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WEEKLY NEWS

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Training exercise



EXPRESS PHOTO BY PATRICIA BARRETT

Arborg Bifrost volunteer firefighters Terrell Kerbrat and Kristin Bartch battle a burning car fire during the department's Open House last Saturday.

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Vidir Machine nominated for prestigious award

By Patricia Barrett

Vidir Machine, a family-owned company that manufactures industrial storage units, has been nominated for Ernst & Young's 2015 Prairies Entrepreneur of the Year Award.

It was one of two Manitoba companies chosen as finalists for the award, now in its 22nd year.

"We'd like to believe that we help companies maximize their footprints," said Peter Dueck, who co-owns and runs the company with his brother-in-law, Sid.

The company can design and build almost every type of storage device imaginable to help a variety of industries maximize their vertical space, which in many cases is wasted space.

"If it requires lifting and storage," said Dueck, who joined the company in 1995, "we can help a client come up with a design."

With its team of engineers, welders and research and development specialists, the company makes custom-fitted storage carousels for paint cans, tires, hoses, cables, vinyl, carpets and garments, to name a few. It also makes moveable shelving, flooring cutters and hospital bed lifts.

"When you think of how much hospitals pay per square foot of space," said Dueck, referring to the design of new buildings, "it's a huge saving."

With a motorized lift, beds can be neatly stacked to the ceiling.

Dueck's father-in-law started the



Peter Dueck



Sid Dueck

company in 1987 in his farm shop in Vidir, north of Arborg.

"He didn't have a background in engineering," said Dueck, "but he was an accomplished man, an inventor, engineer and farmer."

Now the company has two plants – one in Arborg and one in Teulon, plus an office in Pennsylvania.

It has created storage solutions for large clients such as Rona, Home Depot, Walmart, Lowe's and Menards. Dueck said the lion's share of their business comes from the U.S., but they have created storage units for companies in Australia and Chile.

"We have to be able to supply them what they need and when they need it," said Dueck.

For Arborg's Home Hardware, the company made paint, vinyl, carpet and wire carousels and moveable storage racks for the warehouse.

Where possible the company hires people from the local community and surrounding areas. It employs about 100 people in its Arborg plant and 25



PHOTOS COURTESY OF VIDIR MACHINE

Co-owners Peter Dueck (left) and his brother-in-law Sid Dueck (far right) of Vidir Machine have been nominated for Ernst & Young's 2015 Prairies Entrepreneur of the Year Award. Pictured with a few of their staff, left to right, Peter Dueck, David Klassen, Caitlin Gudbjartson, Linda Evans, Ernest Rempel and Sid Dueck.

in its Teulon plant.

For professional technologist (engineers) jobs, the company is dependent on attracting candidates from the city. But it has welders on staff who are qualified to inspect the work of junior welders.

"When we ship something to an earthquake region," said Dueck, "they have seismic regulations for welding work, and we have to be up to code."

In Ernst & Young's manufacturing category, Vidir Machine will vie for the award against three other companies, two from Alberta and

one from Saskatchewan.

Winners will be chosen based on a number of criteria such as vision, the ability to inspire a team, personal integrity, entrepreneurial spirit, innovations in research and development and strong financial performance, according to the Ernst and Young website.

"The Entrepreneur of the Year Award is a recognition of our workplace," said Dueck. "All of our staff – office and production – are deserving of it."

The Gala Awards dinner takes place Oct 15 in Calgary.

For more information about the award, visit www.ey.com

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Zebra mussels in Lake Winnipeg impossible to eradicate

By Patricia Barrett

With boating season coming to a close in Manitoba, the full extent of the zebra mussel invasion of Lake Winnipeg has become more visible in the recent weeks.

From stern to bow, boats have come out of the water coated with thousands of the small molluscs.

And a researcher and water quality expert from the University of Winnipeg said there is no way to save the lake.

Speaking with various media outlets last week, Dr. Eva Pip called the situation a "catastrophe" and said the province had been "too complacent" when the alarm bells were sounded several years ago about the mussels potential to spread.

"This is...almost a policy of the government where if we don't have the problem yet, then we don't have to worry about it," said Dr. Pip speaking to CBC Radio Noon host Ismaila Alfa last Friday.

"And then when we do get the problem, the reaction is, 'Who knew?' Well, we did know. It's just that we didn't have the will and the resources allocated to move on this problem."

The well-known and outspoken advocate for the health of Manitoba's waterways said it's impossible to kill zebra mussels once they've established themselves in a lake.

"There's no way really to prevent them from expanding inside the lake because the larval stages can travel with water currents," said Dr. Pip.



EXPRESS PHOTO BY AUSTIN GRABISH
Zebra mussels can produce up to a million larvae per spawning season.

Zebra mussels can produce up to a million larvae per spawning season. Native to the Black and Caspian Seas in Western Asia, they were first found in the Great Lakes in 1988, likely carried in with ballast water.

They pose a danger to fish and other aquatic species because they filter enormous quantities of water to eat phytoplankton – food native species depend on. Resembling clams, zebra mussels attach themselves by the thousands to any surface using adhesive threads.

"The zebra mussel infestation has been going on for years south of the border," said Shannon Martin, Progressive Conservative critic for Conservation and Water Stewardship, by telephone. "The consequences of inaction should not have been a surprise to this government."



SUBMITTED PHOTO

This boat propeller was coated with thousands of zebra mussels when it was pulled from the water in Gimli last week.

Martin said the mussels were confirmed in the Red River Basin six years ago, yet the government's "big education push literally just occurred this summer."

According to the Water Stewardship website, the province confirmed the presence of mussels in the Red River this spring. It confirmed the presence

of mussels in Lake Winnipeg in the fall of 2013. A year later it treated four Lake Winnipeg harbours with liquid potash, which seemed to stem the tide.

The damages zebra mussels can cause cannot be understated.

Continued on page 5

"WE COULD BE FACED WITH THE LARGEST ENVIRONMENTAL AND ECONOMIC CRISIS THIS PROVINCE HAS SEEN."

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CREDIT UNION

The toque maker and the baker join forces to help build homes

By Patricia Barrett

For one Gimli High School student, knitting toques is the means by which he helps Habitat for Humanity build homes for people in developing and economically-disadvantaged countries.

And his knitting zeal is earning him some notice around town.

Cameron Lozinski, who's in Grade 11 at Gimli High School, learned to knit in Grade 8 and started making and selling toques to help those in need of secure housing.

"I think we're so fortunate where we live," said Lozinski. "El Salvador doesn't have the best quality houses."

That's where he went in 2014 with his school to help build a house with Habitat for Humanity.

"We dug trenches and it took a long time to haul rocks out," said the 16-year-old student. "We also mixed cement to put in the floor and sanded the walls in order to paint them."

The experience inspired him to help a family in Portugal this summer. He knit 200 toques to help raise funds for Habitat and went on the trip with his mother.

"They don't have enough land to build new houses," said Lozinski. "So they renovate."

Because students don't get the chance to join Habitat's Global Village program every year, Lozinski's goal is to knit and sell 300 toques so that he can help build another house next year.

"I want to go every year with Habitat," said Lozinski.

About 1.6 billion people live in substandard housing, according to Habitat for Humanity's website. Its Global Village International Volunteer Program gives participants an opportunity to help build a house and broaden their knowledge of different cultures.

Lozinski uses a round loom to make his toques. It contains pegs around which the yarn is wrapped to create stitches. He said it takes about an hour to make a toque – an hour and a half if he watches television as he knits.

The washable toques cost \$18 and come in a variety of colours, such as grey, navy blue, charcoal, burgundy, pink, oatmeal and cobalt.

The year he learned to knit, he helped make 56 toques for Siloam Mission in Winnipeg, a humanitarian organization that offers the less fortunate meals, clothing, shelter and employment training.

Lozinski has sold his toques to people across Manitoba, Saskatchewan, Alberta and London, Ont.

"It's mainly to people I know," he said, "but I want to get the word out."

The word travelled across town to a bakery. Carrie



EXPRESS PHOTO BY LANA MEIER

Carrie Arsenault of Sugar Me Cookie Boutique & Bakery in Gimli has partnered with Cameron Lozinski and will be giving away six cookies with the purchase of toque from now until Dec. 24. Lozinski is raising funds for Habitat for Humanity and Arsenault wants to support the cause.

Arsenault said she saw Lozinski's Facebook page and offered him her bakery as a sales and distribution centre.

"For me," said Arsenault, who runs the Sugar Me Cookie Boutique & Bakery, "young people that really want to help other people is the kind of project I want to support."

To help promote Lozinski's cause, Arsenault put mannequin heads in her store to display the toques. She even ditched her baker's hat in favour of one of his toques.

"I say to customers, 'You notice I'm wearing a toque – ask me why,'" said Arsenault, who used to operate her bakery solely as an online store (she still takes online orders) before she opened a retail location on Centre Street in Gimli.

"One hundred per cent of toque sales go to Cameron," said Arsenault. "Plus I give the customer a bag of cookies."

Arsenault started stocking Lozinski's toques near the end of September and will be selling them until December 24 when she breaks for the holidays.

"We're selling them like crazy," said Arsenault, who has attended Habitat meetings through the Gimli Kinette Club, the women's auxiliary of Kin Canada, a non-profit organization that promotes co-operation, tolerance and equality.

"On one day, I sold five toques," she said.

Toques are not the only non-edible item Arsenault

has helped sell in her bakery, which makes custom-order cookies for special events, muffins, cupcakes, traditional Icelandic delights such as vinaterta and pönnukökur, carrot cake, pies and tarts.

This summer she helped a church sell cookbooks.

"I choose one project at a time," said the baker, who worked as a sous chef for several years in the movie industry. "If they need some help, people can let me know what their project is and why they're doing it."

Lozinski said he plans to establish his own foundation one day to raise money for those less fortunate.

In the meantime, he'll be teaching Grade 3 and 4 students at Sigurbjorg Stefansson Early School how to knit.

"I want to make a difference in the world," said Lozinski.

On Saturday, Oct 17, he'll be performing his textile magic in the Sugar Me Cookie store in the afternoon. Anyone wishing to know more about loom knitting can stop by for a chat.

Lozinski is also in need of knitters of all ages to help him reach his goal of 300 toques by next April. If you can knit and are willing to help, please call him at (204) 642-8867.

You can also visit his Facebook page, Toques by Cameron "Making a difference one toque at a time."

Community project enhancement grants available

News Release

Manitoba communities looking to beautify their parks, streets and public spaces can still apply for assistance grants from the province thanks to the continuation of the Hometown Manitoba Grant Program, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced today.

"Our rural communities are filled with generous, hardworking Manitobans who take pride in

their communities," said Minister Kostyshyn. "The Hometown Manitoba grants will fund projects that are most important to the lifeblood of small towns, giving residents and visitors even more reason to celebrate these communities."

The Hometown Manitoba program provides annual funding in three categories:

* Hometown Meeting Places supports community projects that enhance main street areas and public

places like parks, museums and recreation centres;

* Hometown Main Streets Enhancements focus on upgrading the appearance of building exteriors and outdoor spaces in main street areas; and

* Hometown Tree Planting supports greening projects for towns and municipalities including parks, golf courses and entrances to communities.

Non-profit community organizations, municipali-

Steep Rock residents appeal high property values

By Jeff Ward

During a day long meeting at the RM of Grahamdale office in Moosehorn, residents from the Steep Rock area made their case to the Board of Appeals about what they feel is an unfair increase in their property values resulting in higher taxes next year.

The meeting, which took place Oct. 8, heard from approximately 20 residents who showed up to appeal their property values to the Board of Revisions including the reeve, councillors and provincial assessor Eric Solski. The taxpayers all feel that there is an unfair increase of their property values. For some, the value has gone up 200 per cent and that increase could result in sending their taxes sky-high.

