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EXPRESS PHOTO BY STEFANIE LASUIK

"The terminators" street hockey team (left to right) Ryan Bazilewich, Brody Barylski, Matthew Kempa, Joshua Bazilewich, Kylee Emms-Finnsson and Ava Pool were poised and ready to take on the competition at Arborg's second Annual Street Festival last Saturday. See story and photos page 2.

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Thunderstorms no problem for street festivities

Second Annual Arborg Street Festival goes off without a hitch

By Stefanie Lasuik

Arborg residents did not let an impromptu and unforgiving down-pour rain on their parade Saturday afternoon. Before and after thundering skies hit, Arborg's second Annual Street Festival was a pillar of late-summer fun.

The beloved street hockey tournament saw 140 participants compete in three arenas. The Flying Monkeys stole the show in the under-10 age category, while the Floorsliders took the 11-13 year event and the Dad Bods championed for the adults.

The festival's first amazing race had seven duos running the streets of Arborg on their mission to complete 17 legs. The contest tested their logic and physical skills through missions to find the correct lumber, thoroughly washed cars, and remember and match currency. Claudia Kazera and Leanne Hibbert flew through the course to win the Amazing Race Arborg.

Another new event in the chili cook-off crowned more champions and brought fan-favourite judges to the town. Winnipeg Blue Bombers' Paris Cotton and Kashawn Fraser sampled the 14 entrants' chili before naming Cheryl Gelinas the winner and awarding her the \$250 Co-op gift card that went with it. The trophy surprised Gelinas, who said she simply threw ingredients in her mixture but added chili sauce to give it a kick.

Cotton and Fraser stuck around to sign autographs and offered praise for the town.

"It's great. Great city, even better people," Fraser said, explaining that he enjoyed experiencing the type of chili cook-off he had seen on the Food Network.

The People's Choice Award in the cook-off went to Candace Robertson, who also took second by the judges' voting. She took home a \$150 gift card. Third place and a \$100 gift card was won by Marla Gislason.

A pancake breakfast, a kids' fun zone, Canadian Wrestling Elite's show, and the Crazy Jumpers dog show rounded out the day's activities, while variety dancers and singers provided entertainment. The bands of Rolling Thunder, Deuces Wild, Our Souls, and Home Brew Line performed to punctuate another successful festival in the street.



EXPRESS PHOTOS BY STEFANIE LASUIK

Pictured from top, clockwise: Amy Platt of the Riverton Partners in Time dance group rocked out to "Rockin' Robin"; Cheryl Gelinas (centre) won Arborg's Street Festival first chili cook-off by impressing Blue Bomber judges Kashawn Fraser (left) and Paris Cotton; local band Rolling Thunder was one of five groups to entertain on the main stage; the McConnell School of Irish Dance troop, fresh off performances in Ireland, impressed locals; Zachary Abrahams scores on the Pilon's Ben Solmundson; and Samantha Janower (left) and Alexa Roche searched for a 2x6x10 spruce board at Home Hardware's Lumber Yard in order to complete the leg of the Amazing Race. The duo went on to place second.



New program offers financial boost to home dialysis patients

Arborg family happy with the announcement but still wants to see Gimli's hemodialysis unit staffed

Staff

A new provincial program will cover additional costs for water and electricity bills incurred for at-home hemodialysis treatments.

On Thursday, Aug. 20, Health Minister Sharon Blady said that the reimbursement will be based on the utility use that is associated with patients' dialysis schedules and the type of hemodialysis machine used. In Winnipeg, the additional hydro and water expenses can range from \$704 to \$2,116 per year, she added.

"Utility costs can add up for patients who undergo hemodialysis treatment at home, and we will be there to reimburse additional costs," Blady said in a press release.

"We hope these new supports will encourage more patients to undergo hemodialysis treatment in the comfort of their home and to enjoy a better quality of life."

As of Aug. 10, a total of 60 patients were undergoing hemodialysis treatments at home, which allows them to schedule their own treatment times.

Arborg resident Robert Martin switched to home dialysis at the beginning of July following a nine-week stint of driving to Seven Oaks Hospital for treatment.

His daughter, Loretta, is pleased with the announcement that some of the costs will be covered for her 80-year-old father.

"Any kind of reimbursement is helpful because the people that are doing the drive don't get reimbursed for any travel costs. So reimbursement for some of the additional utility costs of doing it at home is a benefit to any-

body who is able to do home dialysis," she said.

"This reimbursement of costs is a help because home dialysis is life-altering as opposed to having to drive for any amount of time three times a week for treatment. For the province, it's much cheaper to reimburse to facilitate home dialysis than it is for them to actually run hemodialysis units, so it does make sense."

In fact, the operating costs for home dialysis treatments are nearly 50 per cent less than hospital dialysis, thereby reducing the need for hospital space as well as support from health-care workers. With a reduction in travel, home dialysis also reduces exposure to infections.

Manitoba is the only province in Canada to offer this type of reimbursement program, which will be administered by the Manitoba branch of the Kidney Foundation of Canada.

While Martin is encouraged by the reimbursement, she continues to push for increased dialysis services

in Gimli. She would like to see Gimli's hemodialysis unit fully staffed and operating to capacity rather than opening more hemodialysis beds in Selkirk.

"My dad is on home dialysis right now, but that may or may not last. It doesn't always work forever. There is a point where he could end up having to travel to do the hemodialysis. We're working with two other families who are currently still driving to try to get the department of health to make dif-

ferent decisions," she said.

"The plan was to open more hemodialysis beds in Selkirk as opposed to staffing the ones that already exist in Gimli, so we had met with the minister to express the feelings of the families of dialysis patients. The minister's office was supposed to follow up with us, but we haven't heard anything back from them."

More details about the provincial reimbursement program will be available in early October.



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Quarry Physiotherapy amasses funds for MS

By Stefanie Lasuik

To suffer from multiple sclerosis is to undergo an emotionally and physically painful lifestyle and personal change. It is an affliction that affects the families and friends of each patient. The personnel at Quarry Physiotherapy have seen and created relationships with countless MS patients over the years, and that's why, over 12 years ago, they decided to take their fight against the disease to a whole new level.

The physiotherapy staff strapped on their bike helmets and headed to the Viking as a part of the MS Society of Canada's annual fundraising event, which sees 600 to 700 cyclists ride 170 kilometres between Stonewall and Gimli. What began as a small team comprised of clinic staff and ownership has swelled to friends, families and associates of Quarry Physiotherapy employees. Well over \$135,000 later, the Quarry Physio team has become a mainstay at the event, so much so that they offer free massages for tired cyclists after the first leg in Gimli.

Scott Allan, owner of Quarry Physiotherapy, said that the organization decided to donate professional time and services through massage 10 years ago in order to give back to a great cause and to the community. Several cyclists on the team will ride 85 kilometres to the Viking town, exchange their bikes for massage tables and help the physio team provide fellow cyclists with up to 300 massages.

Quarry Physiotherapy team members train throughout the year in preparation of the big event, since 170 kilometres is nothing to shake a hat at.

"I wouldn't call it an easy feat," Gimli branch physiotherapist Myles Willis said, explaining that it usually takes several months to build endurance in order to complete the trek.

This year, 12 team members attempted the route before the event was shut down and the cyclists



EXPRESS PHOTO SUBMITTED

Team Quarry Physio has been participating in the MS Biking to the Viking for the past 12 years while raising over \$135,000.

were shuttled through the thunder to Gimli.

Despite the cancellation, the team topped their usual goal of \$7,500 and treaded towards \$8,000. Their fundraising, cycling and massaging have all helped efforts to find a cure for the disease the Quarry Physio staff have come to know first-hand.

"We know how it impacts their lifestyles and their families," explained Allan.

For the team, the decision to stay dedicated to the event has been an easy one.

"We all know someone who has been affected by MS, so it's kind of a no-brainer," said Willis.

"It's a nice way to give back to the community as well as for all the riders because they're donating a lot of time to raise money for such a good cause."

Quarry Physiotherapy has locations in Arborg, Gimli and Stonewall.

Local talent to light up Gimli Beach stage

First-ever Battle of the Bands contest comes to Gimli Sept. 5

By Stefanie Lasuik

They rocked out to the platinum record-selling Econoline Crush, two-stepped to the Canadian Country Music Award-nominated Jake Mathews and danced to the hits of popular '70s rock band Harlequin. Now, the residents of Gimli are gearing up for the send-off of what has turned into the town's summer of sound.

A battle of the bands will bring local talent onto the Gimli Beach stage on Sept. 5 from 3 to 9 p.m. Attendees are asked to prepare for the luau by dressing accordingly and by showing their love for homegrown melodies.

There will be no cost for luau attendees or musicians, and band contestants will have the opportunity to vie for a hefty first-place prize. A \$1,000 cheque will go to the top band of the

battle, which will be deemed the champion by a panel of local judges.

Adam T. Elvis will also make an appearance on the sand, organizing a rock-a-hula comprised of Elvis and Beach Boys performances, Hawaiian-themed music courtesy of CJ107, and fun contests for attendees such as lip sync battles and hula competitions.

In the spirit of luau, the Lakeview Resort has organized a pig roast, which will feed attendees through purchase at the event.

So far, seven bands are set to wow locals with rock-and-roll, country, cover songs, electric and reggae beats. Bands interested in participating can email gimlicdc@rmgimli.com with the subject line "Beach Battle."



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Mother Nature dampens MS Biking to the Viking

By Natasha Tersigni

Inclement weather on both Saturday and Sunday forced organizers of this year's 26th annual Biking to the Viking to shut down the two-day fundraiser round-trip bike ride from Stonewall to Gimli in support of the MS Society of Manitoba.

On Saturday morning, the start time was delayed until 10:30 a.m. while organizers waited for the storm to clear. After a few hours of riding, bikers were forced off the road to take shelter at stops along the route due to lightning and heavy rain. While some speedy bikers made it all the way before the route was closed, other participants were transported via bus to Gimli to participate in the evening activities including the ride's gala dinner.

On Sunday, riders never got a chance to hit the pavement as organizers deemed the high winds and wet roads too dangerous for cyclists. Participants and their bikes were transported to Stonewall for the scheduled finish-line barbecue.

Despite the weather dampening a few spirits, this year's ride saw nearly 600 participants, including 200 new riders. Among the cyclists included first-time rider and mayor of Winnipeg Brian Bowman.

At press time this year's ride has raised approximately \$425,000 and counting for the MS Society, a non-profit organization that supports programs and services for the 100,000 Canadians, including the 3,500 Manitobans, that are currently living with Multiple Sclerosis. Pledges from riders are being accepted until Sept. 8, and donations can be made online at mssoc.convio.net.



EXPRESS PHOTOS BY ROBIN CHESTNUT AND NATASHA TERSIGNI

Approximately 600 riders took part in the 26th annual MS Biking to the Viking Ride, which had to be discontinued due to inclement weather on Saturday. Below, riders were greeted with high winds, rain and sleet and some white stuff when they arrived in Teulon.



Correction

In the Aug. 13 issue of the *Express Weekly News*, we reported in the article "McEwen Park to receive accessibility upgrades" that \$28,900 in funding was announced from the Enabling Accessibility Fund for the construction of new washrooms and showers at McEwen Park in Eriksdale on Aug. 4.

These upgrades will serve to improve the experience for visitors.

However, the article should have stated that the popular recreation park is open during the spring and fall, not only the summer months.

The staff of the *Express* apologizes for the confusion.

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SALES
Brett Mitchell



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Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Jeff Ward



REPORTER/PHOTOGRAPHER
Austin Grabish



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A family that fishes together stays together

Welcome, fellow anglers.

I wonder, can it be said that a family that fishes together stays together?

It surely seems to be true of the Opalko family of Winnipeg, who I met on a sunny, bright day relaxing in lawn chairs fishing off the Selkirk pier last week. There was dad, Ken, mom, Linda, daughter, Jayne, and son, Matt. When I first met them and as we began to get to know each other, Matt kind of stood out as a fun-loving live wire who was the only one continually catching one fish after another. I looked at Matt and in mock seriousness asked him what was going on. In a lighthearted yet guarded attitude, he proclaimed he had special minnows that he gets from a certain garage and there was no way he was telling anyone where it was. He then fell silent as he reeled in another fish. While he returned that bass back to the water, I wondered how I might get Matt to reveal where he got those minnows. I looked at Ken for help and he just started to shake his head and laugh.

"Don't look at me," he said. "He won't tell us either." I pondered this predicament for a moment then said to Matt, "I'll give you the location of one of my best fishing spots if you tell me where you get that bait."

The determined smile on his face told me there was no way he was going to give up his secret. He then frustrated me by further proclaiming he had caught and released 24 fish the previous day and apparently was well on his way to breaking that record when I was there. Later, as kind of a little joke, I took a picture of the whole family with one little fish Matt had just caught.

I ran into Cy Larson in Lac du Bonnet the other day and he said the fishing has been great there all summer. Now, here is a guy who, if he's not working in his S&H Docks business, he's on the Winnipeg River fishing. He proudly said he had caught a 48" jackfish recently and that the goldeye, mooneye and sturgeon seem to be everywhere in the river.

