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VOLUME 3 EDITION 39 THURSDAY, SEPTEMBER 29, 2016

WEEKLY NEWS

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Pulling out all the stops

EXPRESS PHOTO BY PATRICIA BARRETT

Arborg Early Middle School students battled it out on the Tug O' War field Sept. 21 during a celebratory evening that saw the official launch of two new/upgraded playgrounds and an outdoor classroom. The parent advisory council played a major role in fundraising events over the course of the past few years. See story pg. 4.

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

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Gimli's middle school students mark Peace Day with rocks

By Patricia Barrett

Grades 5 and 6 students at Dr. George Johnson Middle School in Gimli marked Peace Day last week by placing rocks containing messages of harmony and friendship in strategic areas around town.

"The students decorated these stones with these simple messages of kindness using quotes from famous people such as Mother Teresa," said Kristine Dubois, who teaches art at Dr. George and at Gimli High School. "Or they came up with their own words to reflect how they can promote peace."

Art class at Dr. George is a new option, said Dubois, and she and the students had discussed ways to mark Peace Day.

They headed out to Gimli Beach and gathered a number of good-sized rocks, which they then painted in class.

Each year, an International Day of Peace is observed. In 1981, the United Nations General Assembly established a day on which to commemorate and strengthen the ideals of peace within and among all nations. In 2001, it chose Sept. 21 as Peace Day.

"Peace Day provides a globally shared date for all humanity to commit to peace above all differences and to contribute to building a culture of peace," according to the UN's website.

The theme for 2016 focuses on goals for sustainable development.

"Such goals may seem abstract for young students," said Dubois, "so I talked to them about what



Grades 5 and 6 students at Dr. George Johnson Middle School put a "Peace Begins with a Smile" rock at the entrance to Gimli Park.

we can do to promote peace in small ways in our own community. They agreed it could be a kind word or respect for their classmates or neighbours."

After decorating the rocks, the students placed them at various locations around town, such as the harbour, the RM's administrative office, Gimli Park and near the sidewalks of Dr. George and Sigurbjorg Stefansson Early School.

The messages include Live, Love, Laugh (at the RM of Gimli) and Peace is the Way (on a roadside curb downtown).

Cheryl Buhler, owner of Robin's Donuts, found a Peace Rock on the patio of her eatery. It contains lyrics from John Lennon's song Imagine.



EXPRESS PHOTOS BY PATRICIA BARRETT
Robin's Donuts owner Cheryl Buhler discovered a Peace Rock near the patio of her eatery. It contains a line from John Lennon's song, Imagine.

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Grahamdale moves forward with land rezoning

By Jeff Ward

Following a public hearing last week, the council of the RM of Grahamdale will seek the approval of the provincial minister of indigenous and municipal relations for rezoning privately owned land.

The land, owned by Robert and Tracy Fillion, will be converted into cottage lots and eventually, if the demand is there, an RV park. The land is currently designated as agricultural space, so for the cottage lots to be built, the Fillions need to seek approval from council and then the province before moving ahead. A public meeting was held last week on Sept. 22 for residents of the municipality to have the opportunity to share objections or ask questions. Reeve Clifford Halaburda said only three people attended the

Continued on page 3

Interlake Pioneer Trail has the covered wagons rolling into Poplarfield

By Patricia Barrett

A group of covered wagon enthusiasts took to the open trail last week for a leisurely autumn sojourn through Manitoba's central Interlake.

Using horse-drawn wagons — replicas from pioneering days — the group set out from Grosse Isle and headed north up the Interlake Pioneer Trail, a former Canadian National rail line.

When they reached Poplarfield, they took Highway 68 into town, where they fed and watered their horses and settled in for the night.

Nick Samorodny, who grew up in Poplarfield, and his wife, Helen, who grew up in Chatfield, acted as trail masters for the group.

"We organize the rides and we haul water for the horses," said Nick.

A local man greeted the wagon train and arranged a water fill-up.

"I've known him [Nick] all my life," said Ron, who originally grew up in Broad Valley before settling in Poplarfield.

The Samorodnys have their own covered wagon but opted to travel by recreational vehicle, hauling a trailer with a huge water tank for the horses.

The waggoneers used to journey up the Pioneer Trail after spring thaw but found that nature was not always agreeable to outdoor living.

"We used to do it every year [to Poplarfield] for 11 or 12 years in the springtime," said Nick, who now lives in West St. Paul. "But the wood ticks



EXPRESS PHOTOS BY PATRICIA BARRETT
Ron (far left) from Poplarfield and Nick and Helen Samorodny from West St. Paul prepare to get the wagons rolling for a jaunt up to Fisher Branch.

got so bad in this area so we quit."

The group has travelled to Riding Mountain and Turtle Mountain. It has been about seven years since they last rolled into Poplarfield.

The members make their own wagons, which contain sleeping quarters.

Nick said it cost him about \$600 for a



The Interlake Pioneer Trail set out from Grosse Isle and headed north up to Poplarfield. The wagon train arrived and departed town by Highway 68 on its way up to Fisher Branch.

tarp to cover his wagon.

To stave off chilly autumn nights, the wagons are fitted with heaters.

"Some people have propane heaters in their wagons," said Nick. "One guy installed an electric heater."

The Pioneer Trail, formerly known as the Prime Meridian Trail, stretches 106 kilometres between Highway 67 and Fisher Branch. The trail passes through Grosse Isle, Argyle, Inwood, Sandridge, Narcisse, Chatfield, Pop-

larfield, Broad Valley and Fisher Branch, according to the website of the South Interlake ATV Club, which has a 25-year lease on the trail.

ATVs are permitted from May 1 to Oct. 31 each year. From Nov. 1 to April 30, the trail becomes a Snoman (snowmobile) trail.

The waggoneers' destination was Fisher Branch, where they intended to spend the night and then take the trail homewards.

> REZONING, FROM PG. 2

meeting and that no one objected to the idea.

"At the end of the day, it's not up for us to decide to rezone this land. It has to go through the minister's hands," said Halaburda.

"After the meeting, a package of information was mailed off to the minister and it will probably take at least a few weeks to hear back. If they go ahead with rezoning, they want to build 20 new sites on that property and I'm all for it."

The size of the land is 158 acres, and Halaburda is happy to see people working to help expand the community. The Filions are supportive of bringing new families into the area.

With the public meeting complete and the request sent off to the minister's office, the Filions and council will need to play the waiting game. Tracey Filion said that if and when the rezoning is approved that their first order of business is to have the land surveyed before they can start building roads or lots.

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Arborg School celebrates new playgrounds and outdoor classroom

By Patricia Barrett

Arborg Early Middle School hosted an evening barbecue and children's games Sept. 21 to celebrate the completion of three projects that will enhance the quality of students' recreational life and benefit the entire town.

The school and members of its parent advisory council (PAC), along with Evergreen School Division, joined forces to upgrade and purchase new playground structures and construct an outdoor classroom for the school's K-8 students.

"We're celebrating the completion of three major projects that we've been working on," said PAC chair Marlene Bodnarus, who was MC of the evening. "... We got a brand new early years' playground. Our parent advisory council has completed the project of the outdoor classroom, which is available for classes to use. And we just finished upgrades this summer on our middle years' playground."

The kids have new swings, bouncers and "twirly deals," said Bodnarus. The outdoor classroom is a wooden gazebo with benches surrounded by trees and box planters.

The PAC is very involved in fundraising activities for the school. Along with teachers and students, it helped organise a Kiss the Pig event in May that raised close to \$1,600 for the middle years' playground.

"There are typically 8 to 10 parents on the council," said Carissa Rempel, who is a member. "We get new parents every year."

Bodnarus singled out a member of the division's board for her efforts to help the school fund the new structures.

"We want to say a special thanks to our trustee Ruth Ann Furgala (chair of the ESD board), who worked with the PAC and did endless grant writing with us and for us," said Bodnarus. "She was a great support to us."

Bodnarus said Furgala raised \$60,000 in 10 months for the upgrades.

While the youngest students jumped for joy in the bouncy castles set up near the new playgrounds or had their faces painted, Grade 7 and 8 students took part in a friendly game of sand volleyball.

Groups of students battled one another in the large playing field, taking part in several rounds of tug of war.

The school also organized an egg and spoon race. Student Diyar Jarkas won two out of three races, expertly balancing a boiled egg on his spoon with one hand behind his back.

After the games, the school held a ribbon-cutting ceremony at its outdoor classroom to officially launch the



Diyar Jarkas, right, was the two-time winner of the egg and spoon competition.



Marlene Bodnarus, chair of AEMY School's PAC, was MC of the event.

three projects.

Principal Brad Harding, who cut one of the three ribbons fastened between the gazebo's posts, said the playgrounds and outdoor classroom are "for everybody in Arborg to have and enjoy."

Members of the PAC drew names for a number of silent auction prizes, such as vegetables, a juice jug and tumblers, and a three-piece bag set.

The school's next outdoor project involves the construction of a natural prairie habitat in a far corner of the playground.

"Mrs. Martensen [a teacher] started it over a decade ago," said PAC member Tara Buehlmann, referring to a row of trees Martensen planted. "We might turn it into a butterfly garden with a pathway and rocks."

A huge mound of soil that was trucked in will be levelled by Home



EXPRESS PHOTOS BY PATRICIA BARRETT

Arborg students display their 'egg'cellent balancing skills in the boiled egg race.



The anticipation was apparent prior to the announcement of the silent auction draws.



This young man gets some last-minute advice from his dad seconds before the egg and spoon competition.



Principal Brad Harding cut the second ribbon, representing the completion of the early years students' playground.

Hardware, said Buehlmann, and the area cleaned up a bit. The habitat will stretch all the way from the playground to the street, a considerable distance.

"It's supposed to be good both mentally and physically for children who are stuck inside all day," said Buehlmann, referring to future classes that may be held in the area.

The barbecue fundraiser that accompanied the celebration was a smashing success.

"We went through 16 dozen hamburgers and almost 16 dozen hotdogs

[about 380]," said one of the organizers.

Scores of local and area businesses sponsored the bouncy castles, the face painting and the food for the barbecue. Among them were Co-op, Midlake Specialty Foods, Powerbend Tire, Vidir Machine, Tri-Line Construction, Nordal's Auto Body, Arborg Pharmacy, Home Hardware, Jacobson Farms and Ganica Print & Design.

Vidir Machine brought a home-made ice cream machine to the event and donated all the proceeds to the school.

Teulon's GAAC offers plenty of fall programs

Staff

Now that students have adapted to being back to school, it's the perfect time to think about adding extracurricular activities to their routine.

At Green Acres Art Centre (GAAC) in Teulon, an impressive array of options is available.

