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Hold on cowboy

EXPRESS PHOTO BY JEFF WARD

Jumping from a fast-moving horse to wrestle down a steer was all in a days work for this cowboy during the 23rd annual Ashern Rodeo this past weekend. This year's rodeo had one of the highest attendance records in the event's history with more than 1,000 people showing up over the two days. Tie down roping, steer wrestling, barrel racing and bull riding were just some of the exciting events that took place at the Ashern Rodeo Grounds.

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Cowboys and cowgirls give crowd a show at Ashern Rodeo

By Jeff Ward

Mother Nature was kind enough to hold off last weekend as the 23rd annual Ashern Rodeo rode into town with some of the best riders Manitoba has to offer.

The two-day event had 17 events that showcased some of most skilled riders and ropers around. The smell of grilled meats, and popcorn filled the air at the Ashern rodeo grounds and the grandstands were packed with fans of all ages. Steer wrestling, bareback, tie down roping, barrel racing and bull riding were just a few of the many exciting events to take in. Riders from Teulon, Stonewall, Eriksdale and many other areas in the province, performed at their best in front of more than 1,000 people over the two-day event.

Saturday kicked off with the annual parade making its way through the town streets with various floats creating a visual spectacle, and a myriad of different classic cars providing that visceral adrenalin pumping noise of a high RPM engine.

The rodeo grounds had its share of side attractions, with a beer gardens as well as many activities for the kids. A clown on stilts made balloon-animals while an ATV pulled a small train. And of course the ever popular money in the haystack, which was off-limits to the adults, but kept the children busy for hours looking for coins. We can confirm that at least one quarter was found.

The Ashern Rodeo is an annual event that takes place on the Labour Day long weekend each year.



EXPRESS PHOTOS BY ROBERT E. WILSON AND JEFF WARD

Interlake artists nominated for country music awards

By Jennifer McFee

The Manitoba Country Music Awards are back, and several well-known Interlake singers have been named as nominees.

For the first time since 1996, the provincial country music awards will celebrate Manitoba's best and brightest country stars.

Sisters Louise Anderson and Natalie Roth have been nominated with their bandmates in Four Mile Road in the category for best group or duo of the year.

The singing sisters, who grew up in Fisher Branch, perform along with vocalist/guitarist Kurt Krezanski, drummer Mark Roth, bass guitarist Josh Morrow and keyboardist Rob Hrabluk.

"There are six girls in our family. We all sang, my whole life. My sister Natalie, she started singing when she was about 14 and I just picked up a mike. I was about nine and started harmonizing for her because I wanted in on the action. Then I never stopped," said Anderson, a Grosse Isle resident.

"We've been singing together for so long, we can just look at each other on stage and know what we're thinking. It's so funny."

They come by their talent honestly, since their mom directed the choir at Immaculate Conception Church in Fisher Branch for many years.

For more than a dozen years, Four Mile Road has been making memorable music. They released their debut self-titled album in 2007, and also released a new single last fall called

"The Hunger," which is available on iTunes and CDBaby.

The best part of being in the band, Anderson said, is playing music with people that all get along so well.

"We've been together for 13 years as a group," she said. "We surround ourselves with good people and do what we love. It's awesome."

As for the nomination, Anderson is pleased to receive a nod in the same category as Bros Landreth, Doc Walker, Foster Martin Band, Keith and Renee, and Petric.

"We're so happy to be nominated with such good company too," she said. "It's so nice that they're doing an awards show again after so long. It's great to just celebrate Manitoba music. It's really nice to get all of us together."

As another talented homegrown singer, Stonewall's Rhianna Rae Saj has also made the nominee list.

Known as Rhia Rae on the stage, the accomplished performer is nominated in the category of roots artist, duo or group of the year.

"I actually wasn't expecting it whatsoever. It was very surprising," she said.

"There are a lot of other great artists that are in it, so I don't know what will come out of it, but I'm excited."

Rae, who has showcased in Toronto, Los Angeles and Nashville, is currently in the process of writing and recording her debut EP to be released in 2016.

In the same awards category, she is

"IT'S GREAT TO JUST CELEBRATE MANITOBA MUSIC."



EXPRESS PHOTO BY SAMANTA KATZ

Sisters Louise Anderson (second from the right) and Natalie Roth (second from the left), formerly of Fisher Branch, have been nominated with their bandmates in Four Mile Road in the category for best group or duo of the year at the Manitoba Country Music Awards.

up against Ashley Robertson, Bros Landreth, Del Barber, Doc Walker, Don Amero, Ed Penner, Jerry Sereda, Kayla Luky, Keith and Renee, Kimberley Dawn, Leanne Pearson, Lindsay Rae, Luke Reimer, Quinton Blair, Ridley Bent, Sierra Noble and Sol James.

Manitoba Country Music Association industry members can vote for

one nominee in each category in a two-stage ballot process. The first stage is for associate members, or fans, as well as industry members. The second ballot will be for industry members only.

The awards show is scheduled for Nov. 10 at the Park Theatre in Winnipeg.

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West Interlake Reeve agrees annexation is the only option

By Jeff Ward

West Interlake Reeve has had enough

After months of fighting to keep the newly amalgamated RM of West Interlake alive, Reeve, Randy Helgason has had a change of heart.

During a council meeting, on Aug. 11, Helgason put forth a resolution to create a new committee to investigate annexation options and partners for Ward 1 (Eriksdale). The committee members are all three Ward 1 councillors, Keith Lundale, Merle Day and John Wainwright, as well as Helgason who serves as an ex officio member. For someone who's been a very staunch supporter of making the newly amalgamated RM work, Helgason's move to support annexation for Ward 1 is surprising.

"I don't want to go on with this situation for the next three years. It's very frustrating and the fact of the matter

is we're spending way too much time dealing with it and not dealing with municipal issues," said Helgason who feels that the current situation is just not healthy for the community.

"We should be spending our time making the RM better, and we're not. We should be working on infrastructure, attracting businesses and creating jobs. I've just had enough of this situation and I think that annexation is what's best."

It's only been eight and a half months since the amalgamation happened and the constant fighting between wards has chipped away at Helgason's resolve. He's not happy this is the way things are going, but admits that, "We gave it a pretty good opportunity to work and we've found it's just not going to."

Helgason doesn't want to place blame for this situation but explains that the province has a big role in this failure.

"I DON'T WANT TO GO ON WITH THIS SITUATION FOR THE NEXT THREE YEARS."



EXPRERSS FILE PHOTO

West Interlake Reeve Eandy Helgason agrees the only solution for the newly amalgamated municipality to move forward is annexation.

"If the province had gone about the amalgamation a little differently in respect of [legislating] the head office and naming the CAO, things would have been different," said Helgason.

Now the work of discussing annexa-

tion plans with neighbouring RM's can begin. It won't be an easy process or a quick one, as there are many guidelines to follow. Consulting with neighbouring municipalities, figuring out which authorities are affected by the annexation and speaking with the public about the plan. There are many more guidelines as well, which can be found in section 34 of the Municipal Act.

"Through all of this I've been very proud of Ward 2 councillors and myself for keeping away from personal attacks and commenting about our frustrations. Which is more than I can say for the other councillors," noted Helgason.

Annexation is going to take time, how much is uncertain. However, now with a committee assembled by council and a group of citizens (West Interlake Citizens Group) both fighting for annexation, there might be a joining of forces to get the job done quicker.

"I suppose we could appoint a member of their group to the committee if it felt necessary, I won't rule it out, but it's by no means a guarantee," explained Helgason.

Conquering the maize maze

By Patricia Barrett

Nicole Nordal was at the Arborg Heritage Village last week to conquer the corn maze and to enjoy her last few days of freedom before the start of the school year.

The 16-year-old accomplished figure skater represented the Interlake at the 2014 Manitoba Winter Games and was the Juvenile Under 14 Champion at the 2013 Skate Canada Manitoba Sectionals. Nicole has won 40 competition medals – most of them gold. Since 2013, she has been a member of Skate Canada Manitoba Competitive Team (Team TOBA). Her dad, Morley Nordal, is Ward 3 councillor for the RM of Bifrost-Riverton.

This is the first ever corn maze established by the Heritage Village. Those who solve its riddle can enter to win a prize. The maze is open every Friday night (6-8 p.m.), Saturday (12-8) and Sunday (12-6) until the end of October. For more information, call (204) 642-3833 or visit www.arborgheritagevillage.ca



Nicole Nordal at the Arborg corn maze.

EXPRESS PHOTO BY PATRICIA BARRETT

letters

Letters to the Editor: letters@expressweeklynews.ca

Winter approaching worries Gimli dialysis treatment patients

Dear Minister Blady,

This is a follow-up to the meeting we had at your office June 6, 2015 regarding the status of dialysis treatments for my father, John Chudd of Gimli, and two other local people also receiving dialysis.

At the meeting, we expressed our profound concerns about the lack of availability of treatment spaces in our community dialysis treatment facility at the Gimli Community Health Centre, resulting in the need for our family members to travel to Winnipeg for treatments. The situation is becoming quite dire for us as winter approaches and we need to have clear answers as to when the Gimli unit will be open to its capacity. We have not yet received a response from you or your office to date as expected.

A recent news article in a local paper, *The Express Weekly News*, informed us that you announced in late August that there would be coverage for water and electrical bills for people doing dialysis at home. The article references this as costs for at-home hemodialysis which is not common; the most usual at-home treatment is peritoneal dialysis which is a very different process. It begins without the use of electricity

as the bags drain abdominal fluids by gravity. Once a person is able to use the overnight cycler machine, there is power required to operate the machine.

When I look at this announcement and relate it to my father's situation, the costs saved would be quite minimal and I know for certain that two of the three patients in question are on private well systems so water savings for them are moot. (Many of the rural people travelling for dialysis may be on private well systems.) To my understanding, the water used would be for hygiene purposes which a person must do anyway. The supplies needed to do peritoneal dialysis at home require ample storage space and create quite a lot of waste that must be disposed of, too.

As well, this is a procedure that would be very challenging for my 82 year-old father to do at home as he lives alone and does not have homecare. I live in the same community and work full-time and my brother lives and works in Winnipeg; we are his only support. He is very apprehensive about doing peritoneal dialysis (which would also require a second surgery to insert the abdominal catheter that he worries about keeping infection-free) and

feels more confident in the hemodialysis which is monitored by medical staff. He had surgery last December to create a fistula for hemodialysis access and began dialysis in March.

The costs for my father's three-times a week travel to Winnipeg for treatments are substantial as gas costs are approximately \$120/week plus he has to eat before and after the treatment so meal costs are part of his expenses. (Gas per year is at least \$6240.)

The main concern, however, is the excessive amount of time travelling for a person with a serious health concern. He must travel one hour to Seven Oaks Hospital, spend a minimum of ½ hour getting attached to the machine, four hours lying in a bed as his blood is cycled through the machine, ½ -1 hour to be taken off the machine, and hour to eat and another hour to drive back – three times a week regardless of the weather conditions! Each trip is about eight hours for him and for us to support him. He has had times when it has been 10 hours because of complications. This is unacceptable considering that there is a brand-new facility two miles from his home that is not being used to capacity! Some nursing staff at Seven Oaks have told us

that they would prefer to work in Gimli and he is already on a machine that could be transported to where it is needed to support the local people who are struggling with the onerous grind of travelling. It is putting great stress on patients and their families.

I know that the Gimli unit only runs Mondays, Wednesdays and Fridays, and we want to know WHY it is not running Tuesdays, Thursdays and Saturdays, or running other shifts on M,W,F. We feel very strongly that this is putting our family members' health and well-being at risk and adding complications and stresses to families.

Costs for expenses as announced are helpful but the impact may be limited. Reimbursement is not as serious a concern as is adequate health care. The huge concern here is full utilization of local facilities to support vulnerable people. My father has to receive this life-maintaining procedure and should be able to be served in a brand-new facility in his home community.

We ask that this issue be given a top priority and that the facility in Gimli be used to its full capacity at once.

Yours truly,
Cheryl Bailey

Family time, healthy snacks can help students succeed: RHA

By Lindsey Enns

Packing healthy lunches, getting enough sleep and setting aside some family time are just some ways parents can help get their children in back to school mode, according to the Interlake-Eastman-Regional Health Authority.

"Some kids can function on more sleep and some on less," the RHA's clinical team manager of public health Lisa Hrynyk said, adding school aged children need anywhere between

nine to 11 hours of sleep. "Even teenagers need more sleep than they probably get because they're bodies are growing."

As for healthy sleep habits, Hrynyk said it's good for children and teens to establish a routine, have a cool dark and quiet bedroom free from TV's and computers, and avoiding consuming caffeine. Part of a bedroom routine could be preparing lunch for the next day, she said.

Parents should also encourage chil-

dren to be physically active outside of school to help reduce their screen time and family time is also important, she said.

"Having a family meal at the table when possible to discuss the day's events, what happened at school, how things are going at school," she said. "It gives them that opportunity that it's a time for sharing ... sometimes we forget that it's really important to sit at that table and have that family time."



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Fall fishing season on Lake Winnipeg has begun

By Arnie Weidl

Greetings to my angling sisters and brothers.

