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Bolts fight cancer

EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning Midget AAA hockey team were all decked out in pink to show their support in the fight against cancer this past Sunday. The Lightning defeated the Central Plain Capitals in an exciting 2-1 shoot-out win.

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



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A fond and grateful farewell to Dr. R.C. Patel

An appreciation of Dr. R.C. Patel

There are moments in one's life when you are compelled to reflect on what has been and the people who have impacted you in ways that you may not even have realized at the time.

When I heard that you would be retiring soon, I immediately thought of that day in 1974 when I first met you in the parking lot of the Gimli hospital. You had just arrived and were very likely still in a mild state of culture shock as you and your family settled into your new lives in our small community.

Little did I realize how your arrival in our community would signal the start of such a strong and lasting relationship between us, both professionally as a health provider and personally as a true friend.

I will, of course, be forever grateful for the extraordinary care that you have provided to me and my family through the many years you have been our family doctor. You have al-

ways been there for us, giving my family and I such comfort knowing that your exceptional medical care and expertise was just down the road or only a phone call away. You always showed a genuine concern for our family's wellbeing, and I am so thankful for such support.

But beyond my deep appreciation for how you have cared for us over these years, what strikes me most now as you announced your retirement is your unwavering commitment to your community.

Your unassuming nature, your warm bedside manner, and your professionalism has been an absolute blessing to the people of Gimli and surrounding area. You have always been the quiet, modest hero who was there to support those who need it most. Your dedication to your community's health deserves the highest recognition and is a sincere tribute to your loyalty and hard work these many years.

I can't imagine what it must have been like to leave your home country



EXPRESS PHOTO BY ROGER NEWMAN

Dr. R.C. Patel, who is retiring this month after 44 years of service at the Gimli hospital, was feted Sunday at a community reception at the Johnson Hall. Patel and his wife Shakuntala, front left and right, were honoured by at a large gathering that included Donna Miller.

on the other side of the world, to put down roots in a small fishing community in the middle of Canada, but I can imagine it was not an easy decision or a simple transition. And now, looking back, I realize how unbelievably fortunate we were to have you bring your skills and talent to the Interlake, working behind the scenes of so many lives, taking care of the sick and injured, willingly giving up countless hours to emergency calls and requests for medical advice, while all the time being the loving father and husband that you clearly are. Your two sons are an affirmation to you and Shakuntala's devotion to your lovely family. We have watched them grow into outstanding, professional members of their own communities, and have always admired how you managed to instill in them the traits and work ethic that have brought them success and happiness in their own lives.

Our country prides itself on its medical care for all citizens, and you have demonstrated how every Canadian, even those in smaller communities throughout our country, can expect the highest level of medical expertise and care. We are so fortunate to have had the privilege to benefit from your support, and on behalf of all of us who have been impacted by your help, medical advice and friendship, I offer our most heartfelt gratitude and appreciation for your tireless dedication and service.

You are an inspiration to the medical community, and you deserve the highest and most sincere accolades for the 44 years you have given to us. Our community will forever be indebted to you.

With upmost respect,
Donna Miller and family
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Arborg's new Mayor Peter Dueck gets straight down to business

By Patricia Barrett

The Town of Arborg's newly minted mayor Peter Dueck got straight down to work after his successful election campaign, contemplating his first order of business as leader of the thriving agricultural town.

"The real work begins now," said Dueck after his inauguration Oct. 25.

Dueck ran against Susan Bauernhuber, who served as councillor last term. Dueck received 375 votes (61.88 per cent) while Bauernhuber received 231 votes (38.12 per cent).

His immediate aim is to sit down with his four councillors and come up with a blueprint from which they will move forward.

"Collaboration is my style and we're going to spend time discussing our campaign issues and how to turn them into action steps," he said.

Dueck brings years of business experience to municipal office and will put those skills to good use to enhance Arborg's quality of life.

Dueck co-manages Vidor Storage Solutions, an internationally renowned firm that manufactures vertical stor-

age units for just about everything, including tools and tires, and whose creativity and innovation has helped big box retailers and major industries around the world maximize their space.

Among the new mayor's priorities are seeing a new personal care home built, a project that's been in the works since 2015 and is currently awaiting provincial approval.

Dueck said he'd like to help the government "understand the benefits" of establishing a centrally located facility in the Interlake that can serve area towns.

He also wants to encourage the expansion of residential and commercial development in order to increase the town's tax base. The potential for residential expansion exists on Arborg's north and east sides, along with some on the west side, where sewer and water services aren't currently available.

To the south of Arborg there's an opportunity to "utilize the Industrial Park and that will require water and sewer distribution at some point," said

Dueck.

The tricky part is determining whether to build that infrastructure first so that they'll come or whether to provide it once a company expresses interest in setting up shop. Dueck said his approach is to negotiate and look at the possibility of offering incentives.

"I think the message we want to send to potential developers is that the town is willing to talk," he said. "Maybe in the past there was a little too much required of them to make a proposal. We would like to have a conversation with them. We want to encourage development."

Dueck said Arborg's former mayor, Randy Sigurdson, and council created a good foundation upon which he and his new council will build.

For the next four years, Ron Rogowsky (315 votes), Rob Thorsteinson (290 votes), Ron Johnston (279 votes) and John Crackle (274 votes) will serve as councillors.

