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THURSDAY, OCTOBER 27, 2016

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Annual pilgrimage

EXPRESS PHOTOS BY NATASHA TERSIGNI

Both Gimli Icelandic Canadian Society president Shawn Bjornson, left, and Gimli resident Sharon Thordarson spoke during the annual pilgrimage Oct. 21 to the big white rock on Willow Island to mark the 141st anniversary of Icelandic settlement in the area. For Thordarson the Willow Point memorial is a special place for her family as that is where her great-great grandfather, Jon Johnanson, was born. See story on pg. 10.

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

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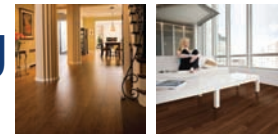
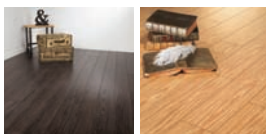
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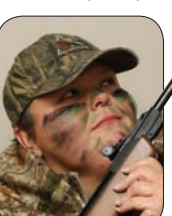
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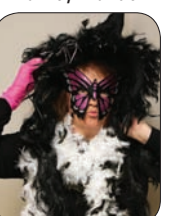
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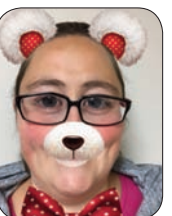
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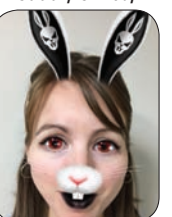
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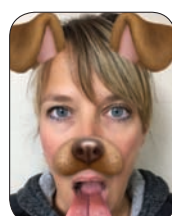
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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

A mess of fish from the Red River

Greetings, gang. How was your week?

A few weeks ago I met a wonderful couple, Henry and Tina Froese of East St. Paul, who have a cottage in Gimli and offered us a story.

Henry seemed a kindly soul with short white hair, a permanent grin and slow way of talking, while Tina had a habit of tossing her head as she spoke that accentuated her blond slightly greying hair. It seems they were fishing on the Winnipeg River, and when they left their boat unattended, someone stole Tina's new tackle box and her sons-in-law Bill's best rod, which she had borrowed for the day.

Disheartened, they packed all their stuff up and stopped at the Lac du Bonnet RCMP police station to file a report before heading home.

Later, Tina got a call from someone who claimed to be an RCMP constable from Lac du Bonnet stating that her rod had been found and that she should come to claim it. Immediately, Tina became suspicious because, you see, from the time she had met Bill, he was always playing practical jokes on everybody in the family but mostly on her. To his credit, the police officer graciously and patiently attempted to convince Tina who he really was, but all he got for his trouble was "Yeah, sure, Bill. Quit fooling around. I know it's you!"

Finally, our heroic officer persuaded Tina of his identity and that she should come to the detachment for the rod. She and Henry piled into their car and made the trip only to discover the rod, though similar, was



EXPRESS PHOTO SUBMITTED
Ken Usunier of Winnipeg with a mess of fish he caught in the Red River across from the Selkirk steel plant.

Maybe a week after meeting Henry and Tina, I was driving along the east bank of the Red across from the Selkirk steel plant and noticed a guy putting a nice mess of fish into the trunk of his car. I pulled off the road and walked over to him, complimenting him on his catch. We shook hands, and our newest angling friend, Ken Usunier from Winnipeg, remembered a past fishing story when I asked.

Years ago when his son, Tim, was only five, they were boat fishing on Oak Lake west of Brandon. Tim really wanted to cast his line like a grownup so Ken told him to wait until he got his line out and then he would get out of the way and let Tim try.

Ken moved to one end of the boat with Tim on the other and then Ken told Tim to have at it. Almost immediately, Ken felt a stabbing pain in his back. Being a man of few words he simply reached for his pliers and cut Tim's line from the hook buried in his back. He got the boat to the dock and then bending over as best he could while driving his car, he made it to the Brandon hospital and had the offending hook cut out. Little Tim, sitting beside him in the car, never said a word. Grown now, every time Tim has a difference of opinion with his dad, Ken points to his back with his thumb and a small smile, whereupon Tim simply replies, "Oh, Pop, get over it."

I was talking to a chap, Terry Lillies from Winnipeg, a while back and he gave a funny fishing story.

A number of years ago, his son,

Continued on page 5

not her son-in-laws's.
When Bill heard the story and was able to stop laughing, he went out and bought two rods, one for himself and one for his mother-in-law.

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OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
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Bike injury raises concerns for Gimli road repairs

GoFundMe page set up to help bicycle accident victim

By Jeff Ward

One pothole was all it took to send the life of Gimli resident Mandi Boyle tumbling over the handlebars and into the cement. Since the accident, Boyle has been unable to work and is asking the community for help.

Boyle was biking to her job at the Gimli Lakeview Hotel on Oct. 1 when she hit a pothole on 4th Avenue. The bicycle tire got caught in a divot in the road, causing her body to be flung over the handlebars and onto the pavement. The accident resulted in Boyle having a broken arm, a concussion, numerous scrapes and bruises, and an emergency surgery to set a bone in her arm back into place.

Boyle said that while she doesn't remember the accident in any great detail, she believes she must have tried to shield her head with her arm as a reflex. She hit her elbow so hard that the surgeon had to pick small fragments of bone out of the surrounding tissue.

Boyle is an avid cyclist but admits she was not wearing a helmet at the time of the accident. The accident has left her unable to work, and even now, more than two weeks later, she is still recovering slowly. Not working has left her unable to make any money, which has put another large strain on the family of five. She has three kids and her partner Richard is still working to gain new contacts as a self-employed contractor.

The family is struggling financially and is asking the community for help. Friends of Mandi Boyle have set up a GoFundMe page with hopes of being able to pay their bills and rent.

"It's actually kind of funny how one small pothole can do this much damage to my body and our lives," said Boyle, who remains in good spirits despite the brutal fall.

"The main factor here is that our streets are terrible and I want the municipality to take repairs seriously. We have many active, elderly people in this community and what happens if they were to fall like I did? Or what if it happened to a child?"

Boyle is upset because she feels that the road conditions are deplorable and that they should be addressed more aggressively. Boyle said she spent the majority of her ride to work avoiding potholes and other cracks in the pavement, adding that it was really only a matter of time before

the move back here, we've been living paycheque to paycheque, so this has really made things hard. I'm hopeful that my recovery will go well because any setbacks could mean I'm out of a



EXPRESS PHOTO BY JEFF WARD

Richard and Mandi Boyle stand over the small area where Mandi Boyle's bike tire caught and caused the accident. It's left her with a reconstructed elbow and other injuries. Boyle wants Gimli to take road repairs more seriously before anyone else gets hurt.

someone got hurt.

The Gimli's CAO Joann King said that the municipality has spent \$253,000 on resurfacing and another \$100,000 on patching to date. King called her Public Works department, who said that the street has been patched since the accident on Oct. 1.

Boyle just recently moved back to Gimli, where she was born and raised, and said that she was excited about her new job at the Lakeview. Her family has a nice apartment in Shorepoint Village and she really loves living in Gimli.

"This whole thing has put a lot of undo stress on us as a family. After

job," said Boyle.

The GoFundMe page has already raised \$550 for the family, and Boyle said that she is extremely grateful for all of the support. For those interested in donating, please visit www.gofundme.com and search for Help Mandi Boyle.

"I'M HOPEFUL THAT MY RECOVERY WILL GO WELL BECAUSE ANY SETBACKS COULD MEAN I'M OUT OF A JOB."

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Interlake MLA opens constituency office in Arborg

By Natasha Tersigni

To mark his sixth month and second day in provincial office, Interlake MLA Derek Johnson opened his new constituency office in Arborg.

The office, at 356 River Rd., was used during his campaign as his headquarters and has since gone through extensive renovations including a new floor plan, back patio, meeting area and new windows. For Johnson, choosing Arborg for his office, more than a 400-kilometre round trip from his home in the RM of St. Laurent, was a strategic way to engage with a part of the constituency new to him.

"I am very much well connected along Highway 6. Being a former member of the RM of St. Laurent council, people are comfortable to pick up the phone and call me with any concerns because they have known me for half a decade. On this side of the constituency, people don't have a comfort level with me yet, so it is a way to reach to the community," said Johnson.

The grand opening of the office was an opportunity for Johnson to reflect on the past six months in office and the work the PC government has been able to accomplish.



Interlake MLA Derek Johnson

"We are moving forward in a lot of areas. Right now, Arborg and the provincial government are in negotiations for the personal care home in town, which is exciting. I think it is a great project that needs to move forward," said Johnson, who also added that the government is developing a plan and applying for environmental licences regarding the Lake St. Martin outlet.

The Legislative Assembly will be in session until Dec. 3. During the break, Johnson will travel to municipal and town councils in the Interlake to gather feedback for the winter session.



EXPRESS PHOTOS BY NATASHA TERSIGNI

Surrounded by constituents and supporters, Interlake MLA Derek Johnson cut the ribbon to celebrate the official opening of his constituency office in Arborg on Oct. 21. The office, located in Arborg at 356 River Rd., will be open on Tuesdays and Thursdays.

The constituency office will be open on Tuesdays and Thursdays from 10 a.m. to 2 p.m. with constituency assistant Heather Sigurdson able to help

with any concerns of questions. When legislature is not in session, Johnson will also be at the office during those times.

RHA wants you to roll up your sleeves, get the flu shot

By Dave Baxter

The CEO of the Interlake-Eastern Regional Health Authority (IERHA) got his flu shot in Selkirk last week and hopes others will roll up their sleeves and do the same.

"Getting the flu shot is such an important thing for the health of the population from a prevention standpoint," IERHA CEO Ron Van Denakker said last Tuesday, just moments after getting his flu shot at a flu clinic at the Selkirk Rec Centre. "Anytime you talk to any of the medical officers of health, they will always encourage people to get the flu shot. It's really important from a community health perspective and also from a health-care workers' perspective.

"Let's face it, getting the flu is not a lot of fun and people can get really, really sick, so I'm just trying to raise awareness of the importance of the flu shot."

Van Denakker added that getting a flu shot is a simple task.

"There is nothing to it from the way things are explained to getting the shot," he said. "It's a very simple thing that takes very little time and could prevent you from getting very sick."

The next flu shot clinic in Selkirk is

on Saturday, Oct. 29 from 10 a.m. to 2 p.m. at the Gordon Howard Centre located at 384 Eveline St.

A flu shot clinic will also be held in East Selkirk on Tuesday, Nov. 1 from 2 to 6:30 p.m. at the East Selkirk Rec. Centre, in Tyndall on Wednesday, Nov. 2 from 10:30 to 11:30 a.m. at the Tyndall Village Community Centre, and in St. Andrews on Monday, Nov. 7 from 1:30 to 7 p.m. at the St. Andrews Community Club.

A full list of all 2016 flu clinics in the IERHA region can be found online by going to ierha.ca and searching "flu clinic" in the search box.

Melody Hawryluk, IERHA immunization co-ordinator and public health nurse, said the region is expecting a good turnout this year.

"As soon as the leaves start turning, we know cold and flu season is around the corner," Hawryluk said in a release. "An annual flu shot is recommended and provided free of charge to all Manitobans six months of age and older. The flu vaccine offers protection against four seasonal flu strains. Getting immunized against the flu every year is especially important for Manitobans who are at increased risk of serious illness from



EXPRESS PHOTO BY DAVE BAXTER

Interlake-Eastern Regional Health Authority (IERHA) CEO Ron Van Denakker gets his flu shot administered by IERHA immunization nurse Debbie Wangsud at a flu clinic at the Selkirk Rec Centre last Tuesday. The IERHA is urging community and area members to prevent the flu from spreading by getting vaccinated this year.

the flu, their caregivers and close contacts."

According to the IERHA, the following people should consider getting the shot:

- seniors age 65 or older,
- residents of personal care homes or long-term care facilities,
- children aged six months to five years,

- those with chronic illness,
- pregnant women,
- health-care workers and first responders,
- individuals of Indigenous ancestry,
- people who are severely overweight or obese, and as determined by primary health-care providers.

Manitobans over the age of 65 should

Healthy lifestyle key to managing diabetes

By Jennifer McFee

During the fall, attention ramps up about diabetes as volunteers hit the pavement for the Canadian Diabetes Association's door-to-door campaign.

Edward Mailey knows first-hand the importance of awareness about the disease that he has lived with for nearly 70 years.

Mailey, who is turning 88 next week, was first diagnosed with diabetes in 1947 when he was 18 years old.

"When I was 18, I got the flu very severely, and it may have brought to light the diabetes. I had symptoms that I wasn't even aware of that would indicate that I had diabetes. One was hunger and the other was thirst, and my eyes began to seem to have difficulty focusing," said Mailey, who has lived in Stonewall for the past four years.

"Finally, my mother said we'd better get you to the doctor. I lived in downtown Winnipeg at the time, so we walked over to a storefront clinic on Ellice Avenue. They took a number of tests, and within half an hour, they knew what my problem was. They didn't tell us immediately, but they had us go back the following day and advised me and my mother that I had diabetes."

The news came as a shock to the teen, who knew nothing about diabetes.

"In those days, they used to put a diabetic patient on a high fat diet that would lower or remove the presence of sugar in the various testing. My doctor didn't do that. He put me on a high protein, normal carbohydrate, and low fat diet, which was unheard of at the time," he said.

"If he hadn't have done that, I wouldn't be here today. He was so far advanced."

We soon learned that three elements are involved in the treatment of diabetes: insulin, diet and exercise.