Boy, this constant threat of rain sure has been making it hard to decide whether to go out fishing or not hasn't it? Between rainy spells, early last week, I was roaming along the east side of Lake Winnipeg and ran into granddad Ethen Remillard of Grand Marais and Winnipeg who had taken his two grandsons Jim and Kyle out by boat for a bit of fishing.

We stood on the shore talking for a while and like their grandpa, the boys were very open good natured guys. Kyle told the story of friends who had gone fishing off the west coast and apparently there are sea worms that can crawl up your fishing line and will bite you when you try to get them off.

I did a quick check on the internet about these worms but couldn't find anything so if you know about them, maybe you could get hold of me through the Selkirk or Stonewall office and fill me in. Anyway, the boys were happy they had caught lunch as you can see in the picture I took of them.

Remember last week when I talked about Rick Perrin and his great fishing experiences up north! Well, I was at a birthday party last weekend and met Arthur Rodgers who's with Manitoba Hydro and he told of a northern fishing experience he had with co-workers.

On a sunny summer calm early evening Art and Dave Murray were with pilot Jim Kennedy in a chopper flying back to Thompson after a day's work of line air patrol. Jim saw a familiar large flat grey rock at Willow Point in the middle of the Nelson River. Smiling and without hesitation, he put that chopper on the rock.

The guys, never without their fishing gear, now surrounded by beautiful clear rushing water, the banks' grey rock ridges covered with hardy dark slim spruces off in the distance they reveled in catching their walleye supper. Wow!

A few weeks ago I met a chap by the name of Alan Bartley from Lorette who only likes to fish on the Red River. When I met Alan he was fishing and right beside him was his pride and joy, a very large motorcycle. He was a muscular man with long grey hair, beard and a perpetual wide smile that showed straight white teeth. He loved to tell



EXPRESS PHOTO BY ARNIE WEIDL

left to right, grandpa Ethen Remillard, grandsons Jim Remillard and Kyle Remillard

stories with enthusiasm, emphasized by vigorous hand movements. He gave a little tip on getting a hook out of a fish's mouth without hurting it. You put your finger into the fish's gill to the hook and with the other hands' thumb and forefinger grasp and push the eye of the hook down releasing the hook from the fish. Thanks Alan!

The great part of our fishing family, the commercial people, have just started their fall season on Lake Winnipeg. Being with them and listening to their wonderful stories always fascinates me.

Raymond Isfeld a long time fisher out of the Winnipeg Beach harbor was loading a few boxes of nets and fish into his truck when I got there a few days ago. Ray, a gentle, wise senior fisher and I stood on the small rocking wood dock as he graciously offered his observations on the possible diminishing fish population in the lake. With his decades of experience he felt that there was an almost predictable increase and decrease of the lakes fish numbers depending on the lake and weather changes and that we should not be getting overly upset with the last few year's smaller catches. Ray remarked as I left him that there was more than enough fish in our great Lake Winnipeg for sports anglers as well as commercial folks. I tend to agree given the fact that we can increase hatchery production as we see fit. Well, thanks for coming along with me, bye for now.

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Campaigning turns hateful for election candidates

By Natasha Tersigni

Racism and vandalism struck the run for Interlake candidates last week, when election signs for candidates Joanne Levy were found defaced and signs belonging to candidate James Bezan were vandalized.

When Joanne Levy decided to run as the Liberal candidate for the Selkirk-Interlake-Eastman constituency she knew there would be some backlash and criticism that went with the territory. Never did she imagine that campaigning would be an opportunity for people to perpetuate hate.

On the morning of Aug. 2 Levy received a phone call from a Balmoral resident driving to work who saw that a Swastika had been sprayed painted on one of Levy's campaign signs located just one km north of Stonewall on Hwy. 236.

Levy told the Tribune she was not sure why someone would draw the anti-Semitic symbol, that in North America is largely associated with Nazism and white supremacy, on her sign.

"The fact that it is a Swastika and it is under a name like Levy is very disturbing, especially in this community. I have never run across any of that. This is just plain wrong, no matter what," said Levy who reported the incident to the RCMP and Elections Canada and has since replaced the

sign.

"This is typical of the cowardly ignorance that holds racist views. They feel they can go out in the dead of night and do something like this instead of standing up and asking me questions or participating in what is a free and democratic process."

This is not the first time during the campaign that one of Levy's signs has been purposely vandalized.

"We have had a number of our signs pulled down and vandalized," said Levy who added earlier in the campaign a sign near Lac du Bonnet was run over and that incident was also reported to the local RCMP and Elections Canada.

"You have to know when you put yourself out there that people are going to consider it an invitation to take 'pot shots'. It goes with the turf and you cannot be too hypersensitive about it. At the same time I am very conscious of the fact that this is part of the democratic process and it is disappointing to do something like this."

Levy is not alone in having her sign vandalized. Conservative candidate James Bezan said his signs are getting torn down and run over almost on a daily basis.

"We are experiencing vandalism as well. We have signs that are getting destroyed. Nothing getting graffitied; our sign are getting driven over and



EXPRESS PHOTO BY NATASHA TERSIGNI

Selkirk-Interlake-Eastman Liberal Candidate Joanne Levy was 'disturbed' and 'disgusted' to see that someone had sprayed a Swastika on one of her highway campaign signs.

torn up. We are dealing with it and we deal with it every election," said Bezan.

"I condemn the vandalism of the Liberal sign, especially the use of the Swastika; it is really revolting. Whoever is doing that has no idea what Na-

zism and the Holocaust represents," said Bezan.

Vandalizing campaign signs is a criminal offence and anyone caught could face a charge of mischief, which carries a fine of up to \$5,000 or two years in prison.

Ashern shows off talent

By Jeff Ward

A new event called Ashern's Got Talent kicked off with a bang last weekend as more than 100 people came out to hear live music performed by some of the Interlake's best.

The event, which is not a competition, was a way for the Inland Oceans Arts Alliance (IOAA) to help showcase the incredible talent right here in the Interlake. There were 10 acts that took the stage, on Main St. Ashern Saturday, Sept. 5, and the range of talent was quite diverse. Guitarists, signers, fiddlers and even full bands entertained the crowd with their songs, either original or covers. The talent show benefited from the crowds of the Ashern Rodeo, as the show took place right after the parade ended. Organizers feel that the show would've attracted big crowds due to the great response they had from the performers.

"When you have great performers like this, the people tend to come out

and support the acts," said Elisa Hunt, organizer of the event and the committee member in charge of video/film and theatre production for the IOAA.

"Myself and my cohost Tyler [Geisler] made a few calls and had no trouble getting performers. I've been thinking about doing this for a while now and thought this weekend would be a perfect time. I didn't want to make it a competition because I didn't think the added pressure would be good for a first show. It might become a competition with prizes in the future though."

The objective here wasn't to have performers vying for the top spot, but more to just put on an entertaining show in front of a live audience. The really special part was that it took place on the street, which gave the performances a festival like feeling to them.

Hunt hopes to make this an annual event.



EXPRESS PHOTO BY JEFF WARD

Zoe and Brent Oversby perform for a crowd of more than 100 at the first Ashern's Got Talent show last Saturday.

Wrendigos gaining popularity for Eriksdale carver

By Jeff Ward

What began as an interest more than 30 years ago has blossomed into full on hobby for Eriksdale resident Al Kelner who, if he had the time or desire, could turn his woodcarvings into a small business.

Kelner makes 'Wrendigos', which are two-foot high faces carved from Manitoba cedar that wrens use as nests during the summer. These Wrendigos combine the word wren, which are the tiny songbirds, and the word wendigo, which is a violent spirit based in Aboriginal lore. The Wrendigos are selling well and at \$150 a pop, Kelner can't make them fast enough. There is a long waiting list to get one and that's due to the fact that the nests take an incredible amount of care and patience to create. Each nest takes roughly 40 hours to finish and Kelner, who's 75, doesn't want to ruin the fun of making the nests, by working on them all day every day.

"I really do this because I have fun working with the wood," said Kelner as we toured his shop in Eriksdale.

"Each one is different and I never like to repeat a design. I find drawings I like and set up a piece of wood I like and just start shaving it down. It's pretty much all done freehand but I'll go to the drawing or other reference points if I'm trying to go for a certain look."

One of the struggles of Kelner's re-

cent Wrendigo was getting the right eye to look droopy. He wanted the look of the face being a tad sleepy, but finding the proper source was difficult, so he took a picture of his own eye in various states of open to find the desired look. Kelner uses many small, extremely sharp, tools to make fine cuts into the wood. It's a game of millimetres when it comes to shaving just a small amount of wood off an area to give the look of hair or eyelids.

There's a level of precision with each cut, but at the same time there's an equal level of total guesswork on Kelner's part. Kelner is still learning and finding his own personal style, while at the same time, figuring out how to make the things he wants to make. It's no easy task because, like a haircut, what you cut away can't be put back, so you better have a good plan.

"I always want to keep working at it, but if I gave in to that impulse I'd nev-

er finish any of them. There have been times when I've taken off more than I should have and when that happens you have to do your best to even it out. I stare at them for so long and so closely though that I doubt anyone but me would notice that. Eventually I just reach a point where I feel that nothing more can be done and I just stop," said Kelner.

Above all else, this is a hobby for Kelner. He loves talking about the tools and the designs and the ways you can work with the wood. Kelner

"I ALWAYS WANT TO KEEP WORKING AT IT, BUT IF I GAVE IN TO THAT IMPULSE I'D NEVER FINISH ANY OF THEM."



EXPRESS PHOTO BY JEFF WARD

Al Kelner has been carving wood for the last four years and his current love is creating these Wrendigos. Two-foot high faces carved into Manitoba cedar that is made into nests for wrens. Each piece takes around 40 hours to complete and Kelner sells them for \$150 each.

also dabbles in smaller pieces, doing more intricate gnome carvings and also making recessed pictures that are just as impressive as the Wrendigos. Kelner has no plans of raising the price on his nests, as the money he brings in affords him of new tools and

that's really all he wants.

Kelner advises Wrendigo owners to take their nests down in the winter and hang them indoors as a piece of art, although many have purchased the nests solely for that purpose.

First ever youth waterfowl hunt in Eriksdale this weekend

By Jeff Ward

Some incredible prizes will be up for grabs for some of the Interlake's sharp shooters this weekend during

the 1st Annual Youth Water Fowl Hunt in Eriksdale.

Hunters between 12-17 years will take part in the early morning hunt trying to rack up the most points. Geese and ducks will be the two most common targets and with eight teams of four, the competition will be pretty fierce.

The event will take place this Saturday, Sept. 12

kicking off with a pancake breakfast starting at 4:30 a.m.

The winning team will have the highest total of points with each species and gender of bird determining the amount of points. A male duck for example is worth four points, whereas a female duck is only worth two points.

"We've got some very good young shooters coming out for the event," said Blair Pool, one of the organizers of the event.

"We've seen successful events like this in St. Laurent so we figured, why not here? It's taken a bit of time to get everything set up but we're excited

that it's on the horizon and we can get everyone out and shooting."

The 32 spots filled up overnight, which was a pleasant surprise to the organizers and includes two full teams of females competing.

The top prize for hunters is a brand new Winchester shotgun for each team member. The grand prize is made possible from the generous sponsorship of Jay McCauley and Rob Monkman. Second place will receive a RoboDuck decoy, and at the time of writing this article the prize for third place hadn't be decided.

All hunters will receive a prize for registering.

**Interlake Progressive Conservative
Constituency Association AGM
Thursday,
October 1 • 7 pm
Eriksdale Community Centre
Eriksdale, MB**

Betel Home Foundation celebrating 100 years of caring

By Patricia Barrett

The Betel Home Foundation, which operates two personal care homes, turned 100 this year and will be hosting a Gala Dinner in Gimli on Sept. 26 to mark the occasion.

"We wanted to have a dinner to celebrate," said Doreen Sigurdson, who has served on the Foundation's Board for 11 years and is part of the gala's organizing committee. "But it's also a fundraiser for the homes."

All proceeds will go towards the purchase of electric beds for the care homes in Gimli and Selkirk. The Foundation has been gradually replacing its stock of beds.

"The beds cost \$2,500 each," said Sigurdson.

The first Betel Home opened in Winnipeg in 1915 by a group of Lutheran women to provide care to Icelandic settlers. Later that year it relocated to Gimli. It opened its Selkirk care

home in 1966. To date, there are 80 residents in private accommodation in the Gimli home and 92 residents in private and shared accommodation in Selkirk. The homes receive funding from the Interlake-Eastern Regional Health Authority.

The three-course gala dinner will include guest speaker, poet Elizabeth Philips, who grew up in Gimli, and musical entertainment by the Teegan Walker Trio.

Attendees will have a chance to win many prizes through auctions or draws. They include a trip for two courtesy of Icelandair, and a one-hour sightseeing tour for four courtesy of Prairie Helicopters. Gimli Ford and the Government of Iceland are major sponsors of the event.

The Gala Dinner will be held Saturday, September 26 at Gimli's Lakeview Resort and Conference Centre at 10 Centre St. Cocktails are served at 6



EXPRESS PHOTO BY PATRICIA BARRETT

The Betel Home Foundation is celebrating 100 years and will be hosting a Gala Dinner on Sept. 26 to mark the occasion.

p.m., followed by dinner at 7. For more information, please call the business offices of the Betel Home Foundation

in Selkirk at (204) 482-5469 or in Gimli at (204) 642-5556.

