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WEEKLY NEWS

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Spooktacular fun

EXPRESS PHOTO BY PATRICIA BARRETT
Jake and Taylor made super scary monsters on their pumpkins at the 2nd Annual Pumpkin Party in Gimli last Saturday.

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Scary good time at the Gimli Recreation Centre's Pumpkin Party

By Patricia Barrett

Princesses, witches, fairies, comic-book superheroes and other colourful characters flooded through the doors of the Gimli Recreation Centre last Saturday afternoon for the 2nd Annual Pumpkin Party that also included a Scary Skate.

The Gimli Chamber of Commerce revived the Pumpkin Party last year after a few years' hiatus, then turned over the organization of the event to the Recreation Centre.

"Last year we worked with the chamber on it at the pavilion," said the RM of Gimli's parks and recreation manager Chris Hornby. "It was too cold in the pavilion so we moved everything here and we added skating. The chamber doesn't want to be doing events, so we gladly took it over."

The RM's economic development and tourism clerk Brittany Isfeld helped organize the event with Hornby.

"It's our first year for the Scary Skate," she said as Cooley, the Ice Festival's polar bear mascot, tried to take a bite out of her son Gus.

The success of the event was evident by the numbers of people who got into the Halloween spirit.

Classical singer Victoria Stiglmayr and Jordan Dankochik dressed up as characters from Dr. Seuss' *Cat in the Hat* book, and Rylan and Josh came as Spiderman and Batman, respectively.

Taylor, who donned a witch costume, made 10 eyes for her pumpkin at the pumpkin-decorating station, while Jake, who came dressed as a hotdog, made five eyes for his.

When asked why they added so many eyes, Jake said, "Monsters have lots of eyes."

Early on in the party, about 30 kids tore up the ice, weaving through the shadows thrown by the spooky lighting, and scores more spread out though the recreation complex to take part in pumpkin decorating, Halloween-themed games and visits to the vampire.

"Last year we had about 200 through the whole day," said Hornby. "We hand out a candy bag on the way out and we'll know then how many people came."

The Chamber of Commerce was one of the sponsoring partners.

"There was funding left over from last year so they donated it to the party this year," said Susan Holfeuer, who co-chairs the Gimli Ice Festival.

Other sponsors of the event included Super A Foods, Noventis Credit Union, Tergesen's General Store, the Lakeview Resort, Robin's Donuts, Gimli Ice Festival, the Rec Centre, Gimli Community Development Cor-

poration, Kiwanis Club of Gimli, Rotary Club of Gimli, Red Apple and Billy Grimolfson.



This young lady high-tailed it to the finish line during the headless horse race.



Classical singer Victoria Stiglmayr and Jordan Dankochik dressed as characters from *The Cat in the Hat*, and Rylan and Josh got decked out as Spiderman and Batman, respectively, for the party.



Robin's Donuts mascot Robbie the Robin tried to put a little scare into participants during the headless horse race at Gimli's 2nd Annual Pumpkin Party.



Ice Festival mascot Cooley tried to take a bite out of baby Gus during the Pumpkin Party at the Recreation Centre. From left Brittany Isfeld, Gus, Cooley and Ice Festival co-chair Susan Holfeuer.



Kids and parents took to the ice for a scary skate Oct. 28 at the Gimli Rec Centre. EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli artist lands \$6,000 commission for National Dog Show painting



EXPRESS PHOTO BY PATRICIA BARRETT

Alec Baldwin, with his beagle Copper, painted an amazing portrait of dogs for a Philadelphia Dog Show in November.

By Patricia Barrett

America's National Dog Show, an event sanctioned by the American Kennel Club, has commissioned a painting from a Gimli artist that will grace the cover of the show's program guide and other promotional materials, as well as introduce the artist's work to million-plus audiences tuning into televised coverage of the event.

Alec Baldwin, 24, submitted a painting of dogs to the Icelandic Festival's art contest in 2016 and won in the Best Acrylic category. He then made a poster of the painting and sent it to National Dog Show president Wayne Ferguson in February.

"My favourite dog is the beagle," said Alec, who showed the *Express* his extensive portfolio of work during a visit last week.

Alec's creative flair caught Ferguson's eye. He phoned Alec, thanking him for the poster, and asked whether he could get another copy (which he paid for) for his friend Kathy Carson, president of Carson International, a

television production company based in Idaho. Carson will be covering the upcoming National Dog Show in Philadelphia, Pa.

Ferguson and Carson then asked Alec for a commissioned painting — similar to the poster he had sent them — they could use for the dog show's promotional materials. The dog show paid him \$6,000 for the work and will assume copyright.

"They wanted lanterns and a night scene," said his mom, Tanis. "And Alec put Philadelphia [city lights] in the background. He also put the last 15 dogs from Philadelphia that had won Best in Show. They wanted a fall scene because the dog show takes place around Thanksgiving, so that's why there are leaves in the painting. The original is framed and it goes in the Purina offices."

Despite living with a form of autism that causes speech difficulties, Alec has become an accomplished painter, specializing in dogs. He's currently broadening his repertoire with land-

scapes and portraits of other animals. "I'm doing different things that people were suggesting to me instead of the seven groups [of major dog breeds]," he said.

He was upset by the killing of Cecil the Lion by a big-game hunter, a senseless slaughter that made international headlines in 2015, and he created a poignant watercolour of the mighty cat.

His depiction of dogs are not your run-of-the-mill dog portraits: they get to the heart of our canine friends'

character, attitude, expression, emotion and sense of play.

In addition to capturing the attention of international dog lovers, Alec is earning a reputation for himself in the Interlake and beyond, creating portraits of dogs for their owners.

Although he gives most of his paintings away for free, he will earn \$200 for a painting of a Rottweiler that he's working on for an American dog owner.

Continued on page 7



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Lake St. Martin band members in the dark over new housing site

By Patricia Barrett

A new housing development for Lake St. Martin First Nation flood evacuees was supposed to have received a number of families in July, but the site is still under construction.

Six and a half years after the flood of 2011 wiped out their community, band members are still living in Winnipeg and other communities.

The new development, situated on PR 513 northwest of the flooded reserve, was originally scheduled for completion in spring 2016, but the date was pushed forward. Lake St. Martin Chief Adrian Sinclair told CBC in June about 30 families would be moved into new houses by July of this year.

One band member, living in Manitoba Housing units on a former radar base near Gypsumville, says people are being kept in the dark about the site's progress.

Mark Traverse, a former chief and councillor, said he and other band members have heard rumours that some people may be sent to the new site this month or in January.

A Manitoba Housing representative from Ashern allegedly told Traverse some families would be transferred to houses in November. But a construction worker told Traverse they're still putting in water lines. And there has been no communication from chief and council.

"I can't confirm anything," said Traverse, who was evacuated to the city in 2011 before moving to the radar base in 2014. "I don't know what's happening. I heard rumours. And [Ashern's housing representative] told me 25 families are going to be coming in."

An *Express* visit Oct. 24 revealed construction crews still at work on the new site. A few of the ready-to-move houses on the south side of PR 513 appear to be connected to hydro lines, and the presence of fire hydrants suggests water lines have been laid. But many homes still need to be connected to the grid. Many more were marooned in a sea of boulders, sand and mud. The whereabouts of a health centre couldn't be ascertained.

The school, located on the north side of PR 513, is not expected to be completed until 2019, according to media reports.

Close to 600 people were evacuated from Lake St. Martin in May 2011, ac-

ording to the Indigenous and Northern Affairs Canada (INAC) website. The numbers of evacuees rose over the following two years, resulting in about 1,081 evacuees, the majority of whom were sent to the city.

Traverse, who's in his eighties, compiled a flood diary detailing bad years, housing conditions, effects on the fishery and nearby farmland, as well as meetings with provincial and federal politicians.

He said the community endured decades of chronic flooding after the province opened the Fairford Water Control Structure in 1961.

The dam regulates water levels on Lake Manitoba, which flows into Lake St. Martin, but it either causes flooding on the reserve or low water levels that affect fish stocks.

"I WAS A WORKING MAN. I WAS A FARMER AND A FISHER AND I MADE A GOOD LIVING."

Traverse began fishing on Lake St. Martin with his father in 1944 and struck out on his own in 1947 on Lake Manitoba. In the 1950s, he caught whitefish on Lake Winnipeg.

"Lake St. Martin fishery starting to have problems [with] low water and high water," Traverse wrote in his diary. "High water would release from Lake Manitoba through Fairford Dam into Lake St. Martin through summer. North end of Lake St. Martin is one of the best spawning grounds for whitefish. North end deepest ... Fairford Dam [lowered] it to two feet of water especially in the good fishing grounds."

Since the early 1970s, the dam has "contributed to the severity of seasonal flooding for Pinaymootang [Fairford], Lake St. Martin and Little Saskatchewan First Nations," states INAC's website, and a Lake Manitoba Regulation Review Advisory Committee report from 2003 recommended financial support for residents.

Throughout the 1990s, the LSM reserve became saturated from flooding and some residents lived in mouldy houses. Just before the flood of May 2011 hit, the band met with provincial representatives to discuss diking.

But the reserve didn't stand a chance after the province increased the maximum capacity of the Portage Diversion, at 25,000 CFS (cubic feet per second), to 35,000 CFS. And water spilling into Lake Manitoba from Lake Winnipegosis and other tributaries added another 12,000 to 14,000 CFS.

"I was a working man. I was a farmer and a fisher and I made a good living," said Traverse, who lost his home



EXPRESS PHOTO BY PATRICIA BARRETT

A new house at the Lake St. Martin First Nation site off PR 513 is not connected to hydro and landscaping needs to be completed.

and all his possessions in the flood. "All this that took place — the water in Lake St. Martin, Fairford and Little Sask — is a big issue. Our lives have been affected. As a farmer ... my livelihood was affected and other families of Lake St. Martin. There was loss of fishing ... from the Fairford Dam affecting the whitefish and pickerel."

Just after the flood, Traverse contacted provincial Minister of Aboriginal and Northern Affairs Eric Robison, asking the province to consult with band members on interim housing plans and the re-establishment of the reserve.

"A presentation should [be] made available to the band members and elders for information," he wrote. "As band members, we don't want to be duped and forgotten..."

Despite his request that band members be part of process, he said they weren't consulted.

And he said he and "quite a few others" have concerns about possible flooding at the new site on PR 513, which the government chose for them.

"We know the country quite well because we lived in that county all our lives," said Traverse. "That place, the 513, you can see where the end of the farmland is, then as you proceed, there's a low spot there — muskeg. And there's a high ridge, and on the other side there's more muskeg. And the water from the north, it flows into that."