Former councillors Vivian Leduchowski (263 votes) and Larry Speiss



Peter Dueck

(205 votes) were not re-elected. Newcomers Christine Cottingham (234) and Terrell Kerbrat (151 votes) had also campaigned for a seat on council. For municipal election results, visit mbvotes.ca.

Smith elected for another term as St. Laurent reeve

Staff

It was a sweeping victory for Cheryl Smith, who has been elected as the reeve of the RM of St. Laurent for another term.

other term.

Smith earned 432 votes (52.11%), while Louise McKay brought in 223 votes (26.9%) and Earl Zotter with 174

votes (20.99%).

At large, councillors that have been voted in are Laurent Kerbrat with 433 votes (15.19%); Jerry Combott, 403

votes (14.14%); Frank Bruce, 368 votes (12.91%); and Phil Mathews, 292 votes (10.25%).

Evergreen School Division official results

Staff

Voters went to the polls to vote for candidates to represent the Evergreen School Division on Oct. 24.

In Ward 1, all three candidates won by acclamation: Sandra Davies, Ruth Ann Furgala and Penny Helgason.

In Ward 2, six candidates let their names stand for election with only four being voted in. Robert Arnason received 1,028 votes, while Dianna Auer received 982; Gladys Kohler, 1,086; and Kim Malchuk, 677. Shelley Petrowski was unsuccessful for her bid with 618

votes along with Brent Johnson with 657 votes.

In Ward 3, Colette Toews won the popular vote with 273 votes while Cheryl Zelenitsky received 271, defeating Jim Mosher who received 263.

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<div style="text-align: center;"> Mandarin Oranges 5 lb (2.27 kg) <div style="background-color: red; color: white; padding: 2px; display: inline-block;">SALE</div> <div style="background-color: red; color: white; padding: 2px; display: inline-block;">4⁹⁹</div> Each </div>	<div> Interlake Sale Dates November 1-7, 2018 </div>		<div style="text-align: center;"> Co-op Butter 454 g, FIRST 2 <div style="background-color: red; color: white; padding: 2px; display: inline-block;">SALE</div> <div style="background-color: red; color: white; padding: 2px; display: inline-block;">2⁹⁹</div> Each 4 Day SALE (Nov 1-4, 2018) </div>
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Armstrong makes history with first female Reeve Susan Smerchanski

By Patricia Barrett

The RM of Armstrong made history last week by electing its first-ever female reeve.

Susan Smerchanski, who served as councillor last term, received 442 votes (50.23 per cent) while incumbent reeve Jack Cruise received 438 votes (49.77 per cent).

Her successful bid for the top job makes it two firsts for Smerchanski. Over 20 years ago, she was the first woman designated a Parks supervisor in Manitoba.

During the campaign, Smerchanski said she spoke with people in every corner of the sweepingly large municipality, whose main industry is agriculture.

"From going out and talking to the people, I believe they thought it was time for a change," said Smerchanski after her win. "And I believe it's important to talk to the people, see what they want and include them in all conversations. Communication is key. I door-knocked and talked to so many people. Armstrong is a huge geographical area and I went from one end to the other."

Compared to neighbouring municipalities, Armstrong has a small population that's spread out across the landscape, and with virtually no major industry (other than farming), taxes are high. That was one of the major concerns Smerchanski said she heard from ratepayers. "So we have to do a better job at attracting industry and moving forward."

While Armstrong may lack industry

that supports the tax base, its natural attractions rival those in better-known municipalities. The Narcisse Snake Dens, for instance, are world famous and other wildlife management areas, with their diverse flora and fauna, are a hiker's paradise. The RM encompasses part of the Shoal Lakes, which attracts birders. It also offers hunting grounds and recreational fishing on Norris Lake.

Smerchanski, who sits on the board of the Interlake Tourism Association, said she wants to focus on promoting the RM's assets.

"We've got to do a better job of tourism and bringing people into the RM. Tourism is a growing industry," she said. "I've been working on a couple of projects to enhance that, but it takes time. But tourism's spin-offs impact everybody, from stores to gas stations. Once everyone is aware of what we have, they'll come back."

As an environmentalist, Smerchanski said one of her major goals this term is to further the efforts the RM has already made in recycling and protecting the environment. Armstrong has two transfer stations and a waste-management facility in Meleb, which receives all the garbage.

"I found that people weren't recycling because it wasn't user-friendly. So we brought in a system that was more user-friendly with bins, et cetera, and we're getting different types of recyclables like batteries and household hazardous materials," she said. "But we can do a better job. I have a commitment to the environ-

ment: we have to preserve and protect it. It's a huge issue."

To that end, Smerchanski has been attending conferences hosted by the Manitoba Association of Regional Recyclers every year and was just elected to its board of directors.

She's also been very involved in emergency management, working with the province's Emergency Management Organization, and getting Armstrong's program up and running to deal with fires sparked by extremely dry conditions, floods and whatever else will be coming down the pipe with climate change. She's been working with emergency co-ordinators, such as Don Ames, who oversees a number of RMs, and community volunteers. But she wants to get more volunteers trained so that they're ready to hit the ground running.

"I'm very passionate about these issues and how we can make changes and move forward," she said. "We're doing some things [well], but we need to improve and do better for the citizens that live in Armstrong."