Freshwater President vows to fight for fishers

By Jeff Ward

In the wake of the recent controversy surrounding the over-packing of fishing totes so fishing agents can protect themselves from charge-backs, Freshwater Fish Marketing Corporation (FFMC) president Donald Salkeld is speaking out on his intentions to do right by fishers.

Salkeld is aware of the problem and believes that the source of much of the frustration for fishers can be dealt with by eliminating or at the very least reducing the amount of what he re-

fers to as, "petty charge-backs".

The controversy stems from the practice of how fishing agents pack totes that are shipped to the FFMC plant in Winnipeg. If a tote is under the weight written on the tote the agent could see a hefty charge-back that could damage the business. Agents have been tossing in a few extra fish just to ensure that the totes remain either at or above the weight written down. However, when a tote is delivered overweight, FFMC gets that extra fish for free. Fishers are simply

not paid for any fish that gets added to a tote making it overweight.

"I do agree that these petty charge-backs need to stop and I ordered that Friday (Aug. 28)," said Salkeld via text-message.

"What I asked for was to see these charge-backs for a few weeks so I could come up with a number that would be reasonable to forgo the charge-back. [I'm] not sure what that number is today. These charge-backs take time and must be frustrating to the fishers, so hopefully I can give a

number that will make a lot of them disappear."

If you're a fisher the answer is simple. You should get paid for the fish you pull out of the water. Not 99.9 per cent of your fish, but every single fish. And until that happens there will be unrest in the community, according to Diane Carlson, a fisher on Lake Winnipegosis.

Salkeld is aware of the frustrations faced by fishers and vows to continue to do whatever he can to make the situation right.

2015 federal election



EXPRESS PHOTO BY LINDSEY ENNS

Incumbent and Selkirk-Interlake-Eastman region Conservative Candidate James Bezan speaks with Ed Buhr and Brittany Neskar last Thursday afternoon.

Economy, security issues among list of concerns for constituents, Bezan says

By Lindsey Enns

The economy, environment and security issues are just some of the things voters are asking James Bezan about leading up to the federal election.

"People just want to be able to tell you what their concerns and interests are so it's always good to hear," the incumbent and Selkirk-Interlake-Eastman Conservative Candidate said while out door knocking in Selkirk last Thursday. "Because our riding is so diverse ... from a real true federal level I'm hearing a lot of stuff on seniors, quite a bit on the economy and also on security issues.

"But at the same time I'm hearing about Lake Winnipeg, environment issues, agriculture, veterans."

Bezan said he has been door knocking five days a week across the riding and things have been going well so far.

"Those that don't like the conservative party or don't like Prime Minister Harper have never been supporters anyway," he said. "For the most part, everybody has been very diplomatic.

"There are a lot of undecided's, especially this far from election date that's to be expected."

Other candidates fighting for the Selkirk-Interlake-Eastman MP's seat include Liberal candidate Joanne Levy, Libertarian Party candidate Donald Grant, Green Party candidate Wayne James, and NDP candidate Deborah Chief.

Voters go to the polls on Oct. 19.

In the running for a seat on Arborg's town council

By Patricia Barrett

Arborg's byelection set for Sep 23 has two candidates in the running for the council seat vacated by Erica Bardarson in July.

Larry Speiss, who is originally from Neepawa, has lived in Arborg since 1995. The 57-year-old retired postal worker – who still works casual shifts – said he is familiar with residents' concerns.

"There's not a lot of rental accommodation," said Speiss, who has lived in a number of small communities, such as Winnipeg Beach and Shoal Lake. "A lot of people can't afford to purchase a house."

Arborg, like many Interlake communities, lacks rental accommodation. That poses a problem not only for those wanting to move to a small town, but also for locals. Young adults wanting to move out of their parents' homes, or seniors who want to sell theirs, experience difficulty finding rental units.

If elected, Speiss said he doesn't see himself "making apartments appear" straightaway. "But we can look at ways to get [them]."

And based on his understanding of what seniors' housing needs may look like in future, he cited a need for more assisted-living accommodation. He said people leaving their farms would probably think twice about moving to a town without a facility offering healthcare, meals and transportation support.

"Seniors can move into a home, keep their independence and have someone on site," he said.

When he lived in Western Manitoba, Speiss was involved with the provincial NDP riding association for Arthur-Virden. He was also involved with the Interlake Riding Association.

For 10 years he sat on the board of Arborg's Riverdale Place Homes, an organization that provides support to adults living with a disability. He currently sits on its workshop board. He also served on the board of the Parkland Regional Library and the Manitoba Library Trustees Association.

His political work is balanced by his creative endeavours. He's a baritone with Gimli's Westshore Singers.

Speiss' run for the council seat is driven by his appreciation of Arborg and the Interlake. "I've benefitted from a well-run town," he said, "and I want to give back to the town."

His contender, Tammy Karatchuk, said she too appreciates all Arborg has to offer.

"This town is so efficient," said Karatchuk, who grew up in Geysir, but attended school in Arborg. "I want to be part of the community."

After a number of jobs that took her away from home, she returned to Arborg last fall and quickly became involved in a number of local initiatives. She sat on the Street Festival Committee, organizing the Amazing Race with her husband. She's also involved with the Christmas Cheer Board.

Having been a competitive skater in her teens, she still has a hand in the local skating scene, managing promotional initiatives for Arborg's skating club.

The 39-year-old candidate has a degree in creative communications from Red River College and has worked across the country for various media organizations. She currently works as a freelance reporter for the Interlake Spectator.

She said if elected, she would serve as a strong advocate for health and wellness. She cited the government's plan to bring 18 new ambulances to



PHOTO COURTESY OF Larry Speiss
Larry Speiss is a candidate in the Town of Arborg council byelection Sep 23.

the region as a plus, but thinks bringing diagnostic healthcare equipment to Arborg would be even better. It would cut down on the need for people to travel long distances – something they prefer not to do during the winter, she said.

"I want to work with the provincial and federal governments to get a CT scanner in Arborg," she said. Currently, people have to travel to Selkirk.

She said she'd also try to work with the province to get needed repairs to roads running through town, but which don't fall under its jurisdiction. There is a provincially-owned road in Arborg that has a huge pothole. "It might cause an accident," said Karatchuk.

When she was living away, she said she'd return every third weekend or so and marvel at how the town was progressing. But she is aware of what could be improved.



PHOTO COURTESY OF TAMMY KARATCHUK
Tammy Karatchuk is a candidate for the Town of Arborg council.

"A lot of people say it's a concern," said Karatchuk, referring to rental housing. But improving its availability could take a fair amount of time. "We have to work with different levels of government, and we have to find the people willing to do the projects."

To her a good councillor is "somebody who wants to be involved in the town and shows interest." And she said she's prepared to make decisions that may not resonate with everyone.

"But in the end, you're trying to please people," said Karatchuk.

Voting will take place Sept. 23 between 8 a.m. and 8 p.m. at the Town of Arborg's municipal office, 337 River Road. Government-issued photo ID may be required. Advance voting, a mobile voting station and applications to vote by sealed ballot are available. Visit www.townofarb.org.com for more information.

Hefty fines for non-compliant recreational fishermen

SubmittedB

Manitoba Conservation and Water Stewardship advised on Oct. 26, 2014, natural resource officers were conducting recreational fishery compliance inspections at the St. Andrews Dam in Lockport and noticed a fisher catch more than the allowable limit.

On the Red River, licenced anglers may only keep a combined total of four walleye or sauger fish. Officers observed an individual put more than that amount into a cooler beside him and when they investigated they found more than 20 fish inside. After

initially agreeing to co-operate, the individual resisted officers and had to be restrained. A search of his vehicle turned up 37 walleye or sauger, and six quillback sucker fish. In addition, the angler was using a barbed hook, which is prohibited in Manitoba.

The Red River faces heavy pressure by recreational anglers and special possession limits are put in place to help ensure the sustainability of fish populations. To prevent waste, the seized fish were divided up and donated to local charities.

On Aug. 21, Yue Qiang Lu pleaded

guilty to this offence and was fined \$927.

It should be noted that if a similar incident occurred today, with new penalties in place for the illegal taking of fish or wildlife a fisher would face an additional penalty of \$1,386 based on \$42 for each of the 33 walleye or sauger over the limit. These restitution fees, announced Aug. 31, will be directed toward wildlife management and conservation through the Fish and Wildlife Enhancement Fund.

Anyone with information about illegal activities is asked to call their

local Manitoba Conservation and Water Stewardship Office or the Turn in Poachers (TIP) line at 1-800-782-0076 (toll-free).

As part of provincial plans to address the establishment of a special conservation area at the Lockport fishing ladder, an open house to discuss the options for increased protection of pelicans and fish will be held on Friday, Sept. 11 from 6 to 8 p.m. at Gaffers Restaurant and Lounge in Lockport.

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\$19,174*

Employee price does not include Dealer Administration Fee of **\$399**
Includes Freight and Air Tax **\$1,665**



STK#10422

2015 Escape 4WD SE

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Less: Employee Price Adjustment..... **\$2,431**
Less: Delivery Allowance..... **\$1,000**
Total Price Adjustment **\$3,431**

YOUR FORD EMPLOYEE PRICE
\$28,358*

Employee price does not include Dealer Administration Fee of **\$399**
Includes Freight and Air Tax **\$1,790**



STK#10325

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MSRP \$47,249
Less: Employee Price Adjustment..... **\$4,159**
Less: Delivery Allowance..... **\$2,500**
Total Price Adjustment **\$6,659**

YOUR FORD EMPLOYEE PRICE
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Employee price does not include Dealer Administration Fee of **\$399**
Includes Freight and Air Tax **\$1,750**



STK#10513

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Less: Employee Price Adjustment..... **\$4,723**
Less: Delivery Allowance..... **\$5,500**
Total Price Adjustment **\$10,223**

YOUR FORD EMPLOYEE PRICE
\$33,076*

Employee price does not include Dealer Administration Fee of **\$399**
Includes Freight and Air Tax **\$1,800**



STK#10406

2015 F150 SuperCrew XLT 4x4

MSRP \$47,299
Less: Employee Price Adjustment..... **\$5,283**
Less: Delivery Allowance..... **\$4,000**
Total Price Adjustment **\$9,283**

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2010 Acadia SLT 4x4 - STK#10264-1 \$25,995
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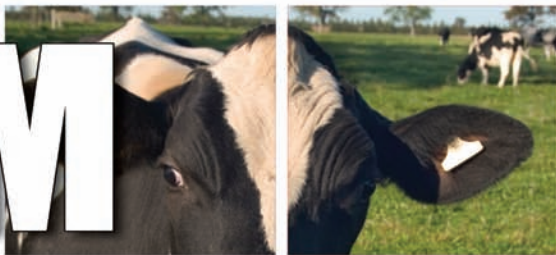
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Your FARM



Local farm families welcome visitors for Open Farm Day

News Release

Plan to come and tour one farm, maybe two or more on Sunday September 20, 2015 as the sixth Open Farm Day takes place.

This is an opportunity to meet local farmers, learn more about how differ-

ent farms operate, participate in some of the many activities planned and enjoy some local Manitoba produce.

The many and varied farms participating provide a great educational opportunity for Manitobans to learn and understand about the agriculture

industry in our province.

Allan Grenkow of Grenkow Holsteins near Rosser is opening up their dairy farm on Open Farm Day so his grandson can show people what farming is all about. Ed and Marilyn Clayton welcome you to Clayton Or-

chards south of Elkhorn – Ed does believe “an apple a day keeps the doctor away.” The staff at the Bruce Campbell Farm and Discovery Centre wants to share their passion for research of where food comes from and how your food gets from the farm to your fork.

Many farms will offer demonstrations ranging from milking cows, horsemanship with Tennessee walking horses and horse riding events, yoghurt making, seed cleaning, broiler chicken raising, active bee hives and threshing demos. Activities are many and varied including meet a farmer, take a garden tour, walk in corn mazes, go on horse drawn wagon rides or ride a pony, meet in a field of soybeans, take the “strain your brain grain challenge”.

Continued on page 14



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Open Farm Day taking place across the province Sept. 20

Continued from page 12

Howpark Farms, a century plus farm, nestled on the east side of the Brandon Hills invites you to experience local history, scenic fall views and learn how grains and grassfed beef are raised organically.

A variety of local produce, food products and various barbecued foods will be available at some of the farms.

Come and visit one or a number of our local Interlake farms - Grenkow Holsteins - Rosser; Overby Bison - Inwood; Integrity Foods - Riverton;

Baba Farms - Arnes; Mission Trail Farms - Gimli.

To plan your day and find out information on host farms located across the province, directions to farms, when farms are open and the various events and activities go to www.open-farmday.ca

Open Farm Day is a partnership between Manitoba Association of Agriculture Societies (MAAS) and Manitoba Agriculture Food and Rural Development (MAFRD)



EXPRESS FILE PHOTO BY LANA MEIER

Open Farm Day gives Manitobans the opportunity to meet local farmers and learn how they operate.

Friday September 25th 5:00 – 9:00 pm
At the Arborg Community Hall, Arborg MB
LIVE MUSIC • DANCE • FOOD

Interlake Culturama
A Multi-Cultural festival
Celebrating Cultures
in the Interlake

PASSPORTS

Adults	\$10 ⁰⁰
Children 12 years & under	\$5 ⁰⁰
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Enjoy the vibrant festival by visiting the different cultures that live in the Interlake region. An evening of food sampling, heritage displays and entertainment from around the world.