A number of folks, including my wife, are wondering if they will be able to afford to live in Steep Rock with these increases said Gord Keith who saw his property jump 80 per cent in value.

"There are a number of people talking like that. An 80 per cent increase is just not reasonable when I've got no

real services out here. We get no garbage pickup, we have no real close fire service and no significant police presence. My tax bill was \$3,200 for a seasonal home and now it could be closer to \$6,000."

To appeal this increase means to do some research to prove your case. You can't just go and stand in front of the Board of Revisions and say, 'this is wrong', you need to be able to show why.

So Keith did just that, by taking a look at the numbers across 183 properties in Steep Rock. He found that the average property was assessed with an increase of 58 per cent, and that for many homes on the list that number was more than 100 per cent higher. The highest value on the list reached 200 per cent higher, all with no increase in services or improvements to the property.

In the RM of Grahamdale as a whole, the average increase was just 25 per cent for property assessments.

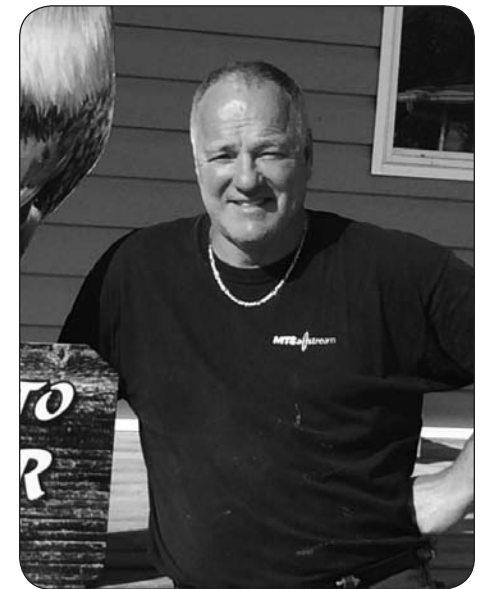
"My assessment started at \$158,000

and has now gone up to \$285,000. We're not appealing our taxes but what we are asking for is a second look at these whopping increases over a two-year period. Frankly I don't think my property can be sold for that value," said a frustrated Keith.

Unfortunately for residents who appeared before the Board of Appeals the experience left a sour taste in their mouth. Keith explained that each appeal was basically an argument with the assessor who told them they were all wrong and that he (the assessor, Solski) was right explained Keith.

"I'm very disappointed with the reeve and council. They didn't ask any questions or even read the appeals, they just sat there in silence the whole time. The reeve and council have the ability to phase in a large increase like this over a period of time. They should do that if these values are going to stick because a lot of people might just leave," noted Keith.

There have been no concrete decisions made from the tax meeting as of writing this story, but residents will be getting letters in the mail that will explain the outcome of their appeal. If unhappy with that outcome residents do have the ability to file an appeal for their appeal, which costs \$50. They then go before another body and



SUBMITTED PHOTO

Gord Keith is frustrated that his property has been assessed to be worth 80 per cent more without any improvements to the property.

make their case again.

"I don't even know if it would be worth it honestly. If I'm going to have to pay \$6,000 in taxes here and another \$4,000 in taxes for our home in Winnipeg, why even bother?"

Solski refused to comment when contact last week.

> ZEBRA MUSSELS, FROM PG. 3

They out-compete fish for food and can reduce the levels of oxygen in the water. The commercial fishing industry on Lake Winnipeg could see a decline in fish stocks.

The beaches of resort towns along the lake – which contribute substantially to the provincial economy – could become virtual graveyards where zebra mussels wash up; their shells are very sharp.

"There's a reason Hydro donated four decontamination units," said Martin, referring to the high-pressure, hot water units the province moves around to various locations to enable the public to clean mussels from their boats. "You can only imagine the consequences if these things get into your infrastructure. South of the border they've had huge problems."

Across the U.S., it is estimated that \$145 million a year is spent to deal with zebra mussels that infiltrate electric generating plants.

Because boats are the biggest vectors of zebra mussel transfer between water bodies, the province acquired six decontamination units.

How those units are deployed and

staffed is of concern to the opposition. Martin said Conservation had its budget cut by 10 per cent in the last election, and can't adequately staff the units. He said he had heard of a unit leaving a location around 4:30, well before boaters came off the water.

The NDP Minister of Conservation and Water Stewardship, Thomas Nevakshonoff, spoke to CBC Radio's Up to Speed last Friday. He said it was inevitable the province – like other jurisdictions around the world – has seen zebra mussels spread despite its monitoring and decontamination programs.

"You're talking about a zebra mussel that can produce a million eggs," said the Minister. "And these drift with the current."

How to stop that drift is something awaiting a scientific breakthrough.

The province's Manager of Fisheries, Science and Fish Culture Jeff Long, who joined Nevakshonoff on the program, said zebra mussel veligers are about 75 micrometres.

"So think of the flow of the Red River ... What could you put across the Red River that wouldn't clog within

about a second?" he said. "And then who's going to scrape those things off and look for [mussels] that are 75 micrometres in size?"

Although they can't be stopped, Long said the province has a containment strategy.

"What we want to do is sever the movement of vessels and vectors between water bodies," he said. "How do we prevent things moving from the Lake Winnipeg drainage basin and outward?"

The Minister said the government doesn't want to see conservation officers "chasing people at night down gravel roads trying to catch them sneaking home with their boat." He would prefer Manitobans play a proactive role in preventing contamination.

Educating the public is something Martin said will help prevent mussels from spreading.

"We're talking thousands and thousands of watercraft coming off thousands of lakes in Manitoba," said the MLA for Morris. "So obviously the public is literally the lynchpin in a successful containment strategy."

It would require boaters to inspect everything that comes in contact with water, including boats, oars, trailers,

engines, bilges, clothing, boots, waders, bait buckets and even dogs.

"If we don't take the necessary steps to contain or to prevent the further spread of zebra mussels," said Martin, "We could be faced with the largest environmental and economic crisis this province has seen."

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Local fisherman keeps fishing holes his secret

Hi folks, thanks for taking a few minutes to enjoy the stories our angling buddies gave us this week.

Last Thursday I felt an urge to go to Silver Harbor north of Gimli to see who was fishing there. Amongst a few people on the rock reach I noticed a chap who had just brought in a catfish. He was a very pleasant, not too tall fellow with graying hair and mustache and a face that gave the impression of competence who always smiled as he spoke. With a slight Asian accent he said he was Nelson Soriana from Winnipeg who liked to fish here and at Hecla because there were fewer rocks to snag your hooks on. Smart man.

Later in the week I went visiting anglers on the Selkirk pier. The place was full of people fishing and walking about passing the time with neighboring anglers on a warm sunny still afternoon. I met this one chap, Harold McPetrie of Transcona who had a story for us. He said he and his brother were going fishing in the Winnipeg River one time and were jumping from one rock to another whose tops were sticking out of the water but his brother wasn't quite nimble enough. He slipped and as he lost his footing with his fishing gear flying in every direction, he grabbed his wallet out of his back pocket and flipped it over to Harold saying, "Save my wallet!" He then plunged back first into the frothing cold water while Harold standing quite dry perched atop his rock caught the wallet. With an evil little smirk on his face Harold watched his drenched brother climb onto a rock.

Harold laughed as he finished the story saying he didn't tease his brother later, but it sure was tempting. As I left Harold shaking my head and laughing, two neighboring fishermen called me over. Ron Duncan and Greg Anderson from Winnipeg had a pet peeve. They wanted to know if barbless hooks could be purchased in any stores in Manitoba. When I got home I checked on the computer and it showed Wal-Mart selling Gamakatsu barbless hooks. I knew the St. Georges Voyageurs' Walleye CWT Classic fishing derby was coming up in Pine Falls last weekend but since my column is more about individual fishing folks than events, I thought it would be fun to visit with some of the 60 or 70 pre-fishing entrants at the boat launch parking lot who were checking out good fishing spots on the river before the derby. The proceeds from this huge event go to help local hockey as well as other com-

munity needs. What a pleasure it was to take in the fall



EXPRESS PHOTO BY ARNIE WEIDL

Dan Coss with a few pickerel he caught at Pine Falls.

trees along the drive from Stead to Pine Falls with their leaves ablaze in fall colors. The orange tamaracks set off from the yellow poplar and birch leaves were in vivid contrast to the dark green tall thin spruces and wide heavy firs. When I got to the boat launch parking lot there was a sea of truck-trailer rigs. I found a spot to park my car and went out onto the dock to spend the afternoon shooting the breeze with the anglers as they came and went. In due course I saw a fellow coming in with his boat and after he had tied up to the dock I went over and asked if he had caught anything.

"Oh yea," our new friend Dan Coss from Pine Falls said, "just a few eaters." We talked for a while and as I took a picture of a him and a few pickerel he caught I could tell as a local boy he knew all the good secret fishing spots around here and he wasn't about to tell anyone where they were since he had paid his \$500 to be in the derby. We wish you the best of luck Dan.

Well, even though Thanksgiving has just passed allow me to extend my thanks to all you fine fishing folks who I have had the honor of getting to know this past year. It's fulfilling to think back and remember all the good things that have happened to us, so until next time my friends, bye for now.

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NDP MP Niki Ashton advocates for First Nations in the Interlake

By Patricia Barrett

NDP MP Niki Ashton paid a visit to two First Nation communities along Hwy. 6 in the Interlake last Thursday to hear residents' concerns and to attend a community function.

After stops in the Misipawistik Cree Nation (Grand Rapids) and the Little Saskatchewan First Nation, Ashton then drove to the Pinaymootang First Nation (Fairford) to speak with residents and to attend a community cooking class.

"In the north where our communities are farther apart," said the 33-year-old MP by phone from Fairford, "you have to visit – not just at election time."

Ashton represents the Churchill-Keewatinook Aski riding, a massive tract of land (about 495,000 square kilometres) in northern Manitoba whose electoral boundaries dip down into the Interlake.

During the 2012 electoral boundary change, the Churchill riding acquired territory that used to belong to Selkirk-Interlake. After each census, electoral boundaries are revised to reflect changes in population.

Ashton said she has always paid regular visits to the communities in her riding and keeps her ear close to the ground.

One of the key concerns faced by a number of First Nation communities in the Interlake is housing for which the federal government has a "fiduciary obligation," said Ashton, who represents 33 First Nations – the same number as her age.

In the Interlake region, the 2011 Lake Manitoba flood damaged and destroyed homes and infrastructure in many First Nation communities, such as Little Saskatchewan, Dauphin River, Fairford and Lake St. Martin.

Ashton said there have been too many delays in providing housing.

"The key issue is re-building from the impact of flooding, and, of course, connected with that is flood mitiga-



EXPRESS PHOTOS COURTESY OF NIKI ASHTON

NDP MP Niki Ashton (left) attended a community cooking class hosted by Cheyanne Gould on the Pinaymootang First Nation (Fairford) last week.

tion in terms of future flooding," she said. "There have been discussions for some time, and negotiations in terms of re-building – and the federal government has been part of those discussions – but unfortunately it has not been proactive."

Ashton said the flood affected more than housing: it impacted family and community connections.

"I was just visiting with a family in Little Saskatchewan," said the MP, who is the party's Aboriginal Affairs Critic. "[They] talked to me about how families have been ripped apart."

She said housing is a major issue that cannot be ignored.

"Yes, sometimes there are difficult discussions that take place," said Ashton, who was first elected in 2008 and re-elected in 2011, "but if you're not there to listen, you don't always know what's going on and you can't advocate."

Ashton was born and raised in Thompson and still lives there. That has provided her with an understanding of the issues faced by those living

in northern communities, she said.

For communities farther north, the issue of food security is paramount.

The NDP supports traditional lifestyles that include hunting and fishing. And the party has committed funding to sustainable food production initiatives, she said. Last week party leader Tom Mulcair said the NDP would expand the Nutrition North food subsidy program to include 50 northern communities he said the Conservatives had excluded.