In 2016, several band members living on the former radar base forwarded a petition to the province opposing the new site because of its marshy condi-

tion.

A provincial spokesperson said work on the new site is ongoing and the province will have no input regarding who gets what house.

"The new Lake St. Martin community site is reserve status," said spokesperson Julie DeVoin. "Housing and associated infrastructure in the new community are under construction and nearing completion. Manitoba is not involved in the housing allocation processes for evacuated members."

Traverse thinks band members living in the city should be the first people moved to the new reserve. And he said he told Manitoba Housing's Ashern representative that the remaining members on the former radar base should be allowed to stay until then.

The RTMs managed by Manitoba Housing on the base, however, are being moved to other communities such as Dauphin River, said Traverse. Of the 65 homes that had been placed there, only 14 or so remain.

"The children are already going to Gyp [to school]. They're OK now," said Traverse. "Let the people who are suffering in the city come first."

Traverse said he has no idea what house he'll eventually be moved into at the new site and no one has consulted him on the matter.

"It seems something is set up. Rumours. I [am to go] beside certain people. I'd rather live beside my two girls that are helping me out here [on the radar base]. If I go in there [PR 513 site], I have to live with those conditions."

Advocating for equitable access to disability tax credit

By Jennifer McFee

A former Woodlands resident is speaking out about her experiences with Type 1 diabetes to draw attention to issues surrounding the disability tax credit and coverage for insulin pumps.

Jessica Williams was 10 years old when she was diagnosed with Type 1 diabetes. Now 23, she has spent more than half of her life keeping a close watch on her health.

She was happy to get a new insulin pump in the mail last week since her previous one stopped working. She had been stressing about how she would pay for the \$7,200 piece of medical equipment until she got the good news that her boyfriend's workplace health plan would cover the costs.

Many other people are not so lucky — and they are also feeling the impact of changing practices surrounding the disability tax credit.

Andrea Kwasnicki, Diabetes Canada's regional director for Manitoba and Nunavut, said that someone living with Type 1 diabetes spends anywhere from \$10,000 to \$15,000 on out-of-pocket expenses each year. For those that qualify, the federal disability tax credit gives a \$1,500 tax break to help offset those costs.

The problem is that it's becoming more and more difficult to qualify for that credit.

"What our constituents have noticed since May of this year is that it is becoming more difficult with people living with Type 1 diabetes to be approved for the disability tax credit.

It's not that they are eliminating it. It's just that it seems to have become a little more challenging in order for individuals to meet the criteria to qualify for that disability tax credit," Kwasnicki said.

"To qualify, you need to be investing a minimum of 14 hours per week on your therapy, and the therapy needs to be life-sustaining. So even though you can say that you are on insulin and you need to test your blood sugars and count your carbs, those aren't necessarily the steps that they are taking into consideration for the calibration of the time."

Recent changes in Canada Revenue Agency practices has resulted in a drastic reduction of disability tax credit approval for people living with Type 1 diabetes.

"What we're understanding is that government has now said that because of all the advanced therapies that are available, there is less time required. For example, they say insulin pumps are making the management of your diabetes so much easier and it allows a lot more freedom," Kwasnicki said.

"That being said, it increases your time for management. It maintains your blood glucose levels in better form; however, it takes longer to calculate to ensure that those levels are maintained."

For Williams, it's hard to imagine life without an insulin pump, a medical device that is only covered in Manitoba for people under 18.

"With an insulin pump, I don't have



Jessica Williams showcases her medic alert tattoos.

to give needles all the time. Instead of getting five needles every day, I get one needle every three days. It increases control because you have the controls right at your fingertips," she said.

"I was in tears when I found out my boyfriend's work would cover the costs. I was so happy. I thought I would have to back on needles because I wouldn't be able to afford a pump. Besides the one-time cost of buying the machine, the supplies cost \$500 every month. It definitely helps to have that tax benefit because we all have to put out so much money just to have a somewhat normal life."

Williams plans to participate in an advocacy initiative at the Manitoba



EXPRESS PHOTOS SUBMITTED Williams was diagnosed with Type 1 diabetes when she was 10.

legislature on Nov. 8 and 9 to speak to MLAs about the importance of extending insulin pump coverage to people of all ages.

In addition, Diabetes Canada encourages people to reach out to their members of Parliament to bring up the issue with the federal government.

"We're encouraging people to write to their MPs and explain to them that with Type 1 diabetes, the management is more than just 14 hours a week," Kwasnicki said. "Certainly with Type 1, it's 24-7. It doesn't go away."

For more information, visit the Diabetes Canada website at www.diabetes.ca or the JDRF website at www.jdrf.ca.

Lake Manitoba Commercial fishers sign temporary deal with FPMC

By Jeff Ward

Lake Manitoba Commercial Fisherman Association members voted overwhelmingly to sell their fish to Freshwater Fish Marketing Corporation (FFMC) in a new one-year deal during the Oct. 15 meeting.

President of the association Allan Gaudry said that two factors played into the vote swinging in this direction. He said that FFMC offered a really good deal, but more importantly, they were the only buyer to offer a deal at all. Gaudry said that while he and the fishers he represents are looking forward to the opening of the market on Dec. 1 that there are simply no buyers ready to buy starting on that date. So if fishers want to get paid, FFMC is the only one who is going to do that right now. Gaudry said that fishers also want to be included on season ending final payouts, which this deal allows. Gaudry said that the deal with FFMC is only good until March 31 of next year, which is the end of the fishing season.

"[Fishers] voted overwhelmingly to stay with Freshwater at this time," said Gaudry.

"Freshwater wanted an agreement as soon as possible and they presented a good deal. No other buyers are going to be buying until after Dec. 1 so we had no other options. We're all excited to see the market open because things will change after Dec. 1."

Gaudry said that even when the market opens, there is no guarantee that another company will be able to beat FFMC prices. And the fishers he represents are prepared to go where there is going to be the best financial outcomes. He said he knows that FFMC is going to be aggressive in making sure they remain the fishers best choice.

"For us, the perfect scenario is to have competition to buy our fish and that's what's going to happen come Dec. 1. But what we want to know from buyers is what are they bringing to the table in terms of price and what do they want to buy," said Gaudry.

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> ARNIE WEIDL Enjoying a day off on the pier

Welcome, friends.

I gazed at the crests of silvery grey waves licking the top edge of the Hnaua pier then sinking away, making Unis Hanischuks's fish line snap as it cut through each peak. Standing beside her, I complimented her. She had driven from Winnipeg to sit for hours fishing with no one else on the pier. To her, this was a great way to spend her day off.

I had met her here a few weeks ago, and now as we talked, we watched commercial fishers heading for harbour, their skiffs' bows rising and falling through the choppy waves. Once behind the rock water break, they glided through placid water to the pier. I told Unis that lately I had been passing the time with our fishers at the harbours and most of them said the catch was fair this fall but the constant heavy south wind had made it a little hard on the arms. Anyway, in time, Unis and I said our goodbyes and I headed south to Breezy Point for a visit with the anglers there.

As I drove up to the parking lot where Netley Creek empties into the Red River, I saw a guy sitting on an upside-down pail. He looked like a well-conditioned football player in sweats, and though he said he was from Winnipeg, he seemed to have a slight South African accent. His constant ready smile complimented his easy way of talking. He introduced himself as Peter George saying, "You should have been here a little while ago. There was this guy fishing beside me and he had cast well out into the creek. Here came a boat and caught his line in the prop. His line popped out of the water and his rod sprang

from his hand. That's a 50-pound line," the neighbouring angler said as he stood up. "He's not going anywhere!" Apparently, then, the boater's head turned to his ailing motor and promptly shut it down, raising it. Waddling back around his family's legs, he leaned over the transom and began unwinding the angler's line from his prop. Finally, with the tangled line and rod in hand, the boater manoeuvred his craft to shore in front of the angler and tossed it back to him. Then, with a smile and mock salute, he pointed his boat toward open water and took off.

A short distance from Peter, I met a red-headed gal, Parra Small, who was fishing. Hearing Pete's story, she had one ready for us. Last winter, she was ice fishing by Buffalo Point in the Lake of the Woods with her family. They were cozy in their ice shack with a wood fire crackling in the stove and her dad decided to enjoy a big Boston Cream cupcake. Now there is no dignified way to eat these things, so soon his hands, face and rod handle were covered in dark brown chocolate and white whipped cream. The family teased him mercilessly until suddenly he got a bite. With what was left of the cupcake bulging from his mouth, he brought a big jackfish out of the ice hole just as he lost grip of the cake. It fell right on top of the flopping jack, splattering it with chocolate and cream. Reacting without thinking, dad tried to pick up his cake. Parra yelled at him, "Poppa, don't you put that back in your mouth. It's going in the garbage."

Not too long ago, I was at Hillside on the east side of Lake Winnipeg



EXPRESS PHOTO BY ARNIE WEIDL
Unis Hanischuk with her catch at the Hnaua pier.

and ran into a terrific couple, Pat and Rick Dewar, who like to fish the bay here. Pat was a fine, thin lady with long white hair while Rick had a commanding, confident air about him. We traded fishing stories getting to know each other and I joked about their last name being synonymous with a famous Scottish drink. Rick's face lit up with pride! Soon they told how they were fishing here and had a string of fish floating in the water when along came a pelican. It cast a sideways glance at the delicacies and decided they were his. Rick could see what was about to happen and began yelling at the bird to go away. The pelican stopped, considered the situation and then half-swam, half-flew for the fish. Pat stood up and, with flailing arms, tried to shoo it away. Rick picked up the string of fish and rattled it about. That was a mistake; it drew the bird like a magnet. Thinking quickly, Pat pulled a small perch off the string and tossed out into the water. The pelican raced after it, pouncing on it as the Dewars beat a hasty retreat home! See you next week. Bye now.

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Gypsy Traders collecting sock donations for local shelter

By Justin Luschinski

The Gypsy Traders wants you to bring in sock donations for a chance to win a pair of moccasins.

The Socks for St. Francis fundraiser hopes to give new socks to the St. Francis Place Shelter. If anyone from Selkirk or the surrounding area brings in a package of fresh men's socks, they will be entered in to win a pair of handmade suede moccasins.

"The homeless shelter in Selkirk is something I was a huge advocate for," said Anna Massey, owner of The Gypsy Traders. "A few years ago, my husband and I encountered some young guys who were sleeping in the bank, and that stuck with us ... Socks are one of the most needed things for shelters.

"That's why we decided to do Socks for St. Francis."

The Selkirk shop, located at 238 Manitoba Ave., will be collecting new socks until their holiday open house on Nov. 18.

