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**Colourful dance**

EXPRESS PHOTO BY LANA MEIER

The Punjab community, including 33 families and 37 dancers from Winnipeg, attended the 6th annual Culturama festival held in Arborg last Friday. The youth performed three different dances, showing off their beautifully decorated costumes.

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

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# New doctors expected to improve ER availability at Gimli Hospital

By Patricia Barrett

The Interlake-Eastern Regional Health Authority has recruited 19 new physicians that should improve emergency room availability across the region.

Two doctors will be starting at Gimli Hospital Oct. 16 and will be joined by another by December. A fourth doctor is expected to join the team next spring.

“It takes about six docs to keep an ER open,” said IERHA CEO Ron Van Denakker during an announcement Sept. 27 at Gimli Hospital. “Fortunately, we do have other physicians here, as well as access to a significant number of locum docs. I haven’t seen how the [ER] schedule is rolling out, but physician services and our ER schedules will be profoundly improved with the addition of the four docs.”

New physicians have already joined — or will be joining — other hospitals run by the health authority: Ashern (two), Eriksdale (one), Arborg, (one), Teulon (two), Stonewall (two), Selkirk (two), Beausejour (two), Pine Falls (three) and Brokenhead (one).

The new physicians are either recent Canadian medical graduates, international graduates or doctors recruited



Health Minister Kelvin Goertzen.

from other countries, such as the U.K.

Dr. Dylan Thompson and Dr. Jessica Chan are two of the doctors starting at Gimli Hospital in a few weeks.

“So far everyone in Gimli has been amazingly accommodating and kind, and I think that it’s these sorts of traits that have attracted both myself and



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
Dr. Dylan Thompson and Dr. Jessica Chan will be joining Gimli Hospital Oct. 16.



IERHA CEO Ron Van Denakker recruited 19 new physicians to the Interlake.

Dr. Chan,” said Thompson. “I think the opportunities that have been offered to us have been above and beyond. And I’ve got to say it’s quite a welcome that we’re experiencing here today.”

Dr. Chan completed her residency in family medicine at the University of Manitoba and will be also helping staff the ER.

“We really love the community. We visited a couple of times,” said Chan. “I also spent some time in the Interlake region. I was working out of Stonewall for a couple months and really enjoyed it. I thought this would be a good place to practice.”

The health authority has also recruited three specialists to work in palliative care, surgery and hospital services but did not indicate where they’ll be assigned.

Van Denakker said most rural areas in Canada have experienced difficulty attracting and retaining doctors and that it took “years” of effort to bring new doctors to the Interlake.

“Some of these people we met when they were medical students and were part of rural interest weeks. They would come to our region and just get used to the community. And we’d have resident retreats. If the resident

Continued on page 7

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# Bath bomb party signals new wave in interactive fundraising

By Jeff Ward

Lundar-based Bomby Manitoba bath bomb making parties have become an attractive new fundraiser with the likes of paint parties in recent months. Business owner Marnie Holm recently took the business full time and is burning the midnight oil to make it work.

Bomby Manitoba specializes in bath and body products including bath bombs, bath salts, deodorant, body butter, lotions, salves and much more. Holm's products are all hand made by her and are manufactured with a passion.

Holm's business is now just over two years old and recently she was inspired by her friend and fellow business owner Toni Dent to start bath bomb parties. Dent's business, PartiLife, has seen quick success in the

form of local fundraising event planning and Holm said that applying it to her own products made perfect sense. PartiLife hosts a variety of art-based events that give attendees the opportunity to make art pieces like paintings, clay and even stained glass, among others. Holm said that these events tend to gather large groups of people, making good money for her business but also providing a good fundraising source as well.

These bath bomb making fundraising parties cost \$40 per person but participants get to leave with their own hand-made bath bombs, while 40 per cent of their admission fee goes towards whatever organization arranged the party.

Holm explained that when she saw how people flocked to Dent's events, she understood quickly why it was

successful. She also noticed that the demand for these events was high and remains so today. The further expansion of the market made the decision to start her own parties a no-brainer.

"People don't want to be handed fundraising forms anymore. They want something to do," said Holm.

"This is why Toni's become so successful doing what she's doing because she's creating exciting new activities for people. You go to one of her paint parties and even if your painting isn't good, you still had a great

time with your friends."

Holm said that her business has seen its ups and downs, but she's learned quickly from things that didn't work and leaned on what has. Understanding her own products and what people want is part of the boxing match that comes with being an entrepreneur. Holm said that one of her new products that she was very excited about, a powdered bubble bath, just

Continued on page 7



EXPRESS PHOTO BY JEFF WARD

Bomby Manitoba owner Marnie Holm recently took her bath and body product business full time and is seeing great success with her bath bomb fundraising parties.



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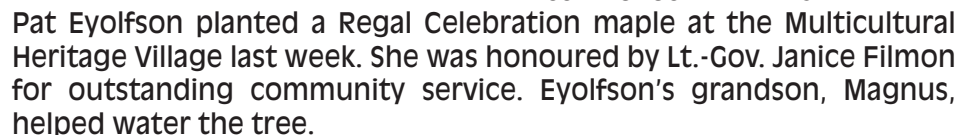
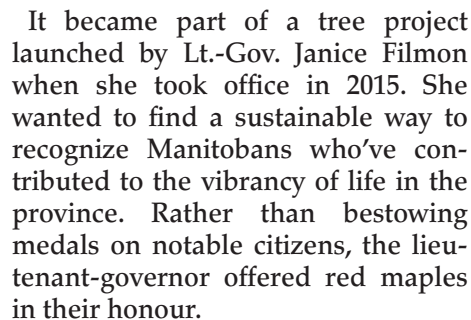
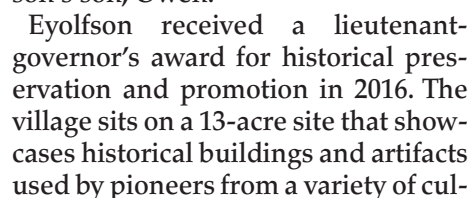


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[illegible]

About 20 guests, including Arborg Mayor Randy Sigurdson and Coun. Larry Speiss, were invited to tea in an historic community hall after the planting.



# Grahamdale producer lost six calves to timberwolf attacks

By Jeff Ward

The predator attacks on livestock across the Interlake this summer have been widespread, and Hilbre farmer Mike Tritthart knows this as well as anyone after a brutal summer for his calves.

Tritthart lost six of his younger animals out of a pasture of 32 north of Faulkner that were killed by timberwolves this summer. The attacks have cost Tritthart financially but have also cost him time as he's now moved them from that pasture to one closer to his home in Hilbre. He said that attacks happened quickly over a few week time span in the middle of the summer and that he's never had any trouble with predators on that field before.

To his recollection, he's only ever seen a handful of wolves trolling around his Hilbre farm over the years and remembers chasing one across a frozen Lake St. Martin more than a decade ago. The calves that were killed, when prices were high, could've been worth as much as \$2,000 a head, so the loss of those animals, coupled with the increased cost of feeding the rest of the herd hay, has compounded on an already difficult job.

"We've never had a problem with wolves on that field," said Tritthart.

"I put them out there on that pas-

ture on May 24 and it only took a few weeks before we noticed the kills. And you could tell in their behaviour that something was wrong. They were scared, all huddled together in a corner, not eating. They were all losing weight. I had to move them back just to protect them."

Tritthart said that his claims have been accepted by Manitoba Agricultural Services Corporation (MASC) so his financial losses haven't been nearly

as severe as they could've been. He said that he's nervous to put any animals back out on that field next summer because he's not sure he can guarantee their safety.

Tritthart said what many other producers facing this issue have said — and that's that even with the proper protections in place, it's sometimes not enough to stop a hungry predator. He said that once these wolves kill one animal, they know they can keep picking

them off until nothing is left.

"I have feeding trays out there for them and I remember doing a count and noticing it was off. That's not necessarily abnormal, but then the count was off for two days, then three days and then I found bones," said Tritthart.

And that's where much of the problem lies with this issue. Producers won't often know there is a problem until it's too late. Neil Brandstrom is an Eriksdale-based trapper and has



EXPRESS PHOTO BY JEFF WARD

Mike Tritthart lost six calves this year to timberwolf attacks and is one of many producers in the Interlake this year whose herds have fallen victim to predator attacks this summer.

been involved in predator control for many of the stories we've told you over the last few weeks, including Tritthart's. Brandstrom said that the best thing a producer can do to help protect their herd is to have a trapper come out during the winter and look for any problems before they happen.

The cause of this problem, a shortage of natural food and game for these predators, is unlikely to get better next year. And as these predators continue to make their way south through the

Interlake, producers might want to take some time this winter to see if their fields will be at risk.

"I honestly don't know what I'm going to do with that quarter next year. You have to have a pasture for your heifers and that land has been working good for years, until now," said Tritthart.

He added that he's been working with Brandstrom to address problem areas and he hopes to be able to use that land next year.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL "Aunty Yvonne got spanked by a fish"

Hello good friends.

It was cool and blustery on the Hnaua pier last week and that had forced Vivian Delorme and her mother Isabelle Jones to use their car as a wind break so they could sit fishing out of the wind. They had many layers of clothing on and their heads were covered with hoods, yet Vivian's generous smile and ready, "Hi, how are you?" brought me to their side asking for a fishing story.

Vivian's caring, easy nature came through with her every word. She is from Warren, having taken her mom out of the Stonewall Rosewood Lodge for an afternoon of fishing. Isabelle was sharp as a tack, speaking in short sentences and "Vi" was all fun as she described an experience when she and her husband were fishing on a warm, hazy day off the narrow 518 lane on west Shoal Lake.

She was a good distance from her husband and suddenly caught a jackfish. She didn't have a string to keep the fish, and not wanting to leave it on the ground, fearing it might flop back into the water, she put her foot on its tail and continued fishing. She caught another jack. Now she was in a predicament, she didn't want to take her foot off the first fish but now the second one was on the lane violently flipping this way and that. With some imaginative body gyrations, Vi managed to trap the tail of her second fish with her other foot but now she was unable to move. She started yelling at the top of her lungs for her husband to come help. He came running, thinking she was hurt then stopped. Taking in the sight of Vi in a wide stance with jumping jackfish under her feet, he



EXPRESS PHOTO BY ARNIE WEIDL  
Joe Ochman of Winnipeg with his "wonderful" pickerel catch off the Hnaua pier.

started laughing and laughing.

Back on the Hnaua pier, a cheer arose as the only person to catch a fish all day, Joe Ochman from Winnipeg, raised his rod high and a pickerel popped from the water onto the pier.

I had to coax him to let me take a picture of it for us. In his mind, it was too small, not that he was willing to throw it back in the lake. He felt he had come all this way to fish and he was going home with something.

Last weekend, driving down the slope to Balsam Bay's harbour's edge, I saw three anglers getting their boat

ready for travel, having just pulled it out of the water.

I got out my car expecting to greet them and ask about their fishing experiences but they beat me to it, calling out my name and inviting me over beside their boat. The lady, Yvonne Heilmann, a strong, agile outdoors person, was tanned with short, straight, slightly grey hair and ready with a story.

She dove right in saying a few weeks ago she was fishing with a friend and his two little daughters in a small aluminum boat when she caught a big pickerel. It was hot, sunny and windy as the fish fought, dazzling everyone in the boat with a sparkling spray it sent into the air. Then it swam straight for the boat and under it pulling Yvonne's line tight against the little crafts side, which began waddling from side to side causing the occupants to shift nervously in their seats.

Staying deep, the fish decided to come around the bow of the boat, and in doing so, caught the handle of the net, flipping it in such a way as to catch Yvonne's friend's half-open tackle box with his fishing licence in it, spilling it over the side of the boat. The net also gave Yvonne a smack in the head for good measure. The box floated, bouncing about in the water teasingly just out of their reach. She grabbed the net and, turning to the opposite side of the boat, lowered it under the escaping tackle box.