Ashton's vision of the north is one of partnership with First Nation communities, and she said she's commit-

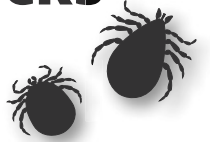
ted to being a "strong voice" for Little Saskatchewan, for Fairford and for other communities in the Interlake "that haven't had a voice at the federal level for a long time."

A relationship founded on respect with First Nations as partners is a path she said she would continue to follow if re-elected for a third term.

The federal election is Monday, October 19. There are four advance voting days – October 9, 10, 11 and 12. A voter's information card identifies the address of his/her advance polling station. For more information, visit www.elections.ca

Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



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

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for surveillance purposes.

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

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

Manitoba

> GRANTS, FROM PG. 4

ties and northern community councils or co-operatives are able to apply for these grants. The deadline to apply for 2016 grants is Dec. 15. Small businesses are also eligible for Hometown Main Streets Enhancements. Over the past year, this program has distributed \$225,000 to fund 101 new projects in communities across Manitoba, the minister noted.

"Hometown Manitoba projects invigorate communities along with providing a great first impression to visitors who explore the many beautiful towns and communities that make up Manitoba," said Minister Kostyshyn.

"Past projects have included improvements and beautification of downtown storefronts, tree planting in public parks and golf courses, and exterior enhancements to community halls and gathering places."

Since Hometown Manitoba was launched in 2004, the Manitoba government has invested more than \$4 million in support of 2,339 projects.

For more information about the Hometown Manitoba program and the 2016 application, visit www.gov.mb.ca/agriculture under Rural Communities.

Arborg's Heritage Village designated a provincial Star Attraction

By Patricia Barrett

The Arborg and District Multicultural Heritage Village joins the prestigious ranks of other Manitoba attractions recognized for their highly entertaining appeal and educational value.

The village won Manitoba's Star Attraction designation, an award that recognizes unique and unforgettable rural attractions.

"We were very honoured to get this distinction," said Pat Eyolfson, co-chair of the board of the Heritage Village. "Tourists are always seeking out Star Attractions."

She said the award will raise the profile of the village, lead to increased visits and help with operating costs. The village is run by volunteers and operates with a small advertising budget.

"A Star Attraction denotes a first-class attraction," said Eyolfson, who attended the Sept. 30 award ceremony hosted by Ron Lemieux, NDP Minister of Tourism, Culture, Heritage, Sport and Consumer Protection, at the Le Marché St. Norbert Farmers' Market.

"They took a site tour and took it back to the board," said Eyolfson, referring to the selection process.

The Heritage Village sits on a 12-acre site just south of Arborg on Highway 68. It contains nine pre-1930s rural buildings, including a family home, a school, a church, and a windmill, plus a CPR caboose from 1921, an outdoor bake oven and a First Nation encampment area.

The family home – which contains original artifacts – belonged to homesteaders Bjorn and Lara Sigvaldason and their 16 children, who lived there for 50 years.

With the help of local sponsors, the village created its very first corn maize this summer and has hosted numerous events, such as a chinking party, at which participants threw a mixture of clay and straw at two of village's houses to seal up gaps in the log-made structures.

The Star Attractions program is administered by Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection. It supports organizations and individuals who contribute to the cultural and economic life of their community. The program provides highway directional signage and tourism marketing opportunities, according to the province's Tourism Secretariat's website.

There are 54 Star Attractions throughout the province, all of which showcase the province's unique cultural and natural heritage.

The Arborg Heritage Village joins the ranks of other Interlake Star Attractions, such as Oak Hammock Marsh (east of Stonewall), Marine Museum (Selkirk), Quarry Park (Stonewall), New Iceland Heritage Museum (Gimli), Hecla Provincial Park, St. Peter Dynevor Anglican Church, an Aboriginal Anglican parish (north of East Selkirk), Grand Beach Provincial Park and Lower Fort Garry.

The village is holding an annual membership



EXPRESS PHOTO BY PATRICIA BARRETT

The Sigvaldason House at the Arborg and District Multicultural Heritage Village where Bjorn and Lara Sigvaldason homesteaded and raised their 16 children (ten girls and six boys). The family lived here for 50 years.

drive and free fall supper Oct 25 in its Parish Hall building, which is replete with a stage and richly decorated with old photographs.

"We usually get about 250 people," said Eyolfson, who also helps co-ordinate Arborg's popular Culturama event every year.

Visit www.arborgheritagevillage.ca for more information about the Arborg and District Multicultural Heritage Village.

Community Foundation hoping to grow endowment fund

By Jeff Ward

The Coldwell Lundar Community Foundation is looking for help to raise \$50,000 while taking advantage of a lifetime opportunity from the Thomas Sill Foundation.

It's a lofty goal, but one that would net the community foundation another \$25,000 from the Thomas Sill Foundation if achieved. In Oct. of 2014 the Thomas Sill Foundation challenged rural communities to raise

\$50,000 in 18 months. If the community foundation can raise that money the Thomas Sill Foundation will write them a cheque for an extra \$25,000. The community foundation needs to raise a minimum of \$10,000 to qualify to receive the \$1 for every \$2 benefit from Thomas Sill. And for new community foundations, like the one in Lundar, the extra money would be a huge boost.

"It would double our endowment

overnight," said an excited Irene Runolfson, treasurer for the Coldwell Lundar Community Foundation.

"With that extra money in the endowment we'd be able to help out many more smaller causes, or if there's all of a sudden a big need for one group we can do that. Instead of giving out \$5,000, we could donate \$8,000 or \$10,000 each year."

The Coldwell Lundar Community Foundation is one of 45 other foundations in Manitoba that signed on to take part in the challenge. Each wanting that \$25,000 so that they too can increase their endowment funds and continue giving back to the community. It's not going to be easy though, as anyone who's ever tried to raise money knows. However there is one catch to donating to community foundations that gives them a bit of an edge.

When you donate to a community foundation your money is never given away. It goes straight into the endowment fund and gains interest. The interest of your donation is what's given

back, so your donation is eternal. And each dollar you give will help your community for decades.

"It's tougher for rural communities to raise money," said Hugh Arklie, executive director for the Thomas Sill Foundation.

"To do something that's potentially going to improve the quality of life in rural areas and nurtures growth and helps keep people living in their communities is incredible. But it's a job that requires a lot of patience and optimism."

Arklie is playing the long game, as is each community foundation in Manitoba. Each of them grind for every penny to build up their funds to be able to give back to causes that might not even benefit them directly. It's about as selfless a process that exists, and it's time for you to get involved.

If you'd like to donate to the Coldwell Lundar Community Foundation, you can. To donate online you can visit www.lundar.ca and navigate to the community foundation tab, or you can call Irene Runolfson at 204-762-5727 for more information.

Manitoba has 25 per cent of all community foundations in Canada.

"IT'S TOUGHER FOR RURAL COMMUNITIES TO RAISE MONEY."

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FLU CLINIC LISTINGS

Get Vaccinated Don't spread the flu.

The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against four seasonal flu strains. Those at increased risk of serious illness from the flu, including the following individuals, should consider getting a flu vaccination as well as their caregivers and others who are in close contact with them:

- Seniors age 65 or older
- Residents of personal care homes or long-term care facilities
- Children age six months to five years
- Those with chronic illness
- Pregnant women
- Individuals of Aboriginal ancestry
- People who are severely overweight or obese
- Health care workers and first responders
- Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.

Because it's about them too!

I choose immunization!

Marilyn Cyr, retired nurse from Pine Falls, has been getting her flu shot for over 30 years. She got her first flu shot because when she was working in the hospital she felt like she was getting rundown all the time from encountering various viruses in the hospital. She knew that the flu shot would not only help her stay healthy at work, but also protect her patients, especially those too vulnerable to get the flu shot themselves.

"It was a career decision and a health decision," says 58 year old Cyr. One year, Cyr remembers not getting the flu shot, and sure enough, she was sick more frequently, and for longer bouts at a time. Marilyn lives with COPD, rheumatoid arthritis and asthma so when she gets the flu, she finds her other conditions worsen as well. The Public Health Agency of Canada states that influenza infection not only causes primary illness but can also lead to the worsening of underlying medical conditions.

"Now I always get my flu shot, not only for me but also for others like my grandchildren and my 82 year old mother, even though they all get the flu shot too."

For more information, please contact your local community public health nurse or you can call Health Links at 1-888-315-9257.

Arborg: 204-376-5559
Ashern: 204-768-2585
Eriksdale: 204-739-4455
Fisher Branch: 204-372-8859
Gimli: 204-642-4587
Lundar: 204-762-5469
Riverton: 204-378-2460
St. Laurent: 204-646-2504



Town	Dates	Time (s)	Location (s)
Arborg	October 21	9:30am - 4:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
	October 26	10:00 am - 4:00 pm	Arborg Assisted Living Centre, 341 Ingolfs Street
	November 2	2:00 pm - 7:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
	November 7	10:00 am - 2:00 pm	Arborg Provincial Building, 317 River Road
Ashern	October 19	9:00 am - 4:00 pm	Ashern Community Health Office, 43 Railway Ave
	October 20	9:00 am - 4:00 pm	Ashern Community Health Office, 43 Railway Ave
	October 26	1:00 pm - 3:00 pm	Ashern Legion , 3 Main Street
	November 2	1:00 pm - 7:00 pm	Ashern Community Health Office, 43 Railway Ave
	November 4	1:00 pm - 4:00 pm	Ashern Community Health Office, 43 Railway Ave
	November 7	9:00 am - noon	Ashern Community Health Office, 43 Railway Ave
Eriksdale	October 19	9:30 am - noon; 1 - 3:30pm	Eriksdale Wellness Centre, 35 Railway Ave
	October 20	9:30 am - noon; 1 - 3:30pm	Eriksdale Wellness Centre, 35 Railway Ave
	October 26	9:30 am - noon; 1 - 3:30pm	Eriksdale Wellness Centre, 35 Railway Ave
	November 3	1:00 pm - 7:00 pm	Eriksdale Wellness Centre, 35 Railway Ave
	November 7	10:00 am - noon	Eriksdale Wellness Centre, 35 Railway Ave
Faulkner	October 29	1:30 pm - 3:00 pm	Faulkner Senior Centre
Fisher Branch	October 21	9:00 am - 11:30 am	Fisher Branch Chalet, 9 Chalet Drive
	October 21	1:30 pm - 3:30 pm	Fisher Branch Clinic, 23 Main Street
	October 31	10:00 am - 1:00 pm	Fisher Branch Clinic, 23 Main Street
	November 4	1:00 pm - 7:00 pm	Fisher Branch Clinic, 23 Main Street
Fraserwood	November 12	9:00 am - 10:00 am	Maplewood Lodge, PR 231
Gimli	October 19	9:00 am - 4:00 pm	New Horizons, 17 North Colonization Road, Loni Beach
	October 22	9:00 am - 1:00 pm	Rotary Towers, 94 5th Ave
	October 29	9:00 am - noon	Betel Home Boardroom, 96 1st Ave
	October 29	1:30 pm - 3:30 pm	Waterfront Centre, 94 1st Ave
	November 12	11:30 am - 1:00 pm	Vesterland Villa, 201 Parkside Drive
	November 14	10:00 am - 2:00 pm	Gimli Community Health Centre MPR, 120 6th Ave
	November 23	4:00 pm - 7:00 pm	Gimli Community Health Centre MPR, 120 6th Ave
Gypsumville	October 22	10:00 am - 1:00 pm	Gypsumville Clinic, 1st Street
Hodgson	October 28	10:00 am - 11:30 am	Early Settlers Lodge, 2nd Ave
Lundar	October 21	9:30 am - noon; 1 - 3:30pm	Lundar Community Health Office, 97 1st Ave South
	October 22	9:30 am - noon; 1 - 3:30pm	Lundar Community Health Office, 97 1st Ave South
	October 24	10:00 am - noon	Lundar Community Health Office, 97 1st Ave South
	October 28	1:00 pm - 7:00 pm	Lundar Community Health Office, 97 1st Ave South
Matheson Island	November 5	10:00 am - noon	Matheson Island School
Matlock	October 27	9:00 am - noon	Matlock Recreation Centre, 77 Matlock Road
Moosehorn	October 27	1:30 pm - 3:00 pm	Handicraft Centre, 1st Ave
Pine Dock	November 5	1:30 pm - 2:30 pm	Pine Dock Hall
Poplarfield	October 28	1:30 pm - 2:30 pm	Poplar Villa, Hwy 68
Riverton	October 20	9:30 am - 4:00 pm	Riverton Clinic, 68 Main Street
	October 24	10:00 am - 1:00 pm	Riverton Clinic, 68 Main Street
	October 29	1:00 pm - 7:00 pm	Riverton Clinic, 68 Main Street
St. Laurent	October 22	10:00 am - 11:30 am	Laurentia Lodge, 444 Veteran's Memorial Road
	October 22	1:30 pm - 3:00 pm	St.Laurent Community Health Office, 1 Parish Lane
	October 29	3:00 pm - 7:00 pm	St.Laurent Community Health Office, 1 Parish Lane
	November 14	11:00 am - 2:00 pm	St.Laurent Community Health Office, 1 Parish Lane
Winnipeg Beach	October 27	1:30 pm - 3:30 pm	Winnipeg Beach Lodge, 32 Centre Street

Bring your Manitoba Health Card and wear a short-sleeved shirt.