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Come dressed up for the occasion and make it colorful.
Opportunity to buy Ethnic foods and Crafts for Christmas.

Eriksdale Dance program entering its 17th year



EXPRESS FILE PHOTO BY JEFF WARD

The Royal Winnipeg Ballet will be offering dance classes in Eriksdale for a 17th year with registration taking place Sept. 21.

By Jeff Ward

The extremely popular Royal Winnipeg Ballet (RWB) satellite program in Eriksdale is now entering its 17th year with registration taking place Sept. 21.

The popular dance program sees approximately 80 4-17 year old students every year offering jazz, tap and ballet in 30 classes.

Last year the recital, which also serves as a finale and a fundraiser to keep costs low for parents, raised over \$2,000 with 300 people taking in the show.

"The program just keeps getting bigger each year and it reaches more and more communities," said Dolly Lindell the organizer of the dance program.

Registration costs \$100 per student per class and there is no limit on how many classes a student can take.

For anyone interested please contact Dolly Lindell at 739-2666.

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Rain Date: Sept. 27 (check homepage)

All Funds raised go to the Halls Haven Border Collie Rescue & Gimli Humane Society

What is it? You will take your dog for a walk on our property passing 20 different stations where either you or your dog has to perform a task (fun stuff).

Entry Fee? Early registration \$10.00 (closing September 16)

Please visit www.crazyjumpers.info to download the registration form.

Walk in Registration \$15.00 (after Sept. 16)

Ribbons for all participants.
Prizes for 1st-3rd Place
BBQ, Silent Auction

Gimli Humane Society

fall registration 2015-2016

Getting kids to be active is a sport in itself!

It's never too late to start exercising. However, people are less likely to give up habits that were learned early in life. That is why it's important to teach children the importance of sports as soon as possible. Do your children spend too much time watching TV? Do you have trouble getting them to play outside when they get home from school? Here are some tips to help you encourage them to be physically active.

Limiting the time spent in front of the TV or computer is a great start, but it isn't enough. The best way to get your kids moving is to set an example,

such as getting around by foot or bike whenever possible, and by being active yourself. You might also think about participating in some of their activities. For example, instead of telling them to go outside and do some biking, suggest a family expedition; a group activity is much more appealing.

To truly motivate children, help them find a sport they like. If they express a desire to try a new sport next year, don't insist that they continue in the same sport they've been playing for the last two years. Let them make their own choices, but make it clear that they are



to commit for the duration of the activity.

Keep in mind the importance of keeping a healthy balance between planned activities and free time. Children will

start to see sports as an extra chore in their schedule if homework, extracurricular activities, and family plans don't leave them some time alone or with friends. Sports should be all about fun!

Sports: get on the track to well-being and academic success

It is important to integrate sports into young people's daily routines, whether it is a school sports program or an extracurricular leisure activity. Why? Because physical activity is beneficial for their health, well-being, and academic success.

In addition to improving many aspects of fitness (motor skills, coordination, flexibility, etc.), sports have positive effects on well-being and mental health. Being physically active improves mood, self-esteem, and quality of sleep. It also reduces stress and symptoms of depression.

Physical activity also helps children develop social networks, self-confidence, a sense of responsibility, and perseverance. For example, being part of a team means you can't just drop out along the way. Sports help young people learn to make the right choices, to respect their commitments, and not to be discouraged by the first hurdle. And when it comes to

a healthy lifestyle, athletes are inclined to be more careful about eating well in order to perform better. Long term studies have also shown that young athletes are more likely than inactive children to play sports as adults.

At school, physical activity increases attention span, concentration, and memory. That is why the academic results of active students tend to be better than those of sedentary students. In fact, a love of sports can become a motiva-

tion that reduces dropout rates. School sports also create a sense of community belonging and loyalty.

There's no doubt about it; playing

sports is more than just keeping fit. Not only does it increase a student's self-esteem, it can also make their marks go up at school!

Gimli Minor Hockey REGISTRATION

September 10/15 at the Gimli Rec Centre Curling Foyer 5:00 - 8:00 p.m.
September 13/15 at the Gimli Rec Centre Wellness Expo 11:00 - 2:00 p.m.
September 16/15 at the Gimli Rec Centre Curling Foyer 5:00 - 8:00 p.m.

**1/2 Price for 1st time players!!
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WELLNESS EXPO

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Martial Arts, Youth Pottery, Kids in the Kitchen, New-Youth Art Classes, Hip Hop Workshops

Also other community groups such as:

YBC Bowling, 4-H Club, Skate Interlake, Gimli Minor Hockey,
Royal Winnipeg Ballet, Special Olympics and more

Also visit these tables:

Norwex, Prairie Light Healing, Sassy Fit Life, XCompany, Face Paint Art by Nicole,
Isagenix, Gryphon Grant Services, Stampin' Up

ARBORG RECREATION

FALL/WINTER REGISTRATION EVENT

Saturday, Sept. 12th 10am-2pm @ Arborg Arena

following groups will be taking registration or providing information

Arborg Bifrost Parks and Recreation Commission

•guitar lessons, digital photography, walking club, Saturday youth program

Arborg Gymnastics Club

•Friday's starting Oct. 2nd @ Early Middle Years School
•7-9 years (recreational) and 8 yrs & older (rec & interest in competition)
•Stacey 641-4700 arborg_gymnastics@yahoo.ca

Arborg Minor Hockey

•initiation, novice, atom, pee wee, bantam, midget
•discounted fees for 1st year initiation players (2009-10)
•Keith Johnson - kjohnson@johnsonseeds.com

Arborg Skating Club

•Cansate Tues @ 5pm and Fri @ 4pm
•Rising Star & Star Skate Tues/Fri/Sat
•Shauna Orbanski 376-5113 arborgskatingclub@outlook.com

Partners In Time Dance

•classes on Mon and/or Wed
•tap/ballet/jazz for ages 4-13+
•PartnersInTimeDance@hotmail.com

X-Company

•martial arts (all ages), tap/jazz/hip hop (6-12yrs),
hop n bop (3-5rs), salsa
•Wednesday @ Community Centre www.xcompany.net 470-5425

Reechka Ukrainian Dancers

•Monday's @ Early Middle Years School



Your Wedding



Decorating suggestions for your reception

Whether your wedding reception is set to take place in a reception hall or at home, the decorations are a key element that should never be overlooked. Here are a few ideas.

COLOUR

Pink, blue, red, or gold: get out your colour charts to determine a colour scheme that will plunge your guests into your wedding theme.

A WHOLE BUNCH OF IDEAS

Garlands, topiary, bouquets, or

delicately scattered flowers occupy a prominent place at any wedding. Some couples prefer top-quality silk flowers for their longevity, but most opt for natural flowers because of their fragrance and freshness. Some of the most popular flowers are red and white roses, tulips, lilies, azaleas, and bluebells. Discuss your preferences with different florists before you choose which one to hire for your big day.

OTHER ELEMENTS FOR A BEAUTIFUL WEDDING

- **Monograms.** The initials of the newlyweds can elegantly personalize the reception venue and the guest favours.

- **Fabrics.** Dress the room from top to bottom in theme-inspired fabrics. Ceiling and wall hangings give an imposing touch to your wedding. Use wrinkle-free cotton or satin fabric to dress up the tables.

- **Wedding lanterns.** Hang these cozy lights high above your guests; rice paper lamps diffuse harsh hall lighting and create magical surroundings.

- **Wall hangings.** Garlands, pennants, beads, pompoms, and streamers add a whimsical touch to walls.

- **Table settings.** Use fabric bows and slipcovers to transform plain chairs. Disperse bouquets, candle holders, and other centerpiece features along the tables to bring coherence to the whole room.



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Wedding favour ideas for your guests

Your guests have honoured you with their presence and it's now time to thank them. Ideally, your wedding favours will include the names of the bride and groom and the date you exchanged your vows. Here is a selection of ideas to give your wedding the perfect finishing touch.

GOURMET FAVOURS

Chocolates, sugared almonds, or other treats will delight those with a sweet tooth. You can personalize

your assortments by adding your initials or an illustration that represents you both. For a winter wedding, a hot chocolate mix is a comforting gift that your guests can enjoy to their heart's content.

FAVOURS FROM MOTHER NATURE

Nature lovers, this gift is for you: a pretty box filled with potting soil and some tiny succulents so your guests

Continued on page 17

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Your Wedding



Special transportation for a special occasion

It only lasts for a few minutes, but the arrival of the newlyweds at the reception launches the fun part of the wedding celebrations. After saying "I do" to your significant other, how will you go about surprising your guests when you make your grand entrance?

ARRIVING IN STYLE

You're allowed to impress your guests any way you want when it's your wedding. So the aim is to find a unique way to arrive that reflects your personalities and the theme of the festivities. Here are a few suggestions.

- For a waterfront reception, arrive on a boat to cause a real sensation.
- You prefer to stay on terra firma? Join your guests on two wheels, making your appearance on a motor-

cycle or scooter.

• You like a bit more comfort? Show up in a classy limousine, race car, or vintage car.

• You're both green at heart? Opt for an entrance in a horse-drawn carriage, on a bicycle, or even better, on a tandem bike.

• For an extravagant touch, dare to make a theatrical arrival by helicopter, parachute, or hot-air balloon.

If you want your wishes to come true, don't wait until the last minute to make your reservations. When the time comes to decide on your choice of transportation, be sure to take into consideration the reception venue, the weather forecast for your big day, and the bride's gown; it may even be wise to plan a second outfit for the trip.



> WEDDING FAVOUR, FROM PG. 16

will leave with some genuine greenery. Or, opt for seeds to symbolize the beginning of your new life together.

SCENTED FAVOURS

Scented candles are perfect for most weddings, as they're available in all shapes and colours. You could also consider giving bath salts or shell-shaped soaps for a nautical theme, or rose potpourris for a vintage wedding.

DECORATIVE FAVOURS

A magnet for the fridge, coasters, photos, or snow globes: think traditional souvenir trinkets. They'll feature a photo of you both that your guests will treasure.

LUXURY FAVOURS

Be warned, small budgets should steer clear of this suggestion. Some brides and grooms go all

out in order to impress their guests; if that's you, why not offer a box of cigars, a small item of jewellery, or a bottle of good wine. This is especially suitable for smaller weddings.



Don't let your guests leave without a little favour to thank them for joining you.

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Odysseo's horses get some paddock pampering before their Winnipeg debut

Cavalia's larger-than-life theatrical production set to open Sept. 10

By Patricia Barrett

The four-legged stars of what is called the biggest travelling horse show in the world got 10 days of rest, sun and snacks before their Winnipeg debut this week.

The Pineridge Equine Park near Oakbank served as a temporary vacation home for the 65 stars of Odysseo, an equestrian and acrobatic extravaganza. The show is sometimes described as horse ballet, and includes music and special effects.

"During the time that they are here," said Artistic Director Darren Charles, who provided the opening remarks at a special media event last Tuesday, "it's very important that they get rest."

The horses were transported from Quebec by truck, which entailed stops along the way for exercise, food and water.

"Sometimes we'll find a farm half way, and we'll stop there for a few

days," said Charles.

Depending on where the show, the horses can also be transported by plane.

"It's pretty difficult for us to do the logistics of transporting 65 horses from city to city and to find a farm with the space for us," said Marc Olivier Leprohon, artistic and equestrian director, who also addressed the media.

The show has a permanent staff of grooms, but it also hires locals wherever it performs, according to Charles.

Cavalia Inc., an equestrian and theatrical arts company based in Montreal, spends "millions of dollars" to take its shows around the world, according to Charles. Odysseo is its second show, on tour since 2011.

There are a variety of breeds in the show, including Lipizzan, Arabian, Mustang and Spanish Purebred. Each has its own performing speciality.



EXPRESS PHOTOS BY PATRICIA BARRETT

Don Maestro showing some of his legwork for senior groom, Sue Davies.

Some are used for trick riding. Roman riding, for instance, has a rider standing atop a pair of galloping horses. Others are used for the Cossack, or what is referred to as the drag of death, in which a rider hangs upside down off the side of a horse. Breeds like Lipizzan perform dressage, which includes skills like trotting in place and pirouettes.

All of the horses are males – to keep their attention from wandering, laughed Sue Davies, who has been Cavalia's senior groom for a year and a half.

There is a full schedule of care for the horses, including time in the grass paddocks, showers, grooming, massage and special treats. They are fed seven times a day – plus treats.

"They really like their carrots and their apples and bananas and strawberries," said Davies.

Don Maestro, a nine-year-old Percheron Hanoverian cross, is the biggest horse in the show. He displayed a bit of fancy legwork in one of the sand paddocks when he spotted Davies approaching with a bag of apples and carrots.

"There are special trick saddles with handles that go all the way around," said Davies, explaining his part in the show. "The rider goes under his belly and hoists himself up."

And that's while Don Maestro is at a full gallop, which is necessary in order to lengthen his stride and provide room for the rider to swing beneath him.

Grooms typically care for about six

horses at the Pineridge facility, according to Amy Langevin, a groom who has been with Cavalia for a year.

"I've been around horses my whole life," said the 25-year-old certified equine massage therapist, who grew up on a cattle farm near Franklin, Que.

