closed in 1987. It was selected as a site for housing some of Lake St. Martin's evacuees.

According to an Indigenous and Northern Affairs Canada web page that outlines the chronology of flood events, the province experienced a one-in-350 year flood in 2011 [on Lake Manitoba, which flows into Lake St. Martin]. The province increased the level of Lake St. Martin through the

Fairford River Water Control Structure, which flooded the First Nation.

Traverse was a single mother of three at the time of the flood. She was also her mother's live-in caregiver after she was diagnosed with cancer in 2012, she said. When her mom died in 2013, Manitoba Housing locked her out of the house she had been sharing with her mom.

She said she eventually moved into her aunt's house on the base.

"We tried to go to Manitoba Housing over and over to have me put on the lease with her [her mom]. Many times over," said Traverse, referring to the time before her mother's death. "They said it was fine for me. Each time ... it was fine for me with my mom and including the [four-bedroom]. We made it very public that we were in [the four-bedroom]. We even called Eileen Clarke's [provincial minister of Indigenous Affairs and Municipal Relations] office."

Traverse said she also went to Manitoba Housing's regional office in Ashern office to inquire about getting her own house on the base and had spoken in June with Clarke's assistant, who said an application for the four-bedroom unit on Second Street would be sent to her.

Traverse said it never came.

Traverse said the minister's office also told her to "go ahead" with the move into the four-bedroom, and that the door was unlocked when she arrived with her and her children's belongings.

A spokesperson for Manitoba Housing says otherwise.

Traverse is not a Manitoba Housing client and she had no right to move in.

"She entered a unit without authorization," said the spokesperson. "Manitoba Housing is unaware if she changed the locks herself or had assistance in doing so, without authorization from the owner [Manitoba Housing] of the unit."

Traverse claims she has squatting rights, but the spokesperson said, "It is illegal to break into premises and remain there without the consent of the owner of the premises."

In addition to the Aug. 11 letter, Traverse said she received an unsigned, handwritten notice from a Manitoba Housing employee warning her of an impending lock-out. It did not indicate a date.

Traverse said she found the doors "barricaded" from the inside one day when she returned home.

Her possessions are still in the house.

When asked whether Manitoba Housing will return her possessions, the spokesperson said, "Of course,"



EXPRESS PHOTO BY PATRICIA BARRETT

Diana Traverse stands in front of a four-bedroom house on a former radar base, about 10 minutes north of Fairford, where she and her children used to live until Manitoba Housing evicted her.

but that it is having difficulties reaching Traverse.

"Manitoba Housing has made numerous phone calls and sent multiple text messages to the individual in question to make arrangements," he said. "We encourage her to return our phone calls."

The housing authority indicated that it will help Traverse find housing, but she must submit an application.

"The individual has been asked to submit an application to Manitoba Housing on multiple occasions, but has elected not to do so," said the spokesperson. "Manitoba Housing remains willing to work co-operatively with Ms. Traverse."

Traverse said she doesn't want to apply now because she believes Manitoba Housing will send her to an off-base housing facility — possibly in Winnipeg.

"I don't want to leave here," she said. "This is where my family is."

Her forebears have lived in Lake St. Martin since 1903, she said, when they moved from Lake St. George farther north of the community.

She said she took her housing issue to a number of provincial and federal politicians, including NDP MLA Wab Kinew (Fort Rouge), NDP MP Charlie Angus (Critic for Indigenous and Northern Affairs), NDP MP Niki Ashton and Premier Brian Pallister's office.

PC MLA Derek Johnson (Interlake) was among those to whom she reached out.

"At first he was really upset," said Traverse. "And he was going to get to the bottom of it because he said Manitoba Housing can't do that. Regardless, even if I'm a squatter, they can't do that."

When reached for comment, Johnson said he had, indeed, spoken with Manitoba Housing.

"All I could do [was] bring the information she's given [me] forward," said Johnson. "But they can't give me any information other than it is being reviewed ... because that's private."

Johnson said he is concerned about Traverse wanting to return home but having no reserve to which to return.

Traverse said she conducted a survey of Manitoba Housing's stock on the radar base, counting 21 dwellings of which 10 are unoccupied.

She said she has the names of several Lake St. Martin evacuees who want to move into those unoccupied units.

A Manitoba Housing representative was at the base in June taking stock of the houses, Traverse said, and she spoke with him: "That's when he told me they're in the process of moving these houses."

"He said, 'Nobody ... wants to move in there [the base].'"

Traverse alleges the housing authority is moving only one of the 10 houses (the one she used to occupy) and that it's going to Fairford, about 10 minutes south of the base.

Manitoba Housing's Aug. 11 letter said, "This unit will be re-located to another location in the coming weeks."

What will become of the alleged nine unoccupied dwellings is unknown.

Traverse put together a petition to the provincial government asking it to consider making the radar base a permanent site for some of Lake St. Martin's flood evacuees.

See Part 2 of A flood of housing issues in an upcoming edition.

New RM of West Interlake website unveiled

By Jeff Ward

After months of working with designers and combing over information, the shiny new website for the RM of West Interlake is active and ready to be used.

The website has been in the works since the beginning stages of the amalgamation but was put on the back burner due to the uncertain future of the municipality. At the beginning of this year, Ward 1 economic development officer (EDO) Diane Bottrell said that the skeleton of the website was complete and that it was just a matter of parsing through the information to get the website ready. That work has been completed now for the most part and the website can now be used by anyone looking for information on events, notices and council meeting minutes and agendas. The website was created by All Net and cost the RM \$4,595.30.

"I'm very happy with how it turned out in the end," said Bottrell.