With a focus on maintaining a healthy lifestyle, Mailey walked every noon hour from his workplace on Princess Street to the Eaton's store on Portage Avenue. One day, he was browsing in the book department

when he came across the Diabetic Manual for the Doctor and Patient by Elliott P. Joslin. He paid \$2.85 for the book, which served as an invaluable resource for food analysis.

"It was a real eye-opener. It had everything in there in relation to treatment of diabetes," said Mailey, who still owns the book nearly seven decades later.

"Any food that was current in the day, we could look it up and get the analysis immediately. Anything I wanted to know, I could find here. What I relied on for a long time was the analysis of food: protein, fat, carbs, calories. This book was the best thing I ever got, and for a few years, I religiously tried to follow it."

In addition to keeping tabs on his food and exercise, Mailey also administered insulin, but there was more guesswork involved in the past.

"In those days, all they had was a needle and a syringe," he said. "There were no pens or testers like we have today."

Thanks to medical advances, he is now able to test his blood in a simple and accurate way.

"After all these years, it's simpler now than it ever was. There have been a lot of changes. When things are going well, you can get by with testing blood four times per day. From the reading, you just take how much insulin you need," he said.

"They're not the great big monstrous needles they used to be. You have these pens now and you can hardly see the needle because it's very thin and very short. It just penetrates the right depth for the insulin to get distributed in the body."

His dedication has paid off, since his nurse says there are not many people who have had fewer problems than Mailey. He once had a bad situation when his blood sugar went too low.

"We were building a garage and we were pouring the concrete. I got too engaged in it without thinking about having something to eat. I went down fast," he recalled.

"You'll have some highs. They can be lived with because you can soon cor-



EXPRESS PHOTO BY JENNIFER MCFEE

Edward Mailey showcases some of the items that have helped him to maintain his health as a diabetic.

rect it under this regime they've now got. But lows are a no-no. You cannot allow for lows (in blood sugar)."

Although he takes much responsibility for maintaining his health, Mailey also gives credit to his wife, Bernice, whom he lost to a stroke in March.

"What I've come to realize is it's not the person with diabetes who bears the brunt. It's their partner," he said. "They're always on the alert, watching for something."

And of their three sons, 16 grandchildren and 13 great-grandchildren, one grandson has been diagnosed with diabetes, which can be hereditary.

For anyone who is concerned about the possibility of having diabetes, Mailey offers words of wisdom based on a lifetime of experience.

"Go to the doctor, and if there's any

concern at all, they'll send you to a specialist right away," he said. "It's really the individual who needs to practice what is preached."

For more information about diabetes, contact the Canadian Diabetes Association at 1-800-BANTING (226-8464) or visit www.diabetes.ca.

> GET FISHING, FROM PG. 2

Ryan, came home from Edmonton for a visit, so Terry got hold of his buddy "Yogi," who had a place on Manipigow Lake. He asked if he could borrow his boat and take Ryan to Yogi's cottage for some fishing. Terry had been there before and the fishing was great. So, with Yogi's boat, Terry and Ryan

headed for the lake. They fished for three days and didn't catch a thing. Discouraged, they came home, and as they were parking Yogi's boat, Terry exclaimed to his buddy how bad the fishing was.

"Yeah, I know," Yogi quipped with a devilish grin. "I only go there in June.

Any other time, it's not worth the gas."

"Don't get mad at me," he continued with a mocking smile.

"You wanted a chance to spend some time with your son, so I made sure you got it!"

Friends and relatives, wow. Bye for now.

THE Flicks

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A flood of housing issues: Lake St. Martin woman far from high and dry (Part 2)

By Patricia Barrett

A Lake St. Martin woman who was denied access to temporary housing on a former radar base west of the First Nation is bringing attention to the community's lack of permanent housing and the plight of evacuees six years after the flood of 2011.

Diana Traverse, 50, said she is a flood evacuee who was recently evicted by Manitoba Housing from one of 20 or so houses situated on the base just off Highway 6 between Fairford and Gypsumville (See Pt. 1 in the Oct. 20 edition of the *Express*).

Traverse said she believes her personal housing crisis arose because of her outspokenness and willingness to fight to improve the lives of First Nations' people. Some people may have contacted Manitoba Housing with "stories."

"There's a lot of people making up stories about me. A lot," said Traverse.

A spokesperson for Manitoba Housing indicated Traverse is not registered on the Red Cross's flood evacuee list, which would entitle her to housing and other supports.

The housing authority indicated that it is willing to work with her, but she must be formally registered as an evacuee.

"INAC [Indigenous and Northern Affairs Canada] is responsible for ensuring that evacuees have access to housing and other supports through the Canadian Red Cross," said the spokesperson. "In order to ensure fair and equitable access to units on the PES [Provincial Evacuation Site or radar base] ..., an individual must be registered with the Canadian Red Cross as a flood evacuee. Ms. Traverse is encouraged to register as a flood evacuee ... and complete an application for Manitoba Housing."

Traverse has documents which speak to her evacuee status.

After the 2011 flood, the Manitoba Association of Native Fire Fighters (MANFF) oversaw evacuation/support efforts before the Red Cross took over.

Derek Bushie, emergency management officer for MANFF, wrote a letter dated Nov. 1, 2012, stating that a Diane Traverse and her family are flood evacuees from Lake St. Martin and that MANFF "will assist her and family under the private accommodation guidelines."

It's unclear whether the misspelling of Traverse's first name has contributed to Manitoba Housing's contention that she is not an evacuee.

Lake St. Martin Chief Adrian Sinclair wrote a letter dated June 29, 2015, to Northern Affairs Development Canada and the Red Cross stating Traverse was living in the community at the time of the flood.

"... this is to confirm Diana Traverse is a band member at Lake St. Martin and was living in Lake St. Martin First Nation at the time of the 2011 evacuation. [She] was not on the original evacuee list because she was working. She is [presently] unemployed and has also been evacuated since 2011. She has two children under the age of 18 living with her. Please add her to the evacuee list for housing."

Traverse said she doesn't know why she hasn't been added to the Red Cross's list, and other evacuees are facing the same dilemma that she is.

"Everybody should be on that list because the community is evacuated. And that's what I'm fighting for," said Traverse. "This is my main beef: ... everybody should be [on the list] because under the Indian Act when there's a situation like this ... it's the federal government's responsibility."



EXPRESS PHOTOS BY PATRICIA BARRETT

Some of the units owned by Manitoba Housing on a former radar base between Fairford and Gypsumville. According to Diana Traverse, there are 10 unoccupied dwellings that Lake St. Martin evacuees want to move into.

The *Express* contacted INAC for information on what it is doing to help her.

"INAC is in touch with Ms. Traverse directly regarding her situation," said a communications spokesperson by email. "The department will not comment publicly on individual cases."

A spokesperson from NDP MP Niki Ashton's office said an assistant has been in contact with INAC and is trying to resolve the issue of Traverse's evacuee status and help her obtain housing.

Ashton represents Lake St. Martin and a number of other First Nation communities in the northern Interlake region.

Traverse put together a petition — which she delivered to provincial ministers and the premier's office — opposing an alleged Manitoba Housing site being developed for evacuees, northwest of Lake St. Martin near PR 513.

She said the stress of having been removed from their homes and six years of temporary accommodation, along with the anticipation of possibly being relocated to an area beyond their original community, is taking a toll on the people of Lake St. Martin.

"Over 100 of our band members have passed. Over 100," said Traverse. "Our people are dying. ... This is why I'm fighting for this. I have three elders ... they're all in their 80s."

The petition also asks that the government make the radar base a permanent site for some of the evacuees because the development near PR 513 could affect people's health.

"The site on #513, is a marsh land," according to the petition. "Our elders would suffer even more ..."

Traverse said her personal situation underscores a number of issues, the first of which is the band's forced exodus.

"We're trying to get the federal government and the provincial government to recognize that we have no reserve to go back to," she said. "... We're homeless."

"The second issue is ... the fact that every one of us from Lake St. Martin are flood evacuees. Everyone one of us."

Traverse said the numbers of evacuees somehow increased over the course of 2012.

"Our band membership is a little over 500 people that were evacuated from Lake St. Martin. Little over 500. And in 2012 December, it skyrocketed up

PETITION

TO THE LEGISLATIVE ASSEMBLY OF MANITOBA:

These are the reasons for this petition:

There was never any consultation or referendum regarding; the housing on the temporary site on Highway #6 or the new site on Highway #513. Only the selected Band Members

We the Band Members of Lake St. Martin #275 are requesting that the 21 units/houses remain on the temporary site, St. Martin old air force base.

We the Band Members are requesting that this site be converted into the original plan of converting into a First Nation. Our elders do not want to relocate to the new site on highway #513 planned for the new community; Lake St. Martin #275. The site on #513, is a marsh land. Our elders would suffer even more, causing further: financial hardship, mental anguish, of relocating the existing band members on the Highway #6 site. Causing irreparable damage to our elders, women, and children, who do not want to be relocated to new site Highway #513.

We petition the Legislative Assembly of Manitoba as follows:

We the Lake St. Martin band members are requesting to remain on this temporary site, on Highway #6 old Air Force Base. Turning this site into a First Nation community, renaming the site as "EAGLE RIDGE FIRST NATION COMMUNITY"

The 21 units/houses, any existing buildings to remain on the site on #6 Highway.

PETITION #	NAME (Please Print)	ADDRESS	SIGNATURE
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A petition calls for the province to make the base a permanent home for some of Lake St. Martin's evacuees.

to over 1,200," she said. "Where ... did all those people come from?"

An INAC webpage detailing a chronology of events between 2011 and 2013 states that 587 people were evacuated from Lake St. Martin in May 2011. When the numbers of evacuees subsequently rose, some people were taken off the list. In April 2013, MANFF reported 1,081 evacuees, 101 residing in hotels, 940 in private accommodation and 40 at the radar base.

The third issue, Traverse said, is the flood-prone site that was chosen by the government without consulting the majority of the people or holding a referendum.

In 2014 and 2015, various media outlets (CBC, Global) had reported that the cost of building the new site (whose exact location was not identified) would be \$300 million. And, depending on what outlet was reporting, either 250 or 400 homes were supposed to be completed by spring 2016.

The Manitoba Housing spokesperson said the government "remains committed to the signed agreement between the Government of Canada and the province to share the costs of rebuilding the four Lake St. Martin communities."

Lundar Community Foundation prepares for 24 hours of giving

By Jeff Ward

The Coldwell Lundar Community Foundation (CLCF) has just completed its third year of granting and sixth year of awarding bursaries. They have given back more than \$17,000 to the community to date and are showing no signs of slowing down.

The CLCF is hoping to continue to raise more money so that they can increase their endowment fund that allows them to grant money back into the community to many worthy causes each year. The next fundraiser is the 24 Hours of Giving, sponsored by The Winnipeg Foundation, which is the organization that handles the investment and returns of the endowment fund for the CLCF. On Nov. 19, the CLCF will spend the day taking donations, and for every \$5 that is raised, The Winnipeg Foundation will donate an extra dollar up to a maximum of \$2,000. The dollar matching helps increase the CLCF endowment fund.

The interest accrued from the endowment fund is the only money used in the form of bursaries and grants.

"Every dollar that gets donated to the foundation goes to the endowment fund," said Irene Runolfson, CLCF treasurer.

"The more we can grow the endowment fund, the more that comes back into the community. This year, we were able to make a bursary donation and make four grants to community organizations."

Jordhan Lunch of Lundar received the bursary during graduation and the Lundar Co-op Senior Citizens Home, Roman Catholic Church, Lundar Community Swimming Pool and the Lundar New Horizons Club were all granted money this year for various projects. The CLCF held a dessert and coffee granting night and invited the community along with the grant recipients. Runolfson said that a representative from each group explained the details of their project and how the improvements would enhance their facility.

"The people who run these organizations are mostly volunteers and they are extremely dedicated. It was a special evening of fellowship, sharing and learning more about what is happening and what the needs are in and around our community," she said.

Tax receipts are given out to any donation over \$10 and it is important that anyone wanting their donation to be included in the 24 Hours of Giving challenge date their cheques for no later than Nov. 19.

Runolfson said that she is continually humbled by the support from the community and that every year when granting time comes around, it's always exciting and rewarding to be able to see the difference the grants make in the community.

With the help of the CLCF, Lundar will continually improve their community forever because the endowment fund will always be there gaining interest and enabling community growth.



EXPRESS PHOTO SUBMITTED

Milli Mackie of the Roman Catholic Church spoke about how her organization will use the granting money they were awarded to improve the aging facility.

Educational program offered for expectant and new moms

By Jeff Ward

Step'n Out with Mom is a monthly program offering a wealth of in-depth and important information to expectant and new moms at a free drop-in.

The program combines the knowledge of Interlake-Eastern RHA registered dietician Laurie Riddell and public health nurse Evange Brook, who help to educate new families on the importance of nutrition, breastfeeding, car seats, postpartum depression and changes during pregnancy, among many other topics. The program is being offered at 21 Provencher St. in Fisher Branch on the second Monday of each month at 10 a.m. and at Arborg Lutheran Church on the third Monday and Wednesday of each month at 10 a.m.

Brook said that the program tends to move locations based on how many new or expecting mothers in the area. They have had programs

in Eriksdale but migrated away due to lower numbers. All attendees are given a free milk voucher, which entitles each family to four litres of free milk a week. Milk is one of the more expensive food items to purchase, so the voucher adds a large incentive to attending the sessions. Brook wants families to know that even though the name suggests the program is just for mothers, fathers are also welcome and encouraged to join.