Relieved, Yvonne, on her knees, captured and began retrieving the box hand over hand. Her head jerked up: something else was hitting her. She

Continued on page 9

Stonewall Teulon  
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# Two local women shot in Las Vegas attack

By Jennifer McFee

The community is still in shock after two local women were shot in the mass shooting in Las Vegas last weekend.

Jody Ansell of Stonewall and Jan Lambourne of Inwood were attending the outdoor Route 91 Harvest country music festival on the Las Vegas strip on Sunday when a gunman started firing at the crowds from an upper floor of the Mandalay Bay Hotel.

In a media interview, Ansell said that she saw Lambourne drop to the ground and later found out that her friend had been shot in the stomach. Lambourne, who owns Sole Purpose Reflexology and Hair Salon in Teulon, was scheduled for surgery Monday and was reported to be in stable condition.

Meanwhile, Ansell was caught up in a stampede of people who were running for their lives. She was shot in the arm during the chaos, but she could only think about getting home to her family. She ended up at St. Rose Siena Hospital and she posted a message on Facebook since she lost her cell phone during the commotion.

"I'm at the hospital and am OK," Ansell posted Monday morning, prompting an outpouring of online support from across the country. "I was shot in

the right arm and the medical staff are taking care of me."

Later that day, she updated her post to provide more information about her situation.

"With the help of the hospital staff just wanted to give you a bit of an update. I am not going to need surgery as ct scan shows bullet exited and x rays show nothing is broken from what they can tell. Other than the pain and road rash I am going to be o.k. I am so relieved to hear Jan is being looked after however we are at different hospitals and no communication," posted 43-year-old Ansell, who had reportedly been staying at the Mandalay Hotel.

"Last night was the scariest thing I've ever gone through and all I could think of was my kids. I had to get out of there! Was so relieved to here from them this morning. My husbands on his way hear to be with me! I wanna thank everyone for all the love and prayers.....love you all. Keep you updated when I can xo."

At press time, reports indicate that at least 59 people were killed in the massacre, which is being called the deadliest mass shooting in modern American history.

More than 500 people, including Ansell and Lambourne, were injured.



EXPRESS PHOTO SUBMITTED

Jody Ansell, left, of Stonewall and Jan Lambourne of Teulon both were shot while attending the outdoor Route 91 Harvest country music festival this past weekend on the Las Vegas strip.

The shooter was identified as 64-year-old Stephen Paddock of Nevada. He is believed to have killed himself before police could enter his suite. Authorities are calling the incident a "lone wolf" attack.

Meanwhile, friends and family are

keeping Ansell and Lambourne close in their hearts as they wait for word on their recovery.

Friends of Lambourne's have opened up an account at Teulon Sunova to help with expenses.

## > BATH BOMB, FROM PG. 3

never took with consumers. And instead of double down, she scrapped the product altogether to focus her efforts elsewhere. Holm said that she is also exploring expanding the availability of her products into salons, spas and other boutiques.

Holm is a one-woman show and does everything herself from product research and testing to packaging, online sales and marketing. It's a lot of work that routinely requires her to work 14-18 hours a day. In January, Holm took the business full time and hasn't looked back.

"I'm a natural salesman. I just love doing this stuff and I'm very confident in my product. I

## > DOCTORS, FROM PG. 2

retreat was in our area, we'd have a chance to meet with them again," he said. "Our recruiter has managed to maintain relationships with these and many other doctors, and I think that's a really important thing because this just isn't about us staying in touch with them: it's about that connection with the community."

The Interlake region will be receiving 12 new doctors next year.

"When we talk about the 12 that are coming next year that is not to say there aren't a whole bunch of other ones that will make the decision to come here next year as well," said Van Denakker. "And we will welcome them with open

know that if you try it, you'll come back and buy more," said Holm.

That confidence isn't easy to come by for most people but Holm said that her advice to entrepreneurs looking to blaze their own trail would be to "believe in yourself."

"Start small, part time like I did. Make sure you understand your product or service well. Find that thing that you're passionate about and figure out how to make money from it," said Holm.

The monetization of one's passion is a near-perfect description of what a dream job should be. To get in touch with Holm to book your own bath bomb party, you can call 204-280-0789 for more information.

arms."

In April the Conservative government eliminated a grant program established in 2001 designed to help encourage new doctors to serve in Manitoba's rural regions. The elimination of the grant is expected to save about \$4 million a year in health-care costs.

Health Minister Kelvin Goertzen said the key to recruitment is community matching rather than financial incentives.

"We have moved from a time when it used to be all 'Show me the money' to 'Show me the community,' and I always wondered why is it we couldn't have that kind of an approach with the beautiful communities we have," said Goertzen. "And Gimli is among the most beautiful in Manitoba."



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# Arborg Collegiate cuts the ribbon on its new track

By Patricia Barrett

Arborg Collegiate officially cut the ribbon on its new sports track Sept. 26 after six years of fundraising and construction.

The committee overseeing the project dedicated the state-of-the-art asphalted oval to gym teacher Gestur Jakobson (now passed on), who taught at the collegiate in the 1980s and pressed for the construction of the former gravel track.

Gestur's son, Christian Jakobson, spoke about his father's dedication to community.

"He was instrumental in building the original gravel track," said Jakobson, who was joined by family members, students, Evergreen School Division staff and local dignitaries. "Gestur was a real believer in the idea of community. He gave a lot of his time to the community by coaching and serving on the community's Recreation Commission."

In 2012 a track committee made up of former principal Arlene Perry, principal Randy Semenek, teachers Haley Fisher and Shelly Burak, Judy Nichol and Tom Chwaliboga began fundraising for an asphalt track and a drainage system.

"The track and the fields had fallen into disrepair," said Judy Nichol, who was responsible for writing grant applications. "The old track was gravel and it was full of potholes, weeds and overgrown with grass. And the soccer fields were uneven and unsafe to be on. Water would sit on the track and the field and it didn't drain properly."

After numerous grant applications, contributions from the school board, town and municipality and community fundraisers — including two fun runs sponsored by Maple Leaf Foods



Members of Gestur Jakobson's family attended the ceremony and spoke about his dedication to the community.

— the committee raised over \$276,000 in five years.

Bifrost-Riverton Reeve Harold Foster congratulated the hard-working committee for their efforts in providing students with a top-notch recreation ground.

"Having quality facilities will go a long way to encouraging participation in athletic programs," he said. "The skills that are developed, such as healthy living, determination and co-operation with others, will carry over every aspect of your personal and professional life."

Several businesses contributed to the fundraising effort. Grain marketing company Richardson Pioneer provided \$15,000 towards the track through the Richardson Foundation. The province's Manitoba Community Services Council provided a \$29,000 grant to the Arbrog-Bifrost Parks and Recreation Commission to help with the track.

Other sponsors include Farm Credit Corporation, the Arbrog Legion, Community Places, Hometown Mani-



Principal Randy Semenek and former principal Arlene Perry and members of Gestur Jakobson's family cut the ribbon.



EXPRESS PHOTOS BY PATRICIA BARRETT

Arbrog track committee from left: former principal Arlene Perry, Tom Chwaliboga, principal Randy Semenek, Judy Nichol, Haley Fisher and Shelly Burak.

toba, Noventis Credit Union and Federated Co-op.

Gestur's family also made a donation to the track.

## Palliative Care volunteers course provides end-of-life training

By Jeff Ward

A course designed to increase awareness and develop skills for interacting with people facing end-of-life scenarios is in Eriksdale over the next few weeks in hopes of training a few new volunteers.

The Palliative Care Volunteer Training Course is offered free of charge by the Interlake-Eastern RHA. The program's co-ordinator Sandra Milotte said that the program is eight modules long and there are two training sessions each week. The modules include an intro to the palliative care role, the role of the volunteer, effective communication skills, family dynamics, emotional support and self care, among others. The course is a

prerequisite for anyone looking to become a volunteer. After completing the course, if a participant wants to take the next step, an interview and background safety check is then done. Milotte said that this program is designed for people to get a better understanding of what the role would be like and it's not an easy one.

"There's an end to this and you're going to be emotionally invested to a certain degree," said Milotte.

"It's good to keep those boundaries clear, but it is a very bittersweet volunteer experience. Personally I've had family members receive this service in another province and it provided peace of mind for someone like myself who couldn't be there for them."

Milotte said that there is a need for more volunteers in Eriksdale and Ashern as there are currently only four volunteers serving those areas. She wants to be able to promote these services more, but with the low number of volunteers, it's difficult to do so as she doesn't want to have to turn anyone away.

The demand on the volunteer can be quite stressful and it's why a lot of self care and personal boundaries are discussed at the training sessions. The role is difficult but Milotte said that those who undertake the task are providing a service that can't be understated.

"You are giving a gift when you volunteer like this. We've had them

spend overnights in the hospital, do phone calls or home visits. It's very personal, and one of the most important qualities for the volunteer role is to be a good listener," said Milotte.

The Eriksdale sessions have 11 registered currently and those looking to get in on the sessions will have to wait until another round is conducted. Milotte did say that if there was enough interest, she would try to arrange another session.

Those interested in learning when and where the next session is can call Sandra Milotte at 1-855-494-7369 or email [smilotte@ierha.ca](mailto:smilotte@ierha.ca) for more information.



# Flows through Fairford returned to normal this week

By Jeff Ward

Outflows from Lake Manitoba returned to normal this week following two weeks of reduced flows through the Fairford River Water Control Structure.

Over the last two weeks, Sept. 25 to Oct. 5, flows through the structure had been reduced to 4,500 cubic feet per second (cfs) from the normal 9,500 cfs. Manitoba Infrastructure said that the reduction in flows was so that underwater channel data upstream and downstream of the control structure could be collected. During that time, an underwater inspection of the

structure was also conducted.

The reduction of flows has brought down the water level on Lake St. Martin by approximately 1.5 inches over those two weeks. In that same period of time, Manitoba Infrastructure said, that the water level on Lake Manitoba increased approximately one inch compared to what it would have been if the channel hadn't seen reduced flows.

It is unclear at this time if Manitoba Infrastructure will leave Fairford open through the winter months to further reduce the level of Lake Manitoba.



EXPRESS PHOTO BY JEFF WARD

Outflows from Lake Manitoba returned to normal this week following two weeks of reduced flows through the Fairford River Water Control Structure.

## Educational workshops in Ottawa open to high school students

By Jeff Ward

The regional volunteer co-ordinator for Encounters with Canada is looking to all Interlake high schools for participants to take part in a unique week-long educational experience in Ottawa.

Encounters with Canada provides in depth educational workshops and hands on learning to high schools students from all over the country. The program is split into 13 separate self-contained theme weeks throughout the year. Students to fly to Ottawa and live in the Terry Fox Canadian Youth Centre with other students from all over the country. While there, they take part in workshops on the theme of that week, learn from industry experts and receive in-depth knowledge on topics they're passionate about.

Mercer explained that Encounters with Canada is a unique experience that is in service of higher learning

but that it also allows youth to meet people from all over Canada. Those connections could form life-long bonds and friendships and at the very least will provide students with a new perspective on life and the world around them.

"This is the largest youth forum in Canada and it's an incredible experience for students," said Mercer, who is the volunteer regional co-ordinator for one of five regions in Manitoba.

"It gives students the chance to get a whole week of education in a topic that's interesting to them. And it does so in a way that exposes them to a completely new life experience. They fly to Ottawa by themselves and are greeted by the Encounters with Canada team and are shuttled to the facility. They live in a dorm with other students for a week and learn and have fun."

The two theme weeks that are on

the horizon right now are Communication and Social Media (Oct. 15-21) which is guided by communications professionals. The instruction will deal with how to develop critical thinking and creative thinking skills and students will also travel to CBC studios in Montreal to get a hands on experience in radio and television. The other theme week is Science and Technology in which students will visit the Canadian Aviation and Space Museum, the Canadian Museum of Nature as well as research labs. Careers in science and a Let's Talk Science career panel will also be in the schedule.