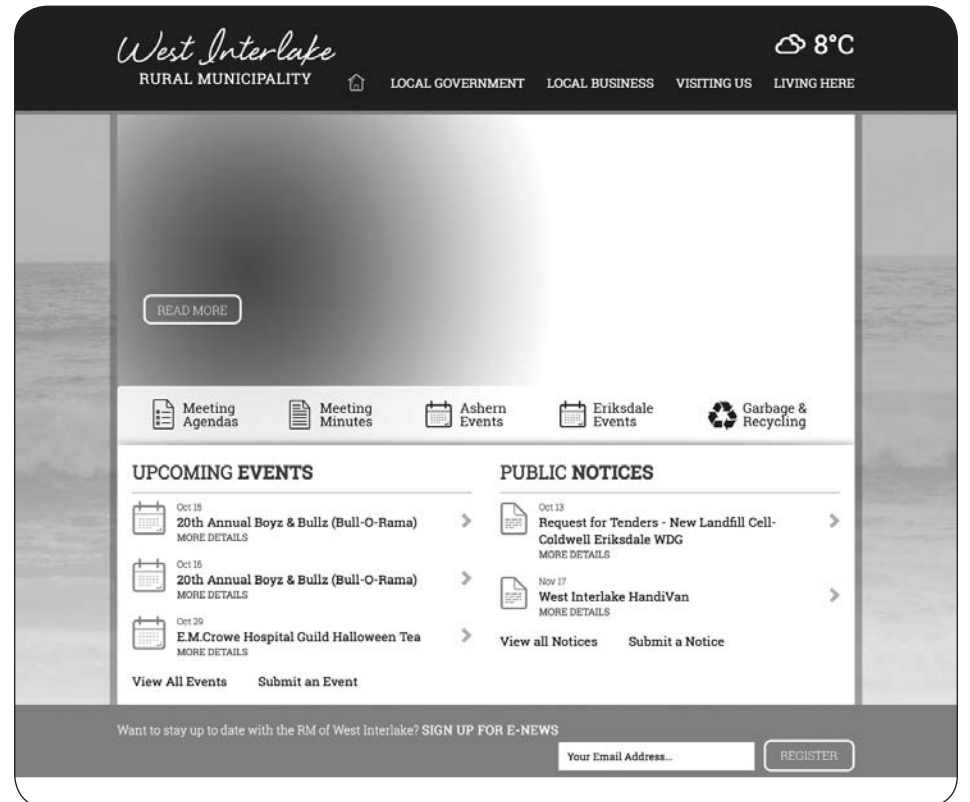
"Thankfully we had no real significant challenges and the real work was just finding time to go through all of the information that needs to be on the pages. We went with coun-

cil information first and then meeting minutes and agendas. We'll be updating the website often with upcoming events and things like that."

Bottrell said that one of the things she's proud of is how easy the site is to navigate. The homepage — rmofwestinterlake.ca — displays what she believes to be the most important information in a clear, concise way. Big boxes and tabs that highlight when a mouse is hovered over them make navigating easy.

The EDO explained that many people use the old Eriksdale website as a way to get information on what events are coming up and to get a council agenda before a meeting. The new website replaces the two old municipal sites for both Eriksdale and Siglunes and reroutes anyone using those old URLs to the new website.

"There is still lots of work left to do in adding more information, but when we look at what was on the old websites, we have to check to make sure it's all still correct. It's time consuming but I'm happy with what we have now and I think people will enjoy the new look," said Bottrell.



EXPRESS PHOTO SUBMITTED

The new website for the RM of West Interlake will provide visitors with the most up-to-date information about municipal business and local events.

National award-winning author and photographer to visit Ashern

Submitted

A former long-time resident of the Interlake Region is returning for an author visit, talk and slide show as a guest of the Ashern organization, "Living Independence for Elders (LIFE)."

Bill Stilwell, an award-winning author and photographer, lived for a number of years in Hodgson and in Clandeboye. According to the *Brandon Sun* daily newspaper's former editor, he is the only rural Manitoba author to have two national bestsellers while living in rural Manitoba. His newest book, *Manitoba Wild*, expands that title, as he now has three national bestsellers.

In the presentation information package, it states, "Many of Manitoba's most noteworthy and interesting natural treasures are not well known or well promoted. The secret to exploring our wild landscape is knowing where to go and how to get there." And, that is exactly what Stilwell hopes to discuss with the people of Ashern during his upcoming visit.

Stilwell, author of the award-winning nature book *Manitoba Wild*, will be in Ashern for a slide show, talk and book signing. His presentation

takes you on a "virtual" scenic drive to places of unmatched natural beauty with spectacular wildlife and nature-viewing opportunities. This colourful slide presentation features some of Manitoba's most unique and interesting natural places.

Stilwell is the author of the national bestselling book *Manitoba Wild*, as well as two other national bestsellers: *Manitoba Naturally* and *Scenic Secrets of Manitoba*. *Manitoba Wild* has received a national award, The Outdoor Writers of Canada Book Award. It also received the Product Development Award presented by the CAO of Travel Manitoba.

Stilwell's dazzling slide presentation reveals unique places and the wildlife and plants that you might see if you visit them. During his presentation, he will take you on a colourful photographic odyssey throughout Manitoba. It leads you to an assortment of "little-known" places that provide amazing scenery and diversity of wildlife and wildflowers. You simply will not believe the spectacular places that are revealed and described in his book and in this presentation.

Few people know Manitoba the way that Stilwell knows it. His slide show



EXPRESS PHOTO SUBMITTED

Former Interlake author and photographer will be at the Ashern Legion on Thursday, Oct. 20 at 1 p.m.

and talk will whet your appetite for exploring this beautiful province. The more we travel, the more we realize that there is still much more to see. Everyone is welcome, so come out and meet Stilwell, enjoy this colourful presentation and see special places that you likely never knew existed. See for yourself what has catapulted

one of Manitoba's own local citizens to the top of the bestselling authors' lists.

Join Bill Stilwell at the Ashern Legion on Thursday, Oct. 20, 2016 at 1 p.m. for this special event sponsored by the Living Independence for Elders (L.I.F.E.). Everyone is welcome and book signing will follow.

Local airsoft enthusiasts preparing for zombie invasion

By Natasha Tersigni

What are your chances of surviving a zombie apocalypse? Organizers of Cuddy's Zombie Survival Experience want you to come find out on Oct. 22.

Cuddy's Commandos Airsoft range organizers Justin Myall and Travis Bujan are hosting the zombie-themed airsoft event on a section of the range's regularly played course next weekend just north of St. Laurent.

Teams consisting of one to four participants will make their way through the course where there will be objectives to meet and skill-testing questions to answer. In order to protect your team against zombies, (they are dressed up airsoft players), participants must meet the objectives and find the airsoft guns hidden throughout the course. There will also be items such as first aid kits and ration packs that would help aid a player if attacked by a zombie. The goal of the game is to finish the course in the least amount of time, with organizers suggesting a well-prepared team could complete the course around the 10-minute mark.

"These kinds of events and games are common in the airsoft community every year around Halloween, so we decided to hold one. We took a few different ideas and blended them together. It is not just the airsoft aspect of the game. We added different elements to make the course more interesting and engaging" said Myall, who added while the event will attract avid airsoft players it is also a way to introduce new people to the game.

"No experience is needed to take part in this event. We will provide all

the equipment; all people will have to do is show up ready to play. Participants in the game will not be shot at, just the zombies will be shot at and they will be wearing protective equipment. Before you run the course, there will be a safety briefing including how to properly and safely shoot the airsoft guns that will be scattered through the course. Participants can bring their own guns to use, but we will be providing them so people don't have to worry about that."