New this year, instructors Alycia Campbell and Elena Modrejewski will offer dance classes including a Mommy and Me class for wee ones aged 18 months to two years. Moms and tots will enjoy moving to music along with learning songs and games. The dance instructors are also offering a Little Stars program focused on pre-ballet and pre-jazz. In the Little Stars program, three- and four-year-olds will learn the basics of dance in a class setting.

For boys aged six and up, the Funk Hip Hop class introduces students to hip hop combined with the technique and athletics of jazz. Classes start Oct. 7.

In addition, ballet/lyrical and jazz/hip hop classes will be available for dancers aged six to 17 years old.

Carolina Nagy, another new GAAC instructor, is offering an interactive early music development program for preschool-aged kids, with a focus on songs, music and rhythm.

Nagy, who has extensive musical training, also offers music education for children with disabilities, as well as group fiddle classes and private violin lessons. Music classes with Nagy start on Oct. 8.

In addition, Ashley Teicrib is offering private piano lessons that started Sept. 19. Guitar, bass and drum classes began Sept. 25.

This year, Manitoba Theatre for Young People will once again be offering a satellite program starting on Oct. 18, notes GAAC vice-president Beth Hutchinson.



Dance instructor Alycia Campbell works with student Ainsleigh Hutchinson.

"It's fantastic," she said. "I went to the year-end show last year and the smiles on the kids' faces is awesome. They just love it."

Other popular classes will be back again this year. Miss Lesley will teach highland dancing starting Nov. 8 and Miss AJ from McConnell School of Dance will teach Irish dancing.

For the adults, Graham Clarke is back to teach painting and drawing classes, and Patsy Duncan is teaching daytime fitness classes.

In addition to the regularly scheduled classes, plans are in the works for kids' art workshops, photography classes and a birthday program.

For more information, visit www.greenacesartcentre.org or call 204-886-3192.

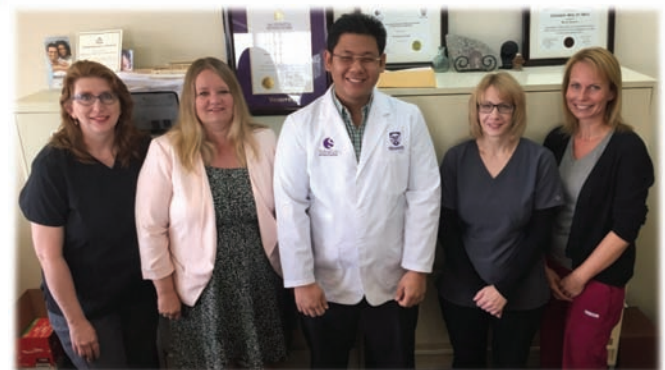


KATIE PAULS DESIGN Instructor Carolina Nagy teaches Elora Pauls how to play the violin.

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getfishing

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What likes minnows more, a pickerel or a turtle?

Hi fellow fishing buddies.
This week, unusual stories have come our way, so dust off your open mind and sense of humour and let's have a chuckle.

It was a bright but cool day in the middle of last week as I walked out the doors of the South Beach Casino having enjoyed another of their great buffet lunches. As I made for my car, I noticed a couple who had been sitting across from me in the restaurant getting into their truck. We smiled at each other as I got close to them, and then on the spur of the moment, I called out to the chap to ask if he was an angler.

He laughed, saying he and his wife were on their way to their cottage by Manigotagon Lake, and yes, he lived to fish.

I hustled over to him, asking if he had a fishing story for us. He raised a finger in thought and then exclaimed, "Yes, I do!"

Earlier this summer, our new friend, Jr Beninza, was fishing on "his" lake and felt a respectable strike. He began reeling in when he felt another heavier hit. Jr, a shorter, muscular and determined chap, continued reeling in forcefully. To his amazement, an averaged-sized pickerel splashed to the surface with a huge turtle clamped onto its tail. Jr called over to a friend, who was fishing close by in his boat. Between them, with two nets, they landed the fish and turtle that still refused to let go of the pickerel.

Without really thinking, Jr grabbed his tub of minnows, which by now were thawed out, smelly and "gooey," and spilled them by the turtle's head. It miraculously let go of the fish becoming very interested in the minnows. When Jr could, he grappled and tossed



EXPRESS PHOTO BY ARNIE WEIDL
Greg Favel caught this nice pickerel while he gave us a story on the Selkirk pier.

the turtle overboard but he kept that pickerel.

We haven't been to Riverton for a while so I drove over there last Thursday and ran into Jim Zagozewski, owner of Zag Fab Boats. As we talked, I told him about Jr's story. Jim's eyes darted about for a moment and then he said he knew of a somewhat bizarre story.

James Kelly, a chap he knows, told him of a time in the '60s by Lockport when he and friends caught a sturgeon and wanted to take pictures with it. One of the group's wives, who was pregnant, apparently approached the fish just as it swung its tail, slapping her on the cheek. Later, when her baby was born, it had a slight temporary mark like a fish's tail on the same side

of its cheek as where the mother's was struck. Strange.

On the weekend, I took great pleasure sitting and spinning yarns with anglers on the Selkirk pier. On one side of me, there was Greg Anderson a big, jolly, grey-haired chap, with his longtime fishing buddy Ron Duncan, a thinner fellow with salt and pepper hair. He got me laughing when he said that years ago his brother-in-law Dick Dalmon was fishing on the Red and caught something big.

He tussled with his catch for quite some time, pulling his rod close to his face and then letting it down as he reeled in. Excited, with a good-sized sauger hooked, he brought his rod up close to his face for another reel-in cycle, but the hot end of his cigarette he touched his line and disintegrated it. He lost his line and the fish.

On the other side of me was Greg Favel, his wife Ashley and son Jackson, who were have a fishing visit with Ashley's dad Richard Weger of Selkirk. Greg had a story for us and tried to tell it as delicately as he could.

Greg is also a commercial fisher and years ago went up to work at a fish plant by McBeth Lake near Lake Winnipeg. His gang had gotten into camp late so he made lunch for the guys, frying some fish in cooking oil — or so he thought. The food seemed fine but the next morning they woke up with their stomachs in turmoil. They found themselves getting up cautiously and wobbling to the bathroom as quickly as possible. Later the men discovered Greg had used dish soap to fry the fish instead of the cooking oil. Well, now we know dish soap works as well as Ex-Lax.

Bye for now.

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West Interlake presents 2016 financial plan at public meeting

By Jeff Ward

After a five-month delay, the RM of West Interlake unveiled their 2016 financial plan that is balanced, has moderate spending and a mill rate decrease for most areas.

This is the second budget for the amalgamated RM and the first for CAO Larissa Love, who said that she's happy to have finally had the public meeting on Sept. 22. The rest of council echoed her thoughts, with Reeve Randy Helgason saying that they did their best to get it done as quickly as possible. It was a much smaller crowd compared to last year with only 17 people in attendance, down from the approximately 150 the year before.

During the presentation, Love announced that Ward 1 will see a decrease in their mill rate from 23.071 to 20.720, Ward 2 will see a decrease from 6.152 to 4.117, Ward 2 Rural will see a decrease from 10.563 to 10.256, and the LUD of Ashern will see an increase from 10.168 to 10.179.

In addition, all zones in Ward 2 will have a new mill rate of 1.835, which will cover a \$1.6 million loan to the RM to help cover the outstanding debts accrued from the floods of 2011 and 2014, according to Helgason. The loan, which was passed (approved) during a public hearing this past summer, has ratepayers in Ward 2 paying \$106,240.66 each year for 15 years.

Helgason said that when DFA pays out the submitted claims the money is put directly into that account to offset

the loan.

"Both the Municipal Board and Municipal Affairs said that this would be our best option — borrow the money and pay off the contractors," said Helgason after the meeting.

"There's been some movement in a positive direction with DFA recently so we hope to have that resolved soon."

Helgason said that this year's spending was one that was tempered due to the financial situation of the municipality. They spent money where they could but held the line on a lot of things.

"We are doing quite a bit in the RM this year — a half mile of road we're building to service a ratepayer in the Narrows area and, of course, getting the roads in shape for winter. In Ward 1, we're building onto the municipal building, but we didn't want to go overboard," said Helgason.

When it was time for questions, a few ratepayers voiced their displeasure with certain items on the budget. One resident asked why there wasn't any information on the reserves, to which Love responded that with the change in budget template, the province no longer needs that information. Another resident said that she was unhappy with how little money was being spent (\$75,000) on rural road maintenance.

Helgason agreed with a point raised by one of the commenters who said that the amalgamation doesn't seem



EXPRESS PHOTO BY JEFF WARD

Council of the RM of West Interlake passed their 2016 budget last week after a five-month delay. Pictured from left to right: Ward 2 Coun. Carol Hull, John Bezemer, Arnthor Jonasson, Reeve Randy Helgason, CAO Larissa Love, Ward 1 Coun. Merle Day and Keith Lundale.

to have saved the two municipalities any money at all, which was supposed to be one of the advantages.

"I don't have the exact dollar figure, but it's substantial. The amalgamation has definitely cost ratepayers money," said Helgason.

An oddity for this budget was the absence of many of the figures from last year's budget. Entire lines of 2015 budget year-end actuals were missing from the financial plan. Love said that the reason for this was that many receipts and invoices were filed incorrectly and need to be sorted by hand. As a result, the figures for those cells were not available in this budget, which already had a five-month delay.

"I spent a lot of time trying to final-

ize 2015, which was brand new to the RM when it was passed. There were still a few things that were sorted in the wrong ward so we left them off. I won't present anything in a budget that doesn't have a full agreement from council. We probably just needed another week and I could've put those numbers in," said Love.

The CAO added that in the coming days, she will be adding the final numbers from 2015, which ratepayers can view at any time.

Following the public hearing, council made a motion to pass the budget, and the third and final reading took place on Monday, Sept. 26.

Ashern firefighters honoured in fundraiser dinner

By Jeff Ward

A large crowd of guests packed into the Ashern Centennial Hall last weekend to honour the hard work and sacrifices made by their volunteer firefighters with a dinner and dance.

On Sept. 24, the Ashern Fireman's Ball hosted approximately 170 people who enjoyed a roast beef dinner, presentation to honour the volunteers and live music by Country Pride.

Ashern fire chief Ken Falk said that he was happy to see so many come out and support his crew and that he was grateful for those who purchased tickets to show their support in spite of not being able to attend.

Falk said that council presented cards with messages thanking the firefighters for their continued service. Several firefighters also received service pins acknowledging five, 10 and 15 years.