I was fishing on the Hnausa pier last weekend and as I sat in my rickety old plastic chair, unsnarling the line on my reel, I called over to a chap who was fishing a ways down from me, asking if he had a fishing story. We exchanged names. He said he was Gus Conci from Winnipeg, and as I raised my attention from my pesky knotted line to Gus, his head went back a bit with a smile as he



EXPRESS PHOTO BY ARNIE WEIDL

Pictured from left, Linda, Matt, Jayne and Ken Opalko with one of Matt's little fish he caught off the Selkirk pier.

remembered something.

Gus, a retired guy with light brown hair, heavily tanned with a strong thin frame and an easygoing way of talking, said he had a bit of an odd story. As we sat in our chairs looking out over the restful, almost-glassy water in the still, warm, grey, late afternoon, he recounted how a few days ago on the Hecla village pier he caught a 22" drum. After releasing it, he watched it as it swam away just below the water's surface. Swooping into view, a small pelican saw his chance for supper and splashed into the water, scooping up the drum. The fish, however, was too big for the bird's pouch and it fell out. At that same time, a seagull decided he had as much right to that fish as the pelican and pounced on it, dragging it away. The pelican, not willing to give up his food, sprang forward and recaptured the fish, flipping it entirely into his pouch. Now the overweight junior pelican was faced with the problem of getting away with his prize. He flapped his wings furiously, his padded feet walking on the water like a goose trying to take off. Finally the bird gained flight slightly above the water with the seagull flying alongside the pelican pecking at its pouch. Gus watched, amazed as the seagull soon lost interest and the small victorious pelican disappeared in the dusk over deep water.

Until next time, my friends. Bye for now.

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Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
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Classified: classifieds@expressweeklynews.ca
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OUR EDITORIAL STAFF

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

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

Brian Bowman
Sports Reporter
sports@expressweeklynews.ca

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Running for the future of Canadian indigenous women

By Natasha Tersigni

Putting her best foot forward for 115 kilometres, a Winnipeg teen's four-day run last week down Highway 6 to Winnipeg aims to send a big message to Parliament Hill: it is time to call a national inquiry into Canada's missing and murdered indigenous women and girls.

The high number of missing and murdered indigenous women and girls in Canada is a reality that does not sit well with 16-year-old Tracie Léost. The Métis competitive runner began her four-day Journey of Hope on Aug. 19, with the hope that her run from Oak Point to The Forks in Winnipeg would bring much-needed awareness to the issue.

According to a 2014 University of Ottawa Law School thesis, there are currently 824 cases of missing or murdered Inuit, Métis or First Nations women in Canada. Of those cases, 111 are from Manitoba. Despite public perceptions, the thesis found that 80 per cent of the 824 women were not involved in the sex trade or in high-risk behaviors.

"I can definitely stand behind a national inquiry. It will answer questions. It will not answer them all, but if it can answer a couple questions on why this is happening, then that is going to put us ahead of where we are right now," said Léost.

Last summer, Léost attended the 2014 North American Indigenous Games in Regina. Along with bringing home three bronze medals for running, she all also brought home the important message that it is her generation of indigenous Canadians that must create change for their people.

"At the opening ceremonies, the people speaking were telling us that 'You are the generation of people that are going to pick up the broken pieces because our nation of indigenous people has been broken down,'" said Léost.

"That is when it hit me, standing around 2,000 athletes from across North America, that if I am going to make a change for North American indigenous people, these are the people that are going to support me but also the people that it is going to impact."

When she returned to school in the fall at Garden City Collegiate, Léost, who was in Grade 11, took two Native Studies courses. During one of the classes, the teacher tasked all the students with an assignment to choose a woman from the national database of missing and murdered indigenous

women to research. The project was not to find out how the woman died or the details into the missing person's case; it was intended to put a real person in front of the statistic.

After researching Ramona Wilson, who was one of the 49 women that Robert William Pickton murdered, Léost became increasingly interested in finding more information on missing and murdered indigenous women in Canada. She found out that more than half of Pickton's victims were indigenous women.

"Eventually I was falling behind in my classes because I was coming home and just searching maps of where these woman were being attacked, murdered or where they were last seen," said Léost, who added she often spoke with her Native Studies teacher about her research and the frustration she felt on the issue of missing and murdered indigenous women.

"My Native Studies teacher told me 'Why don't you make the change that you want to see?'"

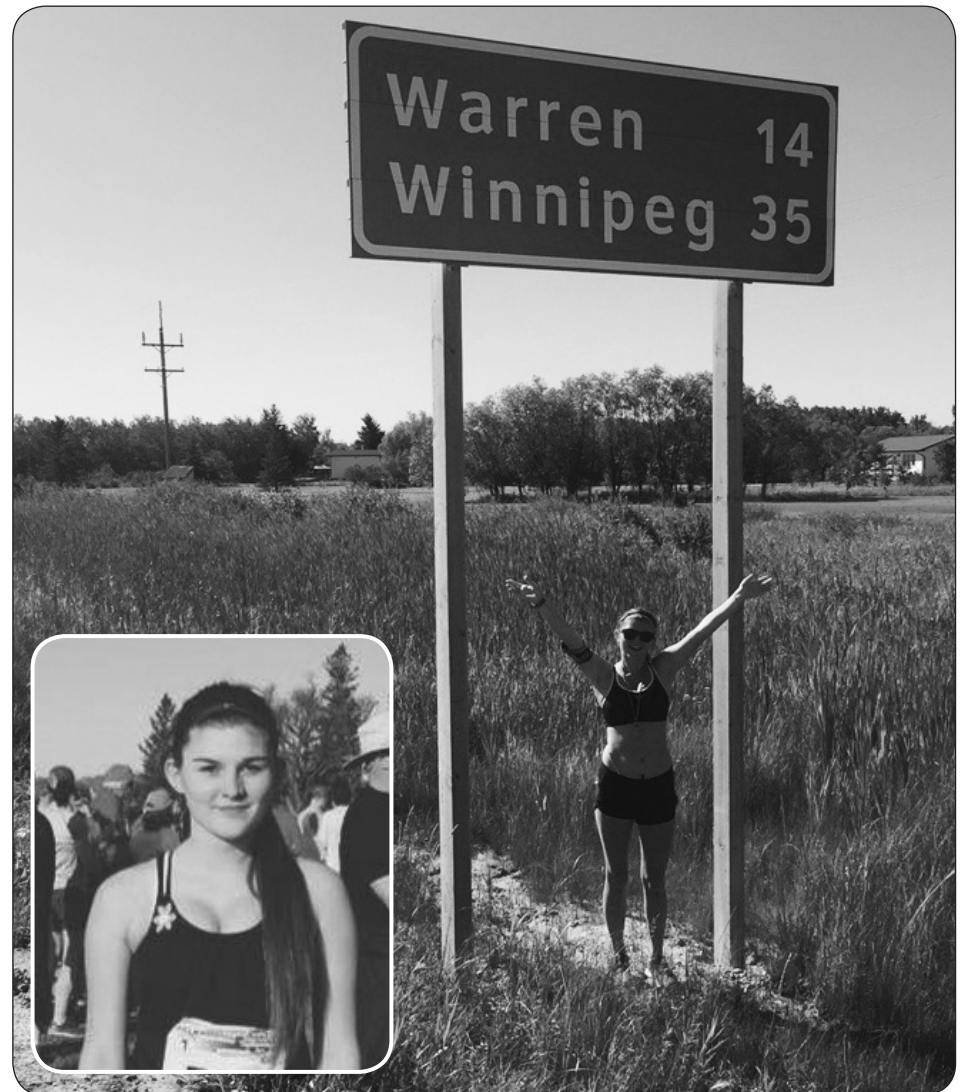
Léost, whose grandparents live in Oak Point, has driven down Highway 6 many times. She often thought about running from Oak Point to Winnipeg, but now with a serious issue that needed more attention, the thought turned from an idea to a reality.

After months of training and preparations, Léost set out on her Journey of Hope on Aug. 19. Throughout her run, she raised money on a GoFundMe page for Families First Foundation, a non-profit organization that supports the families of missing and murdered indigenous women.

Over four days, Léost ran down Highway 6, along the North Perimeter, and made her way through the streets of Winnipeg to her finish line at The Forks where there is a monument honouring missing and murdered indigenous women. With help along the way from family and friends, Léost reached her final destination on Saturday afternoon.

"This journey just blew up. I didn't expect to be short just a couple hundred of dollars on my GoFundMe page. I didn't expect people to stop on the highway to give me money or honk in support. I didn't expect to get this much attention on social media," said Léost, who added she has had media interviews from across the country and has even been asked to speak at a fashion show fundraiser for missing and murdered indigenous women in Kamloops, B.C.

"I didn't expect to have the support from this many people, but I am be-



EXPRESS PHOTO SUBMITTED

Last week, 16-year-old Tracie Léost ran from her grandparents' home in Oak Point to Winnipeg, raising awareness of the growing issue of missing and murdered indigenous women in Canada. Léost's Journey of Hope took four days and spanned 115 kilometres.

yond grateful for it. The more awareness I bring to this issue, the easier it will be to create change."

While at times tiring and not without pain, including one point in the run where blisters on her feet were so bad she chose instead to run in moccasins, the gruelling run allowed time for Léost to reflect on the issues that indigenous women and girls in this country face on a regular basis.

Although Léost does not have plans to strap on her runners again anytime soon for a multi-day run such as the one she just completed, she notes her journey is far from over.

"I am not sure if I want to run 115 kilometres again, but I definitely don't see The Journey of Hope ending here. I shot for the moon with this one, and now that I am there, there is a galaxy of opportunities that have come with this," said Léost.

"I am only going up from here and I don't planning on stopping."

By Sunday evening, Léost's GoFundMe page in support of the Families First Foundation had surpassed

her goal of \$2,000. Donations are still being accepted, and the page can be accessed at www.gofundme.com/mmiwjourneyofhope.

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Gimli's Parkinson SuperWalk a family affair

By Patricia Barrett

In less than a month's time, Gimli residents will be lacing up their shoes for the Parkinson SuperWalk Sept. 20.

One of the event's organizers will be honouring her mother and her mother's love of quilting.

"After my mom died, I wanted to get involved by volunteering," said Karen Lamb, who lives in Winnipeg Beach with her husband, John. Her mother died three years ago of Parkinson's disease at the age of 87.

"Mom had no trouble walking," she said, "but she had hand tremors and her voice got softer."

The tremors also affected her ability to eat. Her husband (Lamb's father) cared for her in their own home, but after he died, she had to move into an assisted-living facility.

"At 83, it was a big thing for her to move," said Lamb. Her mother was living in Minot, N.D., and had to move to Fargo to be closer to relatives.

But one thing she taught Lamb was perseverance. "You don't give up," said Lamb. "She always looked for a way to do things she could no longer do."

She had a stamp made with her signature after her writing ability deteriorated. And she started typing notes that she would cut out with pinky shears and paste inside greeting cards, Lamb said.

Despite the bad tremors, she played pool in the assisted-living home. "She'd get her cue lined up and be shaking," said Lamb, "but she'd get the balls in!"

Because her mother was an "amazing seamstress and quilter," Lamb made a quilt in her honour, which will be raffled off in the Waterfront Cen-



EXPRESS PHOTO BY PATRICIA BARRETT

Karen Lamb of Winnipeg Beach has planned a Parkinson SuperWalk for Sept. 20 in Gimli and will be raffling off a quilt that she has made in her mother's honour.

tre.

Quilting is a skill Lamb learned after she retired, although she used to sew when she was a child.

"Mom taught me," said Lamb, who used to teach music, band and choir in Charleswood (a Winnipeg neighbourhood) area schools. "She gave me her stash of fabric and all her equipment when she could no longer do it."

The first quilt she made conformed to her mother's tastes. Then she started to experiment with her own de-

signs.

Lamb gives her creations to people having babies or who are celebrating birthdays and retirements. She has made about 50 quilts.

The money raised by the quilt raffle will go to the Parkinson Society.

Over 100,000 Canadians live with Parkinson's disease, a progressive and degenerative illness in which the brain begins to irreversibly deteriorate over a period of time. For some people, that occurs over many years. Others may experience a rapid decline. The brain's inability to produce dopamine, a chemical that regulates movement, can result in symptoms such as trembling in the hands, legs and face, impaired

balance, slow movements and rigidity in the limbs and trunk. Those who do develop the disease usually get it in their 60s, but it can affect people younger than 40.

It's mainly treated with medications, but some patients are eligible for surgery called deep brain stimulation.

"They told my mom she was too old for DBS," said Lamb, who found out

later that her mother had been turned down. "I would have pushed a little harder had she told me."

Both Lamb's mother and grandmother had Parkinson's disease. At 65, she's wondering whether she, too, could develop it. That's why supporting the society through fundraising efforts is so important to her, she said.

"If there's a genetic connection and I end up with the disease," she said, "I want to have a better life — for me and for others."

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

This is Gimli's 11th walk. The Lambs joined the organizing committee three years ago. A number of Gimli-area families who lost loved ones to the disease are part of the committee.

The first walk was organized by Jean Kristjanson (who's still on the committee) in memory of her husband, Leo. Enez Stratton's husband, Gordon, recently died of the disease. She and her four daughters have been involved with the walk for five years.