With this being the first event of its kind on the course, Myall and Bujan are hoping the zombie experience helps to showcase the range and introduce community members to Cuddy's Commandos Airsoft range. Located on 160 acres of the land, it is the largest airsoft range in Manitoba and attracts players from around the province.

"We are always looking for new players or people that want to try airsoft. While we don't have equipment rentals, we post all our games on our website so if someone wants to come out and try they just post a comment and one of the regular players can borrow them some equipment," said Bujan, who added that the objective of the range is not to make money but just to provide a place to play airsoft.

"We are not out here to make a profit. Cost of games just go to cover the buildings and obstacles on the course. Even for the zombie event, we have kept admission low just to cover ammo and propane and gas needed for the guns."

The Zombie Survival Experience will take place on Oct. 22 from 4 to 11



EXPRESS PHOTO BY NATASHA TERSIGNI

Organizers of the upcoming Cuddy's Zombie Survival Experience Travis Bujan, left, and Justin Myall are hoping to showcase Cuddy's Commandos Airsoft range to both experienced and new airsoft players. The zombie course will take participants through the bush where they will try to avoid being attacked by zombies while meeting objectives.

p.m. For adults, it is \$15 for the games for the entire time and \$10 for children 14 and under. During the event, there will be a bonfire and barbecue on site, along with a quick-draw competition where participants can try their luck at shooting a zombie for \$1.

Cuddy's Commandos Airsoft range is located off of Highway 6 on Road 94N just north of St. Laurent.

For more information on the event and the exact directions to the course, go to cuddyscommandos.com.

Province reviewing regulations for amusement rides

Staff

Manitoba is developing updated regulations to support the amusement ride industry and to ensure the safety of all Manitobans enjoying the various types of amusement rides across the province.

"Amusement park rides and similar entertainment should always be a safe and fun option for Manitobans," Growth, Enterprise and Trade Minister Cliff Cullen, minister responsible for the Office of the Fire Commissioner said in a release earlier this month. "When it comes to our safety, we need to look at continuing to modernize regulations and align our standards with other jurisdictions. Manitoba will be able to limit unnecessary red tape on our amusement ride industry

by harmonizing with other provinces. The new proposed standards and system of inspections will help minimize the chance of accidents or injury from faulty equipment."

The Office of the Fire Commissioner (OFC) has prepared a discussion paper on the various changes and improvements that are proposed. Among the changes being considered are the adoption of up-to-date amusement ride safety standards and establishing safety standards for zip lines and larger waterslides. In addition, the proposed regulations would formalize the requirement for annual operating permits for all amusement devices, as well as operating and installation permits for water slides and zip lines.

Examples of devices that are included within the scope of this regulatory review include:

- mechanical rides, ferris wheels, roller coasters, tilt-a-whirls, bumper boats and cars;
- go-karts;
- zip lines and cable wakeboarding systems; and
- larger waterslides.

The development of these regulations and public consultation is part of a larger review being undertaken under the new technical safety act, which will replace legislation governing six separate types of equipment including elevators, amusement rides, gas and oil burning equipment, electrical equipment, boilers and pressure vessels.

Industry representatives have been consulted about the overall changes and now the province seeks input from the public as it moves forward with the work of updating and improving the regulations that accompany the legislation.

The full discussion paper is available on the OFC's website at firecomm.gov.mb.ca.

Submissions can be emailed to firecomm@gov.mb.ca with "Technical Safety Review" in the subject line, or mailed to Technical Safety Review, Office of the Fire Commissioner, 508-401 York Ave., Winnipeg, MB R3C 0P8.

The deadline for submissions is Nov. 15.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons fly past Thunder in Midget semifinal game

By Brian Bowman

The Interlake Thunder's Midget Football League of Manitoba season is now over.

Interlake was ousted from the league playoffs after a 39-9 loss to the Falcons Football Club in one of two semifinal games Sunday afternoon.

The Thunder, which trailed 17-1 at the half, had a couple of good scoring opportunities before the break but simply could not convert.

"We had two separate potential scoring opportunities, which we didn't execute," said Thunder head coach Kris Johnston. "There were a lot of good things that happened in the first half but we just didn't (convert) in key situations."

The Falcons controlled the field position in the first half, which caused the Interlake to concede safeties. To compound problems, the Thunder struggled offensively in the first half, which often gave the Falcons very good field position.

The Thunder's offence was better in the second half, though, and their lone touchdown was a one-yard plunge by quarterback Brandon Porteous. Colton Nedotiafko then ran in a successful two-point conversion.

Porteous was able to connect with receiver Thomas Dunlop seven times for 74 yards in the second half. Dunlop started the game at quarterback and played there the entire first half.

"We were able to create some rhythm (offensively) in the second half," Johnston said. "We made the change with Dunlop, and many people would say



Alex France of Warren kicks off against the Falcons.

he is our most dynamic player, and we put in our No. 2 quarterback."

The Thunder's main problem in the game was turnovers. Interlake QB's threw six interceptions while the Falcons also recovered a pair of fumbles.

"I preached all year that turnovers will be your undoing," Johnston said. "I preached from Day 1 that we have to be the better tackling team, the better blocking team, and we have to eliminate and prevent turnovers from happening."



EXPRESS PHOTOS BY ANNALIESE MEIER

The Thunder's Thomas Dunlop started the game at quarterback and finished the second half as a receiver. He had seven catches for 74 yards.

Despite the playoff loss, Johnston said he was proud of this year's Thunder team and the effort they put forth the entire season. Interlake will lose 12 players from this year's 38-man roster due to graduation, so there will be several big holes to fill next season. "But we have 14 really awesome Bantam players that are going to be coming up," Johnston reasoned. "Our

Bantam team this year was very, very strong and they have some excellent football players that are coming up to potentially be on our roster next year."

In the other MFLM semifinal last Sunday, St. Vital defeated Southwest 47-0. The MFLM championship game will be played between St. Vital and the Falcons.

Midget Lightning post first win of the season

By Brian Bowman

It took the Interlake Lightning a little longer than they would have liked, but they finally posted their first Manitoba AAA Midget Hockey League win of the season on Sunday.

After losing its first four regular-season games, the Lightning hit the win column with a solid 3-1 road win over the Parkland Rangers.

Interlake's Jack Einarson scored a first-period power-play goal, assisted

by Blaze Senden and Codey Behun, and then Bryce Krauter made it 2-0 early in the third.

After Parkland's Tanyon Koshowski cut the Interlake's lead in half at 13:25 of the third, Einarson sealed the Lightning's win with an empty-net goal. It was Einarson's third point of the game and team-leading sixth on the season.