Gerald Falk was honoured for his 35

years of service, while Ken Falk and Delwin Kernsted each received 25-year pins. Ten-year service pins were presented to Jay Ruchotzke, Michael Kufus and Art Malcolm and five-year pins to Andrew McPherson, Desmond Defoort, Cory Johnson, John Bezemer and Parker Charles.

The event was a fundraiser with proceeds going towards the purchase of a new rescue sleigh that can be used in all weather conditions to transport people out of danger.

"Our guys left feeling really good — it's nice to get a pat on the back sometimes," said Falk about what is often a thankless job.

"Seeing as we haven't done something like this in a long time, we weren't sure exactly how it was going to go. At the end of the day, we are more than pleased with how well it worked out."

Falk added that his crew make some



EXPRESS PHOTO BY KEN FALK

Members of the Ashern Fire Department were honoured for their service during a fundraiser last weekend. The council for the RM of West Interlake presented them with thank-you letters and will be giving them service pins at a later date.

significant sacrifices to make sure the community is safe, as do all volunteer fire departments. He said that it goes a long way in emboldening the strength of the team when the com-

munity shows up to celebrate them for work they do out of a strong desire to help.

A final tally on how much was raised was unavailable at press time.

Statement by the Honourable Janis G. Johnson, senator for Manitoba

Submitted

Effective Sept. 27, 2016, upon the 26th anniversary of my appointment to the Upper Chamber, I shall resign my seat in the Senate of Canada.

I am returning to private life where I will continue to work on issues relating to arts and culture, the environment and women's issues in Canada and globally — matters that have informed my entire career. I also look forward to more time with my family and friends.

I am indebted to former prime minister Brian Mulroney for appointing me in 1990 as a Progressive Conservative senator for the province of Manitoba. Working with him was the highlight of my political career, and I am most grateful for the confidence he showed in me and for the courage he demonstrated in a very different era by appointing more women to the Senate. He knew I was a feminist and would fight for what I believed in, especially respecting women's rights and the environment. He had great foresight and will go down in history as one of our finest prime ministers.

Over 26 years, I have worked with five succeeding prime ministers and each brought their own brand of politics to the Hill. It has been quite an

experience to work with each of these prime ministers and their respective governments from my Senate perch! I commend them all for their commitment and service to our country. Further, it is my profound hope that the Trudeau government will restore the Senate to its rightful place as an independent "Chamber of Sober Second Thought" within our democratic system.

My career has also seen me serve on over a dozen Senate standing committees, in various capacities as a member, chair or vice-chair. I am proud to have contributed to a number of substantive reports, most notably for the committees on foreign affairs and international trade; human rights; energy, the environment and natural resources; Aboriginal peoples; fisheries and oceans; and Senate modernization. It has been an honour to have served with many outstanding Canadians from all parts of our country and what a privilege it has been to get to know them and work together on groundbreaking studies and perform our duty of legislative oversight.

Serving as Senate co-chair of the Canada-United States Inter-Parliamentary Group over the past five years has afforded me the tremen-

dous honour of working with my colleagues on both sides of the border. I am heartened to see that the new government has placed a high priority on Canada's most important bilateral relationship. The U.S. is our friend, neighbour and largest trading partner. We must continue to work closely together to sustain this bond on the continent we share.

As I open a new chapter in my life, I will continue my community involvement. Manitobans are renowned for their volunteerism. Indeed, it is critical if we wish for our society to flourish. Earlier this year, I was appointed as chair of the Valuing the Icelandic Presence Committee with the Department of Icelandic Studies at the University of Manitoba. I also serve as founding chair of the Gimli Film Festival, which is celebrating its 17th year, and I will continue to collaborate with the Winnipeg Art Gallery on the development of the Inuit Art Centre, a groundbreaking institution that will house a world-class collection of pieces, soon to be built in Winnipeg. This also extends to my involvement with Nature Canada, where I had the pleasure of serving over the past three years as the honorary chair of their Women for Nature initiative.



To my friends and colleagues in the Red Chamber, I want to thank all of you for your thoughtful debate on so many issues, the support on matters of importance and for the difference we have made.

-Hon. Janis G. Johnson
Senator for Manitoba

Lakeshore invests in communications tower to improve signal strength

By Jeff Ward

A significant infrastructure investment by Lakeshore School Division will give schools in Inwood and Fisher Branch a stronger Internet signal to allow for better communication between them and the division headquarters in Eriksdale.

The massive 250-foot communications tower was built over the summer next to the Eriksdale School and cost \$140,000, according to Mark Parkes, director of operations and infrastructure for the division. Parkes said that it was a large investment but that it was carefully thought about and planned before executing this summer. The tower provides better line of sight to the communications tower in Poplarfield and is more than double the height of the current 120-foot tower at the division office. Parkes said this system provides the division with better system reliability because of the stronger signal between towers and a more stable Internet signal for the division to operate on.

"This was a proactive manoeuvre to make sure we're able to keep up with the contin-

ued growth and demand on the system," said Parkes.

"Every year, the amount of data volume increases, and our system that we had previous was getting close to the peak of its capabilities. This new tower is much stronger and allows plenty of room for expansion of the system. There is a lot of data being sent and received, and those lines of communication need to be strong."

Parkes added that the new tower would also increase the division's ability to communicate with the tower in Ashern as well. The new tower is just high enough that the line of sight is better and the improved signal strength to Ashern is important because their tower acts as a large hub for a lot of division communication.

During the fall and the spring, the old tower would have times when the signal wouldn't be as strong. Parkes said that the air quality can cause small hitches in the system. And while the problem was never obtrusive, Parkes said that this new tower means clear, steady communication division-wide.



EXPRESS PHOTO BY JEFF WARD

A new 250-foot communication tower in Eriksdale will vastly improve internet signal strength between the division office and schools in Inwood and Ashern.

Proposed fish plant for Gimli in exploratory stages

By Patricia Barrett

Discussions between the RM of Gimli and a businessman who wants to build a fish plant in the Industrial Park west of Highway 8 have not yet progressed beyond the exploratory stages.

Donald Salkeld, who's on administrative leave as president and CEO of the federally run Freshwater Fish Marketing Corporation that markets fish on behalf of the province's commercial fishers, recently met with RM representatives to discuss the acquisition of 11 acres of land.

Gimli Mayor Randy Woroniuk said the RM supports the proposal and has entered into a gentleman's agreement with Salkeld. No paperwork or money, however, has been exchanged.

"He doesn't have formal ownership of that land yet," said Woroniuk. "We've made a commitment to him that we'll hold the land until everything is in proper order."

At this stage, the mayor said the fish plant is "just a concept" and what the RM needs is a formal business plan, including the names of any business partners, before the process can move forward.

Salkeld did not say when he'll present the RM with a business plan, said Woroniuk, but had indicated he wants to have his fish plant operational by September 2017.

According to a Sept. 21 article in the *Interlake Enterprise*, Salkeld held a meeting with 100 fishers at Gimli's Lakeview Resort to gauge their response to his proposed plant. The article said the Gimli plant would be a receiving station at which fish will be de-headed and gutted then shipped to an Ontario processing plant owned by John Omstead, whom Salkeld invited to the meeting.

There are no details as to why the FFMC placed Salkeld on leave, which occurred in March. He became president and CEO of Freshwater in 2014.

The FFMC did not respond to a request for information as to if/when Salkeld will be taken off administrative leave.

Salkeld could not be reached for comment.

From an economic standpoint, the mayor said a fish plant would benefit the RM.

"If he [Salkeld] gets this thing going, we'll have the taxation on it and that's good for the municipality," said Woroniuk.

As for rough fish, or opportunity fish as the mayor prefers to call them, fewer will be wasted if fishermen can find new markets that Freshwater hasn't



EXPRESS PHOTO BY ARNIE WEIDL
Sam Etter, a commercial fisher of Gimli, gratefully kissed a fish, which is the source of his livelihood.

tapped.

"We have lots of fish in this lake," said Woroniuk, referring to Lake Winnipeg. "We have more than the wall-eye (pickerel). [We have] the suckers, the mullets, the cats, the freshwater drum, the tullibee. The Asian market will buy that. They may not pay a premium price for it as the walleye, but there's a huge market there. ... And with the fish plant, if we can process that fish and sell it into [that] market, guys will make money."

That said, the mayor realizes there's uncertainty ahead for fishers now that the province intends to opt out of Freshwater.

"I talked to some guys and they're all for it," said the mayor, who used to work as a provincial conservation officer. "... [Others] ... are wary about it."

The province had announced Aug. 16 that it intends to withdraw from FFMC.

Many fishers who attended the announcement were enthusiastic about the prospect of selling their fish on their own rather than relying on Freshwater to market it. They felt they would be able to get a better price.

But one fisher who attended the meeting Salkeld held at the Lakeview doesn't think so.

Ivan Grimolfson, a Lake Winnipeg commercial fishermen for over 50 years, said he has "seen it all" when it comes to fish companies and doesn't want Freshwater to "go down."

"It's going backwards. There were fish companies before Freshwater and the fishermen were starving. They couldn't make it. That's why Freshwater came into being," said Grimolfson, who fishes near Hecla Island. "The companies, they kept them in broke. They wouldn't pay them decently for the fish."

In the old days, Grimolfson said fish companies weren't always above board with respect to price.

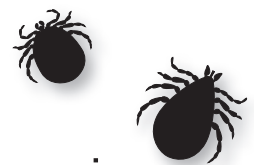
"They'd take your fish ... and at the end of the season, if you had lots of

fish, they'd tell you that you had so much fish and [they] couldn't sell it all. 'We've got it in storage and we can't pay you the price we were going to.' And they'd knock it down. That was robbery."

Grimolfson said he believes fishers will get a good price when a new fish company opens, but competition between companies trying to sell to brokers will eventually drive down the price and fishers will suffer.

Continued on page 17

Watch out for blacklegged ticks



Tick-borne diseases, such as Anaplasmosis, Babesiosis and Lyme disease, can be contracted through the bite of an infected blacklegged tick.

Manitobans can reduce contact with blacklegged ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about tick-borne diseases, including symptoms and prevention tips, visit our website at www.manitoba.ca/health/publichealth/cdc/tickborne

You can help

You can help in the study of tick-borne diseases in Manitoba by collecting and submitting blacklegged ticks for surveillance purposes.

- Blacklegged ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a blacklegged tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a blacklegged tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

Passive Blacklegged Tick Surveillance Program
Cadham Provincial Laboratory
P.O. Box 8450, 750 William Avenue, Winnipeg, MB R3C 3Y1

Manitoba 

FIRE PREVENTION WEEK

OCTOBER 9-15

A Salute to Our Local Volunteer Fire Departments

Are you fire-ready? Keeping your family safe in the event of a fire

We can't always anticipate when disaster will strike. However, when it comes to fires in the home, we can take preventive measures to ensure our loved ones and ourselves come through unscathed. Here are three essential steps to ensure the safety of your family in the event of a fire.