"We're the worker bees," said Lamb, whose children, brother and cousin will be walking. The Lambs help with publicity, put up posters and collect prizes for the silent auction.

They even decorated their car with red and blue (Parkinson Society colours) balloons and streamers for the Icelandic Festival parade Aug. 3. Their six-year-old granddaughter, Sophia, walked behind the car and handed out candy to the crowds.

Registration for the SuperWalk starts at 9 a.m. at the Waterfront Centre. The walk will start there and head down the beach then make a loop around town before ending up back at the centre.

Participants get a T-shirt, and their dogs — which are welcome to come along — get a bandana. Refreshments will

be provided. There will be prizes for people with the top pledges.

"It will be a nice stroll around Gimli," said Lamb.

SuperWalks will also be held in Brandon (Sept. 12), Winnipeg (Sept. 12) and Morden (Sept. 19).

For more information or to fill out a pledge form, visit the SuperWalk website at <http://donate.parkinson.ca>.

"IF THERE'S A GENETIC CONNECTION AND I END UP WITH THE DISEASE," SHE SAID, "I WANT TO HAVE A BETTER LIFE — FOR ME AND FOR OTHERS."

Come visit our 5th annual

BAKE VEGGIE GARAGE SALE

Keystone Colony Bake Sale

Traditional Hutterite Foods

Please come visit us and shop our homemade baking, fresh eggs, canning and much, much *more*.

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Come hungry food is available!!

Friday
Aug. 28th
10 a.m. to 6 p.m.

Saturday
Aug. 29th
9 a.m. to 6 p.m.

Steep Rock Campground turns up the charm



By Patricia Barrett

Since their arrival last season, the managers of the campground at Steep Rock Beach Park have been pulling out all the stops, making improvements that have pleased locals and visitors alike.

Lana Iwanchuk and her husband Trevor Gabbs moved from Warren a few years ago. They quit their jobs and put their house up for sale on Facebook. In a matter of weeks, they were in a semi heading up Highway 6 to Steep Rock. They built a house not far from the campground.

"We haven't looked back," said Iwanchuk. "We wanted to do something really fulfilling."

They took advantage of grant opportunities to make a number of enhancements to the campground's amenities.

"This is our first year with a brand new pavilion," said Iwanchuk. Community Futures, an association that provides entrepreneurship support to rural communities, partly funded the building. Construction was completed last fall, and the pavilion had its debut on the May long weekend.

It has helped establish a closer connection between residents and seasonal visitors through the number of public events Iwanchuk and Gabbs



PHOTO COURTESY OF TRAVEL TO MANITOBA

The bluffs overlooking Lake Manitoba, carved by tens of thousands of years of erosion, are breathtaking.

organize.

"We've had steak dinners, outdoor movies and a flea market," said Iwanchuk. "And we want to rent it out for family functions and weddings."

They've also hosted coffee times, social times, Zumba (a dance fitness program) and Body Blast (a full-body workout) events.

The campground also keeps the kids entertained with a mini-train.

"My husband built the train engine ... and we use it along with our train on Saturday morning for the kids," said Iwanchuk.

The couple also established community gardens this year for people to grow vegetables.

For all of their efforts, Iwanchuk said they've received great feedback from the community.

"We're really excited with the direction it's going."

You can find everything you could possibly need for a camping retreat, from food to showers to laundry facilities. We've renovated eight showers that now have an almost spa-like appeal," said Iwanchuk.

The couple is responsible for 250 campsites.

"We love the campers," she said. "We were busy last year, but our business has doubled this year."

Steep Rock is best known for its scenic limestone cliffs overlooking Lake Manitoba. The small community near the northern tip of the lake attracts visitors from across the province. The campground has had visitors from Winnipeg, Steinbach and Arborg, and people from northern communi-

ties close to Steep Rock use the beach. Iwanchuk said the campground also gets tourists from America, England and Germany who enjoy the beach and the walking trails.

"The cliffs are what everyone is drawn to," she said. "But people love the quadding."

The RM [Grahamdale] built trails exclusively for ATVs. They circle around a disused quarry that's filled with water, linking the beach and the community, she said.

"My husband came around a trail one day," said Iwanchuk, "and saw a lone kayaker on the quarry. It was picturesque."

If campers get dirty on the trails, they can use the new washers and dryers at the laundrette that's attached to the café overlooking the lake.

"We have a fantastic crew in our café," said Iwanchuk. The campground used to hire contract workers to run the café, but Iwanchuk found two members of the community — Tim and Stacy — who have "a number of secret recipes."

"It's beach food," she said. "Their motto is 'Don't beach about our burgers!'" she laughed.

To celebrate the end of the summer season, the campground will host an Itty Bitty Bash Sept. 12 for the campers and residents of Steep Rock. It will include a supper, a silent auction and a 50/50 draw.

For more information about Steep Rock and its amenities, visit www.steeprockbeach.ca

More doctors for Manitoba, but no gain for Interlake-Eastman

Staff

An additional 66 doctors are now providing care to Manitoba families compared to the same time last year, according to a provincial government announcement last week.

Since 2011, there has been a net gain of 276 physicians in Manitoba, which exceeds the commitment to increase the number of doctors working in the province by 200, Health Minister Sharon Blady said on Aug. 19.

In the Interlake-Eastern region, a few physicians have arrived while others have left, said IERHA chief medical officer Dr. Myron Thiessen.

"I'd say our total number is a bit higher than it was a year ago at this time but not significant enough to really make a big difference in our service delivery across the region. We are

still definitely short of physicians and are looking for more," said Thiessen, who is also the region's vice-president of primary health care.

"When we compare ourselves to other health regions across the province, we have fewer physicians per capita than the other regions do."

Ron Van Denakker, chief executive officer for the IERHA, said a recruitment officer would begin working with Thiessen on a formal recruitment process that involves doctors as well.

"The other thing that we're doing is that we're working on off-shore recruitment initiatives. We just recently recruited a doctor from the U.K. that started with us in Pinawa and we're looking at other avenues as well," Van Denakker said.

"We're not just sitting back waiting

to see whether or not our physician situation is going to improve."

The IERHA doesn't currently have a formal residency program for family doctors, but plans are in the works to develop an initiative.

"When students are going into other regions, they're putting significant amounts of time working with doctors' groups and mentors there and then are choosing to work in those regions. We don't have that at this point, so we're in discussions with our physicians as well as with the University of Manitoba to work towards developing those programs," Van Denakker said.

"It's longer range. It doesn't meet our needs today, but we're trying to create processes where local graduates — particularly those from rural Manitoba — will want to practise and

live in rural Manitoba and particularly in our region."

In the interim, Thiessen notes, interest in the region continues to grow.

"Our present manager of medical services has had contact with physicians, so we are getting more and more interest from locally graduating physicians coming to our region," Thiessen said.

"We have had some more interest on that level, but our long-term vision is to enhance things that we're doing to create better relationships and better opportunities for medical students."

According to the provincial government, the total number of doctors is at an all-time high with 2,748 across the province — 2,116 in Winnipeg plus another 632 in Brandon, rural Manitoba and northern Manitoba.

Driving to the doctor from the Interlake not easy

By Patricia Barrett

Attending health-care appointments in faraway towns or in Winnipeg is a challenge for some seniors living in the Interlake region.

For Rita Clay, who has lived in St. Laurent for 34 years, trying to find someone to drive her to her medical appointments has become somewhat of a trial.

"I'm not sleeping. I'm not eating. I'm not breathing," said the 84-year-old senior who has chronic obstructive pulmonary disease, asthma and emphysema. "I can't keep doing this."

Over the past four years, Clay has hired a number of different drivers to take her for tests in Eriksdale, Selkirk and Winnipeg. But her supply has run dry, and she has to rely on family in south Winnipeg to drive her to and from appointments.

"My son has to come here after work the night before, drop me at the hospital the next day and go to work," said Clay, who was born in Glasgow, Scotland, and came to Canada when she was 36.

Clay lives in an apartment managed by Manitoba Housing. Prior to that, she lived at Laurentia Beach in a house she and her husband, Frank, bought in 1981.

She became homeless a year after he died.

Western floodwaters diverted into Lake Manitoba in 2011 laid waste to the home the Clays had upgraded over the years. Clay decided to sell the land rather than rebuild.

"I had to let it go down," she said, referring to the selling price.

She said St. Laurent has been home for so long that she doesn't want to

move, even if it means being closer to specialists. As of late, her medical condition has worsened: she has been diagnosed with gallstones and a hernia.

For "quite a wee while," Clay said she has been feeling poorly. She has been sent to a number of different centres for diagnostic tests and has more coming up.

Although Clay has many friends in St. Laurent, she said "a lot of them are getting older and either can't or don't want to drive."

Highway 6 is the major artery linking Winnipeg to the northwestern Interlake region, and it's not for those faint of heart. It's a shipping route, chock-a-block with semi-trailers.

"It's like you're begging people," said Clay.

She said she called the St. Laurent Seniors Resource Council (which helps local seniors find transportation) to inquire after drivers for hire, but they told her they didn't have any.

Many small communities have seniors' councils. The councils apply for funding from the Interlake-Eastern Regional Health Authority (IERHA). The majority of the money goes towards the salaries of their co-ordinators, who help connect rural seniors with vital services such as immunization clinics, income tax preparation, social events, exercise programs, foot-care clinics, housekeeping and transportation.

The IERHA is aware that transportation is a challenge for seniors.

"Finding volunteers is a big thing for seniors' resource centres in our rural areas," said Maureen Tully, services to seniors specialist for the IERHA's

western region.

If the councils are able to link a volunteer driver with a senior, the two parties negotiate their own payment, either a flat rate or the cost of gas. The same thing goes for housekeeping services — the senior and the cleaner negotiate their own rate. But the councils do suggest an acceptable hourly rate, said Tully.

In the last little while, the driver base is shrinking, she said. "A lot of volunteers are getting older and they don't want to drive to Winnipeg."

The Cancer Society runs its own transportation service for people who need chemotherapy or radiation, and it, too, can experience a shortage of drivers, Tully said.

Clay said a lot of the seniors she knows have to rely on relatives and friends or handi-van services to take them to appointments. She said she called an Eriksdale man who said he could take her to and from Winnipeg in his handi-van for \$125.

That service is the West Interlake Handivan, which covers Eriksdale, Lundar and St. Laurent. Although it is one option for getting to and from Winnipeg, it can be prohibitive to seniors on a fixed income, something the health authority recognizes.

"Doctors in Winnipeg may not understand that," said Tully. "They'll say, 'You'll have to come back in two weeks,' not realizing they can't afford to do that."

She said realizes the important role transportation plays in rural health care. "If we can find volunteer drivers, it would really help."

Even if volunteer drivers charge less than a handi-van service, seniors



EXPRESS PHOTO SUBMITTED
Rita Clay outside her apartment building in St. Laurent.

might still feel the pinch.

"I'm on a pension," said Clay, whose rent is calculated in accordance with her income. "I'm no a millionaire."

At different times, she said she has had no choice but to pay \$125 in order to get to Winnipeg and \$95 to get to Eriksdale.

With winter approaching, Clay worries that it might be even harder to find a driver.

"I just want someone I can depend on," she said.

Anyone wishing to become a driver can contact their local Seniors Resource Council office. The St. Laurent office can be reached at 204-646-2504, ext. 4, the Lundar office at 204-762-5378, and the Eriksdale office at 204-739-2697.

Zebra mussels present at eight locations

Staff

Boaters recently had access to watercraft inspection stations with decontamination units targeting aquatic invasive species, reports Manitoba Conservation and Water Stewardship.

The units were available in Selkirk Park as well as in St. Vital Park in Winnipeg from Thursday, Aug. 20 to Monday, Aug. 24. As well, one watercraft inspection team roved the South Basin of Lake Winnipeg between Balsam Bay and Winnipeg Beach, while another team was stationed on the Red River at Lockport.

According to the province, veligers are now present at eight new loca-

tions between Grindstone Point in the channel and the South Basin of Lake Winnipeg. In a sample collected offshore near Gimli, counts as high as 772 veligers have been confirmed.

In partnership with the Lake Winnipeg Research Consortium, the province collects water samples to analyze zebra mussels from the M.V. Namao as part of a larger ongoing monitoring initiative.

Due to the increased awareness of zebra mussels, a marine dealer in Brandon discovered adult zebra mussels on a watercraft that came from Ontario. As directed by the province, the watercraft is being quarantined.

With co-operation of the boat owner, the watercraft will be taken to Riding Mountain National Park, where watercraft inspector staff will fully decontaminate it.

In Manitoba, it is illegal to possess or transport zebra mussels, which are present in Lake Winnipeg south of Grindstone Point and in Manitoba's portion of the Red River.

Everyone is asked to do their part to deal with the problem by cleaning and removing any visible aquatic plants, aquatic invasive species or mud from their watercraft, trailer and all other water-related equipment.

You should also drain all water from

motor, bilge, bait buckets and any compartments.

As well, don't forget dry all water-related and hard-to-drain compartments that have contacted the water with a dry towel or sponge before it is used in any other body of water.