She accompanies the horses to each show. "I get to warm up one or two horses backstage before the performance," she said.

Because the horses typically spend four-to-five years performing, Cavalia needs to replenish its stock every so often. Davies said the company either contacts breeders or breeders come to them.

"We have a relationship with various stables around the world," said Davies.

The company will look at a horse's health history and personality as part of the selection process. Most recruits have basic training in either trick riding or dressage, but they'll spend time at Cavalia's training facility in Sutton, Que., learning how to perform under the big top, she said.

Retired performers are put up for adoption.

"We want them to be a real horse, as well," said Davies, referring to their short performance careers. "And we want to make sure they go to good homes."

Odysseo opens Sept. 10 under the White Big Top at the corner of Sterling Lyon Parkway and Kenaston Boulevard in Winnipeg. Tickets start at \$49.50. It runs until Oct. 4. For more information, call 1-866-999-8111.

Too hot for Gimli's gardeners



EXPRESS PHOTO BY PATRICIA BARRETT

When mid-afternoon temperatures (with the Humidex) reached 37 degrees Celsius last Wednesday, the only things flourishing in Gimli's Community Gardens were the beefmaster and cherry tomatoes. Plot owners were probably off to the beach.

Avid vegetable or flower growers can rent one of the 50 inground or raised-bed plots for \$10 every season. The Community Gardens are an initiative of Gimli's Environmental Advisory Committee, a volunteer-based group tasked with promoting sound ecological practices. The gardens are located on North Colonization Road next to the Multi-Purpose Building. For information on how to apply for a plot, email the RM at: contact@gimlimanitoba.ca

New appointments for the Evergreen School Division board

By Patricia Barrett

The Evergreen School Division board met Sept. 2 to discuss the upcoming year and approve staffing changes.

Roza Gray, who has been with the division since 2010 as assistant superintendent, assumed the role of superintendent and CEO Aug 4.

"It makes me proud to work here," said Gray, thanking the board for their confidence in her leadership. She cited the collective spirit within the division as one of the things she values.

Scott Hill, who has been with the division since 2012, assumed the role of assistant superintendent Aug. 4. Hill was assistant principal and guidance counsellor in the Dr. George Johnson Middle School, and career and technology studies consultant for the division.

Ruth Ann Furgala was re-elected chair of the board at Wednesday evening's meeting. Sandra Davies was elected vice chair. And Dianna Auer was re-elected chair of finance.

The division has about 1,500 students in eight schools throughout its region: Arborg, Riverton, Gimli and Winnipeg Beach.

Other Division briefs:

- The board carried a motion to receive a two per cent pay increase for school board trustees effective Sept. 1. Its annual compensation will increase from \$8,500 to \$8,670. This is the first increase the board has had in 25 years, said Furgala. The pay increase is tied to the rate negotiated by the Evergreen Teachers' Association in its four-year collective agreement.

"We're not comparable to other school divisions," said Furgala. "In every other school board in Manitoba, we're less than the median."

- Two of the division's teachers – Patricia Stouffer and Scott Powers – were

among 14 teachers across Canada who won a Teachers Building Leaders Award. They were the only two recipients in Manitoba to receive the award.

- Gary Thompson, manager of operations for the division, said construction of a new science lab at Arborg Collegiate is going well. "It's on budget and on schedule."

- Three of the four huts at Dr. George Johnson Middle School sustained water damage, which led to some mould growth. Heavy rain draining from the gym's roof had pooled under the buildings. The three huts will be reconstructed, with tenders closing Sep 4. The division will be looking at ways to reconfigure the school's water management system.

"We need to have dialogue with the RM," said Thompson. "The size of the culvert may not be big enough."

The construction won't disrupt the school year as students will be re-located to the media and French labs, said Gray.

- The culinary arts program at Riverton Collegiate will receive \$800,000 from the provincial government to build a state-of-the-art industrial kitchen. Construction plans are underway. The kitchen will help students prepare for careers in the hospitality, food service and tourism industry, according to the government's Jun 25 press release.

- The division upgraded its stock of computer equipment for students in kindergarten to Grade 12. IT Manager Charlie Marks reported that the division purchased 485 new laptops and 365 new iPads.

Gray said teachers will continue to receive professional learning opportunities related to the use of new technology in order to enhance student learning.

- Evergreen's graduation rate remains above the provincial average. At Gimli Collegiate, for instance, 90 per cent of students graduated. At



EXPRESS PHOTO BY PATRICIA BARRETT

Evergreen School Division administrative staff, left to right, Vice Chair Sandra Davies, Chair Ruth Ann Furgala, Assistant Superintendent Scott Hill, Superintendent Roza Gray, and Chair of Finance Dianna Auer.

Arborg Collegiate, 96 per cent of students graduated, said Gray.

"We will track students in Grade 9 to make sure they get all their credits," she said.

The provincial graduation average is 87 per cent, according to Jun 2014 statistics issued by Manitoba Education and Advanced Learning. The province has seen an increase of 15.9 percentage points since 2002.

- The division's priorities for the upcoming school year include the goals outlined in its education plan. "The Division is in the third year of a three-year education plan," said Gray by email. "The present priorities are well-being, learning and sustainability."

She said that over the course of this year, the division will begin the process of developing a new education plan for the start of the 2016 school year.

The division will also continue to foster students' philanthropic and social justice goals, said Gray. They will help raise funds for organizations that assist individuals and families in need.

- Students surpassed their \$10,000 fundraising goal to build a school in Los Campos, Nicaragua, and have taken part in Habitat for Humanity trips to El Salvador in 2012 and 2014.

"Students recently [July] participated in a trip to Ecuador through Free the Children," she said.

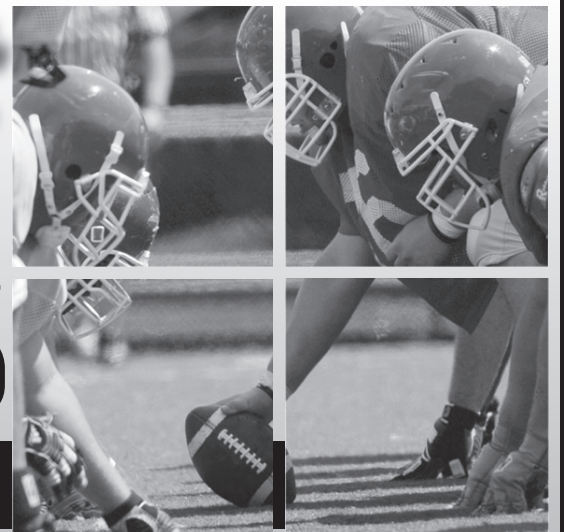
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World Alzheimer's Month

Interlake hosting coffee breaks to raise awareness

By Brandon Logan

Education, awareness and support are three big talking points this month for the Alzheimer Society of Manitoba.

They are the main messages the organization wants to bring to the forefront of public discussion in September during World Alzheimer's Month.

Jackie Dokken is the regional coordinator for the Alzheimer Society of Manitoba's Interlake/Eastman region, and said education and awareness are particularly important in this specific region of the province due to the high number of cases.

"The numbers are huge in the Interlake and everyday I get a referral," Dokken said. "The numbers are just astonishing."

One of the reasons cases of Alzheimer's and dementia are so prevalent in the Interlake region is due to the aging population. The region – particularly Gimli – is a landing spot for many retirees who have a higher risk of getting the disease.

While Alzheimer's and dementia education has improved over the past decade, there is always room for improvement. Dokken said there is definitely a stigma that remains with dementia.

"It was just known as the crazy disease, so that's carried down generations," she said.



EXPRESS PHOTO SUBMITTED

The Alzheimer Society of Manitoba's Coffee Break fundraisers are returning to the Interlake this month. Pictured is one of the Coffee Breaks hosted at Selkirk United Church in 2014.

The ongoing stigma is mostly due to a lack of education and it deeply affects the people who have been diagnosed with the disease, Dokken noted.

"People are diagnosed with cancer everyday and when people get that diagnosis they tell everyone," she said. "People don't tell others about their diagnosis of dementia."

Due to those labels, Alzheimer societies across the world are using the entire month of September to talk about the disease through fundraisers.

One of the organization's best-

known fundraiser is the Coffee Break challenge. Now in its 20th year, the idea behind the Coffee Break is to get Manitobans together over coffee to pass on more information and education about the disease.

"Coffee Break is a great way to bring family, friends and coworkers together for a great cause," said Wendy Schettler, chief executive officer of Alzheimer Society of Manitoba. "We want to encourage people to sign up to host a Coffee Break and help make this our best year yet."

In Selkirk, there will be numerous

Coffee Break fundraisers throughout the month, including ones at the Gordon Howard Centre and the Selkirk Mental Health Hospital.

However, when September comes to an end and the Coffee Breaks stop, where can those with dementia or those dealing with a family member or friend with the disease go?

"There's two support groups in Selkirk," Dokken noted. "One for caregivers and then I run a support group for people with dementia."

The Alzheimer Society of Manitoba will also be offering Telehealth videoconferences in October.

"We first offered Telehealth three years ago and it was a great success with 16 locations signing up," Dokken said. "To date over 33 communities are participating in health centres across Manitoba including Beausejour, Pina-wa, Selkirk and so many more."

This year's Telehealth videoconferences are scheduled for Tuesday, Oct. 20 and Oct. 27. Dokken said the communities of Stonewall, Ashern, Selkirk and Gimli will be connected with the conferences.

For more information on the Telehealth conferences, World Alzheimer's Month, the Coffee Break fundraisers, or anything related to the Alzheimer Society of Manitoba, visit alzheimer.mb.ca.

Province releases school area traffic safety guidelines to ensure students get to school safely

Document Helps School Divisions in Manitoba Resolve Transportation-related Issues

News Release

With thousands of students heading back to school this week, the province is improving transportation safety planning for new and existing schools with the release of the School Area Traffic Safety Guidelines for Manitoba, Infrastructure and Transportation Minister Steve Ashton announced Sept. 8.

"This comprehensive manual and safety assessment tool kit will provide direction for transportation authorities, school administrations and divisions to better address traffic safety issues within school areas," said Minister Ashton. "With more children being driven to school today than in the

past, a school's transportation facilities may not be operating as originally planned."

The guidelines were developed with the assistance of several school and transportation-related organizations along with numerous stakeholders including the City of Winnipeg, Manitoba Public Insurance, Green Action Centre, RCMP and the Manitoba School Boards Association.

"School officials try to make every step of the education journey as safe as possible from early years to high school graduation, and this new guide will help make the final few steps to the school building a safer one," Education and Advanced Learning Minis-

ter James Allum said.

He noted the guideline recognizes that schools have different surroundings and circumstances, and a one-size-fits-all strategy will not work. The guideline recommends that a team be formed as the first step of the planning process. The guide is primarily geared toward assisting existing schools with transportation issues, but also provides information to facilitate the planning of transportation elements at new schools.

The province is also reminding drivers to pay attention to increased pedestrian, bicycle and school-bus traffic and to slow down in school zones.

"Back to school means more children walking and biking on our roads, and drivers need to take special care," said Minister Allum. "I encourage Manitobans to help start the new school year

safely by watching out for students as they travel to and from school. Be ready to stop at all times, and remember children don't always notice oncoming traffic. It is up to everyone to ensure the safety of those going to school."

The maximum speed for Winnipeg elementary schools (kindergarten through Grade 6) on non-regional roads is 30 km/h from 7 a.m. to 5:30 p.m., Monday to Friday, September to June. The reduced speed zones extend a maximum of 150 metres from the edge of the property including fields and playgrounds.

The School Area Traffic Safety Guidelines for Manitoba can be found at www.manitoba.ca/mit/traffic/pdf/school_area_guidelines.pdf.

Fitness, health and fun on offer at Gimli Wellness Expo

By Patricia Barrett

The Wellness Expo set to get underway at the Gimli Recreation Centre Sep 13 promises something for all age groups with an interest in sport, health and creative endeavours.

The Expo will showcase a wide range of recreational activities on offer this fall and winter, from ballroom dancing and kickboxing to gymnastics and yoga.

"Lots of people come to the Expo to sign up for Skate Interlake and Gimli Minor Hockey," said Inga Robak, recreation programmer for the centre. This is her second year organizing the Wellness Expo.

Tables will be set up in the curling rink where people can find information on an array of activities designed to keep them fit and engaged during the long winter months. They can also sign up on the spot.

XCompany Physical Arts & Fitness, which teaches martial arts and circus skills, will be providing demonstrations. Robak said she's hoping to organize a hip hop demonstration. For the musically inclined, there will be a

guitar demonstration. The Rec Centre offers keyboard, voice, drum and guitar lessons.

Those who prefer creative activities can meet artist Nicole Combot-Harapiak, who has a face painting service called Epic Face Art. She's also an art teacher.

"I'll be offering art classes for kids," she said. Students can learn the basic elements of fine art, such as line drawing, perspective, charcoal, pastel and painting.

A number of organizations such as the Gimli Ukrainian Dance Club, the Gimli YBC Bowlers and the 4-H Club will also be on hand.

New programs this year include pickleball – an increasingly popular sport that combines badminton tennis – and a weight training boot camp.

The recreation centre provides a full service gym with resistance machines, treadmills, elliptical, bikes and weightlifting equipment. Fitness buffs can drop in or purchase term passes.