Adam Swan made 32 saves for the win.

On Saturday, the Lightning lost 7-1 to the Southwest Cougars. Southwest led 3-1 after two periods but broke the game wide open with four goals by the 10:56 mark of the third.

Behun scored the Lightning's lone goal on the power play in the second period, assisted by Einarson.

Josh Wiens (two), McCullough Park, Carson Boyechko, Jory Nychuk, Caley Barscello and Bryce Young replied for Southwest.

Riley Buhay made 30 saves in the loss.

Interlake will play Central Plains on Saturday (7:30 p.m.) and Pembina Valley on Sunday (1:30 p.m.). Both games will be played in Portage la Prairie.

The Lightning's next home game in Teulon isn't until Oct. 29 when the Capitals come to town.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lots of goals in KJHL games last weekend

By Brian Bowman

There were a lot of goals scored this past weekend in the Keystone Junior Hockey League.

On Sunday afternoon, Keesin Richard and Sam Spence each scored twice to lead the Peguis Juniors to a 6-5 home win over the Cross Lake Islanders.

Theoren Spence and Waylon Neault also scored for Peguis while Tyler Monias, Tanner Poker, Quinton Scatch, Marcus Garrioch and Justin Dorion replied for Cross Lake.

Luke Penner made 43 saves for the win.

In Sunday's other game, St. Malo outscored Lunder 9-6. Maurice Hince led Lunder with two goals and two assists while Landen Gray, Zack Huckerby, Jason Nikkel, and Mason Medeiros also tallied in the losing cause.

Jared Hunter (two), Jonathan Kostek, Brett Jocelyn, Jared Magne, Brandon Stratton, Riley Hunter, Dustin Wiebe and Elmar Tabler, a former Selkirk Steeler, scored for St. Malo.

Last Friday, Arborg was doubled 4-2 by the Warriors in St. Malo.

The Ice Dawgs trailed 3-2 by the 10:55 mark of the first period but the score stayed that way until Magne

potted an empty-net goal with 33 seconds remaining in the third.

Braydon Chwartacki and Colton Davies scored for Arborg while Hunter, Kostek, and Wiebe had St. Malo's other goals. Wiebe's goal was a short-handed marker.

On Saturday, Arborg defeated Peguis 7-1 as the Ice Dawgs scored seven unanswered goals — six of them coming in the second period.

Sam Spence scored the Juniors' lone goal in the first period and then Clint Torfason (two), Derric Gulay, Cal Finnson, Neal Sigvaldason and Corbin Pasternak tallied in the sec-

ond.

Karson Collins scored the only goal in the third period.

Jordan Liske made 23 saves for the win.

The other game Saturday saw the Selkirk Fishermen defeat the Fisher River Hawks 11-2.

Milan Horanski led the Fishermen with four goals while Auzzie Loewen and Sean Loutit each added a pair. Horanski now leads the KJHL in goals scored with six.

Connor Cyr, Kale Ilchena and Kaden Kotowich also scored for Selkirk. Drayton Mendrun had three assists.

Dylan Bird-Wilson and Brennan Cochrane scored for Fisher River.

Selkirk outshot Fisher River 51-18 as Riley Bannerman earned the win.

Fisher River hosted Peguis last night but no score was available at press time. Selkirk will visit Lunder on Friday (8 p.m.) while Peguis and Fisher River will hit the road for a pair of games this weekend.

Peguis will be at Norway House Saturday (8 p.m.) and then Cross Lake on Sunday (1:30 p.m.). The Hawks, meanwhile, will battle OCN on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

Lunder's lone game this week is Friday (8 p.m.) when Selkirk comes to town.

Arborg has this week off from game action and won't play again until Oct. 28 when it hosts Fisher River for an 8:15 p.m. game.

Local curler leads her team to second place



EXPRESS PHOTOS BY NATASHA TERSIGNI

Left photo: Gimli's Rebecca Lamb, left, and her curling team, which included Rhea Teranishi (middle) and Booklyn Meiklejohn and Jordan McIntyre (missing from the photo) competed this past weekend at the Stonewall Family Foods Manitoba Junior Curling Tour Classic Bonspiel.

After three round-robin matches, Team Lamb, which curls out of the Stonewall Curling Club, earned a playoff spot. In the semifinals Lamb defeated Winnipeg's Team Burtnyk to play in the finals against Team McKay. Lamb lost 8-2 in the finals against the team from Winnipeg's Fort Rouge Curling Club.

Right photo: competing on the men's side was Winnipeg Beach's Team Josh Maisey, which included Oliver DeMeyer, Elias Huminicki and Sean Giesbrecht. After round-robin play, Team Maisey did not have enough points to move onto a playoff match.

**Got a
Sports
Tip?**

EXPRESS
WEEKLY NEWS

Call Lana at 204-467-5836
news@expressweeklynews.ca



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

City Midget Lightning zapped twice last week

By Brian Bowman

The Interlake Lightning City Midgets had a rough couple of days last week.

Interlake lost 9-2 to the Hawks at home last Thursday and then was defeated 7-2 by the Warriors on Saturday afternoon in Winnipeg.

In Saturday's loss, Nick Prystupa scored a second-period goal for the Lightning, assisted by Sundance Paul and Evan Palmer, and then Palmer scored an unassisted goal late in the third.

Jayson Szun led the Warriors with three goals while Luc Masse, Liam Eori, Ashton Klassen and Ty Naakens also tallied.

Josh Bond faced 46 shots in the loss.

In the loss to the Hawks, Palmer scored a first-period goal and then Jagger Bonkowski, assisted by Shaydon Mousseau and Shane Bear, potted a goal in the third.

Cole Chicoine scored four times for the Hawks while Brody Lubkey, Riley Barroso, Mack Whitely, Ryan Ostermann, and Cristiano Rodrigues added singles.

Erik Sigurdson took the loss in goal.

Interlake, now 1-4, started its season earlier this month with a 5-0 win over the Eastman Selects and then was defeated 7-4 by both the Monarchs and Sharks.

Against the Sharks, Nolan Smith, Daniel Paseschnikoff, Ethan Daniels and Nolan Tonn scored for the Interlake.

No goal scoring summary was available for the Monarchs/Lightning game.

In the shutout win over Eastman, Daniels led the Interlake with a pair of goals while Riley Wirgau, Prystupa and Kyle Melo added singles.

Bond recorded the shutout.

The Lightning will host the Monarchs tonight at 7:15 p.m. in Stonewall and then will play the Selects on Saturday (8:15 p.m.) in Ste. Anne.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Nolan Smith of Eriksdale moves the puck up ice against the Hawks last Thursday.