These weeks also give students the opportunity to enjoy the Terry Fox Canadian Youth Centre, which is fully equipped with athletic and games areas as well as a fully capable kitchen where all meals are provided.

The costs are kept low at only \$675

per student, but for the aforementioned theme weeks, those prices have been reduced as those deadlines near.

"And we can definitely help in finding sponsorships to go if it's too much for some students. We will find a way to get them on the plane," said Mercer.

High schools in Ashern, Arborg, Lunder, Gimli, Inwood, Fisher Branch, Stonewall, Teulon and Warren are all in Mercer's region so any students from those schools, and many others, can call or email her for more information.

For those looking to get in touch to register, or just to get more information Mercer can be reached at 204-768-2571 or by email at mercerj@lake-shoresd.mb.ca.

### > GET FISHING, FROM PG. 6

realized instantly the fish's tail she had caught was smacking her in the butt.

The little girls rocked from side to side screaming with laughter, crying out, "Aunt Yvonne's getting spanked by a fish."

It all ended well, though. Yvonne's friend got his tackle box and fishing licence back while the fish made a nice addition to supper.

Last Wednesday I met a big burly grey-haired guy by the name of Stan Champagne who spent so much time on the Selkirk pier he devised a plastic pipe fishing rod holder that fit the drain holes on the pier. Smart man.

By for now.

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Also, we are looking into a Columbarium for our cemetery. We would like to hear from you if you are interested in learning more.  
**gganders42@gmail.com**



# Lundar outdoorsman garners online hunting following on Instagram

By Jeff Ward

Over the last four years, 22-year-old Keevin Erickson has built a following on the social media platform Instagram with his hunting and wildlife account, Hunting The Interlake.

What began as a hobby has now turned into something entirely different now that his account has nearly 348,000 followers.

Erickson explained that when he started posting his photography on Instagram, it was really just about having fun on an emerging photo-sharing platform. He enjoyed how simple and easy it was to share his photos and experiences with his friends but quickly began to realize that he was reaching more than just the people he knew. In the fall of 2013, Erickson decided to start a new page to share exclusively hunting posts. As he learned the system and how to use hashtags to connect his posts with the world, his following grew to epic proportions. Hunting The Interlake now has 348,000 followers with posts routinely getting more than 1,000 likes. To put that in perspective, the official Instagram account for the Winnipeg Jets has only 251,000 followers.

"I never thought that the page would get this big," said Erickson.

"But it kind of became an addiction because you'd open the app and see 100 new followers and that's very exciting. So you try to find things to post that people are going to like and that will increase that number. I was spending hours and hours a day on my phone posting and talking with other accounts to share our stuff and cross promote."

Erickson posts viral content, hunting memes and original content that he shoots himself or that is sent in from fans. And, yes, his page has fans, thousands of them. Erickson said that his followers send him photos to post all the time asking to be showcased on his page. And it's not just fans that



huntingtheinterlake is Erickson's Instagram account.

want in on the action, it's brand name hunting equipment companies as well.

Social media is one of the hottest ways for advertisers to connect their brands to potential customers. Many celebrities post advertising content on their page and get paid extremely well for it. Erickson said that he's been approached by many brands to do advertising spots and he's taken them up on it. And he's even had offers from people to buy his account from him for cash.

"They will want you to post some of their product or put their link in your bio. Mossy Oak is one of the brands I've worked with and they actually wanted me to help gain them followers on their page. The owner and I talk often. It's pretty crazy to think about how this came from an Instagram account," said Erickson.

Mossy Oak has annual revenues in the tens of millions of dollars.

Recently Erickson has connected with Marc McNay, host of the WildTV show *The Real Deal*. Erickson has been



EXPRESS PHOTOS BY JEFF WARD

Keevin Erickson has an online Instagram account with just under 348,000 followers. His page is seen by people around the world and has opened new doors for him to explore, including being a part of the TV show *The Real Deal*.

filming his hunts since last winter. A caribou hunt last Christmas was recently featured on the show. The hunts he is filming this year will be used for the upcoming season of the show.

Erickson is attending the University of Manitoba full time, studying Environmental Studies and Wildlife Management. In spite of being very happy with the direction his life is taking outside of school, Erickson is focused on completing his post-secondary studies. He said he would like to be involved in outfitting or guiding, but that the lure of television and his growing Instagram account could be another avenue.

"My next goal for the page is to hit

half a million followers and I think that's very doable. Instagram can be a full-time job, and if I dedicate myself to posting and connecting, I can grow it to a maybe a million followers one day," said Erickson.

It might seem silly to put so much time into social media, but there are many people who have made the management of a popular page a full-time job. And given the money brands and companies want to spend to advertise to high volumes of people, pages like Erickson's can become very lucrative.

Last year Instagram's ad revenue reached \$2 billion and is expected to reach \$3 billion by the end of this year.



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# Progressive Conservatives mix and mingle in Gimli

## Government concerned that province is a mess; austerity necessary

By Patricia Barrett

The Progressive Conservative Party of Manitoba held a retreat in Gimli last week to review its strategic direction and touch base with rural politicians and business leaders.

Premier Brian Pallister spoke at a party breakfast Sept. 27 at the Waterfront Centre, where MLAs and ministers mixed and mingled with an invitation-only crowd.

"Manitoba's in a mess and we're cleaning it up," said Pallister, summing up the overall state of the province.

The premier alluded to the necessity for cutbacks, given a ballooning provincial debt that he said Treasury Board staff had pegged at \$1.7 billion by 2020.

"We now have it at \$1 billion lower than that," said Pallister.

He shared a story of how his family had to make do with less during tough economic times.

"We did not have a lot on our farm growing up," he said, referring to his childhood home southwest of Portage la Prairie. "Our parents never ... forgot about what was coming up. And we did without a lot of times, ate a lot of puffed wheat."

Although the puffed wheat remark made a number of people laugh, Pallister attributed it to his 6'8" frame.

The premier took a few swipes at the federal Liberal government, notably its plan to implement new tax rules for small businesses and introduce a national carbon tax.

Ottawa plans to end what it calls tax loopholes used by small business owners, particularly the transfer of income to family members in a lower tax bracket in order to lower business



tax burdens. "We're going to ask the people in this room to ... stand up against the proposed changes that Ottawa is bringing forward, which will strongly disadvantage small businesses and farms in our country," said Pallister. "Small business people take risks. They hope to make a profit and retain those earnings most of the time so they can grow that business and get through a difficult year. These things need to be respected. Vilifying people in small business by referring to them as tax-evaders or taking advantage of loopholes ... is just simply wrong."

Pallister called Ottawa's carbon tax an ultimatum rather than a proposal, and said that the party's "Made in Manitoba" plan of financial incentives will soon be available for consultation. "We have a better plan. Over the



EXPRESS PHOTOS BY PATRICIA BARRETT

Agriculture Minister Ralph Eichler, Municipal Relations Minister Jeff Wharton, Premier Brian Pallister, Interlake MLA Derek Johnson and Selkirk MLA Allan Lagimodiere.

next few days, we will receive constitutional legal advice which will guide our actions ... as to whether or not the

[federal] government can actually force us to do this. We like the incen-

Continued on page 16

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# Arborg's Culturama brings the community together

By Patricia Barrett.

Arborg's 6th Annual Culturama held last Friday evening showcased the community's cultural diversity and attracted hundreds from Arborg and neighbouring communities.

Passport holders formed long queues at the 11 different pavilions set up in the Arborg Bifrost Community Centre.

The event offered a taste of Aboriginal, Canadian, Ukrainian, Mexico, Icelandic, British, Bolivian, Punjab, Belize, Syrian and Philippine cuisine. The pavilions themselves were a feast for the eyes, richly decorated with artifacts providing a visual means to the past and tales of hardship and celebration. Pavilion hosts, most of whom dressed in traditional costume, explained traditional beliefs and practices.

Eugene Zalevich of Interlake Immigrant Settlement Services welcomed guests and introduced the marvelous variety of entertainment including; traditional Indian, Ukrainian and Syrian dancers. Icelander Brynn Ushold played her violin, getting a few up to the dance floor. Partners in Time dance group performed Colours representing all the colours at the annual event, while a Filipino band and singers celebrated their Spanish and American history with several songs. Riverton's Kelly Chinchilla performed the traditional Aboriginal Fancy Shawl Dance while her eight-year-old daughter Rylee Sandberg showed a Hoop Dance using 13 hoops to create a number of teachings including Mother Earth, a bald eagle and a butterfly. Arborg's Syrian family, the Jarkas, closed out the entertainment with a dance chain encouraging locals to join in on the dance floor.

The Interlake Immigrant Settlement Services, the Arborg & District Multicultural Heritage Village and the Riverton & District Friendship Centre organized the event, which helps develop awareness and respect for different cultures and their traditional practices.



EXPRESS PHOTOS BY LANA MEIER

Eleven countries were brought together to celebrate diversity and to welcome newcomers to the Interlake at the 6th annual Culturama held in Arborg last Friday.





# Weed pickers pull the birds to Sandy Bar



Rivertonian Thor Johannson was instrumental in rounding up volunteers for the weed pull.

By Patricia Barrett

The 2nd Annual Sandy Bar Weed Pull Sept. 29 had volunteers from across the Interlake donning garden gloves in a bid to make the Lake Winnipeg sandspit near Riverton more habitable to shore birds such as the endangered piping plover.

Sweet clover (considered an invasive weed) has taken root on the spit, which is a designated Important Bird



Armand Bélanger from the East Interlake Conservation District.

Area and Special Conservation Area, gobbling up open areas of sand where shorebirds such as the plover like to lay their eggs.

Although last year's weed pull didn't

Continued on page 19



EXPRESS PHOTOS BY PATRICIA BARRETT

Clover pickers on Sandy Bar cleared a huge swath of the sandspit.

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# Fire Prevention Week

October 8-14, 2017

Every Second Counts:  
 ← PLAN **2** WAYS OUT! →

## A Salute to Our Local Volunteer Fire Departments

### 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



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 Kernersted, Matt Carmichael, Cory Johnson, Ken Falk.

## Five ways to fireproof your home

According to Fire Prevention Canada (FIPRECAN), residential fires account for 73 per cent of all reported fires across the country. It's true: fire hazards lurk in every corner of your home; however, being aware of potential dangers and knowing how to proactively manage those risks can significantly reduce the chances of your home catching fire. Here are five ways to fireproof your house and keep your family safe:



1. **Fireproof furniture.** Apply an environmentally friendly fire retardant spray to your couches, curtains and rugs, and opt for fire-resistant carpeting instead of wool or synthetic fibres that burn more easily. Nowadays, fire-resistant carpets come in a variety of colours and styles to complement your home décor.
2. **De-clutter.** A messy house is breeding ground for fires. Every month, clear your closets, attic and garage from unwanted junk that risks catching fire. Stacks of paper, boxes and linen are especially flammable.
3. **Clean lint traps.** Many residential fires start with household appliances. A clogged lint trap in your dryer, for example, can overheat and catch fire. Check your lint traps regularly for any obstructions.

4. **Don't overload power outlets.** Electrical short circuits are among the leading causes of house fires. Avoid overburdening power bars with too many plugs, and make sure plugs fit tightly in their sockets. A loose fit can cause sparks to fly.
5. **Scrub kitchen burners.** Dried grease and food splatters can ignite at high temperatures. Make sure to regularly give your burners and stovetop a good scrub to avoid any mishaps in the kitchen.



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# Fire Prevention

October 8-14, 2017

Every Second Counts:  
 PLAN **2** WAYS OUT! 

## Week

### 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 14th 10 am - 2 pm**

Hot dogs and drinks, safety trailer, movies, goodie bags, fire extinguisher demo and fire truck tours.

#### 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

Visiting Marble Ridge & Broad Valley Colonies Kindergarten to Grade 4.

Kindergarteners receive fire detectors  
 Grade 1's fire hall tour and fire safety backpack  
 Grades 2, 3, 4 watching fire safety videos  
 about every second counts theme.