The Expo will run 11 a.m. to 2 p.m. in the Gimli Recreation Centre. For more information, call (204) 642-6670.



EXPRESS PHOTO BY PATRICIA BARRETT

Inga Robak is the recreation programmer at the Gimli Recreation centre.

\$30M in specialized medical equipment to be installed across Manitoba

Staff

Patients across Manitoba will have access to better services and treatment with the purchase of more than \$30 million of new health-care equipment, Health Minister Sharon Blady announced last week.

"Better tests lead to better results for Manitobans when they are sick," Blady said in a release last Wednesday. "By investing in this equipment, we are giving health-care providers the tools they need to get answers as soon as possible and provide even better care for patients."

The funding includes \$3.4 million to purchase and install a replacement magnetic resonance imager at the Health Sciences Centre in Winnipeg. In 2014-15, nearly 8,000 scans were performed by one MRI at the facility. Blady said the province is working to add capacity to the system by fulfilling commitments to install MRI scanners at the Grace Hospital in Winnipeg, as well as in Dauphin and Selkirk.

"As technology improves and evolves, it is important for care providers to keep up with those advances to provide current, safe, high-quality

health care and to promote the best health outcomes possible for the people of Manitoba," said Lori Lamont, Winnipeg Regional Health Authority interim chief executive officer.

Other investments will include:

- \$1.5 million to purchase and install new digital x-ray suites at the Seven Oaks General Hospital and the Grace General Hospital in Winnipeg;
- \$2 million to purchase and install specialized equipment at CancerCare Manitoba that will allow for more targeted radiation treatments for breast, ovarian, cervical and other cancers in-

cluding a CT simulator that when not in use for treating gynecological cancers, will be used for other patients with complex care needs;

- \$670,000 for upgrades including equipment to disinfect medical devices used in endoscopy procedures at the Dauphin Regional Health Centre;
- \$400,000 for a new workstation and software at St. Boniface General Hospital for Holter analysis, which is part of electrocardiogram monitoring; and
- \$291,000 for equipment upgrades for electrocardiogram monitoring at the Brandon Regional Health Centre.

Province purchases 52 new ambulances, Interlake getting 18

Staff

The province is purchasing 52 replacement ambulances and 18 of them will be used throughout the Interlake, Premier Greg Selinger announced on Tuesday.

"We want to provide even better care for patients across Manitoba," Selinger said in a release. "These new ambulances will help provide a more comfortable and safer ride for patients while reducing the risk of injury to paramedics. That's important to us."

The \$6.2 million provincial investment will add to the Manitoba fleet and include a new suspension system to improve the ride for patients and better protect paramedics on the job,

Selinger said.

Costs for the new suspension system are included in the full ambulance vehicle cost. Ambulances will be delivered to EMS stations across the province, starting early this month, Selinger said. The new ambulances will be located in all health regions including four in the northern region, nine in Southern Health-Santé Sud, nine in Winnipeg and 12 in Prairie Mountain Health.

"We know our paramedics do everything they can to make patients comfortable," said Ron Van Denakker, chief executive officer, Interlake-Eastern Regional Health Authority, which will be receiving 18 of the replace-

ment ambulances for use in communities throughout the region. "We're all looking forward to getting our new ambulances in the fleet so we can further safeguard paramedic health and extend the comfort they provide to patients and include an improved quality of ambulance ride."

After extensive research and testing, the ambulances will have what is known as a liquid-spring suspension. Testing took place over the course of a year to make sure the system would work in all types of Manitoba weather.

"As an emergency call or inter-facility transfer is often a stressful event for a patient, the Paramedic Association of Manitoba supports improvements

in the safety, comfort, and improved quality of care for Manitobans," said Cameron Ritzer, director, Paramedic Association of Manitoba.

The system has a feature that lowers the patient loading height into the ambulance, which reduces the risk of back injuries for paramedics. The feedback on ride quality from patients, medical staff and paramedics was all positive.

Selinger noted this investment builds on work over the next 10 years to implement the recommendations of the Manitoba EMS System Review conducted in 2013.

Province caps 2016 rent guideline at 1.1%

Staff

The 2016 rent guideline has been capped at 1.1 per cent and will take effect Jan. 1, 2016.

"We have been working to build a model of transparency and fairness when it comes to rent guidelines in the province," Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux said in a release last Wednesday. "These guidelines come as a result of listening to needs of tenants and landlords, while ensuring full consumer protection and continuing to make Manitoba one of the most affordable places to live in Canada."

The guideline is determined annually based on the Manitoba Consumer Price Index and applies to most residential rental property including apartments, single rooms, houses and duplexes.

The guideline does not apply to:

- rental units renting for \$1,435 or more per month as of Dec. 31, 2015;
- personal care homes;
- non-profit housing with subsidized rent;
- approved rehabilitated rental units; and
- new buildings that are:
 - less than 15 years old, where an

occupancy permit was first issued or a unit first occupied after April 9, 2001, or;

– less than 20 years old, where an occupancy permit was first issued or a unit first occupied after March 7, 2005.

Landlords can apply for an increase above the guideline if they can show the guideline will not cover cost increases they have incurred.

Tenants must receive written notice of a rent increase at least three months before the increase takes effect. For instance, for a rent increase to take effect Jan. 1, 2016, tenants must receive notice by Sept. 30, 2015. With few exceptions, rent can only be increased once a year.

Tenants have the right to object to any rent increase, whether it is below, at or above the guideline. Objections must be made at least 60 days before the rent increase is set to take effect.

According to the most recent Rental Market Survey by the Canada Mortgage and Housing Corporation, Winnipeg continues to have some of the most affordable rental prices in the country when compared to Saskatoon, Regina, Edmonton, Calgary, Toronto and Vancouver.

Teacher training in math to improve

News Release

As nearly 200,000 students head back to school this week, teacher training in math is being improved by strengthening requirements for admission to university level education programs, Education and Advanced Learning Minister James Allum announced Tuesday.

"We want students to have a strong foundation in math that gives them the knowledge and skills they need to reach their full potential," said Minister Allum. "Strong teacher training in math is an important part of that, and we're working with teachers and universities to ensure graduating teachers are well prepared to provide that solid foundation to their students."

Students wanting to pursue teacher education in the early and middle years will now be required to take six credit hours of university-level mathematics in order to complete their program. To meet this new requirement, the University of Winnipeg has boosted its offerings with a further three-credit-hour mathematics content course for early/middle-years education students.

"The introduction of a six-credit-hour requirement in mathematics content courses for early/middle-years teacher certification is a huge initiative for math education in Manitoba, and the Manitoba government deserves to be commended for it," said Dr. James Currie, dean of science, University of Winnipeg. "The Depart-

ment of Mathematics and Statistics and the faculty of education at the University of Winnipeg should also be commended for modeling how we can work together to put the needs of Manitoba students first."

The province is also consulting with faculties of education about which math courses will best prepare teachers to deliver high-quality math education to students in the early and middle years.

"I'm proud of the work our math educators in the faculty of education do to prepare current and prospective teachers for the joys and challenges of teaching math in increasingly diverse classrooms," said Dr. David Mandzuk, dean of education, University of Manitoba.

"As math and science educators from both the faculties of education and continue to discuss a six-credit-hour sequence of courses that would best meet the needs of candidates wishing to teach in the early or middle years, I look forward to continued success in serving the students of Manitoba in this important area."

"We are pleased the Manitoba government is consulting with faculties of education to strengthen training for our pre-service teachers," said Norm Gould, president, Manitoba Teachers' Society.

"Teacher training in this province is second to none and this announcement will help add to our members' knowledge and teaching practice."

New regulations for commercial truck inspections in effect Sept. 1

By Patricia Barrett

The provincial government's new regulations that update the standards for commercial truck inspections came into effect Sept. 1.

The Vehicle Safety Inspection Regulation outlines new inspection standards for commercial vehicles. It adheres to Part B of the National Safety Code Standard 11: Periodic Commercial Motor Vehicle Inspections.

The 2014 standard was written by the Canadian Council of Motor Transport Administrators (CCMTA), an organization that deals with the regulation and control of highway safety and motor vehicle transportation.

Although truck tractors with a gross weight of 21,953 kilograms or more (certain farm vehicles are exempt) are now to be inspected every 12 months rather than every six, inspection standards have been tightened up.

Brakes and emission devices are two of the areas affected by the new standard, said Garry Hiebert, president of

Gee Tee Holdings. The family-owned company provides snow removal, gravel and grain hauling services.

"You have to do physical brake measurements, which means the wheels are coming off," said Hiebert.

The CCMTA standard says, "The general intention ... is that internal brake components shall be inspected and measurements taken and this may entail the removal of wheels." It acknowledges the substantial time and cost to owners who have to have their wheels removed either annually or semi-annually, depending on the weight of their truck.

In addition to the wheel inspections, Hiebert said the new standard will focus on exhaust after-treatment systems, or what are commonly called emission-control devices.

Starting in 2007, after-treatment systems were added to every diesel truck sold in Canada and the U.S.

"The reliability was horrible," said Hiebert, who has 40 trucks. "They

[truck owners/operators] took off the emissions from their trucks to stay in business."

The emission devices on newer trucks, he said, are becoming more reliable. But earlier models caused breakdowns. "Guys with one truck have been suffering," he said.

A March 17, 2013 article in Truck News analysed the increasing use of what are referred to as "delete kits" – either DPF Delete or EGR Delete kits. DPF stands for diesel particulate filters, which trap soot and reduce harmful exhaust. EGR, or exhaust gas recirculation, is a valve that helps lower a vehicles' exhaust emissions. Truck maintenance shops can remove both devices. The article discussed the lack of enforcement against delete kits in Canada.

The new standard, however, emphasizes the presence of an emission system. "No catalytic converter, exhaust pipe, muffler...diesel particulate filter [DPF]...shall be broken, bypassed,

cracked, disabled, insecure, leaking, loose or missing."

Hiebert said truck owners that had removed their emission-reducing devices will be affected by the new standard. "Now you'll have all these trucks to be rectified, and shops will be inundated."

Trucks that are not in compliance with the new standard will be granted either six or 12 months to meet the new standard.

"I don't think they want to force people out of business," said Hiebert. "They're trying to find a way to do it on a light enforcement basis."

One of contributors to the National Safety Code Standard 11 was the Manitoba Trucking Association.

"These are all good things we advocated for," said Terry Shaw, executive director of the Association. "People will be held to a higher safety standard." For more information about the standard, visit the CCMTA website at ccmta.ca

KJHL adds Cross Lake team for upcoming season

By Brian Bowman

The Keystone Junior Hockey League has added a team for the 2015-16 season.

The KJHL announced the return of the Cross Lake Islanders for the upcoming season, increasing the number of teams in the league to 10.

"The Cross Lake Islanders are very excited to be rejoining the KJHL this season," said, "Cross Lake governor Vaughn Blacksmith on the KJHL website. "We would like to thank the KJHL and the team's governors for our inclusion to the KJHL.

"There is a buzz in the community about junior hockey returning to Cross Lake."

The Islanders will play in the KJHL's North Division along with the Fisher River Hawks, Norway House Northstars, OCN Storm and Peguis Juniors.

The Selkirk Fishermen, Arborg Ice Dawgs, Lunder Falcons, North Winnipeg Satellites and St. Malo Warriors will compete in the South Division.

Gimli Harbour abuzz with Sea-Doos



EXPRESS PHOTO BY PATRICIA BARRETT

With temperatures hovering near 40 degrees Celsius with the Humidex last Wednesday, some of Gimli's residents took to their Sea-Doos and motor boats to escape the heat.

Warm fall, mild winter weather in store for Interlake region

By Lindsey Enns

Those dreading the sight of snow can look forward to a warm fall and mild winter across the Interlake region, according to Environment Canada.

David Phillips, Environment Canada senior climatologist based in Toronto, said Selkirk and Interlake can prepare for a mild winter thanks in part to El Nino, a warming of sea temperatures on the west coast of South America that affects North American weather patterns.

The Interlake endured one of the worst winters on record two years ago, Phillips said, while last year remained closer to normal temperatures.

"The previous one set all kinds of records in terms of coldness," Phillips said. "We hadn't seen that kind of winter in over a hundred years so people were nervous going into last winter."

Although Phillips said the American, European and Canadian weather models are all predicting a mild winter, not everyone agrees.

According to the Canadian Farmers' Almanac, the winter of 2015-16 is looking like a repeat of last winter where much of central Canada will see near-normal temperatures and above average snowfall across the Prairies. This includes western Quebec, Manitoba, Saskatchewan and Alberta.

"In these areas, Ms. Nature will mix intervals of unseasonably mild temperatures with periodic shots of bitter cold; average it all out and it comes out, average," the almanac's website states.

The Farmers' Almanac weather predictions are based on a mathematical and astronomical formula.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Winnipeg resident Troy Smith kiteboards to some strong winds on Lake Winnipeg in February. Environment Canada is predicting a warm fall and mild winter this year.



Sept. 12, 2015 at The Selkirk Rec Field

9:00 A.M.	BANTAM TEAM
11:30 A.M.	PEEWEE
2:00 P.M.	ATOM
4:00 P.M.	MIDGET
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bantam Thunder knocked off by Nomads

By Brian Bowman

The Interlake Thunder Bantam football team is used to playing its games on Saturdays.