Smerchanski said her leadership style is inclusive, and she'll be tapping her councillors' unique areas of expertise and putting together a plan to move the RM forward.

"A good leader values everything that everyone brings to the table. Everybody's got different skills, different backgrounds, different levels of expertise," she said. "We need to meet and talk about what their interests are and work together and make a plan as a team. A leader is not the boss. A



Susan Smerchanski

leader guides and helps, and uses everyone's skills and potential and listens to what their visions are."

Armstrong's newly elected council is composed of Ralph Hazelton (Ward 1; 76 votes), Paul Humeny (Ward 2; 57 votes), Ted Sumka (Ward 3; 147 votes), Adam Krochenski (Ward 4; 112 votes) and Allen Evanchyshin (Ward 5; 79 votes).

Cheryl Stark, Allen Pfrimmer, Carol Lavallee, Joe Stogrin, Roxy Goudy, Greg Fontaine, Ed Lewis, Tommy Kmet, Brent Dziadek and Danny Kaschyshyn campaigned for a seat on council.

For municipal election results, visit mbvotes.ca.

Sigfusson re-elected for another term as Coldwell reeve

Staff

It was a tight victory for Brian Sigfusson, who has been elected as the reeve of the RM of Coldwell for another term.

Sigfusson earned 344 votes (52.12%), while Lloyd Holm Jr. brought in 316 votes (47.88%).

Successful councillors at large are Virgil Johnson,

who received 577 votes (24.08%); Kent Kostyshyn, 435 votes (18.16%); Jim D. Scharf, 422 votes (17.61%); and Greg Brown, 293 votes (12.23%). Candidates that ran but were not voted in were Oluf Christensen, who received 267 votes (11.14%); Marnie Mills-Holm, 212 votes (8.85%); and Mathew Christensen, 190 votes (7.93%).

LUD of Lundar successful candidates are Irene Runolfson, 290 votes (31.24%); Deborah Valiquette, 169 votes (25.26%); Will McLeod, 159 votes (23.77%). Irene Danielson was unsuccessful with 132 votes (19.73%).

Halaburda elected for another term as Grahamdale reeve

Staff

It was a close race for the position of RM of Grahamdale reeve with incumbent Clifford Halaburda being elected for another term.

Halaburda earned 302 votes (39.68%), while Dan Meisner brought in 262 votes (34.43%) and Perry Ewasiuk had 197 votes (25.89%).

Ward 1 Coun. Randy Sigurdson was acclaimed.

Ward 2 Coun. Danny Granberg was successful earning 78 votes (67.9%) while Gene Price earned 48 votes (38.1%).

Ward 3 successful candidate Tera Lobay received 52 votes (35.86%), while Glen Metner (43 votes or 29.66%), Ernie Kebl (37 votes or 25.52%) and Rick Kouk (13 votes or 8.97%) were not elected.

Ward 4 successful candidate Maretta Philippon received 114 votes (47.7%). Candidates that were not elected were Tom Johnson with 75 votes (31.38%); Larry (Mac) McDonnell, 33 votes (13.81%); and Kris Michaluk, 17 votes (7.11%).

In Ward 5, Jason Bittner earned 82 votes (86.32%) while Adrian Shabaga earned 13 votes (13.68%).

In Ward 6 Dollard Gould was acclaimed.

Jonasson to get projects going for West Interlake

By Ligia Braidotti

Arnthor Jonasson has been a rancher in Vogar for 34 years and is now the leader of the RM of West Interlake.

Jonasson was elected reeve of the RM of West Interlake with an advantage of only four votes against his opponent Keith Lundale (580 votes) on Oct. 24.

The new reeve has had extensive experience with government, politics and lobbying. He served as a councillor for almost 16 years, worked with the provincial government after the flood of 2011, and also represented the area at the Manitoba Beef Producers for six years. Jonasson said he decided to run because he could serve the RM equally since he lives within equal distances from Eriksdale and Siglunes.

"I could look at the running of the municipality objectively, with no bias," he explained. "I know a lot of people in the area, and I am known by those people as well."

"I think I'm known as being a fair person. I think people trust that I will be fair dealing with the issues."

He also added he has a great rapport

with MLA for Interlake Derek Johnson and MP for Selkirk-Interlake-Eastman James Bezan.

Jonasson, who turned 63 on the day after his win, is married to his wife Jackie with whom he has four grown children and one granddaughter.

Although he only campaigned for a month, he still managed to garner 584 votes. It was a tight run, but he said it was also a learning experience for him.

"I went door to door a lot, and I could really understand what people's concerns are."

"I thank my competitor for running a good campaign. I appreciate him running for reeve. It made us really have to face the issues. I felt confident, I ran a good campaign, and I felt like I had done what I had to do. It was very close. But those four votes were my favourite. They were very clean; there were no discrepancies," he said, adding he was at the polling station when the votes were being counted.

Jonasson is the RM's second reeve and is replacing former reeve Randy Helgason, who decided not to seek re-election. For the next four years, he

will be overlooking the RM that was incorporated in 2015, its adjoining municipalities (Armstrong, Coldwell, Fisher and Grahamdale) and constituent communities (Ashern, Deerhorn, Eriksdale, Oakview, Scotch Bay, Silver Bay, Vogar and Zant).

Going forward, Jonasson said he wants to keep some current projects going so that they are completed by the end of this year, such as the lagoon extension project in Ashern and upgrades to the Ashern Waste Disposal Grounds.