Lightning outscored in pair of high-scoring weekend games

By Brian Bowman

The good news is that the Interlake Lightning Bantam hockey team scored 12 goals in two games last weekend.

The bad news, however, is the fact that the Lightning surrendered 19 goals in a pair of losses.

Interlake was outscored 10-7 by the Warriors last Friday in Stonewall and then the Lightning lost 9-5 to the Brandon Wheat Kings on Sunday.

In the Brandon loss, Austin Adair and Lyle Murdock scored first-period

goals for the Lightning and then Easton Hazelton tallied early in the second. Colby Bear and Hazelton then scored in the third period.

Nolan Ritchie led Brandon with two goals and five assists while Cole Jordan and Mitch Thiessen also scored twice. Calder Anderson, Deniz Nte-lioglou and Daemon Hunt added singles.

Jackson Kummén and Chris Fines shared the goaltending duties for the Interlake.

In the three-goal loss to the Warriors, Interlake led 6-3 after two periods but was outscored 7-1 in the final frame.

Adair led the Lightning with three goals and two assists. Bear had a goal and two helpers while Brett Tataryn, Nicholas Finnson and Hunter Olson also scored.

Sam Alsip (two), Benjamin Howika (two), Nathaniel Hinds, Jack Kaiser, Kyle Lamoureux, Hunter Friesen, William Highet and Bryden Kieseman scored for the Warriors.

Again, Fines and Kummén split time in the Lightning goal.

On Oct. 11, Interlake lost 9-1 to the Monarchs in Stonewall. Lucas Singh scored the Lightning's goal in the third period.

Interlake will play the Warriors at Notre Dame Arena on Saturday (5 p.m.) and then will battle the Hawks at the Maples Multiplex Sunday (2:15 p.m.).

Gimli Lakers reach final of home volleyball tournament

Staff

The Gimli Lakers reached the final of their varsity girls' home tournament last Saturday where they lost 2-1 to the Grandview Spartans.

After winning the first set 25-16, Grandview came back to win the next

two by scores of 25-14 and 15-9.

Gimli reached the final after defeating St. James 2-0 (25-10, 25-10) in the quarter-finals and Murdoch MacKay 2-0 (25-18, 25-16) in one of the two semifinal matches. The Lakers finished first in their pool play, posting

a 5-1 record in sets. Gimli beat Elmwood (25-10, 25-6) and Murdoch MacKay (25-9, 25-19) while splitting with St. Jean-Baptiste (23-25, 25-15).

The Arborg Athletics also competed at the tournament, getting eliminated after a 2-0 (25-13, 25-11) quarter-final

loss to Ste. Jean-Baptiste.

Arborg placed third in its pool play after finishing with a 2-4 record in sets. The Athletics defeated St. James (25-22, 25-23) and lost to Powerview (23-25, 11-25) and Grandview (24-25, 13-25).

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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

STEEL BUILDINGS

Steel building sale ... "Blow out sale on now!" 21X23 \$4,998; 25X25 \$5,996; 27X27 \$6,992; 32X35 \$9,985; 42X45 \$14,868. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

McSherry Auction

Annual Fall Vintage Service Station & Coca Cola Collectibles Auction
Saturday, Oct. 29 10:00 am
Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027

PROPERTY FOR SALE

Yardsite 2.5 miles south of Notre-Dame-de-Lourdes on RD49W, 1500 sq. ft. home, 40x60 insulated shop, tin in/out, w/16x20 remote door, 2 storage sheds. 1-204-248-2130.

HELP WANTED

HOTLINE/BREAK-FAST COOK required. Seeking part-time breakfast, lunch and dinner cook. Must have some kitchen experience. Call Marco at CRAVINGS RESTAURANT (204) 467-9078 or cravingsres@hotmail.com

HELP WANTED

Pine Falls Golf Club - along the Winnipeg River. Request for proposal - General Manager, 2017 season. For information package contact: Vanessa Fontaine 204-797-6747 vfontaine@pfts.mb.ca.

Dream job! Live in caregiver/housekeeper in Winnipeg and Florida! Drivers licence required and be able to travel. 204-997-4629.

MISCELLANEOUS

FOR SALE - Collection of farm toys, trucks and cars. All scales 1:16 to 1:64. Call Pastor Gary at 204-641-2641.

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

Trailers for sale. Car & Equipment Haulers, Dumpbox, Cargo, Utility, Gooseneck Flatdeck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127.

TO GIVE AWAY

Free Black entertainment unit 52" wide x 56" tall. Ph. 204-485-1793.

HEALTH

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

HAY & FEED

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

HAY & FEED

5x5 round bales 1st cut alfalfa grass. Average 1050 - 1100 lbs. 320 available plus 2nd cut. Delivery available. Call 204-886-7267.

STRAW

FLAX STRAW - \$2.50/BALE. MONDAY - SATURDAY. CALL BILL MATHE-SON AT 204-467-5608, STONEWALL.

Small sq. bales of wheat straw. \$2.50/bale. Balmoral area. Ph 204-795-2754 or 204-461-0370.

FARM EQUIPMENT

For sale - HD5 crawler dozer, good cond., undercarriage 75%, also has canopy, new clutch, asking \$7500 obo; 44 Massey diesel, good running cond., asking \$2500 obo. Ph 204-376-2495 or cell 204-641-0603.

FARM PRODUCE

Potatoes, vegetables, pumpkins, squash & bird seed available. Interlake Potato Farms 204-886-2676.

Join Us!

The New Iceland Heritage Museum and The Gimli Icelandic Canadian Society invite you to join us on the **ANNUAL WALK TO THE ROCK** on October 21st.

We start off from the Waterfront Center at 12:30. Rides will be provided for those who wish to walk only a part of the way, and for those who want a ride back. At 2:00 pm there will be coffee and goodies at The Lady of the Lake Theater. At this time Bjorg Hjartardottir will be speaking on the role of Icelandic women in the fight for women's right to vote.



RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

REGARDING GENERAL BORROWING BY-LAW 16-0013 TO PAY FOR THE WATER TREATMENT AND DISTRIBUTION SYSTEM UPGRADE PROJECTS FOR THE GIMLI URBAN CENTRE, GIMLI BUSINESS PARK, ASPEN PARK AND PELICAN BEACH

The Council of the Rural Municipality of Gimli at its regular meeting on October 26, 2016, commencing at 6:30 p.m., located in the Council Chambers at 62 - 2nd Avenue, Gimli will consider the following proposal to borrow \$5,000,000.00 under Borrowing By-law 16-0013 to pay for:

The Water Treatment and Distribution System Upgrades in the Gimli Urban Centre, Gimli Business Park, Aspen Park and Pelican Beach

The total estimated cost of the Water Treatment and Distribution System Upgrades is \$8,500,000.00 to be funded as follows:

*\$3,500,000.00 from the Province; and
\$5,000,000.00 to be funded by borrowing*

The borrowing will be repaid over 20 years at a maximum interest rate of 5.00% per year

The annual repayment amount will be no more than \$433,319.97 to be levied as follows:

*60% as part of the annual general municipal levy and
40% as a quarterly water utility surcharge*

Copies of the proposal to borrow and information about the capital projects are available at the Municipal Office at 62 Second Avenue and on the municipal website at: www.gimli.ca

Dated at the Rural Municipality of Gimli this 12th day of October, 2016, and issued pursuant to Section 174.1(1) of The Municipal Act

Joann King, CMMA
Chief Administrative Officer
Rural Municipality of Gimli

Ashern Auction Mart - Farm Market Report Week of October 12 • No. of Cattle: 940 Total Slaughter Cattle 130 Total Feeder Cattle 810

D1 & D2 Cows	74-83	Age Verified	80-90
Good Bulls	105-121	Heiferettes	100-120
STEER PRICES			
300-400	165-200	Older & Shelly Cows . .	60+up
400-500	160-210	HEIFER PRICES	
500-600	150-201.25	500-600	133-171.50
600-700	160-179.75	700-800	130-152.50
700-800	150-174	800-900	120-149.50
800-900	148-165.50	900-1000	131-141.50
900-1000	140-157		

Brought to you by: **Countryside Home building centre** Your full service Kioti Tractor dealer **KIOTI** and Masterfeeds dealer **Masterfeeds** 204-372-8501



UPCOMING BOARD OF TRUSTEES MEETINGS:

- **Tuesday, October 25th, 2016**
- 6:30 p.m. at the Division Office
- **Tuesday, November 8th, 2016**
- 4:30 p.m. at Broad Valley Colony School
- **Tuesday, November 29th, 2016**
- 6:30 p.m. at the Division Office
- **Tuesday, December 13th, 2016**
- 6:30 p.m. at the Division Office
- **Tuesday, January 10th, 2017**
- 6:30 p.m. at the Division Office
- **Tuesday, January 31st, 2017**
- 6:30 p.m. at the Division Office
- **Tuesday, February 14th, 2017**
- 6:30 p.m. at the Division Office
- **Tuesday, February 28th, 2017**
- 4:00 p.m. at the Division Office
Vision & Voice Divisional Ratepayers Public Meeting - 2:00 p.m.

Regular Board meetings are held every second and last Tuesday of each month at 6:30 p.m. at the Division Office, unless otherwise advertised.

McSherry Auction

Annual Fall Gun Auction
Saturday, Oct. 22 9:30 am
Stonewall, MB
#12 Patterson Drive
Over 300 Guns * Hunting Related Items * Military * Ammo - Vintage & Modern * Go to Web & Check out MB's Largest Gun Auction!

Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027

McSherry Auction Service Ltd 2 DAY ANNUAL FALL GUN AUCTION

Viewing Friday Oct 21st 1 PM - 8 PM
Also on Friday 4 PM - 7:30 PM - Ammo (Vintage & Modern) & Reloading Auction
Saturday, October 22nd 9:30 am

Stonewall, MB
#12 Patterson Drive
Saturday:
Over 300 Guns * Hunting Related Items * Military * Go to Web & Check out MB's Largest Gun Auction!
Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Hip or Knee Replacement?

Problems walking or getting dressed?
The Disability Tax Credit
\$2,000
Yearly Tax Credit
\$20,000
Lump Sum + Rebate
Apply anytime of the year. Lowest rate in the industry.
Reliable Expert Service
204-453-5372

BOOK YOUR ANNOUNCEMENT TODAY

- BIRTHDAYS •
- OBITUARIES •
- ANNIVERSARIES •
- WEDDINGS •
- MEMORIALS •
- NO TICES •
- BIRTHS •
- ANNIVERSARIES •
- WEDDINGS •
- ENGAGEMENTS •
- THANK YOUS •

THE **EXPRESS**
WEEKLY NEWS

204-467-5836
classifieds@expressweeklynews.ca

Classifieds

THE EXPRESS
WEEKLY NEWS

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

get inspired

> MEAL IDEAS

Smoked Salmon Eggs Benedict with Creamy Dill Caper Sauce



sliced smoked salmon
4 medium eggs
3 tbsp (45 mL) white wine vinegar
Directions
To make sauce: In medium bowl, whisk yogurt and canola oil until blended. Whisk in lemon juice, then stir in chopped dill, capers and lemon zest. Let sauce sit at room temperature while preparing the rest of the dish.

Toast English muffins. Place slice or two of salmon on top of each English muffin half.

To poach eggs: Fill large, deep skillet with water and bring to boil over high heat. Add vinegar, and then reduce heat to medium-low. Crack egg into small bowl, and then gently add it to boiling water. Repeat with remaining eggs until all four eggs are in skillet. Cook until whites of eggs are set but yolks are still slightly runny, about 3 minutes. Use slotted spoon to transfer eggs to paper towel to drain. (Alternatively, cook eggs over-easy in nonstick skillet.)

Presentation: Transfer each egg to salmon-topped English muffin half. Pour 2 tbsp (25 mL) of sauce on top of each muffin half and garnish each with sprig of dill.

1/2 cup (125 mL) nonfat plain yogurt
1 tbsp (15 mL) canola oil
1 tsp (5 mL) fresh lemon juice
1 tbsp (15 mL) chopped fresh dill, plus sprigs for garnish
1 tbsp (15 mL) capers, drained
1/2 tsp (2 mL) finely grated lemon zest
2 whole-grain English muffins
3 oz (90 g) thinly



Mazergroup has an immediate opening for a **RECEPTIONIST/SERVICE ADMINISTRATOR** at our Arborg, MB location.

Reporting to the Service Manager, the Receptionist at this location is tasked with greeting customers, answering and directing calls, general administrative support, and assisting in the delivery of superior customer service as part of a very diverse, fast-paced dealership environment. At this location, this role also plays a major support role in the Service Department including some Service Writer activities.

The successful candidate must be a team player, self-motivated and organized. Outgoing with a dynamic personality is desirable. Excellent client service abilities in addition to computer and time management skills are required.

Mazergroup offers a full benefits program and a great work environment!

To apply, email resumes to: careers@mazergroup.ca



McSherry Auction

Estate & Moving Sale

Every Saturday in November

Yard * Tools * Antiques * Household * Go To Web!

