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THE EXPRESS

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WEEKLY NEWS

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We will remember

EXPRESS PHOTO BY PATRICIA BARRETT

Gimli High School staged a re-enactment of D-Day, the landing of Allied troops on the beaches of Normandy on June 6, 1944, to show grades 9 and 12 students the chances of surviving an offensive against German-held France. The Grade 9 students (playing the Allies) were attacked by German gunfire when they landed on the beach.

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

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SSES seeks to raise \$80,000 for natural playground

By Marlene Ness

Gimli's Sigurbjorg Stefansson Elementary School is hoping to literally reshape the school's landscape from the ground up. Principal Rosanna Cuthbert is moving forward with an expansive Natural Community Playground project set to launch in spring of 2017.

Six years in the making, the natural playground project is "a gift to the community and a focal point for fu-

ture generations for Gimli's families," Cuthbert said.

The total cost of the playground is estimated at \$300,000, which will be completed in two phases. Phase 1 is estimated to cost \$150,000 and is scheduled for completion in summer of 2017.

"We currently have around \$70,000 and hope to raise \$80,000 before

Continued on page 5



EXPRESS PHOTOS BY MARLENE NESS

Sigurbjorg Stefansson Elementary School principal Rosanna Cuthbert shows off a portion of the natural playground that she hopes will begin breaking ground next spring.

Remembrance DAY november 11th SERVICES

(All events open to the public)

2016 Remembrance Day Ceremonies

Legion	Location	Date	Time
Gimli BR 182	Gimli High School Gym	Fri. Nov. 11	10:30 AM
Winnipeg Beach BR 061	Legion - 20 Hamilton Ave	Fri. Nov. 11	10:30 AM
(Lunch to Follow)			
Eriksdale BR 140	Eriksdale Recreation Centre	Fri. Nov. 11	10:50 AM
Ashern Legion BR 057	Ashern Legion	Fri. Nov. 11	11:00 AM
Arborg Legion BR 161	Arborg-Bifrost Community Centre	Fri. Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Fri. Nov. 11	10:30 AM

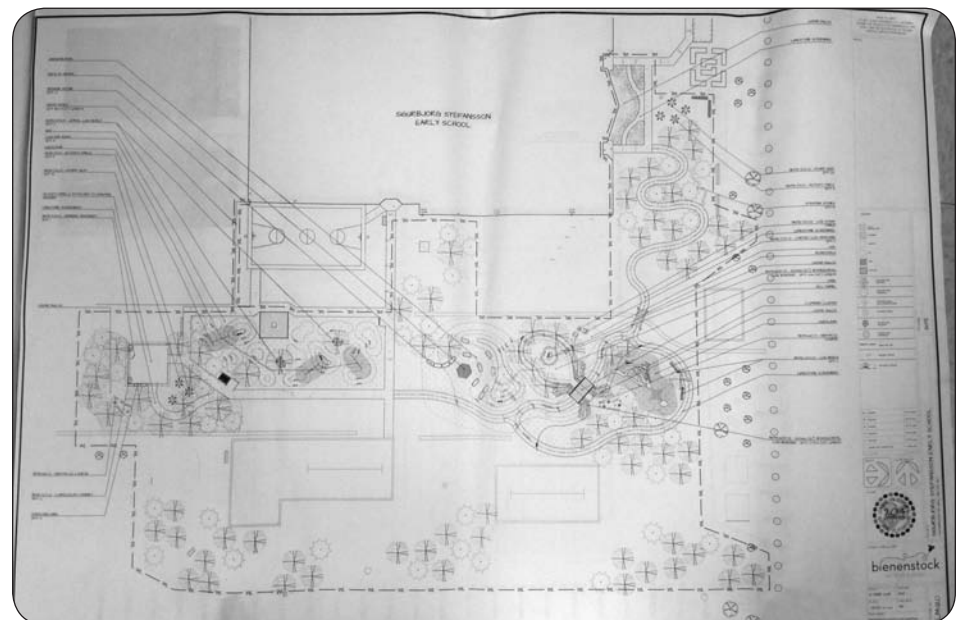
Camp Morton Remembrance Day Service Committee is holding their 16th annual Remembrance Day service on Friday, November 11. Service takes place at 10:45 a.m. at Camp Morton Provincial Park.

We welcome the public to join past and current serving members at the only outdoor service in the Interlake.

2016 Remembrance Day School Ceremonies

Lakeshore School Division	Date	Time
Alf Cuthbert School	Wed. Nov. 9	10:30 AM
Ashern Central School	Tues. Nov. 8	10:45 AM
Ashern Early Years School	Wed. Nov. 9	10:40 AM
Eriksdale School	Wed. Nov. 9	10:30 AM
Fisher Branch Collegiate	Tues. Nov. 8	10:55 AM
Fisher Branch Early Years School	Wed. Nov. 9	1:15 PM
Lundar School	Wed. Nov. 9	10:30 AM

Evergreen School Division	Date	Time
Arborg Early Middle School	Wed. Nov. 9	11:30 AM
Riverton Early Middle School	Wed. Nov. 9	11:20 AM
Winnipeg Beach School	Thurs. Nov. 10	11:30 AM
Sigurbjorg Stefansson Early School	Wed. Nov. 9	9:15 AM
Dr. George Johnson Middle School	Thurs. Nov. 10	11:00 AM
Arborg Collegiate	Thurs. Nov. 10	10:30 AM
Gimli High School	Thurs. Nov. 10	10:45 AM
Riverton Collegiate -	In class Observances	



The Gimli Elementary will have the school's landscape changed from the ground up beginning next spring.

Lest We Forget

A day of remembering those who gave all.

Derek JOHNSON
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Old-Fashioned Christmas concert to ring in the festive season

Fraserwood's 3rd Annual Old Fashioned Christmas Concert on Nov. 20

By Marlene Ness

Bells chime, strings resonate, harmonies ring out and Santa hovers in the minds of young and old alike. What puts people into the spirit of Christmas more than an old-fashioned Christmas concert?

Fraserwood Hall will be hosting its 3rd Annual Old-Fashioned Christmas Concert on Sunday, Nov. 20 at 2 p.m., with a lineup of talented local entertainers that is sure to draw everyone into a festive, fun-loving mood.

This year's performers include both well-established Interlake musicians as well as a few new acts.

The event is hosted by Fraserwood's own Adam T. Elvis, Adam Tarnowski, who will be lighting up the stage with

his son Jackson, also a talented artist.

Numerous traditional and much-loved groups at this year's Fraserwood concert will include the Westshore Singers, the Interlake Ukrainian Choir and the Gimli Handbell Ringers. Other popular performers on the slate for Nov. 20 include Chris Magnusson on vocals and guitar, and toe-tapping fiddler Keenan Karish.

One new group performing at this year's Fraserwood Christmas concert is a ukulele group called S.O.S. (the Strung Out Strummers), who promise to delight the audience with their ukuleles and amazing vocals.

Naturally, Old Man Christmas himself — the magical Mr. Claus — is reputed to be popping in for a special

guest appearance midway through the evening. Dainties and beverages will be served at intermission.

Tickets for the 3rd Annual Fraserwood Old-Fashioned Christmas Concert are \$12 for adults, \$5 for kids aged 7-12, and kids six and under are free, with \$2 from each ticket going to the Seniors Resource Centre in Gimli.

Tickets may be purchased at J&J Store in Fraserwood, Seniors Resource Centre in Gimli, Evergreen Basic Needs, Tergesen's General Merchant, Nancy at Garriock Insurance, and Fraserwood Hall members.

A team of industrious elves will be hard at work decking out Fraserwood Hall in its finest Christmas attire and assembling a large silent auction for this memorable musical event. All concert-goers are asked to bring along a Tin for the Bin for the Evergreen Basic Needs' Christmas Hamper Program.

For further event information, call Grace at 204-642-9414.



EXPRESS PHOTO BY GRACE ARTYSHKO

Organizers are hoping that the Fraserwood Christmas Concert will draw music-lovers together in the spirit of the season while raising donations for Evergreen Basic Needs' Christmas Hamper program.

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Chest Freezer 18 cu ft
Reg. \$849.00 **Sale \$749**

Chest Freezer 21 cu ft
Reg. \$949.00 **Sale \$799**

Upright Freezer 17 cu ft
Reg. \$799.00 **Sale \$729**

Upright Freezer 21 cu ft
Reg. \$929.00 **Sale \$829**

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Gimli High School stages chilling D-Day re-enactment

By Patricia Barrett

Gimli High School staged a re-enactment of D-Day, the landing of Allied troops on the beaches of Normandy on June 6, 1944, to show grades 9 and 12 students the chances of surviving an offensive against German-held France.

Canadian troops, part of a contingent of Allied forces, staged an assault on Juno Beach (a military code name) that day, and hundreds were gunned down before and after they set foot on the beach.

Teachers Scott Powers, James Squisato and Ashley Warcimaga held the D-Day exercise Oct. 31 on Gimli Beach. It was a stark reminder of the slaughter of the Second World War (1939-1945) in which an estimated 61 million people (military and civilian) died.

"For some people on D-Day, it was that quick," said Powers, referring to instantaneous death. "They trained for three, four years and they never got off the boat. They never got 20 feet up the beach."

Before the exercise got underway, Powers stood on a picnic bench, calling the name of each student as though he were a general reviewing his troops.

Armed with 300 bags of flour, which represented bullets and mines, Grade 12 students (playing the Germans) aligned themselves in two rows from the shoreline up the beach. They hurled the bags at Grade 9 students (playing the Allies) as they tried to run from the water's edge to a designated safe zone in a parking lot behind a condominium.

"Hundreds and hundreds of people got killed on D-day and never got hit by a bullet," said Powers. "When they came out of the boats — and the Germans were firing right up the landing craft as soon as the ramps went down — they were going over the sides. You've got 70 pounds of weight on, and ... men drowned. ... They couldn't get the weight off their backs. ... And they were people not much older than you ... 17, 18, 19."

The Battle of Normandy, code-named Operation Overlord, lasted from June 6 until the liberation of Paris on Aug. 25, 1944. It would take nearly another year before the Allies toppled the Nazi regime and released death camp survivors.

D-Day itself, code-named Operation Neptune, lasted from June 6 to June 30, according to the D-Day Museum in Portsmouth, England. About 156,000 Allied troops, including Canadians (21,400), Britons and Americans, landed on five beaches along a heav-



Allied soldier Brock Heapy is hit in the back by German gunfire.



Teachers Scott Powers, James Squisato and Ashley Warcimaga organized a re-enactment of D-Day on Gimli Beach.

ily fortified 50-mile stretch of Normandy coastline. French, Australians, New Zealanders, Belgians, Czechs, Greeks, Dutch, Norwegians and Poles also took part in D-Day and the Battle of Normandy.

D-Day, which means a day on which a military operation begins, is considered one of the largest amphibious assaults in recorded history.

"Try to imagine a morning like this ... foggy, the sun comes up and the fog lifts," said Powers, referring to the Germans in bunkers. "... One minute you see [nothing] ... and 30 seconds later, you see ship after ship. And all you can see is the landing craft coming in. And you sit here and think they're all coming right for you."

The Portsmouth Museum states there are no official casualty numbers (killed, wounded, missing) for D-Day, but estimates there were over 10,000 casualties, including 2,500 dead. Of those casualties, 946 were Canadian, 2,700 British and 6,603 American, all of whom made up the majority of the troops. New research places Allied deaths at 4,413. Total German casualties are unknown but are estimated at between 4,000 and 9,000.



EXPRESS PHOTOS BY PATRICIA BARRETT

An Allied soldier stages a breakaway amid the bodies of his fallen comrades.

Of the 53 students playing the Allies, 40 were killed or wounded as they tried to reach the parking lot.

For Grade 9 student Brock Heapy, the exercise underscored what he had learnt in history class.

"As a young Canadian," said Heapy, "I think of all the courage and self-sacrifice that went on that day by all the brave troops that went out there ... on that beach."

He said he recalled Mr. Powers speaking about the big breakfast the troops were served before setting out on a three-hour journey across the English Channel and becoming seasick.

"Most of them were puking on their boats..." said Heapy, whose great-grandfather fought in Africa and Italy. "And they were puking in their helmets. They said they'd rather go out on that beach fighting than go on those boats again."

When describing his own run up the beach, Heapy said the flour (representing smoke) compounded the confusion.

"It was really hard to see when we were on there because of all the flour in the atmosphere," he said. "It was getting in your eyes."

Although he said he initially felt hopeful about his chances of surviving, it soon turned to dismay when he got a flour bag in the back.

"I thought they were running out of bags, but I realized ... they still had

the bags. So I kind of ran ahead in the front and I made it by," he said. "... But I got hit last second. And I was thinking, 'I was going to make it. I was going to make it,' and I got hit."

Heapy, who plays a lot of sports and watches military movies, twisted in the air when he was struck and fell to his knees with an expression of disbelief before trying to staunch the flow of blood from his mock wound.

One student leapt over a fallen comrade and kept running. Another, clutching his cap as though it were a helmet, bided his time among the fallen bodies on the beach then staged a breakaway.

After the exercise, Powers imparted a bit of military strategy. While he had instructed students to make a beeline from the water's edge to the parking lot, some could have dashed behind the line of Grade 12 students.

"I think I'll cheat and go that way," said Powers. "In a real battle, that ain't cheating — that's staying alive. And if you would have went that way, it would have forced some of the Grade 12s to go with you, which means there's now gaps."

Before heading back to class to write a reflection on their experience, students picked up the flour bags from the beach.

Powers asked them to take a moment on Nov. 11 to reflect on war.

"Just think about what you went through and what it would have been like if it had been real."

"HUNDREDS AND HUNDREDS OF PEOPLE GOT KILLED ON D-DAY AND NEVER GOT HIT BY A BULLET."

Town of Winnipeg Beach 'way' under budget on water system upgrades

By Patricia Barrett

The cost of a water meter project and water treatment plant upgrade in the Town of Winnipeg Beach is expected to fall well below a projected cost of \$800,000.