Also, he will be working with the council to deal with road repairs and drainage issues which residents pointed out as some of their primary concerns. He added there's been a request for a new fire hall in Ashern that has been postponed since the flood event in 2011.

"We've been putting it off, but I think it's getting to be where the fire department has outgrown its capacity."

Other projects he hopes to begin laying the groundwork for is a smooth transition and a unified mill rate for all areas of the RM of West Interlake,



Arnthor Jonasson

adding he hopes this will promote growth and prosperity by providing services at reasonable tax prices.

"I'm excited to work with the new council. There's a good mix of youth and experience on there, and there are some new councillors that have never been on council before, but we met once already and they are very enthusiastic and ready to go."

Gimli calls for early Christmas decorating

By Roger Newman

Ladies and gentlemen — gear up your Christmas engines and starting decorating your homes.

That's the appeal being made to Gimli residents by Brittany Isfeld, the economic development staffer at the RM of Gimli's Community Development Corporation.

Isfeld wants residents to decorate early so she can post a "Holiday Trail" map that will draw people to Gimli to see Christmas lights in residential neighbourhoods.

"Early decorating will create a winter wonderland tourist attraction and put the community in a festive mood," said Isfeld.

To get the ball rolling, she would like residents to begin decorating the exteriors of their homes and register

the locations with the community development corporation (CDC) They should email their information as soon as possible to Isfeld so she can draw her map and start marketing Gimli's Christmas lighting attraction. The address is gimlicdc@rmgimli.com.

There will be a reward for home owners with the best displays in this "Light Up" Gimli project. Winners will be announced Saturday, Dec. 1 with a first prize of \$1,000 in Gimli Gold shopping dollars going to the owner for the most outstanding display.

Isfeld has an objective in mind for her project.

"I hope people will come to town, grab a coffee and drive along the Holiday Trail to see and hear the sights and sounds of Christmas in Gimli,"

said the economic development staffer who can be reached at 204-642-6697.

Gimli to host 2019 Manitoba Scotties Women's Curling Championship

Just as busy this November will be Gimli Rec Centre programmer Brenna Philp, who is a key member of the organizing committee for the Gimli 2019 Manitoba Scotties Women's Curling Championship in January. The committee leaders — Dave Leblanc, Lynn Hoplock, Ted Hoplock and Philp — have scheduled a volunteer evening for Sunday, Nov. 18 starting at 6 p.m. in the curling club lounge. The legions of needed volunteers will be served supper and collect pre-ordered Scotties clothing, passes and lanyards. The January Scotties,

incidentally, will feature a re-match between multi-Manitoba champion Jennifer Jones and Gimli's own Kerri Einarson. The skips met for the first time in the 2007 Gimli Scotties, a controversial championship where Jones accused the Einarson team of kicking a rock — much to the chagrin of the Gimli crowd.

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> ARNIE WEIDL Losing hooks and fish are all part of the sport

By Arnie Weidl

Hello fellow fishers.
It was another one of those still, cool, cloudy fall days last week at Breezy Point where your voice carried forever, echoing off the damp, darkened trees.

I had left my car and was treading carefully along a slippery, muddy, narrow path toward two younger chaps who were riverbank fishing by some willow thickets.

One, slightly shorter than his friend, was dressed in heavy dark clothes that offset his fair complexion. His bright teeth beamed from a wide constant smile. His very light brown hair, tucked under a yellow toque, matched his short beard and moustache. He moved quickly with a jerking gait, speaking in short phrases. His buddy, on the other hand, moved his more full athletic body slowly. His full round cheeks and accommodating smile gave the air of a trusting friend. His low voice was measured and thoughtful.

"Well, it looks like you caught at least one fish," I began, opening a conversation with them as I noticed a "two hands long" pickerel on a string in the shallow riverbank water.

Our voices mixed, rebounding from the trees and tall grasses around us as our new fair-haired friend offered, "I'm Ian Kuby from Stonewall and my buddy is Devon Pelletier from Winnipeg."

"You guys like it here?" I asked.

"I do," Devon responded. "It wasn't that long ago that I was fishing here with some other friends and one of them, whose co-ordination isn't that great, got his lure caught up in that big ash tree over there during his back swing as he tried to cast out into the river. See that large main broken branch?" Devon asked, pointing to an injured limb showing its inner white



EXPRESS PHOTO BY ARNIE WEIDL
Ledy Pau shows off one of her fish that she caught on the Winnipeg River while waiting in line to load her boat.

wood. "Bad co-ordination isn't my pals's only problem," he continued. "He also has no sense of danger! He climbed out onto that branch, hanging upside down high in the air after his lure. A sickening cracking sound of the breaking branch, coupled with my friend's screams, stopped suddenly when the branch followed him onto the soupy river mud with a resounding 'splat'!"

"Bad luck persisted as his lure sprang free of the branch as it hit slimy mud. My friend lay there on his back, half-buried in crud with the branch on top of him, while the illusive lure flew glistening in the air plopping into the water only inches from his outstretched hand!"

We stood together, the mud squishing under our shoes. Our raucous laughter reverberated around us.

Then Devon coaxed Ian, "Tell about the pelican that couldn't fly!"

