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WEEKLY NEWS

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Historic walk

The Walk to the Rock on Oct. 21 saw approximately 60 people participate in the annual pilgrimage to the big white rock on Willow Island where the first Icelandic settlers to the Gimli area landed 143 years ago.

EXPRESS PHOTO BY DICK THORSTEINSON

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Sun shines for annual Icelandic settlers walk to the rock

By Roger Newman

The weather was much better Sunday for walkers who celebrated the 143rd anniversary of the first Icelandic settlers landing on Gimli's Willow Island.

The descendants — joined by friends and family — had a bright sunny day for their 3.5-kilometre commemorative walk compared to the settlers who ran into bad weather and abandoned their barges at Willow Island instead of continuing to their intended destination at Sandy Bar near Riverton.

Dilla Narfason, the speaker at this year's celebration, imparted the information about the settlers' difficulties before a large crowd of walkers set out from Gimli's New Iceland Heritage Museum to the White Rock Memorial, which commemorates the site of the historic landing at Willow Island. (Narfason calls it Willow Point, noting there is no island but simply a peninsula that ends in a point.)

The annual walk was started in 1975 by Connie Magnusson to mark the centennial of the settlers' arrival. Today the walk is co-sponsored by the Gimli Icelandic Canadian Society and the New Iceland Heritage Museum. After the program at the rock, the walkers either strolled or rode back to the museum for coffee and hot chocolate.



EXPRESS PHOTOS BY DICK THORSTEINSON

A crowd of approximately 60 set out on the annual "Walk to the Rock" to honour the 143 years of Icelandic settlement in Gimli. They gathered in front of the big white rock at Willow Point where the first Icelandic settlers arrived Oct. 21, 1875.

Narfason noted in her address that the trip to Willow Island started in Kinmount, Ont., where a group of about 270 Icelandic settlers set off on what turned out to be a difficult trip to Manitoba. They headed to Toronto and went on to Sarnia, where they boarded a steamer that sailed on Lake Michigan and Lake Superior before letting them off at Duluth, Minn. There they boarded a train to Fishers Landing on the Red River, took another steamer to Winnipeg and finally set off for Sandy Bar with one York boat and six barges carrying the settlers and their belongings.

"When they reached Lower Fort Garry, there was discussion about staying for the fast-approaching winter, but the majority wanted to continue the journey," Narfason said. "From that point, they were aided by the Hudson's Bay Co. steamer 'Coleville,' which escorted them to the premature landing at Willow Point on Oct. 21, 1875."

With the bad weather, their long and arduous trip finally came to an end. But it could have been worse — snow didn't appear on the flaps of their makeshift tents and shelters until the next morning.



Dilla Narfason told the story of the Icelanders' journey up Lake Winnipeg to New Iceland.

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Artist speaks at exhibition



EXPRESS PHOTO BY ROGER NEWMAN

Helma Rogge Rehders, front row, second from right, ranged from angst to whimsy Saturday when she talked about her career as an artist in the Interlake from 1984 to the present. The Winnipeg Beach resident was a guest speaker at the Interlake Wave Artists' Light and Shadow Exhibition, which closes Oct. 28 after running for the past month at Gimli's New Iceland Heritage Museum. Her talk attracted both friends and fellow artists including Sis Thomas Moore, Agnes Tamato, Gabriele Gladstone, Lorna Tergesen and Gail Halldorson. Rogge Rehders was one of the final speakers at the exhibition that has featured special events, speeches, workshops and demonstrations.

Rug-weaving workshop brings women together

By Kal Franchuk

Winnipeg artist Claire Thérèse Friesen introduced traditional rug weaving to a group of Eriksdale women on Oct. 17. The group told stories during a workshop while adding their own section of rug to the multi-community project.

The group of artists billeted with Eriksdale residents and shared in a variety of art, drama, and music lessons and performances from Oct. 15 to 19 as part of This Land Floods: the Interlake Chautauqua Tour presented by Theatre Projects Manitoba.

Friesen, who led the class, comes from a rug-weaving background herself. This traditional art was passed down to her grandmother, who in turn shared it with Friesen and her sister. Friesen fell out of practice with the art until she started keeping her sister company while she created artful rugs out of scrap fabric.

During their time together, Friesen and her sister found they spent the time sharing stories about the old sheets, curtains, tea towels and fabrics

that touched their lives. It was these memories that inspired Friesen to share both craft and storytelling with others.

The first section of the rug was crafted in Steep Rock where participants were asked to choose three fabrics that represented their community. Sunny, warm, welcoming and water themes came together in a weave of solid yellow, patterned blue, and flo-



The rug, which started in Steep Rock, will travel throughout the Interlake growing larger with each community visit.



EXPRESS PHOTOS BY KAL FRANCHUK

Local women listened to Theatre Projects Manitoba artist Claire Thérèse Friesen, left, at a rug-weaving workshop in Eriksdale on Oct. 17.

rally cream.

The workshop began with each of the 12 participants introducing herself and describing what sort of arts they're involved with. Some of the women came from very crafty backgrounds but others found their art in the garden, kitchen or even massage therapy.

One resident, who immigrated from Egypt in the '90s, hoped to learn the skills she hadn't from her mother, who has passed away. She told the

group that her sister had made all their clothes, and with the scraps, her mother would braid similar rugs.

Nearby sat a large table covered with mixed fabrics, some brought by the artists, some from Steep Rock residents and others brought in by the women in attendance. Each chose one fabric they were drawn to and returned to their seat to share with the group why it was chosen.

The stories were then connected to-

Continued on page 5

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Sandra Hogue reminds women to do routine breast examinations

By Kal Franchuk

October is breast cancer awareness month, and Sandra Hogue is urging everyone to get tested routinely. Hogue lost her oldest daughter Alanna in 2011 after an eight-year battle with the disease.

Alanna was first diagnosed with breast cancer in 2003 and set out to win with determination. After undergoing surgery that preserved her breast and radiation and chemotherapy, she made a temporary recovery.

Three years later, sadly, she found a lump in her other breast. At first, doctors told her it was nothing, but after her past experience, she was adamant that further testing had to be done.

A biopsy resulted in a second cancer diagnosis. Alanna received chemo and radiation therapy and, this time, a mastectomy. This also led to genetic testing, which found both Sandra Hogue and her daughter to be carriers of the BRCA1 gene mutation, which increases the risk of both breast and ovarian cancer.

Hogue's other two daughters were also tested at this time and the middle daughter discovered that she also carries the gene but fortunately not the youngest daughter. As a preventative measure following her mastectomy, Alanna sought a hysterectomy while the middle daughter underwent preventative surgery as well.

Alanna's second cancer treatment was successful, and she continued with checkups to monitor her health. In 2010, a breast cancer tumour was discovered in her lungs.

Despite chemo and radiation therapy, the cancer metastasized to her brain and bones, causing excru-

ciating pain. On March 5, 2011, she was admitted to St. Boniface for palliative care and passed away 23 days later at just 41 years old.

Hogue's daughter Alanna was married when she passed away but had been unable to have children. Her oncologist suggested the hormone therapy during past fertility treatments, along with her genetic disposition, might have played a role in the development of breast cancer.

After Alanna's passing, City FM hosted a 24-hour CancerCare Manitoba fundraiser where listeners who pledged \$50 or more could request a song in Alanna's memory. Her husband, who had previously lost his own mother to breast cancer, also hosts an annual fundraiser for palliative care and breast cancer research.

The loss of Alanna was tragic for the closely-knit family, but especially for her mother.

"I remember being so angry," said Sandra Hogue. "She had such a zest for life. The only thing I could do was be there and support her."

This tragedy came for Sandra Hogue after losing her husband just a few years before. Not a day goes by that she doesn't miss her husband and daughter, and despite all her healing, she still sometimes has bad days.

To help stay positive, the family has channeled their grief into action. After the first diagnosis, Sandra Hogue began buying and supporting anything to do with breast cancer research. She even has pink garden tools. The family also participated in the breast cancer walk for several years, which brought them closer.

Sandra Hogue worries about others, especially as



EXPRESS PHOTO SUBMITTED

Sandra Hogue, left, lost her daughter Alanna to breast cancer in 2011.

she watches community members go through similar experiences. She urges everyone to take the time and have preventative testing done routinely.

Facing an increased cancer risk, Sandra Hogue also has routine testing done. With two surviving daughters, four grandchildren and a great-grandson, she says she has a lot to live for.

Community Futures program passes \$1 million in loans

By Roger Newman

Community Futures East Interlake (CFEI) has reached a milestone.

The Riverton-based federally funded economic development agency is celebrating the granting of \$1 million in loans to recipients participating in its Entrepreneurs with Disabilities program.

Tammy Dziadek, the agency's general manager, says the \$1 million mark was achieved by lending and relending the original \$200,000 invested in the fund when it was launched in 1996. That means the seed money was loaned and repaid many times to bring the loan total to the \$1 million mark in the past 22 years. The loans were all to entrepreneurs who have a disability or a health condition.

"It's a significant achievement," says Village of Dunottar Coun. David Oberding, the current CFEI chair whose agency has been serving entrepreneurs in municipalities stretching from RM of Rosser to Kinnonjeoshtegon First Nation since the Riverton head office opened 1986.

Dziadek, who was 19 when she joined CFEI 25 years ago, leads a four-

person staff that provides a variety of services to entrepreneurs, businesses and their communities. These include a conventional loan program for new and existing businesses, counselling, a free resource library and assistance with community development projects. All this is done with a four-person staff made up of Eugene Zalevich, community growth settlement officer; Deanna Fridfinnson, community and business development co-ordinator; and Lisa O'Neill, loan administrator.

Dziadek said the conventional fund has made \$ 9.6 million in loans to East Interlake entrepreneurs and businesses since the Riverton office opened in 1986. She said these loans are part of a nation-wide federal program where 267 communities futures agencies have provided more than a billion dollars of loans in the past 32 years.