1. CHECK YOUR SMOKE DETECTORS

Fire alarms are by far your greatest ally when it comes to fire safety. The fact of the matter is, smoke detectors save lives. Make sure alarms are installed on every floor and near every bedroom, and test them regularly by holding down the "test" button. Nev-

er disconnect a fire alarm that goes off frequently — when cooking, for example. Instead, open a window or turn on a fan.

2. CREATE A FIRE ESCAPE PLAN

A well-rehearsed fire escape plan will go a long way in keeping everyone calm and collected should a fire break out in your home. A good plan will map out two ways to exit each room in your house. It will also indicate the location of every smoke alarm, carbon monoxide detector and fire extinguisher. Finally, your plan must include a designated meeting place that's safe and easily

accessible at all times. Try to meet at a place where the firefighters will see you as soon as they arrive.

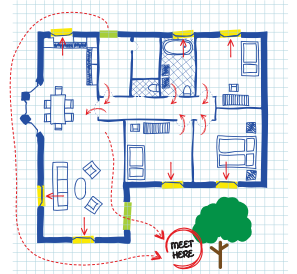
3. REHEARSE YOUR PLAN

Smoke can engulf your home in as little as three minutes, which doesn't leave you with much time to get out. That's why rehearsing your fire escape plan at least twice a year is so important. Create a realistic scenario — location of fire, where everyone is, etc. — and then put your plan into action.

- Set off the smoke alarm
- Evacuate your home as quickly as possible

- Have everyone gather at the designated meeting place
- Review your plan and make any necessary changes

You never know when you'll have to leave your home at a moment's notice. Fortunately, a little preparation will go a long way in keeping you and your family safe during a fire emergency.



Riverton



Stand Brandt, Mitch Johnson, Fire Chief - Jason Comeau, Justin Helgason, Bruce Barkman, Deputy Fire Chief - Troy D'Hont, Steve Enns, Colin Cormack, Terence Zagozewski, Jasmine Johnson, Walyon Johannson. Missing: Gerret Johnson

SAFETY TIP: *Test smoke alarms once a month, if they're not working, change the batteries.*

Ashern



Please join us at our **OPEN HOUSE** Friday Oct 7 from 10-2

Come out & visit our firehall and meet your heroes.

Pictured left to right: Andrew McPherson, Aaron Altman, Scott Cameron, Mike Kufus, Desmond DeFoort, John Bezemer, Jay Ruchotzke, Scott Price, Gerald Falk, Brent Johannesen, Delwin Kernested, Matt Carmichael, Cory Johnson, Ken Falk.

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FIRE PREVENTION WEEK

OCTOBER 9-15

A Salute to Our Local Volunteer Fire Departments

Arborg Bifrost



Pictured left to right: Terrell Kerbrat, Chad Timchishen, George Chyzy (Fire Chief), Andy Barylski and Randy Dueck.

OPEN HOUSE

Saturday Oct 15th

Come out for our BBQ and tour of the firehall and trucks.

Fisher Branch



Picture: Dwight Nahuliak (Captain), Stuart Woloshyn, Bryton Monkman, Bob Davis, Patrick Sydenham, Darcy Plett (Chief), Patrick Davy, Randy Shrock, Gordie Wevursky (Captain), Tannis Chudy and Dave Chudy (Deputy Chief). Missing: Johnny Podaima - Deputy Chief

SCHOOL PRESENTATIONS

For fire prevention we will be visiting Marble Ridge and Broad Valley Colonies. We will be handing out fire detectors to the Kindergarten class at Fisher Branch Early Years School. Tours and presentations will take place with the Elementary school kids.

Smoke alarms save lives. Is yours up-to-date?



Fire Prevention Canada (FPC) is launching another year of smoke alarm awareness for Fire Prevention Week, October 9-15, 2016. The theme is centred on keeping your smoke alarms up to date and operational.

FPC makes several recommendations for smoke alarms:

- Make sure your home's alarms are not more than 10 years old. Check the date of manufacture on the back yearly and replace when necessary. If the manufacturer recommends replacing it with a new one more frequently, follow that guideline.

- Take advantage of Fire Prevention Week every October to change the batteries in your smoke alarms, and test them monthly.

- If installing hardwired alarms,

have the work done by a qualified electrician and test them after they're installed.

- Smoke alarms should be installed at the head of all stairways in the home and outside sleeping areas.

THAT ANNOYING ALARM!

If your smoke alarm goes off every time you burn your toast, your biggest mistake would be to unplug it or take out the battery for some peace and quiet. House fires do the most damage at night, when people are sleeping; if you forget to reconnect the power source, you're putting your life in danger. Instead, ask your local fire hall for advice on where to install smoke alarms so they cause less of a nuisance, or ask about better-working brands.



We Salute

- **Gimli**
- **Eriksdale**
- **Lundar**
- **Winnipeg Beach**

Volunteer Fire Departments

RURAL MUNICIPALITY OF
West Interlake

Reeve, council & staff

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Branch Committee



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(204) 762-5461, Lundar, MB



Interlake
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204-376-5245

Walleye Classic fishing derby draws record crowds

By Jeff Ward

The 18th Annual Catch and Release Walleye Classic, organized by the Lake Manitoba Narrows Game and Fish saw a club record for attendance and some large cash prizes paid out to the winners.

The derby took place on Sept. 17 with 195 competitors taking part and even more joining them for dinner. The three winners of the competition were Ian White, who took home the first place prize of \$3,217.50 for his 8.56 pound walleye. Second place went to Jayden Kreller, who took home \$1,930.50 for a 7.52 pound walleye, and Corey Petrash took home third place and a \$1,287 cash prize for his seven-pound fish.

Event organizer Rhonna Rodriguez said that she was thrilled to see so many people come out and enjoy the competition. In addition to the competition, there was also a silent auction during the afternoon. Parkland Yamaha and Twin Motors from Dauphin joined the event and brought trucks, a boat, a quad and a portable shed for attendees to tour.

"This was my first year doing the classic and it was really encouraging to see the support," said Rodriguez.

"We did do some new things this year like online registration, which made it much easier for people to reserve a spot. The event has been going on for 18 years, so it's great to be a part of something like this because it's really a way of life."

Rodriguez said that the weather was fantastic and the fishing conditions were perfect. Participants were able to purchase hot chili on a bun for lunch while they weighed their catch before heading back out onto the water for the afternoon.

One of the other changes to the event was a designated staging area, and Rodriguez said that the change was well received by fishers. There were also two secret weights valued at \$300 and \$200. Jon Cooley won \$300 and Carlson Murdock won \$200.

Rodriguez said that for her first time being a part of the event, things went really well and she's looking forward to improving her numbers next year. She said that the help from the board of directors and from volunteers helped make the event a success, adding that she couldn't have done it without them.



EXPRESS PHOTOS BY JANICE BELL

Dennis Giesbrecht gets ready to weigh a walleye caught by Sun Choi during the 18th Annual Catch and Release Walleye Classic.



The winner of the \$300 four-pound hidden weight was Jon Cooley, left, with a 3.88 pound walleye with Dennis Giesbrecht.



The winner of the \$200 three-pound hidden weight was Carlson Murdock, left, with a 2.90 pound walleye.



Ian White, right, won \$3,217.50 for his 8.56 pound master walleye. He is pictured with LMNGF fish chair Dennis Giesbrecht.



Jayden Kreller, left, received \$1,930.50 for his 7.52 pound walleye. Congratulating Kreller is communications chair Rhonna Rodriguez.



Corey Petrash won \$1,287 for his seven-pound walleye.

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LUNDAR



**Celebrating 40 Years
1976-2016**

Goose Shoot

October 7 & 8, 2016
Lundar, Manitoba

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LUNDAR

Celebrating 40 Years
1976-2016

Goose Shoot



Lundar to celebrate 40th anniversary of Goose Shoot

By Jeff Ward

It's been four decades since the first Lundar All Canada Goose Shoot took place in 1977. Since then, the event has grown in size, popularity and notoriety raising in excess of \$500,000 over the years supporting local community projects. And next weekend, hunters from all over the province and even from the U.S. will make their way to the small town to celebrate the 40th anniversary.

There aren't many events in the Interlake that reach the 40 year milestone. The goose shoot has not only survived the last four decades, but thrived. This year the Goose Shoot will take place Oct. 7-8 in Lundar. The goose shoot is organized by the Lundar Elks each year and has 20 teams with four hunters to a team who spend the day out in various fields around the Interlake trying to shoot as many

birds as possible. Each team has their field drawn randomly following supper Friday night at the Community Hall. The calcutta takes place once the fields are drawn and can result in some serious coin for the winners.

"We had some t-shirts and caps printed with our 40th anniversary on them for people to buy and commemorate the event," said Elsie Johnson, treasurer for the Lundar Elks.

"This is something really special and everybody's really excited about it. We also had two guns engraved with the 40th anniversary which will be raffled off and tickets are selling really well for those already."

This year the 40th anniversary of the shoot brings with it a few other exciting firsts. There are three all female teams competing as well as a team of sons and mothers and a team of couples. The diversity of the teams has

Johnson particularly excited and she hopes that that part of the event continues to grow.

Each team is paired with a checker and guide who will give them information about where they're hunting. Jim Law has been taking part in the Goose Shoot as a hunter from Lundar for the last 20 years and explained that there really is no preparation for a hunt like this and that you just have to trust the knowledge of your guides.

"These guides will go and stake out a field a week in advance to get as much info on the patterns of birds. They take it really seriously because they want each team to have a good hunt. And that's one of the reasons why the event is so successful and has been around for so long," said Law.

Law added that the Goose Shoot thrives because it limits the teams

Continued on page 15



EXPRESS PHOTO SUBMITTED

Jim Law poses with his daughter Paige (centre) and her friend Emma during a hunt. Law said that the Goose Shoot has been bringing families and friends together for 40 years.

**Congratulations to the Lundar Elks
on the 40th Anniversary
of the
Lundar Goose Shoot
1976-2016**



**Good luck and welcome
to all the hunters.**

James Bezan

MP Selkirk - Interlake - Eastman

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1976-2016**

Goose Shoot



Lundar Goose Shoot gets underway Friday

The annual Lundar Goose Shoot will begin Friday night. Registration will take place at 5 p.m. with cocktails to follow at 6 p.m. Broad Valley Catering will provide the meal for \$15/plate (12 and under \$5) at 6:30 p.m. At 8 p.m. the teams will choose their fields with the calcutta to follow.