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## > MIX AND MINGLE, FROM PG. 11

tive idea of rewarding people for behaviour better than punishing them.”

On the public services front, Pallister said Manitoba has the “worst services” in the country and improving the

system will not be easy.

“Our social services are in disarray, the quality of our educational programs are running 10th of 10 provinces and our health care waits are

unacceptable — the longest in Canada, double the national average,” he said. “Change is not easy, but I would rather we do the right thing and we’re unpopular for a time ... Our health minister isn’t backing off.”

After breakfast, some of the MLAs

and ministers visited Gimli’s Industrial Park where two fish plants are in the process of being established. Bill 23 will remove Manitoba from the Freshwater Fish Marketing Act and create a free market. It is expected to pass before year’s end.



From left MLA Dennis Smook (La Verendrye), MLA Jeff Wharton (Gimli), Mark Myrowich (Pres. Riverton Chamber of Commerce) and MLA Andrew Smith (Southdale).



EXPRESS PHOTOS BY PATRICIA BARRETT

MLAs Ralph Eichler (Lakeside), Jeff Wharton (Gimli), Derek Johnson (Interlake) and Allan Lagimodiere (Selkirk) with Premier Brian Pallister (centre).

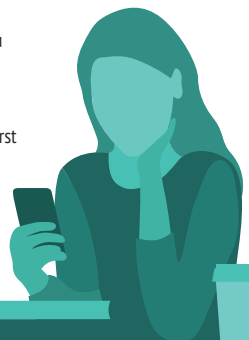
# Taking Charge of Your Mental Health

**Mental Illness Awareness Week, from October 1 – 7, 2017**, is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. This reminder about taking charge of your mental health is brought to you by the Interlake Eastern Suicide Prevention Committee.

Want to know what resources are out there to get you started on your mental wellness journey? Visit the Interlake-Eastern Regional Health Authority website to see a list of resources available for all ages. Whether it is resources, information, smart phone apps or self-managed tools to support and improve your health and wellness, it’s all there! Check out [www.ierha.ca](http://www.ierha.ca), click on Care in Your Community, and then Mental Health.

## FIND THE RIGHT SPECIALIST

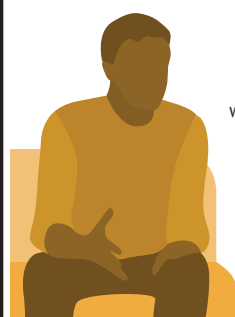
- ✓ Ask your doctor or nurse to help you find a specialist and make your first appointment
- ✓ There may be a long wait for your first visit, so speak up if you need to see someone right away
- ✓ If the first mental health specialist you see isn’t a good fit, keep looking for one who works for you



### DON'T FORGET!

- > Surround yourself with family and friends
- > Talk to a counselor, social worker, nurse or trusted adult
- > Continue doing what you love: reading, sports, writing, nature walks, creating art

## MAKE YOUR FIRST APPOINTMENT COUNT



Be ready to talk about your health history and what you’re experiencing

Be clear about what you want and need to get better

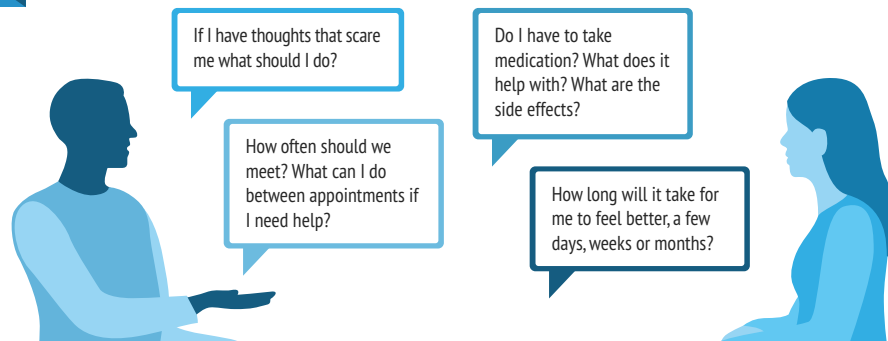
You may be asked to fill out a questionnaire describing your mental health experience

Ask the mental health specialist to explain treatment options so you understand the plan and what you need to do



Ask your health care provider about Bounce Back, a mental health program for people 18 and over experiencing low mood, depression, stress, worry and /or anxiety. The program uses telephone coaching, an educational video and workbooks for people to learn new techniques to reduce symptoms. For more information, talk to your health care provider or call the Bounce Back line at 1-844-733-8181.

## ASK QUESTIONS



## STAY INVOLVED



Keep a wellness log and monitor your progress



Ask for changes if your treatment plan is not working for you



Stick with it; most therapies and medications take time to work



Your treatment plan may change, so be an active partner in this process

## LIVE WELL

- ☀ Remember that you have control over living well
- ☀ Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns
- ☀ Stay close to your support network. Engage family, friends, teammates and your faith community. Think about joining an online community
- ☀ Be realistic and mindful of your needs and know your limits



## GETTING THROUGH IT

- > Try staying away from drugs and alcohol. This is not always easy, so find strategies that work. Using drugs or alcohol to feel better is harmful to you.
- > If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.
- > Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.

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# Lundar Goose Shoot field checker

By Jeff Ward

The planning and preparation that goes into selecting the fields for the Lundar All Canada Goose Shoot is something that demands a keen eye, bird knowledge and a love of hunting.

This weekend, 20 teams of hunters will fill fields all over the Interlake in an attempt to win one of Manitoba's most popular hunting competitions. According to hunting guide and field checker Floyd Hayward, the thing required most for anyone wanting to do the job is a love of hunting. Hayward gets excited for the goose shoot every year and has spent the better part of the last 38 years participating in the shoot. He's won the event three times and has come close many times. His experience of the event and hunting gives him great awareness of the tell-tale signs of a good field. This week, Hayward will have spent many hours checking out local fields to see how many geese are out there, what time they're flying in and where they're coming from. He'll also get a sense of the field's topography and layout so that he can relay that info to the hunters who might want to take advantage.

"The farmers will shut their fields down for hunting a few weeks early for us," said Hayward.

"We want to see the right amount of geese on the field, and too few geese is just as bad as too many. If we have too many on a field early in the week, they'll eat the field out and might not come back when we're hunting."

Hayward hopes to see at least 150 geese on a field to make a good event location. He'll keep fields in

his back pocket with a high number, but less than the 150 mentioned just in case a last minute change in location needs to be made. Even with four skilled hunters, two guides, field knowledge and decoys deployed, it can still be difficult to down the limit.

Hayward said that one of the things checkers try to do each year is keep as even a playing field as possible. However, the field with the most birds isn't guaranteed a winner by any means.

"I've seen fields that we thought were bad get first place. So it's not to say that seeing a large amount of birds is enough to win," said Hayward.

Some guides, Hayward said, will even have bird flock timing down to minutes, knowing the exact moment hunters should expect the birds to come in. There is some serious dedication to the hunt shown by these checkers, who take the job very seriously.

Hayward personally doesn't like to give hunters too much advice when they go out to hunt. If they ask for his opinion, he'll give it, but he doesn't like to get in their heads.

"I think too much advice can hurt them and hunting is something that you should rely more on your own experience than someone else's," said Hayward.

He did offer some tips for hunters this weekend looking to give themselves the best shot at winning.

"Check the wind and the weather. Set yourselves up properly and be well covered. It also doesn't hurt to talk to the land owner if you can. They'll know about things like a small creek or terrain you can use to your advantage," said Hayward.



EXPRESS PHOTO BY JEFF WARD

Floyd Hayward is one of the field checkers for the Lundar All Canada Goose Shoot this weekend. His experience in hunting makes him able to identify what fields hunters will use in the annual event.



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# Sure sign of fall

Willing workers help take down poplar piers in Dunnottar

By Lindsey Enns

Don Skorupski still remembers how a wicked storm in the early 1970s destroyed several of the now iconic poplar piers along the southwest shoreline of Lake Winnipeg.

The 78-year-old says he's been in-



Don Skorupski, pictured above left, inspects pieces of poplar for zebra mussels while crews, pictured above right and below, take down a pier in the Village of Dunnottar last Wednesday morning. The iconic poplar piers, which are now more than 100 years old, are erected each spring and taken down after the September long weekend.



EXPRESS PHOTOS BY LINDSEY ENNS



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involved with the set up and take down of the public and private piers since he was 15. The piers have now been around for more than 100 years.

Skorupski says the main idea behind the piers, which are erected each spring and removed after the September long weekend, is to get lake lovers over the rocky shoreline and onto a nearby sandbar.

"You get out a couple hundred feet and there's a beautiful sandbar," he said. "And some water."

Village of Dunnottar Mayor Rick Gamble said over the years the piers have become and remain a large tourist attraction for the area.

"We're seeing more and more people from Selkirk come," Gamble said. "They seem to be a favourite in the artist world whether they're photographing them or painting them and they seem to sell well to the public."

Skorupski said at one point in time they were setting up around 30 piers each year. This past spring they set up about 15 of them, eight of which were public and the rest were private.

Putting up a pier takes anywhere from three to four days, while the take down can take roughly two to four days, Skorupski said.

"It's hard to get help because it's such hard work," he said. "One every eight years needs to be replaced."

On a warm and sunny fall day last Wednesday morning, three crew members were spotted taking down the pier at Bowling Green Park off Gimli Road. In between removing planks from



the pier, Mathew Piper said he doesn't mind the hard work involved.

"I like being outside, being outdoors and being out on the water," Piper said. "Not many people like doing this job. It's a lot of work and in the spring time it's windy and a lot cooler."

"But on a warm day like this it's enjoyable."

Gamble said over the years the piers have been subject to some vandalism but for the most part they are a beloved part of the community.

"I don't think anybody's looking forward to the day when we don't put them up," Gamble said, adding the village budgets to cover the cost of putting up, taking down and replacing the piers when needed. "I know one year we had such high water levels that we were going to cut back to three and people were upset."

"We ended up doing all of them but we shortened them."

For more information about the piers, visit the Village of Dunnottar's website at [dunnottar.ca](http://dunnottar.ca).



# Boaz receives Recreation Builder award



Gimli's Jay Boaz received a Recreation Builder Award last week at the seventh annual 2017 Interlake Municipal Recreation Association Awards (IMRA) banquet in Clandeboye. The IMRA, a non-profit organization, has provided a forum for individuals and groups interested in recreation to network and improve recreation opportunities and resources in the region. Boaz was recognized for his involvement with the Gimli Soccer Association as a life-long player, coach, official and volunteer who wanted more accessible and affordable soccer for children in his community.

Other award recipients were Rae and Pat Pennington (Triple S Agricultural Society and the Terry Fox Run), Jan Keryluk (Health Promotion and Community Advocate), Joel McDonald (founding director and coach of the Interlake Thunder Football), Torin Hoffman (volunteer with Wester Interlake Trading Company/Northern Lites Snowmobile Club) and Melanie McDonald (Shirley Fleury Memorial Slow Pitch Tournament/Meadow Lea Hall/Rosser-Woodlands Recreation Commission Board). IMRA president Shelley Hart, left, and IMRA vice president Debbie Fiebelkorn, right, presented Boaz his award.

EXPRESS PHOTO SUBMITTED

## > SANDY BAR, FROM PG. 13

yield any sightings of piping plovers, the cleared area has pulled a greater number of birds to the area this year.

"I think we need to get the area opened up a little bit more so we can have birds like piping plovers nesting," said Gimlite Bonnie Chartier, who took part in a weed pull on the spit two months ago. "The work we've done so far has already produced more shore birds than we would normally get here in terms of different species landing on the spit."

Those new species include buff-breasted sandpipers, an uncommon migrating species that has had much of its habitat degraded or destroyed.