"Statistics show that assisted businesses are more successful than unassisted businesses," the general manager said. "The Canadian survival rate after five years is 80 per cent for the assisted versus 52 per cent for the unassisted."



EXPRESS PHOTO SUBMITTED

Community Futures East Interlake has achieved the \$1 million mark in loans granted. Staff members, back row, left to right: Deanna Fridfinnson (business and community development co-ordinator), Eugene Zalevich (community growth settlement office); front row: Lisa O'Neill (loan administrator) and Tammy Dziadek (general manager).

Denial of self-funded music room for Gimli High strikes a bad chord

By Patricia Barrett

Gimli High School's never-say-die attitude was out in full force last week when students descended on their local MLA's office to voice their concerns with the Conservative government's scrapping of the division's proposal to self-fund the construction of a new music room.

The rejection comes after the government initially pledged almost a half-million in funding for renovations but clawed it back and told the division to re-apply. The about-face and refusal to let the Evergreen School Division pursue a self-funded project didn't sit well with the community.

Dozens of students gathered outside Gimli MLA and Minister of Municipal Affairs Jeff Wharton's office last Friday, waiting for the office to open before presenting Wharton with over 100 letters for education minister Kelvin Goertzen.

In addition to learning how to read and play music, students Indiana Humniski (flute player), Emma Gray (French horn player), Johannah Thorndarson (saxophone player) and Erik Isfeld (trombone player) said the program is an inclusive "safe" place for many students, but overcrowding and codes that no longer meet provincial standards are putting a damper on the popular program's ability to expand.

"Music is a lifeline for some people in our school community," said Humniski. "Our band family deserves this."

GHS music teacher Rob Chrol sent a letter to Goertzen, outlining the critical need for renovations as the current

room on the north side of the school is inadequately heated, causing students to freeze and instruments to crack, and is too congested for about 200 musicians to properly navigate, practise and play in.

"When there is no space for our learners, students learn in closets, canteens and washrooms," wrote Chrol. "The current room was never intended to be a band classroom and so we are limited by the presence of concrete risers, a long ramp that is not to code, poor acoustics that increase the risk of hearing damage and insufficient storage for the more than 170 instruments present in the room on any given day."

Chrol spoke with the *Express* last Friday, saying despite the room's serious limitations, students flock to program and a revamped space could be used by early and middle school students in Gimli and Winnipeg Beach.

"One of the things I love about this music program — and I feel so lucky to be a part of it — is that the students, staff and community get that this is a big-picture effort. The success of our music program might be represented by accolades and festivals — and it certainly has been in the past — but my favourite representation is in the words of the students and the way they speak about themselves and the way they're able to articulate different perspectives of the world through music," said Chrol. "We have that in spades here. It's really cool to hear them speak so articulately and passionately about how they've grown as people through this program."



EXPRESS PHOTO SUBMITTED

Gimli High School students presented MLA Gimli Jeff Wharton's office with over 100 letters asking for the provincial government to reconsider their financial support for their music room.

The issues with the room have been "long understood" and that's why the government initially supported the project, he said. The program "has grown to the extent where making do with this old space is just not serving our kids anymore."

Isfeld, who was among the students waiting to see Wharton, said the current room is limiting their growth and that the community is behind the project.

"This is only a small physical representation of our community's support. This does matter to the community."

Rather than enjoy the remainder of an in-service day, Humniski and Gray went door to door to canvass residents for their support, said Humniski's step-mother Kim Malchuk, who sits on GHS's parent advisory committee.

Ruth Ann Furgala, chair of the division's board of trustees, told the

Continued on page 9

> RUG, FROM PG. 3

gether to help determine the final colours that would represent Eriksdale. Autumn colours were chosen to reflect the landscape. The browns would become a tree trunk in the rug, a symbol of how many people are rooted in the area.

As the tour moves between communities so will the rug, and each group will add a section to represent them. Friesen will then complete the final row, tying together her experiences

on the tour and the stories that were told along the way.

The rug's final destination has not yet been determined. It will belong to all communities that participated and will likely spend some time in each on display.

The workshop was as much about the skill as it was bringing people together. During their introductions, some of the women tossed around the idea of starting a weekly craft group. Another brought her own crocheted rug to share.

A few of the artists in attendance

also felt like they were gaining from their stay in Eriksdale. Instead of just teaching a class and going home, they became part of the community for the week and will draw inspiration from their experience in future projects.

Associate artistic director Andraea Sartison said that as an organization funded by all levels of government, Theatre Projects Manitoba focuses on bringing arts outside of Winnipeg when possible.

Success, which is traditionally quantified by ticket sales, has to be redefined within rural areas. Instead they

focus on the meaningful exchanges between artists and community members.

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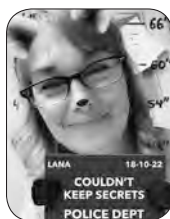
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Thousands of Manitobans objecting to Pallister's statement of 'no' to carbon pricing

Mr. Pallister's letter to the editor, though lengthy, skirted the issue at hand. I very much suspect if the federal government was Conservative, Brian Pallister would have no objections to the carbon pricing initiative. And I doubt he would be referring to it as a tax.

It is commonly known throughout the populace that this word is being used solely to politicize the issue — to rouse indignation and dissent against the Feds, who are not of his party. And to think this provincial politicizing is at a time when the world's scientists have banned together, dedicating their life's work under the designation of Earth Science and are pleading all governments at the United Nations, to put politics aside and instead band together to save our planet primarily by reducing carbon gas emissions.

Currently, television documenta-

ries and their contributing scientists are educating the public regarding the dangerous effects of carbon emissions spewing into our atmosphere. On *The National*, the late news on or about Oct. 13, the host asked the scientist he was interviewing if he felt it was necessary there be carbon pricing.

Without hesitation, the scientist replied in the affirmative. The funds garnered thusly from those polluters are to be used to help the people this pollution adversely affects in the times to come.

When Mr. Pallister complains that the Feds "claim they have the absolute right to impose carbon tax" ... if the provinces do not meet the standard ... does Mr. Pallister go further to explain the why of carbon pricing? Does he mention all those scientists who have impressed upon the Feds this is the absolute right way to go

and by listening to these experts the Feds are carrying out their responsibility as elected leaders of our nation? Exactly which scientific degree has Mr. Pallister earned, giving him the authority to write "We say no."

And to whom does he refer when he writes "We"? Certainly Mr. Pallister must realize he may not purport to speak for the entire thinking population of our province or he wouldn't have felt it necessary to write the letter to the editor trying to explain his decision. I am one of thousands of Manitobans objecting to his statement of "no" to carbon pricing and to his including us in his declaration of no to co-operating in this world-wide initiative. And I am one of millions of Canadians concerned for the welfare of the children, grandchildren and great-grandchildren in our own families who will have to deal with the aftermath of current decisions.

- Germaine Gougeon

Senior Citizen of Manitoba Canada

Trudeau's marijuana legalization misses the mark when it comes to medicinal use

The total focus of the liberal marijuana legalization is all about recreation pot smoking.

A legal age customer can walk into any government approved retail outlet and buy all the buds he or she can carry out. Smoke enough joints and you will get high as a kite. No different than consuming too much alcohol.

Now if I wanted to purchase a small bottle of CBD oil at this same outlet, I will be asked to show my medicinal marijuana certificate. CBD oil will reduce inflammation and pain, relieve muscles spasms, has anti-seizure properties, combats anxiety and is a sleep aid. No amount of CBD consumption will get a person high. So why does one need a spe-

cial certificate to purchase a product which takes the pain away from my old body? Why does the government want to control oil from a plant used by the Chinese for over 5,000 years?

Looks like the Liberals are more interested in making money off the recreation user than providing access to those who need CBD oil as a medicine. Leaving out the marijuana oils in the Liberal legalization plan is a huge mistake.

Sincerely,
Inky Mark, former MP

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Mother Nature can't stop fishermen from doing what they love

Welcome, my fisher and angler friends.

Last week I happened to be in the Selkirk Industrial Park and noticed a new well-built ice shack sitting in front of the Harvester Fish Net Co., a shop that sells fishing equipment to our commercial fishers in Manitoba.

I went in and met Sean Johnston, who runs the place. We got to talking and I asked him about the shack.

"Yeah, there's a guy by the name of Phil Spring up in Riverton who makes them along with auger extensions and other accessories you need when fishing on the winter ice," he said.

"If you can give me his number, maybe I'll call him and ask if he has a fishing story for us," I remarked.

Then I turned my attention back to Sean, asking him if he had been fishing lately.

"Oh man," he responded, "my life-long buddy Corey and I were fishing on the north end of the Red River last week and it turned into a comedy of the ridiculous," he said. "We love to fish. When others call us nuts for going boat fishing in our snowmobile suits, we don't care — we go!"

Standing in the fish net shop display room, Sean went into his story. "The fishing was good and we didn't want to quit but, as it happens in late fall, dusk comes upon you rather quickly. In the half light, we headed for the boat launch pad by Selkirk just as it started raining," he said. "Now my canopied boat has every imaginable extra on it except for windshield wipers. It was something that escaped me completely when buying it."

Soon the rain turned to snow and the windshield turned into a blinding block of ice. Sean looked at Corey and said, "You've got a credit card, right?" Corey hesitantly admitted that he did. "You're going to have to go out on the front deck and chip away enough ice so I can see to get us back to the landing pad," Sean said.

So Corey sat cross-legged backwards on the deck

clearing enough of the windshield in the driving snowstorm for Sean to navigate back to Selkirk!

A few days later, I called Phil Spring in Riverton and complimented him of the high quality of his shack and products then asked him if he had a fishing story for us. "Yes," he said, "but I don't know if you can print it!"

He gave me the story, and after listening to it, I felt it would be OK with you my friends.

A while back, Phil took his son and grandson fishing up by Washow Bay. As they trolled near the shoreline, the grandson saw blighted chokecherry bushes with black bloated berries and dark growths hanging down. "Grampa," the boy asked, "what is that stuff hanging on the bushes?"