At council's regular meeting Oct. 26, CAO Kerry Lawless said the anticipated — but not finalized — cost of the project is now about \$520,000.

"[I was] talking to the Water Services Board, [and] we're way under budget on it," said Lawless. "And we may be able to include the roof, the door and ... the lighting upgraded in there. We may be able to include that under the project and get 50 per cent funding on that."

For the water meter project, Lawless said the town had some bigger meters that weren't required and that public works is going to try to return them.

Coun. Ryan Reykdal said all the water meters have been installed.

Other council briefs:

Council will be asking the RM of St. Andrews whether it would be amenable to sharing the costs of two roads that straddle the municipalities' border.

"We've been maintaining for many years the two shared roads we have with St. Andrews — there's Kernstead and the quarter mile road — and we've been doing the grading ... dust control ... and snow removal for years, so we just thought we'd ... share it somehow," said Coun. Daryl Carry.

Mayor Tony Pimentel suggested the

Town and the RM might want to alternate maintenance.

Coun. Reykdal said, "I think for the snow removal end of things, it's at the end of their run, so they wouldn't get it done as quickly as we would."

Pimentel said perhaps St. Andrews can look at the gravelling part of it.

"One half of the road is St. Andrews' and the other half is ours," said the mayor.

Council will set out its proposal in a letter and perhaps set up a meeting with St. Andrews' council members at the Association of Manitoba Municipalities annual convention in November.

Council also passed a resolution to ask the RM of St. Andrews to consider contributing to the costs of operating the Winnipeg Beach Recreation Centre, which RM residents use for hockey, fitness classes and public skating.

The resolution states that the fees charged for use of the facility are insufficient to cover its annual operating costs and has to be subsidized by Winnipeg Beach ratepayers.

Council will be asking the RM to consider providing an operating grant for 2017 and subsequent years.

Coun. Darlene Shkawritko reported that the fire department committee is still looking at entering into an agreement with other municipalities for the bulk purchase of oxygen masks.

Shkawritko said there has been concern over careless fire events and that perhaps council should change a

town bylaw to recoup the expense of the fire department attending such situations.

The mayor said someone had a burn barrel close to a treeline and "went back to the city and the fire department was called out."

Shkawritko said the person had the burn barrel going more than once.

"In our bylaws, we charge a fine," said Pimentel. "We were talking about charging an hourly rate. We don't have anything in place on that. But we do have a fine that we can administer between \$100 and \$1,000."

The cost of the department attending a fire is about \$500 an hour.

Council decided to leave the bylaw as is because it can recoup the costs of careless incidents under current by-law provisions.

Council passed a resolution to not to renew its Code Red system, which the town has tried out for a year.

The system, which sends municipal alerts (weather warnings, etc.) to residents by phone, costs \$1,500 USD.

"When we looked at the numbers ... participating," said the mayor, "and we've been trying to ... get more people involved with it, but our numbers haven't been there."

Coun. Carry said council promoted the system, but not enough people signed up.

Council reviewed its zoning bylaw pertaining to the use of signs, noting that three signs in town contravene the bylaw.

Water Treatment Plant/Meters Project:

Original	
Budget	\$800,000
Town share	400,000
Interest rate	5%
Up-front payment option	\$2,649.01
Annual payment	298.88
Number of properties	151
Anticipated	
Total	\$520,000
Town share	260,000
Interest rate	3.25%
Up-front payment option	\$1,768.71
Annual payment	180.35
Number of properties	147

EXPRESS PHOTO SUBMITTED

This table shows the "anticipated" cost of water meters and a water treatment plant upgrade. The actual cost is not yet finalized, but Winnipeg Beach council expects it to be far lower than originally expected.

"No signs shall be erected, operated, used or maintained which is not related to any business upon the site where the sign is located," said Lawless, reading out the bylaw.

The town was advised by the local planning district that most RMs enforce their bylaws on a complaint basis, said Lawless, and that council might want to consider grandfathering the three which have been up for a number of years.

Continued on page 9

> NATURAL PLAYGROUND, FROM PG. 2

education. Bienenstock lists benefits of natural play as stress reduction, lower incidence of behavioural disorders (such as ADD), more diverse and creative play, reduction of bullying, advanced motor fitness skills, greater concentration and self-discipline. Natural playgrounds are undeniably an emerging trend.

"It centres on the concept of the environment as a third teacher," explained Cuthbert, noting one of the core beliefs of the Reggio Emilia philosophy.

Over the past several years, SSES had utilized the guiding principles of Reggio Emilia as a framework for the school's learning evolution. One only has to walk through the doors of SSES to notice a dramatic contrast to the traditional school environment.

Classrooms in SSES contain plants, trees, soft ambient lighting and non-traditional seating, which encourages social collaboration among students.

In Cuthbert's words, "You won't

see rows of desks here." Small clusters of kids gather at circular tables. Floor seating is also common. The spirit of merging the outdoor environment with indoors flows beautifully throughout.

SSES has been steadily gaining recognition as a green prototype, receiving the 2015 Manitoba Excellence in Sustainability Award and the honour of being the first rural school in Manitoba to achieve Eco-Globe Transformational Status in 2014. Their steps to reconnect students, staff and community with nature is now attracting many groups to tour the small Gimli school to witness a metamorphosis in action.

"We have high parental involvement here," noted Cuthbert. "We collaborate every week with the high schools, the community, the conservation district, the mayor, the Lake Winnipeg Consortium. This project is about a philosophy of learning — and that we are learners together. We use these

principles to guide us in what we're doing in Gimli. We're not a Reggio Emilia school. Rather, we're a school that is inspired by Reggio Emilia."

The real scope of SSES's Natural Community Playground project is difficult to encapsulate in a few paragraphs. In the words of Albert Einstein: "Look deep into nature and you will understand everything better." This credo holds true for our children, our education system and our community as a whole.

"The Natural Playground is deeply intertwined with our philosophy, with our approach," concluded Cuthbert.

"It's been a six-year journey already. Our plan is to embark on Phase 1 this spring."

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THE EXPRESS WEEKLY NEWS



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **Catching fish is fun, but filleting is work**

Greetings, good friends.
Not long ago, I met a fine fellow, John Smaizys. He sported white hair, a moustache and a pointed beard that coupled with his engaging nature and wide smile made being around him pure pleasure. He gave us a wonderful fish story of when he was a young lad summering in Grand Beach.

Every day, John would carry his homemade dip net to the shore of Lake Winnipeg and catch enough minnows for a day's fishing. Come evening, he would fill the dip net with the many perch he had caught and lug it up the lane toward his parents' cottage. He would stop at each neighbour's place along the way, who by now were used to a special routine where he would ask if they wanted some fish. So he went, from neighbour to neighbour giving away some of his catch until he reached home.

There, mom's first question was, "Do you have any fish left?"

"No, mom," he would reply sometimes.

"Oh, thank heavens," she exclaimed. "I don't have to do any filleting today."

About a week ago, I met a great gal, Cara Gillespie, who originally came from The Pas. She had this delightful story for us about when she first met her future in-laws.

She was 16 then, standing beside her future husband, Wade, in her soon to be father-in-law's kitchen in Portage la Prairie when he, Keith Pashe, came in with a nice mess of pickerel he had caught in the Portage spillway. Wade introduced Cara to Keith, and after a while, Keith began rattling about setting up to fillet the fish on the cup-



EXPRESS PHOTO BY ARNIE WEIDL

Rich Hanford of Winnipeg with one of his pickerel catch off Breezy Point.

board's cutting board.

Cara stood by silent, arms folded, with an interested look on her face as she watched Keith, knife in hand, hesitating over a fish on the board. A troubled look came over his face and then determination as he attacked the carcass, making a terrible mess.

Cara became rigid in astonishment, and then anger as she realized he didn't know anything about filleting fish. Stepping forward, she eased him aside, took the knife and began deftly filleting one fish after another, a skill her father had taught her years ago. Keith sank back, rinsing his hands off in the sink, and as he looked over to Wade, whose face was filled with

pride, he proclaimed, "Son, we're keeping her."

The fall pickerel angling run is in full swing at places like Pine Falls and Breezy Point. There had to be 40 or 50 truck-boat trailer rigs parked at each spot when I visited them.

One such angler at Breezy Point was just coming ashore about two weeks ago on an early hazy warm afternoon as I drove up. I waited until he loaded his brand new boat that appeared to have every option known to man and then walked up as he was arranging gear in the craft. I complimented him on his boat then asked for a story.

This energetic guy with a deep voice

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Lundar residents organizing Canada 150 celebration

By Jeff Ward

During the first of what will be many meetings, the newly formed committee tasked with organizing the Canada 150 celebration in Lundar threw around ideas that could make for multiple celebrations throughout the year.

The council of the RM of Coldwell organized the first meeting with council members Amanda Stevenson and Greg Brown attending alongside Coldwell CAO Nicole Christensen.

Stevenson explained that council is not going to be part of the committee but wanted to set up a first meeting to help establish one and be there to assist in the planning if needed. She added that council is looking for the community to take ownership of the

planning and was happy to see so many fun and unique ideas thrown around during the first meeting. None of these ideas are set in stone but much of the fun of this planning stage is the freedom to come up with any idea, no matter how extravagant.

"We had a lot of great ideas thrown around and one of them was to possibly host a New Year's Eve celebration to ring in 2017 as a year of celebration," said Stevenson.

"Someone brought up that for the 100th anniversary, there was a torch parade and we feel like that would be a great celebration to kick things off. What we want is for 2017 to be a year of celebration for the entire community, so right now, we're just starting the idea phase."

Stevenson said that some of the other ideas that came up were, live music, a street party, an old-fashioned potluck community picnic and possibly even a movie night in the park.

There were also talks about planting a fruit orchard that future residents of Coldwell could take advantage of. There are no guarantees that any of these ideas stick, but with a strong committee and help from the community, there appears to be no shortage of ideas.

Another part of making 2017 a year of celebrations is that there are many big milestone anniversaries happening in the area next year. Stevenson said that 2017 marks the 100th year for the Ag Society, 50 years for the Miss

Interlake Pageant, 65 years for the Lundar Fair, 60 years for the Lundar 4H Club and 130 years for Lundar as a town. All of the milestones serve to connect the history of Coldwell to the history of Canada.

"It's going to be a big year for the community so there are many ways we can connect all of these anniversaries to make it even more special," said Stevenson.

Anyone interested in getting involved is encouraged to visit the RM of Coldwell office in Lundar and provide their information. Stevenson said that a follow up meeting will be scheduled over the next few weeks to put more concrete plans in motion.

letter to the editor

Local resident wants Gimli to fix roads

Dear editor

In the Oct. 27 issue of the *Express Weekly News* Mandi Boyle had a serious bike injury on her way to work after hitting a pothole on 4th Avenue in Gimli, which left her with serious injuries. Boyle says our streets are terrible and she wants the municipality to take repairs seriously. She is upset because she feels that the road conditions are deplorable and they should be addressed more aggressively. I totally agree. Do we not pay taxes?

I thought that last March the RM of Gimli made a claim that they have the best kept roads in the province and all counsellors went to Brandon

to pick up the award.

As of Nov. 1, the gravel roads west of Sandy Hook are still washboard especially where it was sprayed for dust control in front of peoples homes. Why can't the grader scrape the roads before snowfall? It's almost impossible to see a grader in October or November. Why does public works refuse to drive down these gravel roads to see what they are like?

Respectfully yours,
Peter Pilatyk
Winnipeg Beach

> GET FISHING, FROM PG. 6

had one right away. He, Rich Handford of Winnipeg, with his wife Sherri, said that they were on their way here two weeks ago hauling their trusty old small boat. When they reached the Point and made to launch their boat, they were astonished to see their motor had somehow bounced right off. They rushed back along the road only to find its tiller.

Disheartened, they returned to the Point, launched their boat and, using oars, paddled out to the Red to fish but within minutes saw water flooding up around their ankles.

They had forgotten to put the drain plug in. Rich found it and, reaching over the side, put it in. Shaking water off his hand, he pondered the cost of a motor. Across the boat, Rich thought he heard Sherri, her eyes raised to the sky, idly commented almost to herself

that maybe it was time for a new boat.

Rich's heart raced but he kept his cool as best he could. The next day he couldn't go to work because he felt oh so sick until about noon, and then he couldn't think of any reason not to go check out boats. In two hours, his new toy sat in his driveway.

Till next week. Bye for now.



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INDEPENDENT COMMISSIONER SEEKS PUBLIC INPUT ON MLA PAY

An independent commissioner of the Manitoba Legislative Assembly has been appointed to make decisions about the appropriate salary, allowances and retirement benefits for all MLAs.

The commissioner, Michael Werier, would like to hear from you before January 16, 2017.

Your submission may be sent to:

Public Input for Independent Commissioner
302-386 Broadway
Winnipeg, Manitoba R3C 3R6

E-mail: commissioner@legassembly.mb.ca

Current MLA pay, allowances and retirement benefit information can be found at www.reviewcommissioner.mb.ca

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Metis Federation exploring open market with Manitoba fishers

By Jeff Ward

The Manitoba Metis Federation (MMF) are in the process of consulting with local fishers to make sure that they all understand the implications of the eventual dual-marketing strategy the provincial government is set to enact next year.

In a letter obtained by the *Express Weekly News*, MMF Minister of Fisheries John Parenteau said that a strong commercial fishery is critical to the health and survival of many of the small towns across rural Manitoba. For many families, fishing is the primary source of income. The letter states that MMF is working closely with fishers all over the province and will be consulting directly with First Nations fisheries to help them strategize how to approach the dual-marketing system.

"The MMF wants to know fishers priorities, what's important to them and how we can help assist them in meeting their needs," wrote Parenteau.

"MMF wants to ensure that commercial fishers

continue to be in control of their future ... and to ensure any strategy developed has long-term sustainability."

Parenteau said that MMF wants fishers to receive maximum benefit from the changes to a dual-marketing system and that it is important that they sell their catch for the best possible value. The minister expanded on what value means to MMF as it doesn't just mean the price they sell their catch for. But also on the choice to sell to whomever they want as well as establishing new ownership over their catch.