"They're kind of a rarity," said Chartier, who leads a Christmas Bird Count in Gimli each year. "It's really working out very well to have some different species out there. The weed pull has also brought a lot more awareness to the area. Look at how many people from Riverton are here. This is exciting."

Joanne Smith, Sandy Bar's volunteer caretaker, rounded up about 40 people in August and filled 66 bags. This time around, she had help from Rivertonian Thor Johannson in rounding up about 35 weed-pickers.

"Thor has been a big-time supporter in getting a whole bunch of Riverton people involved," said Smith, who lives near Hodgson and leads a Christmas Bird Count in that area every year.

Staff members from the Riverton Friendship Centre — Martine, Sihem, Sam and Dylan — were part of the weed-picking crew. And about 25 stu-

dents from Riverton Collegiate, who were participating in an outdoor science class, came out for a quick pick with their teacher.

Gimli Rona pitched in by donating gardening gloves and bags.

About 33 bird species, including American golden plovers, ruddy turnstones, Lapland longspurs, horned larks, American pipits, black-bellied plovers and a snow bunting, were spotted during the five-hour weed pull.

"The American Golden plover breeds in subarctic and Arctic regions of Alaska east to Baffin Island," said Smith. "It spends its winters in southern Peru, central Brazil and central Argentina. It's just one of many shorebird species that stop at Sandy Bar to re-fuel during their fall migration south."

Re-fuelling of the human weed-pickers was not overlooked. Smith made muffins, zucchini cake and ginger snaps, and Tim Poole, co-ordinator of the Manitoba Important Bird Areas Program, brought water and Tim Hortons' coffee.

"Joanne has really been the person behind all this," said Poole as he lugged a huge carton of coffee from the boot of his car. "Near the tip, there's been a lot of bird activity, a lot of shorebirds. The area that's been cleared is becoming used. That's a really encouraging sign that the work that had been going on last September and this August is having a positive impact on the area."

In 2012 Nature Manitoba launched a volunteer IBA caretaker program for



EXPRESS PHOTO BY PATRICIA BARRETT

Thor Johannson from Riverton, Bonnie Chartier from Gimli and Heather Alexander from the East Interlake Conservation District.

38 IBAs across the province. Caretakers help educate the public about bird habitats and monitor bird populations and threats to their habitat.

The piping plover hasn't been spotted on Sandy Bar since 2004. Invasive clover, along with ATV traffic and human activity, has made the spit inhospitable.

Clover is useful in farming because it improves soil condition, but it's detrimental to nesting shorebirds.

"Many farmers use clover because it was promoted as a pollinator species," said East Interlake Conservation District manager Armand Bélanger, who joined the weed battle on the spit. "But many feel that it is invasive. Ontario, Yukon and Minnesota are a few

that list it as invasive.

"If you're trying to establish native plant species, you don't want clover in the mix because it spreads pretty quickly and takes over. That's what happening here at Sandy Bar."

Although clover is fairly easy to yank out, it has to be removed with care so as not to disturb the seeds, he said.

Bélanger suggested bringing a herd of goats out to the sandspit to deal with the invasive weed.

Fifty-four bags of weeds were collected Sept. 29.

Smith plans to hold a weed pull every year on the sandspit. For more information about Manitoba's IBAs, visit [www.ibacanada.ca](http://www.ibacanada.ca). To volunteer for a future weed pull, contact Tim Poole at Nature Manitoba, 204-943-9029.



# Facebook fury divides Gimlites

By Patricia Barrett

A Gimli photographer who was banned a few months ago from an RM-run Facebook group became the fillip for a weekend of online bullying directed against the municipality and the singling out of an RM employee who played no part in the photographer's removal.

The RM's economic development and tourism clerk Brittany Isfeld was harassed the weekend of Sept. 23-24 by a core group of people posting on the What's Up Gimli public Facebook group.

Insults and demands were par for the course as the core group attacked the RM for banning the photographer from its Meanwhile in Gimli (MIG) Facebook group, which has about 4,000 followers. MIG allows residents to post events and photos about Gimli.

"When you have people who take the stance of cyber-bully, or have that kind of mindset, it instantly attracts other people," said Isfeld, who returned to work in September after a maternity leave. "They see there's some kind of drama happening and they get involved whether they know the person or not."

It all started when the photographer created a Facebook group for Gimli photographers in the spring and began posting news about her group on MIG. MIG administrators removed her in early July for allegedly breaching social media protocols.

Isfeld had been on maternity leave at that time but became aware of the issue.

"[The photographer] had joined MIG a while back and she was posting pictures — and they were beautiful pictures — and we were fine with that," said Isfeld. "Then she started her own group ... and had an initial post saying 'Come and share photos.' That was fine. Then it was posted a few other times."

"Because we have such a large membership, we really try to keep posts at a minimum. If it's a repeat post, it becomes spam and you're having to scroll through numerous posts to get to what you're there for, which is events."

MIG's administrator at the time began deleting the photographer's repeated posts and finally removed her from the site, said Isfeld. The photographer contacted the administrator to ask why.

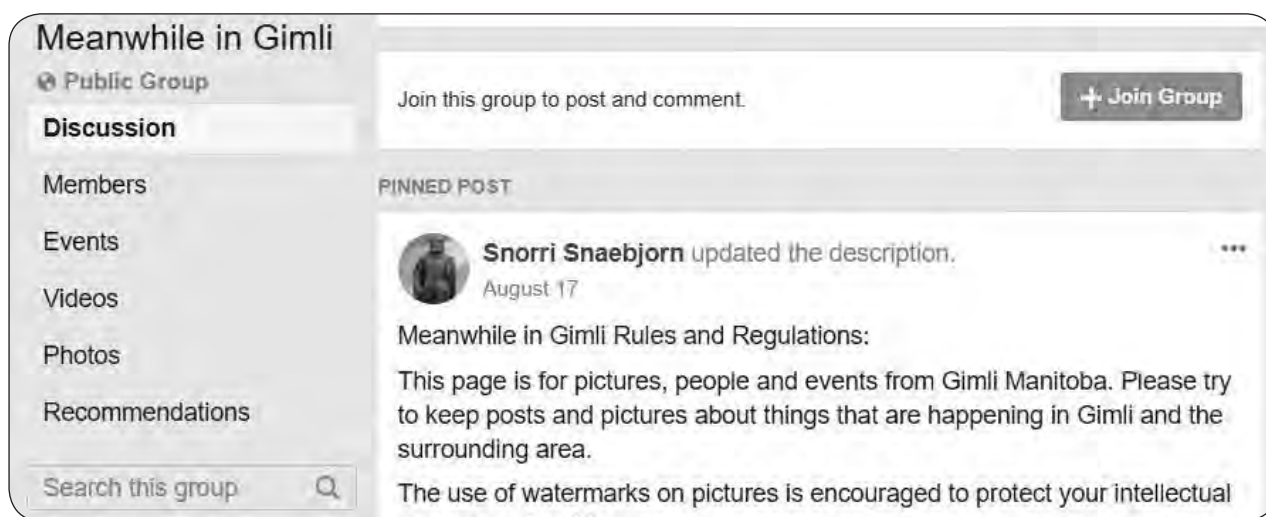
"From what I understand ... they explained the rules and let her back in under the impression she would follow the rules," said Isfeld. "But instead of posting to the main wall, she jumped onto others' threads saying, 'join [my group].' So the admin at that time saw that as spamming personal posts and called it post hijacking."

Isfeld said the administrator had also received complaints from other MIG users asking why they were being hijacked by the photographer.

In social media parlance, post hijacking is a defined as someone jumping onto another's post and creating a separate conversation. It's considered rude and bad Internet etiquette, according to the Urban Dictionary.

An administrator messaged the photographer, saying they "found it disrespectful that you were hijacking posts to promote your own page in direct competition with Meanwhile in Gimli."

Isfeld said the photographer joined a similar sounding Facebook page called "Meanwhile in Gimli (RM)," a private (closed to the public) group co-hosted by Art Zuke from Sandy Hook. She allegedly began asking people to start posting news



EXPRESS PHOTO SUBMITTED

## Meanwhile in Gimli Facebook group.

about her photography group to the RM-run MIG site.

Isfeld said members of the private MIG (RM) group began informing the RM of the photographer's requests. The RM-run MIG site then began receiving several posts about the photographer's group.

"There were quite a few of them, a bunch of fake accounts that had been made the day before and we started removing them," said Isfeld.

What sparked the flurry of angry posts Sept. 23-24 was a newspaper article about the photographer's Facebook group. Someone had posted it to MIG. That person was subsequently banned from MIG.

Anger boiled over on What's Up Gimli, which Zuke also co-hosts. A comment posted Sept. 22 set the wheels in motion:

"One of the people who posted this article has been removed from the 'Meanwhile in Gimli' Facebook group, AND blocked from it as well. It's worth noting that the 'Meanwhile in Gimli' Facebook group is administrated by your RM of Gimli staff; YOU are paying for these exclusionary practices. Do you feel that you are getting your money's worth?"

A core group of WUG users then began bombarding Isfeld on her personal Facebook page.

"Brittany Jade, none of this would have happened if MIG gave reasons to EVERYONE that was booted and blocked," wrote one man, who took the lead. "And you're welcome to report me, I don't care, and you can't stop people from tagging you."

A number of residents weighed in, trying to dissuade the lead man from "harassing" Isfeld, as one resident put it, but that only stoked the fire.

"Brittany Jade, seriously, you need to reel your posse in," said the lead man. "They are not helping your status as a civil servant, and I'm not threatening, but you may run into some problems with the way their association with you reflects on the RM. You represent the RM."

Isfeld said it became "crazy really quickly" and she posted a message to WUG explaining why the photographer was removed from MIG.

"There were probably 200 of those comments [on WUG] and they tagged me over and over and over and over," said Isfeld. "He [the lead man] was saying things like, 'Brittany Jade, answer me now,' and 'This will not go away.'"

Her fiancé finally requested a face-to-face meeting with Zuke, who declined. The lead man then redirected his attack to Isfeld's fiancé.

"This young man is dangerously out of control," he wrote. "I fear he may do actual physical harm to people. Art Zuke, [names of residents] and quite frankly my mother, who still lives there. This has to be reported, I feel sick with worry."

Zuke said WUG is intended to be a place where people can freely express their views on politics and news, and that it's not his place to censor.

"There were comments back and forth that were not happy comments," said Zuke later in the week. "But it's just people having conversations and I don't think it would be any different in any corner coffee shop. I don't think it's up to the coffee shop owner to walk over to someone's conversation and say, 'Look you can't have that conversation here in my coffee shop.' I would suggest if there were concerns about the comments, then address them to the people who made the comments. I just host the coffee shop."

Zuke said he doesn't agree with the RM's removal of people who posted "positive" messages about the photographer and her Facebook group.

"When you start doing things like excluding people from accessing information, I think that puts the government in a place where it's questionable as to whether they should be involved in it," he said. "In my opinion, if the government is going to operate a public forum ... then they need to open it up. It should open and transparent. Or if they can't or won't do that, they should shut it down."

The photographer, who doesn't want her name used, said when people found out about her removal from MIG, they took it upon themselves to question the RM (via messages to MIG), which got them banned from the site.

She said she didn't agree with the tone of some of the WUG posts and did not join in.

"That's not my style. I'm a calm person," she said. "That was clearly very argumentative and I certainly did not want to enter that circus. People were messaging me privately, saying 'You're not defending yourself.' I said I have nothing to defend. I was blocked, but I don't have to defend myself because I didn't do anything other than create this group"

Continued on page 21



# Woman with FASD wants youth to know 'you're not alone'

By Lindsey Enns

For Jessica Siddle, the challenges she faced growing up with fetal alcohol spectrum disorder (FASD) are now chapters in her life story that she shares openly in hopes of making a difference.

Although going to school and making new friends wasn't easy for her, after graduating high school, Siddle knew she wanted to connect with others living with FASD.