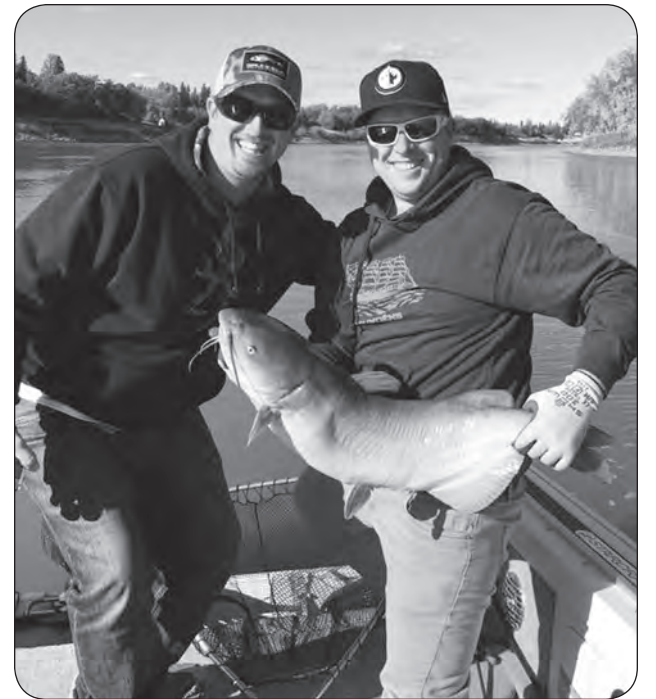
Grampa, a husky silver-haired guy with an ever-present joking nature, said to his young naïve grandson, "Well, that's dog poop, sonny!" Silence filled the boat as it glided along the shore.

Phil and his older son stifled smirks as they watched the young lad gaze around in perplexed thought. Finally the boy brightened and with wide eyes asked his loving grandfather, "Poppa, how did the dogs get up in the bushes?"

Not long ago, I ran into a chap, Jules Barten of Winnipeg, who told me of an unusual thing that happens at Sword Lake west of Minaki. There is an eagle in the area known to everyone as "Charlie." If you go out fishing on Lac du Bonnet and are fortunate enough to catch a few smaller fish, all you have to do is call out to "Charlie" or whistle and he will come. You hold the fish high in the air and he will dive down to pick it out of your hand, never leaving so much as a scratch!

A couple of weeks ago, I stopped at Bruce Benson's packing plant at Silver Harbour while he and his crew were unloading the boats after a lift. I asked Bruce if anything funny or unusual had happened on the lake lately.

Bruce a tall, strong fellow with a pleasant face



EXPRESS PHOTO BY SUBMITTED
Corey Surma, left, and Sean Johnston, right, holding a cat they caught on the Red.

weathered nicely from his life outdoors, smiled as he helped another basket with fish up the chattering rotating chain lift. "Yeah," he called out over the sound of the lift's clamour, "In early summer, I and my buddy Ryan were coming up on one of our buoys to lift nets and I told him not to let the skiff's motor get close enough to the lines or nets for fear they would get wrapped around the prop," he said. "Sure enough, he got us snagged. As I bent over the side of the skiff up to my shoulders in the choppy warm water to free the lines, I yelled, 'What part of look out for the buoy lines didn't you get!'"

Until next week, so-long for now gang.

Nominations now open for 2018 Manitoba Human Rights Awards

Deadline for nominations is Nov. 1, 2018

Submitted

This year on Dec. 10, we celebrate the 70th anniversary of the Universal Declaration of Human Rights, which forms the basis for human rights protections in Canada.

Since 2000, the Manitoba Human Rights Commission, the Canadian Human Rights Commission and the Manitoba Association for Rights and Liberties have hosted the Manitoba Human Rights Awards to recognize the achievements of Manitobans who work tirelessly to protect and advance

human rights.

Senator Marilou McPhedran will be in Winnipeg to give the keynote address at a public awards reception on Dec. 10. Information about ticket sales will be posted shortly at www.manitobahumanrights.ca.

As in previous years, the awards committee issued a call to Manitoba artists to create the prestigious Human Rights Commitment Award of Manitoba. Treherne fibre artist Krista Zeghers was selected to create a unique piece to be unveiled as the

awards reception. A youth contest to select a candle-lighter for the Dec. 10 will also be launched to engage youth to talk about human rights in the classroom in Manitoba next week.

To nominate a person or group to receive any of the following, submit the application form at <http://www.manitobahumanrights.ca/v1/news-events/human-rights-awards.html> by no later than by Nov. 1, 2018, at midnight.

The Human Rights Commitment Award honours an individual or group who has worked to promote human rights and fundamental freedoms in Manitoba.

The Sybil Shack Youth Award hon-

ours an individual or group under the age of 25 that has worked to promote human rights in Canada and abroad. The Aaron Berg Award honours an individual or group involved in the legal profession who has contributed to the advancement of human rights through their work.

This year's recipients will join local human rights defenders like Meet Me at the Bell Tower, Red Rising collective, The Manitoba League of Persons with Disabilities, Manitoba Theatre for Young People, Ali Saeed and Jim Derksen all who have previously been honoured for their work.

Guimond family shares daughter's struggle with Rett Syndrome

By Lorne Stelmach

Imagine symptoms like those associated with autism, cerebral palsy, Parkinson's, epilepsy and anxiety disorder, but all in one little girl.

That is how Trish Guimond describes her nine-year-old daughter Ema, who lives with the disease called Rett Syndrome.

Ema, the youngest of five children was diagnosed with the rare genetic or hereditary neurodevelopmental disorder about five years ago, though it took time to arrive at that conclusion.

"Rett Syndrome wasn't on anybody's radar because there's very few in Manitoba with it," explained Guimond, who lives in Winnipeg but whose family roots are here in the Winkler-Morden area.

Telling her family's story to help mark October as Rett Syndrome Awareness Month, Guimond said more children like Ema are starting to be diagnosed with Rett Syndrome.

"A lot of kids go undiagnosed, and they are labelled with autism ... that's what my daughter was originally given was autism," she recalled.

"At least they're learning more and more about it every day now," Guimond said, noting there is a leading researcher at the University of Manitoba.

Rett Syndrome is a neurodevelopmental condition characterized chiefly by the loss of spoken language and hand use. The disorder, which is seen in infancy and occurs almost exclu-

sively in females, is usually caused by a mutation of the MECP2 gene on the X chromosome.

Named after Dr. Andreas Rett, who first recognized the syndrome, it's estimated it affects one in every 10,000 live female births.

Early developmental milestones appear normal, but between six and 18 months of age, there is a delay or regression in development, particularly affecting speech, hand skill and gait.

A hallmark of Rett Syndrome is repetitive hand movements that can become almost constant while awake. Other common medical issues encountered include epileptic seizures, muscle stiffness, osteoporosis and scoliosis.

Guimond said they started noticing some regression with Ema at around the age of one. She was talking but not very fast. Walking also came with difficulty.

Amidst multiple medical tests to try and figure out what was wrong, Ema lost what speech she had and her mobility started a steady decline.

It was then the family first heard about Rett Syndrome through a friend of a friend. They finally got the diagnosis about five years ago.

Despite its multiple handicaps, Rett Syndrome is not a degenerative disease, and many individuals with Rett Syndrome live long into adulthood.

"Some have full mobility, some have no mobility ... there's not really two girls who are the same," said Guimond.

"My daughter is fortunate. She has full mobility still," she said. "It's hard for her to walk, but she still does ... some have never



EXPRESS PHOTO SUBMITTED

Nine-year-old Ema Guimond was diagnosed with Rett's syndrome five years ago. Her family shares her story to bring awareness to the disease.

walked. My daughter had words and lost them, but some girls never spoke."

Guimond added that it has been likened somewhat to being a stroke victim.

"They're locked in their bodies, so they know everything that's going on around them," she said "It's a very tough disease to watch.

"The hardest thing is to get people to believe that they understand ... they're fully aware. Unlike you and me, they can't communicate."

Despite all of the various difficulties that come with living with Rett Syndrome, Ema is fully capable of learn-

ing and growing, and she is fully integrated in her school with the help of a full-time aide.

"It is challenging," admitted Guimond, who nevertheless holds out hope that they will keep learning more about this condition and how to help with it.

"It's a daily fight for most, but at least there's some progress being made," she said. "It is moving slowly ahead, but they do have a tough go. They have a daily struggle."

Learn more about Rett Syndrome online at rettsyndrome.org.

Notice of Environment Act Proposal

Manitoba Sustainable Development has received a proposal pursuant to The Environment Act regarding the following operation and invites public participation in the review process:

THE RURAL MUNICIPALITY OF GIMLI - BIOSOLIDS STORAGE FACILITY - FILE: 4522.10

A proposal was filed on behalf of the Rural Municipality of Gimli for construction of a six-cell biosolids storage lagoon on portions of SW 10-21-3 EPM in the Rural Municipality of Gimli to provide storage for the biosolids generated from the Rural Municipality of Gimli's wastewater treatment plant. The stored biosolids will be land applied in accordance with an Environment Act Licence.

Anyone likely to be affected by the above operation and who wishes to comment on the proposal should contact Asit Dey, Environmental Engineer, in writing or by email at asit.dey@gov.mb.ca or by telephone at 204-945-2614, not later than November 26, 2018. Further information is available from the Online Public Registry: www.manitoba.ca/sd/eal/registries/index.html

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of The Environment Act.

Environmental Approvals Branch
Manitoba Sustainable Development
1007 Century Street
Winnipeg MB R3H 0W4
Toll Free: 1-800-282-8069
Fax: 204-945-5229
Website: www.manitoba.ca/sd/eal



Dr. Ayoola Komolafe

New physician accepting patients in Arborg

Interlake-Eastern RHA is pleased to welcome Dr. Ayoola Komolafe to practice at the Arborg Primary Health Care Centre. He completed his medical training both in Nigeria and Canada. He has special interests in respiratory medicine, geriatric medicine (care of the elderly) and preventive medicine.