On Saturday at 5 a.m. the teams meet for a free breakfast before heading out to their pre-selected areas with their guide and checker.

Under the rules of the shoot, each team must be made up of four hunters and each team is supplied with two shells per bird allowed as per the Manitoba Regulation bag limit. Each team supplies their own decoys and calls.

Hunting ends at noon with all teams reporting at 2 p.m. to the Lundar arena with all their geese.

The team that brings in the biggest and most birds is declared the winner. A hunter is not eligible to hunt in the event two years in a row. It has attracted teams from Minnesota, South Dakota, British Columbia, Colorado, Mexico, and even South Africa. The registration fee per team is \$600 and usually has a waiting list for hunters.

There will be a live band and dance

at the Community Hall at 8 p.m. with the presentation of winners at 10 p.m.

This event is open to the public.

If anyone has questions, please contact Elsie Johnson at 204-762-5476.

The team that brings in the biggest and most birds is declared the winner. A hunter is not eligible to hunt in the event two years in a row. It has attracted teams from Minnesota, South Dakota, British Columbia, Colorado, Mexico, and even South Africa. The registration fee per team is \$600 and usually has a waiting list for hunters.

For the past 13 years, the calcutta has raised thousands of dollars for community projects.

This year the funds will be used to cover renovations to the bar room at the Lundar Community Hall. Some of the upgrades will include replacing a door, some flooring and depending on how many dollars are raised, possibly some kitchen equipment.

Annual calcutta totals for the past 13 years: in 2003 they raised \$10,900; 2004 \$10,100; 2005 \$12,925, 2006 \$19,250, 2007 \$14,650, 2008 \$17,100, 2009, 2,250, 2010 \$15,200, 2011 \$17,350, 2012 \$18,050, 2013 \$41,500, 2014 \$29,100, and 2015 \$21,000.

Continued from page 14

to 20. The organizers make sure that teams aren't too close to each other and that good fields are chosen.

The goose shoot has created quite a name for itself south of the border too. Hunters from South Dakota, Florida and Wisconsin make the trip up to Lundar routinely because of how expertly crafted the event is, according to Law.

"Word got around that we treat visitors quite well here and one of the teams that's up from South Dakota knows the Governor there. About 10

years ago there was an official Lundar Goose Shoot Day added to the calendar there. That's how popular this event has become," said Law.

The Goose Shoot continues to be popular with waiting lists to participate in next years event being common. Law said that the Goose Shoot means a lot to the community and that it's an event that brings people together to share in memories of years past.

"Nobody thinks of this as the Thanksgiving weekend. People call it the Goose Shoot weekend," said Law.

Congratulations to the Lundar Elks

on the 40th Anniversary

of the

Lundar Goose Shoot 1976-2016

**Good luck and welcome
to all the hunters.**

Derek Johnson

MLA for Interlake

204-376-3401

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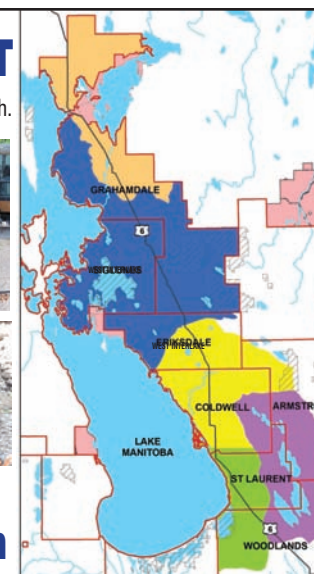
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The Legend of the Two Elks

There is a legend among the ancient tribes, which is often told by the Indians around their wigwam fires. It is a legend truly strange, but its moral is ever true.

Two Elks had learned to feel that they were suited for companionship. Both were strong and lusty, bold and sleek of limb, but one was more favoured, as his antlers were spread with broader grace, and his form was taller than his mate's.

They had been inseparable for years. One day the Elk more favoured chanced to see the graceful image of himself reflected in the water at his feet while he was bending over a pool. He thereupon became proud, and assumed the airs of one above the common herd of Elkdom. So he wandered off to lead a separate life, and browsed

on higher mountains than the rest. He slighted his own mate, who, grieved and sad, sought solace in the humbler companionship of Elks less favoured, but with hearts more true.

It happened one day that, while the proud Elk was browsing on the summit of a ledge, a crag gave away beneath his feet, and he fell into the glen below. Bleeding and maimed, his graceful antlers broken and torn, he lay stunned and insensible for hours.

He would have died there, but the comrade of his earlier years went to him, and with mighty effort drew his broken body to a water-pool, bathed his bleeding limbs and gave him a drink. The other Elks cried: "Why do you help this proud and haughty creature, who is receiving only his just deserts?" But the good Elk replied that if

his mate, through vanity, had made a grievous mistake, it was no more than many others had done, who had failed to learn the lesson of equality. And so, through love for the unfortunate wounded Elk, deprived of beauty and lingering only to his certain, tragic end, he watched with kindness through the closing days, and made death seem less bitter for his friend.

Thus the proud and misguided Elk passed away in pain and sorrow. His faithful nurse and comrade, who patiently desertion had withstood, lived on for many years, bereaved and sad, but always a noble example of the principles of Fidelity and Love.

So the legend of the Elks companionship is told around the campfires of the Indians as they sit at night. They dwell upon the few short years during which the favoured Elk roamed on the heights, and they never forget that the proud and faithless in reproach are held, while the true and loyal gain unending praise.

Now, although you may regard this legend as a somewhat idle tale, I suggest that you meditate upon the time when, like the flesh and blood and bone of these two Elks, your body will decay, and nothing but the memory of your life will be left to represent you in the world. I would urge that you let Equality, Love, Kindness and Service hold you, as to a staff that make for perfect manhood, just and pure. Think upon the story of the Elks, the story old, its moral ever new: a legend truly strange yet strangely true."

**THE LUNDAR ELKS ARE
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The Elks of Canada have grown to over 250 lodges with close to 15,000 members and are committed to our Vision of being the most progressive family focused organization in Canada, meeting community and member needs and expectations.

Over the years changes have been made to realize this vision. In 1998 a referendum was passed by the membership removing the word male from the Constitution - permitting women to join the Elks.

The qualifications to become a member of the Elks are: Any person of good reputation, a believer in a Supreme Being, an adherent of lawful government and having attained the age of 16.

Members are initiated by their home lodge, become members of the National Order and receive a warm welcome in any lodge they visit across Canada. Think of it as a "national network" of friends.

All applicants must complete a membership application and be proposed by a member in good standing at a regular meeting of a Lodge. Membership fees are collected and a ballot/vote upon the admission of the candidate is taken. (Fees are determined by each local Lodge.) Once approved each member is "initiated" into the Elks by a special and meaningful ceremony and are entitled to all the privileges of membership in the Elks of Canada.

The men and women of the Lundar Elks also promote and support community needs and always welcome new members. If you know someone that is interested in becoming a member, please contact Elsie Johnson 204-762-5476.

For 40 years, the Lundar Elks have been hosting their annual fundraiser, the Lundar All Canada Goose Shoot



Experienced field scouts know that finding a good field is key. Lundar is known for its prime fields that keep hunters coming back year after year. Goose Shoot teams consist of 4 shooters that pay an entry of \$800 with the top three teams each winning guns. Fields are drawn on Friday night with a Calcutta auction and supper to follow. The hunt starts bright and early Saturday morning and the event concludes with winner presentations and a dance. There are many gun draws and raffles both evenings. It is a guaranteed great time and an opportunity to experience it with hunters from all over North America.

Congratulations to the Lundar Elks for 40 years of hosting a successful fundraising hunt for your community.



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"When the brokers down in the States or wherever start dealing with them [the fish plants], they're going to be jumping from one company to another and saying, 'We can get it cheaper at this company.' And naturally they're going to lower the wages. That's exactly what they had done to the companies [in the past]."

Grimolfson, who starting fishing with his dad when he was six years old and remembers the hard times his family endured (lack of regular pay-

ments and debt), said the companies will likely have to offer fish at a few cents less per pound in order to get the brokers' business.

"And where does it [the loss] come from?" said Grimolfson. "The fishermen. They drop the price to the fishermen. They're bargaining amongst themselves because the companies won't lose. They'll keep their profits."

Grimolfson said Manitoba's fishers currently get profits back from Freshwater.

He said Saskatchewan opted out of Freshwater a few years ago, and fishers tried to make a go of it on their own, but "95 per cent are selling back to Freshwater."

The only difference now is they're not getting a share of Freshwater's profits because the province does not have an agreement with the corporation.

Although he's in favour of staying with Freshwater, Grimolfson said the corporation could address some is-

ues, such as highly paid union employees.

Grimolfson said Salkeld provided no details at his meeting regarding prices he intends to offer fishers, only that they would be "higher than Freshwater."

As to how he and his fisher friends are feeling about the provincial opt-out, Grimolfson said they're nervous.

"Even the ones that are for opting out, they're still wondering what's going to happen."



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Getting your Brakes checked

If your brakes are trying to tell you something, you should pay attention. A properly operating brake system helps ensure safe vehicle control and operation and it should be checked immediately if you suspect any problems, says the non-profit Car Care Council.

While an annual brake inspection is a good way to ensure brake safety, motorists should not ignore signs that their brakes need attention. Knowing the key warning signs that your brakes may need maintenance will go a long way toward keeping you and others safe on the road.

Your local service providers remind motorists to look for the following warning signs that their brakes need to be inspected:

- Noise: screeching, grinding or clicking noises when applying the brakes.
- Pulling: vehicle pulls to one side while braking.
- Low Pedal: brake pedal nearly touches the floor before engaging.
- Hard Pedal: must apply extreme pressure to the pedal before brakes engage.
- Grabbing: brakes grab at the slightest touch to the pedal.
- Vibration: brake pedal vibrates or pulses, even under normal braking conditions.
- Light: brake light is illuminated on your vehicle's dashboard.

Because brakes are a normal wear item on any vehicle, they will eventually need to be replaced. Factors that can affect brake wear include driving habits, operating conditions, vehicle type and the quality of the brake lining material. Be sure to avoid letting brakes get to the 'metal-to-metal' point as that can mean expensive rotor or drum replacement.

With the Winter months around the corner it may not be a bad idea to get your brakes checked or changed. Brake inspections can save you money so doing an inspection yearly is recommended, the longer you leave your brakes the more costly it can become. To get your brakes checked or changed visit your local Interlake service provider.