"After I graduated I wanted to make a difference, to make a voice for other people living with disabilities, make them heard," the 28-year-old who lives in Winnipeg said. "We're human beings and we're friendly. Going to school wasn't easy for me so if I can make a difference in at least one child's life, it's worth it."

Siddle now spends much of her time speaking and sharing her story with youth at various schools in Winnipeg. She also stopped in Selkirk last Thursday evening during an FASD infor-



JESSICA SIDDLE

mation event hosted by the Interlake FASD Coalition, Northeastern FASD Coalition and Interlake-Eastern Regional Health Authority (IERHA) in recognition of International FASD Awareness Day.

Sherisse Picklyk Dear, the IERHA's

FASD diagnostic co-ordinator, said speakers like Siddle can be inspiring for youth living with FASD.

"The stories are quite inspirational and it really gives families, especially the ones raising kids with FASD, an understanding that some of the struggles that these kids have are the same as every other kid maybe a little harder at different times ... but at the end they can have great lives," Sherisse said. "They can hold jobs, be married, have children, go to school."

As for services and supports available for those living with FASD, Sherisse said the IERHA offers the Manitoba Key Worker program which provides support and personalized information to families of children and youth with FASD.

The Stepping Out on Saturdays (SOS) program will also be coming to Selkirk for the first time in October, she added. SOS is a respite day camp and social skills program for children ages eight to 12 with a diagnosis of FASD.

Dear said the program helps children work on their socialization, fine and gross motor skills while learning how to make new friends.

Siddle said throughout her life she has found it "very difficult" to make

new friends but sharing her story has helped.

When asked for her advice for those growing up with FASD, she said, "you're not alone, you have your family and friends around you."

FASD is often referred to as a hidden or invisible disability because most people affected have no noticeable physical features. FASD can impair a person's learning, physical, cognitive, behaviour and development. The effects of FASD are lifelong. Health Canada estimates that nine in every 1,000 children born in Canada have FASD.

"There is no known level of alcohol that is considered safe for a developing fetus. Drinking alcohol while pregnant is a risk factor and can affect a child's development in a number of ways," Dear said. "Individuals with FASD have many strengths and gifts."

"The support and information that comes from an assessment goes a long way to helping kids reach their full potential."


Those seeking more information about FASD or the types of services and supports available in Selkirk and area can contact Sherisse Picklyk Dear directly by calling 204-785-7547 or via email at spicklykdear@ierha.ca.

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## > FACEBOOK, FROM PG. 20

with 250 people that share photos."

She said it felt personal when she was removed from MIG and doesn't understand how her photography site could be construed as a competitor with MIG.

"I'm shocked because I work with special ed kids. I've taught for 15 years. I'm a teacher. What do we preach in the public school system? Inclusion," she said. "That's so ingrained in me. Inclusion is a huge value of mine, a circle of welcoming everybody in and accepting differences."

"How is that [blocking people] an appropriate strategy for community building? And if it's coming from a government entity, then the government entity needs to rise above it and bring people together. In my mind who better to practice inclusion and bring people together than the RM?"

Mayor Randy Woroniuk said MIG is not about monitoring free speech, given the presence of posts discussing controversial issues such as the outdoor pool and the banning of dogs from the beach.

"We're not censoring anyone. Everyone is entitled to their opinion — this is what democracy is all about."

But do it in a constructive, respectful manner," said Woroniuk, referring to WUG users. "Do not harass staff. Do not make personal derogatory remarks against individuals because you'll be removed [from MIG]."

A former MIG administrator, who works for the local health authority, stepped down in August after she was harassed online over the removal of the photographer, he said.

"If there's a controversy [with the RM], it should not be debated in a social media forum," said the mayor. "This is not the place to be rude. Come forward if you're that passionate about an issue and talk either to me or to the administration."

Thus far, he said, no one has contacted the RM with concerns over the removal of people from MIG.

A woman who weighed in on the weekend WUG debate called for self-restraint.

"There is no need for hate over a Facebook group," she wrote Sept. 24. "Stop the negativity move on find happiness. This outlash will just cause ppl to leave groups such as these that are intended to share community spirit, not bring one another down."



# get inspired

> MEAL IDEAS



## Chicken Pad Thai

1 cup)  
1 cup cooked pad thai stir-fry noodles  
1 cup bean sprouts  
1 cup thinly sliced cabbage  
1 lime, quartered  
1/4 cup unsalted peanuts, crushed  
2 tablespoons chopped cilantro  
Season chicken with pepper, to taste. In large, nonstick skillet over medium-high heat, heat olive oil and cook chicken until fully cooked and juices are clear. Remove chicken from pan and allow to rest 5 minutes before slicing.

To make sauce: In small bowl, whisk together honey, chili garlic sauce, rice wine vinegar, soy sauce, peanut butter and water.

Add zucchini, carrots, rice noodles and chicken to pan; pour sauce over and toss to coat. Toss in bean sprouts and cabbage. Serve with lime wedge, crushed peanuts and cilantro.

Servings: 4

1 pound chicken breast  
freshly ground pepper, to taste  
1 tablespoon olive oil  
1 tablespoon honey  
2 teaspoons chili garlic sauce  
3 tablespoons rice wine vinegar  
2 tablespoons low-sodium soy sauce  
1 tablespoon peanut butter  
1/4 cup water  
1 medium zucchini, spiralized (about 1 cup)  
2 medium carrots, spiralized (about



## Baked Salmon with Peanut Butter Glaze

1/4 cup 100 percent orange juice  
Heat oven to 400 F and line baking sheet with aluminum foil. Place salmon on baking sheet, drizzle with olive oil and season with pepper, to taste. Bake salmon 15-20 minutes until cooked through.

In small saucepot over medium-low heat, whisk together peanut butter, chili garlic sauce and orange juice, and cook until warm.

To serve, pour peanut butter glaze over salmon.

Servings: 4

1 pound salmon  
1 teaspoon olive oil  
freshly ground pepper, to taste  
1/4 cup peanut butter  
2 teaspoons chili garlic sauce



## Peanut Butter Banana Overnight Oats

1 teaspoon pure vanilla extract  
1/2 cup small banana, sliced  
1 tablespoon peanuts, chopped  
1 tablespoon peanut butter  
In medium bowl, stir together powdered peanut butter, oats, chia seeds, coconut milk and vanilla extract.

Divide evenly into mason jars or storage containers and refrigerate overnight.

Before serving, add banana slices, chopped peanuts and peanut butter to each.

Servings: 2

1/4 cup powdered peanut butter  
3/4 cup old-fashioned rolled oats  
2 teaspoons ground chia seeds  
1 1/2 cups unsweetened coconut milk



## Co-Dependency and Unhealthy Relationships

More than ever before, people speak in terms of 'working on' relationships. This means if they are not happy in the relationship, be it a marriage, friendship or family connection, they care enough to try to make it better. This is a good thing, most of the time. No one can argue with putting some energy into making it work. If both people are emotionally healthy, respectful of the individuality of the other, and able to maintain healthy boundaries, they should see good results.

Unfortunately, sometimes the best of intentions can backfire, for reasons beyond your control. This can happen when you are involved with someone who needs to use you to fulfill deep emotional needs, but may or may not be consciously aware of it.

Let's look at an example. You meet someone with whom you have a lot in common. A friendship develops, and you feel very positive about it. Things go well for a while, but then slowly at first, your friend may become cold and distant. At first, there may be denial that anything is wrong. Ultimately, you find that the friend is hurt or angry, because you did not meet some expectation that they had. You may feel badly, and redouble your efforts to be a good friend. You then start to anticipate how the friend will feel about things, and alter your behavior accordingly. You are now trapped in the sticky web of codependency.

This web requires one person who truly wants others to be happy, perhaps even more than they want that for themselves, and another who expects others to make him or her happy. Resentment begins to build within you, because what once was freely given, now seems to be demanded, and in even greater amounts. Because you are one

who likes to make things work, you find yourself spending more and more time 'processing' the relationship with this person.

What neither of you may recognize is that you have become the unwitting victim of another's need to play out unresolved hurts from the past. When you begin to feel the frustration of the unrealistic expectations placed upon you, and try to pull back from the relationship, you enter another level of craziness. The codependent may suddenly become very friendly, loving, even remorseful. You may even be told that you are the only one who really understands him or her. There is a promise that things will be different. They will: but just until you are lulled into falling back into the trap again. The cycle repeats again and again, often with more intense confrontation each time.

You may not understand why, but the codependent thrives on the confrontation with you. It gives them the opportunity to vent all of their hurts and anger from the past. For some, emotional entanglement is better than feeling ignored. Next week, we will look at strategies for dealing with such relationships.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for daily inspiration.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Impact closes out MMSL season on winning streak

By Brian Bowman

With three straight wins in September, the Interlake Impact looked primed for a strong playoff run.

But there won't be any playoffs this season.

Due to the Canada Games being held in Winnipeg this past summer, the Manitoba Major Soccer League made the puzzling decision not to have a post-season this month.

The Impact wrapped up their regular season last Saturday with a solid 3-1 win over the Stonewall United. Marcelo Peralta scored all three Interlake goals.

"It was nice to finish strong with a few wins going out to end the regular season," said the Impact's Dean Dueck. "We put up quite a few numbers to make our goals for and against look better, too, which helps."

The win over Stonewall improved Interlake's record to 10-4-4. After a slow start to the season, that is a very good record in the MMSL's 5th Division.

"It's a good regular-season record but I have high standards," Dueck laughed, noting Interlake had a tough stretch where they failed to score much in July and August.

"I would always like to see more (wins). It was a good year. There were

some challenges and the league is a lot more competitive. Year after year it gets tougher to score goals and tougher to defend. Players consistently get better across all levels."

A big part of the Impact's improved play was goal scoring. The Impact scored 15 goals in their final three games last month.

"We struggled with scoring goals all year, so it was good to finally see the ball going into the net," Dueck said. "(Peralta) really picked it up at the end of the season and really started potting goals. He's incredibly talented, so we expect a lot from him."

Defensively, Interlake was very good all season, allowing just 24 goals in 18 games. That was the second least amount of goals allowed by a club in the 10-team 5th division.

"We've always taken pride in how we manage our own business," Dueck said. "And it has always translated into a lot of goals because people pressure us a lot and then we hit them a counter attack."

"We also have a very solid goaltender (AJ Reimer) to make up for any mistakes that we do make up front."

"But, for the most part, we do a good job keeping people to the outside and not giving them the dangerous scoring chances."



EXPRESS PHOTO BY LANA MEIER

The Impact's Marcelo Peralta scored all three Interlake goals for the 3-1 win against the Stonewall United last Saturday.

## Thunder teams in action last weekend

Staff

The Interlake Thunder had a tough day on the field, losing all three minor football games in Stonewall last Saturday.

The Bantam Thunder was doubled 46-23 by the Falcons Football Club while Interlake's PeeWee team was edged 7-6 by the Sunrise Coyotes.

The Thunder's Atom team, meanwhile, was defeated 24-14 by the Falcons Football Club.

There was no score posted on the league website at press time for the Crunchers' game between Interlake and Sunrise.

This Saturday at noon, the Thunder will visit the St. James Rods for an Atom game while the Interlake Crunchers will battle the Transcona Nationals at Investors Group Field. Kickoff is 6:30 p.m.

The Thunder website also shows the Crunchers playing at the St. Vital Mustangs on Sunday (noon) while the Bantams will take on the Eastman Raiders at 12:30 p.m.



EXPRESS PHOTO BY LANA MEIER

The Thunder's Jesse Bindle of Lundar carries the ball upfield during the PeeWee's 7-6 loss against the Sunrise Coyotes last Saturday.



# Midget Thunder taken down by Mustangs

By Brian Bowman

The Interlake Thunder proved that they can play with the first-place St. Vital Mustangs.

But, unfortunately, they didn't make enough plays to win the game.

Interlake had a solid effort in a 39-12 road loss to the Mustangs on Saturday evening in south Winnipeg.

"We match up well with them," said Thunder head coach Mitch Obach. "But we struggled with execution and it cost us in a couple of big opportunities in the game."