Dr. Komolafe says he's looking forward to enjoying "the beauty of the Town of Arborg and the warmth of the community." During his spare time, he enjoys spending time with his wife and sons, watching and playing soccer and taking walks in the outdoors.

To make an appointment with Dr. Komolafe, please call the Arborg Primary Health Care Centre (234 Gislason Drive) at 204-376-2781.



Interlake-Eastern
Regional Health Authority

> BAD CHORD, FROM PG. 5

Express the new room is “critically important” for the students and has been in the works for more than five years. The division’s proposal to fund the project, using taxpayer money it had set aside in a reserve fund, was well supported by the community.

“It was approved, with funding, by both the previous and current government. When cancelled by the Public Schools Finance Board, our board voted unanimously in June to self-fund the project and guaranteed the minister there would be no increase in taxes,” said Furgala.

Earlier this month, ESD Supt. Roza Gray sent a letter to parents outlining the project’s history from its inception to the government’s refusal to authorize self-financing.

In January 2015, the NDP government agreed to fund the renovations. In June 2016, the new Conservative government agreed as well, saying it would fund an additional 860-square-foot sound engineering room in addition to the music room. In March 2017, it gave the green light to the proposed 1,600-square-foot room, kicking in \$450,000 in funding. The total cost of the project was estimated at \$1.4 million.

But in August 2017, the government went back on its promise and asked the division to re-apply. In April 2018, the government told the division funding wasn’t available and “given competing demands, it was unlikely that the project would be funded in the near future.” In June 2018, the division asked the government for permission to self-fund the renovations at a reduced cost of \$1.2 million but was denied in August.

Gray wrote that self-funded capital projects were “consistently approved” by the PSFB in the past.

“You can’t build onto a building without the PSFB’s permission,” she said by phone last week. “We’re working with Minister Goertzen, and we’re hopeful he’ll overturn the denial of the project and we’ll be able to proceed.”

The province will be undertaking a K-12 education review, and one of the issues to be considered is whether school boards will be allowed to self-fund projects, said Gray.

The Express requested comment from Goertzen but was referred to the PSFB.

Spokesperson Julie DeVoin said the government is committed to reviewing the public education system and is “working hard to rebalance government finances to move towards balance. Schools and school divisions play an important role in doing so.”

Lake Manitoba man shot in parking lot in Thompson

Submitted

At approximately 2:30 a.m. on Oct. 19, Thompson RCMP responded to a report of an injured male in the parking lot of a hotel on Thompson Drive within the community.

Upon arrival, officers located a male that had been shot and administered first aid. The 30-year-old male from Lake Manitoba First Nation was transported to hospital with non-life threatening injuries.

The RCMP believe that this was an isolated incident and that public safety is not at risk.

Thompson RCMP continue to investigate.

Anyone with information is asked to call the Thompson RCMP at 204-677-6909 or call Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com or text “TIPMAN” plus your message to CRIMES (274637).

The government made some “difficult decisions to cancel” or “delay spending,” said DeVoin but understands that the music room is a “priority project for Gimli and will continue to consider the project as we advance the K-12 review and continue to improve our finances.”

NDP education critic Matt Wiebe (Concordia MLA), who’s received dozens of letters of support for the band room and will be asking the government for an account during question period this week, said he’s impressed by the way the Gimli community has worked together.

“It’s a cut that doesn’t make any sense from any angle,” said Wiebe. “It was recognized as a necessary project by the previous government ... then again by the current government. The

community has stepped up and is wanting to move forward, and they’re just getting stonewalled on it right now.”

Wiebe said the K-12 review isn’t set to start until the end of the year at the earliest and thinks the project will get lost in the shuffle.

“Without an answer before the review starts, I’m worried this will get caught in the process. Right now the government is on the hook for it and they have to answer for it, why they’re stopping this project,” said Wiebe.

“Once the review starts ... they can say, ‘The review is underway and we need to go talk to people.’ And what are we waiting, another year minimum?”

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manitoba.ca

Manitoba 

Young musicians toured the Interlake with youth choir

By Jo-Anne Procter

In just four short days together, the voices of young Interlake singers melded together in time to perform three great performances.

For the third season running the Interlake Youth Choir (IYC) has been selecting grades 9-12 Interlake singers through an audition process. Singers are chosen based on vocal qualities including accuracy, intonation and overall tone.

This year, 37 selected singers spent Sept. 29 rehearsing along with an intensive weekend at Camp Arnes Oct. 13-15, culminating in a school concert tour with a finale concert in Selkirk.

The IYC is a Interlake Choral Association initiative created to provide an extraordinary choral opportunity for youth in the Interlake through rehearsing and performing high-quality choral literature, under the direction of an exceptional conductor.

Alisa Wiebe, the IYC conductor is from Winnipeg and holds a bachelor of musical arts from Canadian Menonite University and a Bachelor of Education from the University of Manitoba. She teaches choir, vocal jazz and fiddle and conducts the Pembina Trails Voices Boys Choir as well



EXPRESS PHOTO BY JO-ANNE PROCTER

The 2018 Interlake Youth Choir performed 11 songs for students at Ecole Stonewall Centennial School on Oct. 15.

as sings with the Winnipeg Singers.

Accompanist Beth Emmers, originally from Alberta, studied jazz piano at Humber College in Toronto and currently writes, arranges and accompanies choirs and teaches group piano classes and is the music co-ordinator for her church across Manitoba.

The choir performed concerts at Dr. George Johnson Middle School

in Gimli, Ecole Centennial School in Stonewall and a finale concert in Selkirk where they were joined by Tabula Rasa, the Interlake's young Adult Choir.

Tabula Rasa is made up of Interlake singers aged 17-26. Their next performance will be at Little Britan United Church on Dec. 16 for their annual

Christmas concert.

The Interlake Choral Association Advent concert on Nov. 30 will showcase eight to 10 choirs from the Interlake region at St. Michael's in Cooks Creek.

For information on any of the Interlake choirs, contact Kendra Obach by email klobach@gmail.com.

Pumpkin party draws a crowd



EXPRESS PHOTO BY ROGER NEWMAN

Grandma Joanne Ksionek and her extended family were out in full force for the annual Gimli Rec Centre children's pumpkin party last Saturday. The children included Rayna Lamontagne, Maria Ksionek, Holly Martin and Violet Martin. The party was popular as usual with kids, parents and grandparents. All ages turned out in large numbers for skating in costumes, pumpkin decorating, games and prizes.

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Disaster management award goes to Ashern local for volunteer work

By Kal Franchuk

Ashern business owner and dedicated volunteer Shawn Cote won the Manitoba Disaster Management Conference Volunteer of the Year award on Oct. 12. Cote was recognized for multiple public safety pages as well as organizing efforts during the wildfire this past spring.

Cote was invited to dinner by friends Shelley Napier and Nyla Klatt. It wasn't until the speaker listed Cote's personal accomplishments with the Canadian Highways Network, Interlake Manitoba Emergency Reports & Notifications page, and her dedication to sharing information and coordinating support during last May's wildfire that she realized she was being recognized at the event.

For the past eight years, Cote has been dedicated to making the lives of her fellow Interlake residents, and people across the country safe.

It all started when Cote was en route to work during a snowstorm and ended up taking four hours to drive the 40 kilometres between Ashern and Eriksdale. If Cote had she been aware of the road conditions, she wouldn't have travelled on the highway.

Thanks to that terrifying experience, Cote, in partnership with Adrienne Halkowich, started a Facebook community so that those who have been out on the roads can share the conditions with others. Over time, the concept took off in other areas and they now have highway groups throughout the country.

Cote volunteers her own time and money to grow the network. This summer the wildfire prompted Cote to do more. During the week of the fire, she shut down her Blue Raven Design office in Ashern and dedicated herself to using social media to share information.

In the height of the firefighting efforts, Cote post-



ed a video online of how little food there was to feed the fire teams. The video went viral and the community support was overwhelming. Two trucks also arrived filled with essentials like medical supplies, administrative items, food and volunteers who stayed all day to help.

After seeing the need for accurate and up-to-date information during a disaster, Cote founded her emergency reports page for the area.

Cote finds one of the biggest advantages of her pages to be the focus on factual information and nothing else. The pages do not allow for conversation or fear-mongering, which don't help during an emergency or inclement weather.

This dedication to fast and true information comes at the cost of her own time. Cote says it can be a 24-hour job to stay on top but she has the support of family. She hopes to one day seek out sponsors to help reach more people.

For now, Cote says she "can't get enough of it" and will continue to do what she can to keep people informed.



EXPRESS PHOTO SUBMITTED

Shawn Cote, right, received an Award of Excellence for Community Involvement in Disaster Management at the Manitoba Disaster Management Conference on Oct. 12.



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What is massage therapy

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are generally long gliding motions or kneading.

Is "Relaxation" Massage different than Massage Therapy?

Not when you receive a qualified and administered treatment by an RMT. An RMT will assess your situation and have the tools to create the best possible plan for you whether it is for relaxation or for something like pain relief from a muscular strain.

Buyer Beware: find out who is administering your massage. In some spas, salons and other settings, the person giving a massage may not be a Registered Massage Therapist.

RMT's have a minimum standard of education and are bound to ethical and effective professional care. Others who do massage are not held to those same standards. So whether you need to relax or manage more specific pain, an RMT will assess your needs as it could be the case there is something more specific that needs to be addressed for you to reach that goal and that may require more complicated therapeutic techniques.

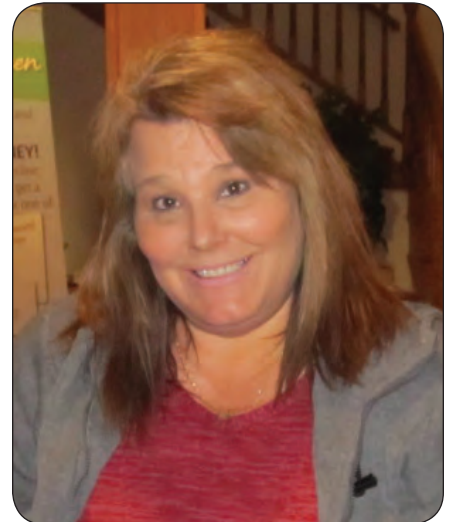
What is "Deep Tissue" Massage?