The other points that Parenteau wants fishers to consider are things like health and pension plans, employment insurances, fisheries research and sustainable quotas. "A restructured fishery ought to look at a variety of options for moving forward," wrote Parenteau.

Parenteau was at the meeting a few weeks ago in Gimli hosted by the WMM co-op that discussed with many fishers the possibility of selling their fish

to Vancouver-based company, Arctic Blue. He said that meetings like that are good for information gathering and that he encourages fishers to look into more of those meetings to better understand the current situation and to plan for the future.

"MMF encourages you to take your time, learn more, and ask questions of all buyers before you agree to sign a contract to sell to a specific buyer," said Parenteau.

The Manitoba government is hosting a couple of meetings over the next few weeks so their fisheries envoy can consult with commercial fishers and obtain input from them and other stakeholders on the transition from the current system into a more open market.

Meetings will take place on Nov. 18 at 2 p.m. at the Community Hall in Gypsumville, Nov. 30 at 6 p.m. at the Community Hall in St. Laurent and Dec. 1 at 2 p.m. at the Waterfront Centre in Gimli.

West Interlake meets with minister to discuss separation of wards

By Jeff Ward

The council for the RM of West Interlake met with the Manitoba minister of Indigenous and Municipal Relations a few weeks ago to discuss the options for Ward 1's desire to become an LGD. However, the outcome wasn't what the West Interlake Citizens Group (WICG) had hoped for.

There were two meetings with Minister Eileen Clarke on Oct. 27. The first was with the council and reeve of the RM, and then a follow-up meeting was held immediately after with representatives from the WICG.

West Interlake Reeve Randy Helgason said that the council portion of the meeting was fairly suc-

cinct and that the choice for Ward 1 citizens is either to stay with the RM of West Interlake, and remain amalgamated with the former RM of Siglunes, or to work out an agreement with Coldwell, which could be either annexation or amalgamation. Spokesperson for the WICG Andrea Sweetland said that the idea of forming a Local Government District (LGD) has been taken completely off the table.

"[The minister] said that these are our only two options: stay with this RM or go with Coldwell," said Sweetland.

"We had a little presentation on the things we're still concerned about. But the minister said that from now on, her contact would only be with the

council. She will no longer be speaking with us in anyway. She said her mandate was to work with council. Period."

That revelation came as a stark contrast to the previous meeting where Minister Clarke was very attentive to their concerns and Sweetland felt like they were really going to get somewhere. That meeting took place in July, and since then, it has been an uphill battle for the WICG to get a follow up meeting — a meeting they were told would happen.

Now the WICG are left in yet another state of limbo, where they have no contact with higher levels of government and are left waiting under a council that they don't trust.

The irony of the situation now is that Helgason supports the split of the two wards. He said that he would be fine to see Eriksdale become an LGD and that he would even support it.

"If that's what they want I would support them in that. But it doesn't look like that's a possibility anymore. Their only other option is to amalgamate with Coldwell," said Helgason.

The reeve said that his meeting with the minister went well and that he is looking forward to working together on resolving this issue, in whatever way that manifests. He said that the fit with Coldwell does make sense to him because of how much the two communities have in common.

Sweetland explained that the WICG was granted an extension for their follow up meeting with the Municipal Board and that Nov. 30 is their new deadline. She said that the WICG will likely host a community meeting to ask their supporters once again what they want to do and that remaining amalgamated with Siglunes could be a possibility.

"We need to know sooner than later because we're not going to lose anymore sleep over this. We have to find out what the community wants and tell them, 'Here are our options. Take it or leave it.' We're trying to represent the people, so once we have an idea of what they want, we'll adjust our message," said Sweetland.

As of press time, there was no date set for the community meeting.

Holiday Craft Sales

<p>SAT. NOV 19TH AND SUN NOV. 20TH</p> <p>Festival of Trees & Craft Sale November 19th & 20th 10am - 3pm Selkirk Rec Complex 180 Easton Dr. Craft Tables and Christmas Tree Display 204-482-4636 jkazuk@mysta.ca</p>	<p>SATURDAY, NOVEMBER 12TH</p> <p>Fraserwood Hall Craft Trade & Bake Sale Fraserwood Hall Sat. Nov 12th 10am - 3pm 204-642-9392</p>	<p>SUNDAY, NOVEMBER 13TH</p> <p>Victorian Tea and Crafter's/Vendors Event Sunday Nov 13th 11-4 pm at the Red Barn (Hwy 236 & Rd 75N) Admission \$2. Tea room lunch \$8. Info at 204-633-2238</p>	<p>SATURDAY, NOVEMBER 19TH</p> <p>Stony Mountains 3rd Annual Holiday Rush Open House November 19 10am-3pm Stony Mountain Rec Centre Admission \$1 (12 & under free) or a tin for the bin</p>	<p>SATURDAY, NOVEMBER 19TH</p> <p>Stonewall Legion Seniors' Club Craft Sale Sat, Nov 19th 10am-3pm Stonewall Legion Hall 459 Main Street Free Admission Silent Auction -Lunch</p>
<p>SATURDAY, NOVEMBER 26TH</p> <p>Lundar Christmas Craft Sale Independent Sales Reps Lundar Community Hall Sat. Nov 26th 11 am - 3pm 204-762-5525</p>	<p>SATURDAY, NOVEMBER 26TH</p> <p>CRAFT/VENDOR SALE & Breakfast with Santa Sat. Nov 26th 9am - 3pm Woodlands Hall \$2 Admission 204-383-0150</p>	<p>SATURDAY, NOVEMBER 19TH</p> <p>Eriksdale Museum's Christmas Craft & Home Based Business Sale Eriksdale Rec Centre Sat. Nov 19th 11am - 3pm 204-739-8002</p>	<p>FRIDAY, NOVEMBER 25TH</p> <p>Ashern Country CHRISTMAS Craft Sale Ashern Centennial Hall Fri. Nov 25th 10am - 7pm Free Admission! 204-768-2187</p>	

RCMP release graphic video after spike in road fatalities

Staff

RCMP have released a graphic video showing snapshots of deadly crashes on Manitoba roadways following a recent spike in road fatalities.

The video shows various photos of damaged vehicles following incidents on Manitoba roadways.

According to RCMP, nine people died on Manitoba roads during the last week of October.

RCMP also released some statistics last week. After a thorough review of road fatalities this year, the statistics are disappointing, RCMP say.

- In 50 per cent of applicable fatal collisions, not wearing a seatbelt was listed as a contributing factor.

- In 48 per cent of applicable fatal collisions, speed was listed as a contributing factor.

- In 39 per cent of applicable fatal collisions, being impaired was listed as a contributing factor

- In 57 per cent of applicable off-road vehicle and motorcycle collisions, not wearing a helmet was listed as a contributing factor

Note: in a fatal collision, multiple

factors may be listed as contributing factors.

The RCMP also recognizes that enforcement is a critical part to changing driving behaviour. This year, there has been more enforcement and more impaired drivers taken off our roads.

In 2015, 1,183 impaired drivers were arrested and charged. In 2016, up to Oct. 30, 1,240 impaired drivers were arrested and charged.

Provincial Traffic Offences, which include speeding, not wearing a seatbelt and using a cell phone are also on the rise.

In 2015, 29,458 drivers were charged with provincial traffic offences. In 2016, up to Oct. 30, that number has risen to 38,383.

“Manitobans know they must wear a seatbelt, yet our officers are responding to people being ejected from their vehicles on a regular basis. Speeding and impaired drivers continue to kill people at an alarming rate” said Chief Supt. Mark Fisher of the Manitoba RCMP. “We must all make a change to our driving behaviour or I fear the tragic loss of life on our roads will



EXPRESS PHOTO SUBMITTED

A video still from a recently released RCMP video shows a damaged truck on its side following an accident. RCMP released a graphic video last week following a recent spike in road fatalities in Manitoba.

continue.

“To ensure our message is heard, effective immediately, I have directed all RCMP officers across Manitoba to focus on road safety. Manitobans can expect to see a stronger approach to traffic enforcement. There is no excuse for what is happening.”

The RCMP’s video, entitled “It is going to take all of us to make it stop,” can be viewed on YouTube by visiting <https://youtu.be/eeBYUm0DC8E>.

The RCMP warns that the video is graphic and may be uncomfortable for some to watch.

Parkinson SuperWalk and fundraising activities raise over \$27,000

Submitted

The 12th Annual Gimli Interlake Parkinson SuperWalk event was held on Sept. 18, with donations accepted until Oct. 30.

More than 130 enthusiastic walkers registered at the Johnson Room, atop the Waterfront Centre in Gimli. Special guest Steve Van Vlaenderen, a Gimli summer resident, officially led the parade of walkers. Van Vlaenderen is well known in the circles of body building, sailing and Parkinson’s disease in Manitoba.

In addition to the traditional sponsorship of the walkers, funds were raised by conducting a raffle of a quilt and a silent auction with a stunning 42 prizes. The group also held a dinner and golf tournament at Inwood

earlier this summer. The total funds raised for all events exceeded \$27,000.

The monies raised through the Parkinson SuperWalk are invested in research for an ultimate cure for Parkinson’s and for treatments for people living with Parkinson’s, education and resources about the disease and advocacy on behalf of individuals and families that are affected, and education for doctors, nurses and pharmacists.

The local Parkinson’s SuperWalk planning committee appreciated the generous contributions made by people who live in our communities. From the many volunteers to the businesses that provided prizes to those who sponsored walkers, all made a significant contribution.



EXPRESS FILE PHOTO

The 12th Annual Gimli Interlake Parkinson SuperWalk held Sept. 12 was a huge success and helped raise over \$27,000 for research.

> WINNIPEG BEACH COUNCIL, FROM PG. 5

“We know a number have popped up this last year,” said Coun. Pat Green, “and they should be taken down. I think the real issue is we’re trying to enhance the community. We’re spending a lot of time on beautification. ... [There are] a lot of signs

all over the place ... and a lot of the signs are not maintained.”

Council will send to the issue to its bylaw committee for further review.

Coun. Green reported that some of the new lights for the Community Centre have been installed.

“Everything else [the remaining lights] is there and ready for them to start working on,” she said.

New windows will also be installed. Lawless said they should arrive near the end of November.

The ice is ready and recreational hockey is being offered on Wednesday nights.

“Rec hockey is taking off,” said Green. “There’s about 50 children signed up already, so that’s awesome.”

Green said the Wonderful Winter Weekend festival, scheduled for Feb. 17-20, 2017, will have a fish fry organized by Kiwanis. It will include curling, fishing and fireworks.

Alf Cuthbert School collecting coats for kids

By Jeff Ward

As part of an ongoing effort to effect change in their own community, the Grade 7/8 students at Moosehorn's Alf Cuthbert School are collecting coats and other winter wear for less fortunate families.

The items will be donated to the Lakeshore Women's Resource Centre in Ashern on Nov. 16. The initiative is one way students are trying to earn their way back to We Day in 2017. Teacher Lanyth Tober says the students are encouraged to take an active role in the preparation and organization of the clothing drive and that they have been doing a great job so far creating awareness and bringing in donations. Students are collecting coats, socks, mittens, scarves, toques and any winter wear item of all sizes. Tober said that she left it up to her class whether or not the collection should just be coats or if it should be broader in approach. Her students said that drive shouldn't be limited and that all winter wear items are useful.

"I've had very good participation by everyone so far," said Tober of her class of 21 students.

"There are some who have brought lots of winter items and then some who've only brought a few. But I tell them that it doesn't matter how much you're able to bring in as long as you're bringing in something because every single item helps. Your heart should swell because you brought something that could change someone's life."

Community activism is a big part of the classroom culture that Tober, and to a larger extent Alf Cuthbert School, is hoping to instil in the students. She wants her students to be concerned about the global community as well as their local community. The



EXPRESS PHOTO SUBMITTED

Alf Cuthbert Grade 7 and 8 students are collecting winter wear items as part of their We Day local actions. The students are hoping to earn tickets to We Day next year. Students are encouraging everyone to drop off coats, toques, boots, mitts and other warm items at the school before Nov. 16. Pictured back row, left to right: Damon Tritthart, Laura Sveistrup, Kaitlin Kopp, Rayanne Nickel; front row: Faith Nickel, Justine White, Nikolaas Olson, and Bryce Kalden.

focus for the drive is on Tober's class but it's not limited to just them. The entire student body is getting involved donating items they've collected as well.

Notices have been put up around Moosehorn and Ashern to let residents know that this initiative is happening and to bring by what they have to the school to donate.

"It's important to look beyond oneself because the world is bigger than just your eye. Our own community here has needs that we can help fill with only a little bit of our time. The students are living that right now and I know they're proud of the work they're doing, and they will be even prouder when we make the donation in a few weeks," said Tober.

Annual Cookie Caper to benefit Eriksdale Hospital Guild

Cookies for sale when Eriksdale Memorial Community Centre doors open Nov. 12

By Jeff Ward

An estimated 2,500 cookies of all shapes, flavours and varieties will be available for purchase this weekend with proceeds going towards the purchase of a holter monitor for the Eriksdale Hospital Guild.

Gramma's Posse Cookie Caper is an annual fundraiser that raises money for a different cause each year chosen by the organizers. This year, the titular Gramma's decided to donate the money to the hospital guild.

Organizer Debbie Lundale says that the device is greatly needed in the community because currently patients have to travel to Winnipeg to get the testing done. Lundale said that because the test needs to be done over a 24-hour period, patients have to wake up around 4 a.m. to get to

Winnipeg in time to make their 7 a.m. appointment and then travel back the next day at the same time to have the device removed.

The Cookie Caper features the baking talents of many of Eriksdale's finest cooks who all donate their sweets to the event. A silent auction will also be available to help increase the total dollars raised for the guild. The event takes place on Saturday, Nov. 12 from 1 to 3 p.m. at the Eriksdale Memorial Community Centre.

"We're an aging community and a device like this holter monitor is something we could use in our hospital," said Lundale.