"Oh yeah." Ian fought to contain his laughter. "I and my uncle Boris were boat fishing at Riverton on the river a while back and I caught a huge pickerel as long as my forearm. I strung it and put it in the water overboard. Then we decided to move to another

spot. I cranked up my little outboard and away we went upstream.

"After a bit, we stopped and threw out the anchor, and within few minutes I caught another eating-sized pickerel. I went to haul up my string to add my new catch, and to my surprise, found myself holding a string with nothing on the end but dripping water.

"Uncle and I looked downstream where we had been and could just see the white underbelly of my fish bobbing on top of the water. We turned the boat to go get it when a pelican came out of nowhere, swooping down and scooped up my fish. Then it nosed over into the water.

"The pickerel was so big, it hung way over the side of the pelican's pouch, stopping it from taking off. Uncle and I sat in the boat watching in wonder as the great white creature flopped around in circles, its wings splashing the water as it tried mightily to take flight. It was no use. Finally, unwittingly, the current took the bird to shore where it gained its feet. As I and my uncle left trolling upstream, the persistent pelican could be seen still trying to swallow the enormous fish!"

I was at Pine Falls lately around 3:30 just when seemingly all the Winnipeg River boating anglers were coming in after a day of fishing. I stood on the pier watching dozens of boat owners idling their crafts in the water, getting more and more upset with those loading their boats. I was taking the picture of Ledy Pau with one of her catch when I heard someone ask why don't they have a "marshall" here to control boat loading like at golf courses where a marshall keeps golfers moving along. I thought to myself, sure, but who's going to be responsible for paying the marshall?

Till next week gang. Bye now.

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Six new physicians joining Interlake-Eastern RHA clinics

Submitted

This fall, six new primary care physicians will expand the ranks of the Interlake-Eastern Regional Health Authority with three coming to the Interlake and three going to the Eastern region. The physicians in Arborg, Ashern and Eriksdale are currently accepting and enrolling new patients.

"Robust primary care is essential to ensuring better long-term health and the Interlake-Eastern Health Authority has been working hard to recruit physicians to communities across the region. That work is paying off," said Manitoba Health, Seniors and Active Living Minister Cameron Friesen. "In addition to the 19 physicians recruited to the region last year, these additional six doctors will benefit families in the region by ensuring they receive consistent, reliable primary care closer to home."

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

Dr. Komolafe said he's looking forward to enjoying "the beauty of the



Dr. Ayoola Komolafe
Arborg & District Health Centre

ward to enjoying "the beauty of the Town of Arborg and the warmth of the community." During his spare time, he enjoys spending time with his wife and sons, watching and playing soccer and taking walks in the outdoors.

To make an appointment with Dr. Komolafe, please call 204-376-2781.

Dr. Christopher Okpaleke will be practicing at Lakeshore General Hospital's primary care clinic in Ashern. Dr. Okpaleke received his medical training in Nigeria and looks forward to establishing his family practice in the Interlake-Eastern RHA. He says



Dr. Christopher Okpaleke
Lakeshore General Hospital Ashern

one of the things he enjoys most about his work is the opportunity to meet and help new people. When not practising medicine, Dr. Okpaleke enjoys spending time with his family and enjoying outdoor sports such as soccer, basketball and, most recently, hockey. To make an appointment call 204-768-3821.

Dr. Sukhwinder Randhawa is practising at the Eriksdale Medical Clinic. Dr. Randhawa completed her medical training both in India and in Canada. The majority of her medical practice has been in rural health centres where she provided acute and



Dr. Sukhwinder Randhawa
Eriksdale Medical Clinic

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

To make an appointment, call 204-739-2672.

Two measles cases confirmed in Interlake region

Submitted

The chief provincial public health officer confirmed today that two cases of measles have been reported in Manitoba.

The individuals live in the area of the Interlake Eastern Regional Health Authority and are recovering at home. The first case, a child under the age of one, is believed to have contracted the virus out of the country while the second case was identified as a close contact. All contacts have been identified and have been or will soon be contacted by public health officials.

Where appropriate, people will be

offered immunization and asked to restrict their contact with others to reduce the possible spread of measles. Public health officials will continue to monitor the situation in Manitoba and provide updated information as necessary.

Symptoms of measles generally appear seven to 21 days after exposure. Initial symptoms may include fever, runny nose, drowsiness, irritability and red eyes. Small white spots may also develop on the inside of the mouth or throat.

Several days after the initial symptoms, a red blotchy rash appears on

the face and progresses down the body. Measles can lead to complications including ear infections, diarrhea, pneumonia (lung infection) and encephalitis (brain inflammation).

Measles is a highly infectious, communicable disease that is spread through droplets in the air formed when coughing or sneezing. An infected person can spread the virus from four days before the rash appears to four days after. The disease tends to be more severe in infants and young children, and can be life-threatening.

If visiting a physician or health-care provider, it is best to call ahead and

make an appointment so health-care staff can take steps to reduce the exposure of other people to the virus.

Immunization is the only means of protecting yourself and your family. Contact an immunization provider such as a physician, nurse practitioner or local public health office to make sure you and your family are up to date.

In Manitoba, a two-dose measles vaccine program was introduced in 1996.

For information on the measles, visit gov.mb.ca/health/publichealth/diseases/measles.html.