The term "Deep Tissue" is often used by clients when communicating that they want something more than light touch or pressure. When you ask for "deeper" or more pressure, that is just one cue to a professional RMT that your needs may be more complex. A deep tissue massage will be determined after the health history and assessment reveal your specific health needs and potential risks. Not only will an RMT ask and be aware of cues for adjusting pressure, they will encourage you to express what you are feeling during the treatment with respect to pressure, discomfort or effect. Different people might request deep tissue massage, but their expectations will be completely different. This is something that needs to be determined with appropriate assessment and communication.

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Most major insurance benefit programs will only approve massage therapy provided by a Registered Massage Therapist who has graduated a full program to allow the treatment to be billed under the benefit plan because it increases the effective health benefits AND reduces the injury risks when a minimum standard of education has been achieved by the practitioner. This assures the insurers and the companies who provide your benefits that your health care is being managed by someone with minimum competencies and who is held to a high standard of care.

Film worker sees Gimli with a future in movie industry



EXPRESS PHOTO BY ROGER NEWMAN
Karen Bittner says a film industry would boost Gimli's economy.

By Roger Newman

Karen Bittner thinks Gimli Industrial Park should be the home of a movie studio.

The Gimli resident is able to voice an educated opinion because she is active in the film industry as an actor, director and producer.

"I think it would be a great idea to attract movies to the industrial park," Bittner says. "Gimli is already known across Manitoba and Canada for its annual film festival."

She is already doing her bit to make this dream come true. As recently as late August, she was part of the cast and crew that filmed scenes in the Siglavik area for *Into Black Water Island*, a horror movie originating in Winnipeg to be released in the new year.

"Lynn Greenberg helped us find the local location for our film and shares the view that movie-making would be good for Gimli's economy," Bittner says of the well-known Gimli politician. Lynn also good-naturally played a grumpy old man in a short scene in our film."

The 51-year-old Bittner added movies to her resume in recent years to complement an established career in marketing and promotion. Born in Winnipeg, she migrated to Moosehorn in the West Interlake's RM of Grahamdale where she was a prominent figure in promoting business and tourism for 25 years.

Continued on page 14



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Toastmasters in the Arts to celebrate 5th anniversary with Open House



EXPRESS PHOTO COURTESY OF DOREEN PENDGRACS DOREEN Pendgracs (right) at TMIA's launch party in 2012.

By Patricia Barrett

The Toastmasters in the Arts club is holding a fifth anniversary celebration Nov. 7 and is inviting the public to observe or get a taste of public speaking — and possibly chocolate.

TMIA was founded in September 2012 by Distinguished Toastmaster Doreen Pendgracs from Matlock. In addition to public speaking, Pendgracs penned *Chocolatour: Quest for the World's Best Chocolate*, an informative and entertaining book that introduces readers to cocoa growers and chocolate makers from around the world.

She started the club after recognizing a need for helping people acquire public speaking skills and sharpen their story-telling abilities within a warm, supportive environment.

"The club reached charter status with 20 members and became an official club of Toastmasters International in September 2013," said Pendgracs, who usually treats her colleagues to samples of high-quality chocolate.

The club's members — who hail from Gimli, Riverton, Fisher Branch, Ponemah, Winnipeg Beach and beyond — will take visitors through a typical Toastmaster's meeting during the open house, invite them to try out some of the speaking exercises or tell a story (optional), and host a luncheon afterwards.

The event will be held from 10:30 a.m. to noon on Nov. 7 in Gimli's Multi-purpose Building at 17-B North Colonization Rd.

Construction north of Eriksdale slows traffic along Hwy. 6

By Kal Franchuk

Culvert work on Highway 6 north of Eriksdale had traffic reduced to one lane last week and was causing delays of 10 minutes or longer.

North- and south-bound traffic was backed up with more than 10 cars, trucks and semis waiting to pass through the single lane section around 3 p.m. on Oct. 17.

With only one lane open, workers had to wait for the road to completely clear before allowing motorists to pass from the other direction causing major delays.

According to 5-1-1, workers are installing culverts that will allow water to flow under the highway and provide better drainage, especially during the spring.

Construction will continue along

PTH 6 ending at north junction PTH 68 south of Mulvihill. Speed limits are reduced to 60 kilometres per hour in the construction zone with even slower speeds while passing workers on the one lane stretch.

Drivers should be cautious of the workers, equipment and supplies that are present on the roads. A vehicle width limit of 5.2 metres is also in effect.

Those travelling through the construction zone should allow extra time to reach their destination. This section of highway can be busy at times and these delays have been affecting those travelling to and from communities north of Eriksdale.

The culvert work and accompanying delays are expected to be completed by Nov. 16, 2018.



EXPRESS PHOTO BY KAL FRANCHUK Construction work along Hwy. 6 is expected to continue until Nov. 16.

> MOVIE INDUSTRY, FROM PG. 13

"I was president of the Grahamdale Chamber of Commerce for four years and won a volunteer of the year award from the provincial chamber," recalls Bittner, who also bred and sold horses while publishing the *Canadian Miniature Horse Magazine*.

Currently, she is the marketing manager for Arborg's Viking Motors and takes on movie projects as time permits. She has been involved with well-known producers such as the CBC and Winnipeg's Frantic Films. She has also developed a close association with Winnipeg independent film-makers Mark Kiozyk and Johnny Lektrik. Coming up in her life are such productions as *Snake Pit*, a parody of the *Dragon's Den* TV show, and *Peg Style*, a movie created by Cindy Myskiw and set in Winnipeg.

Her desire for a Gimli film industry

at the industrial park is not all that far-fetched. Hollywood star Darren McGavin and Winnipeg architect Jack Ross investigated this possibility in the 1970s, but unfortunately nothing materialized. More recently, in the 1990s, Gimli raised international film director Norma Bailey was involved in a TV series *Falcon Beach* shot at Winnipeg Beach and also lensed TV episodes of *My Life as a Dog* and the detective series *Shirley Holmes* on her home territory.

Bittner, meanwhile, is hopeful and optimistic that there is more to come. "Gimli is a great location for films and it would bring more people to live and work in the community," she said, adding that tax breaks given to producers are an incentive for this to happen.

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evening of lights

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Gimli Harbour Authority hosts DFO standing committee on harbour challenges

By Patricia Barrett

The federal government's Standing Committee on Fisheries and Oceans paid a visit to the Gimli Harbour Authority Oct. 17 to speak with harbour masters Cindy Blicq and Lori Hiscock about the challenges they face while overseeing the harbour.

Committee members received a warm reception but faced chilly temperatures as the harbour masters took them on a tour of the facilities.

The committee is visiting small craft harbours across the country to examine recurring challenges and emerging trends.

The Gimli Harbour Authority is a not-for-profit organization that receives no government grants. It relies and operates on funds raised by renting slips and other spaces in the harbour. On behalf of the department of Fisheries and Oceans (DFO), it manages federally owned facilities, land and water lots.

Federal harbour property in Gimli includes Bill's Hill, a grassy knoll built in the 2000s by the Town of Gimli before it was amalgamated with the RM, the south parking lot, which DFO recently paved, the dinghy beach and Fishers' Wharf.



EXPRESS PHOTO BY PATRICIA BARRETT

The Harbour Master manages the harbour for commercial fishers, the Yacht Club and recreational boaters.



EXPRESS PHOTOS BY GIMLI HARBOUR AUTHORITY

Lori Hiscock (GHA Harbour Master), Fin Donnelly (Port Moody-Coquitlam, B.C.), Robert Morrissey (Egmont, P.E.I.), Ken Hardie (Fleetwood-Port Kells, B.C.), Churence Rogers (Bonavista-Burin-Trinity, N.L.), Ken McDonald (Avalon, N.L.), Larry Miller (Bruce-Grey-Owen Sound, Ont.), Mel Arnold (North Okanagan-Shuswap, B.C.), Cindy Blicq (GHA Harbour Master).



The Gimli Harbour Authority manages federally owned facilities, land and water lots.

Talented crafters offer choices



EXPRESS PHOTO BY ROGER NEWMAN

Variety greeted potential buyers at the Matlock Recreation Centre's popular fall craft show last Saturday. Crafters had everything from women's fashions and purses to honey, tea and Icelandic cuisine. Left photo: Melissa MacAulay of Gimli was introducing her Icelandic vinarterta dessert delicacy to craft show patrons. Right photo: Holly Olafson, owner of Riverton's Serendipity Creations, had more than business on her mind. Her daughter Kahleigh Olafson, owner of a Riverton restaurant, is one of five candidates running for reeve in this week's Bifrost-Riverton municipal election.

THE ORIGINAL

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Commercial fishers rebut Manitoba Wildlife Federation's collapsing fish stocks claim

By Patricia Barrett

The Manitoba Wildlife Federation, which represents the interests of anglers and hunters, claims two fish species in Lake Winnipeg are on the downswing and have called on anglers to rally at the legislature this week to pressure the government to take action.

In an October newsletter, MWF states the walleye population is "in serious trouble and on the verge of imminent collapse" and the sauger population has "already collapsed ... and is close to being extirpated from the lake."

The federation's managing director Brian Kotak said by email that the rally is intended to "bring to light the need for changes in fisheries management" in order to reverse the "declining trend in walleye and sauger populations."

The organization is calling for a long-term sustainable commercial fishery and a "vibrant" recreational fishery. "Without a sustainable fish population," said Kotak, "we will certainly lose the commercial industry and severely diminish recreational angling on the lake."

The MWF's claims are based on an analysis undertaken by University of Winnipeg biologist Scott Forbes, said Kotak. Forbes used Sustainable Development's commercial fishing records and a report released seven years ago by the Lake Winnipeg Quota Review Task Force.