If we need to make any changes to this listing, they will be posted online at www.ierha.ca. Click on "Get Your Flu Shot" in the banner at the top of the page. Here you'll find a complete listing of flu clinics offered around the region.

Arborg-Bifrost Fire Department's Open House demonstrates the dangers of fire

By Patricia Barrett

The Arborg Bifrost Fire Department demonstrated just how potentially deadly vehicles can be not only to drivers but also to firefighters during its Open House Saturday.

Volunteer firefighters Terrell Kerbrat and Kristin Bartch were sent in to battle a burning car whose heat could be felt from an estimated 100 feet and which sent plumes of thick black smoke hundreds of feet in the air.

The two men had just swung around to the driver's side window of the late-90s Saturn – after having doused the interior through the passenger door – when a loud bang rocked the fire hall's parking lot where up to 60 people had gathered behind safety cordons to watch the demonstration.

"It startled me," said Kerbrat afterwards, as he pulled off his balaclava and rubbed his smoke-smudged face. "It sounded like a gun went off."

It was just one reminder of how important firefighters' protective gear is. Exploding airbags (some vehicles have multiple bags) can seriously injure emergency services personnel.

The two firefighters had been well trained to anticipate such a situation: one of their first tasks was to pry up the hood of the burning vehicle and cut the cables to the battery – which they did – before drawing closer to the interior of the car.

"That stops the electricity, which powers the airbags," said Provincial Fire Instructor Dave Edge, who trains new recruits for the station and oversaw the day's three demonstrations in conjunction with Fire Chief George Chyzy. "Otherwise it's like six to eight missiles coming at you."

Training exercises emphasize the importance of approaching a burning vehicle from a 45-degree angle, he said, to minimize the chances of being injured by tires and bumpers.

In addition to explosions, newer car models can literally become live wires.

"You can electrocute yourself from the cables buried in the running boards of newer cars," said firefighter Andy Barylski, as he watched some of the brigade cut through a door (using the Jaws of Life) during the victim extrication demonstration.

The fire chief said the chemical components in today's cars make them even more dangerous. "There's magnesium in the steering columns," said Chyzy, who has overseen the station for 30 years. "That makes fires burn hotter."

After the burning house demonstration, firefighters took questions from the crowds about the importance of their protective gear, and let people

examine their mitts, jackets, boots and breathing apparatuses.

The Open House attracted scores of people from town and the surrounding area. At least forty sat down to breakfast with the firefighters while others examined the gear and the trucks.

Firefighters' spouses and significant others were on hand, too, helping with event. Town of Arborg Coun. Susan Bauernhuber made pancakes along with firefighter David Fontaine.

Jamie Flewelling and Paul Faur-schou, paramedics from STARS air ambulance, also attended the six-hour event, bringing with them a number of items for the children, such as colouring books and stickers, and a wealth of life-saving knowledge.

Flewelling said when the rooftop landing pad for STARS at the Health Sciences Centre opens, patients from communities like Arborg will arrive at hospital much quicker. At present, they are transferred by ground ambulance from the STARS base at the Winnipeg airport.

The fire chief said the educational materials and the demonstrations are intended to make people aware of how important fire prevention is.

"It's everybody's business and should be done 365 days a year," said Chyzy.

The station's Open House was held in conjunction with Fire Prevention Week (Oct 4-10).



The burning Saturn filled the skies with thick black smoke.



EXPRESS PHOTOS BY PATRICIA BARRETT

Arborg Bifrost firefighters Terrell Kerbrat and Kristin Bartch battle the car fire.



One of Arborg's firefighters emerges from the burning house



Onlookers examine a firefighter's mitts after the house burning demonstration.



Doug Stratton of Arborg checked out STARS equipment.



Clara, James and Land-on try out the Kubota at the Arborg Bifrost Fire Department's Open House.



Sparky, the fire mascot, next to Fire Chief George Chyzy and Arborg Bifrost's volunteer firefighters.



STARS paramedics Paul Faur-schou (left) and Jamie Flewelling.



Firefighter David Fontaine and Town of Arborg Coun. Susan Bauernhuber flip pancakes for the Open House.

New website helps connects residents to information for Grahamdale

By Jeff Ward

The need for a better web presence has been talked about for the last few years in the RM of Grahamdale by Reeve and Council, and now with the launch of a new website, that need has been filled.

The website officially launched on Wednesday, Oct. 7, and will be a huge asset to the RM council and administrative staff in making sure all important information is known to its citizens. The website cost ratepayers \$6,219.40 and was designed by All-Net, a Winnipeg based company that's designed about a dozen municipal websites. The website not only looks much nicer than the previous iteration, but is much more functional as well, delivering pertinent information in the clearest way.

"It's about keeping our ratepayers as informed as possible," said administrative assistant, Devan McCoubrey.

"It's going to be a huge asset for us and as the weeks go on we'll be perfecting it. Adding more information, events, news and council minutes. Also from our end, adding things to the website is so much easier."

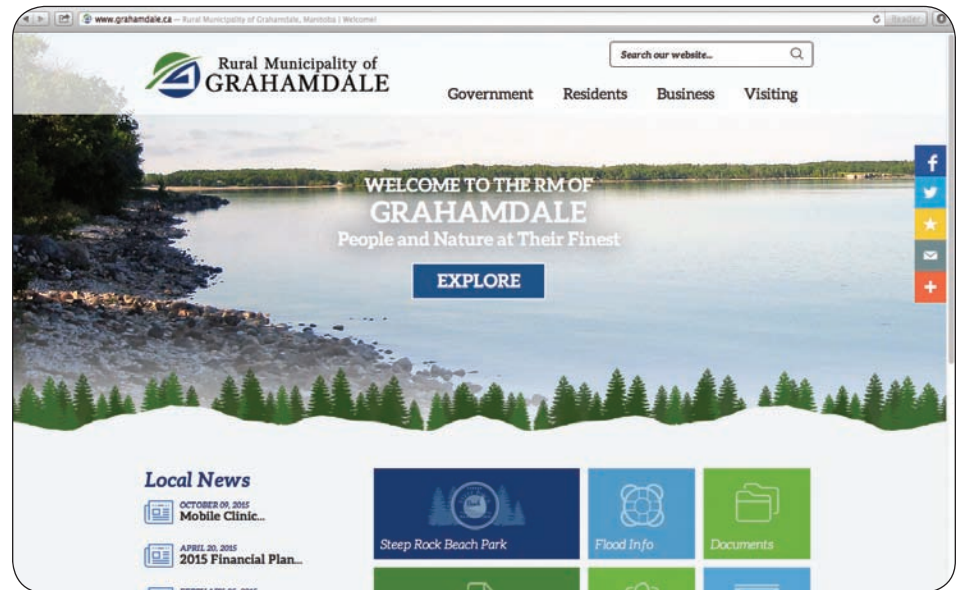
"IT'S GOING TO BE A HUGE ASSET FOR US."

The website is also open for any residents who want to post events themselves. Got a fundraiser coming up you want the community to know about? You can easily add that information to the website yourself and then share that link across your social

networks.

The resolution to get the website built was passed in May, and the website would've likely been included in previous Grahamdale budgets if the financials had worked out according to McCoubrey.

With the Internet increasingly becoming the primary way most of us get our information, the RM of Gra-



SCREENSHOT PHOTO

The RM of Grahamdale launched its new website Oct. 7.

hamdale is now well equipped to live in the digital age.

McCoubrey is encouraging all residents to check out the website, www.grahamdale.ca, and have a look

around. Check links and pages and make sure everything is working right. If you see anything that isn't right call the RM office at 204-768-2858 and let them know.

Petite Savanne, Dominica



Variety Night Fundraiser

Helping the survivors rebuild their lives after Tropical Storm Erika

Featuring the
Thistle Tyme Band!

October 17, 2015
7:00 p.m.

Lakeview Resort, Gimli
\$10 per person
(5 & under — free)

Tickets are available at the **Beach Handi Mart** in Winnipeg Beach,
Tamara at the **Red Apple Store in Gimli**
From Lincoln @ 204-642-3599 or Velma @ 204-642-2840
In Winnipeg at **Autopia Sales and Service,**
855 Cavalier Drive (204-414-3965)

*Silent Auction
&
50/50 Draw*

*Comedian,
Dave
Sutherland*


*Possible
appearance by the
McConnell
Irish Dancers*

*Thomas
Kowalchuk &
Jay Ewert*

*Gimli High
School Band
Students*

*Surprise
Guests*

Cash bar




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Red River Co-op gas bars and food stores

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Alf Cuthbert PAC nearing completion of massive collaboration

By Jeff Ward

For more than 30 years the Alf Cuthbert Parent Advisory Council (PAC) has been helping support students and teachers. And now after an incredible year of fundraising their massive three-phase project is nearing completion.

In 2012 the PAC set out to raise money to build a new play structure for Alf Cuthbert school. The community response was overwhelming and with their help, and the help of some timely grants, the PAC was able to fund a massive three-phase project that brought in a new play structure, walking trail, outdoor classroom and, if everything goes well, a rebuilt volleyball court next summer.

"It was really a team effort," said Katie Gunther, current chairperson for the PAC.

"We work well together as a team and are able to evenly distribute the workload. Also we have such a close relationship with the teachers and staff at the school, so we're able to really understand what they need and then we do our best to provide that."

Gunther credits the strong relation-

ship the PAC has with the staff at Alf Cuthbert and the extremely generous members of the community for being able to accomplish such a large project so quickly. Even people from the community who don't have kids in the school gave selflessly to the PAC.

The PAC has an ongoing wish list with Alf Cuthbert school staff and students which helps give them a good idea of what their top priorities should be. The list is constantly being updated with things that are important to the school as a whole, and the PAC loves the feedback because they're able to focus on what will make the biggest difference.

The PAC also takes on much smaller projects as well that help to improve the quality of life for students while in school. Microwaves to heat up their lunches was something that the students had wanted and PAC obliged. And because students are often helping during fundraising efforts they all realize the work that goes into getting these new items.

"They're all very grateful. They don't take it for granted because they're involved in all the fundraising," said



EXPRESS PHOTO BY JEFF WARD

Kerri Nickel and PAC chairperson Katie Gunther are extremely grateful for the support the community has given their PAC which has enabled them to give back to Alf Cuthbert school so effectively.