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

ESTATE FARM AUCTION

FOR THE LATE MURRAY KOWALCHUK

SAT., OCT. 22 • 11 AM

AT THE FARM NW OF SOUTHPORT ON PR 240.
THIS IS SOUTH OF PORTAGE LA PRAIRIE.

KUBOTA 2320 4WD Yard Tractor with LA 30 F Loader, 20 ORIGINAL Hrs. on this new machine, serial # #67818. BX2755HD Snow blower and B 2763 Front Mount Blade, never used. KUBOTA RTV 900 XT Diesel side by side, 285 original hours, currently has the V4290 Blade and power pack, with the remote mounted on unit, this may sell separate depending on interest. POLARIS 200 Quad Sportsman 90 two wheel drive Quad. Husqvarna L5TH 22V48 Riding Mower. **FARM EQUIPMENT:** Hutchmaster 10' tandem disc 22" blades. Project tractors IH 706, CASE 930, Cat D4. Very many tools and large amount of rolling tool chest etc. **Auction info, call our Auction Rep. Morris Olafson 204 325 2141, home 204 822 3742. Viewing on Auction Day only, please.**



Please check our website for listing and lots of photos www.billklassen.com

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



EMPLOYMENT OPPORTUNITY PARTS PERSON

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently hiring for the position of Parts Person to work out of our Lunder Facility.

The Parts Person is responsible for ordering parts and supplies for the job sites as well as the Lunder Operations. Duties also include shipping and receiving, inventory, driving the parts truck when required, and other duties as assigned. This position will report to the Purchasing Supervisor.

Qualifications:

- Mechanical, Heavy Construction, or purchasing knowledge would be an asset
- Knowledge of Microsoft Office programs, email, internet, & data entry
- Excellent communication skills
- Mechanically Inclined
- Quality communication and customer service skills are required

We offer:

- RRSP/DPSP Program
- Merit Benefit Plan including Dental
- Wages dependant on qualifications

If you would like to apply for this position and join our team please send your resume to:

Attn: Jackie Le Strat
Human Resource Coordinator
Sigfusson Northern Ltd.
Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca



EMPLOYMENT OPPORTUNITY JOURNEYMAN AUTOMOTIVE TECHNICIAN

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently hiring for the position of Journeyman Automotive Technician to work out of our Lunder Facility.

Qualifications:

- Journeyman or 4th year apprentice

We offer:

- RRSP/DPSP Program
- Merit Benefit Plan including Dental
- Wages dependent on qualifications

If you would like to apply for this position and join our team please send your resume to:

Attn: Jackie Le Strat
Human Resource Coordinator
Sigfusson Northern Ltd.
Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca

Learn how to create a safe haven.

We help you radically reduce chemicals in your home



Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com



Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

Janice Gulay

jkaraim@mymts.net (c) 1-204-648-3836

Rose Sawatzky

isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

Announcements

THE **EXPRESS**
WEEKLY NEWS

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

OBITUARY



Edward Peltz

December 20, 1931 – October 14, 2016

It is with deep sorrow that the family of Edward Peltz announces his passing on October 14, 2016, at the age of 84 years.

Ed will be lovingly remembered by his wife Mina of 57 years; son Mark (Lisa); daughter Nicole (Ben) Nichol; daughter-in-law Tracey Peltz; grandchildren Ashley (Derek), Keegan (Ashley), Jason, Ryan, and Robyn; great-grandchildren Lachlan Anderson and Sophia Peltz; sister Eleanor Berezuk; sisters-in-law Eleanor Peltz and Dody Budge. He is also survived by numerous nieces and nephews and their families.

Ed was predeceased by his sons Bill and Robert. He was also predeceased by his parents William and Annie Peltz; brothers Stan (Josephine), Casmir, and Stephen; sisters Mary (Joe) Moran, Frances (Steve) Berezuk, Jean (John) Gerstmar; brother-in-law Emil Berezuk; parents-in-law Phillip and Barbara Mattern; brothers-in-

law Phillip (Mary) Mattern, Charles Mattern, Ernie Mattern; sisters-in-law Barbara (Bill) Smith, Dorothy (George) Schwitek, and several nieces and nephews.

Ed was born in Ladywood, Manitoba on December 20, 1931. He resided in Ladywood until the age of 11, when the family moved to Smithville, Ontario. After three years in Smithville, the family relocated to Warren, Manitoba in September 1946 when the family farm was purchased. He resided on this farm, until his passing.

Ed completed his high school at Warren and worked on the farm with his parents. He played hardball and hockey, and became a hockey referee and baseball umpire.

Ed married Williamina Mattern on June 6, 1959. They took over the farm in the mid 1960's where they raised their family. He enjoyed farming the land with his sons, and raising livestock with Mina. He and Mina were very successful at both. He was also a very accomplished mechanic, builder, and welder. His love of working with steel was incredible. He would envision a tool or piece of equipment or a modification to a piece of equipment that would make it work better, and he would build it, or incorporate it. No repair was insurmountable to him. His belief was that if a man put it together, we could fix it.

In 2005, Ed decided to retire from grain farming. Instead of growing grain crops, he turned to gardening, as he still enjoyed the process of watching things grow and flourish. He shared his bountiful produce with his family, and many friends. He continued to raise livestock with Mina until 2015, when they both decided it was time to sell the sheep, and fully retire from farming.

Ed also had a passion to help his community develop. Ed helped to build the original Warren Hockey arena and served for several years on the executive of the Warren Hockey Club, and later the Warren Recreation Centre Board, and the Warren Hall board. This led to his next endeavor, which became a second career. In 1969, Ed was asked to let his name stand for election as Reeve of the Rural Municipality of Woodlands. He was elected by acclamation and began his term of office on January 1, 1970. Ed would serve the Municipality of Woodlands faithfully as the Reeve for the next 32 years, finally retiring in 2002.

During his tenure as Reeve, Ed worked with many municipal, provincial and federal representatives. He worked on the Boards of Crocus Manor and Rosewood Lodge in Stonewall as they were being constructed. He served on the Association of Manitoba Municipalities Board, the Union of Manitoba Municipalities, the ACRE Board, The Woodlands Community Development Corporation, the Interlake Natural Gas Project, the Oak Park Lodge Board, Teulon Memorial Hospital Board, West Interlake Trading Company Board, the South West District Palliative Care, Inc., and many other boards at the municipal level. He is an honorary lifetime member of the Association of Manitoba Municipalities, a lifetime member of the Manitoba Good Roads Association, and received the Queen Elizabeth II Diamond Jubilee Medal, and the Travel Manitoba Award of Distinction. It is said that those who had the opportunity to work with him found him to be a man of integrity and vision, and a stickler for correct protocol.