They are specifically asking for male socks because they can be worn by both men and women, whereas women's socks might be too small for the men.

René Gauthier, chairman for St.



EXPRESS PHOTO BY JUSTIN LUSCHINSKI

Anna Massey, owner of The Gypsy Traders, holds up a bag of fresh socks. The Selkirk shop is collecting sock donations for St. Francis Place until Nov. 18.

Francis Place, said that sock donations give some relief to the cold Selkirk weather. According to him, they don't

get very many donations of socks and underwear.

"It's very important because if your

feet are wet, you get blisters, you have cold feet," he said. "The key for them being homeless is to stay dry. A lot of the shoes that homeless people have don't offer protection from water.

"You have people coming in and their feet are so sore because of wet socks."

Gauthier said that they have plenty of jackets and other clothes, but they need more underwear donations. Gauthier also stresses that St. Francis is looking for volunteers, and that they desperately need two people to help out.

If someone is interested in volunteering, they can stop by St. Francis Place located at 202 Christie Ave.

"THE HOMELESS SHELTER IN SELKIRK IS SOMETHING I WAS A HUGE ADVOCATE FOR."

> DOG SHOW PAINTING, FROM PG. 3

"Whenever Alec gives all these paintings away, it's practice for him and it's motivated from his heart," said Tanis. "He wants to paint dogs to give away, and it's a learning process. He's also building a network and he's relationship building."

Alec showed the *Express* a stack of scrapbooks full of intricate drawings of virtually every dog breed, along with a cursive description of each dog.

"Since 2007 I did these," he said. "What I've got to do is make it art, and make it perfect and make the characters. I made some of the dogs cartoonish with different colours. I started making the character with pencil crayons."

Alec's artistic talent was nurtured by his parents after they experienced pushback from secondary and post-secondary educational institutions.

Tanis home-schooled Alec for grades 9, 10 and 11, but his artistic talent was evident long before that. When a teacher accepted something he drew in art class, Tanis made him re-do it.

"I know when kids are capable of doing something, and you're not doing them a favour by accepting something less than what they can do," she said. "And because he's special needs,

people let him do whatever."

His expertise in dog portraits sprang from his love for dogs. Tanis bought him a how-to-draw dogs book, and Alec drew every breed recognized by the Canadian and American kennel clubs.

"He started to draw two of them and then he took off, drawing every dog in the kennel clubs," said Tanis.

Alec made about 200 drawings that he gave away. He included witty captions in the drawings, making them pertinent to the scene he was depicting.

"The people who got his dogs, they knew it was their dog," said Tanis. "He was able to capture that it was their dog, not someone else's dog. He did these all from pictures."

Society has a tendency to marginalize people with autism and other disabilities, and Alec experienced discrimination when he was accepted into the University of Manitoba's art school.

"People with a disability are kind of put off to the side like they can't do things," said Tanis. "I pulled him out based on that first day and the negativity from the teacher. I wrote the university explaining why, thinking

they'd at least respond but they didn't. I said he got here on his own merit and he's got help, but [the instructor] clearly didn't want to be the teacher for Alec. I was so upset and it brought back all the struggles with the school system."

But as luck would have it, she and Alec met Winnipeg-based artist Guy St. Godard at a drawing camp at the International Peace Gardens, and St. Godard willingly took on Alec as a student. He teaches Alec acrylics and watercolours two days a week.

"Alec is still going to Guy's classes," said Tanis. "Alec works hard at everything. Ever since we found out he had autism, he has to work harder than anybody else because he has to overcome the challenges of language."

Alec is in the process of training his new beagle puppy, Copper, who is four and half months old. With Alec as handler, Copper performed at the Northwinds Dog Show at the Convention Centre a few weeks ago, earning two group placements for Best Baby Puppy in the Hound group.

"Every week of the dog class, I'm training Copper," said Alec. "He's well-behaved. He had fun at the competition. Copper entered the baby

puppy show for two days. Copper held still and I told him, 'No,' while the judge was trying to see how perfect the beagle is. But different judges picked different dogs than the beagle."

In addition to his paintings, Alec retouched the image on the Gimli Sea Wall depicting mushing dogs. And he's in the process of completing his Grade 10 piano. He also sings, earning Best Performance in Individual Voice at the 2017 Evergreen Festival of the Arts.

"We work on his weaknesses and build on his strengths," said Tanis. "His music and his art are his strengths right now. He's doing so well with them. He loves dogs and he needs to have things that he loves. So we take him to dog shows and dog classes and support his passions. That's why the art with the dogs has worked out so well because he loves dogs so much."

"This is my favourite and love of my heart," said Alec, referring to the beagle breed.

Ferguson has invited Alec and his parents to the National Dog Show in Philadelphia on Nov. 18-19, and will be setting up national media interviews with Alec.

Manitoba Premier Brian Pallister unveils carbon tax plan

Family of four expected to pay \$356 a year more than they do now

By Jeff Ward

The long-awaited Made in Manitoba carbon-pricing plan was finally unveiled by the provincial government last week that shows a flat carbon tax of \$25 per tonne of carbon over the next five years.

The carbon tax will kick in next year and will start at \$25 per tonne of carbon and stay there until 2022. The federal government's plan that would be imposed on Manitobans if they hadn't proposed their own strategy started at only \$10 per tonne of carbon next year but ramped up to \$50 per tonne by 2022.

Premier Brian Pallister said that this plan is comprehensive and based on Manitoba needs and focused on Manitoba priorities. He added that this Made in Manitoba plan will cost less and reduce more emissions than the federal government's plan and that this plan takes into consideration the investments Manitobans have made in building "one of the cleanest electricity systems in the world."

"Our vision is to make Manitoba the cleanest, greenest and most climate-resilient province in Canada," said Pallister, who announced the plan at Oak Hammock Marsh on Oct. 27.

The tax will add roughly five cents per litre of gasoline and will also apply to natural gas and coal. Vehicle fuel for farming operations will be exempt from this tax and the agricultural sec-

tor will not be targeted for emissions reduction in this plan.

The tax will raise \$260 million annually for the province but there is no decision yet on how that will be spent. There will be public consultations on how the province could spend this money and Manitobans are encouraged to weigh in with another online survey to give feedback on the plan and on how the revenue should be spent at www.manitobaclimategreenplan.ca.

"When it comes to addressing the challenges of climate change, we must understand just how unique we are as a province," said sustainable development minister Rochelle Squires.

"This plan sets out a Made in Manitoba solution to climate change that respects our clean energy investments, supports our economy and reduces emissions. It will protect the environment while also building a prosperous low-carbon economy in Manitoba."

The strategy is to focus on four pillars in sustainable development: climate, jobs, water and nature, which have underlying keystones that act as sub-categories (clean energy, carbon pricing, green infrastructure, water quality, conservation and many more).

Squires explained that in 2022, the final year of the plan, there would be a comprehensive review of the strategy.

The province released a legal opinion from a constitutional lawyer last month that explained how the federal government has the right to impose a tax. The exception being that if the province could show that their plan was or is more effective in reducing emissions, it might be more defensible in court if the federal govern-



EXPRESS PHOTO BY NATASHA TERSIGNI

Rochelle Squires, right, and Brian Pallister unveiled the province's Made in Manitoba carbon pricing plan last week. It will add five cents per litre of gasoline and will cost the average family of four an extra \$356 per year.

ment wanted to fight over imposing their own tax. In the first two years of this plan, Manitobans will pay more than the federal government is asking, but following that, Manitobans will be paying less. By the final year of the plan Manitobans will be paying half of what the federal government wants.

Canadian Minister of Environment and Climate Change Catherine McKenna posted on Facebook following the announcement.

"I'm looking forward to seeing the details of Manitoba's plan. But I also want to be very clear: we've laid out the price schedule we need to see,

which reaches \$50/tonne by 2022 — well beyond the \$25/tonne carbon price Manitoba is proposing. We'll be assessing each province and territory each year on whether their approach to pricing pollution meets the standard we've set. So when Manitoba moves forward with this proposal, they'll be in good shape for the first year and the second year. After that, they'll need to up their game," wrote McKenna.

Anyone interested in reading the entire 64-page plan can do so by visiting www.manitobaclimategreenplan.ca to download it.

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Correction

Staff

In the Oct. 26 edition of the *Express Weekly News*, we published the article "A buckin' good time at 21st annual Boyz N Bullz" and reported that the winner of the junior steer riding competition was Damien Tritthart.

However, the winner of the competition was Damon Tritthart.

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

Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 5 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time," an

idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are re-adjusted to the proper "local standard time."

Freshwater Fish supporters make up majority at Bill 23 committee hearing

By Patricia Barrett

A provincial committee hearing on Bill 23, which will remove Manitoba from the Freshwater Fish Marketing Act, heard from 12 delegates, the majority of whom spoke in favour of maintaining Manitoba's relationship with the federally run corporation.

The Conservative government's failure to consult Indigenous fishers, who make up the majority of Manitoba's 1,200 or so fishers, was a major theme during the two-hour hearing Oct. 25 at the legislature.

Sam Murdock, Fisher River Cree Nation's director of operations, said the First Nation is considering launching a court challenge.

"The Government of Manitoba has a legal obligation and duty to consult with First Nation leaders and its community members that are directly affected by this decision..." said Murdock, who was accompanied by several fishers and the community's legal counsel. "And as a result, legal action is currently being explored."

Murdock said losing FFMC and the benefits it provides to fishers could cost FRCN \$600,000 annually.

"The impact is expected to be even greater in other more isolated First Nation communities," he said.

Clinton Whiteway, president of Matheson Island Marketing Co-op, spoke on behalf of 120 fishers from Matheson Island, Pine Dock, Bloodvein and Princess Harbour. He, like Saunders, said the government failed to consult with fishers and expressed concern about how they'll get their fish to market without FFMC.

"There's a lot of logistics that go on between me and other fishermen to take fish out of the lake and getting it to where it's going, often within 24 hours of when it came in," said Whiteway. "The fish gets trucked out daily from Matheson. That's a six-and-a-half-hour turnaround. In Berens River the fish is barged in. There's ice that needs to be provided. What private enterprise is going to be worried about all the stuff that needs to be worried about? There's a lot more than just buying the fish. Private enterprise is going to be worried about one thing: the bottom line."

Donald Salkeld, FFMC's former president and CEO, who was investigated and fired for cause in 2016, said Bill 23 will not "dismantle" the fishery, but "save it."

Citing the age of Manitoba's fishers as problematic, Salkeld said private industry will usher in "improvements."