"When you're a new mother, there are lots of life changes that happen, and if you're new to a smaller community, that change can be very isolating," said Brook, who added that she wants to see all new mothers come out and form relationships with others in their area.

"We see friendships form over these sessions, and it's one of the best outcomes from them. We want to build a support system among them because

we're only out there once a month. We have lots of second- and third-time mothers come back to the program, and that's a really big compliment for us because we know they value it."

Brook has an infectious attitude when it comes to the topics that get discussed in the group, and that tends to help get everyone comfortable right away. They go over immunizations, feeding, learning through play, and supporting healthy growth and child development. All of these are topics that might not ever be discussed otherwise, and that could lead to new families struggling through many of the difficult aspects in raising a newborn.

Both Brook and Riddell cater their message to the specifics of each community. Every area they visit

has its own set of challenges, and they don't just go in and read off of a script. They take their time to listen and understand the problems that make each community unique and then offer advice on what they should do to correct it.

"When one mom brings up a topic, it's usually one that the rest of them can relate to and that kicks off a discussion, like when to start solid foods, or my baby isn't sleeping, or reproductive health. We try really hard to pick the topic based on the demographics of that group," said Brook.

Anyone interested in learning more is encouraged to call the toll-free number at 1-866-211-1703.

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Evergreen's Gimli schools make a clean sweep

By Patricia Barrett

Grades 3 and 4 students from Sigurbjorg Stefansson Early School teamed up with students from Gimli High School Sept. 29 to pick up trash around town and along the shore of Lake Winnipeg as part of the country's annual Great Canadian Shoreline Cleanup.

"We've done this for quite a few years," said SSES principal Rosanna Cuthbert. "One year we graphed the results of our finds."

Wearing gloves for safety, students picked up plastic, paper, cans and hundreds of cigarette butts along the railway line and on town streets.

"We picked up a lot of garbage including cigarette butts," wrote student Ava V. on SSES's blog. "... Please stop putting garbage on the ground. We picked up way over 100 cigarette butts."

Ava said the beach was relatively clean but encouraged people to take the initiative to pick up litter when they see it.

"Even if you pick up three pieces of



EXPRESS PHOTOS SUBMITTED

Sigurbjorg Stefansson Early School students picked up trash around town and along the shore of Lake Winnipeg as part of the country's annual Great Canadian Shoreline Cleanup on Sept. 29.

plastic a day, we would all make Gimli ... even the world a much better place!"

Cuthbert said it's important to take care of the earth and wrote a post for the school's website.

"We care deeply about Lake Winnipeg and our earth, and we want to do our part in helping to clean it up and promote responsible, respectful behaviour to avoid having it contaminat-

ed," she wrote. "It is important to clean up litter and garbage, but it is equally as important to reduce our consumption of plastics and materials that are not biodegradable."

Emilson draws inspiration from Lake Manitoba flood for novel

By Natasha Tersigni

Set in 1906 on the shores of Lake Manitoba, Karen Emilson's newest novel, *Be Still the Water*, follows of the Gudmundsson family as they settle into their new life in the Interlake region of Manitoba.

The Icelandic immigrants journey is put into jeopardy when one of the daughters, Freyja, goes missing. Told by the middle daughter Asta on her death bed, the story travels back in time 70 years on those fateful days that set the course for the family's future in Canada.

While the novel chronicles the family's entire life, the heart of the book rests on the disappearance of Freyja and Asta spending her whole life

searching for her sister.

Be Still the Water was inspired by the 2011 flooding along Lake Manitoba. Emilson's first fiction novel, the historically based story intertwines true stories and events that happened in the region in the early 1900s.

"I lived right along Lake Manitoba for 27 years so I have a lot of family members and neighbours that were flooded out in 2011. I had always wanted to write a story about early immigrants and that flooding prompted me to do it," said Emilson.

"All of my characters are fictionalized. I don't want people to think I am writing the life history of a family because I am not. That would be impossible to do at this stage because all

the people are long gone so I created fictional characters, but I took some of the stories and the events that happened along the lake and built them into the story."

Emilson first captivated readers in 1996 when she released her first non-fiction book based on the heart-wrenching physical and emotional abuse Moosehorn twins David and Dennis Pischke had to endure at the hand of their stepfather. Emilson followed up *Where Children Run*, a Canadian bestseller, with a sequel on the Pischke brothers in her second non-fiction bestseller *When Memories Remain*.

With November being the 20th anniversary of the release of *Where Children Run*, Emilson is taking the opportunity to reconnect with readers to discuss her two non-fiction novels and introduce them to her latest story.

"I thought it was quite neat that my first fiction novel was coming out on the 20th anniversary of my first book. Back 20 years ago, I travelled around to communities and now I have the opportunity to go back to the libraries and book stores I first went to and visit with people who have read *Where Children Run* and *When Memories Remain*," added Emilson, who will be at Lundar's Pauline Johnson Library on Nov. 17 from 2 to 3:30 p.m. to discuss her past works and her newest novel.



EXPRESS PHOTO SUBMITTED

Manitoba writer Karen Emilson will be at Lundar's Pauline Johnson Library on Nov. 17 for the launch of her newest novel, *Be Still the Water*. Emilson first garnered national attention with her Canadian bestsellers *Where Children Run* and its sequel *When Memories Remain*. *Be Still the Water* is a story of an Icelandic family settling into life in Canada on the banks of Lake Manitoba in the early 1900s.

"I will be giving a little talk about the first two books and how they came about and the back story to them. Then I will introduce *Be Still the Water* and speak on that novel."

> RHA, FROM PG. 4

also get a pneumococcal vaccine for free at the same time as the seasonal flu vaccine. Most adults only need one pneumococcal vaccine in their lifetime. The theme of this year's IERHA flu campaign is "Get vaccinated. Don't spread the flu."

The campaign serves to remind residents that a flu shot provides protection against the flu but also helps prevent transmission to those with weakened immune systems and those with existing health conditions.

According to the IERHA, the flu can spread easily from one person to another through coughing, sneezing or by someone touching objects contaminated with the flu virus and then touching their mouth, eyes or nose.

"In addition to getting immunized with a flu vaccine every fall, Manitobans can minimize the risk of spreading the flu by covering coughs and sneezes and washing their hands regularly," the IERHA said on their website.

Lundar Lutheran Church celebrates 110-year anniversary

By Jeff Ward

This past weekend, the Lundar Lutheran Church opened its doors for their annual Welcome Friends Luncheon while celebrating an incredible milestone of 110 years.

The visit to the church was emotional for some as the rush of memories from decades of history and worshipping in the church came flooding back.

Faye Goranson, president of the church council, said there were some tears on the faces of visitors returning to the community for the luncheon. She said that there was a range of ages from newborns to seniors and that of the approximately 80 people who came to celebrate, all were busy chatting and sharing stories of their weekly place of worship. Goranson said that the church has celebrated milestones before, particularly the 50th, 75th and 100th. And while this milestone of 110 years is a large one, it just happened to be the icing on the cake for their annual event.

The church holds a gathering in the fall each year for what they call Welcome Friends. It's a time when the doors are open and everyone is welcome to come to share a good meal and even better company. This year's event took place Sunday, Oct. 23 at the Lundar Lutheran Church and started with a special sermon and Sunday School at 10:30 a.m.

"We even had some newcomers to the

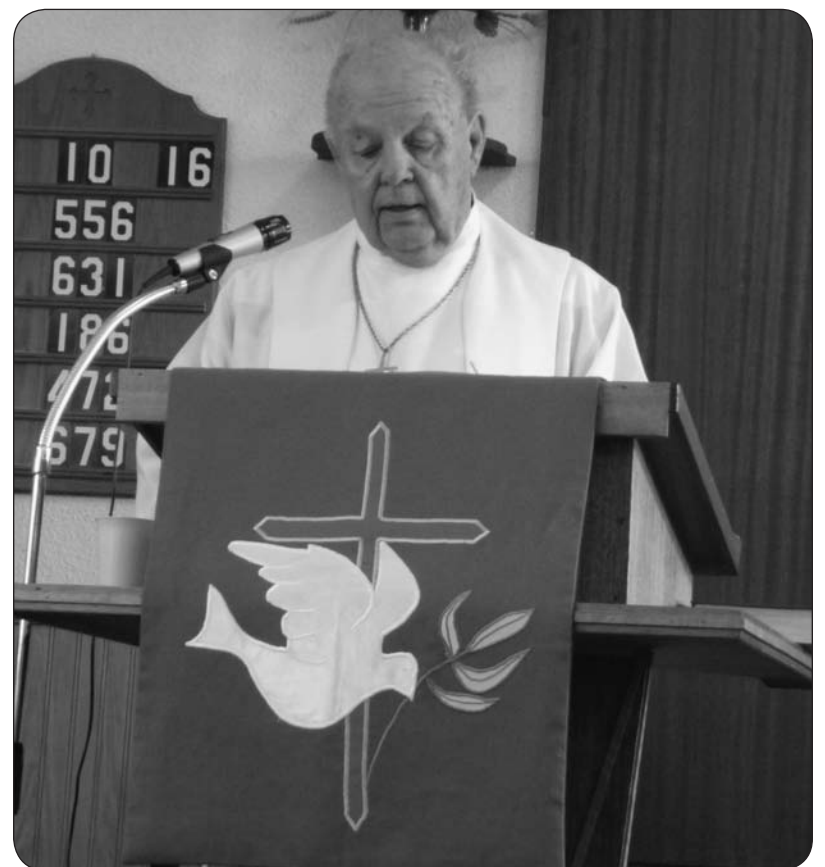
community who were there and people who don't normally come to church and they said they felt quite at home," said Goranson.

"It was around 80 people that came out, which is quite a number for us. Our average on a Sunday is 30 or under. It was a really good time. It went quite well. What I like to do is watch the interactions between other people and hear their comments, stuff like, 'Oh, I haven't seen you for years.' It makes you feel good that they were brought back together here."

Goranson said that running the church is a challenge in today's day and age. There aren't as many people that go to church as there used to be and there aren't as many youth interested either. The church and its many volunteers power through the challenges together and they all work hard to make sure that no Sunday service is ever skipped.

Small souvenirs were given out to those who attended — a small calendar with the picture of the church on it as well as a small pin. It was a nice way to commemorate the occasion and a small treasure to hold on to.

"There was an older lady who came this year with her daughter, and when she walked in, she was just in tears. It was meaningful for her to be able to reconnect and come home, and that's the atmosphere that we try and provide. Those moments are important to me," said Goranson.



EXPRESS PHOTO SUBMITTED

Rev. Terry Thronson delivered a special sermon during the Welcome Friends luncheon that also celebrated the 110th anniversary of the Lundar Lutheran Church.

Eriksdale to host Hospital Guild Tea fundraiser Saturday

By Jeff Ward

The E.M. Crowe Hospital Guild is hosting their annual Halloween tea fundraiser on Saturday, Oct. 29 with all proceeds going to help fund the purchase of new equipment for the hospital.

The guild has organized a fundraiser tea at this time each year for more than 40 years. The guild helps fund the purchase of several items for the hospital and palliative care room. This year, one of the items the guild hopes to purchase is a hydraulic examination table, new furnishings for the palliative care room and a SuzyQ food cart.

Gail Holmes, one of the organizers of the event and a long-time member of the guild, said that there are many

other things the guild hopes to buy for the hospital, but these are the priorities right now.

The fundraiser will take place from 1 to 3 p.m. at the Eriksdale Memorial Community Centre and there will be a lunch as well as a bake sale and silent auction. People are encouraged to donate to this worthy cause, and any donation over \$10 will be given a tax receipt.

"We raised about \$1,200 last year, and we have a pretty good turnout every year," said Holmes.

"We have many people in the community that come and support us for this fundraiser, and it's good to see because the

hospital here is very important to everyone. The IERHA has approached us to buy some items for the hospital and the PCH and hopefully we will succeed in doing that."

Holmes said that every dollar helps make the purchase of these items more attainable and that any and all help is greatly appreciated. She added that the guild recently upgraded the silverware and dishes in the palliative care room to help make the stay a little more like home. The guild is committed to continuing to fund upgrades to that room in the future.

Notice to Gimli Ratepayers

On August 24th, 2016 I attended the RM council meeting for a conditional hearing seeking approval of my application to construct Multiple housing units on a double lot that I own in Husavik. The project fit with planning district requirements for lot measurements. Formality was to inform other property owners within a 100 meter radius. 28 letters were sent out. At the hearing, 13 objectors arrived to state their concerns. Some being husband and wife from the same address. Those concerned were centered for the most part on a different street. Of the 13 opposers, 7 were from outside the prescribed radius but because the meeting was deemed to be public they were recognized. The application was defeated even though over one half of certified property owners did not object. The question I am left with is, seeing that the meeting was supposed to be public and the rest of the RM of Gimli did not voice an opinion, are they in favor of more housing in the whole area. Please contact me to have your thoughts presented.

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Annual walk to the rock marks settlers' anniversary in Gimli

By Natasha Tersigni

Keeping with a tradition that started in 1975, community members walked from Gimli to Willow Point on Oct. 21 to mark the 141st anniversary of the Icelandic settlers' arriving in the region.

Hosted by the New Iceland Heritage Museum and the Gimli Icelandic Canadian Society, this year more than 30 people took part in the walk, making the trek from Gimli's Waterfront Centre to the Icelandic settler's memorial at Willow Point.

Since the walk's inception, Sharon Thordarson and her family have been involved. Coming from an Icelandic heritage, Thordarson knows the importance of paying respects to her ancestors that made the journey to Canada.