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Gimli Mayor Lynn Greenberg puts assisted living facility on list of priorities

By Patricia Barrett

Gimli's new mayor Lynn Greenberg is ready to step down from his job as a truck driver for Riverton Transport and step into his second run as mayor of the popular resort town.

Greenberg served 10 years as councillor and was elected mayor in 2010. He was defeated by Randy Woroniuk in 2014, but this time around the tables were turned.

Greenberg received 1,365 votes (43.67 per cent), while Woroniuk received 621 (19.87 per cent). DJ Sigmondson, who also ran for mayor, picked up 1,140 votes (36.47 per cent).

"I've been on every ballot in the RM of Gimli since 1989," said Greenberg, who grew up in Gimli. "This is my fifth win and I lost four times, so if it was a hockey series best of nine, I guess I won it. I'm not sky high because I know exactly what I'm going to face, I know what I'm getting into. There's going to be a lot of hard work and trying times ahead."

Greenberg attributes his win to two major factors: the indefatigable team of volunteers that were behind him

and residents' preference for his mayoral style.

"I think people liked the way things were when I was mayor before," said Greenberg last Friday. "There was change and a lot of people said they wanted me back. I was fortunate I got the majority of the votes and the people have trust and confidence in me. It's up to me now to make sure I keep their trust and confidence."

After succeeding in getting Gimli West (a visually appealing rent-geared-to-income apartment building with balconies) built during his last mayoral term, Greenberg said one of his major goals this term is to have an assisted living facility built for the town's high proportion of seniors.

But getting developers to build affordable rental housing for singles and young families is a tough haul.

"It's difficult to get private people to invest in apartment blocks because the return on their investment takes time," he said.

Another of Greenberg's major goals is to attract businesses to Gimli's Industrial Park.

"That will be a big push of mine and of course I need council to support me," he said. "We've got to promote the RM of Gimli as a major destination for people to move here and establish businesses such as manufacturing."

Ten people vied for a council seat. Incumbent councillors Richard Petrowski (1,468 votes) and Thora Palsen (1,413) were re-elected as were newcomers Cody Magnusson (1,337) and Peter Holfeuer (1,288).

Danny Luprypa (1,157), Marilyn Johnson (969), Daphne Markusson (857), Peter Peiluck (822), Tama-ra Taylor (385) and Catherine Strong (333) were not elected.

Greenberg said he will work collaboratively with his new council, drawing on their unique strengths to grow the town.

"I know we're going to have a strong council, a good council, and each one of those council members will have their own strengths. They're individuals, but we have to try to work as a team and try to do the best for the rural municipality of Gimli," he said. "It's



EXPRESS PHOTO COURTESY OF LYNN GREENBERG

Lynn Greenberg is back as mayor of Gimli following a four-year hiatus.

not party politics where they have to listen to the party. They're individuals and they can choose how to vote."

Greenberg's swearing in took place Oct. 30 in council chambers.

For municipal election results, visit mbvotes.ca.

Time for satellite watching

With darkness falling early in the evening this time of year there is more time to enjoy another favourite pastime for many observers. That is to go outside and look for those objects drifting slowly across the background of stars in the night sky.

The objects I am referring to are artificial satellites in orbit around the Earth. (The Moon is classed as a natural satellite.) Since the launch of the first artificial satellite Sputnik 1 by the Soviet Union on Oct. 4, 1957, there have been thousands of satellites sent into orbit to do a variety of tasks. This includes weather observation (the GOES satellites that Environment Canada uses to observe cloud patterns), communications (IRIDIUM satellite system), research facilities (International Space Station) and specialty satellites (Hubble Space Telescope, military satellites, etc.). Still in orbit are 3,700 satellites, operative and inoperative. Along with these satellites are around 21,000 pieces of orbital debris such as nose-cone shrouds, hatch covers, spent rocket parts, payloads that have disintegrated or exploded and even objects that have escaped from manned spacecraft during operations and maintenance procedures. An estimated 670,000 pieces from one to 10 centimeters along with over 170 million pieces of debris smaller than a centimeter debris are spinning around Earth at this time as well.

Some of these satellites are easily visible to the unaided eye against the dark nighttime sky at the right times. For a satellite to be visible in the night sky, it must be illuminated by sunlight, usually at an altitude of 300 to 800 kilometres, while the observer on the Earth is in darkness. The higher the altitude

the closer to midnight you can spot them. In fact, during midsummer you can watch satellites cruise overhead all night long. Some would maintain their brightness as they crossed the night sky while others would appear to fade and brighten regularly as they tumbled in their orbit around the Earth.

The two most popular satellites observed are the International Space Station (ISS) and the IRIDIUM satellites. The ISS appears as a very bright star-like object moving slowly (about six minutes during an overhead pass) across the night sky. I have always had an interest in the ISS knowing that when I see it there are usually six people aboard it moving at about 27,600 km/hr at an altitude of around 405 km. At that velocity and altitude the astronauts circle the Earth every 91.5 minutes and experience 16 sunrises and sunsets each day. The IRIDIUM satellites will appear as a brief bright flare (called IRIDIUM flares) against the night sky background at specific times when their shiny surfaces reflect sunlight directly towards the Earth below. These flashes are very brief, lasting about 20 seconds. A very popular website www.heavens-above.com can be used to predict when IRIDIUM flares, the ISS and a number of other satellites can be seen. (Remember to enter your location into the website for the satellite prediction calculations.)