"All you have to do is go to these communities and see the age of these fishers," said Salkeld. "Somebody told



Amanda Stevenson of the WMM Fisheries Co-op.



Clinton Whiteway, representing Matheson Island Marketing Co-op, spoke against Bill 23.

me the average age is 63; it's probably closer to 73. ... Sustainability of the fish industry in Manitoba is not the fish in the lake – it's the fishers. If this train stays in the same track for another 10 years, the fishing industry in Manitoba would be all but gone. So Bill 23 is going to give opportunity to these communities."

Frank Kenyon from WMM Fisheries Co-op, which includes fishers from Lake Manitoba and Winnipegosis, said an open market will see fish buyers purchasing rough fish that FFMC doesn't want, a reduction in phosphorus that results from fishers tossing unwanted fish in the lake and the protection of pickerel stocks in Lake Winnipeg.

"Freshwater's market is for the baby pickerel that haven't spawned yet," said Kenyon. "That's what they pay the best price for. The carp and mullets they don't want because they can't make money off it."

When asked by committee member Jon Gerrard about Lake Winnipeg fishers harvesting "really big wall-eye," Kenyon said an open market will "bring money" to fishers and they'll stop those practices.

"You see, fishermen when they're down and out and not making much money, they're desperate," said Kenyon. "They want that 3-inch net to catch that baby pickerel. They want to catch that big female pickerel because they're really hard for money."

WMM president Amanda Stevenson said she had nothing "positive" to say about FFMC, prefacing her remarks with excerpts from an article excoriating the management of the corpora-



EXPRESS PHOTOS BY PATRICIA BARRETT

Progressive Conservatives Derek Johnson, Rick Wowchuk, Alan Lagimodiere and Greg Nesbitt.



Greg Selinger (NDP), Jon Gerrard (Liberal), Rob Altemeyer (NDP) and Nahanni Fontaine (NDP).

tion under Salkeld.

"All I can say is that having the opportunity to participate in the open market is going to change people's lives," she said. "It's going to absolutely transform the economy of lots of small communities in this province."

Delegates from labour unions espoused the opposite: Manitoba's economy could take a hit from a loss of small fishers unable to survive, and from jobs cuts at FFMC's Transcona processing plant.

"Because there has been no consultation...we don't know what the impact of it is," said Unifor's Paul McKie, representing 250 FFMC workers. "We've heard that as many as half the workers are in jeopardy of losing their jobs. And these are good paying jobs, people who live in the community and spend their money in the community."

Interlake MLA Derek Johnson directed three questions to delegates supporting the open market – the only questions the government side of the committee asked during the hearing. The opposition's environment critic Rob Altemeyer, on the other hand, pressed most of the delegates for additional information.

Altemeyer said Sustainable Development Minister Rochelle Squires introduced an amendment to Bill 23 later that evening, removing Section 15(1) which would have given FFMC a year to operate in an open market without having to apply for a provincial license.

"The explanation was that she wanted it to be a level playing field," he

said the following day. "The fact that Freshwater is the only fish dealer right now is giving them an unfair advantage, so she's going to make them apply for a license along with every other fish dealer."

Altemeyer said he had asked Squires whether she informed FFMC of the amendment and she said, "No."

"It speaks to the unwillingness of this government to listen to anybody. They were clearly not listening to the people who presented last night, saying this bill will potentially have a huge negative impact on thousands of northern Manitobans."

Bill 23 will undergo a final debate in the house before third reading.

A full transcript of the hearing will be made available on the government's website. Visit www.gov.mb.ca/legislature/hansard/hansard.html

FFMC supporters: 1. Kevin Rebeck (Manitoba Federation of Labour); 2. Sam Murdock (Fisher River Cree Nation); 3. Langford Saunders (Norway House Fisherman's Co-op); 4. Clinton Whiteway (Matheson Island Marketing Co-op); 5. Tom Nevakshonoff (Former Minister of Conservation and Water Stewardship); 6. Paul McKie (Unifor); 7. Marianne Hladun (Public Service Alliance of Canada); 8. Darrell Rankin (Communist Party of Canada)

Open market supporters: 1. Amanda Stevenson (WMM Fisheries Co-op); 2. Frank Kenyon (WMM Fisheries Co-op); 3. Donald Salkeld (Former president and CEO of FFMC); and 4. David McKay (Southeast Resource Development Council Corp.)

Lakeshore staff becoming technology advocates



EXPRESS PHOTO BY JEFF WARD

Lawrence Grzenda is a technology advocate for Lundar School and is working to help improve how technology is used in classrooms and is someone other teachers can lean on when a problem arises.

By Jeff Ward

Over the summer months, one staff member from every Lakeshore School Division school took some time to get a more in-depth look at the division's new technology to become de facto experts for fellow teachers to lean on.

These staff members make up what is colloqui-

ally known as the Lakeshore Technology Advocacy Committee, who not only help troubleshoot smaller problems for their peers but also explore how technology can be used in the classroom.

Lawrence Grzenda is the vice-principal at Lundar School and one of the technology advocates. He said that much of his role is to help infuse technology into the daily lives of students and teachers and to do that in a way that can enrich the learning process. He said that technology is used in almost every facet of daily life and that if his school, or any, is going to build future citizens, they need to be well versed in how technology fits into the world.

"I speak with a lot of potential employers who tell me they need people with good technology skills," said Grzenda.

"We're in our fourth year now of every student getting their own computer and we can see the improvement in those skills over time. When there is a technology problem, the students that have had their laptops for a few years are quick to figure those out."

Grzenda said that in the past a technology expert at his school would be someone who would know what to do when the printer went down. Now that role is someone who is responsible for helping troubleshoot those smaller issues but also to be someone who is looking at how devices like iPads, laptops and more can be used in the classroom.

Grzenda said that the inclusion of Office 365 has made many of those smaller issues a thing of the past. With everyone on the same suite of programs, the list of potential problems or bugs has become a

lot smaller.

"So now someone in a role like this doesn't need to know every single app teachers are using because we're all using the same ones," said Grzenda.

The technology advocate role is one that technology supervisor Justin Critch said should empower teachers to become more independent with their devices. He doesn't want teachers or other staff to be afraid of breaking their machines and wants them to explore the learning potential inside of them.

Grzenda explained that one of the ways this has manifested at Lundar School is the use of a program called Forms. The program allows him to, at anytime, put together a quick quiz or survey for his students and immediately get the data. It'll show what the students are competent in and what they need to focus on. Before the program, this was something that Grzenda would have to print on dozens of sheets of paper and then take that home to analyze the data. But the second the students are done, it's all quickly interpreted by the program, saving him a lot of time.

"And when you get that data, I can change the lesson to focus on those shortcomings. We don't have to wait until the next school day. I could do it right away," said Grzenda.

With a technology advocate in each school and with devices now so ubiquitous in every classroom, teachers have the opportunity to mould better learners. Critch said that there will be future learning sessions for the technology advocates later in the school year.

Rise and Shine Gimli



EXPRESS PHOTO BY BRIAN JONASSON

The sunrise over Lake Winnipeg is as beautiful as ever with the changing of the seasons and a great way to start the day. Brian Jonasson captured the beauty of the Valhalla Beach area a few weeks ago. Valhalla Beach is a few miles south of Hnaua.

Manitoba Games Archery Qualifier in Ashern

By Jeff Ward

Interlake archers ages 16 and under can shoot their way into the 2018 Manitoba Winter Games with a qualifier that takes place this Sunday in Ashern.

The Ashern Curling Rink will play host to the event that is being organized by the Lakeshore Recreation Commission and Sport Manitoba.

Charlene Bodnarchuk, recreation and wellness facilitator for the commission, said that this event, which runs all day Sunday, Nov. 5, will be open to any youth that meets the age criteria and wants to try their hand at competitive archery.

The qualifier will have participants shoot 30 arrows with either a compound or recurve bow at an 18-metre target to collect points. Bodnarchuk explained that one of

the reasons she wanted to bring this qualifier to Ashern is that she knows one of the most popular activities for youth in the Interlake is hunting and that many youth hunt with a bow.

"This event could open up some eyes to the world of competitive archery," said Bodnarchuk.

"This is the first step to go to the Manitoba Games and then the Canada Games. There is a broad spectrum of provincial and national events and this might get some kids interested in competing at that level."

There is no registration required to take part in the qualifier and participants can stop by at anytime during the day. There is no cost to take part in the qualifier.

Local artist garners provincial praise

By Natasha Tersigni

Gimli resident Suzanne Barrow showcased her paintings at Manitoba's largest art show, joining the ranks of 40 provincially acclaimed artists.

For 21 years, artists have attended Manitoba's Art Expo, an annual premier art show and sale, which was held at the Assiniboine Downs over the weekend.

For Barrow, this was her fifth year participating in the event but her first time showing her new abstract paintings. Having spent much of her career creating skyscapes with oil paintings, Barrow has branched out and over the past few months to start experimenting in the worlds of abstract acrylic paintings.

Barrow derives much of her creative inspiration from local prairie

landscapes, but you won't catch her out in the winter. Avoiding the winter months is what catapulted Barrow into the work of painting and she hasn't looked back since.

"I don't like winter, I hate winter, actually. I decided one winter that I would take painting lessons. I didn't want to sit and watch TV, so I took it up and I have never looked back," said Barrows.

"I love the creative part of it and the colours. I love painting the prairies."

Following the show, Barrow will dedicate the next few months to creating her biggest painting to date, a five-foot by five-foot sky painting. For this creation, she will make the piece using thousands of little squares, something she has never done before.



EXPRESS PHOTO BY NATASHA TERSIGNI

Gimli's Suzanne Barrow took part in the Art Expo held over the weekend at Assiniboine Downs, showcasing her oil and acrylic paintings. The annual art show features Manitoba's Top 40 artists, and this was Barrow's fifth time participating in the show.

Canadian Patient Safety Week

Oct. 30 to Nov. 3

Submitted

Canadian Patient Safety Week is Oct. 30 to Nov. 3 this year.

Visit the Canadian Institute for Patient Safety at <https://is.gd/patient-safetyweek> for a listing of resources to help you work with your health care providers to better understand medication safety, how to advocate for yourself as a patient and how to get the most out of conversations with care providers.

One of the information pieces you can download is a handy card with five questions to ask about your medications when you see your doctor, nurse or pharmacist:

1. Changes? Have any medications been added, stopped or changed, and why?

2. Continue? What medications do I need to keep taking and why?

3. Proper Use? How do I take my medications and for how long?

4. Monitor? How will I know if my medication is working, and what side effects do I watch for?

5. Follow-up? Do I need any tests and when do I book my next visit?

This card, which the Institute for Safe Medication Practices created in partnership with the Canadian Patient Safety Institute, is available in a number of different languages. You can also visit the Manitoba Institute for Patient Safety website at www.mips.ca to download and print the "It's Safe to Ask Medication Card." Keeping an up-to-date medication list, including vitamins and over-the-counter products, is vital to your safety in emergencies and every day.