"If patients could do this testing in their own community, it would take a huge burden off of them and their family members who take them to

these appointments. We're talking about two consecutive nights without much sleep and a lot of travel in between. That's going to have an effect on the reading from the monitor."

Last year, the fundraiser took in \$2,150 that went towards the Hospital Guild as well for the purchase of a specialized pressure care mattress. Lundale explained that the main point of the fundraiser is to benefit the community of Eriksdale. The people who donate their time and baking ingredients and the people who donate silent auction prizes are doing it so they can see that investment of time and/or money

come back into the community.

Anyone who attends the fundraiser will be entered to win one of six tax receipts valued at 1/6 the total donated minus expenses. There is no fee to enter the door prize and no purchase is required either.

"We want people to buy tickets for the silent auction or buy cookies. This is just another way to get them in the door. The event keeps getting bigger each year and we're even getting new volunteers. We also are starting to fill orders after the event as well for people who weren't able to get their favourite cookie. It's worth all the work in the end because we know this money comes right back to us," said Lundale.

"IF PATIENTS COULD DO THIS TESTING IN THEIR OWN COMMUNITY IT WOULD TAKE A HUGE BURDEN OFF OF THEM."

Restoring 20th-century railway history in Fisher Branch

By Patricia Barrett

Volunteers in Fisher Branch are in the process of restoring a former Canadian National Railway station in preparation for a future re-opening.

The 102-year-old Rolling Memories Museum just received new cedar shakes and a chain-link fence with two rolling 18-foot gates that encircle the treed lot on Railway Avenue in the north end of town.

But the building needs further renovation work — and more volunteers — before it can re-open it to the public.

“I think it’s an asset to the community,” said June Kopys, president of the museum board. “And it’s something to bring people together.”

The Canadian Northern Railway (which later became the Canadian National) came to Fisher Branch in 1914. The first freight train arrived on July 2 of that year and the first passenger train on Sept. 4, according to a cookbook containing traditional and ethnic recipes that the board had put together in 2005 for a centennial homecoming.

The station was taken out of service in 1980 and designated a Manitoba Municipal Heritage Site in 2002.

The non-profit museum board that formed shortly afterwards (presently consisting of Kopys, Terry Podaima, Ken Klimchuk, Bud Klus, Bernice and Ed Basaraba, and Don and Alice Desjarlais) opened the building to the public from 2003 to 2005.

And to help fundraise for further renovations, the board used to organize ethnic luncheons that reflected the diverse heritage of the Fisher area. But a lack of volunteers made it difficult to continue operating. The board is, however, determined to have it up and running again.

Half of the two-storey building housed the public station, which included an office, waiting room and storage area for goods; the other half was comprised of living quarters for the station agent’s family.

An L-shaped staircase to the second storey, which probably consisted of bedrooms, still has the original wood-



Old CNR rail spikes from 1912 are part of the artifacts that will go on display.

en risers that barely squeak. “One station agent had six kids,” said Kopys.

The pitched walls and ceilings of the two rooms on the second floor are covered with floral-print wallpaper, giving them a homey feel. Two west-facing windows overlook a large field where the north-south CN line used to run.

Kopys said the board wants to install a platform or boardwalk in front of the station, benches and pioneer artifacts around the fence and possibly a memory walk lined with trees.

“People can come out here and have tea,” said Kopys, who, in addition to her museum duties, volunteers as secretary for the golf course and the community centre.

The board also wants to turn the second-storey of the station into a replica school room representing the early 1900s to the 1950s. It already has some historical artifacts, such as report cards and lists of students.

“We have two women — Annette Holowka and Bernice Enstrom — who are



EXPRESS PHOTOS BY PATRICIA BARRETT

June Kopys is president of the Rolling Memories Committee that will be restoring the former CNR station in Fisher Branch.

doing the school histories of all the schools in the area (Fisherton, Broad Valley, Zbaraz, Kilkenny, Hodgson, Marble Ridge, Lee Lake, Harwell) that were amalgamated into Fisher Branch,” said Kopys.

The board still needs acquire items such as school desks, inkwells, books and a blackboard, and is “desperately” looking for an old strap.

“We’ve got lots of things to do,” said Kopys, who is a member of the Women’s Institute, which once used the building for its meetings. “This carpet is coming out, and one of our museum board members is very good at wood, and we think we can put it back to the way

it used to be.” The original floor boards under the carpeting would authenticate the look of the former station.

“We’ve had the building inspected by the government under the Community Places program and underneath is sound — no rotting. When we put the [new] roof on, there were hardly any places where it was start-

Continued on page 18

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Motorists spend hours behind the wheel and spend lots of money on maintenance to ensure their vehicles are in top working order. But tires are one area of maintenance that often goes unchecked, even by the most diligent automobile owners.

Tires undergo a lot of wear and tear, which only highlights the importance of proper tire maintenance. But many drivers do not give tires a passing thought until there is a problem, such as a flat or excessive wear. Also, some drivers think that all tires are the same, failing to realize that the kind of tires vehicles need depends on various factors. In addition to the size and type of vehicle, drivers should consider the type of driving they do and the driving conditions they routinely encounter before choosing tires for their vehicles. Many vehicles come off the lot with all-season passenger tires because these tires are among the most versatile. However, if you live in a particular climate or do a lot of driving that requires specific traction or maneuverability, all-season tires may not be the best bet. The following are descriptions of common tire types and the conditions in which they



might make the best fit. designed to offer traction and maneuverability in warm weather. Orbital grooves and complex treads maximize traction in hot, humid weather. If you live in an area where the temperature is consistently steamy, summer tires may be a good investment.

Winter tires

A safety precaution for many people who live where conditions often include snow, ice and cold weather, winter tires can be lifesavers. These tires are designed using several different types of rubber, and feature tread designs that maximize traction during inclement conditions. Winter tires also come in various subcategories. Studdable winter tires provide the extra security of added studs to enhance traction on ice. Performance winter tires offer better dry road handling, but traction on snow and ice may be compromised.

Performance tires

Performance tires offer a sports car feel. These are meant for drivers who want to feel the road and increase low-speed traction. The higher the level of performance, the increased level of handling and stability at high speeds.

Truck tires

Trucks, pickups and SUVs also have a variety of tire types. There are off-road varieties, which will offer an aggressive tread design for off-road traction and other obstacles. Light truck tires help provide durability and traction. Specially designed SUV tires may be large but can still offer comfort-focused applications designed for on-road driving.

Drivers looking for better performance from their tires should speak with a tire retailer about the options available to them.

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Vendors galore for those looking for unique Christmas gifts

Eriksdale to host annual Christmas Craft and Home based business sale Nov. 18

By Jeff Ward

Every year, hundreds of holiday shoppers show up to the Eriksdale Recreation Centre to stock up on one-of-a-kind crafts, baked goods and items offered by home-based businesses. The event serves as a fundraiser for the Eriksdale Creamery Museum and this year funds will also benefit the Rodeo Committee and Eriksdale Skating Club.

The Christmas Craft and Home Based Business Sale draws in many visitors from out of town to walk through the hall and gaze at the many unique items on offer. Quilts, baked goods, jams, honey and other crafts are all available for attendees to purchase. The sale takes place Saturday, Nov. 19 at the Eriksdale Recreation Centre from 11 a.m. to 3:30 p.m. Admission is \$2 per person.

The vendors will donate prizes included in the silent auction. Museum board chairperson Doreen Lamoureux says that the craft sale is a fun, relaxing event that not only exposes residents to crafters and home based businesses but also helps the museum too. Last year, the museum raised approximately \$1,200. Members of the Eriksdale Skating Club and Rodeo Committee will be serving lunch and

will split the proceeds.

"I think that the people who come will see the variety we have in vendors and will be really surprised," said Lamoureux, who is a vendor herself and sells baked goods.

"I'm positive you could buy nearly all your gifts for the year here in just one day and I know a lot of people who do that. And that's what we're really proud of is having such a good selection of items. There's never too much of one thing."

There will be 40 vendors ready to sell their wares next Saturday, and the rec centre will be filled to near capacity. Lamoureux said that they could have a maximum of 42 tables in the building but it would be very tight in there.

Lamoureux said that one of the reasons she's taken part in the sale each year as a vendor is because she loves baking so much. And it brings her a lot of joy to watch others enjoy what she creates. Lamoureux bakes Christmas cakes, puddings and dozens of cookies that can be frozen and enjoyed during the holidays — or right away if the buyer has a sweet tooth.

It's nice to be able to sell some of your craft because it can help fund those hobbies in the future," said Lamoureux.



EXPRESS FILE PHOTO

The Eriksdale Christmas Craft Sale will feature dozens of unique crafts and one-of-a-kind handmade items. Tables of baked goods often sell out early, so organizers advise coming early to guarantee a good selection.

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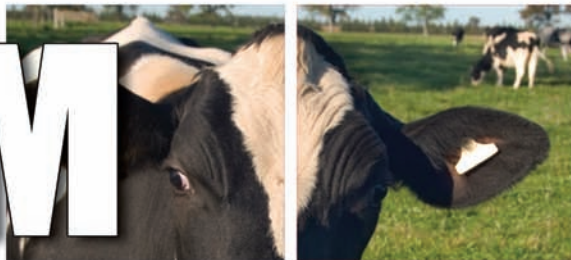
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Your FARM



The federal government tackles grain transportation

By Harry Siemens

While in China, Ag Minister Lawrence MacAulay highlighted some key commitments to respond to grain sector input into the long-term plan for transportation in Canada.

MacAulay says the federal government will introduce legislation in 2017 to advance a long-term agenda for a more transparent, balanced, and efficient rail system. These measures are part of the Transportation 2030 strategy outlined by Transport Minister Marc Garneau earlier.

"As part of this plan we will pursue new legislation that will allow reciprocal penalties in service level agreements between railway companies and their customers," said MacAulay. "We will also better define 'adequate and suitable' service in the Canada

Transportation Act, and improve access to and timelines for Canadian Transportation Agency decisions. The government will also address the future of extended interswitching limits and the Maximum Revenue Entitlement in early 2017."

Over the summer, MacAulay hosted grain sector roundtables in Winnipeg and Regina and more recently participated in one led by Garneau in Saskatoon. These western grain transportation sessions complemented Garneau's broader consultation process on Canada's overall transportation system, which included 150 meetings with transportation stakeholders across the country.

"A more efficient rail freight system to reliably move our goods to global markets will help farmers, shippers and railways to generate growth for the Canadian economy, strengthening the middle class," said MacAulay.

The various grain and special crops sectors were quick to respond to this announcement.

The Canola Council of Canada noted that rail service is essential to move canola to domestic and export markets.

"The ability of the canola sector to meet the needs of our customers depends on predictable and reliable rail service," said president Patti Miller. "Today's commitment by Minister Garneau outlines a plan to give our sector the service we need to keep creating growth and jobs from international demand."

The vast majority of Canada's canola crop moves by rail to export position—90 per cent of seed exports and 85 per cent of value-added oil and meal exports.

"Considering the importance of rail transportation for the canola sector to get our products to market, improving rail service and logistics has been a priority area for our industry," said Miller.

Western Canadian Wheat Growers president Levi Wood and chair Jim Wickett said this announcement is good news for western grain farmers, shippers, and customers at home and abroad.

"By stating 'we need goods to get where they're going,' it's clear Minister Garneau—and Minister MacAulay—have been listening and are now taking concrete action, which we

"THESE ARE BIG STEPS IN THE RIGHT DIRECTION."

Continued on page 15

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A crazy mess of carrots



EXPRESS PHOTO BY JO-ANNE PROCTER

Dan Watson of Eriksdale has been growing carrots in his garden for years but has never grown anything like the group he harvested last week. When Watson dug up his carrots, he found a mass growing together and all intertwined amongst one another.

Your FARM



Province invests in safety program for Manitoba farmers and workers

Submitted

The Canada and Manitoba governments are investing more than \$432,000 over two years to help Keystone Agricultural Producers (KAP) establish a new program to provide practical on-farm expertise, resources and training to enhance on-farm safety, Federal Agriculture Minister Lawrence MacAulay and Manitoba Agriculture and Agri-Food Minister Ralph Eichler announced last week.

"The Government of Canada supports workplace safety and encourages farmers and farm workers to adopt best practices," said MacAulay. "This investment will provide the tools and training needed to reduce the risk of injury and ensure everyone at the farming operation remains safe."

The farm safety program will offer access to agriculture industry-specific information to ensure agriculture employers understand the regulations, rights and responsibilities around safe workplaces and to identify safety risks on their farms.

"Many people in agriculture work outdoors with heavy equipment or livestock in locations that can be a far distance from emergency services, which can increase the risk of injury," said Eichler. "This program will give producers the information they need to comply with safety and health regulations and ensure safe work environments for themselves and their employees."

Services will include:

- information and resources on health and safety regulations, risk-specific tip sheets and signage and basic safety orientation for farm workers, supervisors and owners;
- on-site safety advisors who will work directly with farm businesses to identify and address farm risks;
- commodity-specific farm safety workshops; and
- safety awareness training for farm workers and supervisors, as well as hazard-specific training.

The program will be administered by KAP, with leadership and guidance provided by a Manitoba farm safety council. It will include representatives from a number of agriculture stakeholders, as well as organizations focused on workplace safety and health.

"Our goal is to provide resources for farmers that are practical," said Dan Mazier, KAP president. "Rather than just telling them to read through safety regulations, we are making someone available to show them what they can do to reduce accidents on their farms and comply with provincial regulations."

SAFE Work Manitoba is a project partner and will provide funding, expertise and other resources to support the initiative.

"SAFE Work Manitoba commends KAP for taking this important step in establishing a farm safety program," said Jamie Hall, chief operating officer, SAFE Work Manitoba. "This program will help make Manitoba's

farms safer for farmers, their families and for workers. We look forward to a continued partnership by working with KAP to bring safety information and resources to Manitoba farms."

Work to establish the program will begin immediately. Funding will be provided through the Growing Forward 2 – Growing Actions program, which supports industry-led initiatives to increase competitiveness and develop innovative solutions for agricultural organizations. For more information about Growing Actions and other programs, visit www.gov.mb.ca/

agriculture/growing-forward-2.