"I couldn't imagine coming here and not having any place to live, and with winter around the corner, it really makes you think of the struggles and adversity that they faced," said Thordarson, who has a special connection to the Willow Point memorial.

"The white rock here at the memorial signifies where Jon Johnanson was born and he is my great-great grandfather. That is why settlers stopped here — because my great-great-grandmother was giving birth."

During the ceremony, Thordarson read a poem written by her late father Don Martin that chronicles the story of how the settlers arrived in Gimli on Oct. 21, 1875.

That day, the ship the immigrants were travelling on got caught in a rough storm. One woman on board was about to give birth, so the captain started to steer the ship towards shore and spotted a large white rock. There landed on shore safely, and in



Sharon Thordarson read a poem written by her father Don Martin that chronicles the story of how the settlers arrived in Gimli on Oct. 21, 1875

the morning, the storm cleared.

"They surveyed their surroundings, and liked what they see. The 'Home of the Gods,' someone uttered. 'We'll call our new home Gimli,'" read Thordarson.

Following the brief ceremony at the memorial, the group walked back the Waterfront Centre where a reception was held.



EXPRESS PHOTOS BY NATASHA TERSIGNI

During the walk to the rock ceremony at Willow Point, seventh generation Icelandic immigrant Sigridur Bélanger, left, and Connie Magnusson lay a rose to pay their respects to the settlers. Magnusson and family members began the walk in 1975 as a way to remember the struggles and hardships that the early Icelandic immigrants faced coming to Canada.



Second World War quilt from Steep Rock finds its way home to Manitoba

By Jeff Ward

A quilt made in Steep Rock to aid in wartime relief during the Second World War has made its way home to Manitoba and may be displayed in the Manitoba Museum as well as the local museum in Steep Rock.

During the Second World War, the Canadian Red Cross (CRC) sent thousands of handmade quilts overseas to areas of Europe that had been under siege. Some of the quilts were given by the CRC to the nurses at Dudley Road Hospital in Birmingham.

One of those quilts was made in Steep Rock, and after surviving the war, it made its way to a family in Warwickshire, England. The quilt ended up in the home Tony Craddock, who was often wrapped in the one-of-a-kind item after he was born in 1945. The quilt that Craddock would call his own was given to his mother by one of the matrons from that hospital a few years before he was born.

Craddock said that the quilt spent many years covering his bed and that it kept him warm during tough times in his early childhood after the war ended.

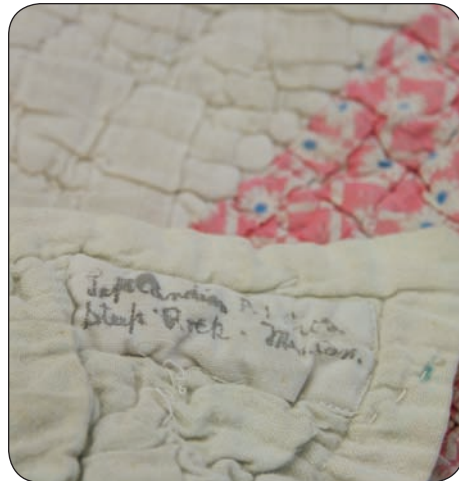
"I recall I was always amazed at the patterns and colours and remember reading 'Steep Rock,'" said Craddock about the small patch on the quilt that denoted where it came from.

"Naturally, I did not see it as a work of art at the time, only something that kept me warm. Those were days when, with no central heating, frost would often appear on the inside of the window. My mother was impressed with the workmanship and I think had she not needed to use it as a quilt, it would have been kept safely locked in a cupboard."

When Craddock reached his teen years, the quilt was carefully stored away by his mother, Cynthia. And there it would remain for decades until Craddock's mother, now 92, recently pulled it from storage to offer it to her son.

Craddock said that seeing it again after so many years made him very emotional and brought a lump to his throat. Memories of his childhood and the passive but large role the quilt played flooded back to him.

Craddock said that while he was very happy to see it again, he thought it would be a good idea to bring it back to Steep Rock and possibly have it included in the museum there. He explained that the human story of the



quilt is an important slice of history and helps connect Steep Rock to a war-torn Europe.

His memories of the quilt, spurred by seeing it once again after decades tucked away, are more than enough for him to part with it. Craddock said that the right thing to do is have that story shared with as many people as possible.

"TO GET AN ITEM LIKE THIS THAT HAS SUCH A COMPELLING BACKSTORY IS REALLY QUITE RARE."

Through communication with Steep Rock Beach Park manager Lana Iwanchuk, Craddock made a deal with the Manitoba Museum to donate the piece and have it be lent out to the museum in Steep Rock as a loan so that everyone can see it.

Craddock has never been to Steep Rock himself and currently

lives in Wootton Courtenay, a small village in England. He said that one day he would like to make his way to the small community where his quilt was made.

"The quilt is a practical work of art created by the people of Manitoba, and Steep Rock in particular, to help out another nation in times of need. It belongs in a museum as it is part of their history and they will be around long after I am gone," said Craddock.

The Manitoba Museum received the quilt via FedEx last week, and staff are putting in through the conservation process right now. Roland Sawatzky, curator of history at the Manitoba Museum, said that he's very excited about this particular quilt. Sawatzky said that not only is this the first quilt of its kind the museum has received but that Craddock's story and knowledge of the history of the piece adds a lot to it.

"To get an item like this that has such a compelling backstory is really quite rare," said Sawatzky.

"There will be many discussions about how this piece can fit into our displays and what we do to promote



EXPRESS PHOTOS SUBMITTED

Tony Craddock poses with his quilt before he sent the piece off to the Manitoba Museum so that it might be considered as part of their collection.

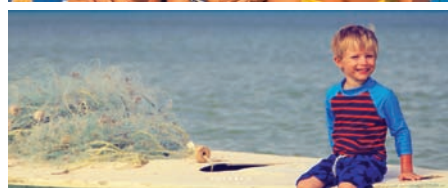
the story, but I believe it has a good shot at becoming part of our museum exhibit."

Sawatzky explained that it could take

up to two years for it to finally find a space inside the museum and that is due to a number of factors. Limited

Continued on page 14

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Choosing the right winter tires

As the seasons change, so do your tire needs. When the cold starts to set in, switching to winter tires will improve your vehicle's traction, stability and braking power on snow-covered or icy roads. However, not all winter tires are the same. Here are a few things to consider before purchasing a new set.

1. Mileage. There's no point in buying high-end tires if you plan on staying in when the weather turns bad. However, more sophisticated models are a worthwhile investment if you plan on doing a lot of driving during the winter.

2. Location. Road conditions vary from location to location (city, country, highway, etc.). Take this into account when shopping for new tires.



3. Road surface. Winter tires designed specifically for snowy conditions — even high-performance models — won't offer optimal adherence on icy surfaces.

4. Budget. You mostly get what you pay for when it comes to winter tires, given that price is often a good indicator of performance.

5. Current tires. The winter tires you currently own are a good place to start your research, especially if you've been satisfied with their performance up to now.

Finally, your ideal tires will depend on the type and size of the vehicle you drive. Of course, certain factors — like towing a trailer — can change your current needs. And don't forget, you can always visit a tire retailer or specialist

should you have any questions or if you need advice from the experts.

DID YOU KNOW ?

The rubber on summer and four-season tires hardens and loses its grip in temperatures below 7° C, or when the roads are covered with snow and ice. That's why winter tires are so important — they remain flexible in cold weather, even when it's -40° C.

DID YOU KNOW ?

Black ice usually forms between 4° C and -4° C. It's frequently found in shaded areas as well as on bridges and overpasses, and can be present at any time of day. Incidentally, snow and ice are more slippery at 0° C than at -20° C.



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for tackling snow- and ice-covered roads



Ten simple steps to get your car ready for winter

The days are getting shorter and it's time to start thinking about getting your car or truck winter-ready. The last thing you want is to be left in the cold while out on the roads. Here are ten easy ways to keep your vehicle running smoothly all winter.

1. Install your winter tires and have their pressure checked (don't forget the spare!)
2. Change oil and replace any dirty filters
3. Fill the radiator with a 50/50 blend of anti-freeze and water
4. Make sure your windshield wiper blades are in good condition
5. Fill up on winter-formula washer fluid and keep a spare jug in your trunk
6. Make sure the heater and defroster are working properly
7. Inspect your vehicle's headlights, tail lights and turn signals
8. Check the battery for any signs of buildup
9. Lubricate the locks and buy a lock de-icer
10. Put together an emergency kit (include a shovel, warm clothing, non-perishable food, a first aid kit, flares, tire chains, etc.) and store it in the trunk

And there you have it: your car or truck is now

PRE-WINTER INSPECTION

Having your car inspected by a specialist is a great way to make sure its vital components — like the brakes, sparkplugs, suspension and transmission — are in good working order. A professional will also be able to spot any minor problems and fix them before they require major and costly repairs.

ready for winter. All that's left to do before you hit the frozen road is to clear the snow off your vehicle!



Smashed pumpkin takes the fun out of Halloween

By Jeff Ward

Vandals destroyed a prized 760-pound pumpkin that sat outside the Chicken Chef in Ashern last week to the disappointment of owner Edith Peterson and many Ashern residents.

The smashing took place sometime in the early morning hours on Oct. 17 and was noticed when Peterson got into the work the next day. The pumpkin was given to Peterson from her in-laws, Bob and Bev Brasted, who have been growing large pumpkins for years for use in competitions as a hobby. This one was the largest that the Brasteds have ever grown, according to Peterson, and naturally they are upset by the vandalism.

Petersen said that the pumpkin drew the eye of many locals who took pictures in front of it and it was just another nice thing to dress up the town during Halloween. The vandals did some serious work to it that left a huge mess all over the small concrete pad adjacent to the Chicken Chef.

"We've had his large pumpkins out there for many years. I honestly can't remember how long," said Peterson.

"When we had one the first year, it was smashed but they haven't been touched until now. It's sad because [the Brasteds] work hard growing them and they share the fruits of that labour with all of us. I would like to ask these people why they did this."

Peterson said that she did inform the RCMP but conceded that it's probably not their highest priority, and that with the break-ins and vehicular theft that has plagued the community over the last few months that it probably shouldn't be. She said that this incident will not deter her from putting out another pumpkin next year either.

"It's funny because just about a week ago I was at a Chamber of Commerce meeting and one member suggested we put up Christmas trees. Another said that they'll just be vandalized and I spoke up and said no, we have to do it. I guess that's fairly ironic now," said Peterson.

Continued on page 14



EXPRESS PHOTO SUBMITTED

Edith Peterson, the owner of the Ashern Chicken Chef, was upset by the vandalism that took place just outside her business. A massive 760-pound pumpkin was smashed overnight.

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> **QUILT, FROM PG. 11**

space, the conditions the quilt needs to be in to not deteriorate and finding the right contextual exhibit are all part of the decision. Sawatzky said that it could also be in a rotating exhibit or limited time exhibit where it would be written about in blog posts.

For now, the quilt needs to be brought up to the standards of the Winnipeg-based museum, and that means a deep freeze to eliminate any infestation it might carry. Then there will be a thorough inspection of its condition so that conservation staff can make recommendations about the temperature and light it

can be exposed to.

"It's a fascinating process and one that we're always excited about. I have an area in mind that this quilt would fit great into. It's about the region where the quilt came from and it is associated with the war," said Sawatzky.

The quilt will be another one of the many ways that museums help transport visitors back in time. Connecting small artifacts and their stories to people unfamiliar with them today. If included, the quilt will be another vessel that allows anyone to reach into the past and experience what was important then and why. Of course, anyone with a cell phone and an Internet connection can read

about hundreds of these quilts at any time. But to be standing just a few feet away from one that spent a decade on Craddock's bed, and even longer in a box in his mother's home, is a powerful experience that he hopes will connect with the tens of thousands of visitors over the years.

And for Craddock, even though he is giving up a big piece of his childhood, he is happy to see it be included in any museum that would take it.

"The quilt is part of the rich fabric of Manitoba's cultural history. I like to think that I am sending it home," said Craddock.

> **PUMPKIN, FROM PG. 13**

Whether it's a pumpkin, Christmas decorations or potted plants, these items help add character and personality to a community. They add flavour that catch the eye of tourists and help to brighten the day of locals. Peterson said that she is really proud of her small town and that she doesn't want there to be a negative image of it, and that when an incident like this happens, it's important to not back down. Peterson said she will hopefully have a pumpkin to share with the community next year.

Lyle Hornby, who uses them to feed his horses, picked up the remains of the 760-pound orange giant.

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Early fall - Tune-ups: Get a full engine tune-up, as outlined in your owner's manual.
Fix the brakes: Don't postpone needed brake work. Avoiding brake repair can be extremely dangerous, and if you procrastinate, you may end up damaging your rotors and incurring considerably more repair cost.

Get an oil change: Motor oil is the lifeblood of every vehicle. Replacing your current oil with a synthetic product that is specifically designed for longer oil change intervals, such as Mobil 1™ Extended Performance, helps to extend the life of your car. It is guaranteed to protect critical engine parts for up to 15,000 miles. Bear in mind, if you plan to go longer between oil changes, it is vital to follow the maintenance schedule for service to your brakes, tires, battery and other systems.

Mid to late fall - Check the battery: If a battery is older than four years, it may not work well in cold weather. When in doubt, replace it.
Check filters, coolants and hoses: Make sure all filters (oil, gas and air) are in good condition. Check the coolant and thermostat to ensure proper engine warm-up, and make sure your heater and defroster work. Coolant should be changed every two years, though the extended-life coolants used in many newer vehicles last about five years. Check for leaking or soft hoses and replace as needed.