Unfortunately these first generation IRIDIUM satellites (called Block 1) are aging and are being decommissioned, de-orbited and will burn up on re-entry. These satellites are responsible for the flares. The replacement satellites (called Iridium NEXT), now being placed into orbit, will not have the abil-



EXPRESS PHOTO BY TED BRONSON
IRIDIUM satellites can be seen across the night sky at this time of year.

ity to produce flares. Over the next few of months there will be no more predictable flares. Take the opportunity now to observe these flashes before they become history.

A few hundred satellites are bright enough to be seen with the unaided eye, but on any given night, most either are not above the horizon or passing overhead at night when they are not illuminated by sunlight.

By the way, Daylight Savings Time ends Saturday night, Nov. 3, so remember to set your clocks back one hour to resume Central Standard Time. This means that darkness falls earlier in the evening.

As a community service I am available to do talks on astronomy or related subjects to teachers, students, scouts, guides or any community groups who would be interested. I can be contacted at email: bronsont@mymts.net to schedule a presentation.

Clear Skies

Ted Bronson is an avid local astronomer who has been observing the sky since 1964. This column "Guide to the Galaxy" appears monthly in the Tribune.

Nova House ramping up their fundraising efforts to better serve their clients

By Lindsey Enns

Nova House is currently raising funds to help purchase a van, which will be used to transport their clients to and from appointments and events.

Debbie Kashuba, the Selkirk women's shelter's fundraising co-ordinator, said they are looking at getting a multi-seater van that can hold up to six or so passengers.

"Right now we're using taxi services, so there's still quite a cost involved," Kashuba said, adding they often have to transport clients and their children

to Winnipeg as well as around Selkirk for appointments and events. "It would certainly make transporting our clients around a lot easier. I think we'd be able to take them to more things. They would have more opportunities to go to different events. It wouldn't be so hard to schedule appointments for them."

Along with facilitating fundraising efforts for the local women's shelter, Kashuba is also in charge of recruiting volunteers. She said they are currently seeking more volunteers to help them put on their annual Christmas dinner

in mid-December for past and current clients. They are also in need of volunteers to help drive their clients to Winnipeg for appointments.

Those interested in volunteering or wanting to make a donation of any kind can contact Debbie Kashuba directly by calling 204-757-4688 or via email at funding@novahouse.ca.

Nova House donations can be taken to Twice Over, which is located at 214 Manitoba Ave. Proceeds from Twice Over also go directly to Nova House.

Nova House is also holding a "Trick

or Treat" fundraising raffle with the draw taking place on Wednesday, Oct. 31. Tickets are \$5 each and the prize is \$100 of lottery scratch tickets. Tickets are available at Packer's Ladies Wear, Revitalize Soul Spa, Twice Over Thrift Store, Steelcity Physiotherapy and Wellness Centre, and Riverside Grill. Kashuba will also be at Red River Co-op Grocery in Selkirk on Saturday, Oct. 27 from 10 a.m. to 3 p.m. selling raffle tickets.

"For the added benefit of the client is what we fundraiser for," she added.

Lead bowler leaving Gimli



EXPRESS PHOTO BY ROGER NEWMAN

Gimli is losing one of its top women athletes. Jackie Wilson, right, chair of the New Horizons bowling league, is heading west to Edmonton to be closer to family. Wilson led the league's female bowlers with the best average score last season and is also a multiple-women's champion at the Links of the Lake Golf Club. Wilson received a presentation from Deb Gottfried, her successor as chair, at a recent reception held by the league's players at Gimli Bowling Centre.

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Don't use cannabis to treat symptoms of morning sickness. There are better, safer ways to deal with it. Talk to your health care provider and find out what option is best for you.

Breastfeeding

The THC in cannabis passes into breast milk and can enter into your baby's brain and fat cells. Mothers' cannabis use has been associated with a range of impacts on their babies, including sleep disturbance and poorer school performance later on.

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Manitoba 

Gimli Mayor Randy Woroniuk thanks RM staff and councillors



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli council members serving from 2014 to 2018. From left, front row: Deputy Mayor Peter Peiluck, Mayor Randy Woroniuk and Coun. Thora Palson. Back row, from left: Coun. Richard Petrowski and Coun. Danny Luprypa. Council held its last meeting Oct. 22.

By Patricia Barrett

During Gimli council's last meeting on Oct. 22, held two days before the municipal election, Mayor Randy Woroniuk thanked municipal staff for their support and his councillors for helping to grow the municipality and make it a more vibrant place.

"I'd like to express my appreciation to Joann [CAO Joann Murphy] and Kelly [Assistant CAO Kelly Cosgrove] for your friendship, your guidance and your counsel. It's been a great help to me," said Woroniuk.

"To councillors Danny, Thora, Richard and Peter, we've done a good job. I firmly believe we have taken Gimli into a different realm and made Gimli a better community. It's more vibrant and I think we need to congratulate ourselves. We have changed the face of Gimli. There may have been some missteps ... and we've gone through some personal conflicts and our own tribulations, but all and all, I want to thank you for the work you've done."