So, when they had to play a recent game on a Tuesday evening, it kind of took them out of their comfort zone.

The result was a surprising 28-8 road loss to the North Winnipeg Nomads on Sept. 1 in Winnipeg. Interlake struggled to score points after getting an early touchdown and two-point conversion.

"Our veteran quarterback was injured that game, so offensively we struggled," said Thunder head coach Joel McDonald. "Defensively, I think we had a pretty decent game – we had a bunch of good stops – but just had a couple of breakdowns on a couple of plays that allowed them to get away on us."

The Thunder, now 1-3, posted their lone victory of the season against North Winnipeg earlier this season. The Nomads looked like a different team this time around, however.

"They expanded their playbook a little bit," McDonald noted. "They are a little more experienced now."

Interlake will now host Corydon/Charleswood this Saturday (9 a.m.) as part of the Thundergate festivities at the Selkirk Rec Complex.

McDonald expects this weekend's game to be a tightly-contested one.

"We're looking forward to a competitive game," McDonald said. "They're a pretty good ball team and they have a back that we saw last year during the playoffs. He's small, quick and we're really going to have to focus to keep our (containment) on him."



EXPRESS PHOTO BY LANA MEIER

The Thunder's Colton Nedotiafko of Fraserwood gains some yardage during his team's 28-8 road loss Sept. 1.

Falcons fly past Midget Thunder in weekend action

By Brian Bowman

After beginning the season with a victory, the Interlake Thunder Midget team has now lost three games in a row.

The Thunder were doubled 28-14 by the previously winless Greendell Falcons 28-14 in Midget Football League of Manitoba action last Saturday.

"It was another very close game," said Thunder head coach Kris Johnston. "Unfortunately, they pulled away from us at the end."

Interlake led 14-10 at halftime but Greendell was up 16-14 with about five minutes remaining in the game. The Falcons then added a dozen late points for the win.

"Unfortunately, some turnovers and poor field position left our defence in the shadow of our own uprights late in the game," Johnston lamented.

The difference in this game was on the ground. Greendell chalked up huge yardage via the run while the Thunder simply could not run the ball with any success.

Falcons' crafty running back Demi Adeleye-Olusae finished the game with 243 yards and two

touchdowns on 28 carries while Cameron Bouchard added 99 yards on 14 runs.

"They have a pretty good running game," Johnston noted. "They basically have three different backs that they gave the ball to and kind of worked them back and forth in their running game."

Interlake did a good job containing that potent running game early on but Greendell eventually wore down an injury-depleted Thunder defensive line.

While Greendell had success on the ground, the same could not be said for the Interlake. In fact, the Thunder, according to the league website, was minus-10 in yardage running the ball.

Johnston said the Thunder's best plan of attack against Greendell was through the air, relying on the arm of quarterback Declan Kubel. Kubel was 11-for-31 for 230 yards and a pair of TDS. He also threw four interceptions, however.

"We were without three offensive linemen – two regular starters – and one of our backup linemen was also unavailable for our game," Johnston said. "So we had our middle linebacker and our tight end

playing on the offensive line."

On the other end of Kubel's throws most of the game was Thomas Dunlop. He had a great game, finishing with eight catches for 118 yards and a touchdown.

"He is utterly tremendous," Johnston praised. "I honestly can't say enough about that kid. He had a phenomenal game as a receiver this week and he also contributed all game as a defensive back. He also had a couple of real nice returns in the kick return game, one in which was called back due to a penalty."

With the Greendell loss, Interlake is now 1-3 on the season. The Thunder is in dire need of a win this Saturday when it hosts a pretty good Southwest Wolves (2-1) team.

"They're a strong football team and they're big on the offensive and defensive line," Johnston noted. "They have some very talented linebackers that play the run really well."

This week's game is a very important one for the Thunder. "It's a huge game for us," Johnston stressed. "It's absolutely huge."

get inspired

> MEAL IDEAS

Mediterranean Chicken with Feta Topping

Ingredients

8-4 oz (125 g) skinless, boneless chicken breasts or 12 skinless, bone-in chicken thighs
4 cloves garlic, slivered
2 sweet peppers (red, yellow and/or orange), cut into strips
1 onion, halved and thinly sliced
1 can (28 oz/796 mL) diced tomatoes
2 tbsp (25 mL) all-purpose flour
1 tbsp (15 mL) balsamic or red wine vinegar
2 tsp (10 mL) dried Italian herb seasoning
1 cup (250 mL) frozen peas, thawed
1 1/3 cup (325 mL) crumbled lower fat Canadian Feta cheese or 1 cup (250 mL) crumbled regular Canadian Feta cheese
2 tbsp (25 mL) chopped fresh flat-leaf parsley (optional)

Directions

In a 6-1/2 quart (6.5 L) slow cooker, arrange chicken breasts or thighs in the bottom. Top with garlic, peppers and onion. Drain 1/2 cup (125 mL) of juice from the



tomatoes and reserve for another use. Stir flour, balsamic vinegar and Italian seasoning into tomatoes and pour over the chicken and vegetables. (Make ahead: cover with lid and refrigerate overnight.)

Cover with lid and cook on Low for 6 to 8 hours or on High for 4 to 6 hours.

Turn off slow cooker. Stir in peas and top with Canadian Feta cheese. Cover with lid and let stand for 5 minutes or until cheese is softened and peas are heated. Sprinkle with parsley (if using).

Prep time: 10 min | Cook time: 4-8 hours

Makes: 8 servings

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Chicken and Corn Empanadas

Ingredients

2 tablespoons vegetable oil
1 cup diced sweet onions
1 diced red bell pepper
1 teaspoon hot red pepper flakes (optional)
1 1/2 cups frozen corn kernels
2 teaspoons oregano
3 cups (1 pound) diced cooked chicken
6 ounces shredded Monterey Jack cheese
Kosher salt and black pepper to taste
2 14-ounce packages frozen crescent rolls, defrosted
1 egg, lightly beaten with 1 tablespoon water

Preparation

In large skillet, heat oil and lightly brown onions. Add pepper, pepper flakes, corn and oregano and cook 5 minutes over moderate heat or until liquid has mostly cooked away. Remove from heat; stir in chicken and cheese, season to taste and chill.

Unroll crescent dough into two perforated

squares; Place one square over second. Roll out with a little flour to form a single, large rectangular sheet. Cut out four circles about 5 inches in diameter; repeat with remaining package of rolls.

Refrigerate circles on waxed paper until firm, about 30 minutes.

Spoon 1/4 cup filling into center of each circle, leaving 1-inch border. Brush edges with egg mixture. Fold over to seal, stretching dough slightly. Press edges together while pushing out any air pockets; seal by crimping with tines of a fork.

Brush top with egg wash and prick with fork. Arrange empanadas on buttered and floured baking pan. Refrigerate until ready to bake, up to two days ahead of time. Preheat oven to 400°F. Bake 25 to 30 minutes or until puffy and brown and filling is bubbling hot.

Makes 8 large empanadas



Cooking Healthfully Part 3



Follow this step-by-step system for creating a healthful salad:

Step 1: Create a base of greens. Cover your plate or bowl with a variety

of lettuces and leafy greens such as arugula, radicchio, mesclun, mizuna, mache, romaine, watercress, and baby spinach.

Step 2: Add chopped fresh veggies (such as cucumbers, red peppers, radishes, carrots, tomatoes, broccoli florets, and the like) to give your salad crunch and volume.

Step 3: Choose a source of protein. Add a few tablespoons of chopped hardboiled egg, garbanzo or black beans, cottage cheese, tofu, or up to 1/2 cup cooked chicken, turkey, or shrimp.

Step 4: Select a light dressing. Whether you opt for a reduced-fat dressing or oil and vinegar is up to you. Just remember to tread lightly – two tablespoons should be plenty to give you flavor with every forkful.

Use the following guidelines to build a better sandwich-making your favorite lunchtime (or dinnertime) fare healthier, more nutritious, and more satisfying than ever. Pick one item from each category, except the veggies-no limit there! – Then assemble your creation.

Bread: Whole-grain bagel, whole-grain roll, whole-grain pita bread, whole-grain bread (2 slices), or a whole wheat tortilla.

Spread: Ditch the mayo or butter and choose mustard, hummus,

olive or eggplant tapenade, pesto, roasted pepper, and white bean puree, mashed avocado, salsa, marinated tofu, or just plain nonfat Greek yogurt with herbs and/or shredded cucumber.

Veggies: Lettuce and/or spinach leaves, onions (caramelized or raw), mushrooms, grilled or roasted peppers, grilled eggplant or zucchini, artichoke hearts, tomato or cucumber slices.

Protein: Salmon, mahimahi, or veggie burger, marinated tofu, canned salmon or tuna, or a few slices of turkey or chicken (about 2 ounces), egg slices, or low-fat cheese.

Come dinnertime, you have two choices. You can think in terms of basic food groups. Fill half your plate with vegetables (leafy greens, carrots, zucchini, broccoli, cauliflower, and the like); a quarter with whole grains (such as brown rice, quinoa, or whole-grain pasta) or starchy vegetables (such as corn, peas, potatoes, or root vegetables); and a quarter with lean protein (such as fish, seafood, poultry, pork, tofu, lentils, black beans, or lean beef). Or you can think in terms of preparing multitasking meals that will work for you over the course of several days. Whatever your approach, serve fresh berries or another fruit-based dish for dessert, and voila! – You've got a full, healthy meal.

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

Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

City Fried Chicken



Ingredients

1 pound bone-in chicken pieces or boneless, skinless chicken breast, cut into eight pieces and lightly pounded
Coarse-grained salt and cracked black pepper

2 egg whites, beaten
2 tablespoons grated Parmesan cheese
1/4 cup chopped parsley
1 cup flour
2 tablespoons oil
1 lemon, cut into eight wedges

Preparation
Season chicken generously with salt and pepper on both sides.

Place egg whites in shallow dish or plate. Whisk in cheese and parsley. Dredge each chicken piece through egg mixture and set in plate containing flour. Shake plate so

chicken pieces get coated, turn chicken over and repeat. Lay on cookie sheet lined with parchment and set next to stove.

Heat oil in a 12-inch non-stick pan over medium-high heat. When hot but not smoking, add chicken and cook, turning once, until golden and cooked through, about 2 minutes per side or until chicken is no longer pink and juices run clear. Serve with lemon wedges. 4 servings

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RURAL MUNICIPALITY OF GIMLI

BY-LAW # 09-0007

ATV TRAVEL IN THE RURAL MUNICIPALITY OF GIMLI IS PROHIBITED IN ALL URBAN AREAS, RURAL SUBDIVISIONS, THE RAILS TO TRAILS SYSTEM AND AREAS NOT DESIGNATED AS ATV ROUTES.

THE RURAL MUNICIPALITY OF GIMLI HAS RECEIVED NUMEROUS COMPLAINTS IN RESPECT TO ATV USE WITHIN THE MUNICIPALITY. THESE COMPLAINTS INCLUDE, BUT ARE NOT LIMITED TO, NOISE VIOLATIONS, SAFETY CONCERNS, DAMAGE TO BOTH PUBLIC AND PRIVATE PROPERTY, ALONG WITH ATVS NOT FOLLOWING THE GUIDELINES SET OUT IN BY-LAW # 09-0007.

FAILURE TO COMPLY WITH THE REGULATIONS SET OUT IN BY-LAW # 09-0007 CAN RESULT IN FINES BEING ISSUED AND HARSHER ATV REGULATIONS WITHIN THE MUNICIPALITY.

FOR FURTHER INFORMATION OR A COPY OF BY-LAW # 09-0007, WHICH INCLUDES DESIGNATED TRAILS, PLEASE VISIT THE RM OF GIMLI WEBSITE - WWW.GIMLI.CA

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> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- W. Loman's failed son
- Largest English dictionary (abbr.)
- Wanes
- Lifeless geologic period
- No (Scottish)
- Filled chocolate cookie
- Circular chordophones
- Short-term memory
- Any small compartment
- Poisonous gas
- Cologne
- Scaleless fishes
- Ormolu
- Well-known & respected
- Man-made river embankment
- Yearned after something
- Before
- Garlic mayonnaise
- California white oak
- CNN's founder Turner
- Removed contents
- Frighten
- Responded
- "Extant" star
- Aba _____ Honeymoon
- Box (abbr.)
- Reptile leather
- Norse goddess of old age
- Drive obliquely, as of a nail
- Inspire with love
- Affirm positively
- European sea eagle
- Congresswoman Giffords
- Emit coherent radiation
- Fall back time
- Masses of fish eggs

CLUES DOWN

- Leavened rum cake
- Moslem women's garment

1	2	3	4		5	6	7		8	9	10	11
12				13		14				15		
16				17		18				19		
20						21				22		
				23		24			25			
26	27	28	29				30					
31							32					
33									34	35	36	37
				39	40	41		42	43			
			44	45				46				
47							48					
49									51		52	53
56						57			58			
59						60				61		
62						63					64	

- Quilting duo: _____ & Porter
- S W Pacific state
- The start of something
- Edible
- More coy
- From 56 to 34 million years ago
- Small wind
- Disney heroine
- Helios
- Existing at birth but not hereditary
- Paris river
- Confined condition (abbr.)
- More than charged
- A major division of geological time
- Japanese apricot
- Initial public offering
- A quantity of no importance

- Securities market
- Sharp part of a tool
- Downwind
- Doctor of Education
- Built up
- Borrowers
- Stray
- Country singer Haggard
- Eurasian marten pelts
- Fashion magazine Marie
- Turkish candy
- Regarding
- Distribute game cards
- Princess Anne's daughter
- Planned pipeline from Burgas to Vlore
- An academic gown
- Removes moisture

10 DAY SALE!

SALE NOW ON!