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Lakeshore students learn the consequences of distracted driving

By Patricia Barrett

Students from Fisher Branch Collegiate and Inwood School watched a mock car accident last Thursday in Winnipeg to learn about the seriousness of distracted driving.

Twenty students from Fisher Branch and nine from Inwood saw what happened in the aftermath of a vehicular accident, including attempts to resuscitate a victim with CPR and a funeral service.

"It was a very educational day," said Greg Thomas, principal of Fisher Branch Collegiate, who accompanied students to the Chapel Lawn Memorial Gardens & Funeral Home on Portage Avenue where the exercise took place. "Basically, the theme of the day is that when you're driving, never use your telephone — and to stop texting and driving because distracted driving is the leading cause of death among teenagers."

The Manitoba Brain Injury Association staged the event in partnership with the funeral home, fire and ambulance personnel, city police, the RCMP and STARS air ambulance. Manitoba Public Insurance sponsored the event.

MBIA held its first mock crash in Oak Bluff in 1998. The event showed students firsthand the after-effects of a fatal collision on family and emergency personnel, according to its website. The association stages two mock crashes a year.

"Right in front of your eyes, they're going through everything they would do in that situation while the driver, who's going to be charged, is being taken away by police ... [and] ... a

group of six people are doing emergency CPR on one of the victims," said Thomas. "It's happening all at the same time."

Fisher Branch's guidance counselor Amanda Bouchard had attended accident re-enactments in the past and found they were a very successful method to teach students about the dangers of distracted driving, said Thomas. That led the two schools to take part in this event.

Teacher Laura Fridfinnson, who works half time at Inwood and Fisher Branch, accompanied Thomas and the students to Winnipeg.

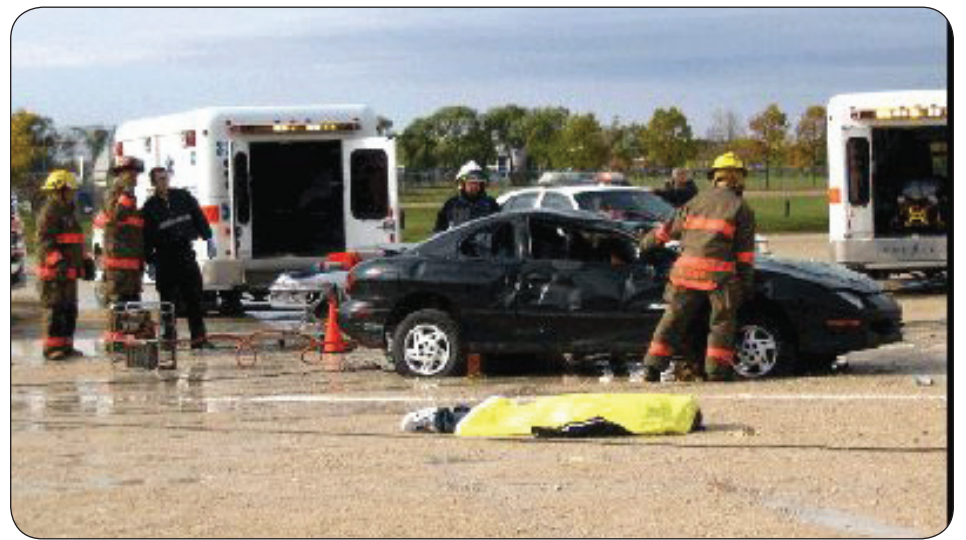
Twenty-four per cent of fatalities and 26 per cent of those seriously injured were 16 to 24 years of age, according to Transport Canada's 2011 publication Road Safety in Canada.

"Young drivers ... continue to be at higher risk of being killed in motor vehicle collisions per distance travelled than all other age groups."

The publication defines distracted driving as the use of electronic devices, such as cell phones, GPS systems, radios and CD and DVD players, and grooming, eating or drinking, talking with passengers and visual distractions such as signs and billboards.

Before students headed out to the rows of bleachers set up in Chapel Lawn's parking lot, where they watched the deadly scene unfold, they heard from a real-life accident victim.

"They had all the students in the chapel and there was a young man ... involved in an accident," said Thomas. "... He was driving a motorcycle and someone hit him from behind while



EXPRESS PHOTO BY MANITOBA BRAIN INJURY ASSOCIATION
MBIA stages two mock accidents each year to teach students about the dangers of distracted driving.

he was at a stop light. It was a near-death experience, but he got through it."

Thomas said the young man does not know what distracted the driver but that it "lives with him to this day because he's quadriplegic and has limitations to his life."

In the parking lot, actors and emergency services personnel took students through each stage of an accident, which included STARS landing and taking off with one of the victims.

Students then filed back into the chapel to watch a funeral service for a victim who did not survive the crash.

They also took part in a debriefing session and had an opportunity to ask questions.

"They [emergency services person-

nel] basically talked about it from their perspective," said Thomas, referring to the debriefing, "just to implore the students that distracted driving is a big, big issue and don't do it."

The students were very respectful and "on task" throughout the day. And the reality of distracted driving really hit home, he said. There's a difference between hearing (on the news) about a distracted driver causing an accident and actually seeing it unfold before your very eyes.

"It gets them on an emotional level," he said. "It takes it from being something in the head to being something in the heart. They internalize it because of that emotional experience."

Grahamdale approves Steep Rock Beach Park loan

By Jeff Ward

The reeve and council of the RM of Grahamdale approved the \$400,000 line of credit for Steep Rock Beach Park that will be used for campground renovations and a future expansion.

A public hearing was held last week on Sept. 21 at Moosehorn Community Hall so ratepayers could voice their concerns and ask questions about the proposed plan. Reeve Clifford Halaburda said that the meeting had approximately 30 people in attendance and that the majority was in favour of the idea.

Halaburda reminded taxpayers during the meeting that this isn't a \$400,000 cheque and that it's a line of credit. The money will be used only in chunks and cannot be withdrawn in full. Halaburda said that for each

project the campground managers want to accomplish, they will need to submit a detailed plan. Council will go over each plan and decide whether or not the plan is competent before writing the cheque. The loan will be repaid to the RM at \$40,000 a year for the next 10 years.

"We're going to keep very close tabs on this," said Halaburda, who added that he's confident in the team at the campground.

"We wanted to make sure that there is a large amount of accountability here with this strategy. So if they want to do a project, they have to come up with a plan and submit it to us. They showed us a plan for their hydro project and there were no objections so we wrote the cheque for \$50,000 to get that started."

The hydro plan Halaburda is referencing is increasing several sites power hookup from 20 to 30 amps. Halaburda said that there were some in attendance that had some objections to the loan. They felt the money could be better used to add services to the area like garbage pickup. And while the reeve said he would like to have garbage pickup, he added that he can't just do it in one area, so it would have to be the entire municipality. He said that Grahamdale used to have that service but it became far too costly due to the huge geographical area of the RM.

It's also important to note, Halaburda said, that this money isn't taxpayers' dollars. The funds are from the sale of cottage lots in the Steep Rock subdivisions. The reeve knows that

there is a long waiting list of people wanting to camp at Steep Rock Beach Park, but until an expansion is built, tourism money won't be spent in the municipality.

"Tourism is one of the ways this area can get stronger. We're told that they have 90 to 100 people on a waiting list for spots and that's great for the campground. When people visit here, they buy things here and maybe think about living here one day," said Halaburda.

The reeve said that this is not only an investment in the campground but in the municipality and he feels it will pay off long term. These projects won't get done overnight, but when they do, Halaburda feels like it could really kickstart the expansion of other areas of Grahamdale.



Adding a basement to your home

Digging down is a great way to add space and value to your home. However, when undertaking this type of renovation project, it's always best to trust a foundation professional. They'll build an addition or extend your existing crawl space to add an entirely new and functional basement to your home.

Once the soil, foundation and weight of your home have been assessed, a structural engineer can determine the best technique to use to construct the basement. Most single-family houses can be lifted using a hydraulic system and steel piles without causing damage or cracks to the structure. This method will increase the amount of natural lighting in your basement while reducing the risk of water infiltration. Underpinning or lowering a basement might be preferable for older homes with solid masonry construction. This approach involves digging under the existing foundation while shoring up the structure using adjustable support columns to lower the floor. While in itself an impressive sight, it's important to know that underpinning is usually more expensive than simply lifting your home.

It's important to be thorough when choosing the right licensed and experienced professional for your renovation. The foundation is the most important part of your home and any damage to it could affect its overall structural integrity. So don't hesitate to ask for a written estimate, references and guarantees when shopping around for the best contractor.




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Gimli Mayor weighs in on Lake Winnipeg for Native Planet documentary

By Patricia Barrett

Gimli Mayor Randy Woroniuk shared his insights on the state of Lake Winnipeg with documentary filmmakers from RealWorld Media, a Vancouver-based production company that produces the series Native Planet.

Last Thursday the mayor met with producers, crew members and the host of Native Planet at Gimli's Robin's Donuts to discuss environmental threats to the lake and what can be done to mitigate those impacts.

This is not the first time the mayor has taken part in a Native Planet program. In May 2015, he showed producers how to humanely trap beavers.

Before the filmmakers arrived, Woroniuk spoke about the need for Gimli to find ways to deal with the certainty of increased algal blooms and the presence of zebra mussels.

"Everyone agrees something has to be done. However, we're beyond that point," said Woroniuk, a former conservation officer for the province. "I can't sit and wait for something to be done. I have to start getting the community ready to adapt. So that's fine that they're going to try to reduce phosphorus loading. We know there are invasive species...so let's go forward. We know algal blooms are going to start to be more common."

Gimli can adapt to the threats and maintain its status as a fishing and tourist town in a number of ways, he said.

One includes building an outdoor pool so that people have the option of swimming if toxic algae washes up on the beach.

"Algae smells when it starts to rot on shore," said Woroniuk.

Grand Beach, on the east side of the lake, experienced an algal bloom mid-August that coated the beach with green sludge.

To overcome the threat of invasive species on fish stocks, the mayor said fishers need to find new markets for "opportunity fish," species that are at present not highly valued on the market.

"We know from what happened in the east, in Ontario and the States that were bordering the Great Lakes, [such as] Lake Erie," said the mayor. "The algal blooms and the zebra mussels started taking over. We know from their history that the fish populations collapsed. But the money fish – the walleye – collapsed. The other fish didn't; they could adapt, they could live in low oxygen [waters]."

The mayor said the need to diversify Gimli's economy is important in the event the town's tourism sector takes



Gimli Mayor Randy Woroniuk and Native Planet Host Simon Baker take a walk on Gimli Beach

a hit and lakefront property values go down.

When the film crew arrived, Native Planet Host Simon Baker, who grew up in B.C., asked the mayor several questions about the lake, including an overview of the threats, where Gimli stands at present and how he intends to address challenges that may arise.