St. Vital jumped out to a 10-0 first-quarter lead and then added a major with about three minutes remaining in the second quarter to go up 18-0.

"Our offence really struggled to make plays in the first half," Obach conceded. "The plays were there but we just weren't making them. Guys weren't coming down with the catch when we expected them to — little things like that."

The Thunder scored their first touchdown late in the third quarter when quarterback Carlin Doak found Justin Suitters on a seven-yard slant pattern.

That TD was set up after a great interception by Joe Rosser, who returned the ball about "40 or 50 yards."

Ross, a middle linebacker, has been

a very good player for the Thunder all season, said Obach.

Doak later scored on a bootleg play near the Mustangs' goal line.

Obach feels that his club is not that far off from beating the Mustangs if they play at an elite level.

"I've been on teams and coached teams where you know that you're flat out outmatched and you can see it in each other's eyes," Obach said. "But I never saw that once from our guys. I never felt that they were going out there to lose. They're going out there play after play and knew that they could make some stuff happen."

All four of the Midget Football League of Manitoba teams have a bye this week before they get together for a Showcase Sunday in Transcona on Oct. 15.

Interlake (3-2) will play the Sunrise Coyotes in a noon game.

"There are no easy games on the schedule, that's for sure," Obach stressed. "If there were, we haven't come across them yet. We've seen everyone and they have all been tough to play against."

"The Coyotes are a big, hard-nosed team that moves the ball pretty well. We've had to give our best effort to get by them the last couple of times



EXPRESS PHOTO BY LANA MEIER

Thunder quarterback Carlin Doak (14) and Colton Nedotiafko (33) look to make a play against St. Vital.

and I doubt it will be any different this time."

The Thunder will close out their regular season Oct. 21 when they host the Falcons. All four teams make the playoffs.

## Interlake Lightning lose pair of road games

By Brian Bowman

The Interlake Lightning had a couple of very slow starts in their two Manitoba AAA Midget Hockey League road games last weekend.

And it has resulted in an 0-2 start to their season.

"We got off to awful start in both games and that's something that we're going to have to address, for sure," said Lightning head coach Dwayne Swanson.

Interlake came out really slow against the Wheat Kings in Brandon on Sunday. Brandon outshot the visitors 15-2 and outscored them 4-1 through 20 minutes.

The Wheat Kings then added three more goals in the second and the two teams traded goals in the third for an 8-2 Brandon win. The Lightning, though, played much better in the second and third periods.

Keenan McPherson and Jordan Wood scored Interlake's goals. Cole Jordan (two), Dylan Holliday (two), Brett Paddock, Colin Cook, Mason Kaspick, and Drayson Collyer replied for Brandon.

On Saturday evening, the Lightning opened its regular season with a 6-1 loss to the Parkland Rangers.

Parkland stormed out to a 4-0 lead just 11:01 into the game as Carter Cockburn (two), Reece Hopfner, and Jackson Betcher tallied.

Gabe Odowichuk put the Lightning on the board with a power-play goal at the 14:14 mark of the opening period, assisted by Bryce Krauter and Dan Paschnickoff.

Parkland's Darian Boychuk made it 5-1 early in

the second period with a power-play goal and then teammate Isaiah Weeden closed out the game's scoring at 12:16 of the second period.

Parkland outshot the Interlake 50-24 as Lightning goaltenders Riley Buhay and Josh Bond split the duties in goal.

Interlake will have to improve its defensive zone coverage and forecheck to keep the shots total down.

Swanson said the Lightning are still in the early stages of coming together as a team.

"A week-and-a-half ago, we received four kids from Winnipeg that came out to play, so we're still figuring stuff out as a group here," said the Lightning head coach. "That's not an excuse, though. We're in the regular season now and we have to do a better job of competing and being in these hockey games."

The Lightning will have another pair of tough tests this weekend. Interlake will battle the Winnipeg Wild on Saturday at the Bell MTS Iceplex and then will host the Winnipeg Thrashers on Sunday in Teulon.

Both games begin at 2 p.m.

Swanson said the Lightning are eagerly looking forward to the challenge this weekend.

"That's why we play in this league," Swanson charged. "We want to get better and face Manitoba's best. The Wild are a team that is going to be extremely tough to play against ... and they are a team that is always good."

## Lakers compete at several volleyball tournaments

Staff

The Gimli Lakers lost in the semifinals of a Reiver Invitational varsity boys' volleyball tournament at Kildonan East last weekend.

Gimli was ousted from the six-team tournament after a 2-0 (25-13, 25-19) loss to Calvin Christian. The Lakers earlier defeated Leo-Remillard Renards 2-1 (25-22, 16-25, 15-13) in a playoff game.

Gimli was 2-8 in sets during round-robin play.

In junior varsity boys' tournament action, Gimli placed third in Morris.

The Lakers swept the Carman Cougars 2-0 by scores of 25-23 and 25-19 in the third-place game.

Gimli earlier lost 2-0 (25-20, 25-18) to the Green Valley Pirates in a semifinal matchup. The Lakers were 3-5 in sets during the five-team round robin.

Gimli's junior girls were also in Morris last weekend, defeating Carman 2-1 (8-25, 25-13, 15-10) in the fifth-place game of the six-team tournament.



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## RECYCLING

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

## HOUSES FOR SALE

Hobby farm, 49 acres, 2 1/2 m. N. of Gimli on Hwy. #8. 750 sq. ft., 2 br. home with full basement, upgraded with new windows, HWT, furnace, and roof. Has garage and storage sheds. Asking \$209,600. Ph. 1-204-224-1318 or cell 1-204-299-0191.

## PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4055 or visit [www.prairiesky.com/](http://www.prairiesky.com/) Selling-Your-Roy

## NEWS TIPS

Call 467-5836

## PROPERTY FOR SALE

Elma/160 acres - excellent off grid recreational land that's located 50 minutes east of Winnipeg in the Elma area. This extremely private parcel of land is wonderfully tucked away behind a treed border and is like being in your own country/wilderness paradise. This mixed land has areas of pine trees growing, poplar ridges, farmland, a creek and even some rock outcrops in this beautiful transition from the Prairies to the Canadian Shield. MLS #: 1725526 Contact Duncan McDougald 204-348-3136.

## STEEL BUILDINGS

Steel Building Sale ... "Blowout Sale!" 20X23 \$5,998; 25X27 \$6,839; 30X33 \$8,984. One end wall included. Bonus Drill/Impact Driver Combo Kit included. Check out [www.pioneersteel.ca](http://www.pioneersteel.ca) for more prices. Pioneer Steel 1-855-212-7036.

## MOBILE HOMES

Last chance, 1 only 16 x 80, 3 bed, 2 bath. Starting at \$92,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email [amhl@mymts.net](mailto:amhl@mymts.net)

## FIREWOOD

Seasoned firewood - 1 & 2 years old. Cut, split or 4 ft. length. Delivery avail. Ph 204-886-3416 or cell. 204-861-2330.

## CUSTOM WORK

Discing with heavy duty Towner 18' breaking disc. Ph 204-886-3416 or 204-861-2330.

## HELP WANTED

Riverton Curling Club 2017/2018 now hiring: Assistant Ice Maker/ General Maintenance - the Riverton Curling Club invites applicants for an Assistant Ice Maker Technician; Canteen Operator - the club invites tenders to operate the canteen. Deadline: October 10, 2017. For more information please contact Shawn Magnusson 204-378-5225 or Eric Loewen 204-378-2771.

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: [Career-Step.ca/MT](http://Career-Step.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

## VOLUNTEERS

Volunteer in India, February 10th-24th, 2018 to help build a small irrigation dam to help local farmers. Contact Developing World Connections - Murray Coates [m.coates@shaw.ca](mailto:m.coates@shaw.ca) <https://developingworldconnections.org/trip/inds0218/>

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

## LAKE LINE RAILROAD INC.

Lake Line Railroad Inc. ("LLRR") has made application to the Motor Transport Board of the Province of Manitoba to discontinue rail operations on the Gimli Subdivision (formerly known as the Winnipeg Beach subdivision) and on the Lac du Bonnet Subdivision pursuant to sections 33 and 34 of The Provincial Railway Act (the "Act").

As part of the discontinuance process, and as contemplated by the Act, LLRR will offer for sale the following rail assets:

(a) that portion of the railway line and right of way from approximately mile 25.0 on the Gimli subdivision and extending northward to the termination of the right of way at a point immediately south of the Diageo PLC plant located in Gimli, Manitoba, at approximately mile 58.0 of the Gimli subdivision, being approximately 33 miles of right of way and trackage; and

(b) that portion of the railway line and right of way known as the Lac du Bonnet subdivision from a point in the Town of Beausejour and extending eastward approximately nine (9) miles to Molson, Manitoba where the said subdivision connects with the Canadian Pacific Main line, being approximately 9 miles of right of way and trackage.

Pursuant to s. 34.2(5) of the Act following the expiry of sixty (60) days from the publication of this Notice LLRR shall advertise the process by which the rail assets described above will be offered for sale.

LAKE LINE RAILROAD INC.  
c/o Thompson Dorfman Sweatman LLP  
Barristers & Solicitors  
2200 - 201 Portage Avenue  
Winnipeg, Manitoba R3B 3L3  
Attention: Art Stacey  
Phone: (204) 934-2537  
Fax: (204) 934-0537  
E-mail: [ajs@tdslaw.com](mailto:ajs@tdslaw.com)

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## Town of Arborg PUBLIC NOTICE Regarding a Local Improvement Plan

Council of the Town of Arborg has scheduled a Public Hearing at the Town Office, 337 River Road, on Wednesday, October 25th, 2017, at 10:00 A.M. to present the following Local Improvement Plan:

1. Local Improvement Plan No. 1-2017 - By-law No. 9-2017  
Town of Arborg and Municipality of Bifrost-Riverton Joint Community Flood Mitigation Project  
Estimated Total Cost - \$2,300,000; Canada-Manitoba Flood Mitigation Program (90%) - \$2,070,000; Municipality of Bifrost-Riverton (5%) - \$115,000; Town of Arborg (5%) - \$115,000;  
Estimated Borrowing Requirement - \$115,000; Maximum Interest Rate - 6.00%; Annual Payment Over 5 Years - \$27,300.59  
Estimated Tax Rate: Based on 2017 Assessment, a 0.48 Mill Rate will be required. Calculated on a residential property valued at \$100,000 (portioned \$45,000) an estimated \$21.60 Local Improvement Tax will be levied annually for 5 years.

The Local Improvement Tax required for the proposal will be levied on all rateable property, including otherwise exempt property, within the Town of Arborg. The potential taxpayers under this plan are the owners of any assessable property within the Town. The tax cannot be prepaid. The Annual Local Improvement Tax Requirements may be reduced by application of Gas Tax Revenue and/or revenue surpluses.

A written objection may be filed with the Chief Administrative Officer, at the Town Office, 337 River Road, prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the Local Improvement Plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

A Copy of the Local Improvement Plan is available at the Town Office, 337 River Road, and on the Municipal Website at [www.townofarb.org.com](http://www.townofarb.org.com).

Dated at the Town of Arborg this 5th day of October, 2017 and issued pursuant to Section 318 of The Municipal Act.

Lorraine Bardarson, CMMMA  
Chief Administrative Officer  
Town of Arborg  
204-376-2647



## NOTICE OF PUBLIC HEARING BY THE MUNICIPAL BOARD OF MANITOBA Re: Municipality of Bifrost-Riverton By-Law No. 18-2017 (Municipal Board File No. 17E8-0016)

PUBLIC NOTICE is hereby given, under the provisions of The Municipal Act, S.M. 1996 c.58 and The Municipal Board Act, R.S.M. 1987, c. M240, that The Municipal Board will hold a public hearing for the purpose of hearing any presentations in objections to or in support of the proposed By-law. The public hearing will take place on **Thursday, November 16, 2017 at 6:30 p.m. at the Riverton Bifrost Community Hall at 175 Reggie Leach Drive, Riverton, Manitoba.**

The By-law proposes to authorize the expenditure and borrowing of money to undertake a comprehensive water management project that will include the survey and design of municipal drains and rehabilitation of approximately 220 miles of municipal drains for Local Improvement Plan No. 01-2017 at an estimated cost of \$5,002,052.00. The Municipality has secured funding from the Growing Forward 2 - a five-year agricultural policy framework agreement between, federal, provincial and territorial governments in the amount of \$1,002,052.00. The balance in the amount of \$4,000,000.00 will be borrowed by the Municipality.