PREVIOUS WINNERS All these customers received their purchase **FREE!** (partial list)

Daphne Stevenson, Peguis.....	\$549.00	Leona Cochrane, Koostatak.....	\$499.00	Beverly & Bryan Plett, Arborg.....	\$2,148.00
Dawna Suchy, Gimli.....	\$239.00	Ivan & Christine Fridfinnson, Arborg.....	\$737.10	Bruce Reimer, Arborg.....	\$1,308.00
Darcy Timchishen, Arborg.....	\$379.00	Jocelyn & Tony Hayka, Arnes.....	\$949.00	Ray Reimer, Arborg.....	\$399.00
Marilyn Waldner, Hodgson.....	\$219.00	John Hudyma, Fraserwood.....	\$599.00	Donna Votour, Arborg.....	\$69.00
Mike Andrusiak, Gimli.....	\$699.00	Alex Klimchuk, Fisher Branch.....	\$575.00	Richard & Judith Werner, Arnes.....	\$419.00
Ernest Bale, Fisher Branch.....	\$1,849.00	Kevin & Lisa Klym, Arborg.....	\$1,484.00	Don Barkman, Arborg.....	\$279.00
Dale Campbell, Gimli.....	\$229.00	Claudia Krawchuk, Fraserwood.....	\$499.00	Noreen Barkman, Arborg.....	\$679.00
Trevor Gard, Arborg.....	\$419.00	David & Judy McDougall, Ashern.....	\$399.00	Mark Bayliss, Arborg.....	\$19.95
Franklin & Barb Johannesson, Arborg.....	\$100.00	Tammie McQuoid, Arborg.....	\$1,049.00	Meivin & Carol Bilinski, Fisher Branch.....	\$999.00
Lenore Johnson, Riverton.....	\$549.00	John Miller, Broad Valley.....	\$69.95	Jim & Wanda Brandson, Lundar.....	\$916.00
Ben Klassen, Arnes.....	\$729.00	Ronald Plett, Arborg.....	\$499.00	Paul & Linda Buus, East Selkirk.....	\$338.00
Olga Kowalsky, Riverton.....	\$599.00	Frank Reimer, Arborg.....	\$658.00	Richard & Doris Dueck, Arborg.....	\$59.90
Olga Lupky, Riverton.....	\$677.00	Dave & Eileen Shott, Arborg.....	\$98.00	Henry T. Friesen, Arborg.....	\$1727.95
Rick & Vickie McCorrister, Peguis.....	\$2,067.00	Fern & Phillip Sinclair, Peguis.....	\$279.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00
Yvonne Stranger, Peguis.....	\$1,329.00	Philip Thorkelson, Arborg.....	\$599.00	Carl Johnson, Riverton.....	\$499.00
Ralph Sutherland, Fisher Branch.....	\$1,158.00	Stanley Wallace, Poplarfield.....	\$399.00	Darryl & Jeanette Lazaruk, Poplarfield.....	\$599.00
Olga Swatuk, Arborg.....	\$788.00	Philip Bauernhuber, Arborg.....	\$1,900.00	Jason Loewen, Arborg.....	\$59.90
Tony & Leona Vandersteen, Fisher Branch.....	\$699.00	Simonetta DelSante, Riverton.....	\$529.00	Janet Porth, Gimli.....	\$1759.00
Thelma Jaworek, Arborg.....	\$848.00	Danielle & John Weedon, Riverton.....	\$1,799.00	Candace Sigurdson, Riverton.....	\$499.00
Dan & Lynn Chymy, Fisher Branch.....	\$329.00	Bev Webb, Fisher Branch.....	\$129.00	Tracy Sigvaldason, Arborg.....	\$299.00
Riverton Group Home, Riverton.....	\$2,699.00	Alan McKay, Arborg.....	\$349.00	Della Sinclair, Koostatak.....	\$1599.00
Ainsley Gibbs, Arnes.....	\$79.00	Zenith Poole, Arborg.....	\$848.00	Isabel J Toy, Lundar.....	\$469.00
Jonas Roche, Arborg.....	\$349.00	Barb & Menno Friesen, Riverton.....	\$559.00	Cynthia Webster, Gimli.....	\$449.00
Margaret Podaima, Fisher Branch.....	\$769.00	Pat Dudrak, Arborg.....	\$499.00	George & Maria Wiebe.....	\$51.00
Michael Eyolfson, Riverton.....	\$617.00	Mary Dunlop, Gimli.....	\$109.00	Debbie & Adrian Zelenitsky, Gimli.....	\$858.00
George R. Wiebe, Arborg.....	\$1,227.00	Jean Harrison, Arborg.....	\$1,989.00	Doreen Steg, Camp Morton.....	\$1,474.50
Janice Sinclair, Peguis.....	\$209.00	Roxanne Roche, Arborg.....	\$1,868.00	Darlene Jonsson, Gimli.....	\$529.00
Geraldine & Jamie Stephenson, Riverton.....	\$1,711.00	Ernie & Lucille Stabner, Eriksdale.....	\$1,349.00	Delbert & Luwana Brandt, Riverton.....	\$1,799.00
Dean & Sharmaine Murdock Dallas.....	\$319.00	Nancy Woychysyn, Arborg.....	\$499.00	Brenda & Ed Anderson, Princess Harbor.....	\$529.00
Theodore Zagowzewski, Riverton.....	\$119.00	Donna & Ray Andert, Gimli.....	\$899.00	Linda Williams, Peguis.....	\$339.00
Morris Willis, Riverton.....	\$416.13	Wilf Ashley, Arborg.....	\$479.00	Eugene Feschuk, Gimli.....	\$2,227.00
Glen Syme, Arborg.....	\$59.00	Jake Barkman, Riverton.....	\$619.00	Ida Jean Buck, Hodgson.....	\$26.75
Rob & Kelly Selkirk, Peguis.....	\$2,399.00	Mike & Thelma Blahay, Arborg.....	\$557.00	Glen & Phyllis Stevenson, Peguis.....	\$877.00
Pete & Mary Plett, Arborg.....	\$599.00	Elaine Bolter/Geoff Crew, Sandy Hook.....	\$999.00	Don & Betty Johnson, Arborg.....	\$1,299.00
Donald Ostertag, Gimli.....	\$1,448.00	Karen Dzaid, Arborg.....	\$499.00	Patricia McCallum, Gimli.....	\$569.00
Peguis Free Spirits Child Care, Peguis.....	\$189.00	Natalia & Roger Eyolfson, Riverton.....	\$1638.00	Joyce Bielik, Riverton.....	\$29.95
Brent Melsted, Arborg.....	\$599.00	Randy & Glenda Forster, Hodgson.....	\$1898.00	Marvin Olson, Arborg.....	\$29.95
A.W. Mabon, Gimli.....	\$1,027.00	Perry & Genni Hibbert, Arborg.....	\$479.00	Jeroline Smith, Peguis.....	\$1227.00
Brian Jonasson, Arnes.....	\$454.00	Kris & Begga Johannesson, Riverton.....	\$939.00	Sandra Jonasson, Arborg.....	\$549.00
Phyllis Dueck, Riverton.....	\$767.00	Rick & Sheila Johnston, Arborg.....	\$349.00	Melissa & Jeff Abuda - Arborg.....	\$3,339
John & Nellie Burak, Arborg.....	\$599.00	Bertha Jonasson, Arnes.....	\$769.00	John Paul Avison - Arborg.....	\$679
Andrew Barg, Winnipeg.....	\$1,749.00	Donna Jonasson, Arnes.....	\$399.00	Carol & Dan Beauchemin - Inwood.....	\$1,329
Crystal Sigurdson, Riverton.....	\$549.00	Jeannette Kist, Gimli.....	\$121.87	Jim Dingwall - Camp Morton.....	\$1,038
Robert & Ellen Martin, Arborg.....	\$1,330.00	Kevin & Lisa Klym, Arborg.....	\$774.00	Eugene Feschuk - Gimli.....	\$698
Ronald Ostryzniuk, Poplarfield.....	\$479.00	John & Tina Kornelson, Arborg.....	\$689.00	Jason Hudson - Riverton.....	\$1,278
Margaret S. Wilson, Peguis.....	\$1,699.00	Kent & Helena Kostshyn, Lundar.....	\$639.80	Darlene Jonsson - Gimli.....	\$359
Stacey Ledingham, Riverton.....	\$1,279.00	Nathalie Kowalchuk, Fraserwood.....	\$499.00	Ruth Kennedy - Arborg.....	\$549
Wayne Barkman, Arnes.....	\$799.00	Thomas & Holly Kulbacki, Arborg.....	\$599.00	Benita Muzzyka - Arborg.....	\$388
Kathy Taylor, Winnipeg Beach.....	\$599.00	Edward Penner, Arborg.....	\$619.00	Archie Thompson - Arborg.....	\$549
Doreen Steg, Camp Morton.....	\$299.00	Keith Poleschuk, Arborg.....	\$2082.00	Amanda Unger - Riverton.....	\$799
Lloyd Sigurdson, Arborg.....	\$599.00	Curtis Spence, Hodgson.....	\$479.00	Evelyn Wallace - Poplarfield.....	\$899
Glen & Norma Plett, Arborg.....	\$629.00	Tanya & Lyle Thorgilsson, Lundar.....	\$329.00	Judy Wells - Grande Pointe.....	\$119
Jeannette Nickols, Riverton.....	\$1,699.00	Nancy Woychysyn, Arborg.....	\$768.00	Lynn Bear - Peguis.....	\$239.00
Agnes Furgula, Riverton.....	\$939.00	Mathew & Gemma Avison, Arborg.....	\$219.00	Hazel Brunen - Eriksdale.....	\$729.00
Scott McDougall, Ashern.....	\$369.00	Raymond Bazinet, Eriksdale.....	\$389.00	David Chudy - Fisher Branch.....	\$1,499.00
Doug Moroski, Melebe.....	\$399.00	Lynn Bear, Peguis.....	\$1,044.00	Susie and Brian Eyolfson - Riverton.....	\$528.00
John Harper, Hodgson.....	\$799.00	Ken & Linda Cherepak, Arborg.....	\$49.01	Nelson Hudson - Koostatak.....	\$629.00
Robert & Delores Jacobson, Arborg.....	\$279.00	Debbie Deveau, Eriksdale.....	\$249.00	Larry and Valerie Kornelsen - Arborg.....	\$799.00
Brad Baziniak, Riverton.....	\$698.00	Dorothy Dubchak, Gimli.....	\$899.00	Jason Loewen - Arborg.....	\$859.00
Allan Porter, Peguis.....	\$1,698.00	Sid & Beatrice Dueck, Arborg.....	\$569.00	Rita Milne - Gimli.....	\$1,327.43
Peter & Verna Bodnar, Arborg.....	\$1,028.00	Don Firman, Arborg.....	\$529.00	Minerva Ladies Aid - Gimli.....	\$659.00
Zenith Poole, Arborg.....	\$1,849.00	Leslee Gislason, Riverton.....	\$699.00	Sheila Murdock - Koostatak.....	\$1,018.00
Kevin & Lisa Klym, Arborg.....	\$179.00	Heather Hamaberg, Teulon.....	\$749.00	Ruth Otto - Ashern.....	\$1,829.00
Joan Hudson, Hodgson.....	\$979.00	Matthew Hamaberg, Winnipeg.....	\$399.00	Ken and Judy Paluk - Komarno.....	\$899.00
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Amanda Rundle, Riverton.....	\$258.00	Allan & Janie Johnson, Riverton.....	\$1,039.00	Linda Podaima - Fisher Branch.....	\$43.45
Kay Bergman, Arborg.....	\$2,229.00	Wendy Kayer, Teulon.....	\$399.00	Ron and Inga Spring - Pine Dock.....	\$429.00
William & Ethel Brown, Gimli.....	\$5,000.00	Wayne & Kathy Kristinnson, Arborg.....	\$499.00	Stella Thomas - Fisher Branch.....	\$149.00
Mike Budniak, Melebe.....	\$1,504.10	Jeff Melsted, Gimli.....	\$120.00		

GRAND TOTAL TO DATE! \$205,495.52

PLUS FOR ONE DAY, EVERYONE WILL GET THEIR PURCHASE FREE!

A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat., Sept. 19 we will tally the 10 days of paid sales and divide by 10 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions—clearance, damaged, discontinued, even new arrivals; furniture, appliances and even electronics.

We must reduce our inventory and to ensure we do, we will even give it away for one day!

Smitty's 10-Day Sale—shop and save big time for nine days, shop free for one day.

Don Smith
Smitty's

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Rocker
Recliner
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Items

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EVERYTHING
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**FURNITURE
& APPLIANCES**

SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale starts 9 a.m. Tues., Sept. 8 and ends Sat., Sept. 19, 6 p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Sept. 23, 6 p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 10 sale days.

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