Kerri Nickel, a longtime member of the PAC.

Alf Cuthbert is very involved with the PAC and has staff members attend each one of the meetings the PAC holds. Outside of the fundraising the PAC is heavily involved in school affairs and is regularly consulted to help share ideas and advice. The relationship is strong between the PAC

and the school and it only serves to create a better learning environment for students in the long run.

After the final phase of the project is complete the PAC will be taking a bit of a break from tackling large projects. Wanting to give the community some breathing room before asking for donations again.

Infection Prevention – Think Global Act Local national theme

News Release

Interlake-Eastern RHA's infection prevention and control professionals are gearing up for this year's infection control week that runs Oct. 19-23.

"National infection control week coincides with the launch of our flu vaccination clinics this year. It's also a great opportunity to remind people about how significant something as simple as washing your hands can be in preventing the transmission of ill-

ness in your home and when you're in the community," said Davenna Conrod, regional manager of infection prevention and control for Interlake-Eastern RHA.

The infection prevention control team coordinates infection prevention and control activities in the region by working with the Interlake-Eastern RHA's hospitals, clinics, public health offices and personal care homes. This team has recently added in-facility

champions, who are typically nurses, to serve as key points of contact for staff with questions about infection prevention and control.

Infection prevention and control procedures and programs are widely recognized as being both clinically effective and cost-effective in preventing and controlling the spread of infections in health care settings. Hand hygiene programs, audits, infection surveillance, outbreak management

and staff education protect clients, patients, residents and staff alike by preventing infections before they occur. Such prevention results in better clinical outcomes, fewer health care associated infections, reduced length of hospital stay, and less antimicrobial resistance, resulting in better patient outcomes and important cost saving for the health care system.

In addition to thinking about how your infection prevention and control practices can affect those close to you and in your community, Infection Prevention and Control Canada's theme of Think Global Act Local for infection control week reminds us that we live in a global community. Increased global travel and changing global weather patterns result in emerging and re-emerging infectious diseases being a potential risk in new locales. Recently Ebola has demonstrated that we must use a global lens as a focus in our preparation and management locally for effective infection prevention.

Everybody can help prevent the spread of infections by being involved, providing input and initiating change in their own way. Keep in mind that National Infection Control Week is just the beginning. This invaluable lesson is one that must continue to be taught so that the impact of infections can be minimized.

The New Iceland Heritage Museum & Consulate General of Iceland in Winnipeg

Invite you to

Savour Our Heritage

WEDNESDAY, OCTOBER 21ST 12:30 p.m.
The Gimli Icelandic Canadian Society and the NIHM invite you to Walk to the Rock.
Everyone welcome!
7:30 p.m. - Grettir's Saga – a solo play at the Aspire Theatre
Tickets \$15.00

THURSDAY, OCTOBER 22ND
7:00 p.m. - New Iceland Heritage Quiz Night
Ship & Plough Gastropub
\$5.00 per participant

FRIDAY, OCTOBER 23RD
7:30 p.m. - Grettir's Saga
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Local duo to kick off 3rd annual Ducks Unlimited Fundraiser

By Lindsey Enns

A local brother and sister duo are teaming up to open for Canadian country music star Chad Brownlee at Friday's Ducks Unlimited Canada fundraising dinner and concert.

"It's a super huge honour that we were asked to perform," said Rosalyn, who along with her brother Gord will perform some country music covers before Brownlee's all-acoustic set. "Country's where we're most comfortable."

Rosalyn, who resides in Selkirk, and Gord, who lives north of Gimli, have performed together for many years mostly just for the pure enjoyment of it.

"It's something very unique to be on stage with a sibling I don't think a lot of people get to experience what that's like," Rosalyn said. "It's really nice, we

both really enjoy it."

The third annual Ducks Unlimited Canada fundraising dinner and concert will take place Friday at the Hitch n' Post in Gosse Isle. Cocktails are at 6 p.m. and dinner will be served at 6:30 p.m. with the concert to follow. For more event and ticket information visit, ducks.ca/events.

Both Rosalyn and Gord grew up in Clandeboyne and are no strangers to rubbing shoulders with notable Canadian country music singers. The duo opened up for Aaron Pritchett in 2011.

"We're big Canadian country music fans," she said, adding Brownlee's acoustic set will be a special treat for his fans. "It'll be very neat and stripped down."

"Just him and a guitar."



SUBMITTED PHOTO

Gord and Rosalyn Church open up for country singer Aaron Pritchett in their hometown of Clandeboyne in 2011. The brother and sister duo are set to open for country music star Chad Brownlee during the third annual Ducks Unlimited Canada fundraising dinner and concert at the Hitch n' Post in Grosse Isle on Friday.

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Taking it off for cancer



EXPRESS PHOTO SUBMITTED

Riverton Collegiate graduate Wyatt Bonkowski (21) had his flow cut off for cancer by Britta Palsson of Fringe Hair Salon last Friday. Bonkowski works full time on the family turkey farm.

Successful Lundar Goose Shoot



EXPRESS PHOTOS BY LAURA HAYWARD

First place, in no specific order, Ile-des-Chenes resident Chris Adams and his teammates Cody Adams, Paul Moreau and Bryce Hacault took home the grand prize of a set of shotguns for the whole team. Guides Travis Bennet and Cyril St. Goddard (not in photo).



Second place was awarded to Jake Kluzer, Nicole Halldorson, Stuart Thorgilsson and Austin Nikkel. Guides Curtis Thorgillson and Keifer Johnson.



Third place was awarded to Barrett Baker, Nairn Baker, Ken Baker and Tim Vanacker. Guides Malcom and Floyd Thorkelson.

By Jeff Ward

The feathers have settled on the 39th annual Lundar All Canada Goose Shoot, and even after all these years the event is still as popular as ever.

The goose shoot is put on annually by the Lundar Elks and took place on Oct. 9 and 10. The winning team was lead by Ile-des-Chenes resident Chris Adams, and his teammates Cody Adams, Paul Moreau and Bryce Hacault, who took home the grand prize of a set of brand new shotguns for the whole team. The calcutta was won by Lundar resident, Steven Malcolm who purchased Adams team for \$1,700. He made his money back and then some winning \$9493.58 in prize money for his correct choice.

"We're very satisfied with the turnout, everything went very smoothly

this year," said Elsie Johnson treasurer for the Lundar Elks.

Each team has four hunters a guide and a checker and are assigned to a field randomly the night before, which makes preparing more difficult. Teams are up at 5:00 a.m. on Saturday morning for a quick breakfast and then it's out to their fields to try and down as many birds as possible. The team with the highest weight of geese at the end of the day is declared the winner.

Guiding Adams team was Syril St. Goddard and Travis Bennett, and their hunting was done on Farrell Potts field in the Lundar area.

Next year marks the 40th anniversary since the goose shoot started and is likely to be extremely popular.

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Making Mischief: Gimli women hoist sails in Canadian keelboat championship

By Patricia Barrett

Manitoba Mischief, a women's yacht team from Gimli, rigged the sails in Kelowna earlier this month and competed against some of Canada's top women sailors in the Women's Keelboat Championships.

Cindy Blicq, Lori Hiscock, and Michele Evans have been sailing together for eight years. This summer, Rose Hull came aboard. All the women are over 50.

"Being able to sail with other women," said Blicq, referring to the Kelowna competition, "was a great experience."

They were the only team from Manitoba competing in the event, which took place Oct 1 to 4. In Gimli, the women train and race on Blicq's 4,500-pound keelboat called the Mischief.

A keelboat is a vessel that has a keel rather than a centreboard. The keel is a long ridge attached to the hull or "a big heavy weight under the boat helping to increase stability," said Blicq.

Her love of sailing began in the 1970s in Gimli. After her father got involved in the sport, she started taking lessons.

"It was to keep us out of mom's hair," laughed Blicq.

The sailing season is short in Gimli, but every Wednesday night, the Gimli Yacht Club holds a regatta, which gives Blicq and her team time to hone skills such as starting, stopping, speed, steering, jibing and tacking – all in close proximity to other boats. They also take part in weekend races.

"We didn't get much practice before this race," said Blicq, who drove for about 13 hours to Kelowna with her teammates.

They didn't take the Mischief with them, but chartered a "single class" sailboat in Kelowna. All the competitors raced with the same model (a Santana 525), to make for an equal sailing field.

Over the course of the three-day event, the women raced up and down Lake Okanagan, competing in a total of 11 races that each take about an hour.

"The day we did five races," said Blicq, "we were in bed by 8:30."

Each team member has certain responsibilities on board, said Blicq. "We have one person who looks after the spinnaker (a special racing sail), and two others that look after the sails."

She herself is helmswoman.

"The boats race fairly close together," she said. "I'm always looking around, making sure no one's going to hit us."

She said the conditions varied on Lake Okanagan, which is known for

having light winds. At one point, the wind took an extended rest, leaving seven boats unable to finish the race.

"We ate lunch and cruised around until it picked up," said Blicq.

She said when a wind is 20 knots (about 37 km/h) "it's totally nuts" on a sailboat. "We've had some terrifying moments on Lake Winnipeg."

Women's teams from across Canada, plus one from Nantucket (Massachusetts), competed in the event. A team from the Kelowna Yacht Club, led by Gillian Hayward, took home the trophy.

"We're not the top women's sailors," said Blicq. "But we felt we did quite well under the circumstances."

There are a number of challenges to sailing a boat with which you're unfamiliar, as well as competing on a new course.

"When you're taking a boat to the extreme of its capabilities," said Blicq, "anything could happen – something can break."

The condition of the boat also plays a role in competition.

"The boat we chartered hadn't been raced for five years," said Blicq. "And it was a little bit tired."

Apart from competing, Blicq said she and her fellow sailing mates appreciated the opportunity to learn from other women sailors.

"We were inspired by Kelowna," said Blicq. "We got to talk to other women sailors at the top of their game. We'd ask, 'What were we doing wrong?' and they'd share their expertise."

The Kelowna Yacht Club also took videos of the races, which its coach reviewed each day, showing teams what they did right, and how they could have approached a particular situation differently.

"Every single time you go out," said Blicq, referring to her team's races and training on Lake Winnipeg, "it's different – different waves, different winds."

Blicq and her team competed in the Manitoba Keelboat Championships last month, and in the 2013 Women's Keelboat Championships in Halifax.

Next year, Blicq said she would like to get more women "at the helm," in Gimli,



EXPRESS PHOTO BY ANDY BLICQ

Left to right, Lori Hiscock, Cindy Blicq, and Michele Evans, started racing together in the Gimli Yacht Club's Wednesday Night series in 2008. Rose Hull (far right) joined the team this summer.

and see whether the Gimli Yacht Club could increase the number of races it holds.

She said the club was a "great support" to her team. "They had a dinner and a fundraiser for us to go compete."

The Women's Keelboat Championship is an annual competition that draws the best Canadian women sailors. Different yacht clubs host the event.

The Gimli Yacht Club has hosted a number of provincial, national and international regattas since its inaugural sailing competition during the 1967 Pan Am Games. It will host Sail West in 2016 and the Canada Summer

Games in 2017.

For more information about the club, visit www.gimliyachtclub.com

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Young rider looks for back-to-back wins this weekend in Eriksdale

By Brian Bowman

Looking to repeat his victory from last year, 24-year-old Steve Maddison is hoping to take the top spot again this weekend in the 19th annual Boyz & Bullz bull-riding event in Eriksdale.

Boyz & Bullz takes place Saturday, Oct. 17 at 7:00 p.m. at the Eriksdale Recreation Centre and winning is no easy task. Some of the top riders in the country will be on hand this weekend hoping to ride their way into glory while holding onto the top spot on a 2,000 pound bucking bull. Physically and mentally, riders need to be in top form when competing. At any point riders can find themselves upside down and scrambling out of the way trying not to get stepped on. Riders have to stay sharp, if they plan on winning.