The federal and provincial governments are investing \$176 million in Manitoba under Growing Forward 2, a five-year federal-provincial-territorial policy framework to advance the agriculture industry, helping producers and processors become more innovative and competitive in world markets.

For more information on Manitoba's agricultural programs and services, follow the Twitter account at www.twitter.com/MBGovAg.

> GRAIN TRANSPORTATION, FROM PG. 14

commend," said Wood. "The WCWG have advocated for improved levels of service in a grain handling and transportation system that is demand-driven and based more on real commercial terms ... these are big steps in the right direction."

Wickett said commercial accountability is essential. There is an imbalance of market power because of a lack of commercial accountability existing between the railways and grain shippers. Reciprocal penalties for poor performance and level of service should be in place for both parties in a given commercial transaction, he

said. "The term 'adequate and suitable' is not well defined and has been the point of dispute between railways and shippers for many years," said Wickett. "The rail service provision should be defined as demand-driven, or Canada's economy will be hamstrung in efforts to fully capitalize on global marketing opportunities."

Western Canadian grain is a \$20 billion industry. Over the past 10 years, half of all of Canadian grain production has been exported, averaging 41 million tonnes per year.

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Battling phosphorus in wastewater a challenge for some municipalities (Part 1)

By Patricia Barrett

Compliance with a provincial government regulation limiting the level of phosphorus in wastewater is posing a challenge to some municipalities and giving rise to the question as to whether legislation is only a stop-gap measure.

The province updated the Manitoba Water Quality Standards, Objec-

tives and Guidelines Regulation in July 2011, and compliance with a new maximum phosphorus limit took effect earlier this year.

"There's a one milligram per litre total phosphorus limit [1 mg/L] that came into force on Jan. 1, 2016," said Nicole Armstrong from the department of Sustainable Development. "... and it applies to communities that

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3. I felt sorry for the young couple who knocked at my door. The man looked very tired and the woman was about to have a baby. "I have no more room in the inn," I told them, "but you can stay in my stable."
4. I woke with a start. What had woken me? I listened hard. Yes, there it was again! Bells! I could hear jingling bells.
5. Everyone loved Granny coming for Christmas but she could be terribly forgetful.
6. As Olivia closed her bedroom curtains she looked out at the snowman she had built. It looked like he was smiling.

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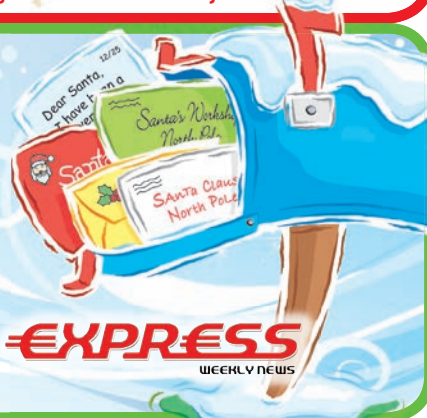
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EXPRESS PHOTO BY JOANNE SMITH

In August 2015, algae washed up on the shore of Sandy Bar, a sandspit east of Riverton. The spit is a provincially designated Special Conservation Area and a Manitoba Important Bird Area. Phosphorus in wastewater discharged by municipalities into the Red River Basin and Lake Winnipeg contributes to harmful algae blooms.

discharge more than 820 kilograms of phosphorus per year. And that's equivalent to a population of about 2,000 people or more."

Communities serving fewer than 2,000 people have the option of implementing a "demonstrated nutrient reduction strategy instead of the 1 mg/L phosphorus limit," according to the department's webpage.

Armstrong said phosphorus and other nutrients come from a variety of sources, including agriculture and city and municipal wastewater.

"At the end of the day, all of this [legislation] is to try to reduce the amount of nutrients going into Lake Winnipeg and other water bodies across the province [and] to try to reduce the frequency and severity of algal blooms," she said. "... So this is the piece that municipalities can do to try to reduce nutrient loading to waterways."

Knowing that the new limit was on the way, some municipalities began upgrading their wastewater treatment systems to improve the quality of effluent being discharged into Manitoba waterways.

Despite those improvements, some

municipalities have had to resort to treating their wastewater with chemicals to bump down phosphorus concentrations in order to receive the green light from the province to discharge it.

For those RMs that can only discharge wastewater between certain months of the year (typically June to October), the battle against phosphorus reduction has led to some anxious moments.

The RM of Bifrost-Riverton had a close call in October when it tested the wastewater in one of its three cells (ponds) that make up Riverton's lagoon and found that it did not meet the new phosphorus standard.

Reeve Harold Foster said the phosphate level in a new cell it built in 2012 slightly exceeded the 1.0 mg/L regulation. This had occurred a week or so before the RM's cut-off date for discharge (mid-October). If the RM had not been able to release that wastewater, it would have had to hold it over the winter and still accept new waste from the town.

"We need answers and solutions," said Foster, referring to a means by which to prevent phosphorus from

Continued on page 21

Alf Cuthbert School hosts Haunted Gym fundraiser

By Jeff Ward

Last week, Alf Cuthbert students spent Halloween decorating and the school gym into a spooky maze that was used as a fundraiser to purchase livestock for impoverished countries and funding for their spring trip to Eastern Canada.

Students from Lanyth Tober's Grade 7/8 class converted the school gym into a haunted maze and graveyard for other students to brave their way through. Students ran two separate tours; one earlier in the afternoon being the "not so scary" version with the lights on without scary music playing in the background for younger students. Later in the afternoon, the older students and staff were treated to a different maze with the lights turned off and the musical ambience turned to 11. Tober said that many of her students went all in on the idea and came dressed up in some really elaborate costumes complete with face paint and masks. Students were charged a \$2 fee to enter the haunted maze with the money going towards the purchase of chickens and goats for families in Africa and India. The goats produce milk that can help feed the family and provide a source of income. The livestock is purchased through Free The Children and is one of the ways students accomplish their global initiatives and earn their way back to



EXPRESS PHOTO SUBMITTED

Lanyth Tober's Grade 7/8 class at Alf Cuthbert School in Moosehorn dressed the part to provide some scares in their haunted gym maze to raise money towards the purchase of goats and chickens for impoverished families in India and Africa.

We Day in 2017. Students raised \$197, which can purchase almost four goats from the Free The Children website.

"I told them that the success or failure of this haunted maze was entirely dependent on them and they stepped up and got it done," said Tober.

"This was the first year that we did an after school event. Our students are saving up for their own trip to Montreal, Quebec and Ottawa in the spring next year. We figured it would

be a good idea to have anyone come down and go through."

Once the haunted maze was opened up to the public on Halloween night, students charged a \$3 donation to be led through, although Tober said that many people donated more. The money raised will be used to help pay for meals during the spring trip.

The trip is run by EF Tours, an educational tour company that will provide the Alf Cuthbert students with a

closeup look at many historical sites, museums, government buildings and art installations. Tober explained that these trips are done every two years and have been offered for the past eight years.

"We experience a lot of great culture and history from these tours, they're very exciting. I was glad to see the community come out and support the students and I think they had a great time," said Tober.

Female hockey fights cancer at weekend fundraiser



EXPRESS PHOTOS BY JOANNE JOHNSON AND BRETT MITCHELL

Left photo, The Interlake Lightning 'AAA' Midget female hockey team participated in the Female Hockey Fights Cancer weekend in Selkirk last Sunday, helping to raise over \$28,000 for CancerCare Manitoba. The Winnipeg Avros defeated Interlake 5-0 to win the Dale Hughesman Memorial Cup. The fundraiser included donations raised during the University of Manitoba Bisons game against the University of Calgary Dinos on Saturday, the North East Predators Bantam female team versus the Central Plains Capitals also on Saturday, along with the eight MFMHL league games.

Right photo, ceremonial puck drop, left to right, Lightning captain Laura Kilbrei of Arborg, Pat Ward of the Selkirk & District Breast Cancer Support Group, Pam Campbell, VP of Female Hockey Winnipeg, and Avros' captain Brooke Anderson of St. Andrews.

> RAILWAY HISTORY, FROM PG. 11

ing to deteriorate.”

But when the roof was re-done, some of the original plaster on the walls leading up to the second-storey cracked. Kopys said it's easy to repair, though.

Because the museum is an incorporated non-profit organization, it can apply for grants.

“We got a grant to help pay for the roof,” said Kopys. “We have more grants put in and we're hoping to receive funds to help pay for some of the things.”

Under the province's Community

Places Program, the museum received \$5,000 to help pay for the cedar shakes. The museum receives no funding from the RM of Fisher.

“We were very fortunate this year that we received a grant,” said Kopys, “because with the change of government, very little grants were put out. I'm not blaming anyone — that's just the way it happened. We're in a deficit.”

The Community Places Program, which provides funding and planning assistance to non-profit community organizations for construction and

upgrading, has currently stopped its intake, according to the province's web site.

The museum board already has a number of railway artifacts, including old spikes, a steam gauge, wrenches, a lantern and a long thick coil of cotton wick that engineers used to repair the line.

“In the wintertime when they had to replace a rail — the rails contract so you can't get the spikes out — you soak this [cotton] in coal oil ... and you put it along the rail. It heats up the rail and you can get the spikes out.”

Another artifact the museum will put on display is a bedsheet smoother that was used in sleeping berths on

passenger trains.

“This is how they spread the sheets to make them tight around the corners,” said Kopys. “It makes the sheets absolutely perfect. Your corners had to be square.”

The board welcomes donations of historical artifacts related to the railway and to early school days.

But it especially welcomes volunteers to help with renovations and repairs.

“If we can't find anybody to help, [the community] won't have this,” said Kopys. “I worked hard for this.”

To volunteer or to donate historical items, please call June Kopys at 204-372-6980.

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RM of Bifrost-Riverton to spur on development with new tax incentive

By Patricia Barrett

The RM of Bifrost-Riverton is offering a municipal property tax break to stimulate economic growth and to provide support to those wishing to build either a home or business in the region or expand an existing business.

At its regular meeting on Oct. 11, council passed Bylaw 11-2016, offering four different tax incentives to residential and commercial property owners.

"It's very competitive," said Reeve Harold Foster. "I don't know of anyone that has a higher incentive. And maybe we need a higher incentive because we're farther from the city. It's sometimes harder to get development going farther from the city."

The incentives apply to single residential dwellings, multi (2+) residential dwellings, new and expanding commercial developments and commercial operations taking over a vacant building.

Manitoba's Municipal Act permits municipalities to establish financial assistance programs for any purpose council deems appropriate.

New and expanding commercial developments will receive a municipal tax credit over a five-year period.

A 100 per cent tax reduction will be offered in year one; 80 per cent in year two; 60 per cent in year three; 40 per cent in year four; and 20 per cent in year five.

For businesses new to the RM — and which take over a building that has been vacant for over a year — a one-year tax credit is available. Approved applicants will receive an 80 per cent tax reduction. To qualify, the business must be in operation for one year in order to be eligible.

The tax incentive packages are also expected to help out on the residential side of things.

New single residential buildings will receive a tax credit over a period of three years.

Year one will see a 75 per cent reduction; year two,

a 50 per cent reduction; and year three, a 25 per cent reduction.

Eligible dwellings include build on-site homes, new Ready-to-Move homes and new modular homes.

For multi-residential developments (two or more dwellings), the RM is offering a tax break over a period of five years.

Year one will see an 80 per cent reduction in taxes; year two, a 60 per cent reduction; year three, a 40 per cent reduction; year four, a 20 per cent reduction; and year five, a 10 per cent reduction.

"This was put in place to try and get some development going," said Foster. "Down the road, [lots] are more valuable to us having a house on them than having them sit empty. If this incentive can make things develop faster, it's a good thing."

Foster said there are a number of properties along Lake Winnipeg that have no homes.

"Balaton is one. And there's still room for development in Pebble Beach. Valhalla Beach probably has some empty lots, as well," he said. "... And then there are other areas just north of Pebble Beach, a series of lots in there, fairly large lots, and some of them are empty."

A number of lots in Riverton could also be developed and be eligible for a tax reduction, he said.

If a property is transferred to a new owner, the tax break will remain with the property. The incentive will be calculated on the increased assessment portion only, not the assessment prior to new construction or expansion, according to the RM's incentive brochure.

Properties are assessed every two years to ensure they keep pace with changing market values, according to the Association of Assessing Officers of Manitoba.

Developments must be completed within two years of a tax-incentive application.

TYPES OF TAX INCENTIVES

Single Dwelling Residential
Owners will receive a progressive tax credit on municipal taxes over a three year period for new dwellings (build on-site, new Ready to Move, or new modular homes exclusively.) This does not include accessory buildings, garages, sheds, etc. The incentive schedule is:
Year 1: total municipal taxes 75% reduction
Year 2: total municipal taxes 50% reduction
Year 3: total municipal taxes 25% reduction

Multi (2+) Residential
Owners will receive a progressive tax credit on municipal taxes for a five year period for new construction with two or more dwellings. The incentive schedule is:
Year 1: total municipal taxes 80% reduction
Year 2: total municipal taxes 60% reduction
Year 3: total municipal taxes 40% reduction
Year 4: total municipal taxes 20% reduction
Year 5: total municipal taxes 10% reduction

Commercial New & Expansion
Owners will receive a progressive tax credit on municipal taxes over a five year period for constructing or expanding a commercial property. The incentive schedule is:
Year 1: total municipal taxes 100% reduction
Year 2: total municipal taxes 80% reduction
Year 3: total municipal taxes 60% reduction
Year 4: total municipal taxes 40% reduction
Year 5: total municipal taxes 20% reduction

Existing Vacant Commercial Building
Commercial operations new to the Municipality that choose to operate in premises that have been vacant for over one year are eligible for a progressive tax credit on municipal taxes for a one year period. They must be in operation for one year to be eligible for the incentive.
Approved applicants will receive a tax reduction equivalent to 80% of the general municipal taxes for that year of operation.

ILLUSTRATION SUBMITTED
Tax incentives offered by the RM of Bifrost-Riverton.