The *Express*' review of the 2011 Task Force report shows its scientists and fishers concluding that there are not enough data on fish stocks to determine what's happening in the lake.

"In summary we have found significant uncertainty in the fishery data of Lake Winnipeg, which is exacerbated by environmental uncertainty from factors such as exotic species, nutrient loading and climate change," it wrote.

Lack of knowledge about fish stocks and the environment is "problematic" as far as determining whether an increase in walleye, which occurred over the course of the noughties, is likely to continue or is a result of "normal fish population cycles." The task force added that there's also uncertainty about whether declines in whitefish and sauger could be attributed to fishing or to natural rises and falls in population.

Commercial fishers, who are in the midst of



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Commercial fishers regularly find different species — such as this bullhead — with anglers' hooks in their mouths and festering wounds, which leads to death by starvation, said Isfeld. Anglers will just cut their lines when they reel in undesirable fish.

their fall harvest, say the MWF is playing politics, "spinning" data that doesn't substantiate claims about collapsing species.

Kris Isfeld is the Area 2 co-representative for the Lake Winnipeg Fishery Co-management Board and represents about 150 commercial fishers. He said the MWF, Sustainable Development and Forbes — who often contributes to anglers' magazines — are working together to "sway public and political opinion against us."

"This fishery has never collapsed," said Isfeld. "Scott Forbes has publicly lied about this. He claimed it collapsed in the late 1960s when, in fact, the government at the time closed the lake to fishing for two years due to an unsubstantiated mercury scare. At the same time, Hydro regulation of Lake Winnipeg began, and it is widely believed that was the real reason the fishery was shut down."

A small lobby group of angling outfitters wants Sustainable Development to shut down the commercial fishery so that they can "get rich off the massive walleye population the Americans will be coming — by the thousands — to torture," he said.

Contrary to the MWF's claim that sauger has collapsed, Isfeld said he's brought in "tons" of sauger this season. And goldeye, which the MWF said had been wiped out years ago, have been so thick they've "interfered significantly with our fishing for other species."

Ninety per cent of sauger doesn't make it to the market as sauger, he said, making it appear as though there's none in the lake based what gets delivered to the Freshwater Fish Marketing Corporation.

"It's not sold as sauger. It's sold as baby pickerel — privately," said Isfeld. "It turns into fillets and it goes to restaurants and private companies. Pickerel and sauger are interchangeable on the plate."

Relying exclusively on commercial delivery records to determine stock status — rather than scientifically viable methods of assessing stocks — is flawed. Whitefish has been so abundant over the past few years that fishers didn't catch and deliver as much walleye as they could have, said Isfeld. So a decline in deliveries doesn't mean walleye stocks have "collapsed." It means more walleye were left in the lake.

"What [MWF and Forbes] are saying is walleye deliveries are way down. And I believe last year they were way down. But what they're not saying is that whitefish deliveries were way, way up," he said. "The whitefish has been absolutely insane. Our nets were so full of whitefish that we couldn't throw it away. So we shipped it to [FFMC]. Every whitefish we ship to the marking board is a pickerel we can't ship because they come off the same quota."

Isfeld said Sustainable Development, whose stated objective is to promote angling, and the MWF are the "same people" looking to sabotage the commercial fishery. SD's Deputy Minister Rob Olson, who's responsible for overseeing the regulation of the fishery, is MWF's past-pres-

Continued on page 19



Dr. Christopher Okpaleke

New physician accepting patients in Ashern

Interlake-Eastern RHA is pleased to welcome Dr. Christopher Okpaleke to practice at Lakeshore General Hospital's primary care clinic in Ashern. Dr. Okpaleke received his medical training in Nigeria and looks forward to establishing his family practice in the Interlake-Eastern RHA. He says one of the things he enjoys most about his work is the opportunity to meet and help new people.

When not practicing medicine, Dr. Okpaleke enjoys spending time with his family and playing outdoor sports such as soccer, basketball and, most recently, hockey.

To make an appointment, please contact the
Lakeshore General Hospital's primary care clinic
(1 Steenson Drive, Ashern) at 204-768-3821



Interlake-Eastern
Regional Health Authority

Fubuki Daiko brings Japanese rhythms to Ashern students

By Kal Franchuk

Last week Grade 5 to 12 Ashern Central students experienced authentic Japanese taiko drum lessons thanks to a provincial arts program.

Two members of the Winnipeg group Fubuki Daiko spent a week teaching students the technique of drumming along with a song to perform.

Each year Jennifer Bjornson, who teaches music among other classes, has the opportunity to bring in one arts residency thanks to the Manitoba Arts Council artists in the school's program and support from the Lake-shore School Division.

Teachers can select from a variety of artist residencies who will stay and teach students at the school for an entire week. This gives students the opportunity to learn something that otherwise wouldn't be offered at the school.

Bjornson had booked taiko instructors Hiroshi and Naomi from Fubuki Daiko several years ago and she felt it was time to invite them back to share their skills with a new group of students.

Due to limited time and space, all students from grades five to nine at-

tended lessons, but only music, art, and drama students from grades 10 to 12 participated. The entire school was able to enjoy the performance by the instructors at the beginning of the week, so everyone still got to experience it in some way.

The instructors brought four Japanese taiko drums, which the students took turns playing. Other students in the group practised sticking on tires wrapped in duct tape, which still produce some sound.

At first some of the students were hesitant to try something new. Although the instructors spoke English, the routines included a lot of counting and yelling that was performed in Japanese. Once they got started, though, every student participated.

This lesson also ties into Bjornson's curriculum where she will be introducing students to music of Asia for the remainder of the school year.

Bjornson, who has been the music teacher in the school since 2004, is grateful to have support of both the division and her fellow teachers when students are pulled from their regular classes to take advantage of these opportunities.



EXPRESS PHOTO BY JENNIFER BJORNSON

Ashern Central students practising with two instructors from Fubuki Daiko with the provincial arts program.

Everyone recognizes that while all subjects are important, art programs like this offer unique experiences for students that support the emotional side of learning. It's the sort of thing

that sticks with students.

At the end of the week, students shared what they learned with the rest of the school.

Interlake region remains No. 3 for vehicle-deer collision

Submitted

Interlake is the No. 3 region, while Eastman and Westman are No. 1 and No. 2 for vehicle-deer collisions, according to Manitoba Public Insurance.

Eastman — which includes the communities of Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon

Lake — experienced an average of 1,700 collisions yearly, based on statistics collected from 2013 to 2017.

Of note, the city of Winnipeg dropped one level to No. 6 on the list of top vehicle-deer collision regions in the province, which is released annually by Manitoba's public auto in-

surer.

"At this time of year in particular, there's an increased likelihood of encountering these animals when traveling through these zones. Awareness is one key to preventing a collision," said Satvir Jatana, vice-president responsible for Communications, Manitoba Public Insurance.

"There are nearly 7,000 vehicle/deer collisions yearly in Manitoba. Our goal is to see that reduced through education, awareness, emerging driver-assist technologies and drivers taking preventative steps."

In addition to raising awareness of high-collision hotspots by publishing its annual listing, Manitoba Public Insurance works in partnership with the city of Winnipeg to place high-visibility message signs at strategic locations identified as key wildlife-vehicle collisions hotspots. A total of 14 locations have been identified within Winnipeg.

In rural Manitoba, signs will be placed in Riding Mountain National Park, warning drivers of the potential danger of collision with wildlife and encouraging safe speeds, particularly between dusk and dawn.

On average, about 400 people are injured in wildlife-related collisions yearly. Over the last 10 years, seven

people in Manitoba have been killed in crashes caused by an animal on a road. Overall, Manitobans are involved in more than 11,000 vehicle-wildlife collisions yearly according to Manitoba Public Insurance data.

The province's Top 5 vehicle-deer collision regions are:

- 1) Eastman Region - 1,700 yearly collisions
- 2) Westman - 1,585 yearly collisions
- 3) Interlake - 1,200 yearly collisions
- 4) Pembina Valley - 665 yearly collisions
- 5) Central Plains - 640 yearly collisions

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs and drive with extreme caution scanning the road ahead as well as shoulders and ditches.

- Animals are normally more active at dawn, dusk and at night.

- Be especially alert where brush and tall grass grow near the road.

- Watch for the reflection of headlights in the eyes of a deer, or a dark silhouette.

- Do not swerve if an animal does cross in front of your vehicle. Brake firmly to reduce the impact between an animal and your vehicle.

Lake Winnipeg lies low



EXPRESS PHOTO BY BRIAN JONASSON

The shoreline near Valhalla Beach is looking more like a rocky desert than a lake. Little rainfall this spring and summer resulted in a two-foot drop in water levels.

Gimli Chamber of Commerce getting businesses up to speed

By Patricia Barrett

The Gimli Chamber of Commerce has organized a number of workshops and information sessions for area business members and non-members to help them launch/grow their businesses and stay on top of current trends.

In conjunction with the World Trade Centre Winnipeg, the chamber held a business luncheon Oct. 18 to celebrate Small Business Week. Topics covered included how to launch a business in Manitoba, an overview of PST, social media, business planning, credit and importing and exporting.

The chamber's chair of destination, branding and marketing Cheryl Buhler said the chamber also offered a session on GST in conjunction with Community Futures East Interlake on Oct. 17, and offered a workshop Oct. 22 on a new provincial accessibility standard that comes into effect Nov. 1 for businesses and non-profit organi-

zations.

The Customer Service Accessibility Standard addresses issues such as communication, assistive devices and the presence of service animals, according to a provincial media bulletin issued Oct. 11. The overall goal is to help businesses deliver goods and services in an accessible way.

Buhler said the chamber will be offering many of the workshops again in the future.

On Nov. 21 the chamber is holding a general meeting that will include a guest speaker (TBA) and a wine and cheese event. The purpose of the meeting is to provide business owners and prospective owners with information about the chamber, as well as the benefits of membership.

For more information about workshops and other business-related issues, contact chamber president Steve Bannister at 204-642-1293 or email gimlichamber@gmail.com.