Emergencies: Put together an emergency kit containing gloves, boots, blankets, flares, a small shovel, sand or kitty litter (handy for providing traction on slippery surfaces), tire chains, a flashlight and a cell phone. You may also want to put a few "high-energy" snacks in your glove box.

Late fall - Tire pressure: Check tires for excessive wear and proper inflation. Be careful not to underinflate or overinflate tires. Low pressure increases wear and fuel consumption, while too much pressure can reduce traction, especially in icy conditions. As the weather gets cooler, your air pressure decreases.

Icy windows and locks: Make sure to have window ice scrapers and deicers available. Also make sure your windshield wipers and front and rear defrosters are working properly. A deicer for door locks is also useful. Slow down: Do not exceed speed limits and keep safe driving distances. Unnecessary speedups, slowdowns and stops can decrease fuel economy by up to two miles per gallon. Avoid gas-wasting jackrabbit starts, and pace your driving to help avoid the need for sudden stops, which is especially critical during wet and icy road conditions.

Vehicle warm-up: To ensure proper engine oil flow and lubrication, allow your engine to idle for a few seconds before driving in cold weather, and drive slowly for the first few miles until the oil is fully warmed up. In addition to being good for your engine, this practice reduces emissions and saves fuel.

There's no reason to put off what you can accomplish today – and why wait until it's bitter cold outside? Your car will be more reliable throughout the winter if properly cared for in the fall months.

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The great escape, sailing to Princess Harbour - Part 2

By Steve Van Vlaenderen

The next morning, we heard a knock on the coach roof of our sailboat. It was Barry, who enthusiastically offered to take us on a guided tour through the community and surrounding area. We couldn't wait to get started.

As we started our day, it felt as if we were walking through a time capsule. Even though there are modern amenities and buildings interspersed throughout the area, the community has this rustic undeveloped appearance. Derelict equipment and buildings scattered about were signs that the community's history and economy revolved around fishing, and trapping, as evidenced by the number of traps adorning some of log cabins still standing. We were surprised to learn that in the early days of Princess Harbour the area had a flourishing pulpwood industry and for a 20-year period supported up to four mink ranches in the area.

What impressed both Darlene and I, as we walked through the community, was how well the area was kept. The grass was always cut, the roads, although few were well maintained. The few remaining residents would all pitch in and share the responsibilities of maintaining this isolated community, including garbage removal and maintaining the airport runway — a strip of grass running through the peninsula. It reminded me of a quote by Henry Ford: "Coming together is a beginning; keeping together is progress; working together is success." This is a community that truly comes together.

As we continued our tour, Barry suddenly stopped and pointed to vacant piece of land.

"That's where the old school house was located and that building is the old Anderson's Grocery store," he says and continues with the history of each. Then he points to the fish station. The fishermen would cut blocks of ice from the lake in the wintertime and convey them up into the fish station in preparation for the next season's catch.

The question that immediately came to mind as we listened to Barry's stories was how did people manage to survive in such isolation? Endure the hardships? Etch out a living and raise their families under such extreme conditions? Talk about taking chances. In their book about the area *From Paddles to Propellers*, Neil and Edith von Gunten wrote, "The residents admit now that they all had taken many chances in their lives while living along the lake. When they really wanted to attend something or go



somewhere, they would usually find a way to do so, even if the weather said that it wasn't a wise decision to go-in hindsight."

Barry's deeply rooted knowledge of the area and native culture mesmerized both Darlene and I, as we were escorted through the swamps, underbrush and over bedrock to visit places he referred to as sacred. As we made our way around the island, passing through a number of seasonal fishing camps we finally arrived at the first of many petro forms. Petro forms are human-made shapes and patterns made by lining up large rocks on the open ground. He explains how the Indigenous people of the area originally made them. The petro form Barry showed us was in the form of a turtle.

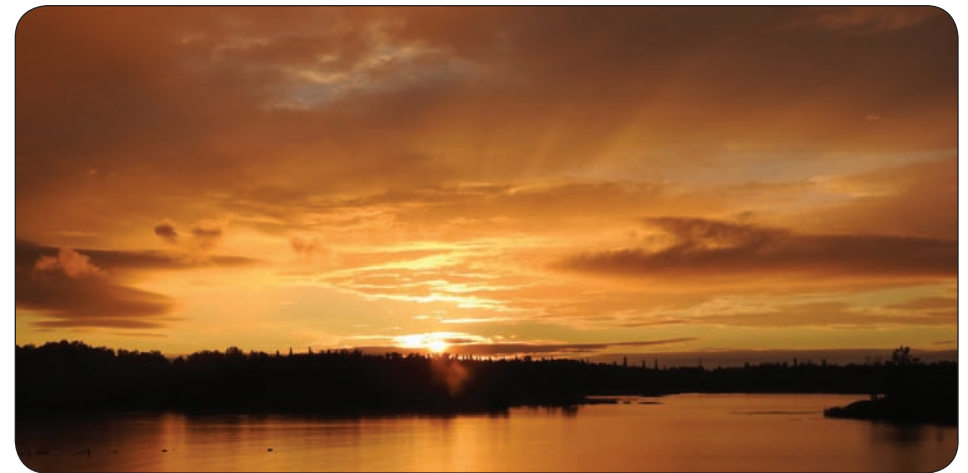
We visited many more sites that afternoon that were laid out on bedrock in the forms of turtles, snakes humans, medicine wheels and abstract patterns. The Aboriginal people or Anishinabe, he passionately explained, attached great connection to these petro form sites as special teaching and healing places. These rock alignments serve as a physical reminder of the instructions that were given to the Anishinabe by the Creator.

To them, he explains, an area containing petro forms is "Manito Ahbee" — the place where the Creator sits.



EXPRESS PHOTOS SUBMITTED

Steve and Darlene Vlaenderen get ready to dock at Princess Harbour.



During the return from our walk about, Barry spots wild Labrador and wild mint growing in a patch nearby. These are herbal plants indigenous to the area. Smell this, bringing the fresh harvested mint plants to my nose.

"Have you ever tasted freshly steeped Labrador tea?" he asked and quickly offered to brew some upon our return to their home.

As we were finishing our tour, Darlene and I were amazed at the number of bird species and wildlife. Just watching them had an impact on us. It reminded me of a quote by Albert Einstein: "Our task must be to free ourselves. By widening our circle of compassion to all living creatures and the whole of nature and its beauty." This trip certainly accomplished that. What a way to end a wonderful day.

On our final evening at Princess Harbour, we were once again invited to share a gourmet meal prepared by Barry and Steve. The dinner conversation leads us to viewing photographs of the local wildlife, bird species and indigenous plants in the area, not to mention spectacular shots of the area terrain. Reaching under the table, Barry brings up a bag of fossils and arrowheads he picked up along the shoreline.

"Algal Flora fossil are the most common in the area," he explains. He pointed out several marine and snail fossils in his collection. The conversation about fossils and arrowheads could have gone on for hours.

Just as we were ready to retire back to the boat for the evening, Steven brings a metal container, opens it and pulls out a guest book. You have to sign the guest book before you leave, he requested. The next hour was spent on viewing the comments made by sailors and adventurers alike going back decades. It was evident after viewing the guest book, a tradition started by Brenda Anderson, that Princess Harbour is a destination favored by all who seek a true wilderness experience.

We arrived at Princess Harbour greeted openly by strangers. Strangers that quickly became special friends. They are people who changed our lives just by being part of it for that brief moment. They gave us a sense of peace, that there really is good in the world. These are people, by their action alone, who convinced us that there is really an unlocked door just waiting for you to open.

Travelling show to raise money for arena and health care

Advance tickets on sale until Nov. 2

By Jeff Ward with files from Jennifer McFee

A fun night of live entertainment, a high-stakes auction, dozens of great prizes and a meal is all part of a combined effort to raise money for the Ashern Arena and the Lakeshore Communities Healthcare Committee.

The fundraiser takes place next Saturday, Nov. 5 at the Ashern Centennial Hall and tickets cost \$50 for a pair but can also be purchased individually. A ticket gets you dinner and the show *The Musical of all Musicals* performed by the Interlake Players from Selkirk.

Husband-and-wife duo Mitch and Kendra Obach are part of the newly formed Interlake Players, along with Lindsey Sturgeon and Chris Armstrong.

"It's a satire of well-known musicals and musical writers," explained Selkirk resident Mitch Obach. "The play actually occurs five different times, and each time is a different musical style and also satirizing different musicals."

The plot remains the same, although it is approached in five different musical styles: Rodgers & Hammerstein (*The Sound of Music, Oklahoma!*), Stephen Sondheim (*Into the Woods, Sweeney Todd*), Jerry Herman (*Mame, Hello Dolly*), Andrew Lloyd Webber (*Evita, The Phantom of the Opera*), and John Kander and Fred Ebb (*Chicago, Cabaret*).

"We were really drawn to it because for people who really like musicals and know musicals, it pokes fun at musicals but it also really celebrates these different styles," Obach said.

"The references are really great, but at the same time, we thought that it

was quite funny even if you're not as familiar with any of these musicals or if you're not a big fan of musicals in general. We thought it was good for different types of audiences that way."

The performance gives the foursome a chance to enjoy time on stage while also performing in Interlake communities that are close to their hearts.

"We thought it was a new idea to be an Interlake travelling theatre group, and we're partnering with local charities so they can use it as a fundraiser. A few of us that used to do some performing and maybe haven't done as much since we've gotten older and busier thought it would be fun to get back up on stage," Obach said.

Each ticket purchased also gets an entrance into cash draw prizes as well as the large raffle for the Ashern Arena with the grand prize for that being \$10,000 cash or a 2017 Polaris Ranger. The live auction is done by Bergner Auction Services, who will be adding some serious excitement to an already packed night. Tyler Geisler is one of the organizers of the event and he said that he expects this to be a can't-miss event and that he's very excited about the show.

"We have some great prizes in the auction. My wife and I donated two tickets to a Winnipeg Jets game as well as a night's stay in the Super 8 Motel," said Geisler.

"There is a leather recliner valued at \$900, a Cabelas gun cabinet and another local business donated two free months of heated storage. There's a lot to bid on and I think people are going to have a lot of fun."

The arena will get 60 per cent of the ticket sales and all of the proceeds from liquor sales, and the health-care



EXPRESS FILE PHOTO

The Interlake Players from Selkirk will be performing the Musical of all Musicals at the Ashern Centennial Hall on Saturday, Nov. 5 in support of the Ashern Arena and the Lakeshore Communities Healthcare Committee proposed assisted living complex.

committee will receive 40 per cent of the ticket sales and all of the proceeds from the live auction. Geisler said that both organizations should see a very healthy fundraising total.

During the event, Geisler will take attendees on a virtual tour of the proposed assisted living complex that the health-care committee is fundraising to build. He said this will be the first chance that many in the community will have to take a look at the proposed building and that it will be a very interesting look at things to come in Ashern's future.

"We're really going the extra mile here to provide the community with something in return for their donation. I think people are always a little

more willing to give back if there's a return for them as well. And, really, this is just going to be a great night for the whole community," said Geisler.

For those looking to support but are unable to attend, there is an option to purchase a dinner ticket for \$15 and have the meal delivered to your door. Geisler said that many seniors who live in personal care homes in the area told him they'd like to support but couldn't go, and this is a way for them to still give back.

Tickets can only be purchased in advance until Nov. 2 from arena board members or health-care committee members.

Interlake ranked third in the province for vehicle-deer collisions

Submitted

The Eastman Region, which includes communities Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake, is the province's No. 1 area for vehicle-deer collisions. There are about 1,600 collisions yearly within this region, based on statistics collected by Manitoba Public Insurance from 2011 to 2015.

"Motorists are encouraged to exercise extra care and caution during October and November, the two worst months for vehicle-deer collisions," said Ward Keith, vice-president of

business development and communications and chief product officer with Manitoba Public Insurance.

"Last year, 300 Manitobans were injured in wildlife-related collisions. Over the last 10 years, eight people in Manitoba have been killed in crashes caused by an animal on a road."

Rounding out the province's Top 5 vehicle-deer collision regions:

- 1) Eastman Region - 1,540 yearly collisions
- 2) Westman - 1,400 yearly collisions
- 3) Interlake - 1,060 yearly collisions
- 4) City of Winnipeg - 610 yearly col-

lisions

- 5) Pembina Valley - 600 yearly collisions

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs.
- Animals are normally more active at dawn, dusk and at night.
- Be especially alert where brush and tall grass grow near the road.
- Scan the road and roadside for animals get your passengers to help.
- 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.

Overall, Manitobans are involved in about 11,000 vehicle-wildlife collisions yearly. Motorists are also reminded that it is illegal to place food and other wildlife attractants along provincial roads and highways in Manitoba. Doing so can attract wildlife to the roadside unnecessarily and create dangerous hazards for passing motorists.

Eriksdale community remembers a great friend

By Jeff Ward

The sudden and tragic passing of Al Kelner has left the community of Eriksdale in mourning and remembering a great person. Kelner's mark on the community will now be part of the legacy he leaves behind as he is remembered by close friends and family.