A copy of the By-law is available for review at the Municipal Office and at the Municipal Board.

In addition, the Board requires that any party who intends to submit as evidence at the hearing any written material or other documents, shall file four (4) copies of that material with the Board and one (1) copy with the Municipality for public review, at least 10 working days prior to the hearing. If a party wishes to have service in French, or requires assistance because of a disability, they must notify this office 15 days prior to the hearing. Dated at Municipality of Bifrost - Riverton, in Manitoba, this 2nd day of October, 2017.

Brenda Loewen  
Secretary  
The Municipal Board  
1144-363 Broadway  
Winnipeg, MB R3C 3N9  
204-945-4014

## McSherry Auction Service Ltd

### CONSTRUCTION AUCTION R2G2 EXCAVATORS INC.

Saturday Oct 14th @ 11:00 AM

St. Laurent, MB

Jct Hwy 6 & 415 East 1 1/2 Mile on 415

Contact (204) 861-2063 or (204) 739-3618

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08 Hyundai HL 740 XTD-7A Wheel Loader 10,000 Hrs \*13 JD 210 G Track Excavator w Thumb Aux Hyd Proheat 5350 Hrs \* 06 CAT 315 CL Track Excavator 6500 Hrs \* Pioneer Mdl 3045C Portable 3 or 4 Stack Screener \* 13 JD 329D Track Skid Steer 1461 Hrs \* 3) Tandem Gravel Trucks 1) 15 Int 7400 1) 01 Int C10 1) 89 Ford 8000 \* 3) Highway Tractors 1) 07 Mack Wet Kit 2) 05 Int 9200 I Wet Kit \* 96 Talbert 50 Ton Tridem Lowbed \* 08 Load Line 22' End Dump \* 06 Arnes 26' End Dump \* 87 Fanotech 90 Cu Yard Push Out Garbage Trailer \* 08 Jet 30' Tridem Dually Equip Hauler \* 15 BH Big Tex 20' Tilt Flat Deck \* 12 BH Sure Trac 18' w Ramps \* 11 BH United 20' Enclosed Trailer \* 15 Ford XL F350 4x4 Crew Cab w Deck 39,000 KM SFT \* 03 Ford 250 Dsl 4x4 \* 14 Yamaha 700 Side by Side 4x4 3000Km \* 09 Arctic Cat 700 4x4 Quad \* 7) Excavator Attach Cat Cup 75 Plate Compactor \* 6) Skid Steer Attach 6' Diamond Bush Mower \* Construction Related Misc \* Some tools \* Wacker Dsl 6" Portable Water Pump \* 1000 Gal Fuel Tank w 12 Volt Pump \*

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Kitchen renovation! (Do it now) In-stock cabinets or decor factory orders! 5 weeks lead time. Low overhead = you save! Fehr's Cabinet Warehouse 1-800-758-6924 [office@fehrs Cabinets.com](mailto:office@fehrs Cabinets.com)

## MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, Mb. 1-888-685-3127.

## WANTED

Stamp collections wanted by long-time collector. Largest buyer in Manitoba. Will travel to you. Call or text 204-799-7429.

## HEALTH

Discount seniors medical alarm - monitored 24 hours, free equipment. Just pay for the monitoring. Less than \$1.00 per day. Call toll free for more information 1-888-865-5130 or [www.LifeAssure.com](http://www.LifeAssure.com)

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail [stonewoodelk@hotmail.com](mailto:stonewoodelk@hotmail.com)

## HAY

Hay clearance - large heavy round bales of timothy alfalfa from 2016. Also, 18 ft. Co-op swather, offers. Ph 204-642-7684.

## STRAW

Flax straw - \$3/bale. Monday - Saturday. Call Bill Matheson at 204-467-5608 or 204-461-0706, Stonewall.

## FARM PROPERTY FOR SALE

Fraserwood area; RM of Armstrong. 160 acres (East 80 acres SW ¼ of 16-19-2E & West 80 acres SE ¼ of 16-19-2E). Cozy 920 sq. ft. home; single attached garage; partially finished basement; 3 BR; 2 BA; electric/wood heat; central A/C. Fenced pasture/hay/bush; outbuildings; heated livestock waterers. 45 min. N of Winnipeg; 15 min. to Gimli & Lake Winnipeg beaches. Gimli school bus route. Private sale \$225,000. Phone 204-643-5697 after 6 p.m. or leave a message.

Farm land - 320 acres with 3 flowing wells in L.G.D. of Armstrong. Near Arborg, MB. Ph cell 1-431-737-0088 or 204-376-3095.

## NEWS TIPS Call 467-5836

### GILBERT VUST ESTATE AUCTION

**MON., OCT. 9, 2017 • 10 AM**  
AT THE YARD, 2468 SASKATCHEWAN AVE. EAST  
PORTAGE LA PRAIRIE, MB.

Allis Chalmers collection of tractors, implements, parts, shop manuals, memorabilia, all shop tools etc, 97 Dakota pickup etc. It's a two ring auction.



To see more details and photos check [www.billklassen.com](http://www.billklassen.com)

**Bill Klassen Auctions Ltd.**  
Ph: (204) 325-4433  
Cell: (204) 325-6230  
Fax: (204) 325-4484

## ANNOUNCEMENT

### IN MEMORIAM

Lorne Hector Neault

September 12, 1938 - October 6, 2016

To my dear husband,  
I cannot believe one year has passed. Seems like only yesterday when our whole life was changed. Although we know your suffering is over, We wish you were back here with us. We love you and miss you and not a day goes by, That we do not think of you. I know God needed another Angel for His garden, And he only takes the best. Until we meet again. Love you forever and always.

-Love Marianne and family

### McSherry Auction Auction Sale

Estate of Steve Michalski  
Sat, October 7 @ 11:00 AM  
Rosa, MB  
Hwy 59 Jct Rd 16N 3 Miles  
East on Rd 16  
Contact # (204) 291-2114  
68 Ford Ranger Restored \*  
Intl 660 \* A Chalm B \* Int  
W9 \* Int W4 \* Small Equip  
\* Yard \* Tools \* Antiques \*  
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(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

### McSherry Auction

#12 Patterson Drive  
Stonewall, MB  
**Estate & Moving Auction**  
Wed Oct 11 @ 4:00 PM  
**Consignment Sale** (Now date)  
Sun Oct 15 @ 10:00 AM  
**Gun Auction**  
Sat Oct 21 @ 9:30 AM  
**Vintage Service Station & Coca Cola Sale**  
Sat Oct 28 @ 10:00 AM  
Consign Now!  
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## MUNICIPALITY OF BIFROST-RIVERTON



## INVITES TENDERS

for the following project:

1) Ditch slope grass seeding application ~ app. 18 miles

Tender packages are available at the Main Office or through email. Sealed bids marked with the project name and clearly displaying the bidder's name will be received by the undersigned until **12:00 pm on October 18, 2017.**

The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion.

## AUCTION SALE

**For Wynn Agricultural Investment Management Ltd  
St. Laurent, MB Sunday, October 15, 2017 at 11:00 a.m.**

Sale Site: 9.7km East of St. Laurent on PR #315 (watch for signs)

**Tractors & Farm Equipment:** 1988 J.D. 3155 FWA (Ser #L03155V638169) (needs work) comes w/740 self-leveling loader, bale fork, bucket & grapple fork, 3pt hitch, 18.4-38 rear, 13.6-28 front, approx. 14,000 hrs showing; 1977 J.D. 3130 (Ser #226129) open station, 18.4-34 tires; 1980 J.D. 950 w/3pt hitch, 12.4-28 rear, 4068 hrs showing; 1991 J.D. 535 Round baler (Ser #E00535X900661) (pickup bent); 1990 J.D. 1600 14ft Haybine (Ser #C01600X926447); Vicor 9 wheel hay rake; 3 wheel Swath turner; Highline Bale Pro 4065 Shredder; (2) 456 9ft Mower; Ajax 2400 Stackmover (Ser#GAS-379); Trailer-type post pounder **Shop & Miscellaneous:** 1979 Westeel Rosco air compressor; Miller Econo AC-DC 150 amp twin stick welder; (2) Rolls barb wire; Fence stretcher

**Auctioneer's Note:** Please be on time as this is all we will be selling. (Bring your own coffee & lunch) Cell service in this area is poor. Please plan on attending as phone bids may not be available.

**Lorne (Buddy) Bergner, Auctioneer**

Box 721, Ashern, MB ROC 0E0 Ph: (204) 768-2669/ Fax: (204) 768-3237  
Email: [bergnauct@mymts.net](mailto:bergnauct@mymts.net) [www.globalauctionguide.com](http://www.globalauctionguide.com)

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## take a break > GAMES

### SUDOKU

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

Level: Intermediate

### Fun By The Numbers

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

### Here's How It Works:

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

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

Sudoku Answer

V	T	O	S	I	O	O	N	O
N	I	O	O	O	O	O	O	O
O	O	O	O	O	O	O	O	O
O	O	O	O	O	O	O	O	O
O	O	O	O	O	O	O	O	O
O	O	O	O	O	O	O	O	O
O	O	O	O	O	O	O	O	O
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Crossword Answer

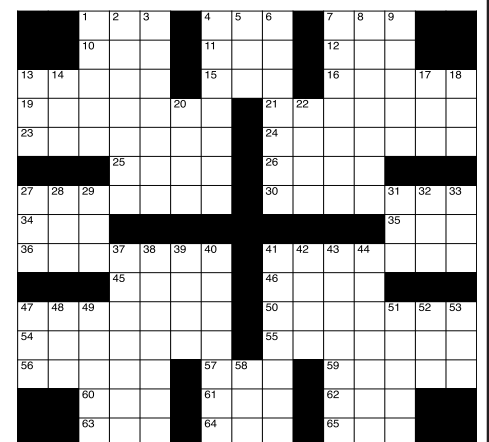
## X CROSSWORD

### CLUES ACROSS

- Current unit
- 23rd letter of the Greek alphabet
- Confederate soldier
- Car mechanics group
- Australian TV station
- Trouble
- Getting up there
- Cool!
- Adventurous English aristocrat Jane
- Glow
- A way to appear like
- Absence of bacteria
- Type of water
- Cool Hand
- German river
- Partial paralysis
- Immobile
- Federal savings bank
- Swiss river
- The Windy City
- Female's genitals
- German courtesy title
- Matter
- Exonerated
- Danced
- Act destructively
- Baked an egg
- 140-character missive
- NYC museum (abbr.)
- Christmas carols
- No (Scottish)
- Heartbeat display (abbr.)
- Rum
- Flop
- Cease to live
- Small Arkansas city

### CLUES DOWN

- For future use



- Church garb
- Winged horse
- Muscular weaknesses
- Helps little firms
- Directories
- Bases
- They clean up manuscripts
- S. Wales river
- Small constellation
- Fuel
- British thermal unit
- Thus far
- One of football's Barber twins
- Manner in which something occurs
- Beginning military rank
- Powdery residue
- Baseball stat
- 007's creator
- Follow
- A distinct period
- Cap
- Treated a lawn
- Bryant Gumbel's brother
- Mandated
- A route
- Home to the Utes
- Sunday (Span.)
- Involve
- Television tube
- Order's partner
- Make improvements to
- Home to rockers and athletes alike
- Snake-like fish
- Tooth caregiver
- Defunct phone company



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