Lastly, be sure to dispose of unused bait and worms in the trash.

To report a zebra mussel or any other aquatic invasive species, take pictures and visit the website www.manitoba.ca/stopais or call 1-877-STOP AIS-0 (1-877-867-2470).

Celebrated educator captures Fisher River's history in new book

Verna J. Kirkness launches *Kayas Ochékiwi Sipi* during the community's 140th anniversary

By Stefanie Lasuik

She is one of Canada's most widely respected and recognized advocates of Aboriginal excellence in education, with an Order of Canada and Canadian Educator of the Year to her name. She played pivotal roles in the 1972 landmark policy of Indian Control of Indian Education and Ts'kel, an education graduate program for First Nations students at the University of British Columbia. She spearheaded and co-ordinated a \$2-million fundraising campaign to build a First Nations House of Learning longhouse. Her foundation works to increase the number of First Nations, Métis and Inuit high school students graduating from science and engineering programs. The professor, teacher, consultant and author has penned nine books and published countless academic articles.

On July 27, Verna Kirkness returned to her hometown of Fisher River to launch her latest book, *Kayas Ochékiwi Sipi: Fisher River Before 1950*.

The novel is comprised of stories of the lives of the Fisher River people prior to 1950. From transcripts of her 1996 interviews with Fisher River elders, Kirkness assembled accounts of how Fisher River residents made a living through hunting, fishing, trapping, and farming. Her novel also outlines the people's celebrations for Christmas, New Year's and Treaty Days.



Verna Kirkness returned to her hometown of Fisher River last month to launch her latest book, *Kayas Ochékiwi Sipi: Fisher River Before 1950*.

Her book springs these events off the page and into life through her use of home English.

"I wrote it in what I call 'home English' — the way we talk in Fisher River. It's not all in proper grammar, but it's acceptable. Home English is an acceptable way of talking and writing," Kirkness explained.

There was no better way to help the people of Fisher River celebrate their 140th anniversary than by connecting them with their elders and with their land's past.

"It was to honour the memories of the elders and for the youths to appreciate how hard their parents, their grandparents and their great grandparents worked to survive and to live comfortably in those early days," said Kirkness of the book's purpose.

The novel also contains photographs Kirkness collected through the Fisher River Oral History project in the 1990s.

"Another thing that was important to me was that these photographs get placed in the book for everyone to enjoy."

Everyone in the Fisher River area and beyond has enjoyed both the photographs and stories within *Kayas, Ochékiwi Sipi*. During her book launch in Fisher River, Kirkness saw a growing line of locals gather for free books and autographs for over two hours. They even kept her busy away from the table.

"I could go to one of those little restaurants and people would come with two or three books for me to sign," Kirkness laughed.



EXPRESS PHOTOS SUBMITTED

Kayas Ochékiwi Sipi: Fisher River Before 1950 can still be picked up for no charge at the Fisher River Cree Nation band office and will be sold for \$12.95 on the Manitoba First Nations Education Resource Centre website. It is a read of interest to all of those in Manitoban rural areas.

"People of that age group say, 'Well, that's similar to how we lived around Gimli, and Riverton and other rural areas,'" Kirkness said, noting that the book has been in interest to many.

Kirkness does not have any more books on the horizon, and while she maintains involvement in the world of education, she plans to follow the Creator's path for her.

"Whatever the Creator wants me to do, I'll do," she explained.

PTSD help website could benefit all firefighters, local chief says

By Lindsey Enns

The launch of the United Fire Fighters of Winnipeg post-traumatic stress disorder awareness website will also be beneficial at the local level, according to Selkirk's fire chief.

"Any kind of way you can reach out to somebody that's having issues is beneficial," Selkirk Fire Department chief Dan Thorsteinson said. "Hopefully people are able to deal with it before it turns into something more problematic."

The union representing Winnipeg firefighters recently launched PTSD-talk.ca to help firefighters and first responders deal with some of the emo-

"IT'S NOT EASY ON ANYBODY, SOME OF THE THINGS WE SEE."

tional trauma they experience while on the job.

"One thing about firefighters is we deal with stress that is unimaginable. We deal with catastrophes. We deal with death," the union's president

Alex Forrest says during the website's opening video. "Sometimes it's unmanageable, and it can result in PTSD and it's so important that we support the individuals that have the ability to talk about these issues."

Videos available on the website show firefighters discussing their own personal stories and experiences with PTSD and how they addressed it. The website also offers information on how to identify symptoms and ways to seek help.

Recently the Manitoba government introduced legislation affecting PTSD claimants under the Workers Compensation Board. Under the Workers'

Compensation Act, some injuries are presumably caused by a worker's employment, and this bill extends that presumption to emergency response workers with PTSD.

Although Thorsteinson said he's not aware of any local members currently struggling with PTSD, he doesn't deny the difficult things they face while on the job.

"It's not easy on anybody, some of the things we see," he said, adding they rely on each other during those difficult times. "We have had some serious incidents ... We have had some stress management sessions and talked things out between us."

Staff changes for Lakeshore School Division

By Patricia Barrett

Lakeshore School Division has hired a number of teaching and support staff on term and permanent appointments for the upcoming school year. The division has about 1,200 students and serves the communities of Ashern, Eriksdale, Fisher Branch, Inwood, Lunda and Moosehorn.

Term appointments include:

Dana Emilson (September 2015 to June 2016), Ashern Early Years School and Ashern Central School; Darlene Hanlon (September 2015 to June 2016), Ashern Early Years School; Stephanie Russell (September 2015 to June 2016), Fisher Branch Colle-

giate; Jehane Johnson (September 2015 until the return of the regular teacher), Fisher Branch Collegiate; Alicia Perry (September 2015 to June 2016), Fisher Branch Collegiate; Laura Fridfinnson (September 2015 to June 2016), Inwood School.

Lunda: Lauren Lindal (September 2015 to June 2016), Lunda Early Years School.

Permanent appointments:

Rory Tycoles (September 2015), Lunda High School, and Ryan Wallack, teaching vice-principal.

Divisional appointments:

Elissa Forest, speech language pathologist (September 2015).

Lakeshore will be holding a public board meeting Aug. 25 from 5:30 to 10 p.m. at 23 Second Ave. in Eriksdale. For more information, please call 204-739-2101.



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Rocking it '70s style



EXPRESS PHOTO BY STEFANIE LASUIK

Harlequin fans did it for love of the popular '70s rock band Harlequin on Saturday night, packing Dr. George Johnson Middle School in Gimli to hear the Winnipeg-based group play. The band's lead vocalist, George Belanger (right), kept the crowd on their feet with the help of his band and guitarist Derrick Gottfried.






































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2015 federal election

Liberal party candidate launches adopt-a-sign campaign

By Lindsey Enns

One Selkirk-Interlake-Eastman candidate has officially hit the campaign trail leading up to October's federal election.

Joanne Levy, Liberal candidate for the Selkirk-Interlake-Eastman region was busy erecting her signs along popular highways in the area last week as part of her campaign kick off.

Levy said instead of spending her budget on community lawn signs she's inviting her supporters to step up and be apart of her "adopt a highway sign campaign."

"In an area as big as Selkirk-Interlake-Eastman it strikes me that lawn signs are really going to get lost and they're very costly," Levy said during her stop in Selkirk last Thursday. "We've decided to get our message out by putting up highway signs and larger signs that will be at the exit and entrance to communities."

Community lawn signs for Selkirk-Interlake-Eastman Conservative MP James Bezan, who is seeking re-election, are starting to pop up in and around the Selkirk area. Bezan could not be reached for comment this week regarding his campaign and he has yet to release any details regarding an official campaign kick off.

During this "longer than usual campaign," Levy said steering way from lawn signs will help her save money. She added individual candidates can spend up to \$226,000 throughout the campaign and she "will be spending a small fraction of that."

As another cost-saving measure, Levy said they won't be establishing any formal campaign headquarters and instead will be running everything off mobile devices.



EXPRESS PHOTO BY LINDSEY ENNS

Joanne Levy, Liberal candidate for the Selkirk-Interlake-Eastman region, and her husband, Henry Vroom, help hang a campaign sign along Highway 9 near the Gimli turnoff last Thursday afternoon. Some candidates in the region have now officially hit the campaign trail leading up to the federal election on Oct. 19.



JAMES BEZAN

"Because of the size of the constituency getting tied down to one location doesn't seem to be a very useful idea," she said. "We're going to be every-



WAYNE JAMES

where digitally."

Wayne James, who was acclaimed as a candidate for the Green Party in

late July, is the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat. In an earlier interview with the *Express*, the farmer from Beausejour said he won't start campaigning for another few weeks.

An NDP nomination meeting where members of the Selkirk-Interlake-Eastman riding will vote for one of two candidates is set to take place this Sunday in Selkirk.

Deborah Chief, former chief of Brokenhead Ojibway Nation, and Gimli resident Marc Gourdeau, a retired translator, are both running to represent the party.

The Selkirk-Interlake-Eastman constituency consists of the RMs of Alexander, Armstrong, Bifrost, Brokenhead, Coldwell, Eriksdale, Fisher, Gimli, Grahamdale, Lac du Bonnet, Pinawa, Rockwood, Rosser, St. Andrews, St. Clements, St. Laurent, Siglunes, Victoria Beach and Woodlands. The constituency also encompasses the City of Selkirk, the towns of Arborg, Beausejour, Lac du Bonnet, Powerview-Pine Falls, Stonewall, Teulon and Winnipeg Beach, the villages of Dunnottar and Riverton as well as Brokenhead First Nation and Dog Creek First Nation, according to Elections Canada.

Voters can head to the polls on Oct. 19.

"I encourage anyone who's not sure if they are registered to check online at elections.ca," Chief Electoral Officer Marc Mayrand said in a release last week. "If you're not registered, register now. This way you'll get a voter information card with details about when, where and ways to vote."

Liberals seek proportional representation electoral system

By Austin Grabish

The provincial Liberals are promising to make changes to Manitoba's electoral system the party says is "from the dark ages" if elected into the Manitoba legislature next year.

Party leader Rana Bokhari made the announcement last Friday.

"We believe that every vote should count," Bokhari said before telling reporters Manitobans feel their vote

doesn't count under the current system, which sees candidates who have received the highest number of votes elected into government.

Bokhari promised if elected, the Liberals would move to a proportional representation system for the electing of MLAs.

The move would mark the end of the voting process that sees citizens choose a candidate by ballot, but Bokhari had few details about how it would all work.

She said the party is promising a proportional representation system, but it would only be enacted after consultation with Manitobans, and its exact form has yet to be decided.

There are many models of propor-

Continued on page 19



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- ★ **FIREWORKS** 10:00 p.m. at east end of Main St.
Sponsored by Ashern Rodeo Association/Ashern Chamber of Commerce
- ★ **CONCESSIONS** 11:00 a.m. - 2:00 p.m. on Main St.
Sponsored by Lakeshore Handivan

SATURDAY

- ★ **PANCAKE BREAKFAST** Plates \$4.00 ea. Ashern Centennial Hall
8:00 a.m. - 10:00 a.m. Prepared by Ashern Firefighters,
Sponsored by Ashern Chamber of Commerce
- ★ **PARADE** 11:00 a.m. DOWNTOWN
Starts at Sports Grounds. To register a float contact Edith 204-768-3500
Sponsored by Ashern Chamber of Commerce
- ★ **ASHERN'S GOT TALENT** 12:00 noon
- ★ **CONCESSIONS** 11:00 a.m. - 3:00 p.m. on Main St.
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Raven's photography focuses on Interlake scenes

By Jennifer McFee

If you're looking for Raven, you can find the Gimli-based photographer displaying her work at the WAVE art tour — but not in its usual setting.

Raven, also known as Linda Dorian, recently moved to the Aspen Park complex from her lakefront Sandy Hook home. For this year's Interlake WAVE Artists' Studio Tour, she won't be setting up a display in her new abode. Instead, she will have a selection of her pieces available at the Gimli Art Club during the tour.

"When I lived in Sandy Hook, I was lakefront and it was the most perfect place to do the WAVE. People just loved it, but it was time for me to move on," she said.

"The WAVE is fabulous. People are just marvelous. They just love it. You get a lot of repeaters and a lot of new people."

The great-grandmother has always been interested in photography, but she began seriously pursuing the art after she retired a decade ago from a career in nursing.

Now she keeps her camera, a Fuji FinePix, tucked in her purse at all times.

"Photography is so interesting. It's the interesting places you end up in," she said.

"My eldest and I, we go on photo journeys for two or three days in Manitoba. We take the dog and the car and we stay at bed and breakfasts."

The majority of her images, however, originate in the Interlake.

"It's everything that's in the Interlake, like the ospreys, eagles, fishing boats, people on the beach, beautiful scenes over the lake," Raven said.

"It's natural. There's no Photoshop. It's exactly how I took the photo."

Just like much of her work focuses on natural images, her name also con-

veys images of nature.

"Raven is my artistic name. My grandson is 19 right now, but when he was seven, he had said to me, 'Grandma, you're a raven.' It was because I like shiny things. If you see my



Great-grandmother Raven, also known as Linda Dorian, will have her photography on display at the Gimli Art Club during the Interlake WAVE artists' studio tour.

house, I love glitter and bling, even my clothes," she said.