Kelner was diagnosed with pancreatic cancer in the early summer months and was given the unfortunate news that it was terminal. He passed at the age of 76 on Sept. 29 at E.M. Crowe Hospital leaving behind his wife, Elsie and their two children, Grant and Karen. He left an indelible mark on the community of Eriksdale and many other surrounding communities. Kelner spent his professional career teaching in Eriksdale and Berens River, and his passion for learning carried through into his personal life according to his close friend Keith Lundale. Kelner's spare time, even before his retirement, was largely dominated by his desire to improve and celebrate his community. Kelner was one of a few people that helped build the replica of Percy Moggey's cabin north of Eriksdale in the hope that it would attract tourism. Kelner also played a large role in organizing the annual garage sale in town that saw people from all over the province drive in to get a good deal or unique treasure. He gave selflessly of himself and his time, and Lundale said that he never asked for anything in return.

"It was never about him; it was about the community," said Lundale remembering his friend.

"Even just this past year and after the diagnosis, he was active planting the flowers in the park flower boxes. He brought his knee pads and was out there helping us plant flowers. I think that tells you everything you need to know about the guy."

He was known as Big Al to many of his friends and his workshop bore that name across the awning. Kelner was a large imposing figure, but his smile and gentle nature destroyed any preconceived notions anyone could have about him. Lundale said that he knew Kelner to be a very friendly man who

welcomed anyone with open arms. Kelner believed that if he was the first person a visitor to the community was to meet that it was his duty to make sure they left feeling good.

"He's the kind of individual who wanted to see the community succeed. That's just the way he was," said Merle Day, whose own children were taught by Kelner during their school days.

"He had his finger in everything here. You don't really run across too many people in your life that stand out the way he did. It was a true privilege to know him."

Kelner had been looking for someone to take over the organization of the annual garage sale in Eriksdale for the last few years. But Lundale said that as much as he wanted to have someone take over, he was still happy to be involved. Lundale said that there was talk of not having the garage sale at all a few years ago because it was a struggle for Kelner to keep up with the demanding nature of the sale. But rather than see the event that so many loved die, Kelner bit the bullet and decided his sacrifice was worth the joy others would have.

Kelner was also a hobbyist and took up the craft of woodworking after retirement. His passion for taking a bare featureless chunk of

wood and turning it into a beautiful and striking piece of art came through anytime someone would ask him about it. He called the Wrendigos and he sold them to many people around the Interlake who used them as bird feeders. These one-of-a-kind items are now pieces of the legacy he left behind.

"I visited him a lot in the hospital in those last few months and we shared quite a few heart-to-heart conversations. I told him to say hi to my dad when he got up there. When I first called him after he got his diagnosis and he told me he was dying, I asked him if he was OK with that. He told me that he had made peace with it and that he wanted to come home and have his final days in Eriksdale," said Lundale.

Kelner's positive attitude was infectious and he always had a way to break the tension. Probably

"HE WAS THERE FOR PRETTY MUCH EVERYTHING. I MEAN, HE DIDN'T JUST TALK THE TALK. HE WALKED THE WALK. I'M GOING TO MISS HIM TREMENDOUSLY."



EXPRESS PHOTO BY JEFF WARD

Al Kelner, seen here carving a Wrendigo, left an indelible mark on his community and will be remembered for his good nature, welcoming personality and selfless volunteerism.

one of his greatest skills was his ability to be able to make anyone feel comfortable in only a few minutes of talking with him. In a way, Kelner may have been one of the best ambassadors for Eriksdale. His booming voice and warm personality could make any visitor feel like they were home.

"We're looking at a lot of the events that Al had been a part of and the things he helped out community accomplish. He was there for pretty much everything. I mean, he didn't just talk the talk. He walked the walk. I'm going to miss him tremendously," said Lundale.

Kelner's service was attended by nearly 200 people, which should give a pretty good idea of how many people feel the same way as Lundale.

Eriksdale Curling Club encourages members to attend AGM

By Jeff Ward

This Sunday, the members of the Eriksdale Curling Club will get together for their 51st annual general meeting (AGM) to discuss new ideas for the future as well as elect new board members.

Current club president Doug Kirby said that he wants people to come and participate in the meeting, Sunday Oct. 30 to share new ideas about how to grow the sport. The meeting takes

place at the Eriksdale Recreation Centre and starts at 7 p.m. Kirby said that he really values the opinion of anyone willing to drop in and that he would like to see more involvement from the neighbouring communities too. Kirby and the rest of the members want to see the sport grow and thrive, and while the last few years have been stable, they all want to see and upward trend.

"We need more people to play and

to help out," said Kirby.

"We want to make sure that teams aren't always having to play each other and we want to bring in new teams. I hope that someone new will come to the meeting and bring a friend because that's how it starts."

Kirby said that the club has three leagues: a men's league that runs every Wednesday, a women's league that runs every Tuesday and a stick curling league every Thursday af-

ternoon. School curling, run by Brad Drews, also takes place every Wednesday after school which Kirby said has helped bring in new people to the game.

Kirby said the ice is going to be going in over the next few weeks and that the curling season will start the first week of December.

Anyone interested in learning more can contact Doug Kirby at 204-739-2761.

get inspired

> MEAL IDEAS

Artichoke and Spinach Rotini Salad with Tuna



- 4 oz (125 g) dry whole grain rotini
- 1 1/2 cups (375 mL) frozen artichoke hearts
- 2 cups (500 mL) baby spinach
- 1 cup (250 mL) grape tomatoes, halved
- 1/2 cup (125 mL) diced green bell pepper

1/2 cup (125 mL) diced red or yellow onion

1 1/2 tbsp (20 mL) chopped fresh oregano or 1 1/2 tsp (7 mL) dried oregano, crumbled
2 medium garlic cloves, minced

1 tbsp (15 mL) granulated sugar
2 tbsp (25 mL) canola oil
2 tbsp (25 mL) cider vinegar
1 can (5 oz/140 g) lowsodium tuna, rinsed and drained, preferably albacore

Directions

Cook pasta according to package directions, omitting any salt or fat.

Cook artichoke hearts according to package instructions. Once cool, cut each artichoke heart into quarters.

In large bowl, gently stir together spinach, artichokes, grape tomatoes, green pepper, onion, oregano, garlic, sugar, canola oil and vinegar.

Drain pasta in colander and run under cold water to cool quickly. Shake off excess liquid. Stir into spinach mixture and sprinkle tuna evenly over all.

Wild Rice, Mango and Arugula Salad



- 1 cup Roland(R) Wild Rice
- 21/3 cups chicken broth
- 1 cup cucumber, chopped into cubes
- 1 cup panela cheese, chopped into cubes
- 6 basil leaves, chopped into strips
- 20 cherry tomatoes, cut in half
- 1/4 cup pine nuts
- 1/2 cup dried cranberries
- 1/2 cup diced pear
- 1 cup arugula
- 1 large avocado, diced

1/2 cup red onion, chopped
1 cup mango, diced
For the dressing:
1/2 cup fresh lime juice (about 4 limes)

1/4 cup Roland(R) Olive Oil
1 teaspoon salt
Pepper to taste

In a pot over a medium-high flame, add chicken broth and bring to a boil. Add in rice and return to a boil. Once boiling, place a lid on the pot and lower the flame to a simmer. Simmer for 45 minutes. Remove pot from heat and let rice rest in pot for 10 minutes. Place rice in a strainer and rinse under cold water. Let drain completely.

In a large bowl, add cucumber, panela cheese, basil, cherry tomatoes, pine nuts, dried cranberries, pear, arugula, avocado, and red onion. Mix well to combine.

Pour drained wild rice into veggies. Mix well. Then add in the mango and give it another mix.

In a small bowl or cup, mix all ingredients for dressing and pour over the salad.

Orange Sesame Chicken Salad

- 20 square wonton wrappers
- 23/4 cups vegetable oil, divided
- 1 head romaine lettuce, cut into bite-sized pieces (about 8 cups)
- 1/4 cup soy sauce
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons sugar

1 tablespoon distilled white vinegar
1 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon toasted sesame oil
3 to 4 cups coarsely shredded cooked, rotisserie chicken

1/2 cup chopped green onions
2 navel, Cara Cara or Valencia oranges, peeled and segmented

1/2 cup sliced almonds, toasted
2 tablespoons sesame seeds, toasted
Cut wonton wrappers into 1/2-inch-

Getting a Good Night's Sleep



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We know that a good night's sleep does wonders for both our mood and our energy level.

However, for some, that deep, restful sleep is elusive. Some have trouble falling asleep, watching the clock and anxiously calculating how much sleep they will get if they fall asleep now. Anxiety builds with each passing hour, making sleep even less likely.

Others fall asleep all right, but then find themselves waking a few hours later, finding it impossible to get back to sleep. They too worry about how little sleep they are getting, and how tired they will be the next day.

There are some things that can be done to increase the chances of a good sleep. These include eliminating caffeine (all day, not just in the evening), not doing mentally stimulating activities before bed, not watching television right up until bedtime, doing something relaxing such as a warm bath, yoga or meditation in the hour before going to

bed.

It is also wise to park your worries at the door, before entering the bedroom at night. Lying in bed worrying or thinking about all you must do the next day is not conducive to drifting off.

The key element to a good night's sleep is being relaxed. If you have ever fallen asleep on a beach you will recall that as a very deep sleep. The warm sun, fresh air and the sound of the waves induces a deep state of relaxation, so the body surrenders completely and sleep takes over.

Our busy lives make it less likely that we will be in a relaxed state when our head hits the pillow. We can train ourselves to associate sleep with relaxation. We can also learn to turn off our minds, take deep cleansing breaths, and to relax the individual muscles throughout the body. These are ways to ease ourselves into sleep.

If the stresses of life have caused us to forget how to sleep, it makes sense that we might have to teach ourselves how to do it. This is a much healthier approach than taking sleep medication, for medications may cause one to sleep, but without learning to do the relaxing things that are good not just for sleep, but for our overall wellbeing in general. (For information on how to get my Restful Sleep MP3, see below.)

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca

wide strips and separate on paper towels. Heat 1/2 cups vegetable oil in a large, wide saucepan over medium heat. Fry the wonton strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until golden, 10 to 15 seconds per batch. Transfer to paper towels to drain.

Put romaine in a large salad bowl. In a separate mixing bowl, whisk together soy sauce, lemon juice, sugar, vinegar, salt and pepper. Add sesame oil and

remaining 1/4 cup vegetable oil in a slow stream, whisking until the sugar is dissolved and the dressing is well blended.

In a third bowl, combine chicken, green onions, orange segments, almonds and sesame seeds. Add 1/3 cup of dressing and toss to coat. Toss romaine with enough dressing to lightly coat. Add the chicken mixture and toss lightly. Top with fried wonton strips and serve.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Reimer makes big save for minor hockey in Arborg

Staff

The Arborg Bifrost Parks and Recreation Commission is joining forces with the Arborg Minor Hockey Association to offer a new hockey program in Arborg.

Florida Panthers' goaltender James Reimer, a Morweena product, has also committed to helping with this program to get more kids playing hockey and families enjoying the sport.

But despite all of the interest hockey brings in Canada, it is still a struggle for many rural communities to have enough children playing - and enjoying - the game. Over the past year, discussions between the AMHA and ABPRC were held to develop a plan to solve the issue.

"We talked to Hockey Manitoba for ideas and they sent us information on the different barriers on why families/youth don't register in hockey," said Recreation Director Tom Chwaliboga in a media release. "And we tried to focus on these."

The barriers that were highlighted included time commitment, cost of equipment, and perceived safety.

The dedicated group quickly realized they could solve a couple of the issues, but the cost of equipment was going to be a problem.

That's when Reimer stepped in.

"James started playing Peewee hockey in Arborg and wanted to help his community and especially give back to Arborg Minor Hockey and provide families the same opportunity he had growing up," Chwaliboga said.

"James believed in the program and quickly began discussions which (have) resulted in equipment being supplied for this new hockey program. This is an unbelievable commitment by James (and) it will allow families to try hockey and not have to worry about purchasing any hockey equipment."

This newly-developed program, which has yet to be officially named, will be for youth between 4-7 years of age and will be led by a group of certified hockey coaches on Saturday mornings.



PHOTO COURTESY OF NHL.COM

Florida Panthers' goaltender James Reimer, a Morweena product, has committed to helping Arborg Minor Hockey get more kids playing hockey and families enjoying the sport.

Arborg Minor Hockey Association president Keith Johnson is excited about the new program.

"This program is made possible by the contribution of James Reimer and will lead to the improvement of hockey in our community," Johnson said. "Our goal is to just get kids to try hockey, enjoy the game, with the hope they will register in the future."

"This program will provide families with a won-

derful opportunity."

For more information on this program, and how your son or daughter can be involved, please contact Tom Chwaliboga 204-376-5576-Arborg Bifrost Recreation Commission, Keith Johnson 204-376-5161-Arborg Minor Hockey, or Brian Barylski 204-376-5609.

Bantam, City Midget Lightning lose games

Staff

The Interlake Lightning played in a close game - and a not-so-close-game - in Bantam "AAA" play last weekend.

Interlake gave the Warriors a real good battle in a tough 2-1 loss on Saturday and then was defeated 14-1 by the Hawks Sunday.

The Lightning was on the road for both games.

In the Warriors' loss, Interlake took a 1-0 first-period lead on a goal by Nicholas Finnson. Lyle Mur-

dock and Hunter Warman drew the assists.

Against the Hawks, Cadrick Dueck scored for the Lightning in the second period, assisted by Brett Taryn and Finnson.

Interlake (0-6) won't play a league game again until next Thursday when it hosts the Pembina Valley Hawks in Stonewall. Game time is 7:15 p.m.