"It's nice to go to the gym, but being so busy on the road, it's tough to get there," said Steven Maddison, who won last year's events and is hoping for a repeat title this weekend.

"I have a barrel that I practice on to get that muscle memory and stay sharp. If you haven't been on for a while you'll be sore and that won't help you when riding."

Mentally the preparation for rid-

ers is always different. Some focus intently on the ride and being aware of the personality of the bull. Others, like Maddison, try to block everything out altogether and use sheer intuition and experience to guide their moves while riding.

"It's basically kind of like a blackout for me. Just get on and do the same thing you always do, your routine. Try not to think at all and just go off of reactions," noted the 24-year old bull rider, who's been competing since he was 14.

The sport of bull riding is predicated on the notion of, 'it's not if you'll get hurt, it's when', and riders are aware of the danger. It's dangerous, scary work, but in many ways that's where the excitement comes from. Like a hockey player whose toothless, bloody grin is a sign of a job well done on the ice, so is a bull rider, dirt covered broken bones. It's part of the sport and one that every rider accepts and prepares for.

"I've been very fortunate in my career. I've never broken a bone. I tore my hamstring one year, and that was pretty bad, and I have had a few bad head shots but that's it," said Maddison.



EXPRESS PHOTO SUBMITTED

Steve Maddison (24) will attempt to ride his way into a second Boyz & Bullz title this weekend at the Eriksdale Recreation Centre.

The sport is hard on the body, and even if you make it through clean, you're still likely to have a few rope burns and a sore wrist at the end of the day.

Boyz & Bullz will surely be an exciting event and one you won't want to miss. Tickets are available at the door and cost \$15.

Lake Levels on Lake Manitoba lowest since summer of 2010

By Jeff Ward

After sustained high water levels on Lake Manitoba for years, residents of the Interlake can breathe a sigh of relief knowing the water levels are now at low not seen since before the flood of 2011.

At the time of writing this article the lake levels sit at 811.88 ft., which is almost four feet lower than the levels that caused catastrophic damage in 2011. Even better, the lake levels are continuing to fall and could be below 811.5 by the time freezing occurs on the surface. Lake level is derived from the average of the two lake gauges that sit at opposite ends of the lake. One sits in the south west near Westbourne, and the other in the north east, up near Steep Rock.

"We've been helped by having very few rainstorms and the lake has been in a steady decline of about a 10th of a foot each week," said Scott Forbes, chief scientist for the Association of Lake Manitoba Stakeholders (ALMS) and an ecologist for the University of Winnipeg.

"It's basically [allowing] the lake to accept those artificial inflows from the Portage Diversion. It would be nice to have the lake under 811 ft., but even

now with the worst case scenario we'd only see minor flooding."

'Minor flooding' hasn't been a term that Interlake residents have been accustomed to hearing since 2011. The knowledge that even in worst case scenarios the flooding would be minor is definitely the right kind of news for residents still reeling from the effects of the 2011 flood.

Even more encouraging is the news that strong wind events aren't producing any flooding issues either, which were a big concern last year when lake levels rose to uncomfortable heights and sustained periods of high winds caused multiple states of emergency.

With all that said, Interlake residents aren't out of the woods by any means, as they are still left with no real way to protect themselves against another incident like in 2011.

"All it takes is one bad year and it's flooding all over again. We're at the mercy of the weather and the operators of the diversion. Nothing has been done to alleviate the problems of 2011, and we're probably five years away from any engineering solution," noted Forbes, who saw his property at Twin Lake Beach washed away in



EXPRESS PHOTO BY PATRICIA BARRETT

This strip of land between Johnson Beach and Laurentian Beach has been inaccessible due to high flood waters, but now, with Lake Manitoba at an all time low this land becomes walkable again.

2011, and has been fighting ever since for a competent solution.

However with the lake level steadily receding the prognosis for the future of the lake is looking brighter. Forbes

mentioned that throughout the winter the lake level should either stay the same or go down. Which is exactly what Interlake residents were hoping to hear.

Dinner theatre pays tribute to Hecla Island's hockey players

History will be brought to life Saturday in the play titled the *History of Hecla Hockey*

By Patricia Barrett

The not-so-well-known history of Hecla Island's early 20th-century hockey players will be brought to life Saturday in a play titled the *History of Hecla Hockey*.

The Descendants and Friends of Hecla Island Heritage, a charitable organization that raises funds for the Hecla Heritage Home Museum, will be hosting a dinner theatre to bring to light the history of amateur hockey on the Island.

Among the organization's members is a dramaturgist who grew up on the island and whose grandfather used to play hockey there in the 1920s.

"The hockey teams on the island lasted until the 1960s when the high school was still in operation," said Maxine Ingalls, who leases property in what is now the Hecla/Grindstone Provincial Park.

This is the third dinner theatre the organization has hosted, she said, which have proven to be very popular events.

"It's a huge production," said Ingalls, who does "everything" in addition to playwriting.

"You name it, I do it," she said, "I get actors, help make props and costumes and direct."

She's also helping prepare the feast. "I have 25 dozen kleinur (Icelandic donuts) in my freezer right now."

Ingalls has written two other plays for the organization's fundraisers.

"I just wake up and write it down," said Ingalls. "It just comes to me."

Part of her creativity may run in the family: her father, Stefan Helgason, used to act in plays.

But her grandfather, Stefan (Stebbi) Helgason, was partial to hockey. A ghostly black and white 1921 photo-



Hecla Hockey team jersey - Snooky Eggertson.

graph shows him posing on razor-sharp ice with his hockey teammates.

The island's hockey teams - composed of high school students or mature adults - would play against River-ton, Hnausa, Gimli, Manigotagan and Bissett, said Ingalls.

Her three-act *History of Hecla Hockey* is part historical fact, part spoof. The first act will feature Vikings fighting to claim hockey as their invention.

The second act is based on historical records from around 1948 pertaining to the Big Island's hockey team.

The third act will feature a hockey game between Bissett and Hecla.

Proceeds will go to the Hecla Heritage Home Museum, which depicts Icelandic family life in the first quarter of the twentieth century. The museum is open to visitors between June and Labour Day, and must be maintained over the winter months.

The play and three-course dinner will be held Saturday, Oct 17 at 5:30 p.m. in the Hecla Lakeview Resort ballroom. Guests are encouraged to wear their favorite hockey jersey or cap.

For more information, contact Maxine Ingalls at (204) 279-2061 or Sharon Holtz at (204) 279-2088.



Jóhann Paulson, Dennis Grimolfson, Kevin Johnson, Beggi Paulson, Kristjan Gudjonson, ~~Reginald~~ Thordarson, Allan Jones, Norman Paulson, Buddy Jonson, Binnie Jones Jr., Leslie Paulson.



PHOTOS COURTESY OF MAXINE INGALLS

Hecla Hockey Team. 1921. (L-R) Kristin Sigurgeirsson, Mike Kelly, Stebbi Erickson, Stefan (Stebbi) Helgason, Kjartan Eggertson, Gusti Williams.

Oak Hammock Marsh bird program earns excellence award

By Lindsey Enns

An Oak Hammock Marsh program, which allows participants to get up close and personal with birds, has earned an award of excellence.

Oak Hammock Marsh Interpretive Centre, located in Stonewall, was presented with an excellence award during the Association of Manitoba Museums annual conference in Winnipeg on Oct. 2.

The Bird in Hand program, which has been recognized by Discover Canada, invites participants to band

and then release a real, live bird back into the wild after learning about Oak Hammock Marsh's migration path.

"It's a very multi-sensory experience that people actually feel like they do something quite important for wildlife," Oak Hammock Marsh marketing and promotion co-ordinator Jacques Bourgeois said. "This research has been taking place for over 100 years in North America so people get to participate in that."

Since its introduction last year, Bourgeois said the program, which

runs from May until late September, has been "a really huge success."

"(Participants) get ... a really close connection with wildlife and you see the smile on people's faces," he said. "They just love seeing those little birds before they let them go."

Participants also get to take a little canoe trip out into the marsh to visit the bird's habitats.

"We get to smell the marsh and taste the marsh," he said, adding participants are encouraged to try cattails. "It's actually quite tasty ... tastes a bit

like cucumber or watermelon."

"IT'S A VERY MULTI-SENSORY EXPERIENCE THAT PEOPLE ACTUALLY FEEL LIKE THEY DO SOMETHING QUITE IMPORTANT FOR WILDLIFE."

Interlake Relay for Life looking for volunteers for next year's event

Planning committee holding an open house in Winnipeg Beach Oct. 21

By Patricia Barrett

The Canadian Cancer Society's Interlake Relay for Life is looking for people to form the next planning committee and will be holding an Open House in Winnipeg Beach Oct. 21.

The Society is hoping to draw volunteers from all across the Interlake – not only Winnipeg Beach – to organize next year's Relay for Life.

"It just takes a small group of people to make it happen," said Tamara Boyko, Fundraising Coordinator for the Manitoba Division of the society.

Boyko, who will be hosting the Open House, said Relay for Life events help fund cancer research, support programs and advocacy.

"People are invited to come out and learn how to plan an event," she said.

Each year, relays see thousands of cancer survivors and their families and friends form teams whose members take turns completing a set number of laps around a track. The can either walk or run 5 or 10 kilometres (or more) then pass a baton to their team members. The event is usually held at parks, schools or fairgrounds.

In 2014, nearly 400 relays took place across Canada, drawing 128,734 participants and raising \$42 million dollars, according to the Society's website.

"We are the support for the planning committee," said Boyko, who coordinates numerous Manitoba relays.

"My job is to give them the tools they need to host an event."

This year Winnipeg Beach held a relay in June. For the first time, it was held indoors because of the wet weather. Gimli, Selkirk and Ashern have also hosted relays.

"It's a family event," said Boyko, who also takes part in the walks. "Any age can participate – from an infant to your grandmother."

The society's Interlake Regional Representative, Sharon Mulder, helps organize (and participates in) relays and raises awareness of different forms of cancer through a number of educational initiatives, such as the SunSense program and Radon Awareness month in November.

"My husband is a cancer survivor," said Mulder, who lives near Gimli, "and he always walks in the relay and finds it a profound experience."

She said there are three parts to the relay. The "victory" leg has cancer survivors taking a turn around the track. The "remembrance" leg has participants walking around a track dotted with luminaries, or candles in bags. Participants can write messages on the bag honouring a departed loved one or friend, or write a message of hope.

"At dusk the candles are lit," said Mulder, who lights a candle in memory of a girlfriend. "It's very emotional and touching."

The "fight" leg is how the relay



PHOTOS COURTESY OF TAMARA BOYKO

An open house will be held Oct. 21 for anyone interested in helping with the 2016 Canadian Cancer Society's Interlake Relay for Life.

ends, she said. Participants will ask themselves, "How will I join the fight against cancer? Will I exercise more, practise sun safety or become a volunteer transport driver for cancer patients needing to travel to appointments."

Mulder said there is a lot of flexibility as to how each planning committee can set up a relay. "It has become a little more in tune to what works best for a particular community."

Traditionally, the event takes place from 7 p.m. until 7 a.m., which has people bringing tents and camping out all night. But Winnipeg Beach held its relay from 7 p.m. until midnight, and Selkirk held its relay from noon until midnight.

"If you can guarantee that the weather will be fine," said Mulder, "it can be magical." She said she remembers taking part in a Winnipeg relay at Shaw Stadium where she watched the sun come up over the city.

"People's lives are busy, but we need volunteers," said Mulder. "If everyone does a small piece, we will have an event."

Boyko said the Winnipeg Beach Open House is not a meeting, but a casual "come and go."

It will be held Wednesday, Oct 21 at the Winnipeg Beach Municipal Recreation Centre, 32 Hamilton Ave., from 6 to 8 p.m.