EXPRESS PHOTO BY CHERYL BUHLER

The Gimli Chamber of Commerce held a luncheon Oct. 18 in conjunction with the World Trade Centre Winnipeg to celebrate Small Business Week.

Ottawa ignores Manitoba's carbon tax wake-up call

By Todd Mackay

This column was first printed in the *Winnipeg Free Press*

Ottawa experienced a traumatic event when Manitoba rejected the carbon tax, but the feds are in denial. It's as if Ottawa had a heart attack and then promptly fried up a pan of bacon. Prime Minister Justin Trudeau needs to pause and take the pulse of Canadians regarding the carbon tax.

Premier Brian Pallister gave a simple explanation for his decision to reject the carbon tax.

"The sitdown with the prime minister a couple of weeks ago was pretty much clear," Pallister told the *Free Press*. "Either we're standing up now to the federal threat or we're standing up in a year. So which one's better? I would say now."

Pallister met the federal government more than half way. He proposed a carbon tax that's higher than Ottawa initially required. He proposed to implement it earlier than required. He raised the point that Manitoba needs credit for its massive-to-the-point-of-reckless investments in hydro power.

Ottawa hasn't responded to these specific points. Instead, the feds fixated on a single issue: Manitoba proposal to keep its carbon tax at \$25 per tonne of carbon (or 5.3 cents per litre

of gasoline) while Ottawa is telling provinces to increase the carbon tax to \$50 per tonne over time. The federal government says it'll impose that higher carbon tax on any province that doesn't comply.

Rewind two years and the situation looked very different.

"We will end the cycle of federal parties — of all stripes — setting arbitrary targets without a real federal/provincial/territorial plan," stated the Liberal campaign platform. "We will instead partner with provincial and territorial leaders."

That's what makes the meeting between the prime minister and premier pivotal. When the prime minister rejected Manitoba's points, he repudiated the promised partnership. That forced the premier to take a stand.

What happened next is truly stunning. Manitoba's decision to reject the carbon tax is a disaster for Ottawa. It could have been an opportunity for conciliation, but Ottawa took the opposite approach.

"Now [Manitoba is] with the federal Conservatives and conservative parties across the country," said federal Environment Minister Catherine McKenna.

So, Manitoba's rejection of a carbon tax is just partisan, according to McKenna.

enna.

Pots and kettles debating partisan blackness may be standard procedure, but McKenna takes it to an astonishing level.

Yes, Saskatchewan's right-of-centre Saskatchewan Party government has opposed the carbon tax from the beginning. Ontario's Progressive Conservative Premier Doug Ford has now joined the fight. But they're not the only ones.

New Brunswick's Liberal Premier Brian Gallant is promising to "fight" Ottawa's carbon tax. Alberta's NDP Premier Rachel Notley has withdrawn her support for Ottawa's plan and frozen that province's carbon tax. Most striking is the almost unnoticed fact that Quebec's cap-and-trade system is equivalent to \$18 per tonne and there's no sign it will rise, yet Ottawa shows no interest in threatening that province with a federal carbon tax.

McKenna's partisanship is tone deaf, but her colleague's comments are even more revealing.

The *Free Press* reported that Intergovernmental Affairs Minister Dominic LeBlanc said Ottawa would impose a carbon tax on top of Manitoba's proposed flat tax no matter how much emissions actually fall.

Let that sink in.

Ottawa will force provinces to impose increasing carbon taxes even if they're already hitting emission-reduction goals. LeBlanc's comment makes it clear this policy is not about the environment. It's about taxes.

For those who need more proof, consider this: Prince Edward Island is already almost half way to achieving its targets and Nova Scotia has already hit them, yet Ottawa is still threatening to impose carbon taxes on those provinces.

Manitoba's rejection of a carbon tax is a wake-up call for Ottawa. The most charitable assessment of the federal carbon tax is that it's badly flawed and raising multitudes of unanswered questions. At very least, the prime minister needs to hit the pause button and check taxpayers' blood pressure as opposition to the carbon tax rises.

'Let's Talk Taxes' is a free opinion editorial provided every two weeks to media outlets and opinion leaders by the Canadian Taxpayers Federation (CTF). For more information on this opinion editorial, please contact Todd MacKay @306-582-7717 or at tmackay@taxpayer.com.

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government.

Parishioners celebrated 100th anniversary of Meleb Church

By Anne Yanchyshyn

For the first time in history, a Ukrainian Catholic service in Ukrainian, French, and English was held for all worshippers at the French Roman Catholic Cathedral in St. Boniface on Sept. 15. This set a great example at a time of religious turmoil all over the world and certainly validates the practice in my home town of Meleb in 1917 — a whole century ago.

On Aug. 20, 2017, we marked the 100th anniversary of the construction of St. Michael's of Archangels Polish Roman Catholic Church at Meleb by holding a celebratory Mass, with Fr. Art Seaman officiating. Because our chairman Elmer Keryluk was out-of-province on a serious family matter, I was asked to substitute.

Out of respect for the pioneers of varying backgrounds who had raised this place of worship after building schools for their children, I welcomed everyone with a Ukrainian greeting I remembered using long ago in our neighbourhood wherever we met, be it on the road or in the homes — the same greeting that people were still using in their everyday worlds when I visited Ukraine in 2001: "Slava Isusu Chrystu" (Glory to Jesus Christ). An inspired introduction, I thought, and hoped someone would remember the response, "Slava na viky" (Glory in eternity).

Instead, one parishioner called out, "This is a Polish church, not Ukraini-

an!" to the amusement of my grandson later, who teased, "Wow! Baba Hania (Grandma Anne) was heckled!"

Indeed I was. I therefore explained that, yes, St. Michael's church (kostol, kosciol) was built in the Roman Catholic Archdiocese by Polish settlers but that the whole community helped: from Ukrainians to the Jewish merchants to the Germans. And that the monthly Polish Masses were alternated every two weeks with Ukrainian services at St. Michael's before they built their own St. Mary's Ukrainian church (tserkva) with its bulbous Eastern-style dome across the road. Working together and getting along was the way of life for these early settlers — that's how they survived! A great model for future generations.

The 2017 mass abounded with this pioneering spirit. We welcomed two distinguished centenarians, Rose Rostek (104) and Lena Kunz (100), daughters of the master builder of the church and schools, the late Mr. Michael Gottfried. They walked in, unaided, with about 50 members of the Gottfried clan rounded up by granddaughter Norma Horban, to pay their respects. Mr. Chris Magnusson of Icelandic lineage, Gimli R.C. church choir director, led us in singing one hymn in Polish as a finale, inviting nostalgic tears at the memory of bygone days when the Sisters taught us these hymns in summer classes.

We were also overwhelmingly hon-



EXPRESS PHOTO SUBMITTED

St. Michael's of Archangels Polish Roman Catholic Church at Meleb celebrated its 100th anniversary on Aug. 20, 2017.

oured to host special government dignitaries at our Mass, each of whom gave a short speech and presented St. Michael's with a congratulatory certificate: Hon. James Bezan, M.P. for Selkirk-Interlake-Eastman; Hon. Ralph Eichler, Lakeside MLA; Hon. Jeff Wharton, Gimli MLA; Jack Cruise, Reeve for the RM of Armstrong; and councillor Ted Sumka. A red-letter day.

Then, on Oct. 11, 2017, Elmer Keryluk as chair and I as former secretary of St. Michael's Restoration Committee, with supporter Jeff Zaluski, were invited by Hon. Ag. Minister Ralph

Eichler to attend the Manitoba Legislature, where he related our Church history to the House in fine detail and graciously asked the members to recognize/congratulate us and Meleb "for the continued efforts in celebrating community heritage."

Note: The church had closed in the mid-1960s due to a dwindling population but was declared a heritage site in 1990 after we restored it in time for the memorable 90th anniversary celebrations of the arrival of the first settlers in the Meleb-Park-Cumming S.D. area.

> COLLAPSING FISH STOCK, FROM PG. 16

ident.

In 2017 the department prohibited commercial fishers from catching and selling catfish — a favourite of anglers because of the fierce fight

they put up — when it introduced new regulations for the open market. The ban was lifted this year after fishers' accused Olson of favouring anglers.

Kotak said the commercial fishery data Forbes used are publicly available on Sustainable Development's website, but the *Express* could not find them.

When asked for five years of data on walleye stocks, and whether it was using FFMC-supplied delivery data, the department was not forthcoming.

Instead a spokesperson said Sustainable Development "continues to monitor fish populations including walleye in Lake Winnipeg and is in the process of considering management options intended to secure the long-term sustainability of the walleye stock for the benefit of all resource users."

NDP environment critic Rob Altemeyer said he'll be attending MWF's rally to hear anglers' concerns and added that the government needs to start listening to all stakeholders with an interest in Lake Winnipeg, and that includes anglers, commercial fishers, environmentalists, seasonal residents and recreational boaters.

"Where is that venue? It doesn't exist," said Altemeyer. "The provincial government isn't listening to anybody. Where's the premier? Where's the Sustainable Development minister and the local MLAs for Gimli, Interlake and Selkirk? They're nowhere to be found. It's counterproductive and completely disrespectful to the stakeholders. Everyone is left on their own to try to make their views known as best they can."



Dr. Sukhwinder Randhawa

New physician accepting patients in Eriksdale

Interlake-Eastern RHA is pleased to welcome Dr. Sukhwinder Randhawa to practice at the Eriksdale Medical Clinic. Dr. Randhawa completed her medical training both in India and in Canada. The majority of her medical practice has been in rural health centres where she provided acute and emergency care and management of chronic disease.

She says her "driving force" to become a physician came with watching her parents' passion for education and service to community while growing up in Punjab, India. In her free time, Dr. Randhawa enjoys spending time with her husband, daughter and son, doing yoga, and listening to music.

To make an appointment, please contact the Eriksdale Medical Clinic (located in the Wellness Centre at 35 Railway Avenue) at 204-739-2672



**Interlake-Eastern
Regional Health Authority**

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons fly atop CRJHL standings

Staff

The Lundar Falcons could not have asked for a better start to their Capital Region Junior Hockey League regular season.