In City Midget action, Interlake lost 7-0 to the Monarchs last Thursday in Stonewall and then was defeated 8-3 by the Selects in Ste. Anne on Satur-

day.

In Saturday's loss, Ethan Daniels and Sundance Paul scored first-period goals for the Lightning and then Nick Prystupa tallied in the third.

Prystupa and Daniel Paseschnikoff each finished the game with two points.

Interlake (1-6) will play the Monarchs this Friday (7:15 p.m.) at the MTS Iceplex and then will play the Sharks on Monday.

Selects stop Lightning in Midget female play

Staff

The Interlake Lightning Midget "AAA" female hockey team fell to 0-5 in league play after a 5-1 home loss to the Eastman Selects on Oct. 19.

Eastman, which held period leads of 1-0 and 2-0, broke the game open with three third-period goals.

Laura Kilbrei scored the Interlake's lone goal, assisted by Jamie Johnson and Loren Proven. Kilbrei leads the Lightning with two goals on the sea-

son.

Kerigan Dowhy made a whopping 70 saves in the loss.

Interlake's four previous losses came against Central Plains (4-1 and 3-2) and Yellowhead (7-1 and 4-0).

The Lightning played the Winnipeg Avros this past Tuesday in Winnipeg but no score was available at press time. Interlake will then resume league play Nov. 12 when they play Central Plains in Portage la Prairie.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Jillian Henry, right, of Gimli races for the puck during Interlake's 5-1 loss to Eastman last Saturday.

Lightning split pair of Showcase games

By Brian Bowman

The Interlake Lightning defeated the Pembina Valley Hawks the old fashioned way on Sunday.

They earned it.

Interlake scratched and clawed their way to a hard-fought 4-3 win over Pembina Valley at the Manitoba AAA Midget Hockey League Showcase in

Portage la Prairie.

The Lightning led by just a goal late as Pembina Valley pulled their goalie and then was awarded a late power play. The 6-on-4 situation provided some tense moments in the game's waning seconds.

"It was kind of mayhem in our own zone for a little while," said Lightning

head coach Dwayne Swanson Monday afternoon. "We had guys stepping up and blocking shots and doing whatever they could to keep the (puck) out of our net."

Travis Penner gave Pembina Valley a 1-0 first-period lead but the Interlake came back with a very strong second period, getting goals from Jack Einarson, Codey Behun and Corbin Mariash. Mariash's goal came via the power play.

"We had played the night before, so I guess our guys were finding their legs a little bit in the first period," Swanson conceded. "But in the second period, we came to life and got some offensive output from some of the guys."

Evan Klyne-Geisler scored early in the third period to stake the Lightning to a 4-1 lead. But the Hawks made things interesting when Sven Schefer and Elijah Carels scored later in the period.

Schefer's goal came at the 10:57 mark of the final frame and then Carles struck with just 1:36 left in regulation time.

Riley Buhay played really well in goal, making 29 saves for the victory.

On Saturday, Interlake lost 6-4 to a pretty good Central Plains Capitals' squad.

"We started off slow and paid the price for it," Swanson admitted. "It's an ongoing thing with our club, making sure that we're prepared at the drop of the puck. And that night we weren't."

"It was frustrating but we battled back and we took some encouragement from the fact that we didn't quit, didn't lie down, and we started putting the puck in their end for an extended period of time."

Central Plains' Joey Moffatt scored a first-period power-play goal and then the Capitals went ahead by four goals as Jayson Brooks, with a pair, and Dawson Braun tallied.

Behun gave the Lightning some life, though, with a power-play goal late in the second and then Einarson tallied early in the third. Einarson leads the Lightning in goals (six) and points (10).

"Jack has been our leader offensively, for sure," Swanson noted. "He's also our leader in the dressing room as well. He's a quality young man and a quality hockey player."

Logan Calder gave Central Plains a 5-2 lead but the Interlake came right back with goals from Einarson and James Maxwell.

Moffatt then iced the Capitals' win with an empty-net goal with just a second left in the third.

Adam Swan made 28 saves in the loss.

Interlake will host Central Plains this Saturday (7:30 p.m.) in Teulon and then will play Pembina Valley on Sunday (2:30 p.m.) in Morden.

"Our guys are starting to show signs of believing in themselves," Swanson said. "We believe we can get wins in both of these games."

Manitoba Hockey Standings

MANITOBA JUNIOR

HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Steinbach Pistons	12	12	0	0	24	59	18
Winkler Flyers	13	10	3	0	20	55	31
Portage Terriers	12	9	3	0	18	58	47
OCN Blizzard	12	8	3	1	17	39	29
Selkirk Steelers	15	8	6	1	17	54	53
Virten Oil Capitals	14	7	5	2	16	34	35
Winnipeg Blues	13	5	6	2	12	47	44
Neepawa Natives	13	5	8	0	10	35	47
Swan Valley Stampers	11	3	8	0	6	22	43
Dauphin Kings	13	2	9	2	6	30	54
Waywayseacappo							
Wolverines	12	1	11	0	2	34	66

KEYSTONE HOCKEY LEAGUE

Central Division	GP	W	L	OTL	PTS	GF	GA
Peguis Juniors	5	3	2	0	6	33	31
Fisher River Hawks	2	1	1	0	2	13	18
Arborg Ice Dawgs	3	1	2	0	2	9	11
South Division	GP	W	L	OTL	PTS	GF	GA
Selkirk Fishermen	5	5	0	0	10	32	4
St. Malo Warriors	5	4	0	1	9	32	22
North Winnipeg Satellites	4	2	2	0	4	13	20
Lundar Falcons	4	0	4	0	0	12	25
North Division	GP	W	L	OTL	PTS	GF	GA
OCN Storm	3	2	1	0	4	31	16
Cross Lake Islanders	5	1	3	1	3	25	30
Norway House North Stars	2	0	2	0	0	6	29

AAA MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Wild	9	8	0	0	17	42	12
Yellowhead	9	7	1	0	15	40	25
Thrashers	9	7	2	0	14	40	19
Central Plains	10	5	4	1	11	41	34

Southwest	8	5	3	0	10	30	24
Pembina Valley	9	5	4	0	10	35	22
Eastman	9	5	4	0	10	32	21
Brandon	8	4	4	0	8	24	24
Parkland	10	4	6	0	8	31	43
Kenora	10	2	5	0	7	29	46
Interlake	8	2	5	0	5	17	41
Norman	11	0	10	0	1	19	69

AAA CITY MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	6	6	0	0	12	31	12
Winnipeg Hawks	6	3	1	0	8	24	16
Winnipeg Sharks	5	3	2	0	6	21	21
Winnipeg Warriors	6	2	2	1	6	24	21
Eastman Selects	6	1	3	1	4	18	23
Interlake Lightning	7	1	6	0	2	20	45

AAA BANTAM

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	7	7	0	0	14	62	3
Eastman Selects	5	4	1	0	8	27	16
Winnipeg Warriors	5	3	2	0	6	21	19
Winnipeg Hawks	6	2	3	1	5	31	20
Winnipeg Sharks	5	1	3	0	3	7	14
Interlake Lightning	6	0	6	0	0	15	56

MANITOBA FEMALE MIDGET AAA

HOCKEY LEAGUE	GP	Reg W	Reg L	T	OTW	OTL	Pts
Winnipeg Avros	6	4	1	-	1	-	10
Westman Wildcats	6	4	1	-	-	1	9
Yellowhead Chiefs	7	4	3	-	-	-	8
PV Hawks	5	3	1	-	1	-	8
Norman Wild	7	1	5	-	1	-	4
Eastman Selects	5	1	2	-	-	2	4
Central Plains	3	1	1	-	-	1	3
Interlake Lightning	5	-	4	-	1	-	2

STATS AS OF TUESDAY, OCTOBER 25

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dyck leads Bisons to pair of victories



Rachel Dyck

Staff

Rachel Dyck was named the first star as she made 23 saves to lead the University of Manitoba Bisons women's hockey team to a convincing 7-1 victory over the University of Regina Cougars at Wayne Fleming Arena last Friday evening.

The Bisons, now 6-0, remain the only undefeated team in the Canada West division while the Cougars fell to 2-3-1-0.

Manitoba began the two-game series with a 5-1 win on Thursday night as Dyck, a Winnipeg Beach product, earned another victory. She finished the game with 16 saves.

Dyck, a senior, now has a 3-0 record with a 0.50 goals-against average and .976 save percentage. She is second in the nation in both GAA and save percentage to the University of Toronto's Valencia Yordanov.

The Bisons will now hit the road for a series against the UBC Thunderbirds, starting on Friday. Manitoba will return home the following week to take on the University of Calgary Dinos on Nov. 4-5.

Baseball Manitoba announces 2016 award winners

Submitted by Baseball Manitoba

The baseball season is now over and it is time to recognize the accomplishments of all that were involved throughout the season and to thank those that have contributed to a successful year.

Baseball Manitoba will be hosting its annual awards banquet Nov. 19 starting at 6:30 p.m. at the Holiday Inn Airport West in Winnipeg.

Here is a list of those receiving awards, with their 2016 teams and hometowns. Tickets for the banquet may be purchased through the Baseball Manitoba office for \$65 each.

For more information, please contact Baseball Manitoba at 204-925-5763.

Baseball Manitoba 2016 Award Winners
Grassroots Team of the Year - Win-

kler 13U AA - South Central

H/P Team of the Year - Minor - Team Manitoba 16U Girls - Provincial Team Manitoba

H/P Team of the Year - Major - Wawanese Brewers - Southwest Senior

Grassroots Coach of the Year - Jeff & Kerry Trager (Winnipeg) - Winnipeg South

H/P Coach of the Year - Nik Grenier and Jamieson Krentz - Carillon - Ile des Chenes and Steinbach

Challenger Player of the Year - Evania Diaz-Rojas - Winnipeg

Female Player of the Year - Kailtyn Heppner - Winkler - South Central

Pee Wee Player of the Year - Juni Song - Winnipeg - Winnipeg South

Bantam Player of the Year - Isiah Letkemen - Altona - South Central

Midget Player of the Year - Cody Bartel - Blumenort - Carillon

Junior Player of the Year - Colten Boudreau - Lockport - Elmwood Giants.

Senior AA Player of the Year - Curtis Plett - Wawanese - Wawanese Brewers

Volunteer of the Year - Kristal Benton - Winnipeg - St. James

Youth Umpire of the Year - Riley Nordman - Winnipeg - Winnipeg South

Umpire Award of Merit - Kevin Kozielic - Winnipeg - Winnipeg South

Honour Society - Rodger Sheldon - Ste. Rose - Parkland, Mo Gervais - Winnipeg - St. James, and Mike Anderson - Winnipeg - Winnipeg South.

Peguis lights the lamp multiple times in pair of KJHL wins

By Brian Bowman

The Peguis Juniors celebrated a lot of goals last weekend.

They also celebrated a pair of much-needed victories.

Peguis pummeled Norway House 13-3 on Saturday and then edged Cross Lake 6-5 in overtime the next day.

In Sunday's win, Theoren Spence scored the game winner in OT, his second goal of the game. Waylon Neault also scored twice and added an assist for the winners while Devon Garson and Tyrone Spence added singles.

Against Norway House, Garson and Quinton Flett each recorded hat tricks while Neault and Theoren Spence both added a pair. Kiefer Tacan, Tristan Starr, and Tyrone Spence scored Peguis' other goals.

Luke Penner was in goal for both

Peguis wins.

On Oct. 19, the Juniors were outscored 11-7 by the Fisher River Hawks.

Fisher River, which held period leads of 2-1 and 4-3, went crazy in the third by scoring seven times in an 11:21 span.

Christian Cochrane and Johnny Beaulieu each led Fisher River with three goals and an assist while Darryl Thaddeus (two), Joel Wilson, Evan Thickfoot, and Joshua Beaulieu also scored.

Jared Thickfoot and Joshua Beaulieu each finished the game with four points.

Nolan Favel made 33 saves for the win.

Last Friday, the Lundar Falcons lost 4-1 at home to the Selkirk Fishermen.

Fishermen forward Auzzie Loewen struck on the power play early in the

game and then Dylan Painchaud-Niemi and Kale Ilchena scored for Selkirk in the second period.

Thomas Mironuk made it 4-0 before Maurice Hince replied for Lundar on the power play with 6:44 remaining in the third period.

Selkirk outshot Lundar 50-23 - including 21-5 in the second period - as Riley Bannerman posted the win.

The Falcons (0-4) will be back in action with a pair of games this weekend. Lundar will host North Winnipeg (2-2) on Friday (8 p.m.) and the Arborg Ice Dawgs (1-2) Sunday (2:30 p.m.).

The Hawks, meanwhile, had both of their road games with the OCN Storm postponed last weekend. Fisher River (1-1) is scheduled to take on Arborg this Friday (8:15 p.m.).

Locals run well at cross-country provincials

Staff

There were several very good performances by local athletes at the MHSAA cross-country provincials last week at Harbourview Park in Winnipeg.

Ashern Central School's Sarah Brown placed 39th overall in the varsity girls' race after finishing with a time of 19:51. Kelvin's Erin Valgardson won the race in 15:33, followed by St. Mary's Casey Nelson (16:35) and Sierra Sutherland (16:42), PCI's Hail-

ee Morisseau (16:46) and Selkirk's Tone Sledz (16:50).

Other top local results in the varsity girls' race included Gimli's Sinead Gibbs (46th, 20:01), Carley Matkowski (50th, 20:22), Jayda Campbell (74th, 21:58), MacKenzie Zagozewski (86th, 23:18), Samantha Porteous (87th, 23:19), and Jay-Lee Strempler (93rd, 24:32).