"So when I went into photography when he was around 10 or 11, I chose the name Raven because I felt I'd been named already."

In addition to the WAVE display at the Gimli Art Club, you can find Raven's work at in Gimli at Tergesen's, in Selkirk at the Gwen Fox Gallery and the Gaynor Family Regional Library, and in Winnipeg at McNally Robin-



EXPRESS PHOTOS SUBMITTED

Raven's photos focus primarily on Interlake scenes and can be seen at the Interlake WAVE Artists' Studio Tour Sept. 5 and 6.

son Booksellers and the Canadian Museum for Human Rights.

You can also view her photos by appointment by calling her at 204-642-9463 or emailing ravenphotos@mymts.net.

mymts.net.

The Interlake WAVE Artists' Studio Tour runs Sept. 5 and 6 throughout the Interlake. For more information, visit www.watchthewave.ca.

Fall for the WAVE Interlake artists' tour

Submitted

Imagine: driving down rural country roads to secluded woodlands and quiet farmhouse retreats just as the trees are turning to gold; exploring lakeshore towns where you can lunch on great pickerel or hotdogs, with ice cream for dessert; strolling along pristine beaches where the water reaches as far as the eye can see, where the pelicans fly and the geese are gathering — and add to that the opportunity to visit those special treasures of the Interlake, its marvelous artists in their home studios.

It's a September long weekend tradition, now in its 14th year — the WAVE Interlake Artists' Studio Tour, when you can visit exceptional landscape artists such as Gimli's Suzanne Barrow and Lorraine Bohn, and other well-loved WAVE favourites like Ainslie Davis, whose Sandy Hook studio is full of painterly delights. From just north of Stonewall almost to Arnes, you will find welcoming artists who are only too happy to show you their work and share their enthusiasm with you: Janet Cruse Thomson, who dem-

onstrates how she carves wood, Raye Anderson, who uncovers the wonders of batik, and Ev Richter, with the magic of clay.

New WAVE artists this year who will be open in the fall include Amanda Onchulenko, whose Ponemah studio is a marvel of colour, and Bernadette Koroscil, who brings the traditional art of drum-making to the WAVE. There are fibre artists, sculptors, potters, painters galore — all good reasons to make Sept. 5 and 6 a special fall weekend full of colour, beauty and

delight.

WAVE brochures with maps are available at McNally Robinson Booksellers, DeLuca Fine Wines, Tergesen's and all Travel Manitoba Tourism outlets, and online at www.watchthewave.ca. The WAVE is also found on Facebook and Twitter. Artists fly distinctive blue flags to help you as you travel through the fall glory of this magnificent landscape.

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Expert pilots put on great show despite extreme winds

By Jeff Ward

Nearly 100 model air pilots from around the province converged in Gimli to put on a show of dizzying loops, barrel rolls and immelmans.

The 12th annual Gimli Model Air Fest Airshow saw a significant decrease in its numbers over the three-day event, Aug. 14-16, due to poor weather conditions. Rain, high winds and chilly temperatures, however, weren't enough to stop some of the most skilled pilots Manitoba has to offer from putting on an incredible show. Fans of the air show also braved the poor conditions, with around 500 taking in the show.

"Under these conditions, it's really quite amazing the risk some of the pilots take out there to give everyone a good show," said Randy Bohemier, one of the organizers of the annual event.

"Some of these planes are worth as much as \$20,000, and with these winds, it's easy to be tossed around, but they really put on a master-class of skill that weekend. It is not easy to keep a plane in the air in this kind of weather, let me tell you."

Fifty-kilometre-per-hour crosswinds can throw a 75-pound plane all over the place, and pilots needed to remain at their best to ensure safe flights. Bohemier believes that in perfect conditions, a new pilot flying alone in the



EXPRESS PHOTOS BY BILLY DUDEK

Model air pilots gather around the three-window panel of the Gimli Glider, the Boeing 767 that famously landed without fuel in Gimli on July 23, 1983.

sky would last as many as seven seconds before crashing. So to put on the display these pilots did, is even more amazing given the circumstances.

Another highlight of the event was the triumphant return of some of the parts of the Gimli Glider, which famously executed an emergency landing in July of 1983. Barb Gluck is leading the initiative to recover as many parts of the now dismantled aircraft as possible in hopes of preserving

some of that history.

"I brought the three-window panel with me and I was blown away by the interest in the piece. People were crouching behind it and having their picture taken through the window, and there are so many aircraft enthusiasts here in Gimli. They're all interested," said Gluck.

Also recovered is the aircraft's yoke, as well as the underwing fuselage fuel panel and the fuel control panel



Nearly 100 model air pilots were in Gimli last weekend for the 12th annual Gimli Model AirFest Airshow.

from the cockpit — all very important parts of the plane that ran out of fuel mid-flight on its way to Edmonton from Montreal. In the investigation after the incident, it was found that a misunderstanding of the recently adopted metric system was the catalyst in what became a chain of human and company errors in pre-flight checks.

Gluck was able to raise \$15,000 to purchase the pieces and was helped greatly by many members of the community.

"I'm eternally grateful to the 32 people who made this possible in donations. Many of them came from Gimli but also from Winnipeg and throughout the country," said Gluck.

Gluck hopes to house the pieces as well as many other historical pieces in a display for everyone to see and enjoy.

Banding together raising money to raise a roof

By Jeff Ward

Band Together, a benefit concert for Habitat for Humanity, brought 10 church groups together last Sunday to help raise money for a very worthy cause.

The fundraiser, which took place Sunday, Aug. 23 at the Gimli Pavilion, opened with greetings from Gimli Mayor Randy Woroniuk followed by entertainment for the crowd of around 250, who all gave generously to support the cause.

Habitat for Humanity hopes to build the house in Gimli next summer and has raised just over half of the \$180,000 price tag.

"Stacey Fitzgerald will be buying this house once it's complete," said John Bucklaschuk, head of Habitat for Humanity's Gimli chapter.

"It's important to note that this is not a hand out but a hand up. Stacey has worked very hard for this and continues to volunteer. This is a dream for her and we will make that dream come true for her. This fundraiser has really given us a nice boost."

Along with the \$1,100 raised through donations, there was a donation made by Sharon Brandt for \$2,500.

The donation was the largest personal donation ever received by Habitat in Gimli, and Bucklaschuk was humbled by the extremely generous offer.

"It's incredible the amount of support we've got-



EXPRESS PHOTO BY ANDERS KUUSSELKA

Church groups banded together for Habitat for Humanity at a fundraiser in Gimli last Sunday.

ten from the community. Her donation will really make a difference. And so will all donations," explained Bucklaschuk.

The next scheduled fundraiser for Habitat for Humanity is a social held at the Farmer Hall just west of Gimli on Oct. 17.

Lundar's private wells closer to seal of approval

By Patricia Barrett

The community of Lundar in the RM of Coldwell has been on the province's boil water advisory (BWA) since 2007.

But that doesn't necessarily mean there's something wrong with the water, according to the RM.

"There's no problem with well water," said Reeve Brian Sigfusson. "But they [the government] won't release us from the advisory until property owners seal their wells."

The RM has about 1,350 people, the majority of whom live in Lundar, according to the RM's website. There are three or four residents who are "reluctant" to seal their wells, said the reeve, and this seems to be the reason why the community remains under a BWA.

"Their water is OK," said Sigfusson. "And they see no need to fix their wells."

Lundar lies south of Eriksdale on Highway 6 and is famous for its giant Canada goose statue and nearby sandy beaches. In the 1980s and 1990s, it made upgrades to its sewer system, and that subsequently led to problems with residents' wells.

"We had a poor job done on our sewer lines," said Sigfusson.

The contactor the RM hired had cut the casings (the wellhead) below ground, causing water to seep into

some wells. "If you have a heavy rain spell, you could potentially get contaminants running into the well," Sigfusson said.

That hasn't been the case. He said the RM collects samples a few times a year and sends them to government-authorized labs, such as ALS Environmental in Winnipeg. Well sampling is usually done on a voluntary basis, but "we'll go and take a sample if the property owner doesn't," said Sigfusson.

He said most of Lundar's residents paid for upgrades to their wells. They had their casings extended above ground then sealed to prevent seepage.

Private wells with underground casings are not unique to Lundar. "Lots of communities have the same system," said Sigfusson, "and they've not been challenged."

Spokespersons from Manitoba Conservation and Water Stewardship and the Office of Drinking Water were not available for comment.

The Office of Drinking Water maintains a publicly accessible list of communities subject to a boil water advisory. At present, Lundar is one of 16 "Area-wide Private Wells" subject to an advisory. Nine of those locations — including East Selkirk, Inwood, Anola, Balmoral and Tyndall — fall under the Interlake-Eastern Regional



EXPRESS PHOTO BY PATRICIA BARRETT

Lundar continues to be on the province's boil water advisory since 2007.

Health Authority, which works in conjunction with Water Stewardship.

"Boil water advisories (BWA) are issued in instances where drinking water may be compromised by bacteria or micro-organisms ...," according to the Office of Drinking Water's website.

In 2012, Water Stewardship issued a statement reminding Lundar residents that the community is still under an advisory.

"To ensure the on-going protection of public health, all water drawn from private wells should be brought to a rolling boil for at least one minute before it is used." The advisory ap-

plies to drinking water, ice and beverage preparation, fruit and vegetable washing and tooth brushing.

The RM has its own BWA notice on its website, along with a link to the government's advisory.

"We as a municipality will seal them up this fall to bring them to above standard level," said Sigfusson, referring to the three or four wells that remained unsealed.

After they're sealed, the RM will take water samples and send them to the lab. The government will then be notified.

"They shouldn't have a problem lifting the ban," said Sigfusson.

Former pastor returns to help a friend indeed

By Stefanie Lasuik

"We must make a choice to take a chance or our lives will never change." The three C's of life are something that Pastor Gary Schenk of the Riverton-Hnausea and Ardal-Geysir Lutheran churches firmly believes in.

The choice was enrolling in the Lutheran School of Theology in Chicago, the chance was leaving the farm in his small hometown of Hanover, Ont., and the change he pursued was reconciliation between people in families and communities, which he knew could be healed through understanding the unconditional love of God for all creation.

After graduating in 1970, Schenk stayed in Chicago with St. Matthew Lutheran Church, where he met his wife, Susan. Four years later, Schenk, Susan and their daughter, Lani, came to Riverton, the town his next two children, Drew and Maya, would call their birthplace.

It is also the town where Schenk cre-

ated lasting relationships as pastor of Riverton Hnausea Lutheran Church and vice-pastor of Ardal-Geysir Lutheran Church.

"He does have a lot of relationships that he built up during that time," Lillian Skulason of the Ardal-Geysir congregation said, referring to the Schenk's previous post as vice-pastor.

Schenk stayed in Riverton until 1981 when he moved to Fergus, Ont., to bring his kids closer to their grandparents. He accepted subsequent positions in Langenburg and Prince Albert but never forgot about the small communities in the north Interlake.

Upon learning the two congregations were in need of ministry, Schenk travelled back to Riverton from his retirement home in Naniamo, B.C.

"I offered to come back and help, if the people felt that I could be of any help to and with them," Schenk explained.

The relationships he had established from 1974 to 1981 were alive

and well, generating a kindness that drew Schenk back.

"If it weren't for the blessings and love of the people, which I felt were reciprocal, I wouldn't have been able to extend such an offer," he said.

Schenk filled a vacancy in ministry that extended over a three-year period in Ardal-Geysir, giving the congre-

gation a type of security that seems hard to come by in rural churches of late.

"It's meant a great deal to have him. Then we're not searching for a pastor when there's a funeral or a baptism," explained Skulason, noting that he has brought new vitality to the church.

> ELECTORAL SYSTEM, FROM PG. 13

tional representation. The process typically benefits smaller parties that receive a big, but not large enough chunk of votes to win a seat in government.

The objective is to make government house seats more reflective of actual voting numbers.

A provincial spokesperson said the province is carefully listening to debate on electoral reform but said Bokhari failed to give any concrete details on the Liberals' promise.

Naline Rampersad went on to say the province has shown commitment

to making democratic representation more effective in Manitoba.

"We banned union and corporate donations to make sure that only individuals residing in Manitoba donate to political parties, we introduced fixed election dates to make election timing transparent and predictable, we made changes at Elections Manitoba to make voting more accessible...," Rampersad said in a statement.

Bokhari's announcement is the third she has made over the last month.

The provincial Liberals hold just one seat in the Manitoba legislature.

Moosehorn celebrates Community Pride Days

By Patricia Barrett

If not for the weather, Moosehorn would have seen beds go flying down Main Street last Saturday. But rain and high winds put a damper on some of the festivities the community had planned for its annual Community Pride Days.

Still, the people came out in force for two days of entertainment, food and community celebration. They played Bonanza Bingo on Friday night and watched the movie *Home*, an alien adventure story, in the Wayside Park Pavilion.

After a hearty pancake breakfast Saturday morning that drew about 250 people, the community paraded its collection of antique cars, tractors and horse-drawn carriages down the main strip.