The mayor told the filmmakers about the arrival of zebra mussels, their considerable reproductive capabilities and ability to filter water – which contributes to increased algal blooms – as well as the changes he has seen over the 19 years he has lived along the lake.

He also spoke about the effects of climate change on the lake, sewage from Winnipeg being dumped into the Red River, which flows into the lake, the degradation of the filtering capacity of Netley Marsh, how a potential collapse of walleye stocks could affect commercial fishers and the high costs associated with clearing mussels from infrastructure.

"They grow so prolifically," said the mayor, "and nothing in this lake eats them."

The mayor shared several stories of the invasion of zebra mussels, including one from last winter when he was doing a spot of ice fishing.

"I was bouncing my jig off the bottom," he said. "I caught a clam shell [with]...zebra mussels on it."

Woroniuk's prognosis for the lake was less than optimistic: "...my fear is that two, three years down the road,



EXPRESS PHOTOS BY PATRICIA BARRETT

Co-producers Carmen Henriquez and Denis Paquette from Vancouver-based RealWorld Media.

that's when we're going to have a real problem."

He cited the need to "do something within our grasp" and to continue to work with the federal and provincial governments to address the issues.

"They're [zebra mussels] not going to change for us. We're going to have to change for them," said Woroniuk.

The Native Planet series, which is televised and available on the web, focuses on Indigenous cultures and their defence of the planet's natural resources, which are increasingly under threat by human behaviour and capitalist interests.

RealWorld Media creates documentaries about cultural identity, social justice, human rights and the future of the planet, according to its web site.

"This is our second season [of Native Planet]," said Production Manager Kim Kaufmann, who accompanied the crew to Gimli. "We have six episodes we're filming this year."

Kaufmann said Simon Baker and co-producers Denis Pacquette and Carmen Henriquez started filming in January on Easter Island off the west coast of Chile, where tourism is having an effect on historic monuments, and the Indigenous community is struggling for rights from the Chilean government.

The crew also filmed in the Atacama Desert in Chile, where mining is affecting the water, and in Namibia in Africa before coming to Gimli.

"There are issues with the planet, but where do we go from here," said



EXPRESS PHOTO BY TRACY MARTIN

Zebra mussels coat a string of Christmas lights pulled up from Gimli harbour.

co-producer Denis Pacquette, explaining their emphasis on solutions.

Cheryl Buhler, owner of Robin's Donuts, had a walk-on part in the documentary, bringing the performers coffee as they discussed Lake Winnipeg on her outdoor patio.

After the sit-down interview, Woroniuk took Baker and the crew on a tour of the beach and harbour area, explaining how environmental threats can undermine Gimli.

A release date for the feature-length documentary is yet to be announced.

For more information about Native Planet, visit <http://realworldmedia.tv/project/native-planet>.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Impact wraps up regular season with loss

By Brian Bowman

The Interlake Impact lost its regular-season finale on Sept. 21, dropping a 3-2 decision to the North Winnipeg United at the Ralph Cantafio Soccer Complex in Winnipeg.

Benny Wiens and Marcelo Peralta scored for the Impact in the losing cause. Nicholas Amorim replied twice for North Winnipeg while Sukhev Brar also tallied.

Despite the loss, Interlake finished the regular season atop the Division 6 standings with an impressive 15-3 record and 45 points. That was five points ahead of second-place North

Winnipeg (13-4-1)

Rounding out the top four placings and earning a playoff spot were Les Blues (9-7-2) and the Portage Cobras (9-8-1).

Interlake will play Portage this Saturday (noon) in a semifinal game at the Ralph Cantafio Soccer Complex. North Winnipeg will then battle Les Blues in the other semifinal at 2 p.m. at the same location.

The winners of the two semifinal matchups will then advance to the league final, which will be played next Wednesday at 9 p.m.



EXPRESS PHOTO BY LANA MEIER

The Interlake Impact lost its regular season finale 3-2 to the North Winnipeg United at the Ralph Cantafio Soccer Complex on Sept. 21.

Gimli reaches quarter-finals

Staff

Gimli gave the Tec Voc Hornets a real good battle in their quarter-final match of a Reiver Invitational tournament last Saturday as the Lakers took the Hornets to the full three sets.

Gimli won the first set 25-23 but then lost the next two by scores of 25-20 and 15-7. Tec Voc went on to capture the tournament title after defeating the Stonewall Collegiate Rams in the final.

The Lakers were winless in pool

play, losing 2-0 (25-15, 25-10) to Stonewall, Kildonan East (25-17, 25-18), and West Kildonan (25-17, 25-22).

Meanwhile, Riverton Collegiate reached the quarter-finals at an ERSJB varsity girls' tournament in St. Jean-Baptiste last weekend.

Riverton lost 2-0 by scores of 25-12 and 27-25 to Ecole St. Joachim in the playoffs. In round-robin play, Riverton split with Nellie McClung (25-18, 8-25) and lost to St. Jean-Baptiste (25-8, 25-24).

Ice Dawgs begin KJHL preseason play

Staff

The Arborg Ice Dawgs opened their preseason schedule with a solid 5-1 victory over the North Winnipeg Satellites last Saturday in Gimli.

Those same two teams hooked up this past Tuesday in Winnipeg but no score was available at press time.

Arborg will play the defending-KJHL champion Peguis Juniors twice this weekend in exhibition play. Peguis will host Arborg Friday (8 p.m.) and then the two teams will battle Saturday (7:30 p.m.) at the Gimli Rec Centre. The Lunder Falcons will also

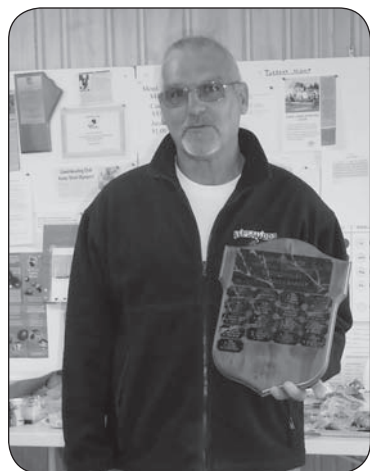
be in action this weekend as they host North Winnipeg on Friday (8 p.m.) in Warren.

On Sunday, Lunder will travel to St. Malo to take on the Warriors. Game time is 2 p.m.

The Keystone Junior Hockey League regular season begins Oct. 7 when OCN visits Cross Lake and St. Malo hosts Lunder. The following evening, Peguis hosts Norway House while Arborg visits Selkirk.

On Oct. 9, Fisher River will host Norway House while Lunder battles the Fishermen in Selkirk.

Gimli Lawn Bowling club hosts wind-up dinner



EXPRESS PHOTOS SUBMITTED

The Gimli Lawn Bowling Club held their wind-up dinner on Sept. 13 and presented several awards to members. Left photo: Thursday night social bowling winner Ian Thompson; middle photo: Tuesday night league winners Rick Miller, Elaine Thompson and Orest Oucharek; Right photo: winners of the Jerry Johnson Memorial tournament held in July were Barb Magnusson, Chris Magnusson, Norm Carrothers and Emily Devlin.

Lightning start season at Souris preseason tourney

By Brian Bowman

The Interlake Lightning had some good things – and some not so good things – at their preseason tournament opener last weekend in Souris.

The good was a 4-3 Interlake win over Parkland last Friday. But the not so good was a 5-2 loss to Pembina Valley and a 9-3 defeat to Central Plains on Saturday.

Those two games Saturday were played within hours of each other.

“That was our third game in 18 hours,” said Lightning head coach Dwayne Swanson of the lopsided loss to Central Plains.

“It was Central Plains’ first game of the day and we were exhausted. But I give Central Plains full credit, they played way better than we did and, even if we were tired, we have to do a better job of playing through it.”

Still, Swanson saw some good things from his club in the three games.

“We had 12 kids still left in camp, so we were playing a lot of guys that won’t be part of the (Midget) Lightning program this season,” he noted. “But there’s a good future for some of those kids.”

Swanson said 30 players came out for the Lightning training camp this season, which is an improvement over previous years.

“It’s good to see the interest in the Interlake,” he said. “And I think the future is a lot brighter than in previous years, that’s for sure.”

The Lightning has just five returning players this season, so they will need everyone to contribute. But the Interlake will be looking to get big offensive years from forwards Jack Einarsen and James Maxwell.

In goal, Adam Swan should be the Lightning’s clear cut No. 1 goalie this season. He recently returned from the Lethbridge Hurricanes’ Western Hockey League training camp.

To help strengthen their roster, the Lightning has also added six players from Winnipeg.

“They seem like great kids and we’re looking forward to it,” Swanson said.

Interlake will begin its Manitoba Midget AAA Hockey League regular season with a pair of home games this weekend. The Winnipeg Wild will visit Teulon on Friday (7:30 p.m.)

and then the Southwest Cougars will be there on Sunday (2 p.m.).

“We might as well see where we stand right off the bat,” Swanson said

of facing the talented Wild. “We’re looking forward to the challenge and we actually have (the Wild) in two of our first three games.”

Lakers wrap up golf season at provincials

By Brian Bowman

The Gimli Lakers placed fifth out of seven teams at the MHSAA golf provincials last Friday in Winkler after combining for a 372.

Gimli’s team consisted of Lexie Kopp, Alexis Bahuaud, Carley Matkowski and Kadriana Sahaidak.

Kopp had the second lowest score at the provincials - with an 85 - nine strokes back of Erickson’s Bobbi Uhl.

The Vincent Massey Vikings from Brandon won this year’s girls’ provincial title after finishing with a 267. The Vikings’ team featured Tiana Slate, Hayley Shanks, Brynee Pachinski and Hailey Curtis.

Vincent Massey won the title by a whopping 64 strokes over St. Mary’s Academy and Swan Valley.

On the boys’ side, the Stonewall Collegiate Rams placed 11th at the provincials.

Stonewall’s team of James Maxwell, Ryan Brown, Scott Yeo and Foster Bytheway combined for a 296 total.

Yeo carded an 87, followed by Brown (104), Bytheway (105) and Maxwell (114).

The Miles MacDonell team of Ryan McMillan, Cameron McIntyre, Brock Namaka and Brett Walter won the provincial title after firing a 237. That was five strokes better than St. John’s Ravenscourt and eight in front of St. Paul’s.

The low individuals were McMillan (72), Zach Wytinck (75) and Silvain Ruest (75).