Foster said the tax break will not only benefit developers, but also the RM.

"If we give them an incentive for three years, in year four we have gained by it."

For more information about the municipal tax incentive, contact the RM office at 204-376-2391 or e-mail bifrost@mymts.net. The bylaw outlining the criteria is available on the RM's website at rmbifrost.com

Ashern Arena Board offers volunteer award for graduates

By Jeff Ward

An award for community activism and volunteering is now another of the many graduation awards those students at Ashern Central School can win if they get involved in their community.

There will be two, \$100 awards available for graduating students who put in the most volunteer hours in Ashern and the surrounding communities. Ashern Arena Board president Tyler Geisler said that he's excited to be able to offer these new awards to potential graduates and said that he believes this could start a new wave of volunteers in the community.

To qualify, students must volunteer a minimum of 50 hours before the cutoff date of June 1, 2017. Geisler says that 50 hours likely won't cut it to win the award and that some healthy competition between students could mean the potential of hundreds of hours of volunteering between the entire student body. Students must complete a volunteer log activity sheet and have either an arena board member or organization authority sign off on the hours.

"We wanted to do something that engages the youth, and when I presented the idea, the whole board loved it," said Geisler.

"When I took over as president, I said from the beginning that I wanted the arena to be a community-minded organization and not just an arena. It should be set up like a foundation that can offer new opportunities and not only benefit the area but our students as well. We want this place to be a community hub."

The idea is something Geisler has been ruminating on for the last month and a half. He said that communities like Ashern rely greatly on volunteers to help do the work that would otherwise cost too much money to complete. The award might cost the arena \$200 a year, but the potential payback in volunteer hours and the residuals for students in the form of strengthened resumés and the new skills they'll acquire are worth every cent.

Beyond just the arena, there are numerous other community organizations in Ashern that will benefit as well, and seeing as the student body of Ashern Central School isn't just limited to Ashern, neither

will the volunteer hours be.

"The arena needs a lot of work and we could've been selfish and said the volunteering needs to be done here, but that's opposite of our goal. Students come from all over: Eriksdale, Steep Rock, Gypsumville, Moosehorn. So they should be able to volunteer there as well. Make a difference in their community and build the whole area up," said Geisler.

Ashern Early Years School, Moosehorn Curling Club, Eriksdale Museum, Ashern Personal Care Home and Moosehorn Heritage Village are all potential places a student could volunteer. There are dozens of organizations that depend on volunteer hours to accomplish their goals and these awards might be the best way to get youth to become involved.

"Fifty hours is a lot of work and I think it would be hard for anyone to not find the value in what they did over that time. Even if they just want the \$100, they might find halfway through that they really like what they're doing and end up continuing that once they graduate. And that's good news for everyone," said Geisler.

\$159M hospital gearing up to open its doors this June

By Dave Baxter

The Interlake-Eastern Regional Health Authority (IERHA) says Selkirk's new hospital is nearing completion and is expected to open its doors this June.

"The building is considered to be about 95 per cent complete at this time," IERHA vice-president of corporate services Ron Janzen said last Thursday. "Things are progressing very well, and we're really into the anticipation stage now."

"We're very much switching gears from construction to operating and that's tremendously exciting."

Construction began in spring 2014 on the approximately 180,000-square-foot Selkirk Regional Health Centre, which will replace the current 85,000 square foot Selkirk and District General Hospital on Easton Drive in Selkirk.

Janzen said they "are now in the process of finishing exterior and landscape work on the exterior of the building, and closing ceilings and doing millwork on the interior."

He added they are also now setting up and testing equipment.

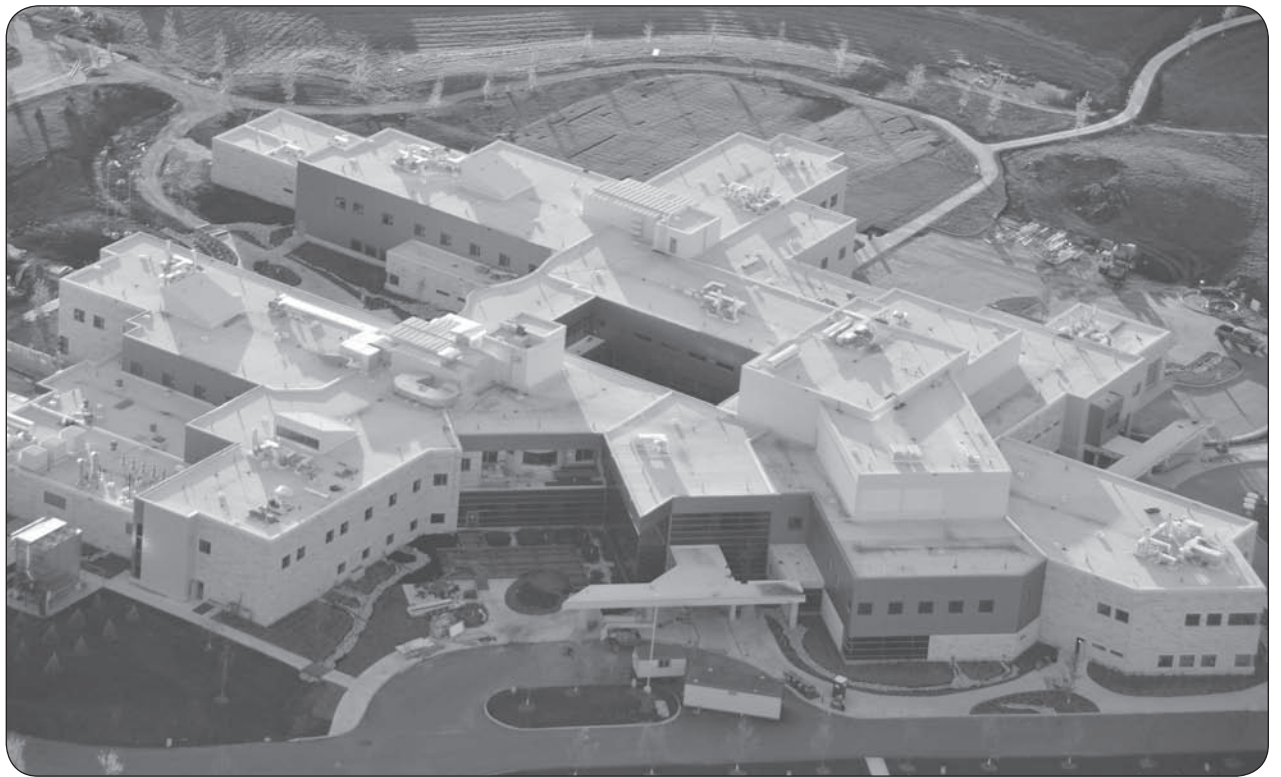
IERHA expects to take possession of the hospital building in February and open its doors to begin operating in June.

Janzen said the entire budget for the project including construction costs, moving costs, furnishing and equipment purchases, and the demolition of the old hospital building sits at \$159 million, with about \$125 million of that being specifically for construction and consulting fees for the new building.

He said the project is currently "on-time and on-budget."

"We're quite confident we are on schedule for the June 2017 date to be operational and open our doors," Janzen said. "It is going really well."

The new hospital will be far more "welcoming" than what residents typically expect from a health-care centre, Janzen added.



EXPRESS FILE PHOTO BY DAVE BAXTER

An aerial shot taken in early September shows the construction site of the new Selkirk Regional Health Centre. The Interlake-Eastern Regional Health Authority says they expect the new hospital in Selkirk to be up and running in June.

"They are going to be greeted by a beautiful atrium foyer with a very welcoming and beautiful atmosphere," he said. "And there will be visual lines-of-sight that go through glass walls to an open-air park and atrium area in the centre."

"This will look entirely different than what many have come to expect from the traditional hospital with the long, double-loaded hallways."

He added there will be a café and gift shop area when residents first walk into the main entrance.

"It will be a very welcoming environment designed

to be calming to people who could be in situations of stress or illness," he said. "It's all designed to put people at ease and comfort them."

"It will be like entering a community hub."

Janzen added the building will have "state-of-the-art" equipment and technology, and "vastly improved diagnostic services."

IERHA will soon begin putting out job postings for some positions to fill the hospital staff and will ultimately look to recruit 135 staff members by the time they begin operating.

Recreational programs for adults coming to Arborg

By Staff

In addition to children's recreational activities being offered this winter, the Arborg Bifrost Parks and Recreation Commission has a number of non-competitive programs planned for adults aged 18 to 90.

The goal of adult-centred programming is to get people moving in a fun, enjoyable atmosphere where there is no pressure to compete, said Recreation Director Tom Chwaliboga.

"We understand people and families are busy, so we have tried to develop and offer programs to work for them," he said. "Some programs are offered during the day [and] others in the evening, [providing] an opportunity to just drop in and play."

Some activities will be offered only twice a month, providing adults with a lot of flexibility to take part

in other recreational endeavours or watch their children's or grandchildren's activities.

Two new programs being offered this year are pickle ball and 40-plus recreational hockey.

Pickle ball is played with a whiffle ball on a badminton-sized court with a tennis-style net. The sport uses paddles rather than a racket. It's scheduled for two Wednesdays a month at Arborg Collegiate.

Recreational hockey for adults aged 40 and older is a great way to get back into skating and not have to worry about chasing down a 25 year old, said Chwaliboga.

The program is being offered twice a month on Thursdays at the Arborg arena.

Chwaliboga said there are a number of other activities that will help shorten the winter for many

people.

They include evening walking and community volleyball at Arborg Collegiate, quilting and fabrics and sticks and stones at the Curling Club, and floor curling, floor shuffleboard and public skating at the Arborg arena.

One very popular program the Rec Commission is bringing back this year is doubles curling.

The game is gaining popularity for a few reasons, said Chwaliboga. It requires only two people per team, has limited sweeping and lasts for only about an hour. It will be scheduled for every second Wednesday throughout the year. Some programs will cost as low as \$1.00 a day.

For more information, call Tom Chwaliboga at 204-376-5576 or email tom.abprc@mymts.net



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

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EXPRESS
WEEKLY NEWS

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Musical theatre stops in Interlake

By Rozanne Nevakshonoff

The Interlake Players travelling theatre group took to the stage Friday in Ashern to help raise funds for the Lakeshore Communities Health Care Committee (LCHCC).

The five travelling performers included Chris Armstrong, Hayden Bytheway, Kendra Obach, Mitch Obach and Lindsey Sturgeon. The musicians came together to create a new not-for-profit theatre group that will feed their love of performing while helping communities across the Interlake raise money for various projects.

"We only ask for expenses to be covered," says Mitch Obach. "All the rest of the money raised goes to the local organization."

The group performed *The Musical of All Musicals*, a satirical parody performed in five distinct styles while using the same plot (I can't pay the rent!) for each act. The performers all have extensive acting/musical backgrounds, which is quite evident throughout the play. The crowd showed their appreciation with a standing ovation at the end of the performance.

Following the performance, committee member Julie Bergner outlined what was taking place. The LCHCC covers two rural municipalities: West Interlake and Grahamdale. The funds raised will be ongoing and put towards an assisted living/supported housing project. The site, designated by the RM of West Interlake for this purpose is adjacent to the Lakeshore General Hospital. The project was chosen on the basis of a survey sent to the residents



EXPRESS PHOTO BY ROZANNE NEVAKSHONOFF

The Interlake Players Travelling Musical Theatre Company stopped in Ashern and performed last Saturday evening. The show in Ashern was a fundraiser for the Lakeshore Communities Health Care Committee.

of both of the RM's regarding housing needs. This is the first big event held to get the fundraising going.

Prior to the play, a live auction was held that netted more than \$7,000 for the cause. A wine draw was also held, with the proceeds being used to start a Chase the Ace pot to be held at the legion.

Bergner also noted that meetings are being held

with the IERHA later in November to review plans and set a course of action. Various designs and models are also being taken into consideration.

If you would like more information on the The Interlake Players theatre company, contact Kendra Obach at klobach@gmail.com.

> LAGOON, FROM PG. 16

entering wastewater in the first place. "If your lagoon is full and you can't release it, and it's going to rain and it's going to overflow — and you're not allowed to let it overflow — what are you supposed to do?"

The RM had to purchase the chemical alum and disperse it over the cell, which lowered the phosphorus level. The province then permitted the RM to empty its wastewater into a channel that leads to Lake Winnipeg.

But Foster is thinking ahead to next year and seeking an alternative to the costly purchase of chemicals to try to lower phosphorus in Riverton's lagoon.

"We don't know where the phosphate is coming from," he said. "Maybe it's coming out of the soil because it's a new cell and it's not sealed properly at this point, we don't know that. ... And I think ... phosphates are taken out of dishwashing soap now."

Despite provincial legislation on products containing phosphates, Foster wonders whether they are still making their way into Riverton's lagoon.

To help reduce the concentration of phosphorus entering waterways, the province amended the Water Protection Act in June 2008 by passing the Phosphorus Reduction Act, which came into effect in 2010.

The Act restricts phosphorus content in household automatic detergents and other products that are manufactured, sold, distributed or imported into Manitoba. Only products containing 0.5 per cent phosphorus (by weight) or less are permitted.

Albeit at a lower concentration, phosphorus is still entering waterways.

A large manufacturer of household products (laundry and dishwashing detergents, multi-purpose cleaners) and personal care products (toothpaste, mouthwash, shampoo) did not respond to a request for information about the phosphorus content in its products, many of which are available on store shelves in the Interlake.

"We'd like to get the message out that people have to stop using phosphates, soaps or whatever it is that's putting the phosphate into the lagoon," said Foster, "because the lagoon has a dike around it, so it isn't the farm chemicals that are getting in there and fertilizer."

Lagoons are earthen ponds that use biological, chemical and physical processes to treat wastewater, according to a May 2015 Manitoba Conservation workshop on lagoon operation and maintenance. At minimum, lagoons have two cells: one that holds raw sewage and another that breaks it down. Some lagoons have either clay or synthetic liners.