Interlake-Eastern RHA is a proud member of the Manitoba Institute for Patient Safety and is committed to adopting leading practices to improve patient safety. Visit ierha.ca and click on "About Us" and "Your Safety."

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5

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Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

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Get a Manitoba Institute for Patient Safety medication card at www.safetoask.ca

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Arborg's Interlake Co-op fuels up to raise \$2,405 for Heritage Village

By Patricia Barrett

Interlake Co-op held a fundraiser for the Arborg & District Multicultural Heritage Village last month, raising \$2,405 that will go towards the museum's operations.

"This was Co-op's first annual Fueling our Communities promotion," said Interlake Co-op's general manager Holly Lingel. "Federated Co-operatives Ltd. donated five cents per litre for every litre sold [Sept. 19] at all gas bars at participating local Co-ops."

FCL is made up of and owned by independent retail co-operatives in Western Canada and operates in the food, energy, agriculture and home and building sectors.

Local Co-ops were able to choose what organization in their respective communities they wanted to support. Co-ops in Victoria, B.C., for instance, helped children in financial need participate in sports, and Yorkton, Sask., Co-ops provided funds to the Heath Foundation for medical equipment.

The Interlake Co-op decided to support the village, which preserves and showcases pioneer and Indigenous buildings and highlights the multicultural diversity of the area.

Lingel said Interlake Co-op provided matching funds to FCL's donation and helped raise additional funds through a barbecue held at the Arborg gas bar.

"[We] sponsored the barbecue by donating all the products and supplies ... and raised \$1,000," she said. "Our fuel sales for that day were approximately 14,000 litres; therefore, FCL donated \$700 and Interlake donated an additional \$700 so the total raised was just over \$2,400."

Village co-chair Pat Eyolfson, board members and Co-op staff gathered at the Village's community



EXPRESS PHOTO SUBMITTED

Interlake Co-op donated \$2,400 to the Arborg & District Multicultural Heritage Village on Oct. 26. The money was raised at the Co-op's first annual Fueling our Communities program.

hall for a celebration Oct. 26.

"We were honoured, delighted and very grateful to be the organization chosen as the recipient of the Interlake Co-op Fuel Good Day fundraiser," said Eyolfson. "There are so many worthy organizations in our community that work hard to fundraise, as does our board, so we are overwhelmed to be gifted this money."

Eyolfson thanked Co-op, its managers and board members, as well as Federated Co-op for their sup-

port.

"We are also grateful to the community who came out in full force to buy gas and hamburgers even on a cold and windy day," said Eyolfson. "We are so lucky to live in such a great community."

The Fuel Good Fundraiser Sept. 19 raised over \$570,000 for registered charities and non-profits across Western Canada, according to the Co-op Fuel website.

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Food Bank donation



EXPRESS PHOTO SUBMITTED

The Riverton & District Friendship Centre would like to thank Arborg Farm Credit for the 280.5 pounds of food and \$200 Co-op gift cards that they donated to the Riverton Arborg Food Bank. Pictured, left to right: Martine Sawanas (RDFC cultural worker) and Farm Credit representatives Kim Asham and Kim Friesen.

Gimli residents present concerns on proposed coast guard boathouse

By Jeff Ward

The proposed 40-foot high boathouse on Gimli Harbour drew a sizeable opposition at last week's Gimli council meeting with 14 residents voicing their concerns.

The concerns were varied during the Oct. 25 public hearing that took over an hour. The main concern for residents is that the boathouse will be an imposing figure on Gimli Harbour and one that many feel will be unsightly.

The 40-foot high structure, designed by JML Engineering, will house the Vakta search and rescue vessel and will allow for maintenance and repairs.

DFO Small Craft Harbours western and Arctic region director Dean Calder said during his presentation that the given the size of the vessel the building couldn't be any smaller. Coast Guard crew chief Justin Noble was also on hand to field questions from residents, but Calder did most of the talking.

Residents believe the boathouse will not only obscure the view but will make for an unappealing view for tourists.

Calder said that this location on the harbour, where the concrete pad for the proposed structure has already been poured, was the perfect location.

"The coast guard's key issue is the safety of mariners and Gimli is one of the major locations where boaters and mariners are located, so it made sense that the Gimli location was best suited," said Calder.

Of all the residents who signed in at the meeting, not one was in favour of the boathouse being built. Residents do want the coast guard to stay in Gimli, and many took the time during their presentation to thank them for the job they do in keeping the lake safe.

D.J. Sigmundson presented a petition with 472 signatures spanning 26 pages all in opposition to the boathouse and spoke about how this particular issue is one that should be decided by the people.

"We don't need to build the building now. If council does not allow the variation, the building cannot occur and that gives us several months to work together as a community to develop a plan for the waterfront. And it gives the coast guard the opportunity to revisit the design and location," said Sigmundson.

Many others seemed to agree and echo Sigmundson's desire to have the community come together and develop a plan for the waterfront. And everyone who spoke said that allowing the boathouse to be built would be detrimental to the town because of its imposing size.

"THE COAST GUARD'S KEY ISSUE IS THE SAFETY OF MARINERS AND GIMLI IS ONE OF THE MAJOR LOCATIONS WHERE BOATERS AND MARINERS ARE LOCATED."

During his opening presentation Calder said that the original plan was changed to accommodate concerns from organizations they consulted with. One of those organizations was the Gimli Yacht Club. However, when one of the directors of the yacht club, Glen Pollard, spoke he disputed the value of that meeting.

"The Gimli Yacht Club was not consulted in any meaningful way on this project," said Pollard.

"What we do fully support and are willing to participate in is a comprehensive and long-term plan for the development of the harbour."

Gimli CAO Joann King said that even if Gimli council decides not to grant the variance, that higher levels of government, like DFO, are not bound by those rules and could build the structure anyway. She explained that council will deliberate on their decision but, at this time, no decision has been made as to what council will do next.



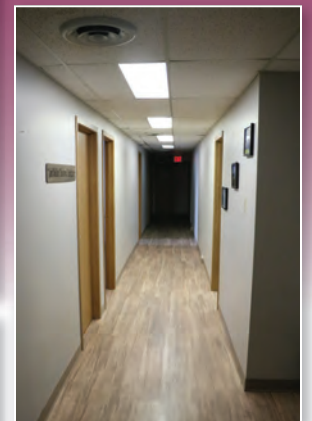
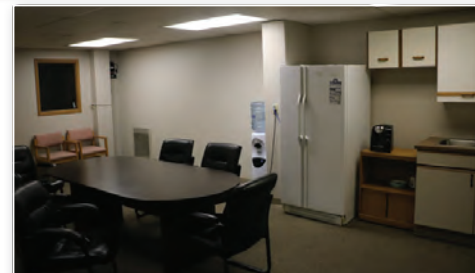
EXPRESS PHOTO BY PATRICIA BARRETT

Residents voiced their opposition to a proposed 40-foot high boathouse at this spot along Gimli Harbour that they say will be detrimental to future tourism operations. The coast guard say this facility is necessary to house the large Vakta search and rescue vessel so that repairs and maintenance can be done throughout the year.

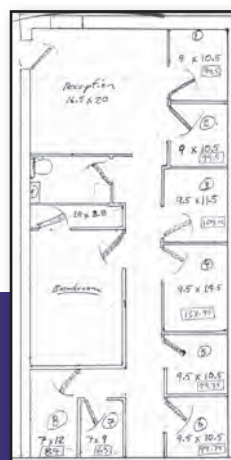
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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association and Sun Life Financial. The Selkirk Record and a new incoming tenant occupy separate space though their own private entrances. The building was upgraded in 2012. Both the reception and board room are shared, there are currently five offices available for lease.

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> MEAL IDEAS



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Roasted Garlic Marinara Braised Chicken with Linguine

Recipe courtesy of Sean and Catherine Lowe

Prep time: 10 minutes
Cook time: 60 minutes
Servings: 4-6

23 ounces Bertolli Rustic Cut Roasted Garlic Marinara Sauce
6-8 bone-in, skin-on chicken thighs
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 pound whole-wheat linguine
8 ounces sliced cremini mushrooms
1/2 cup small diced onion
1/4 cup white wine (optional)
3 ounces baby kale
Parmesan cheese
Heat oven to 350 F.

In 3-quart Dutch oven over medium heat, heat sauce. Season chicken on both sides with salt and pepper.

In large skillet over medium-high heat, heat olive oil. Add chicken, skin-side down, and cook 3-5 minutes, or until skin is crisp and deep golden-brown. Turn chicken over and cook 3-5 minutes until golden-brown on second side.

Remove chicken from skillet, leaving fat in pan. Set aside skillet to be used later.

Add chicken to sauce in Dutch oven in single layer, skin-side up, with skin just above surface of sauce. Cover and bake 40 minutes. Begin to boil water for pasta.

Remove cover from Dutch oven and cook in oven 10 minutes.

Cook pasta al dente according to package instructions. Drain.

Heat reserved skillet and fat over medium-high heat; add cremini mushrooms and onions; saute until lightly browned. Deglaze with white wine, if desired, and cook until dry. Add kale to mushrooms and toss gently to wilt.

Remove Dutch oven from oven and gently transfer chicken to large plate. Add pasta to sauce in Dutch oven and stir gently to coat.

Place portion of pasta in pasta bowl and make well in middle. Spoon mushroom-kale mixture into center of well and top with one piece of chicken.

Shave Parmesan cheese over dish to finish.

Substitution: Portobello, shiitake or button mushrooms may be used in place of cremini mushrooms.

Tip: Serve with creamy polenta instead of pasta. In saucepan, combine 2 cups chicken stock, 2 cups milk, 2 tablespoons butter and 1 teaspoon kosher salt. Bring to boil and whisk in 1 cup instant polenta and cook, while stirring, 5 minutes. Add 1/4 cup grated Parmesan cheese and whisk to combine.

Spoon polenta into serving dish and make a well in middle. Place mushroom-kale mixture in well. Top with marinara sauce and one piece of chicken.



Teaching Children About Respect

advocates fiscal restraint while giving himself a pay raise. Even a young child can spot discrepancies between our words and our actions. If they are later punished for behavior that they have modeled from us, then there will be not only disrespect, but also resentment.