As a team, Gimli placed third with 79 points. That was behind Westgate (37 points) and Prairie Mountain (75).

In the varsity boys' race, Ashern's Seth Stark was the top local runner, finishing 74th with a time of 22:48. Kelvin's Conor McGovern won the varsity boys' race, finishing in 17:18.

The other local runner was Ashern's Sam Keeley (87th, 24:03).

On the junior varsity boys' side, Peguis' Jacob Spence placed 125th after finishing in a time of 27:31. In the junior girls' race, Peguis' Winter Wilson finished in a time of 18:06.

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Upcoming Board of Trustees meetings:

- Tuesday, November 8th, 2016 at 4:30 p.m. at Broad Valley Colony School
- Tuesday, November 29th, 2016 at 6:30 p.m. at the Division Office
- Tuesday, December 13th, 2016 at 6:30 p.m. at the Division Office
- Tuesday, January 10th, 2017 at 6:30 p.m. at the Division Office
- Tuesday, January 31st, 2017 at 6:30 p.m. at the Division Office
- Tuesday, February 14th, 2017 at 6:30 p.m. at the Division Office
- Tuesday, February 28th, 2017 at 4:00 p.m. at the Division Office

Vision & Voice Divisional Ratepayers Public Meeting at 2:00 p.m.

Regular Board meetings are held every second and last Tuesday of each month at 6:30 p.m. at the Division Office, unless otherwise advertised.

Ashern Auction Mart - Farm Market Report
Week of October 19 • No. of Cattle: 1326
Total Slaughter Cattle 126 Total Feeder Cattle 1200

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Good Bulls 103-115	Heiferettes 100-138
	Older & Shelly Cows . . . 55-64

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

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

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

Sudoku Answer

O	N	E	S	S	E	C	O	N	S			
O	E	L	V	N	E	I	V	O	N	O		
I	V	W	I	N	V	E	I	D	O	I		
V	W	I	V	T	I			E	B	R	N	N

Crossword Answer

CROSSWORD

CLUES ACROSS

- Famed Spanish General's nickname
- Drink alcohol
- Savings for soggy days
- Kleenex, Puffs are some
- Moved in a circular way
- Pile of stones
- Drenched
- Talk to you (abbr.)
- World's longest river
- Thoughts
- Stake
- Lawrence Taylor's nickname
- Coat or smear
- Comedian Josh
- Cost, insurance, freight (abbr.)
- Royal Bank of Canada
- Polyvinyl chloride
- Lifeless
- Doctor of Medicine
- Former Saudi Arabian king
- River along border of India and Nepal
- German widow
- Administrative review board
- Small tower
- Central American fruit
- Cigar
- Bring to life
- Linked together in a chain
- Marinara, BBQ are two
- Mail
- Ancient Chinese city
- Personas
- More (Spanish)
- Close to
- Nigerian City
- Pals
- Internal
- Type of tent
- Beloved Princess
- Supplementing with difficulty
- Region in Mississippi
- Brave act
- 36 inches
- , denotes past
- Swiss river
- Submersibles
- Portable computer screen material
- Binary-coded decimal
- Supervises flying
- Represents dull, abrupt sound
- Deformity involving a limb
- Map
- Dominican Republic
- Breed of hogs
- District attorney
- Light Russian pancake
- Selfs
- Rock songstress Turner
- American Music Awards
- Partner
- Egyptian Sun god
- European money
- Consumed
- Doctor of Education
- Actinium

CLUES DOWN

- Expression of creative skill
- Nonclerical
- Credit card company

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ANNOUNCEMENT

CARD OF THANKS

We the Neault family would like to express our sincere gratitude and thanks for all the support and comfort from our family friends near and far. We would like to thank everyone for the trays of meat, veggies and fruit, beautiful flowers and fruit baskets that were brought to our home. For the visits, phone calls and cards full of love and support. To our dear daughter-in-law for her help at the restaurant and trips to the hospital with food to make sure everyone was eating. Also our son Lorne for looking after all the arrangements and making sure everything was perfect for Lorne's final journey. Wanda and Clint for all your support through this tough time. Thank you to all my staff keeping things under control at the restaurant. John and Virginia for the support and help. These things will never be forgotten. A special thank you to Gordie and Tracy for planning Lorne's journey home. Thank you to James Theissen for doing the service and June Kopyts for playing the organ. A special thank you to Kathy for reading the eulogy, we know it was hard for you being so close to Lorne. Wanda the picture display was very nice, thanks. For all the ladies who prepared the food for the lunch, it was great. Thank you to the pallbearers Larry, Lloyd, William, Tom, Lawrence and Karl. Thank you to all the guys who helped out at the Cemetery Waylon, Tom, Darryl, Chris, Logan, Keith, Dennis and Allan. Thank you to Sandra, Virginia and Marilyn for preparing a beautiful supper for our families before they left for home. Also a special thank you to the Barrett family. You are truly one of a kind. A big thank you to Percy Moore Hospital staff for the care given to Lorne. A special thank-you to Eric and Lorne. Thanks to Dr. Buss and Dr. Dunlop. Home Care Angela and Doris and all the home care workers that looked after Lorne. Thanks for the use of the Palliative Care room and to all the donations that were given in Lorne's memory. It was so nice to have a room where your family has privacy and time to spend with loved one in private. We cannot express enough how grateful we are to have such wonderful people in our lives.

ANNOUNCEMENT

OBITUARY

Halcrow Hooker

On Sunday, October 23, 2016, at the Betel Home in Gimli, MB, Hal Hooker, aged 86 years, of Sandy Hook, MB, passed away. A memorial service will be held on Monday, October 31, 2016 at 11:30 a.m. in the Lakeview Resort banquet hall in Gimli, MB.



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NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, November 8, 2016 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A.

2/009/082/5/16 - PATTISON OUTDOOR ADVERTISING

Application for Off-Premises Sign (Commercial) adjacent to P.T.H. No. 9, Lot 1, Plan 42175, N.W. 1/4 9-19-4E, R.M. of Gimli (Gimli).

2/008/205/AC/16 - LINNEA PITZ

Application to Relocate & Change the Use of Access Driveway to Joint Use (Agricultural to Agricultural/Residential) onto P.T.H. No. 8, S.W. 1/4 32-20-4E, R.M. of Gimli.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Michelle Slotin, A/Secretary
Winnipeg, MB R3E 3H4 THE HIGHWAY
Phone: (204) 945-8912 TRAFFIC BOARD



SURPLUS EQUIPMENT VEHICLE AUCTION FOR THE CITY OF MORDEN

SAT., NOV. 5 • 4 PM

AUCTION WILL BE HELD AT THE PUBLIC WORKS YARD
LOCATED AT 234 COCHLAN DRIVE IN MORDEN, MANITOBA

Belt Conveyor. Gardner Denver Compressor (Runs but needs rods) Model # SP-125-GB, HRS, 949 Serial # 6W5-10616. J.D. 160 Lawn Tractor/Mower (Runs but transmission surges). 1996 2WD Dodge Ram 2500 regular cab/long box 100,000km. RUNS. 1994 Dodge Caravan 146,000km. RUNS. 2000 4WD Dodge Dakota extended cab 260568 km. RUNS. 2005 Ford Police Interceptor (recent trans.) 258,000 km. RUNS. 2001 2WD Dodge Ram 1500 regular cab/long box 318 engine RUNS. 380 Allied Loader. 1996 GMC 3500 Truck with box/hoist, auto trans. 350 engine. 109022 km. RUNS. 1986 GMC Brigadier tandem truck, 13 speed transmission, 3208 Cat engine RUNS (Safetied) 376718 km. Caterpillar 951C Track type loader w/dozer blade & bucket (runs & drives) Engine serial # 19H1422, Dash serial # 19H1423, Comes with Parts & Maintenance books. Billy Goat TR 800 (Truck mount leaf Vac). 2001 2WD Dodge 2500 RUNS 129,000 km. Shop Compressor (Sanborn 2 stage 80 gallon, 5hp rated, no motor, Commercial pizza ovens etc. **For info call Les Wieler at 204-822-5119 or 204-362-2310 Or call Vic Wolfe at 204-325-2823. Previewing at the Public Works Yard Oct 31-Nov 3 Mon- Thurs from 9:00 am to 3:00pm.**



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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES MUNICIPALITY OF WEST INTERLAKE

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 30th day of November, 2016, at the hour of 10:00 AM, at: Municipality of West Interlake, 38 Main Street, Ashern Manitoba proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
21600	ALL THAT PORTION OF SE 1/4 14-23-8 WPM CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT A POINT ON THE SOUTHERN LIMIT OF SAID QUARTER SECTION DISTANT WLY THEREON 883.74 FEET FROM THE SE CORNER OF SAID QUARTER SECTION THENCE WLY ALONG SAID SOUTHERN LIMIT 417.38 FEET THENCE NLY PARALLEL WITH THE EASTERN LIMIT OF SAID QUARTER SECTION 208.69 FEET THENCE ELY PARALLEL WITH SAID SOUTHERN LIMIT 417.38 FEET THENCE SLY IN A STRAIGHT LINE TO THE POINT OF COMMENCEMENT SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$1,700 B-\$11,400	\$3,014.52
86075	LOT 1 PLAN 39667 WLTO EXC ALL MINES AND MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT IN FRAC SE 1/4 14-24-10 WPM	L-\$4,200	\$1,847.21
86500	PARCEL 1 PLAN 10995 WLTO EXC PLAN 43391 WLTO IN FRAC NE 1/4 15-24-10 WPM	L-\$49,400 B-\$1,020,200	\$156,039.80
86510	PARCEL 1: ALL THAT PORTION OF THE NE 1/4 15-24-10 WPM SHEWN AS PARCEL "A" PLAN 9739 WLTO CONTAINED WITHIN THE LIMITS OF A MINING LOCATION AS SHEWN ON PLAN NO. 765 WLTO (P DIV) PARCEL 2: ALL THAT PORTION OF THE SAID NE 1/4 LYING TO THE NE OF THE NORTHEASTERN LIMIT OF THE LAND TAKEN FOR PUBLIC ROAD PLAN NO. 5897 WLTO WHICH LIES TO THE WEST OF THE WESTERN LIMIT OF THE LAND DESCRIBED IN PARCEL 1 PARCEL 3: ALL THAT PORTION OF SAID PARCEL "A" WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE LAND DESCRIBED IN PARCEL 1 EXC OUT OF THE LAND DESCRIBED IN PARCEL 3 THE ELY 450 FEET PERP SAID PARCEL 3 BEING SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$16,900 B-\$3,200	\$5,200.51
90900	LOT 17 BLOCK 2 PLAN 7246 WLTO EXC THEREOUT ALL MINES AND MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN IN FRAC SE 1/4 22-24-10 WPM - 34 MANTOBA AVE	L-\$27,600 B-\$13,700	\$6,915.99
183200	LOTS 8 AND 9 BLOCK 2 PLAN 425 WLTO (PP DIV) EXC OUT OF BOTH SAID LOTS NLY 25 FEET IN NW 1/4 23-25-7 WPM 17 MAIN ST	L-\$31,400 B-\$42,300	\$22,888.65
184600	LOTS 5 AND 6 BLOCK 3 PLAN 456 WLTO (PP DIV) EXC OUT OF LOT 5 ELY 20 FEET IN NW 1/4 23-25-7 WPM - 29 MAIN ST	L-\$209,000 B-\$76,900	\$23,509.46
323200	NW 1/4 15-21-5 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$28,000	\$2,030.88
323300	SE 1/4 15-21-5 WPM EXC PUBLIC ROAD PLAN 9330 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$33,400	\$2,289.02
323400	SW 1/4 15-21-5 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$17,400	\$1,637.67
323500	NE 1/4 16-21-5 WPM EXC AND RESERVING ALL MINES AND MINERALS WHICH WITHOUT LIMITING THE GENERALITY THEREOF, SHALL INCLUDE VALUABLE STONE	L-\$45,400	\$2,767.00
325500	LEGAL SUBDIVISIONS 9, 10, 15 AND S 1/2 OF LEGAL SUBDIVISION 16 OF SECTION 21-21-5 WPM BEING SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$38,800	\$2,525.53
325800	SE 1/4 OF SECTION 21-21-5 WPM BEING SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L-\$47,500	\$2,874.11
325900	SW 1/4 21-21-5 WPM EXC AND RESERVING OUT OF SAID SECONDLY: ALL MINES AND MINERALS WHICH WITHOUT LIMITING THE GENERALITY THEREOF, SHALL INCLUDE VALUABLE STONE	L-\$41,800	\$2,629.00
437700	WLY 295 FEET OF SLY 295 FEET OF SW 1/4 30-22-5 WPM EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - SW-30-22-05-W	L-\$3,600	\$481.02
437800	ELY 150 FEET OF WLY 445 FEET OF SLY 295 FEET OF SW 1/4 30-22-5 WPM EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - SW-30-22-05-W	L-\$2,400	\$415.20
451365	LOT 5 BLOCK 3 PLAN 550 WLTO (P DIV) SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN IN NW 1/4 33-21-5 WPM - 14 CAMBRAI AVE	L-\$2,500 B-\$70,300	\$5,198.94

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Municipality of West Interlake as follows:
 - The full purchase price if it is \$5,000 or less; OR
 - If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration fees.

Dated this 24th day of October, 2016.

Managed by:



Larissa Love
Chief Administrative Officer
Municipality of West Interlake
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