"There was everything from soup to nuts in the parade," said June Huska, who helped organize the event along with 10 other volunteers. The committee had been preparing for the celebration since April.

She said the rain started halfway through the parade.

"I went home once to change into dry clothes."

Bed races are a traditional part of Community Pride Days but were cancelled because of the rain.

"We use old bed frames," said An-



EXPRESS PHOTO BY PHOTO BY DAWN TOBER

Canada's Double Portion from North Battleford, Sask., is a five-piece gospel band made up of one family, including parents Duncan and Debbie Hemmerling and nine of their children.

drew Bailey, who acted as bed race co-ordinator. He said one person sits on the bed and four people at each corner push. They race for about a block. He organized the bed races a few years ago for Moosehorn's 101st birthday.

"We have three beds to be safe," said Bailey, who works at Ashern's Co-op food store. "If you get more than that, you get people flying off."

Rather than race, villagers took cover under the marquee for an afternoon of musical entertainment. Home-grown entertainer Dave Greene, who recently performed at the Manitoba Elvis Festival in Gimli, treated the crowds to a half-hour of Elvis Presley music.

"He didn't dress in costume, though, because it was too wet," said Huska.

Canada's Double Portion, a gospel

band from North Battleford, Sask., and students from the high school rounded out the afternoon's musical entertainment.

The showers didn't stop celebrants from supping on roast beef for supper and enjoying more musical entertainment from the Third Chins, a band from Eriksdale.

Moosehorn Co-op sponsored a fireworks display at 10:30 p.m.

Manitobans jeopardizing safety of emergency personnel

Studies show drivers fail to slow down for emergency and designated vehicles

By Stefanie Lsuik

On Aug. 13, RCMP Traffic Services

released the results of two separate analyses conducted in the fall of 2015 and the spring of 2014. The studies examined the speed and volume of vehicles passing staged police traffic stops and came to the disturbing realization that the majority of Manitobans fail to slow down for stopped emergency vehicles.

The amendment to the Highway Traffic Act passed in 2014 states that when drivers on either side of an undivided highway pass stationary emergency and other designated vehicles,

such as tow trucks, roadside assistants, and vehicles operated by government enforcement officers, with beacons flashing, they must proceed with caution and pass only when it is safe to do so. Drivers travelling on multi-lane highways are also required to move to a lane farther from emergency vehicles.

All drivers must slow down when passing such vehicles. Highways with speed limits below 80 km/h require the driver to slow to 40 km/h, and highways with speed limits of 80 km/h or higher require the driver to proceed at 60 km/h.

However, in the RCMP analysis, over 90 per cent of motorists failed to slow down, an act punishable by a \$300 fine and two demerits. While the majority of vehicles moved to farther lanes, the motorists who did slow down were comprised of 60 per cent of commercial vehicles.

Furthermore, one out of every six drivers passed emergency vehicles at speeds of 100 kilometres per hour or

more.

Sgt. Richard Marshall of the Lundar RCMP detachment deemed it a safety issue.

"It's a safety risk because we're out there dealing with the public and it's an unknown situation," Marshall explained, noting that slowing down gives drivers a better chance to proceed safely if something unexpected occurs.

"The slower you go, the more time you have to react and protect somebody's life."

Furthermore, Marshall acknowledged, the chance that the emergency personnel are helping a passing driver's loved one is increased in small communities such as Lundar and surrounding towns.

The 40 and 60 km/h laws seem minor compared to the risk in violating them.

"It's a very minimal inconvenience, especially if you're going to save somebody's life," said Marshall.

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Fastest-growing senior sport one for all ages

South Interlake
55 Plus shows
why pickle-ball
is here to stay

By Stefanie Lasuik

It's the one nation-sweeping sensation that has stuck. A favourite pastime of Canada's southern neighbours brought back north by snowbirds, pickleball has gained enough momentum in Canada to warrant high school instruction on the game. That means it resides beside trademark sports as baseball, basketball, and badminton.

Why has such a ridiculously-named sport become so popular? Pickleballers in Gimli gave some insight as to why.

Pickleball came to Gimli in May of 2014 and has continued strong since then. Open pickleball session this summer every weekday morning at 9 a.m. in Gimli's high school gym have given locals the opportunity to drop in for friendly competition. The event is described as 'open' because anyone of any age can play the sport commonly described as 'modified tennis.'

'Modified tennis' might offend the aces of the sport, who can play the game at such a level one might wonder when the game will be Olympic-certified.

Recreational pickleball in Gimli is not played at such a level, but that's simply another attraction to the sport. It can be played at any level at any speed.

Pickleball was designed to be easy to learn and play for children and se-



EXPRESS PHOTO SUBMITTED

Pickleball can be played in a school gymnasium or on a tennis court and can be played by all ages. The Gimli Recreation Centre is looking for a place to play the game once school begins in September.

niors alike. Gimli's sessions have seen participants from the ages of 14 to 83.

Basically, the game requires a wiffle ball, two pickleball racquets (smaller tennis racquets), and a short net. Opponents face off in one or two-person teams in badminton-sized courts and must hit the ball off the first bounce or before a bounce. A seven-foot no volley zone on either side of the net prevents unfair advantage and spiking, creating a game that can reach high speeds and require athletic finesse. Points are scored only on serve until one side reaches 11 and wins the

match.

The approximately 40 Gimli recreational players who assemble at the high school every morning enjoy pickleball because it provides exercise in a fun, competition setting while encouraging time spent with friends.

"It's good exercise, it's good for your heart, your whole body and it's a little bit of competition too," said pickleball organizer, Don Basarowich, noting the socialization aspect makes it enjoyable, too.

"We're kind of like a family."

Basarowich further remarked that

the Gimli Recreation Centre co-ordinators have been most helpful in maintaining the game.

Basarowich and the Gimli Recreation Centre are currently looking for a place to play pickleball once school begins in September.

The times of fall and winter sessions will be determined once a place is confirmed, but those interested in dropping in or playing on a regular basis can contact Inga at 204-642-6670 or grcprogrammer@rmgimli.com for details.

Gimli Flyer workshop a flipping success

By Stefanie Lasuik

From their back hip circles around the uneven bars to their back walk overs on the mats, young gymnasts assembled at Dr. George Johnson Middle School from Aug. 19 to 21 for a workshop while getting back into the swing of things.

With school and regular gymnastic sessions set to begin in September, the Gimli Flyer gym club held a three-day workshop to encourage interest in

the sport while developing the young gymnasts' skills.

While each day's workout welcomed a different age group, all the girls worked to improve their skills on the beam, vault, uneven bars and floor. Six three- to five-year-olds made progress in forward rolls and cartwheels, 10 six- to eight-year-olds accomplished handstands and bridges. The 11 kids in the oldest group showed off back walkovers and aerial cartwheels.

Gimli Recreation programmer Inga Robak explained that the workshop provides an inexpensive opportunity for kids to try gymnastics before enrolling in a weekly program while giving some of the experienced gymnasts the chance to maintain and improve skills and flexibility before the Gimli Flyers' regular sessions begin on Sept. 18.

Peggy Glassco ran the workshop and is the head coach for the Flyers. She

said that gymnastics promotes physical development and can prepare kids for other sports as well.

The club will hold a registration afternoon on Sept. 13 from 11 a.m. to 2 p.m. at the Gimli Recreation Centre during the Wellness Expo.

Those who cannot attend may also register by contacting the Gimli Recreation Centre at 204-642-6670.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Knowles sensational in shot put at nationals

By Brian Bowman

Keelyn Knowles may only be 15 years old, but he is already well beyond his years in the shot put.

Knowles was sensational at the 2015 Canadian Legion Youth Track and Field Championships in St. Therese, Que. earlier this month. The Arborg product finished first in the shot put with a personal-best throw of 15.39 metres.

He had a pair of personal bests in Quebec. Each shot putter had three throws to qualify for the finals and then three more in the finals.

With that 15.39m throw, Knowles also broke the Manitoba record for his U16 age class. The athlete finishing second behind Knowles at nationals had a toss of 14.68m.

"My personal best going into (nationals) was 15.21," Knowles explained last week. "Then I threw 15.29 and 15.39."

Knowles was very pleased with his performance against the top track and field athletes in Canada.

"It was pretty good," said the 6-foot-2, 250 pounder. "I was pretty pumped."

He attributed his success at nationals to one of the Manitoba coaches helping him both psychologically and technique-wise.

"He told me to get aggressive with my throw," said Knowles, who will soon be going into Grade 10 at Arborg Collegiate. "And that's what I did and it worked out."

He said the competition at nationals was, obviously, very good. He likes the camaraderie among shot put athletes and enjoys competing in the sport.

Knowles, who also plays basketball and badminton, has the potential to become even better in the shot put. He would like to see how far he can go in the sport and is willing to train harder to get better.

At his height and weight, Knowles has a good build for the sport. He feels his height gives him an advantage against shorter competitors.

"It gives me a better angle (on the throw)," he said. "But technique is also a big part of it. There was a guy at provincials who was the same height as me but was thinner, and, for him, it was all technique."



EXPRESS PHOTOS SUBMITTED

Arborg's Keelyn Knowles finished first in the shot put at the 2015 Canadian Legion Youth Track and Field Championships in St. Therese, Que.

Lions roar past Bantam Thunder

By Brian Bowman

The bye week could not have come at a better time for the Interlake Thunder Bantam football team.

The Thunder suffered its second consecutive blowout loss last Saturday – getting shut out 40-0 by the Fort Garry Lions – in Selkirk.

"They were very strong on both sides of the ball," said Thunder head coach Joel McDonald. "They've got a veteran team and two or three really good ball players on both sides of the ball and we just weren't able to handle them."

The Thunder struggled to move the ball against the Lions in the loss. Interlake, at times, gained yardage but could not put enough positive plays together to score any points.

"We have a young team," McDonald warned. "We have less than 10 returning Bantams from last year, so the rest of them are either first-year Bantams and a large number of first-year football players."

"There's a big learning curve that is

going on right now with these guys."

The Thunder has this Saturday off from game action which will give them a few more days of rest and/or practice. But the Interlake will play a rare Tuesday evening game Sept. 1 when they visit the Nomads in north Winnipeg.

"It's a very short bye week," McDonald noted. "It's not a full legitimate bye week but we have a few bumps and bruises that we want to get looked after."

Interlake opened its season with a solid 38-8 victory over North Winnipeg on Aug. 8. The Thunder would love to have that same type of result in their next game but McDonald said their goal is to improve each week leading up to the playoffs.

"We have to continue to progress," McDonald said. "Against Valour, we really didn't show a lot of signs of life. Against the Lions, we started to show some life of offence and defence. The defence is really starting to come around a little bit."

Thunder test Transcona in home loss

By Brian Bowman

The Interlake Thunder had a tough test early in their Midget Football League of Manitoba season.

And they passed that test with flying colours.

The Thunder were shutout 14-0 by a very good Transcona Nationals team Saturday in Selkirk but Interlake proved, without a doubt, that they can play with the top team in their league.

"I came away from the game very, very proud of our players and how they played," said Thunder head coach Kris Johnston. "(Transcona) is a very tough opponent and they are physical, especially their front seven. They stifled our offence at times."

One week after the Thunder scored 47 points in a lopsided win over the expansion Sunrise Coyotes, the Thunder was blanked on the sloppy and muddy field conditions in Selkirk.

"It was definitely a battle between two great defences," Johnston said. "We struggled (offensively) and you

know that on certain days, units are going to struggle. (Saturday) was definitely one of them where we struggled offensively."

Interlake did score a touchdown but it was called back on a punt return at the end of the first half. The Thunder was flagged for an illegal block on the play.

The game remained scoreless until the final play of the third quarter when Transcona's star running back Brandon Urciuoli scored his first of two touchdowns on the day. The 5-foot-11 210-pound back then scored his second major of the game with 46 seconds left in the fourth.

Urciuoli finished the game with 133 yards on 23 carries.

"He's a very good running back and he seems like an excellent well-rounded football player," Johnston complimented. "He's a big, strong, physical running back but our defence was able to contain him for basically three quarters."

Thunder loses first Atom game of the season

By Brian Bowman

The Thunder Atom football team suffered its first loss of the season as the St. James Rods doubled the Interlake 48-24 last Saturday in Selkirk.

Interlake took an early 12-6 first-quarter lead but St. James led 20-18 at the half.

"Our offensive line had a tough job missing starting right guard Reilly Olafson," said Thunder head coach Darcy Gascoigne in an email. "And the defence was also in tough missing starting corner Bryce Myers and nose tackle Cain Romanchuk."

The Rods increased their lead to 27-18 after three quarters and then outscored the Thunder 21-6 in the fourth.

"Late in the game, our offence took some chances that didn't work out and they scored three late touchdowns to beat us 48-24," Gascoigne noted. "But I would say the score did not reflect the quality of the game."

The Thunder Atom team is back in action this Saturday when it travels south to take on the St. Vital Mustangs - Red in Winnipeg. Game time is 12:30 p.m.

Steelers' rookie camp set for this weekend

By Brian Bowman

With the weather turning colder recently, it's a sign that the end of summer is almost here.

And that means hockey season is right around the corner. In fact, the Selkirk Steelers' season begins this weekend when they open their 2015 Fall Rookie Camp at the Selkirk Rec Complex.