If children are little, you can implement strategies which foster mutual respect. What if your children are older, and the negative patterns are well established? There is still hope. Sit down with your children and tell them that you are aware that you have all been treating each other with disrespect. Indicate that you are no longer comfortable with this, and will henceforth be endeavoring to say what you have to say to them in a more respectful manner. Change must begin somewhere, so you will be the first volunteer. You may certainly request that they do the same.

There may still be consequences for inappropriate behavior, because you are the parent and must set boundaries. You may even ask them to gently remind you if you drop back to the old ways. If you show them that you are sincere and committed to raising the level of integrity in your communication with them, they will respect you for that. If you blow it, and can apologize for being disrespectful, they will respect you even more. You will also be demonstrating for them the way in which they can begin the process of positive change within themselves. It takes patience, persistence and time to change old patterns. And its totally worth it.

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

All parents want to be respected by their children. If children are disrespectful, parents sometimes try to teach them respect by punishing, or yelling and screaming. This may change their behavior and may elicit compliance, but it will not win respect. This is not to say that disrespect should be ignored. If we allow others to treat us disrespectfully, then we are not respecting ourselves. Respect is generated, essentially, by treating others the way we would like to be treated.

From very early on, children need to be made aware of how their behavior affects others. Rather than simply saying that hitting is bad, which leaves the inference that the child is bad for hitting, we must go further. It is important to explain that when you hit your brother, it makes him very sad. It might even make him afraid. 'Hitting is not something we do in our family. If you are very upset, I will help you with your feelings, and help you to solve the problem you are having. You are important to me, and your feelings are important. We will find a way to sort things out without hitting, and in a way that lets everyone feel okay.' This kind of communication is highly effective, because there is congruency between the message, and the way in which it is given. In other words, we are teaching the child about respect in a way that also respects that child.

Spanking a child while telling him that hitting is wrong makes no sense at all. Nor does speaking rudely to a child about showing more respect. It is when we fail to practice what we preach that the seeds of disrespect are born.

Consider the politician who ad-

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Three-Cheese Farmstand Cups



Prep time: 20 minutes
Cook time: 15 minutes
Servings: 6

2 cups cooked mini penne pasta
1 cup small broccoli florets, cut into 1/2-inch pieces
nonstick cooking spray
1/4 cup mascarpone cheese
3 eggs, beaten
1/2 cup grated Parmesan cheese
1 jar (23 ounces) Bertolli Rustic

Cut Sweet Peppers and Portobello Mushroom Sauce, divided

1 1/2 cups shredded mozzarella cheese, divided
1/4 cup chopped fresh basil

Heat oven to 375 F. Divide penne pasta and broccoli evenly between 12 standard muffin cups sprayed with cooking spray. Whisk in mascarpone until smooth; gradually whisk in eggs.

Stir in Parmesan, 2 cups sauce and 1/2 cup mozzarella cheese. Spoon 1/4 cup egg mixture over pasta and broccoli in each cup; with spoon press filling down gently. Bake 18-20 minutes, or until set.

Sprinkle tops with remaining mozzarella cheese halfway through bake time. Let stand 3 minutes before unmolding. Warm remaining sauce and serve over top of cups with basil.

Lundar Legion Chase the Ace pot swells to \$55,622

By Jeff Ward

The hunt for the ace continues following another draw that failed to result in the prize-winning card being selected last Friday in Lundar.

Lundar Legion's Chase the Ace only has two cards remaining and a 50/50 chance of choosing the right card to win a pot now worth \$55,622.

Legion board member Ann Harris explained that every week this continues, excitement grows for the event. People were lined up the night before the draw and camped outside the Legion in RVs and tents. Only 10,000 tickets are sold for the draw, limited to 100 tickets per person, for \$1 each.

Harris explained that the committee in charge of the Chase the Ace made a change to the rules on Monday to keep people from lining up over night. She said that given the weather it's too risky to have people camping out over night to get a ticket and that if someone were to be injured the Legion could be liable. How it works now is everyone who shows up will

get a ticket with a number on it. Every 30 minutes, starting at 5:30 p.m. 25 of those numbered tickets will be drawn and those people will be able to buy their allotment of raffle tickets for a chance to draw the card. If everyone buys their full allotment of 100 tickets, there will be four rounds of draws before all 10,000 tickets are gone. Harris said that the 50/50 draw was well over the \$3,000 mark again.

"People brought campers and tents to get a ticket. We never thought this would happen," said Harris.

"We wanted to make the change for people's safety and for the Legion. We could be liable if someone were to get hurt or freeze overnight. It's just safer this way."

The draw on Friday Nov. 3 will take place shortly after 8 p.m. and tickets are being sold between the hours of 6 and 8 p.m. If, by some chance, the winning card is not selected this week, then the draw will continue for one more week. But because there will only be the winning card left, the



EXPRESS PHOTO TAKEN BY CINDY THORKELSON

People camped out over night outside of the Lundar Legion to get a ticket for the chase the ace. The pot this week is \$55,622. From left: Chrissy Crisp, Pat Fuller, Linda Fortin, Ethel Desjarlais.

drawing of the tickets, which otherwise would be to select the person to choose a card, will now just select the winner of the pot.

The question remains: with \$55,622 on the line and only two cards left, will the ace be found tomorrow?

How to protect your data from the WPA2 hack

By Jeff Ward

A recent exploit in the industry standard WPA2 protocol has left many Wi-Fi networks in danger of being accessible by hackers. But what information can they steal and how do you protect yourself?

The vulnerability is called a key reinstallation attack (KRACK) and works by allowing a hacker to reuse a one-time key given to any device trying to connect to a Wi-Fi network. It is a complex process that requires a very knowledgeable person but, if done, the hacker could have access to everything sent between your device and your Wi-Fi access point.

The good news is that most modern websites use what is called an https

certificate, meaning that information on those websites can't be seen even if intercepted by a hacker. Also, credit card and banking information is subject to another layer of encryption, which means that the information is likely safe. Not all sites are created equal, though, and there is the possibility that what is seen online or what is posted on unsecured sites can be monitored and stolen.

Lakeshore School Division technology supervisor Justin Critch is responsible for all tech in the division. He explained that almost all routers are susceptible to this attack, but in the Interlake it's extremely unlikely that someone would possess the capability to attack access points. He said that

the job of manipulating the security is time intensive and also very complex.

"I don't think this particular attack should be a concern for people in our area. Places where you should be concerned though are Wi-Fi hotspots in public spaces," said Critch.

There are ways to protect your online activities from being intercepted, said Critch, and the two most effective are to update your devices and your router. Apple says they have fixed the vulnerability in their latest software update, which will release shortly. Android phones are slower to release updates but Google has also said they are working to fix the problem. Microsoft has already released a Windows update to address the issues, so those

running Windows on their computers can update now.

Critch said that updating your Wi-Fi router will also fix the vulnerability and is a good place to start. If your phone doesn't have an update and you're concerned about your privacy, turning the Wi-Fi off on your device is just as good. The data your phone uses isn't vulnerable to the KRACK, so switching solely to using a data signal will protect your privacy.

"The most important things people can do to protect themselves is update their devices when new software comes out. The security updates in there will help keep your phone or computer safe," said Critch.



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INSIDE > OUTSIDE > UPSIDE DOWN

Lightning defeat Warriors in Bantam 'AAA' play

By Brian Bowman

The Interlake Lightning proved that you can't score unless you shoot the puck.

And, boy, did they ever shoot the puck against the Winnipeg Warriors in Bantam "AAA" action on Sunday.

Interlake peppered Warriors' goaltender Scott Thompson with 54 shots in a 6-5 road victory at Notre Dame Arena in Winnipeg.

It was a great win by the Lightning but the first period was all Warriors as the home side took a three-goal lead on goals by Ryland Hueging (two) and Paison Butler. Hueging's first goal came on the power play.

"It was a tough first period, we were down 3-0 going into the second period," said Lightning head coach Chad Balmer. "We've had trouble scoring lately but the kids played well and came back."

Interlake trailed 3-0 despite outshooting the Warriors 22-16 in the opening period. The Lightning fired 19 more shots in the middle frame, scoring three times.

"We made our shots count," Balmer stressed. "We outshot them in the first period but we just couldn't get a goal."

Lane Bond, on the power play, and Jacob Plett scored for the Interlake early in the second period but Winnipeg responded with goals from Butler and Michael Tanchak (shorthanded).

But it was all Lightning after that.

Interlake captain Colby Bear of Peguis scored his seventh goal of the season at 12:51 of the middle frame

and then Kaydyn McMahon and Brett Tataryn, with a pair, tallied in the third.

Tataryn's game winner came at 18:56 of the third.

Jackson Kummen and Gavin White split the goaltending duties for the Lightning.

On Saturday, the Eastman Selects blanked the Lightning 4-0 in Stonewall.

Eastman's Evan Leeson scored the only goal of the first period and then Ashton Romaniuk and Kyle Melo (two) tallied in the third.

Romaniuk's goal came with the Selects shorthanded and then Melo added a pair of power-play goals.

"We got into some penalty trouble and it cost us two goals," Balmer noted. "And we just couldn't come back from that."

With the split last weekend, Interlake is now 4-5 in league play in what is considered a well-balanced Bantam AAA league this season.

Teams will have to play a full 60 minutes to win this season, warned Balmer.

"We had five wins total last year and we're already at four wins," Balmer said. "We have a really good group of kids and there's a lot of potential in the group. Our end goal is February 21 at the provincials and we feel strongly that we will be able to compete."

Interlake competed well at a Regina tournament last month, reaching the B-side final where they lost 4-2 to Brandon.



EXPRESS PHOTO BY LANA MEIER

Lightning captain Shane Bear of Peguis scored his seventh goal of the season to help Interlake defeat the Warriors 6-5.

"It allowed us to gel as a team," Balmer said of the western road trip.

Interlake is back in action Friday (7 p.m.) when it plays the Sharks in Gimli. On Saturday at 1:15 p.m., the Lightning will host the Warriors in Peguis.

Interlake, which excitedly expects to have forward Ashton Fisher back in the lineup this weekend, will wrap up the busy weekend with a Sunday noon game against the Chiefs in Shoal Lake.

Figure skating sectionals to be held this weekend

Submitted by Skate Canada Manitoba

The Skate Canada Manitoba Sectional Figure Skating Championship will select the top skaters in the province to advance to 2018 Skate Canada Challenge, ultimately leading to the Canadian Figure Skating Championships.

This event allows Manitoba to feature its skaters' athletic abilities and showcase their grace and talent to the public. These athletes will be travelling from across the province to strive to compete for provincial titles and to

achieve their personal goals.