Lundar improved its record to 2-0-1 after a pair of victories last weekend.

The Falcons completed the sweep on Sunday after blasting the St. Malo Warriors 7-2 in Warren.

Lundar turned a close game into a rout with four unanswered goals in the third period.

Derek Benson and Daron Monkman each led Lundar with a pair of goals while Drake Zimmerman, Dennon Sichevski and Brody Southby also tallied.

Romano Paul, Shayne Desjarlais and Mason Medeiros each finished the game with two assists.

Paul currently leads the league in points with seven, one ahead of Sichevski.

Robert Guimond and Camden Cline scored for St. Malo.

Lundar goaltender Chris Lesage made 31 saves for the win.

On Friday evening, Lundar skated to a 4-2 victory over the Arborg Ice Dawgs in Warren.

After a scoreless first period, Lundar exploded for four second-period goals late in the middle frame.

Sichevski started the scoring barrage and then Trey King, Southby and Paul made it 4-0.

Zimmerman assisted on three of those goals.

But Arborg made the game interesting in the third with goals from Colton Davies and Byron Gard.

Arborg was 0-11 on the power play while Lundar was 0-4.

Lesage made 42 saves for the win.

Lundar played at North Winnipeg this past Tuesday but no score was available.

The Falcons will then visit Arborg Saturday and then host St. Malo on Sunday.



EXPRESS PHOTO BY JO-ANNE PROCTER

Falcons' goaltender Chris Lesage makes the stop against the Ice Dawgs' Connor Dowhy.

MJHL to implement concussion management software to facilitate a safer environment

Submitted

The Manitoba Junior Hockey League is continuing a commitment to advance player safety standards by taking part in the CJHL Concussion Program supported by The Co-operators.

The new national program provides the league with innovative concussion management software from HeadCheck Health, Inc. for use with their concussion protocol.

The MJHL's concussion protocol establishes mandatory guidelines for the recognition, assessment, and management of concussion. HeadCheck's mobile and web-based soft-

ware provides MJHL teams with more advanced tools to follow that protocol. The net result will be a safer environment for all players.

"This partnership with HeadCheck is another step forward for player safety in our league," said MJHL commissioner Kim Davis in a media release. "We're pleased to provide our trainers and medical professionals with the best tools we can to keep our players safe."

Team trainers can use HeadCheck's mobile app to document suspected concussions, perform concussion assessments and transfer the informa-

tion collected to medical professionals and partner clinics.

The national program allows a player's concussion history to transfer with them from team-to-team or league-to-league for more informed care.

"We recognize that junior hockey players can be vulnerable to concussions because they're playing a contact sport. We want to support them as they pursue their hockey careers by providing an extra safety net with this concussion program," said Kevin Daniel, executive vice president at Co-operators Life Insurance Com-

pany.

Harrison Brown, co-founder and CEO of HeadCheck Health said, "We're proud that the MJHL has decided to take HeadCheck on a league-wide basis following a successful implementation by the Virden Oil Capitals last season. Throughout our dealings with the MJHL, Kim Davis has shown a strong desire to be proactive about concussion safety."

All data collected through the HeadCheck system will be stored according to Canadian health privacy standards and will only be accessed by authorized individuals.

Midget female Lightning lose pair of road games

By Brian Bowman

Weekend road trips are never easy, but they are a whole lot worse to handle after a pair of losses.

The Interlake Lightning were shut out in a pair of Manitoba Female Midget Hockey League games last weekend.

Interlake started the weekend with a 9-0 loss to the Westman Wildcats last Saturday evening in Hartney.

Westman, which held period leads of 2-0 and 6-0, received goals from Krissy Rink (three), Charly Lindberg (two), Jori Hansen-Young, Devyn Laba, Rylee Martin and Ali O'Hara.

Natalie Williamson made 22 saves for the shutout.

The next afternoon, the Lightning were blanked 6-0 by the Yellowhead Chiefs in Shoal Lake.

Jenna Barscello led Yellowhead with two goals while Juliana Davis, Rylee Gluska, McKiya Mazer and Sadie

Wood added singles.

Cassidy Cook stopped 17 Interlake shots for the shutout.

Interlake (0-6) is back in action this Saturday at 7:30 p.m. when it hosts the third-place Pembina Valley Hawks (3-2-0-0-1) in Stonewall.

Lightning pick up points at Midget AAA Showcase

By Brian Bowman

The Interlake Lightning picked up their first win of the season last Sunday.

Interlake had a great weekend — earning three out of a possible four points — after defeating the Pembina Valley Hawks 5-3 in Manitoba AAA Midget Hockey League Showcase action in Portage la Prairie.

Interlake trailed 3-1 late in the second period before Carl Ingalls scored to pull the Lightning to within a goal after 40 minutes.

Kai Studler scored a power-play goal to start the third and then Greg Paseschnikoff and Nicholas Prystupa tallied to complete the comeback.

Pembina grabbed a 2-0 lead just 2:59 into the game as Tyson Allison, on the power play, and Michael Hladky scored.

But Interlake's Tyler Carvalho cut that lead in half at 16:37 of the first period before the Hawks' Jacob Carels struck on the power play at 14:39 of the middle frame.

Josh Bond made 35 saves for the win.

Overtime loss

The victory was a great way to end the weekend after Interlake was on the losing end of a 3-2 overtime loss to the last-place Parkland Rangers on Saturday.

Hunter Glover scored the overtime winner for Parkland.

Prystupa and Parkland's Jaegar Lapointe traded power play-goals early in the first period.

Matthew Vandel put the Lightning ahead 2-1 at 8:45 of the third period but the Rangers' Waren Jubenvill answered with a goal just 2:52 later.

Vandel is a co-leader on the Lightning Lightning with five goals and 10 points with Ingalls through eight games.

Chris Fines made 28 saves for the Interlake.

The Lightning (1-6-0-1) are back in action Friday at 7 p.m. when they play the fourth-place Winnipeg Bruins (6-2) at Southdale.

On Sunday, Interlake will host the Central Plains Capitals for a 2 p.m. game in Teulon.

Arborg and Riverton early middle schools take part in Hecla Run



EXPRESS PHOTOS COURTESY OF TWITTER

By Patricia Barrett

Riverton Early Middle School hosted its 1st Annual Cross Country Challenge in Hecla Oct. 16 that had its students and students from the early middle school in Arborg take part.

Grades 5 and 7 students from Arborg won plaques during the event.

REMS thanked everyone who helped make the event a success.

"We were so proud of all the participants and volunteers," said the school via Twitter. "Also a huge thank you to RCMP, the parks staff at Hecla and the Riverton Conservation Officers for helping out."

Lightning downs Warriors in U17 Midget Prep action

Staff

The Interlake Lightning had a real good reason to celebrate the weekend early last week.

Interlake cruised to an impressive 7-0 win over the Winnipeg Warriors in U17 Midget Prep hockey action last Thursday in Stonewall.

Zac Halldorson, Ashton Fisher and Logan Resch scored first-period goals

and then Bryce Allary, Cole Emberly, Ronan Kubrackovich and Andrew Henry tallied in the middle frame.

Jackson Kummén made 23 saves for the shutout.

Interlake was scheduled to play the Winnipeg Monarchs on Sunday but no score was posted on the league website at press time.

Interlake will host the Winnipeg

Hawks on Thursday (7:30 p.m.) in Arborg. The Lightning will then take on the winless Warriors again next Monday (7:30 p.m.) in Stonewall.

In Bantam AAA action, Interlake was doubled 4-2 by the Sharks in Winnipeg last Saturday.

Austin Lourenco and Alexander Kaczorowski scored for the Lightning. Graham Maslow and Dobie Un-

rau scored power-play goals for the Sharks to give the home side a 2-0 lead.

Quinn Lyon and Jordan Crawford then added even-strength goals in the third.

Interlake won't play another league game until Nov. 3 when they battle the Central Plains Capitals in Portage la Prairie.

Einarson a runner-up at Canad Inns Women's Classic

Staff

Kerri Einarson's curling team has been real hard to defeat this season.

But Edmonton's Chelsea Carey was able to beat her formidable squad on Sunday.

Carey, a former Winnipegger, downed Einarson 7-5 in the final of the Canad Inns Women's Classic 32-team bonspiel in Portage la Prairie.

Carey scored three in the second end and then led 5-2 after four ends. After the teams traded singles, Einarson scored a pair in the seventh to trail 6-5. Carey then sealed the victory by scoring one in the eighth and final

end.

Einarson's new powerhouse rink, which features third Val Sweeting, second Shannon Birchard, and lead Briane Meilleur (all former skips), has been red-hot to begin this season. They have won four events besides finishing second last weekend.

Einarson reflected on the rare loss this season.

"We got down early," Einarson told PortageOnline.com. "We missed a draw in the second end, which was unfortunate. We gave it a good battle. We stuck it out and we were still having fun out there, which is key. We

were happy to get this far.

"So, we've been playing well and

we've been just having lots of fun out here."

Cougars win varsity girls' volleyball tournament

Staff

The Fisher Branch Cougars won a five-team varsity girls' volleyball tournament last Thursday in Lunda.

Fisher Branch defeated the host Lunda Kodiaks 2-0 (25-15, 25-14) in the championship game.

The Kodiaks advanced to the final

after beating the Riverton Patriots 2-1 in a semifinal by scores of 25-9, 18-25, 15-10.

Fisher Branch finished first in pool play with a 4-0 record, followed by Riverton (3-1), Lunda (2-2), St. Laurent (1-3) and Peguis (0-4).

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ANNOUNCEMENT

RETIREMENT



Congratulations on your retirement, Fay Tokash!

Come & Go Retirement Party in honour of Fay will be held on Sunday, November 4th, 1 p.m. - 4 p.m. At Crescent Creek Clubhouse, Teulon MB. Everyone invited.

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." Galatians 6:9



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