"Municipal wastewater effluent is one of the largest polluters to surface water in Canada (by volume)," the document states, and that there is "inconsistent management across Canada."

Phosphorus in wastewater contributes to algae blooms on Lake Winnipeg, which in addition to being unsightly, can be harmful to humans, aquatic species and wildlife.

"Many cyanobacteria [algal toxins] are capable of producing toxins, which may target the liver or nervous system when consumed in drinking water.

In addition to human health issues that may result from exposure to toxins, there is further concern that ... toxins may bioaccumulate in the aquatic food web affecting both the organism and possibly those that consume it," according to a 2011 science workshop held by the Lake Winnipeg Research Consortium.

The LWRC found that algae blooms are not only a summer phenomenon.

"There are ... factors that affect light penetration and algal growth in the winter. It appears that very low snow cover on lake ice or melting and refreezing of the ice surface can greatly increase light penetration and contribute to the early formation of diatom blooms under the ice."

Although the new phosphorus limit imposed by the province is intended to help mitigate algae blooms, it's putting pressure on municipal budgets.

According to Jason Comeau, Bifrost-Riverton's public works manager, the RM had to spend about \$4,000 on alum in order to bring down phosphate levels in its new cell before the province let it discharge.

Because it's a small municipality, council is worried about ongoing costs.

"We weren't expecting ... to budget for something like this," said the RM's CAO Cindy Stansell. "It affects our [future] budget as well."

Bifrost-Riverton is not the only municipality grappling with the cost of chemical treatments to meet the province's new regulation. See Part 2 of *Battling phosphorus* in an upcoming edition of the *Express Weekly News*.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons fly to pair of KJHL wins

By Brian Bowman

The Lundar Falcons scored a lot of goals last weekend — and they were rewarded with a pair of KJHL victories.

Lundar defeated St. Malo 8-3 on Saturday and Fisher River 7-4 Sunday.

In Sunday's win, Lundar built leads of 4-0 and 6-1 in the three-goal victory. Landen Gray led Lundar with three goals and two assists while Craig Wiess, Sam Gelardi, Dennon Sichewski and Eric Miller also tallied.

Miller finished the game with three points.

Sam Spence also had a hat trick for Fisher River. Darryl Thaddeus scored the Hawks' other goal.

Braydon Weatherburn made 33 saves for the win.

On Saturday, Lundar pounded the St. Malo Warriors in the five-goal win. After a scoreless first period, the Falcons exploded for six goals in a 10:01 span in a seven-goal second period.

Gray had three goals and an as-

ist while Maurice Hince, Gelardi, Sichewski, Jason Nikkel and Miller scored for the Falcons.

Sichewski and Nikkel each finished the game with three points.

Weatherburn made 39 saves for the win.

Peguis Juniors

Meanwhile, the Peguis Juniors have been showing a lot of teams lately why they are the defending-Keystone Junior Hockey League champions.

Peguis won its sixth game in a row after a 5-1 home win over the Arborg Ice Dawgs last Friday.

Romano Paul and Tyrome Spence-Bair each scored twice while Theoren Spence added a goal and an assist for the Juniors.

Karson Collins scored a first-period goal for Arborg.

Luke Penner made 30 saves for the victory.

With the win, Peguis is now 7-2 and leads the Central Division standings



EXPRESS FILE PHOTO BY LANA MEIER

The Ice Dawgs' Clint Torfason had two goals and seven assists in Arborg's 20-1 victory over the Norway House North Stars last weekend.

by a wide margin over Fisher River and Arborg.

On Nov. 2, the Juniors outscored Fisher River 13-7.

Peguis led 2-1 after 20 minutes but scored five times in the second period and then added six more in the third.

Woodhouse scored three times and had two assists while Devon Garson netted a pair of goals to go along with four assists. Quinton Flett and Spence-Bair each scored twice and had three assists and Keifer Tacan had two goals and two helpers.

Paul and Tristan Starr scored Peguis' other goals.

Brennan Cochrane, meanwhile, had an outstanding offensive game for Fisher River, scoring five times and also assisting on a Hawks' goal.

Joshua Beaulieu also played a strong game, finishing with two goals and two assists.

Dray Flett made 40 saves for the win.

Peguis will host St. Malo on Saturday (7:30 p.m.) and the Selkirk Fishermen Sunday (4 p.m.).

The Hawks will host Cross Lake on Friday (8 p.m.) and then will visit the

Arborg Ice Dawgs on Sunday (2:30 p.m.).

Arborg Ice Dawgs

The Ice Dawgs have struggled so far this season, but ended last weekend in style with a dominating 20-1 victory over the hapless Norway House North Stars.

Arborg, which held period leads of 6-0 and 15-0, received a four-goal and three-assist effort from Cal Finnon and a three-goal, six-point game from Corbin Pasternak.

Clint Torfason scored twice and had seven assists while Colton Davies scored twice and had six helpers.

Other Arborg goal scorers were Brett Goertzen (two), Clayton Nichols, Joshua Boone, Karson Collins, Derric Gulay, Devun Groot, Braydon Chwartacki and Jordan Woytowich.

Gavin Menow snapped Jordan Liske's shutout big late in the game.

Arborg visited North Winnipeg this past Tuesday but no score was available at press time. The Ice Dawgs will then host Fisher River on Sunday at 2:30 p.m.

Dowhy named MFMHL Goalie of the Month

Staff

The Manitoba AAA Female Midget Hockey League announced last week that Interlake Lightning goaltender Kerigan Dowhy has been named the MFMHL GDI Goalie of the Month for October.

Dowhy, who lives in Stonewall, has faced 399 shots in her first six games (close to 200 more than any other goalie in the MFMHL) and posted a stellar .930 save percentage.

Meanwhile, Dowhy, known for her athletic style in goal and never-give-up attitude, has earned a spot on Hockey Manitoba's Program of Excellence roster that will compete in Hockey Canada's U18 National Championship in Regina this month.

For next season, Dowhy has already committed to play hockey for the NCAA Division 1 Bemidji State University Beavers. This past sum-



Kerigan Dowhy

mer, she attended Hockey Canada's U18 National Goalie Development Camp.

City Midgets competitive in recent losses

By Brian Bowman

The Interlake Lightning City Midget hockey team may not be winning games recently, but they are keeping the scores close.

Interlake dropped a pair of games last weekend, losing 6-2 to the Hawks last Friday and then 5-3 to the Warriors on Sunday in Warren.

Against the Warriors, Emmitt Farebrother and Nick Prystupa scored to give the Lightning a 2-0 first-period lead.

It was all Warriors in the second period, though, as Patrick Comeau scored three times and Jayson Szun added another goal to give the visitors a 4-2 advantage.

Prystupa potted his second goal of the game to pull Interlake to 4-3 but then the Warriors' Cory Chrapun sealed the win with a goal with just 1:02 remaining.

Erik Sigurdson made 22 saves for the Lightning.

In the loss to the Hawks, Prystupa scored in the second period and then the Interlake's Shawn Mousseau tallied in the third. Prystupa currently leads the Lightning in goals scored (six) and points (nine).

Ryan Ostermann (two), Ben Kelly, Riley Barraso, Nicholas Trudel, and Josh Berger answered for the Hawks.

The Lightning's Josh Bond made 32 saves.

Interlake (1-10) played the first-place Monarchs (12-0) last night but no score was available at press time. The Lightning will then play the Hawks (4-3-2-1) on Sunday (2:15 p.m.) in Winnipeg.

Meanwhile, the Lightning Bantam boys' team had a rough night last Thursday as they were blanked 8-0 by the Pembina Valley Hawks in Stonewall.

Pembina Valley received three goals from Cody Clark and singles by Andrew Vasko, William Irvine, Roux Bazin, Riley Goertzen, and Trentyn Crane.

Interlake goaltender Jackson Kumen made 34 saves.

The Lightning (0-7) played the Eastman Selects (5-2) last night in Landmark and then will host the Sharks (2-6-1-1) tonight (7:15 p.m.) in Stonewall.

On Friday, Interlake will battle the Southwest Cougars (4-1-1) in Wawanesa. Puck drop is 7 p.m.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Colby Bear battles for the puck during Interlake's 8-0 loss against the Pembina Valley Hawks in Bantam action on Nov. 3.

Interlake Thunder's Midget Football All-Stars



Gabriel Simard (60)



Colton Nedotiafko (33)



Colton Meisner (11)



Brandon Porteous (2)

Several Interlake Thunder players took part in the Midget Bowl IX, MFLM All-Star Game at East Side Eagles Field last Sunday. Team Silver defeated Team Green 17-12. Team Silver included Thunder players Brandon Porteous, Tanner McCallen, William Page, Rory Doak, Colton Nedotiafko, Cordell Holder, Tristan Kisilowsky, Joel Pashe, Joe Rosser and Gabe Simard. Team Green featured Thomas Dunlop, Colton Meisner, Germain Waldner, Carter Safiniuk, Austin deLaroque, Carter Becker, Phoenix Remillard and Alex France.

EXPRESS PHOTOS BY LANA MEIER

Tillett enjoying football life in B.C.

By Brian Bowman

In just his first season with the Westshore Rebels, Mike Tillett has already won a BC Conference championship.

Now, he is looking to capture a Canadian Bowl title when his Rebels host the Saskatoon Hilltops this Saturday.

"This is crazy," said Tillett from B.C. last week. "I never would have expected this."

The talented offensive lineman has really enjoyed his first season of junior football after starring for the Interlake Thunder Midget squad.

"It's been an awesome experience," Tillett said. "We turned our team around from a 2-8 team to a 9-1 team."

Westshore earned a berth into the national championship after defeating the Okanagan Sun 32-21 on Oct. 29.

"It was a great experience," Tillett re-

called. "We had quite the celebration afterwards."

Tillett didn't dress for that title game and has suited up for "about half" of the Rebels' games as a backup.

Still, it's been a great learning experience for Tillett as he plays in a league that has players as old as 21. He feels he made the right decision moving west to further his football career. Tillett hopes to someday play university football.

"We have a really good (offensive) line," said the 6-foot-3, 280-pound Tillett. "I'm at least twice as good (as I was last year)."

Rebels' head coach JC Boice said Tillett has fit in nicely with their program.

"Mike has been a great addition to our team and, for a first-year player, he has made some great contributions," Boice said in an email. "He has

made our travel roster several times. He will be a big player for us next season, for sure, now that he has a season under his belt."

Westshore plays out of a small city called Langford, which boasts a population of over 40,000. Langford is located on Vancouver Island near Victoria and, of course, features a plethora of gorgeous views of mountains and the Pacific Ocean. The view — and landscape — is much different than Tillett's hometown of Teulon.

"It's much different here," he said. "I went home (recently) for two weeks and (Manitoba) is just flat."

Tillett has done a real good job adjusting to life on his own on the west coast. Leaving friends and family behind at a young age isn't exactly an easy thing to do.

"It's pretty tough," Tillett admitted. "But it's going good."



EXPRESS PHOTO SUBMITTED
Teulon's Mike Tillett, standing, and his Westshore Rebels' football team will be playing the Saskatoon Hilltops in the Canadian Bowl this Saturday. Westshore won the BC Conference championship recently after a 32-21 win over the Okanagan Sun.

Norman knocks off Lightning twice last weekend

By Brian Bowman

There are no easy points in the Manitoba AAA Midget Hockey League.

The Interlake Lightning found that out the hard way last weekend.

Interlake lost 8-7 to last-place Norman in a shootout on Saturday and then 5-4 Sunday afternoon.

"I was definitely disappointed in the first game in how we started," said Lightning head coach Dwayne Swanson. "We didn't play for the first two periods, to be honest with you."

In Sunday's loss, Interlake grabbed a quick 2-0 lead just 1:27 into the contest as Codey Behun and James Maxwell scored 25 seconds apart on the Lightning's first two shots of the game.

That lead would disintegrate quickly, however, as the Northstars' Dennis Scatch scored twice and Michael Venne also tallied.

Two of those goals came on the power play and all three goals came within just eight shots in about six minutes of action.

"Our confidence is so lacking right now that once that happened, we fell out the same routine of going, 'Oh, well, here we go again,'" Swanson said. "But we played really well once again in the third period, and came a shot or two from tying it up."

"It's not that we were not good enough, it's that we don't play 60 minutes of hockey."

Norman's Ethan Stuckless scored with the man advantage early in the second and then the Northstars went

up 5-2 midway in the period as Hunter Rambow tallied.

Interlake made the game interesting, though, in the third as Derek Mathez and Corbin Mariash scored late in the game. Mariash is now a co-leader on the Lightning with seven goals scored in 12 games.

"(Corbin) has been a bright spot for us this year," Swanson said. "He's a kid that brings his A-game every night and if his A-game is a little off, then he brings effort every night. Some of our guys on the team could learn from him. He really has been a bright spot."

Last Saturday, the Lightning lost in the shootout as Jack Einarson scored the Interlake's lone goal in three tries while Jerome Linklater and Marco Nepitabo replied for Norman.

The Lightning trailed 7-5 late in the third but Bryce Krauter and Mariash scored just 21 seconds apart.

Mariash scored three times in the third period, including two on the power play. Darian Murdock also scored for the Interlake with the man advantage in the third.

Murdock earlier tallied in the first period and then Behun tallied in the second.

Stuckless (two), Hunter Halcrow (two), Scatch, Linklater, and Michael Venne scored for the Northstars.

Adam Swan made 47 saves for the Lightning.

Interlake, now 2-7-0-1-2, will host the Eastman Selects (7-7) on Friday at 7:30 p.m. and the second-place Yel-

lowhead Chiefs (10-3-1-1-0) Sunday at 2 p.m.

Life won't get much easier for the Lightning this weekend.

"That's part of the deal when you play in the Manitoba AAA Midget

Hockey League," Swanson admitted. "Every time you go out, you're going to play a quality hockey team and you have to be prepared every time that you come out."

CCM Rising Stars program

Submitted

The CCM Rising Stars program is a rural-region program for second-year PeeWee-aged male players and any female players registered on a male roster (2004 birth year) who reside within their respective region of the current season.