The Skate Canada Manitoba Sectional Championships will be hosted by Skate Virden & Skate Canada Manitoba this Saturday and Sunday. The competition will be located at the Tundra Oil and Gas Place (900 5th St. South, Virden).

Over 70 figure skaters will be competing from the Pre-Juvenile to the Senior levels for the opportunity to be the top skaters in the province. The three top skaters at the Pre-Novice and Novice levels and the top two at

the Junior and Senior levels will have the opportunity to continue to the 2018 Skate Canada Challenge in Pierrefonds, Que., from Nov. 29 to Dec. 3, 2017.

For Novice, Junior and Senior skaters, this will be the qualifying event for 2018 Canadian Tire National Skating Championships. The Canadian Pre-Novice Champions in men's, women's, pair and ice dance are determined at Skate Canada Challenge.

"Skate Canada Sectionals is the entry point for the athletes, enabling

them to qualify for the 2018 Skate Canada Challenge in Pierrefonds in December followed by the national championships in Vancouver in January," said Donna Yee, Skate Canada Manitoba board chair.

"This national competition is where the 2018 Canadian Olympic figure skating team will be announced. It is very exciting for all the skaters to experience this level of competition and to dream about someday competing on the international stage."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Lightning sweep Northstars in Thompson

By Brian Bowman

The Interlake Lightning had a great trip up north last weekend.

And they came home with four valuable points.

Interlake swept the Norman Northstars, winning 6-5 on Friday and then 3-2 Saturday in Manitoba Midget AAA Hockey League action.

In Saturday's victory, Norman's Henry Muchikekwanape opened the game's scoring with a power-play goal at 7:38 of the opening period.

Interlake tied the score just 1:30 later on an Eric Krywy goal and then Corey Soorsma struck on the power play at 18:01 of the first period. Soorsma finished the game with three points.

The second period was scoreless and then the Lightning's Gabe Odowichuk netted a power-play goal at 1:33 of the third period.

But Norman made things interesting when Mitchell Reid scored while the Northstars were shorthanded at 18:43.

Riley Buhay made 36 saves in the win.

Interlake was 2-for-7 on the power play while Norman was 1-for-11.

On Friday, the Lightning edged last-place Norman 6-5 as Interlake overcame a 3-1 deficit midway in the second period.

Ashton Charison, Jordan Wood, Krywy, Jaytey Towle, Hunter Halcrow and Keenan McPherson scored for the Lightning.

Dan Paseschnikoff and Bryce Krauter each had two assists in the game.

Reid, Albert Berard, Jon Tagoona, Sheldon Howard and Jonathan Saunders replied for Norman.

Josh Bond made 26 saves for the win.

With the road sweep, Interlake improved its record to 4-6. The Lightning have now won four of their past seven games.

Interlake Lightning Day

Meanwhile, all four Lightning boys' teams will be playing in Peguis this Saturday for an Interlake Lightning Day.

A Bantam "AA" game against the Southeast Blizzard at 11 a.m. will be followed by a Bantam "AAA" contest between the Lightning and Winnipeg



EXPRESS PHOTO BY KYLE DARBYSON / THOMPSON CITIZEN

Interlake forward Eric Krywy battles Norman's Keistin Saunders during Manitoba AAA Midget Hockey League action last weekend in Thompson. The Lightning swept the road series, winning 6-5 and 3-2.

Warriors at 1:15 p.m.

At 4 p.m., the City Midget Lightning will clash with the Winnipeg Sharks

and then the Midget "AAA" Provincial Lightning will play the Parkland Rangers at 7:30 p.m.

Torfason terrific in Ice Dawgs' blowout victory

By Brian Bowman

The Arborg Ice Dawgs' Clint Torfason had a hockey game that most players only dream of experiencing.

Torfason scored four goals and had four assists for an eight-point game in a 12-0 thrashing of the visiting Norway House North Stars in Keystone Junior Hockey League action Sunday afternoon in Arborg.

The Ice Dawgs, which held period leads of 3-0 and 8-0, also received a three-goal and three-assist effort from Colton Davies.

Arborg's other goals came from Jordan Kristjanson, Tyson Parker, Cal Finnson, Braydon Peterson and Tristan Hudson.

Dylan Furgala finished the game with four assists while Kristjanson and Derric Gulay each had two helpers.

Joey Fratantonio made 25 saves for the shutout.

Last Friday, Peguis dumped Arborg 5-2 as Romano Paul paced the Juniors with two goals.

Keifer Tacan and Ethan Daniels each had a goal and an assist for Peguis while Storm Swan also tallied for the winners. Coulson Nepinak had two assists.

Tristan Hudson and Davies replied for Arborg.

Luke Penner made 31 saves for the win.

Arborg (4-2) will visit the league-leading Selkirk Fishermen (6-0-0-2) this Saturday (7:30 p.m.) and then will host St. Malo (5-0-0-2) on Sunday (2:30 p.m.).

Peguis (5-1), meanwhile, was at home last night against Fisher River (0-7) but no score was available at press time.

The Juniors will not play again until Nov. 11 when Fisher River comes to the Peguis Multiplex Centre.



EXPRESS PHOTO BY MATTHIEU MEIER

The Juniors' Keifer Tacan had a goal and an assist in Peguis's 5-2 win over Arborg last Friday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Johnson named Baseball Manitoba's female player of the year

By Brian Bowman

Jamie Johnson really enjoys playing the game of baseball.

And she's become really good at it.

Arborg's Johnson was recently named Baseball Manitoba's female player of the year. She will be honoured at Baseball Manitoba's awards banquet this Saturday in Brandon.

The prestigious award is a very deserving one for Johnson.

"I'm really excited and it's a really big honour," said Johnson last Friday afternoon. "It was a surprise...I wasn't expecting it at all."

Johnson was extremely busy this past summer on the ball diamond. Besides representing Manitoba on a national level with two female teams, she also played for the Grosse Isle "AA" boys' Midget team, which advanced to provincials.

Johnson plays several positions, including short-stop and second base, along with taking the hill as a pitcher. She prefers playing baseball over softball.

"I like the competitiveness of playing against the guys," Johnson said. "I started pitching and I really like that a lot. It's one of my favourite parts (of the game)."

Johnson had a couple of major highlights this season. The 17 year old standout represented Manitoba at the U16 nationals in Toronto (winning bronze) and, just a week later, was part of Team Manitoba's U21 squad that hosted a major tournament in Stonewall.

"It was really cool," she enthused. "It was really busy but it was cool. They were both really big tournaments and there were a lot of good teams there."

It was quite a week for Johnson, who earned an exciting 2-1 victory over B.C. after an exceptional pitching performance in a key game at the U16



EXPRESS FILE PHOTO

Arborg's Jamie Johnson was named female player of the year and will be honoured at Baseball Manitoba's awards banquet this Saturday in Brandon.

tournament.

She really enjoyed representing Manitoba on a national stage. Johnson is one of several outstanding female players residing in the Interlake.

"It's really exciting and a big honour," she said of being on Team Manitoba. "I worked hard to get

there. Our program is really improving. We now have 14U, 16U and 21U and we have come a long way since I started."

Baseball Manitoba's 2017 award winners include:
Grassroots Team of the Year - La Broquerie 15U AA Carillon

H/P Team of the Year - Minor - Team Manitoba Canada Summer Games

H/P Team of the Year - Major - St. James A's of the Manitoba Junior Baseball League

Grassroots Coach of the Year - Jeremy Culleton (Vassar) Carillon

H/P Coach of the Year - Faron Asham (Brandon) 2017 Canada Games

Challenger Player of the Year - Brett Hutton (Winnipeg)

Female Player of the Year Jamie Johnson (Arborg) Interlake

PeeWee Player of the Year - Dillan Thiessen (Altona) South Central

Bantam Player of the Year - Dawson Tanner (La Broquerie) Carillon

Midget Player of the Year - John Patmore (Pipestone) Oildome

Junior Player of the Year - Cole Armstrong (Winnipeg) St. James A's

Senior AA Player of the Year - Ryan Shaw (Rivers) Rivers Senior

Volunteer of the Year - Bobbi Benton (Winnipeg)

Youth Umpire of the Year - Carter Williamson (Dauphin) Parkland

Umpire Award of Merit - Marty Flett (Ebb & Flow) Parkland

Honour Society - Patti Hacault (Bruxelles) Pembina Hills, Brian Hodgson (Winnipeg), Mike Johnson (Baldur) Pembina Hills and Marvin Mills (Boissevain) Oildome.

Mercs to begin SEMHL season at home Friday

By Brian Bowman

The Warren Mercs know that they will begin their South Eastern Manitoba Hockey League season this Friday at home against Portage.

What they don't know, however, is who will be in their lineup.

As of Monday afternoon, the Mercs were still waiting for players to sign on the dotted line to represent the club during the 2017-18 season.

"We have most of the players returning but we will have a different look," said Mercs' head coach Gerry Minaker.

Some familiar faces returning to the

Mercs' lineup, said Minaker, include forwards Brock Genyk, Trent Genyk, and Bryn Lindsay and defencemen Matt Jacobucci and Dylan Hykawy.

Travis Bosch will return as the starter in goal for Warren.

With the Stonewall Flyers taking a leave of absence from the SEMHL this season, Minaker expects to pick up a few players from their team.

The Mercs' head coach was disappointed that Stonewall will not ice a team this season.

"It's very unfortunate because we had a nice rivalry with the (Flyers)," Minaker said. "And it's nice for our

guys to have a nice close road game."

Minaker likes the way the Mercs' season ended a year ago and he expects the club to be just as competitive this season.

"We feel we can play with just about anybody and we expect to be challenging this year," he said. "It's a very competitive league and there's lots of parity."

"Some of the teams have had guys come and go, whether it is through retirement or jobs have taken them elsewhere, but that happens in senior hockey."

The Mercs would love to see some

big crowds come out this season to watch a very good level of hockey.

"If people come out, I think that they would be very pleased with the level of hockey that they would see," Minaker said. "All of the teams have one or two players that have played some pretty high-end hockey, whether it is semi pro, college, the western league or the MJ."

"There's also a good mix of local talent, too."

Game time for Warren's home opener against Portage is 8 p.m. Tickets are just \$7 for adults and \$5 for students and seniors.

Locals to enter Manitoba Baseball Hall of Fame

1974 - 1979 Warren Senior Baseball Team

Interlake baseball players to be honoured in June

Staff

Woodlands' Trevor Procter and Lunder's Troy Fortin, along with the Warren's Seniors (1974-79), are among the Manitoba Baseball Hall of Fame 2018 inductees.