For more information about Relay for Life, visit www.relayforlife.ca

Interlake cancer hubs aim to reduce travel for treatment

By Brandon Logan

Cancer patients in Manitoba and the Interlake-Eastern Regional Health Authority region are receiving treatment quicker and have reduced their travel to get that treatment, according to the province.

The improved care throughout Manitoba is due to the IN SIXTY initiative developed in 2011 and the creation of the Cancer Care Hub and Navigation programs throughout various regions in the province.

"Through our IN SIXTY cancer patient journey initiative that was first announced in 2011, which is a \$40-million comprehensive first-in-Canada cancer strategy, I'm proud to say it's the most aggressive in the country," health minister Sharon Blady said, adding all 16 of Manitoba's rural chemotherapy locations have been converted into full cancer care hubs.

"THE COMMUNITY CANCER CARE CLINICS ... HAVE ALSO ENABLED PATIENTS TO RECEIVE TREATMENT CLOSER TO HOME."

Blady noted in 2011 at the time the hub and IN SIXTY initiatives were announced, only 18 per cent of breast cancer patients were receiving treatment within two months of first suspicion of cancer.

That number has now more than doubled to 41 per cent of all Manitoba cancer patients getting treatment within 60 days of first suspicion.

Looking specifically at the Interlake-Eastern region, there are three community cancer care hub programs. They are located in Selkirk, Gimli and

Pinawa.

Having care facilities in the region has allowed many patients to see drastically reduced travel to receive treatment, according to Katherine Podaima, director of acute care, emergency department, cancer services and acute care education in the Interlake-Eastern Regional Health Authority.

"When we're looking at referrals, we can see 62 per cent of our referrals are coming to us at diagnosis and 34 per cent at suspicion (of cancer)," Podaima. "The community cancer care clinics in the Interlake-Eastern Regional Health Authority have also enabled patients to receive treatment closer to home."

"In fact," she added, "for 2014 and 2015, patients saved approximately 500,000 kilometres in travel, which is really significant and a good start."

Not every single type of cancer can be treated at the regional centres, it is a step in the right direction, especially with an increase of referrals in the past year, she said.

In the Interlake-Eastern Regional Health Authority alone, the navigation team receives 40 to 45 referrals per month. In 2014 there were 430 referrals, but in 2015 the number is already at 335, which projects to be a five per cent increase.

An important reminder is that the Cancer Care Hub and Navigation programs are a free service for all residents living in Manitoba. While a physician can refer patients to a cancer hub if they suspect their patient has cancer, anyone is welcome to contact the hubs themselves.

For further information, call their toll free number at 1-855-557-2273.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local teams begin KJHL regular season play

By Brian Bowman

Three of the four local teams have begun their Keystone Junior Hockey League regular seasons.

The Peguis Juniors won both of their games last weekend in convincing fashion, defeating the Norway House North Stars 9-3 on Saturday and then the Cross Lake Islanders 7-3 on Sunday.

In Sunday's win, Waylon Neault led Peguis with three goals and an assist while Montana Tanner had a goal and two assists.

Matthew Cameron (two) and Quinton Flett also scored for the Juniors.

Saturday's win saw Jared Tobacco (two), Audy Penner, Tanner, Kessin Richard, Neault, Devon Garson, Dylan Stevenson, and Ian Sutherland score for Peguis.

Keifer Tacan earned both wins in goal.

The Lundar Falcons also played a pair of games last weekend, edging Cross Lake 4-3 on Saturday before losing 6-5 in a shootout to Norway House on Sunday.

Tanner Poker and Darrian Sinclair scored for Norway House in the shootout while Mason Medeiros replied for Lundar.

Bryce Horning had a strong game for the Falcons, scoring a goal and adding three assists. Cody Paul and Byron Spence each had a goal and two assists while Taylor Ritchie and Brenden Carlson also tallied.

Randy Quick made 34 saves in the loss.

Horning was also very good for Lundar against Cross Lake. He scored three goals, one coming in each of the periods. William Eikel added a shorthanded goal in the first period for the Falcons.

Travis Ridgen made 30 saves for the win.

The Arborg Ice Dawgs, meanwhile, opened their regular season with a 4-1 loss to the defending-KJHL champion Selkirk Fishermen last Saturday at the Selkirk Recreation Complex.

Selkirk's Drayton Mendrun scored a first-period goal and then Milan Horanski made it 2-0 midway in the second.

Spencer Kilbrei cut the Fishermen's lead in half with a power-play goal but Jeremy Thomas regained the Fishermen's two-goal lead late in the period. Thomas then added an insurance marker in the third.

Selkirk outshot Arborg 33-25. Jon Narverud made 29 saves in the loss.



EXPRESS PHOTO BY LANA MEIER

The Peguis Juniors' Jared Tobacco scored twice Saturday night in his team's 9-3 win over the Norway House North Stars.

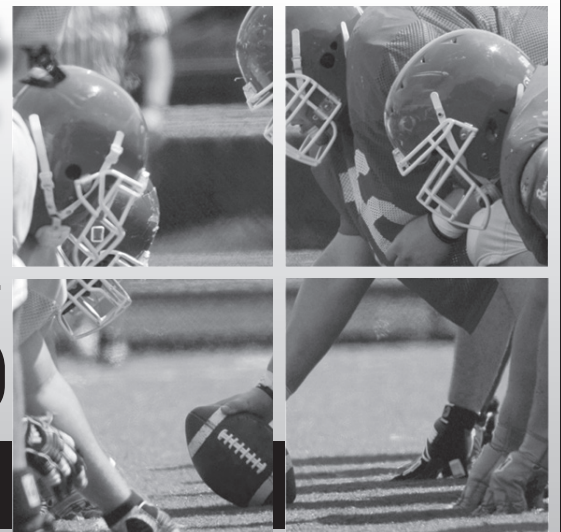
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli kicks its way to Rural Soccer Provincials

By Brian Bowman

The Gimli Lakers boys' soccer team is headed to the Manitoba High Schools Athletic Association's Rural Soccer Provincials.

Gimli punched its ticket to the big dance after beating the Stonewall Collegiate Rams 1-0 in the Zone 5 final last week.

Michael Delorme scored the eventual game-winning goal in the first half. Scoring that first goal of the game was huge for Gimli.

"(Getting that first goal) was pretty big," said Lakers' coach Jay Nickerson. "Even if we didn't score another goal and we held them, then (the championship) was ours."

Kael Sauerborn earned the shutout in goal.

The Lakers played exceptionally well on the defensive end and were

fully deserving of the shutout win.

"They're an amazing team to coach," Nickerson praised. "They figured it out this year and played really well. They communicated well and supported each other."

Gimli reached the finals after blasting Lunda 7-2 in the semifinals.

The Lakers had a very small schedule of games this season. But they will get in plenty of action this Friday and Saturday at the provincials in Steinbach.

"If we play our game, then I think we can hold our own," Nickerson predicted. "One of the things about soccer is that it's really easy to let somebody else dictate the pace of the game. But I think if we hold our own and play our game, play the way that we play, then I think we'll have some good games."



SUBMITTED PHOTO

The Gimli Lakers are headed to the MHSAA Rural Soccer Provincials this Friday and Saturday after defeating Stonewall 1-0 in the Zone 5 final last Thursday.

Atom Thunder keep rolling



EXPRESS PHOTO BY LANA MEIER

Interlake Thunder's Jon Melsted lines up a Charleswood Broncos' player to make a tackle during Atom playoff action last Saturday. Interlake won the game 43-13.

Midget Lightning split games last weekend

By Brian Bowman

For the second time this season, the Interlake Lightning handed the defending Manitoba AAA Midget Hockey League champion Pembina Valley Hawks a loss.

The Lightning scored three first-period goals and then added two more in the third for a 5-2 road victory in Morden last Saturday.

Nicholas McCartan opened the game' scoring with a power-play goal and then Storm Swan and Jackson Kicenko gave the Lightning a 3-0 lead at the end of 20 minutes.

In the second period, however, it was all Pembina Valley. The Hawks outshot the Lightning 20-4 and Daniel Nychuk and Devante Hunter scored the lone goals of the period.

Interlake's Preston Phillips and Riley Vautour then closed out the scoring with power-play goals in the third.

Interlake was 3-for-8 with the man advantage while Pembina Valley was 0-for-10.

Adam Swan made 43 saves for the win.

The win over the Hawks was a good one especially after the Interlake was defeated 4-1 at home last Friday by the surprising Central Plains Capitals.

The Lightning took a 1-0 first-period lead on a power-play goal by Jack Einarson, assisted by Karson Collins and Phillips.

But it was all Central Plains after that.

Lane Taylor potted a power-play goal in the second period and then Liam McKenzie, Braden Frank, and Jared Roy tallied just 4:18 apart late in the third.

Nathan Cvar made 35 saves in the loss.

The Lightning will play a pair of games this weekend at the league's Showcase in Portage la Prairie. Interlake will battle the Wild on Friday (5:30 p.m.) and then will clash with Yellowhead on Saturday (1:30 p.m.).

Player development a key for City Midget Lightning

By Brian Bowman

The Interlake Lightning City Midget hockey team may have started their season 0-4, but the main goal of the coaching staff is to develop players.

By season's end, Lightning head coach Brad Gross wants to make each and every one of his players a whole lot better.

"We have some good talent but we have a bunch of guys that have never played together before," said Gross last Saturday. "We're sort of trying to put everything together."

The Lightning have several players from the Portage la Prairie area on this year's team. It's going to take some time for those players to jell with their new Interlake teammates.

"We were put together about four games before the regular season," Gross explained, noting the Lightning have several younger players on this year's squad. "We're blending right now and we have some really good goaltending, which has kept the scores respectable."

Riley Buhay of Stonewall and Riley

Sveistrup of Portage are the Lightning's goaltenders this season.

The Lightning may be strong in goal, but they have had trouble scoring through the club's first four games. Interlake had been outscored 21-5 heading into last Sunday's game with the Hawks.

"We have to teach the guys to cycle the puck down low," Gross said, noting the Lightning has some nice size and speed on its roster. "It doesn't seem like they have done that previously before. They need a little more support on the play – attacking as a group – and not as much individual play – which you can get away with in Bantam or at the lower levels."

Interlake started its season back on Oct. 2 with a 5-0 loss to the Monarchs. The next day, Interlake was doubled 6-3 by the Warriors as Brandon Abraham (two) and Ethan Daniels scored in the losing cause.

On Oct. 7, Interlake lost 5-1 to Eastman (Sheydon Mousseau scored for the Lightning) and then the Lightning was defeated by the same score by the



EXPRESS PHOTO BY LANA MEIER

Lightning's goaltender Riley Buhay keeps an eye on a Shark's player during city midget action last Thursday.

Sharks. Reilly Funk scored a third-period goal for the Interlake.

The Lightning will host the Rangers

this Sunday at home in Warren. Game time is 4:15 p.m.

Lightning winless in Midget female league

By Brian Bowman

The Interlake Lightning saw their record dip to 0-3 after a 4-2 loss to the Winnipeg Avros in Manitoba Female Midget Hockey League action Oct. 6 at the Keith Bodley Arena in Winnipeg.

Brooke Anderson led Winnipeg with a goal and two assists while Breanne Dondo, Kayla Hosegood, and Skyler Somers also tallied.

Jillian Henry scored a goal and added an assist for the Lightning. Kalyn Barrett scored Interlake's other goal.

Katrina Mizeracki made 38 saves for Interlake.

The previous evening, Interlake suffered a 7-2 loss to the Central Plains Capitals in Stonewall.

Sheridan Oswald netted a hat trick for Central Plains while Chloe Snaith, Amy Klippenstein, Kelly-Rae Zdan and Mackenzie Guimond also tallied.

Central Plains, which led 4-2 after the first period, broke the game wide open with three goals in the third.

Toni Conrad and Kellie Munro scored for the Interlake.

Lacy Friesen made 15 saves for the win while Mizeracki stopped 45 shots for the Lightning.