With all of this going on, Ed still found time for the simpler things in life. A drive through the countryside, to enjoy the fall foliage and the preparations that the wildlife were making for the upcoming winter. When driving to a destination, he would always ensure that he had an alternative route back, so that he could see the additional sights. If he had to go back to this destination, he would reverse his route, so that he could see everything from the other side. He enjoyed a day or weekend either fishing or ice fishing. The door was always open at the farm where everyone was welcome to stop in for a visit. And of course, his daily routine of a cup of coffee at the "Learning Center" as he called it, the local gas station in Warren. And his love of food, and new recipes that he was always experimenting with.

Ed's greatest passion in life was his family. His love and devotion to his wife Mina with whom he shared his life and dreams. His love for his children, and the lessons and tools that he equipped us with to move forward throughout our lives. And his love for his grandchildren and great-grandchildren.

Our husband, father, grandfather and great grandfather will be sadly missed by all of us, as well as his extended family, friends, and neighbors who held him near and dear.

A celebration of Ed's life will take place at MacKenzie Funeral Chapel in Stonewall, on Monday, October 24, 2016 at 1:00 p.m. Interment will take place at the Warren Cemetery, following a time of fellowship in the Stonewall Legion. All family and friends are welcome to attend.

In lieu of flowers, donations can be made to South West District Palliative Care, Inc., PO Box 1282, Stonewall, Manitoba, R0C 2Z0.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



80 Years Serving Gimli & Surrounding Area



Gilbert Funeral Home

*Gimli's Only Full Service
Funeral Chapel*

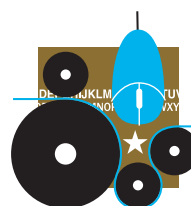
50-1st Ave., Gimli 1-800-230-6482

www.gilbertfuneralhome.com

Everything you need to
promote your business

FLYERS
BROCHURES
BUSINESS CARDS
STICKERS
POST CARDS
PRESENTATION
FOLDERS
SIGNS
SOCIAL TICKETS

DOOR
HANGERS
LETTERHEAD
ENVELOPES
INVOICES
ESTIMATE
SHEETS
POSTERS
MEMO PADS
And MORE...



**Interlake
Graphics**

For all your printing
and publishing needs

204-467-5836



Get The Job Done!

Biz Cards

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

GIMLI VETERINARY SERVICES
70 Centre Street Gimli, MB R0C 1B0
204-642-8398 lmvet@mts.net

**Call
204-641-4104
To Advertise
in this Space**

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding
Licensed Arborists
Fully Insured – Claim Free
25 years Experience
Vince 861-0487
Darren 861-0028

Tree & Yard Service
*Large & High Tree Expert
*Problem Tree Removal
*Tree Pruning & Trimming
*Storm Restoration
*Insured
(204) 364-1372

GOETZ SIDING
• 5" Eavestrough • Soffit/Fascia
• Custom Cladding
(204)223-7740 Sheldongoetz@gmail.com

HART'S HOUSE OF FLOORING LTD.
• CARPETS • VINYL • LAMINATES
• CERAMICS • HARDWOOD FLOORS
6,000 sq. ft. SHOWROOM/WAREHOUSE
Domestic, contract sales & installation
YOUR HomeStyle STAINMASTER CARPET
482-4404 474 Main Street, Selkirk
1-888-847-7722 Fax: 482-7560
harthf@shaw.ca

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

WE SUPPLY AND/OR INSTALL:
• Window Coverings HunterDouglas®
• Floor Coverings • Cabinetry
• Countertops & More!
THE Home STORE
Hwy #9 & Colville Drive
Gimli, MB
(204) 642-8585

**Call
204-641-4104
To Advertise
in this Space**

**Call
204-641-4104
To Advertise
in this Space**

Bill Klassen Auctions Ltd.
www.billklassen.com
Auctions with Integrity!
NOW BOOKING
2016/2017 AUCTIONS
Ph: (204) 325-4433 Cell: (204) 325-6230 Fax: (204) 325-4484

Shipping Containers
CSC Compliant. Watertight.
Completely Rodent Proof.
20' - \$3400
40' - \$3450
53' - \$5850
Call for competitive delivery rates
Call Clinton at 204-739-3392

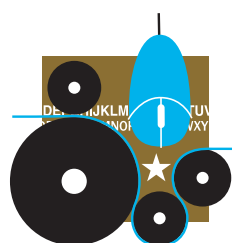
GULAY PLUMBING
Meeting ALL of your plumbing needs.
SERVING THE INTERLAKE (204) 651-1504
RYAN@GULAY.CA

Interlake Potato Farm
• Potatoes
• Sunflower Seeds
• Veggies
204-886-2676



**Call
204-641-4104
To Advertise
in this Space**

Rockwood Landscaping & Tree Service
*Complete Landscaping
*Barkman Concrete Products
*Concrete Breaking
*Aerial Tree Pruning & Removal
*Chipping
*Stump Grinding
*Tree Planting
*24HR Storm Service
*Snow Removal
*Skid-Steer
*Compact Track Loader
*Excavator
*Bucket Truck
Manitoba Certified Arborist
VISA MasterCard 467-7646
Free Estimates



Interlake Graphics

For all your printing and publishing needs

Everything you need to promote your business

FLYERS
BROCHURES

POST CARDS
STICKERS

BUSINESS CARDS
PRESENTATION FOLDERS
SIGNS
SOCIAL TICKETS
DOOR HANGERS
LETTERHEAD

ENVELOPES
INVOICES
ESTIMATE SHEETS
POSTERS
MEMO PADS
And MORE...

467-5836

Fall FORD Deals

**Delivery
Allowances
up to \$10,000
(16 Super Duty)**

**No Charge
Winter
Safety
Package
(on most models)**

**0%
Financing
for up to 84 mths
(on most models)**

**\$1500
Accessories
Built
Ford
Tough
(F150, F250,
F350)**

**0%
Red
Carpet
Leases
up to 6 mths**



**2017 Escape
"S" FWD \$26,995**



**2016 Focus
"SE" Stk #10817 \$22,495**



**2017 Fusion
"SE" Stk #10762 \$26,995**



**2016 F150 Super Cab 4x4
6 TO CHOOSE FROM**



**2016 F150 Super Crew 4x4
29 TO CHOOSE FROM**



16 7th Ave, Gimli, MB R0G1B0 Sales - 855-963-1818

Prices are plus all applicable taxes. OAC. See dealer for details.

Dealer #5358