Golfing for mental health



EXPRESS PHOTO COURTESY OF BRENNA FALK

Organizers and 112 friends and family members raised approximately \$1,818 at the third annual Ryan Sigfusson Memorial golf tournament. The funds have been donated to Bell Let’s Talk to support mental health initiatives in Sigfusson’s memory. Sigfusson, who committed suicide at the age of 27 in 2014, had a passion for golf and suffered from depression. The tournament, held at the Lundar Co-op Golf and Country Club on Sept. 17, is held annually the weekend before Ryan’s birthday, Sept. 18. Chayce Loewen opened the fundraiser by singing a song he had written for Ryan shortly after he passed as a tribute to a brother, uncle, son and best friend that is missed dearly. For more information on the 2017 tournament, contact Tim Sigfusson at 204-739-3673. Pictured from left: Reid Warren and Kayla Grand from The Pas and organizers Brenna Falk and Tim Sigfusson.

Giving chase



EXPRESS PHOTO BY JOANNE PROCTER

Gimli’s Ryan Crave, right, chases down the ball against Stonewall Collegiate during boys’ soccer action last Thursday. Stonewall scored three second-half goals in a 4-1 victory.

Midget Thunder drops fourth consecutive game

By Brian Bowman

The Interlake Thunder suffered their fourth consecutive Midget Football League of Manitoba loss after dropping a 22-2 decision to the Falcons Football Club last Saturday in Stonewall.

But Thunder head coach Kris Johnston was proud of how his team played against the first-place Falcons. Interlake trailed by just two scores midway in the fourth quarter.

"I thought our players played an outstanding football game," said Johnston. "Defensively, we blocked a convert and we only gave up two actual touchdowns. We made them earn everything they got."

Falcons' quarterback Ryan Hassar hooked up with receiver Maison Stortz for a touchdown while Demi Adeleye-Olusae rushed for another major.

The Falcons' also received a punt return TD from Kaan Bitchok.

Austin deLaroque led the Thunder with nine tackles while Colton Meisner had eight. Interlake played a clean, physical game on the defensive side of the ball, said Johnston.

Interlake was led offensively by Alex France's five catches for 102 yards while Colton Nedotiafko's rushed for 77 yards on 18 carries. Thunder quarterback Thomas Dunlop was 9-for-19 for 131 yards and two interceptions.

The Thunder did a much better job moving the ball against the Falcons compared to the previous week's loss to St. Vital. Still, Interlake will have to learn how to turn those nice drives into points.

"We did move the ball and we did keep the ball out of their hands," Johnston said. "Our rushing attack was, once again, solid."

With the loss, the Thunder are now in fourth place in the five-team league with a 2-5 record. Interlake



EXPRESS PHOTO BY LANA MEIER

Thunder backup quarterback Brandon Porteous came in to relieve an injured Thomas Dunlop during Interlake's 22-2 loss to the Falcons last Saturday.

is two points ahead of the last-place Sunrise Coyotes. Sunrise surprised the Southwest Wolves with a 16-8 win last Saturday.

The Thunder has a bye this weekend and then will wrap up its regular-season schedule with a road game against the Coyotes on Oct. 8. Game time is

3 p.m.

"We're looking to get back on track (in our next game) but wins aren't going to be easy," Johnston admitted. "We have a bye this week so it will give us a chance to recover (from some injuries) and prepare with practices."

Gimli High School students organize their own Terry Fox Run

By Patricia Barrett

Gimli High School students took part in a number of activities last week to raise money for the Terry Fox Foundation and to show their support for those suffering from cancer.

Students dunked teachers, held a basketball shooting competition and a mini floor-hockey tournament and undertook their own Terry Fox Run Sept. 22.

Grade 12 student Carley Matkowski, who is part of the cross-country running team, said raising money for the foundation is important "because he ran [half way] across Canada even with him having one leg. We complain if we have to walk to town."

Two of her fellow students, Jessica Greene and Jayda Campbell, were eager to take part in the five-kilometre run, which was held during the lunch hour.

Greene, who's in Grade 10, said the run fits well with her cross-country training.

"Since it's Terry Fox," she said, "I just want to get out there and move."

Teacher James Squissato said he enjoyed taking part in the students' weekly fundraising activities.

"I got dunked four times," he said.

Gym teacher Chad Heminger, who helped organize the week's events, took part in the run.

"We're at about \$380 as of today," said Heminger. "It [donations] will be open until Friday. The last couple of years, we've done a single day, and it has been kind of dwindling in terms of donations, so we did a week to try to pump it up."

At the start line, the runners made a pact that "no one's stopping."

They set out from the school gym and ran north to PR 231 then headed down to the lake. They took the scenic boardwalk then headed up Centre Street.

The school office said donations are still coming in, and they will have a final tally next week.



EXPRESS PHOTO BY PATRICIA BARRETT

Jessica Greene, Jayda Campbell, Carley Matkowski and gym teacher Chad Heminger embarked on a five-kilometre route around Gimli and came up Centre Street during the school's Terry Fox Run last Thursday.

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The applicant must have a minimum three years MacIntosh experience using InDesign CS5 or later, Adobe Photoshop and Adobe Illustrator. Must have their own MacIntosh computer with InDesign that is compatible with InDesign 5.0 and have the ability to create print ready PDF files and know how to use a FTP site. Microsoft Word is an asset. A strong feel for typography - tracking/leading and a strong sense for detail would be beneficial.

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MUNICIPALITY OF BIFROST-RIVERTON
CHANGE OF MEETING DATE

TAKE NOTICE THAT the Council Meeting of the Municipality of Bifrost-Riverton regularly scheduled for Wednesday, October 12, 2016 is changed to Tuesday, October 11, 2016 at 8:00am.


Dated at Arborg this 26th day of September, 2016.

Cindy Stansell, CMMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton

Jack and Jill Reception
In Honor of
Morgan Dziad's
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> MEAL IDEAS

Pumpkin, Chocolate and Cheddar Muffins



2 eggs
2/3 cup (160 mL) brown sugar
1/4 cup (50 mL) vegetable oil
1 cup (250 mL) homemade or store-bought pumpkin purée
2/3 cup (150 mL) 1% milk
1/2 tsp (2 mL) pure vanilla extract
1 cup (250 mL) wheat bran

1 cup (250 mL) quick-cooking oat flakes
1 1/2 cups (375 mL) unbleached flour
2 tsp (10 mL) baking powder
1 tsp (5 mL) baking soda
1/3 cup (75 mL) bittersweet chocolate chips or chunks
3/4 cup (180 mL) lower fat Canadian Mild Cheddar, diced or 1/2 cup (125 mL) regular Canadian Mild Cheddar, diced

Directions

Preheat oven to 350 °F (180 °C).

In a bowl, using an electric mixer, beat the eggs with the brown sugar. Add oil, pumpkin purée, milk and vanilla extract.

In a large bowl, mix remaining ingredients and make a well in the centre.

Pour liquid ingredients into the well and mix just until combined.

Divide batter into a muffin pan, using paper muffin cups.

Bake in oven for 25–30 minutes or until a toothpick inserted in centre comes out clean.

Spinach and Pumpkin Curry

1 pie pumpkin, halved and seeded
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons olive oil
2 tablespoons vegan hard margarine
1 onion, chopped
2 carrots, peeled and chopped
1 green apple, chopped
1 tablespoon grated fresh gingerroot
1 1/2 teaspoon curry powder
2 cups vegetable broth
2 cups plain hemp milk
3 cups packed spinach
1/2 cup sour cream
1. Place the steamer basket in a large saucepan and add water to about 1 inch below the bottom of the basket. Place the pumpkin halves in the basket, cover the pan and turn heat to medium-high. When the water boils, reduce heat to

medium and cook until the pumpkins are tender, 10 to 15 minutes, adding hot water if necessary. Let cool. When cool enough to handle, scoop pulp from skins. Transfer to a food processor, add salt and pepper and puree until almost smooth. Set aside.

2. Place a large, heavy-bottomed saucepan over medium heat and let pan get hot. Add oil and margarine and when melted, tip pan to coat. Add onion, carrots, apple, ginger, and curry powder and cook, stirring frequently, until softened, 6 to 8 minutes. Add pumpkin, vegetable broth, milk, and salt and pepper to taste, stirring well to thoroughly combine.

3. Reduce heat and simmer, stirring occasionally, until soup is slightly thickened, about 10 minutes. Stir in spinach. Taste and adjust seasonings and cook, stirring occasionally, until spinach is wilted, about 4 minutes. Serve topped with a dollop of sour cream.

Recovered Alcoholics Deserve Respect for Their Pain



Through the course of my work, I have come to know some recovered alcoholics. They have taught me a lot. Some are extremely articulate, and have explained what it is like to get caught up in the cycle of addictive drinking. They recognize the pain that they have caused others and the damage they have done to themselves. They have had the courage, one day at a time, to loosen themselves from the grip of their addiction.

Often, they had to endure the pain of withdrawal, along with the pain of what they were drinking to escape. I have such deep respect for these individuals, for I know that their path was not an easy one.

Because of their challenging journey, and perhaps the humility that they gained along the way, they know how to speak from the heart. In order to heal, they have had to be brutally honest with themselves, in ways that few people are.

Often, they have both supported, and been supported by others on the same path. They know how to listen, and they know how to reach out.

Certainly there are those who have quit drinking and still have not healed associated dysfunctional behaviors. Stopping drinking is not the end of the process, it is the beginning.

It takes courage to admit your mistakes and to acknowledge to others the hurt you have caused: lot of courage. It takes courage to know

that some of the damage is irreparable, and that you cannot change the past, but to continue to move forward in your life.

It also takes courage not to replace one addiction with another. The recovery process is about self-honesty. Interestingly, the path of growth for any human also involves self-honesty.

Many people take the path of avoidance or denial when it comes to truly being honest about their behavior or motivations. This is true of many well-adjusted individuals, who seem successful in their lives.

On the surface everything looks smooth or perfect, but underneath they may be hiding their true natures from themselves or those close to them. Everyone has their dark sides.

In order to heal, the recovering alcoholic must bring his or her dark side out into the light, and honestly take stock. Part of the healing process may involve admitting to the support group where one has dishonored self and others.

This is the beginning of truly taking responsibility. How many of us are willing to do that within our own hearts and minds, much less in front of others?

The recovered alcoholic has, in doing this, traveled the toughest part of the road to enlightenment. I used to think of recovered alcoholics as those who had failed, and then managed to get back on their feet. Now that I have known some, I see them as very special people who have lived through pain and struggle. People who have gone deep inside and found their own souls. They have much wisdom to share.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

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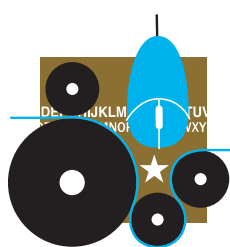
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