Interlake started its regular season Oct. 2 with a 6-1 loss to the Eastman Selects. Mallory Harvey scored Interlake's lone goal, assisted by Conrad and Autumn DeGraeve.

Mizeracki made 40 saves in the loss.

Interlake will host Eastman on Monday in Stonewall. Game time is 7 p.m.

Midget Thunder crush Coyotes

By Brian Bowman

The Sunrise Coyotes were just what the doctor ordered for the Interlake Thunder.

Interlake snapped a six-game losing streak with a 50-6 blowout win over the Coyotes in Midget Football League of Manitoba action last Saturday.

"We've had a rough stretch so it's nice to have, from the start of the game to the end of the game, it go very positively for us," said Thunder head coach Kris Johnston. "It was very refreshing and you could see that the kids were very energized with everything we did in the game."

The Thunder jumped out to a commanding 26-0 first-quarter lead and then increased that advantage to 36-0 at the half.

Interlake had five receiving touchdowns in the game, three of them courtesy of Kurtis Janzen. Janzen, a talented receiver, finished the game with four catches for 109 yards.

"He's been dinged up in recent weeks," Johnston noted. "He's had a lot of nagging injuries, which has been very unfortunate for him."

Alex France and Driano Silvani also hauled in TD passes for the Thunder while David Aisicovich had a rushing major.

"We were quite balanced, and that was

our game plan going in, was to be balanced," Johnston said. "Our offensive coordinator did a good job keeping things balanced in the game. I thought we ran the ball well and we had a lot of big plays in the passing game."

With the win, the Thunder finished the regular season with a 2-6 record. They will face the Greendell Falcons (4-4) in a quarter-final matchup Saturday at the U of M. Kickoff is noon.

Greendell has an effective running attack, led by Demi Adeleye-Olusae. The talented back finished second in league rushing with 963 yards. He also had seven touchdowns and is a serious threat in the kick-return game.

"They're a run-first offence and we have to be concerned with shutting down the run," Johnston said. "They have a very dynamic starting tailback and their other two rushers are very aggressive, physical, downhill runners. They kind of have a three-headed monster rushing attack and they use them to the best of their abilities."

"We have to shut down the run and their two key receivers."

Greendell defeated Interlake 28-14 back on Sept. 5 and is on a two-game win streak heading into the playoffs.

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SUDOKU

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

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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!

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

Sudoku Answer

	S	T	O	O	C		S	F	V	W	
E	N	I	D	O	I		I	V	K	V	S
I	B	O	N	E	K	N	V	M	I	B	O
N	O	R				O	N	O	R	O	D
G	I	P				O	N	E	F	S	V
V	N	V	U	H	I	R	V	M	S	E	R
			E	C	V	S		S	E	T	V
			I	L	V	S		S	E	R	V
S	E	T	V	W		R	E	O	V	T	
S	E	M	I	M		S	E	N	I	F	E
V	I	V	W		E	T	D	I			E
E	N	N		O	N	V	T			S	V
D	O		D	V	E	H	O		V	L	O
I	B	M	V	I				V	L	I	D
E	T	T	M					R	K	V	T

Crossword Answer

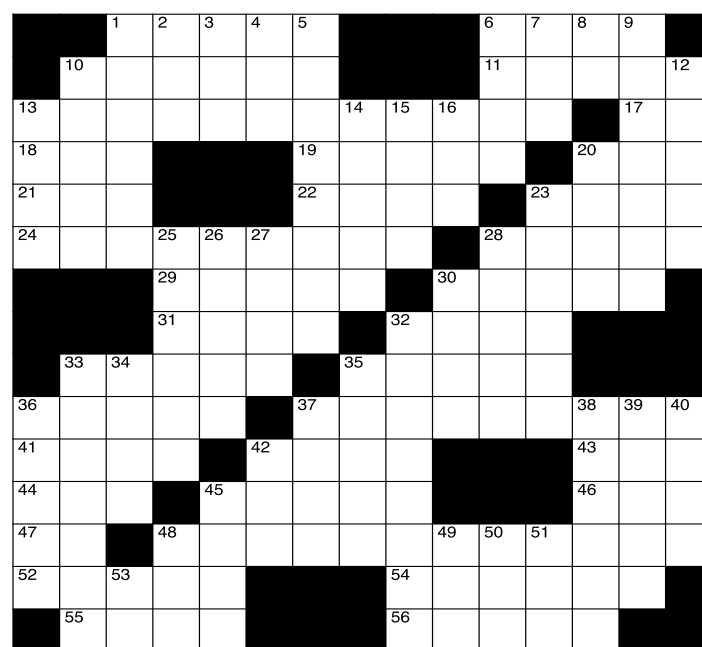
X CROSSWORD

CLUES ACROSS

- LA team member
- Young Fr. woman (abbr.)
- Per __, each
- Foots
- Veggie toy
- Overdose
- US, Latin America, Canada belong to
- So. Am. plain (Span.)
- Point midway between N and NE
- Single
- Inactive
- Mother of Hermes
- Gives a new meaning
- Silent players
- One who adds Cluny trim
- Men or boys
- God of War
- Self-immolation by fire ritual
- Inevitable events
- Add piquancy
- Skin lesions
- Cannabis
- River of NE Turkey
- 2 family struggle
- A young swine
- __ student, learns healing
- 55300 MN
- Opie actor Howard
- World's oldest news gathering organization (abbr.)
- Luke's Jedi mentor
- Japan's knife & scissor city
- Medical antiseptic & dye
- Early female flyers
- Loses heat

CLUES DOWN

- No longer practicing
- Military mailbox



- Cowboy Carson
- 7th Greek letter
- Nautical ladder rungs
- Hmong
- Fellow
- Maltese pound
- Coal blacks
- Japan Airlines bird
- Different concepts
- Secure a ship with ropes
- Elder
- Belongs to famous computer
- Point midway between NE and E
- Moniker
- Environment
- Fills with joy
- Transportation charges
- Frosts

- Counterpart
- 2nd largest Hawaiian island
- Grinly humorous
- A dog's front foot
- Mures River city
- Steam bath
- South African Music Awards
- Sound made by a cat
- Clothing protectors
- Wife of Amphion
- God of fire (Hindu)
- Favorite weekday (abbr.)
- Japanese sashes
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> MEAL IDEAS

Autumn Stew



Ingredients
 1/2 cup olive oil
 2 small white onions, small diced
 2 chile negros (dried pasilla chile peppers), finely chopped
 2 poblano peppers, small diced
 4 large garlic cloves, chopped
 3 cups white beans, soaked overnight in cold water
 8 quarts low-sodium chicken or turkey broth
 1 large butternut squash, small diced
 1 acorn squash, small diced
 1 large sweet potato, medium diced
 1 yam, medium diced
 1/8 cup sea salt or kosher salt
 3 cups leftover roasted turkey, dark and white meat, cubed
 1/4 cup apple cider vinegar
 1 tablespoon fresh thyme
 3 leaves fresh sage
 4 cups fresh mint, stemmed and chopped

Preparation
 In Princess Heritage Stainless Steel Classic 15-Qt. Stockpot, heat oil over medium-high heat. Add onion, pasilla and poblano peppers. Cook until onions just become translucent, about 3 minutes. Stir in garlic and cook until it becomes soft and fragrant, about 1 minute.
 Add beans and enough broth to cover them. Cook until beans are soft, about 20 minutes. Stir in remaining vegetables and season to taste with

salt. Allow to simmer until tender, about 15 minutes.

With a handheld immersion blender, do four quick pulses to blend some of the soup and vegetables to make soup a little creamy without additional fat or cream.

Add turkey; cook another 5 minutes. Drizzle in vinegar to help balance sweetness; season to taste with sea salt.

Serve stew with plenty of fresh herbs (thyme, sage and mint).

Preparation Time 20 minutes

Cook Time 45 minutes

Serves 10

Turkey sweet potato pita enchiladas



1 large sweet potato, peeled and chopped (about 1 lb/454 g)
 1 tsp (5 mL) canola oil
 1 pkg (450 g) lean ground turkey
 1 small onion, chopped
 3 cloves garlic, minced
 1 tbsp (15 mL) chili powder
 2 tsp (10 mL) dried oregano
 1/2 tsp (2 mL) ground cumin
 Pinch cayenne
 2 whole wheat pitas, halved

Red sauce:
 1 1/2 cups (375 mL) passata (tomato puree)
 1/2 cup (125 mL) water or low sodium vegetable or chicken broth
 1 tbsp (15 mL) chili powder
 1 tsp (5 mL) ground cumin
 1 large clove garlic, minced
 2 tsp (10 mL) sodium reduced soy

The Skill: Giving Your Family Toward Healthy Eating



Part 2:

So tell family members plainly, "I love you, and I need you. I want to be healthy, and I'm doing something about it. So please help me make the transition to better eating habits and to fitting physical activity into each day. And since I love you and want you to be healthy, let me help you do the same. Let's do this together." This conversation can be spouse to spouse, or parent to child, or in the setting of a family meeting. You can choose the words and the timing that best suit the relationship(s).

After the initial conversation, it's best to back off a bit. Let your family know that this won't involve a sudden, radical overhaul of the family diet and that you don't plan to become the nutrition police. Make a commitment to plan a healthful diet together and identify dietary changes that the family is most willing to make, and adopt those first. Let everyone know that adjusting to new, more healthful foods will require a transition period of one to two weeks. Then take the wheel and drive the bus in a healthier direction. Use the skills you've learned so far to make more healthful versions of your family's favorite dishes, snacks, or desserts, and compromise on

must-have foods. When you handle it this way, you may find that your request for their encouragement and participation probably won't invite much opposition.

If your children balk at new recipes, rest assured: They won't let themselves starve. Their taste buds will grow accustomed to the newer fare. In the meantime, it's up to you to serve the healthy meals you want your family to enjoy, and it's up to each family member to decide how much to eat. Cajoling, bribing, or bargaining with children to "have just two more bites" or to "clean your plate" are common practices among parents, but these can backfire, causing your children to lose touch with their bodies' natural signals of hunger and fullness.

It's also best to use nonfood rewards with children so they don't develop a habit of eating for emotional reasons. Instead of using food to show love or lavish praise on your children, give them extra one-on-one time with you – by taking them on a special bike ride, an outing to the zoo, or another treat that involves time well spent.

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

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

sauce

Directions

Red sauce: In a saucepan, bring passata, water, chili powder, cumin and garlic to a simmer. Simmer for 10 minutes or until thickened slightly. Stir in soy sauce; set aside.

Cover sweet potato in a microwaveable bowl with water; cover and microwave for 5 minutes or until tender. Drain well and mash coarsely; set aside.

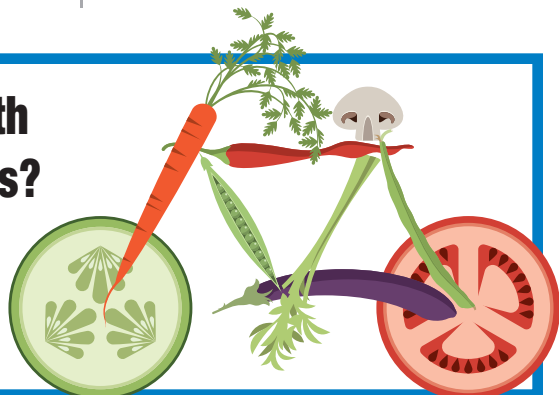
In a nonstick skillet, heat oil over

medium high heat and cook turkey, onion, garlic, chili powder, oregano, cumin and cayenne for about 8 minutes or until no longer pink inside. Stir in mashed sweet potato.

Divide mixture among pita halves and place in casserole dish. Pour red sauce over top. Cover with foil and bake in preheated 400° F (200° C) oven for 15 minutes. Uncover and bake for about 5 minutes or until sauce is bubbly and pita are slightly golden and crisp.

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