The camp will take place on Saturday and Sunday before the Steelers' play a Rookie Game this Monday against the Pistons in Steinbach.

Selkirk will begin its exhibition schedule Sept. 6 in Steinbach and then will host the Winnipeg Blues on Sept. 11 (7 p.m.).

The Blues and Steelers will hook up Sept. 12 at the MTS Iceplex.

Selkirk will also play pre-season road games against Winkler (Sept. 15) and Steinbach (Sept. 18 in Beausejour) before a home game against Winkler (Sept. 20).

The Steelers will begin their 2015-16 MJHL regular season on Sept. 25 at home against the Blues.

Power Smart Manitoba Games releases information for athletes

By Brian Bowman

The Power Smart Manitoba Games are the province's largest ongoing multi-sport program, bringing together participants from across Manitoba.

The Games are held every two years and alternate between summer and winter sports events. Each set of Games involve upwards of 7,500 athletes, coaches, officials and volunteers.

Participation in the Power Smart Manitoba Games begins with regional tryouts. Regional teams of approximately 200 athletes, coaches and managers go on to participate in the provincial finals. In 2016, the Power Smart Manitoba Summer Games will take place in Steinbach from Aug. 7 to 13.

For more information about the Power Smart Manitoba Games, visit www.manitobagames.ca.

Below you will find an update on each sport in the 2016 Power Smart Manitoba Games.

Athletics -

Age Category: Bantam 2003 or 200, Midget 2001 or 2002

Team Size: 10 males and 10 females in each age category (40), plus three coaches and two managers

Training Opportunities

Athletics Manitoba established a School Outreach Program in 2015 that, in future years, will be used as a feeder system for the Manitoba Games and other regional and provincial competitions.

Athletics Manitoba will provide interested schools with a six-week training program to follow to prepare their athletes for outdoor meets.

Qualifying Event

A qualifying track meet will be held in each region between May 15 and June 15, 2016. The head coach and their coaching staff will be present at the meet to observe performances and make team selections.

Provincial Events

Individual Events:

- Bantam Athletes may compete in 80m hurdles and high jump
- Midget athletes may compete in 80m female hurdles, 100m male hurdles and high jump.

Relay Events:

- 8x50m, 4x100m, 4x200m, 4x800m, Spring Medley (TBA), Distance Medley (TBA), Heptathlon Relay
- Long Jump Relay, Ball Throw Relay, Shot Put Relay
- Two relay teams per region may be entered in each relay except the Heptathlon.

For more information, contact Donna Harris at Athletics Manitoba at 204-925-5744 or execdirector@athleticsmanitoba.com.

Baseball -

Age Category: Open to males and/or females 14 years of age or younger as of Dec. 31, 2016. Year of birth is 2002 and 2003.

Team Size: 13 athletes and three coaches

Coaches Head Coaches:

Eastman - Jamieson Krentz from Steinbach

Interlake - Darrell Humeniuk from Stonewall

Training Opportunities (All TBA):

- two fall camps - August/September
- two winter camps - November '15 - March '16
- spring training - April '16
- open identification camp - May 2016

Final Selection Camp - June 4-5 weekend

This camp will be by invitation only, unless numbers allow for all to attend. Regional Teams

Regional Teams will have two to three practices prior to the Manitoba Games, which could include exhibition games.

For more information, please contact Jason Miller at Baseball Manitoba at 204-925-5764 or baseball.jason@sportmanitoba.ca. You can also visit the Manitoba Games page on their website at www.baseballmanitoba.ca/manitoba_summer_games.php.

Basketball -

Age Category: 16U Cadet - Born in 2000 or later (ages 16 and under as of 2016)

Team Size: Minimum 10 to a maximum of 12 players on both the female and male teams. Each team will have a head coach, assistant coach and a manager.

Coaches:

Eastman - Male- Dewayne Penner, Female- Mary-Jo Hovorka

Interlake - TBD

Training Opportunities

A development camp will be held in the fall. Date and location are still to be determined.

Team Tryouts

Open tryouts will be held for both the male and female teams in April 2016.

For more information, please contact Ian Dickey at Basketball Manitoba at 204-925-5775 or ian@basketballmanitoba.ca. Feel free to visit Basketball Manitoba's Manitoba Games page on their website.

Golf -

Age Category: 15 and under as of Aug. 9, 2016

Team Size: four males and four females plus one coach and one manager

Coaches:

Eastman - Brian Guenther from the Steinbach Fly-In Golf Club at 204-320-4653.

Interlake - Brad Poleschuk from the Selkirk Golf and Country Club at 204-482-2050.

Training Opportunities:

Training squads will be formed in each region and will work with their coaches up until the qualifying event.

Qualifying Event:

A regional competition will be held

> POWER SMART MANITOBA GAMES, FROM PG. 23

in each region. A minimum of 36 holes of individual stroke play will determine the members of the regional teams.

For more information, please contact Garth Goodbranson at Golf Manitoba at 204-291-4458 or garth@golfmanitoba.mb.ca.

Sailing –

Age Categories:

10-14 years of age - Optimist Class (born 2006-2002)

13-17 years of age - Laser and Radial Class (born 2003-1999)

10-17 years of age - Windsurfing (born 2006-1999)

Team Size: One male and one female in each of the optimist and laser/radial class and 1 windsurfing athlete (can be male or female). The team will also have one coach and one manager.

Coaches:

Eastman - Brennan Agar at 204-612-6616 or brennanagar@shaw.ca

Interlake - Luke Boguski at 204-390-0242 or lukeknot@gmail.com

Qualifying Events:

A qualifying event will be held either in 2015 or 2016 in every region. Dates and locations will be announced via Sail Manitoba email, e-newsletter and at www.sailmanitoba.com.

For more information, please contact Brigitte Smutny of Sail Manitoba at 204-925-5650 or sailing@sportmanitoba.ca.

Soccer (male and female) –

Age Category: Born in the year 2003 or later. That is, under 13 years of age as of Jan. 1, 2016.

Team Size: 16 players and three coaching staff per team (both male and female)

Coaches/Contacts:

Eastman North Training Group - Casey Cameron and Assistant Michelle Ramsden

Coaches - TBA

Interlake Male Team - Head Coach Manny Gomes, Manager Dan Racicot
Female Team - Tannis Catellier, Dave Thorne and Jeff Hurschman

Training Opportunities:-

Interlake ID/Development Camp #2 - Monday, Aug. 24 in Arborg at 6:30

p.m.

MSA Regional Festival - September 4-6, 2015 in Carman, Man. - (Registration is closed)

Winter Training - TBA

MSA Regional Festival - May 2016

ID/Development Camp #3 - June 2016

Team Selection:

Athletes are invited to three ID/Development camps organized by the Manitoba Soccer Association in conjunction with the region's coaching staff. A final camp will take place in June 2016 at which time the players that will make up the team in each gender will be finalized.

Player Camps:

Train the "Whitecaps Way" with Caps Coaching Staff

Aug. 24 - 27 - BOYS AND GIRLS U-9 TO U-12

Eastman - co-hosted by Hanover Soccer Club - Registration forms must be filled out online at www.manitoba-soccer.ca.

Interlake - co-hosted by Tri S Soccer Club - Registration forms must be filled out online at www.trissoccer.com.

For more information, please contact Scott Ansell at Soccer Manitoba at 204-925-5670 or sansell@manitoba-soccer.ca and visit their website.

Softball –

Age Category:

Year of Birth 2000-2001 (U16 Category of 2016) - Under 16 years of age prior to Jan. 1, 2016.

Team Size: 13 athletes and coaching staff of three.

Eastman Region Tryouts - August 29 and 30 from 12 to 6 p.m. at Mitchell Ball Diamonds (Stahn Field)

Fee is \$20.00.

Contact Bob Fowle by phone or e-mail to register.

Head Coach - Bob Fowle at 204-918-0939 or fowle@mymts.net

Assistant Coach - Mandy Thiessen at 204-371-1440 or mandyathiessen@gmail.com

Assistant Coach - Erin Fowle at 204-793-4856 or fowle125@umn.edu

Interlake Region Tryout - Monday,

Sept. 14 (Registration at 5:30 p.m., Camp from 6 to 8 p.m.), Tuesday, Sept. 15 (Camp from 6 to 8 p.m.), location: Quarry Park

Head Coach - Blaine Shewchuk at 204-467-7685 or shewcb1@gmail.com

Assistant Coach - Taylor Studler at 204-461-2577 or tj_studler@hotmail.com

For more information, please contact the head coach in your region.

Special Olympics Golf –

Age Category: Open to all athletes with an intellectual disability who are registered with Special Olympics Manitoba and are 12 years of age and over as of July 1, 2016.

Eligibility: The competition is open to all eligible Special Olympic athletes, who have an average of less than 70 on a par 36, nine-hole course and completed the qualifying rounds. The player should be capable of playing independently and must be able to walk during the entire nine-hole round

Team Sizes: One male athlete and one female athlete and one coach. In the event that a gender position can't be filled, two athletes of the same gender may be selected with approval from Special Olympics Manitoba.

Team Selection: Special Olympics Manitoba will identify one or two selection events. The events shall consist of one round of nine-hole golf.

For more information, please contact Meghan McMullen from Special Olympics Manitoba at 204-925-5631 or mmcmullen@specialolympics.mb.ca or Eastman Regional Team Leader Merle Gadsby at migadsby@hotmail.com.

Swimming –

Age Categories: Youth Female - 2005-2004 (11-12) & Junior Female - 2003-2002 (13-14) Youth Male - 2004-2003 (12-13) & Junior Male - 2002-2001 (14-15)

Team Size:

16 athletes per region (ideally eight male and eight female) with a maximum of 10 swimmers per gender (no less than one swimmer in each gender/age category). The team will also have a maximum of two coaches and a manager.

Training Opportunities:

ID Team for each region outside of Winnipeg will be invited to quarterly development camps hosted by Swim Manitoba. The ID teams will be selected by May 1, 2016.

Team Selection: TBA. Information will be posted on the Swim Manitoba website once available.

For more information, please contact Mark Fellner of Swim Manitoba at 204-925-5779 or swim.ed@sportmanitoba.ca.

Triathlon –

Age Categories: 10 & 11, 12 & 13, 14 & 15 and 16 & 17.

Eligibility: 16- and 17-year-old athletes who have previously participated at the Western Canada Games are not eligible to participate.

Team Size: three males and three females from each age category plus a coach and manager.

Team Selection:

Any athletes interested in becoming a member of a regional team must enter and complete three Kids of Steel races in the 2015 race season (alternate arrangements can be made for competing outside of the province but must be approved by Triathlon Manitoba beforehand). In September 2015 you will be able to fill out a declaration of eligibility form. It will be posted on their website once available.

Training Opportunities:

Opportunities to train over the winter will be made by Triathlon Manitoba or your regional coaches.

For more information, please contact Chris Kitchen (Triathlon - Games Coordinator) at ckitchen@mts.net

Volleyball male and female –

Age Category: Open to all athletes born in 2002 or later (14U)

Team Size: 12 Males and 12 Females plus two coaches and one manager for each team.

Coaches: Volleyball Manitoba is currently accepting applications for all coaching positions. The deadline for submissions is Aug. 31, 2015.

Timeline of Activities:

September - December 2015 - Regional athlete development & identification camps

April - May 2016 - Final regional team selection camps

May - August 2016 - Team Preparation

*More information will be posted on the Volleyball Manitoba website once available.

For more information, please contact one of the following:

Volleyball Manitoba
Scott Koskie at volleyball.hp@sportmanitoba.ca or 204-925-5784

John Blacher at volleyball.ed@sportmanitoba.ca or 204-925-5791

Interlake Region Technical Delegate Chad Whiteside at cwhiteside@lssd.ca

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NOTICE OF NOMINATIONS MUNICIPALITY OF BIFROST-RIVERTON

NOTICE IS HEREBY GIVEN that on the following days:

September 23, 24, 25, 28, 29 between the hours of **8:30 am - 4:30 pm** at the following location **329 River Road, Arborg** or **56 Laura Ave (September 23, 25, 28)** I will receive nominations for the offices of Councillor Ward 1 of the aforesaid Local Authority.

The nomination deadline is September 29, 2015 at 4:30 pm. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by a least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above locations, on the date and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Kim Furgala
SEO

Phone: 204-376-2391

Fax: 204-378-5616

Dated at Arborg on August 18, 2015.

ANNUAL PUBLIC NOTICE



ADDITIONS TO THE VOTERS LIST AND/OR PERSONAL SECURITY PROTECTION REQUESTS

MUNICIPALITY OF BIFROST-RIVERTON

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the Municipality of Bifrost-Riverton Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of Municipality of Bifrost-Riverton can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Municipality of Bifrost Riverton, Box 70, Arborg, MB, R0C 0A0

Phone: 204-376-2391

Fax: 204-378-5616

Email: bifrost@mymts.net

The next By-Election takes place on November 4, 2015.