This year's CCM Rising Stars program includes four skill sessions on Dec. 17-18 and Jan. 21-22 run by Shoot to Score hockey, followed by the CCM Rising Stars Regional tournaments on Jan. 27-29.

Players will be evaluated during the first two skills sessions and then divided into equal teams for the tournaments.

Costs and registration details will be available in a couple of weeks.

CCM Rising Stars Plus+ program
Approximately 23-28 players that participated in the CCM Rising Stars Program will be selected to participate in an additional development program called Rising Stars PLUS+ that is served as a precursor to the DC Prospects and U-16 Program of

Excellence (U-16 Team Manitoba).

CCM Rising Stars PLUS+ programs will run similar to the operation of the DC Prospects with regions executing a five-week provincial development curriculum in the spring.

The program will culminate with the CCM Rising Stars Cup held May 5-7, 2017 in conjunction with the Director's Cup Prospects Tournament and U-16 POE TOP-40 Camp in Winnipeg.

For general information on either program please visit Hockey Manitoba's website www.hockeymanitoba.ca/programs/rising-stars.

Questions on the Interlake Minor Hockey CCM Rising Stars program can be emailed to interlakeminorhockey@hotmail.com.

Female PeeWee Prospects

Details on the female peewee prospects program will be available at the end of December or beginning of January at www.hockeymanitoba.ca/programs/female-bantam-prospects.

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EMPLOYMENT OPPORTUNITIES FOR THE FOLLOWING POSITIONS: YARD PERSON JOURNEYMAN AUTOMOTIVE MECHANIC JOURNEYMAN HDET MECHANIC

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently accepting applications for the above posted job positions to work out of our Lundar Facility.

We offer:

- Full time employment
- Competitive wages
- Benefit Plan with Dental

If you would like to apply for any of these positions and join our team, please send your resume to:

Jackie Le Strat, Human Resource Manager
Sigfusson Northern Ltd.
Box 51, Lundar, MB, R0C 1Y0
Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca



EMPLOYMENT OPPORTUNITY PARTS PERSON

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

The Parts Person is responsible for ordering parts and supplies for the job sites as well as the Lundar Operations.

Qualifications:

- Knowledge of Microsoft Office programs, email, internet, & data entry
- Excellent communication skills
- Quality communication and customer service skills are required
- Mechanical, Heavy Construction, or purchasing knowledge would be considered an asset (training will be provided)

We offer:

- RRSP/DPSP Program
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- Wages dependent on qualifications

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

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



RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER Residential Curbside Refuse Collection

CLOSING DATE: November 25, 2016 at noon

The Rural Municipality of Gimli is accepting tenders for the following: Residential Curbside Refuse Collection for the area west of PTH 8 and Aspen Park Condo Corporation.

Detailed Tender packages are available to interested bidders on the RM of Gimli website www.gimli.ca or at the Municipal Office between the hours of 9:00 a.m. to 5:00 p.m., Monday to Friday.

Kristin Strachan, CMMA, Assistant CAO
Rural Municipality of Gimli, 62 - 2nd Avenue, PO Box 1246, Gimli, MB R0C 1B0

Ashern Auction Mart - Farm Market Report Week of November 2 • No. of Cattle: 1541 Total Slaughter Cattle 131 Total Feeder Cattle 1410

D1 & D2 Cows	77-84	Age Verified	83-90
D3 & D4 Cows	70-76	Heiferettes	100-113
Bulls	100-117.75	Older & Shelly Cows .	60 + up
STEER PRICES		HEIFER PRICES	
400-500	160-187	400-500	130-170
500-600	158-190	500-600	125-176
600-700	152-191.75	600-700	129-166
700-800	130-170.50	700-800	119-154
800-900	155-169	800-900	150-155.25
900-1000	160-163.25	900-1000	135-149

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Interlake Co-op has an exciting opportunity for a temporary full time office administrator. The ideal candidate will be well organized, and confident in dealing with customers.

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- Processing ROA's
- Strong communication skills
- Answer phones and greet customers warmly
- Assist in filing duties
- Perform basic bookkeeping duties
- Must work well independently

Please submit resume and cover letter to:

Interlake Co-op
Attn: Office Manager
Box 40 Arborg, MB R0C 0A0
OR

Phone: 204-376-5245 Fax: 204-376-5018

Email: info@interlakecoop.com

Deadline for applications: Friday, November 18, 2016

We thank all applicants for their interest, but only those candidates selected for an interview will be contacted.

NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, November 22, 2016 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/009/221/C/16 - WILFRED ARNASON O/B/O RAYMOND & ALMA SIGURDSON

Application to Change the Use of Access Driveway (Joint Use to Public) onto P.T.H. No. 9, N.W. 1/4 28-18-4E, R.M. of Gimli.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4
Michelle Slotin, A/Secretary THE HIGHWAY TRAFFIC BOARD
Phone: (204) 945-8912



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ANNOUNCEMENT

CARD OF THANKS

We would like to say thank-you for all the kind words and support. Few Thanks were forgotten for Lorne service. JoJo for your help at the cemetery, for the donations of baking and to all who helped with setting up the tables. Thank-you again to everyone for all your help, your kindness will always be remembered. Thank-you for the great meals and baking that were brought to our homes, the lovely flowers and the baskets and trays of goodies. Thank-you to ALL EMW for your support and help over the last month. A big thanks to EMW Electrical crew for being a group of great people, the trays of goodies were very generous. To our hunting family the meals were great and the support was even better. To our Peguis Jrs past and present for all the joy you give us as we watch the games. Chunky will be heard from above as he watches with the boys 10 and 17. Waylon is very lucky to have such a great hockey family. To all Kapri and Keanna friends your friendship means so much. To Virginia and Marilyn for all your help with the lunches and suppers. To all the family and friends who joined us at our home your company was awesome. Thank-you to Lorne SR and Tom for being part of our lives, we will always cherish the memories. We are so grateful to have so many good people in our lives. Always remembered Lorne, Sandra, Waylon, Kapri and Keanna.

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UPCOMING EVENTS

Celebration of Life - Love Lives On - Palliative Care volunteers are hosting an afternoon of Celebrating Life. Bring an ornament in memory for the Christmas Tree. Sunday, November 27, 1-3 p.m. at the Gimli Health Centre lobby.

HAY & FEED

5x5 round bales 1st cut alfalfa grass, average 1050 - 1100 lbs., 320 avail.; plus 2nd cut, 1st cut from 2015 also avail. \$25/bale. Delivery avail. Call 2041-886-7267.

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take a break > GAMES

SUDOKU

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

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

Sudoku Answer

T	I	N	I	V	A	T	E	H
E	T	N	I	V	A	K	C	R
S	N	O	O	S	V	E	C	N
H	E	E	S	D	N	I	H	O
A	T	F	I	R	V	O	D	I
T	J	V						
N	S	V	E	S	T	S	E	M
E	N	E	R	V	I	N	H	
U	S	I	E	R	V	O	N	M
I	R	V	I	V	K	O	O	R
C	A							
D	O	O	O	S	I	E	T	

Crossword Answer

CROSSWORD

CLUES ACROSS

- Adenosine triphosphate
- Plane
- Plant cultivated for its tubers
- Wreath
- Equal, prefix
- Type of fish
- Measuring instrument
- High-pitched crying noise
- Chilean seaport
- Make in advance
- Where planes land and take off
- Nicaraguan capital
- Reprint
- Evergreen genus
- Vale
- Not the most dry
- There are four of them
- Pie __ mode
- At or near the stern
- Attached to the side of a motorcycle
- Soft-bodied beetle
- "Rule, Britannia" composer
- __ of March: rough day for Julius Caesar
- A way of changing taste
- Bubbled up
- Remedy
- Barrooms
- Henry Clay __, industrialist
- A citizen of Thailand
- Cove
- One and only
- '__ death do us part
- Zero
- Thus far
- Brew
- Crunches federal numbers

CLUES DOWN

- John __, Pilgrim settler
- Drink table on wheels
- A canoe

		1	2	3		4	5	6		7	8	9				
							11									
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						
47	48	49								50				51	52	53
54										55						
56										57	58			59		
						60				61				62		
						63				64				65		

- Baseball player nicknamed "Kitty"
- Midway between east and southeast
- Direction of attention
- Egg-shaped wind instrument
- Cadavers
- Farewell
- Revolutions per minute
- Small constellation
- Vineyard
- Consumed
- Pitchers need to get them
- Educational assn. (abbr.)
- No longer is
- Peyton's little brother
- Small amount
- An awkward stupid person
- Popular pro sports league
- Pigpen
- Type of head pain
- "Jiminy" is one
- Diarist Frank
- Boat race
- Can be split
- Thought
- Staggering
- Baltic country
- Sunscreen rating
- Paddle
- Togetherness
- Beat-influenced poet Anselm
- Midway between northeast and east
- Fall back, spring forward
- Afflict

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get inspired

> MEAL IDEAS

Lentil Macaroni and Cheese



- 2 1/2 cups (750 mL) whole wheat fusilli, rotini or bowtie pasta
- 2 tbsp (25 mL) soft, non-hydrogenated margarine
- 3 tbsp (45 mL) all-purpose flour
- 2 cloves garlic, minced
- 2 tsp (10 mL) Italian seasoning
- 2 cups (500 mL) milk
- 3/4 cup (175 mL) shredded light, old

- cheddar cheese
- 1/4 tsp (1 mL) fresh ground pepper
- 1 can (19 oz/540 mL) lentils, drained and rinsed
- 1 tomato, chopped
- 2 tbsp (25 mL) chopped fresh parsley

Directions
In a large pot of water cook pasta for about 6 minutes or until tender but firm. Drain well and return to the pot and keep warm.

In saucepan, melt margarine over medium heat and stir in flour, garlic and Italian seasoning. Cook, stirring for 1 minute or until thickened. Slowly whisk in milk and cook, whisking occasionally for about 8 minutes or until starting to bubble around the edge. Whisk in cheese and pepper until smooth. Stir in lentils.

Pour sauce over pasta and stir to coat well. Sprinkle each bowl with tomato and parsley to serve.

Tip: This saucy dish is perfect for the thermos. You can stir in the tomato and parsley before packing it up for lunch or leave it out for those that may not prefer it.

Bean, Lentil and Brown Rice Casserole



- 1 1/2 tbsp (20 mL) canola oil
- 1 cup (250 mL) chopped onion
- 3 cloves garlic, minced
- 3 tbsp (45 mL) chopped, canned chipotle peppers in adobo sauce
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried savory
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 cup (250 mL) sodium-reduced medium or hot salsa
- 1 cup (250 mL) raw brown basmati rice

- 1 cup (250 mL) green lentils
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 4 1/2 (1.125 L) cups water
- 1 bay leaf
- 1 cup (250 mL) reduced-fat shredded cheddar cheese

Directions:
Preheat oven to 350 °F (180 °C). Lightly spray 3-quart (3.4 L) casserole with canola oil cooking spray and set aside.

In large soup pot, heat canola oil over medium-high heat. Add onions, reduce heat to medium and cook for 3-4 minutes. Add garlic, chipotle peppers, oregano, savory and black pepper and cook for 1-2 minutes more. Stir in salsa and deglaze pan.

Add brown rice, lentils, kidney beans, water and bay leaf. Bring to a boil. Transfer mixture to prepared baking dish. Cover with foil and bake in preheated oven for about 1 1/4 - 1 1/2 hours or until rice and lentils are tender and no water remains. Stir twice during baking, replacing foil before returning to oven. Remove bay leaf before serving.

Remove from oven, remove bay leaf and sprinkle with cheese. Leave foil off and return to oven for 3-4 minutes to melt cheese.

Thinking for Yourself: Empowerment for Youth



"THE MOST COURE-
GEOUS ACT IS STILL TO
THINK FOR YOURSELF.
ALLOUD."

~COCO CHANEL

It is always our hope that when our children become teenagers they will be able to make good choices, and resist pressure from peers to do things we would rather they not do. Many factors contribute to the ability of a young person to make wise choices.

It is important to allow them to make choices when they are younger so they have experience thinking through alternative courses of action. We cannot make all the choices for them for the first twelve years and suddenly expect they will know how to think for themselves.

We also need to let them express themselves, even challenge us so long as they present their case in a respectful manner. If they are never allowed to challenge us, how will

they learn to challenge someone who is trying to convince them to try drugs or have sex?

If they are never allowed to challenge us, how will they learn to challenge someone who is trying to convince them to try drugs or have sex?

Young people also need to know that they have their own wisdom that goes beyond all they have been taught about right and wrong, and the expectations of others. Unfortunately, that wisdom has not always been developed or encouraged so they either do not know they have it, or do not value it.

I call this inner wisdom the higher self, or our connection with higher consciousness. Everyone has the ability to draw upon this source of sacred wisdom, and to be empowered by it.

Young people need to be taught to trust and act upon this wisdom. They will not get this from television, the internet, or from their peers.

I have developed a MP3 for young people called Thinking For Yourself: Empowerment for Youth. It is suitable for anyone age twelve and older. (See below for information on how to obtain a copy.)

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

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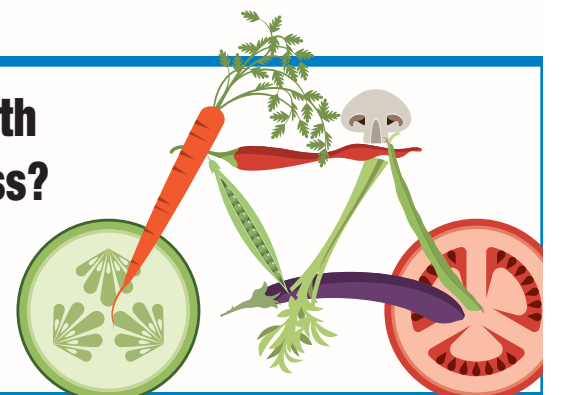
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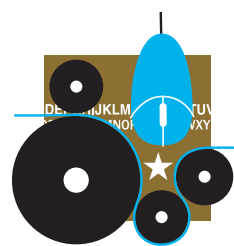
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