The announcement was made on Monday in Winnipeg.

Procter and Fortin will be joined by Faron Asham, Doug Freeth, Andrew Collier, Jason Mateychuk and Terry Mayert in the individual category.

The Warren Seniors will be inducted in the Small Community category while the Brandon Marlins (1999-2008) and Morden Mohawks (1993-2000) will go in the Major Teams category.

Procter was an outstanding player at all levels from the 1986 Midget Western and Canadian championships to nine Senior Western and Canadian nationals (winning three silver and a gold medal).

He was a versatile player who mainly played third base and was voted defensive player of the year for three consecutive junior seasons with Legion 141.

As an 18-year-old pickup, Procter hit .571 at the 1988 Senior Western Canadians in Kamloops.

He went on to have a lengthy — and successful — career in the Red Boine Senior League and with the Stonewall Blue Jays of the Winnipeg Senior Baseball League. Procter was a member of multiple league and provincial-championship teams.

He took up coaching minor ball in his hometown of Woodlands and has been very instrumental in keeping baseball alive in the community.

Several of his coached teams have made provincial appearances over the last 15 years but, more importantly, he has inspired and motivated many children to continue playing baseball.

Fortin, meanwhile, had one of the most outstanding baseball careers for a Manitoba-born player. His dominating minor career (where he often played above his age category) earned him MBA player of the year awards in 1990 and 1992.

Fortin was drafted as a catcher by the Minnesota Twins in 1993 and rose through their minor system from rookie to AA ball from 1993 to '98.



1975 Team Photo, back row, left to right: Wayne Shorten, Laurie Langrell, Ernie Mol, Chuck Lefley, Earl Backman, Dennis Langrell, Dan Sutherland, John Stewart. Front row, left to right: Greg Jones, Bill MacGillvary, Chris Riddell Jr., Gordon Riddell, Tom Lefley, Chris Riddell, Gary Tait. Missing: Ken Riddell, Forbes Stewart. **1974-1979 inset photos**, left to right: Art Vandell, Bryan Lefley, Cam Baldwin, Dave Crockatt, Dick Friesen, Forbes Stewart, Jeff Riddell, Ken Riddell, Vern Nickel, Myles Riddell.

In 1996, he set an A ball record by going 25 games — and 75 at bats — without striking out.

In 1998, Fortin asked for his release from the Twins so he could sign with the Winnipeg Goldeyes.

His talent was on full display for local fans until he retired in 2000. Fortin batted .332 with a .940 OPS while committing only five errors in three full seasons as a Goldeye.

In 1999, he played for Team Canada and won a bronze medal at the Pan Am Games in Winnipeg. Since his Goldeyes' retirement, Fortin has played for several Manitoba senior teams and at Canadian senior tournaments.

The Manitoba Baseball Hall of Fame will hold its 22nd annual induction banquet on June 2 at 5 p.m. at the Morden Event Access Centre where the Hall of Fame is located.



Trevor Procter



Troy Fortin

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jones tops Einarson in Master's women's championship

Staff

Jennifer Jones defeated Camp Morton's Kerri Einarson 7-4 Sunday in Lloydminster, Alta., to capture her first Master's women's title.

Einarson led 3-2 lead after four ends, but Jones scored three in the fifth and stole one in the sixth on her way to winning the second Grand Slam of Curling event of the season.

Jones, along with third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen, took home a sweet \$30,000 for the victory.

East St. Paul Curling Club's Einarson, along with third Selena Kaatz, second Liz Fyfe and lead Kristin MacCuish, earned a spot in the Masters by winning the Tour Challenge Tier 2 back in September.

The women's field consisted of 15 teams.



EXPRESS PHOTO SUBMITTED

Kerri Einarson lost 7-4 to Jennifer Jones in the final of the Grand Slam of Curling last Sunday.

Falcons fly past Thunder in Midget semifinal

By Brian Bowman

The Interlake Thunder learned a hard lesson on Saturday.

The Midget Football League of Manitoba playoffs are a whole different game compared to the regular season.

Interlake was smashed 36-0 by the Falcons Football Club in a league seminal game in Winnipeg. The Falcons scored early and often in this one, doing most of their damage in the first half.

"I thought our preparation during the week was pretty good," said Thunder head coach Mitch Obach. "Guys seemed ready to go but we got behind the eight-ball and sometimes you try to dig out of that and it gets worse and worse."

Interlake struggled on offence, turning the ball over early, and they never did get their running game going. During the season, the Thunder was pretty good at moving the ball on the ground, including their regular-season finale against the Falcons.

"We made some adjustments that we thought would work and they made better adjustments on us to

slow that right down," Obach said.

Interlake had the youngest – and most inexperienced – team in the four-team league and it showed in the playoff game. But the good news is that the Thunder will lose just nine players from this year's 38-player roster due to graduation.

The future looks very bright for the Interlake Midget football program.

"The year was a positive one," Obach stressed. "We developed a lot of players – more than we have been able to in past years. The numbers have been less in past years and we were scrambling more from week to week to really compete."

But the Thunder competed really well on a weekly basis this season, finishing with a 3-4 regular-season record. Many of the Thunder players came from all over the Interlake, often making lengthy drives to games and practices.

"The dedication was there this year and it was pretty impressive," Obach said. "We had guys from Fisher River, Fisher Branch, Moosehorn and St. Martin. We had guys coming from a



EXPRESS PHOTO BY LANA MEIER

The Thunder's Colton Nedotiafko gains a few yards during Interlake's 36-0 loss against the Falcons last Saturday.

long ways and they were at practices and they were contributing.

"It's great to have that commitment as a team."

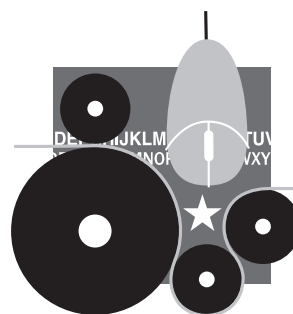
In the other MFLM semifinal game,

St. Vital crushed Sunrise 36-0. The league championship game between St. Vital and the Falcons Football Club is set for this Sunday at noon.

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| M | T | L | S | D | C | V | S | D | E | H | S |
| T | O | V | S | E | P | O | M | T | E | N | P |
| P | C | A | S | E | O | R | E | L | I | R | V |
| E | S | I | R | U | N | R | I | O | O | B | |
| R | A | T | S | S | L | E | S | D | E | O | E |
| V | A | L | E | P | A | V | M | U | G | | |
| S | E | R | E | S | B | A | P | N | N | T | D |
| V | A | B | O | D | O | A | V | A | S | O | E |
| S | V | A | C | T | S | I | C | T | L | E | S |
| H | O | D | O | R | I | R | I | B | T | B | |
| N | A | N | E | M | O | N | E | H | P | C | A |
| V | A | T | O | K | A | D | H | T | R | O | N |
| A | M | L | S | I | L | I | A | V | I | L | E |
| S | O | S | E | P | E | N | O | B | E | A | N |

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Corpuscle count (abbr.)
- 4. Longtime sports columnist Cook
- 9. Tributary of the Rio Grande
- 14. Geological time
- 15. About ilium
- 16. Religion
- 17. Beverage holder
- 18. Its largest city is Fargo
- 20. Attaches muscle to a bone
- 22. Hindu queens
- 23. Sir ___ Newton
- 24. Developments
- 28. British thermal unit
- 29. The Ocean State
- 30. Smell
- 31. Line
- 33. Seizure
- 37. Where vets are tended to
- 38. Goddess of the dawn
- 39. Pear-shaped fruit
- 41. Taxi
- 42. Where injured ballplayers end up
- 43. Preceding period
- 44. Uncovers
- 46. Smudge
- 49. Dad
- 50. Peyton's little bro
- 51. Flawless
- 55. Judges
- 58. Expressed one's displeasure
- 59. Immature
- 60. PBS interviewer
- 64. Hat
- 65. Cover with wood
- 66. Acts dejectedly
- 67. Perform
- 68. Where people store their tools
- 69. Sulfuric and citric are two
- 70. Long-term memory

CLUES DOWN

- 1. Muscles that control eyeball movement

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 |
| 14 | | | | 15 | | | | | | 16 | | | | |
| 17 | | | | 18 | | | | | | 19 | | | | |
| 20 | | | | 21 | | | | 22 | | | | | | |
| 23 | | | | | | 24 | 25 | | | | | | 26 | 27 |
| | | 28 | | | | 29 | | | | 30 | | | | |
| 31 | 32 | | | | | 33 | | 34 | 35 | 36 | | | 37 | |
| 38 | | | | | 39 | 40 | | | | | | | 41 | |
| 42 | | | | | 43 | | | | | 44 | 45 | | | |
| 46 | | 47 | 48 | | | | | 49 | | 50 | | | | |
| 51 | | | | | 52 | 53 | 54 | | | 55 | | | 56 | 57 |
| | | | | | | | | | | 59 | | | | |
| 60 | 61 | | | | | | | | | 62 | 63 | | | 64 |
| 65 | | | | | | | | | | | | | | 67 |
| 68 | | | | | | | | | | 69 | | | | 70 |

- 2. Hillside
- 3. The dried leaves of the hemp plant
- 4. Used to see far away things
- 5. Inventor Musk
- 6. We all need it
- 7. ___ King Cole
- 8. Earthy pigment
- 9. Stringed instrument
- 10. A language of the Inuit
- 11. Shattered
- 12. Cereal plant
- 13. Senior officer
- 19. Sportscaster Patrick
- 21. What day it is
- 24. Petrels with saw-toothed bills
- 25. Bumps in the road
- 26. Stars
- 27. Riding horses
- 31. Swamp plant
- 32. Type of bear
- 34. Style of cuisine
- 35. Home of the Flyers
- 36. Serious-mindedness
- 40. Velvet Underground album
- 41. Highly important
- 45. Winged
- 47. Cultured
- 48. Fastened
- 52. ___ Royce
- 53. Wrath
- 54. Excessive fluid accumulation in tissues
- 56. Synchronizes solar and lunar time
- 57. Ninth month
- 59. Deployed
- 60. Cycles per second
- 61. Expresses surprise
- 62. Mythological bird
- 63. Open payment initiative

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MUNICIPALITY OF BIFROST-RIVERTON CHANGE OF MEETING DATE



TAKE NOTICE THAT the Council Meeting of the Municipality of Bifrost-Riverton regularly scheduled for Wednesday, November 8, 2017 is changed to Wednesday, November 15, 2017 at 8:00am.

Dated at Arborg this 12th day of October, 2017.

Cindy Stansell, CMMA
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