Kim Furgala
Senior Election Official



NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR MUNICIPAL BY-ELECTION

MUNICIPALITY OF BIFROST-RIVERTON

Please be advised that a municipal by-election will be held on November 4, 2015.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of councillor: Ward 1 Between September 2, 2015 and September 29, 2015 at the Municipality of Bifrost-Riverton office, 329 River Road, Arborg or 56 Laura Ave, Riverton during the regular hours of business.

To obtain a registration form contact the SEO at the telephone number listed below.

Kim Furgala

SEO

Phone: 204-376-2391

Fax: 204-378-5616

Dated at Arborg on August 18, 2015.

Rural Municipality of Grahamdale

NOTICE OF BOARD OF REVISION

Public notice is hereby given that the 2016 Assessment Roll for the R.M. of Grahamdale has been delivered to the Municipal Office and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of the Assessment Act:

APPLICATION FOR REVISION:

- 42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:
- (a) liability to taxation;
 - (b) amount of an assessed value;
 - (c) classification of property; or
 - (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

- 43(1) An application for revision must:
- (a) be made in writing;
 - (b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - (c) state the grounds on which the application is based; and
 - (d) be filed by
 - (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - (ii) serving it upon the Secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday October 8, 2015 at 1:00 p.m. in the Council Chambers of the R.M. of Grahamdale to hear applications.

The final date on which applications must be received by the Secretary of the Board is 4:30 p.m. on September 22, 2015.

Dated this 14th day of August, 2015.

Shelly Schwitek
Secretary, Board of Revision
R.M. of Grahamdale
Box 160, 23 Government Road
Moosehorn, MB R0C 2E0
Phone: (204) 768-2858

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> GAMES



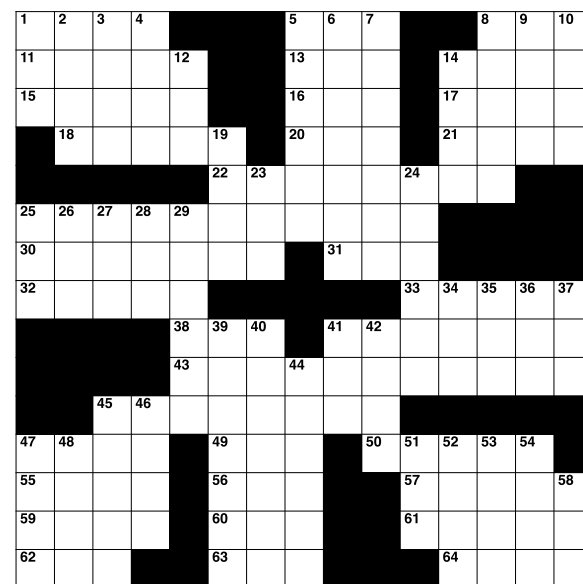
CROSSWORD

CLUES ACROSS

1. Actor Damon
5. Resort
8. Low continuous tones
11. Cape Verde capital
13. Abbreviation for clean
14. Shoe retailer
15. Dashery
16. Head covering
17. Canadian flyers
18. A plant fiber used for making rope
20. Prime Minister ___ Hirobumi
21. Hani
22. Nonexistences
25. Mexican victory holiday
30. Avowed
31. Ref
32. 2013 Philip. volcano eruption
33. Beard lichen genus
38. Tennis player organization
41. More saline
43. New York City
45. A ship's cheapest fare
47. A winglike part
49. At the stern
50. Oral polio vaccine
55. Tatouhou
56. In addition
57. Baltic flat-bottomed boat (alt. sp.)
59. Search for
60. Gray sea eagle
61. Music timings
62. Make a mistake
63. Root mean square (abbr.)
64. Sleeveless Arab garments

CLUES DOWN

1. Speedometer rate
2. Turkish/Iranian river
3. Japanese socks



4. Drawstrings
5. Formal separation over doctrine
6. Tableland
7. Word with opposite meaning
8. Cabs
9. 45th state
10. Matakam
12. Macaws
14. Scottish hillside
19. Load for shipment
23. Sleeping place
24. Linking verb
25. Br. University punting river
26. Marsh elder
27. Horse noise
28. Contract research organization (abbr.)
29. Excessively ornamented
34. Engine additive

35. Small bite
36. Snake-like fish
37. They ___
39. Performance arena
40. Enact before an audience
41. Special interest group
42. Grows old
44. Conductor's implements
45. A heavy cavalry sword
46. Tropical ship's wood
47. A domed or vaulted recess
48. Lascivious look
51. Mentally quick and resourceful
52. La ___ Tar Pits, Hollywood
53. Unstressed-stressed
54. Celery cabbage
58. Wrong prefix



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Fill out an application in grocery store (see office), and/or send resume to:

Food Store Manager Lynette Oliver
Ph: (204) 376-5245 ext 2222
F: (204) 376-5018
foodstoremgr@interlakecoop.com



Interlake Co-op Fast Facts

Formed
January 31st, 2007 with the amalgamation of Eriksdale Co-op and Arborg Co-op.

Locations
Bulk Petroleum
Food Store - Eriksdale
Hardware Store - Eriksdale
Food Store - Arborg
Gas Bar - Arborg
Cardlock - Arborg

Employees
90

Annual Sales
\$24.7 million in 2013

Classifieds Announcements

Call 467-5836 or Email classifieds@expressweeklynews.ca

OBITUARY

John Albert Berg

August 9, 1935 – August 20, 2015

Peacefully with family at his side, John passed away at the E. M. Crowe Memorial Hospital in Eriksdale, MB after a courageous three year battle with lung cancer.

He is survived by his wife Hulda; children Sherry, Toni (Danny), Lyle (Laura), Krin (Bruce); 10 grandchildren along with several great grandchildren; sisters Ellen and Emily and brothers Carl and Rudy.

John is predeceased by his parents Gustave and Signe and two sisters Linnea and Mable.

The family would like to thank doctors Goytan, Leylek and Maksymiuk and staff at the Selkirk Chemo Unit as well as the wonderful caring and compassionate staff at the Eriksdale



Hospital.

At John's request, there will be no formal service and a private family gathering will be held at a later date.

In lieu of flowers, a donation to a charity of your choice would be appreciated.

Arrangements by:

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ANNOUNCEMENTS

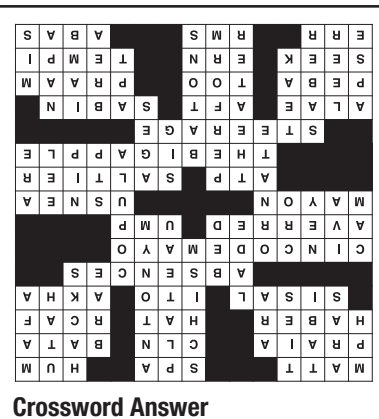
IN MEMORIAM



Connie Mikula

August 3rd, 1929 - August 27th, 2008

God looked around His garden,
And found an empty place;
He then looked down upon the earth,
And saw your tired face.
He put His arms around you,
And lifted you to rest;
God's garden must be beautiful,
He always takes the best.
He knew that you were suffering,
He knew you were in pain;
He knew that you would never,
Get well on earth again.
He saw the road was getting rough,
And the hills were hard to climb;
So He closed your weary eyelids,
And whispered, "Peace be thine".
It broke our hearts to lose you,
But you didn't go alone;
For part of us went with you,
The day God called you home.
-Lovingly remembered and deeply missed
by your family



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• BIRTHDAYS •

• OBITUARIES •

• IN MEMORIAM •

• NOTICES •

• BIRTHS •

• ANNIVERSARIES •

• MARRIAGES •

• ENGAGEMENTS •

• THANK YOUS •

EXPRESS
WEEKLY NEWS
Call 467-5836



RURAL MUNICIPALITY OF GIMLI

NOTICE TO PROPERTY OWNERS

in the Gimli Urban Centre (town),
South Beach, & Loni Beach

TAKE NOTICE THAT the week starting September 7, 2015, all elm trees in these areas on both public and private property will be treated by basal spraying to assist in the prevention of the spread of Dutch Elm Disease.

Any residents **not** requiring treatment of their trees are to advise the Municipality before September 1st by contacting (204) 642-6650.

Dated at Gimli Manitoba this 20th day of August, 2015

Joann King, CMMA
Chief Administrative Officer
Rural Municipality of Gimli

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Sesame-Ginger Noodles

Ingredients

- 1 pound uncooked fresh Chinese-style thin egg noodles, spaghetti, vermicelli or linguine
- 1/4 cup Soy Sauce
- 2 tablespoons distilled white vinegar
- 1 tablespoon grated fresh ginger
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- 1/2 cup water
- 2 tablespoons vegetable oil
- 3/4 cup sliced green onions and tops
- 2 tablespoons Asian sesame oil
- 1 tablespoon toasted sesame seeds

Preparation

Cook noodles according to package directions, omitting salt; drain, rinse under cold water and drain thoroughly.

Combine soy sauce, vinegar, ginger, sugar, cornstarch and water. Heat vegetable oil in hot wok or large skillet over high heat. Add green onions and stir-fry 10 seconds. Add soy sauce mixture; cook, stirring, until sauce comes to a boil. Add noodles; cook, stirring, 1 minute or until sauce returns to boil and noodles are evenly coated with sauce. Remove from heat. Add sesame oil and sesame seeds; toss well to combine.

Makes 4 servings

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The Skill: Healthy Cooking Methods



Baking and roasting:

Both methods use dry heat in the oven and can be used for cooking fish, poultry, potatoes, casseroles, lasagna, egg dishes, and more. Baking doesn't require

adding fat to the food, and with this technique, you avoid charring your food while allowing it to brown on top. With roasting, meat, poultry, or vegetables cook under the oven's dry heat-usually over 400 degrees-so that the outside of the food gets crisp while the inside cooks slowly. You'll want to use a meat thermometer to make sure meat or poultry is completely cooked thorough-to an internal temperature of 145 degrees for steaks and chops, 160 degrees for ground meats, and 165 for poultry.

Braising: A variation on simmering, braising calls for the main ingredient to be browned in butter (which isn't healthy) or olive oil (a healthier choice), then uses liquid-such as water, broth, or wine-to cook the food in an open or covered pan, on the stovetop or in the oven. The cooking liquids keeps everything moist and tender, and the natural juices from the cabbage, pork, chicken, pot roast, or other food adds flavor to the liquid. It's a round robin that leads to a tasty result.

Broiling: With broiling, only a thin layer of air separates the heat source from the steak, chicken, or fish that sits on the broiler pan in your oven. Food cooks quickly on the outside, while allowing the flavor and moistness to be retained inside. Another perk: Broiling allows fat to drip into the pan, rather than be reabsorbed by the food.

Grilling: A relatively quick way to cook meat, poultry, fish, or vegetables, grilling uses direct heat: The food is cooked on a rack above hot coals or a flame, which

gives it a smoky flavor and a crisp exterior. As with broiling, fat tends to drip away from the food as it cooks. Just make sure you don't char or blacken the food!

Poaching: With poaching, fish, eggs, or fruit are gently simmered in water, broth, fruit juice, or wine on the stovetop or in the oven until the food becomes tender. Poaching locks in subtle flavors and tenderizes the food as it cooks, without adding fat.

Sautéing and stir-frying: Sautéing involves adding some fat, such as health-promoting olive oil, to a hot pan, then cooking the meat, chicken, or vegetables quickly over direct heat on the stovetop. Using a good-quality nonstick pan will minimize the need for oil. Stir-frying uses less oil than deep-frying but still allows foods to get browned. Simply heat up a wok or large, deep skillet, drizzle a small amount of olive or sesame oil or spritz some cooking spray into it, turn up the heat on the burner, then add chopped veggies, chunks of chicken or meat, or whatever you want to stir-fry. Keep all the ingredients within reach because the key to stir-frying effectively is to cook the food quickly, continuously moving it around, over high heat.

Steaming: Because it cooks foods over, rather than in, simmering liquid, steaming preserves more of the nutrients and natural texture in foods that boiling does, making it a healthy way to cook fish, poultry, and vegetables fairly quickly. You can use a collapsible steamer insert or a bamboo steamer in an ordinary pot with a top.

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

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Greek Lentil Salad

Ingredients

Salad:

- 2 cups (500 mL) cooked lentils or use canned lentils, drained and rinsed
- 1 cup (250 mL) chopped cucumber
- 1/2 cup (125 mL) chopped red onion
- 2 tomatoes, chopped
- 1 yellow pepper, chopped
- 1 cup (250 mL) chopped cauliflower
- 1/2 cup (125 mL) chopped parsley
- 1/4 cup (50 mL) feta cheese, crumbled
- 1/2 cup (125 mL) sliced black olives

Vinaigrette:

- 2 tbsp (25 mL) lemon juice
- 1/2 tsp (2 mL) ground black pepper
- 1 tbsp (15 mL) red wine vinegar
- 2 cloves garlic, minced
- 2 tsp (10 mL) dried oregano, crumbled
- 2 tsp (10 mL) dried mint, crumbled
- 2 tsp (10 mL) dried basil, crumbled
- 1/3 cup (75 mL) canola oil



Directions

Combine salad ingredients. In a separate bowl combine vinaigrette ingredients. Pour over salad mixture. Stir to combine.

Prep time: 15 min | Cook time: 0 min
Makes: 16 servings
www.heartandstroke.mb.ca