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**I look forward in continuing to serve the schools of Evergreen
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for students**

- Gladys Kohler

Toastmasters elects new president



EXPRESS PHOTO COURTESY OF DOREEN PENDGRACS

Long-time Toastmaster Dave Lobban from Ponemah has been elected president of the Toastmasters in the Arts Club, whose members come from across the Interlake. Lobban is looking forward to welcoming the public to the club's Open House and luncheon on Nov. 7 from 10:30 a.m. to noon at the multi-purpose building on North Colonization Road in Gimli.

Reechka Ukrainian Dance Club helps raise funds for Ukraine's Mennonite Centre



EXPRESS PHOTO COURTESY OF RACHELLE BURAK

Reechka club members Amber Erlendson, Hannah Pearce, Savannah Blandford, Meagan Klym, Amanda Stogrin, Kirsten Stobert, Gemma Orbanski, Kiera Chwaliboga, Carissa Stefanson, Sydney Burak, Kara Lucier, Alyssa Melanchak, Brandon Burak, Diego Blandford, Evan Asham, Kyra Borgfjord, Karlie Bjornson, Cody Melanchak, Carley Emms, Deklyn Gottfried, Emily Dann and instructor Garrett Gottfried helped raise funds for the Mennonite Centre in Ukraine.

Staff

Arborg's Reechka Dance Club helped raised funds for the Mennonite Centre in Ukraine by performing at Buhler Hall in Greta, Man., on Oct. 14.

"This Mennonite Centre assists schools, by purchasing equipment and school supplies as well as repairing buildings and providing

financial aid for post-secondary studies," said Reechka president Rachel Burak.

The 45-minute performance included the pryvit, the hopak as well as solos, duets, quartets and group dances, showcasing the club's skills.

The multi-talented group performs at festivals and venues throughout the Interlake.

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New Liquor Mart manager returns home to Gimli

By Roger Newman

Home is where the heart is! That familiar sentiment has prompted Tannis Butters to trade the life of a senior Winnipeg executive for a lesser job in her Gimli hometown.

Butters is still employed by Manitoba Liquor and Lotteries (MLLC) but now is the manager of the Gimli retail Liquor Mart instead of being the corporation's director of marketing in the Winnipeg head office. She took this unusual step back in fiscal well-being when she learned at head office that the Gimli manager's job was open.

"I decided to go for it — I thought it would be a good opportunity to reconnect with family and friends," says Butters, who recently assumed her new position as the autumn leaves started to fall.

She took the road out of town in 1988 after graduating from Gimli High School and going on to collect degrees and diplomas from Red River College, the University of Manitoba and the University of Winnipeg.

"I'm a lifelong student who liked going to school," she confided in an in-

terview. "I think there are new things to learn every day about the diverse and interesting people who make up our society. Everybody has something to offer and I'm interested in the human resources side of business where we strive to bring out the best in people."

She started to put her theories into practice when he joined the Lakeview Inns and Suites hotel chain in Thompson. That was a stepping stone to her first major business leadership job as director of sales for Lakeview's international chain of 25 hotels.

"I moved over to Manitoba Liquor and Lotteries in 2006," she recalls. "Beside being in charge of marketing, I've had a lot of different responsibilities at the MLLC head office in recent years. These include customer services, computers and directing entertainment and promotions."

Her Gimli responsibilities will naturally be down-sized, although the accent will remain on customer service. She will be the only full-time employee directing a staff of seven to 10 part-timers depending on the season.



EXPRESS PHOTO BY ROGER NEWMAN

Gimli Liquor Mart manager Tannis Butters intends to provide good customer service with employees like Betty Kuz and Ryan Darroux.

"I'm thrilled to be home in Gimli," she says. "I'm back on the front lines and looking forward to connecting with all our customers."

She came back to town with her husband Paul Butters, a graphic designer able to do his work at home. There

will also be lots of time spent with family which includes her mother Kathie Kushnir and two brothers Derek and Kurt Kushnir.

"I'm already enjoying my return to Gimli," said the upbeat new manager.

Bifrost-Riverton's reeve to create fiscal transparency and positive culture

By Patricia Barrett

Brian Johnson faced a number of contenders for reeve of Bifrost-Riverton, but pulled ahead of the pack with a platform that's set to usher in good fiscal management and strengthen the tax base in the predominantly agricultural municipality.

Johnson received 609 votes (40.98 per cent) with his closest contender, former councillor Donald Vigfusson, receiving 304 votes (20.46 per cent). Also on the reeve ballot were Kahleigh Olafson with 261 votes (17.56 per cent), former councillor David Shott with 228 votes (15.34 per cent) and Richard Hjorleifson with 84 votes (5.65 per cent).

Johnson has set a number of goals he wants to work towards over the course of the next four years. Fiscal transparency, effective budgeting and the setting of priorities will promote financial responsibility. Social and healthcare issues, completion of flood mitigation efforts, infrastructure improvements and the continued diversification of the economy are also on the agenda.

The municipality's strength lies in its diversified economy, he said, where businesses, industry and agriculture contribute to the tax base. The RM also has residential and seasonal developments along Lake Winnipeg, which



EXPRESS PHOTO BY TERESA CAREY

RM of Bifrost-Riverton newly elected reeve and councillors gathered for their inaugural meeting on Oct. 27. Left to right, David King, Gordon Klym, Froder Andersen, Colin Bjarnason, Brian N. Johnson (Reeve), Cindy Stansell (CAO), Kim Furgala (assistant CAO), Chad Johnson and Morley Nordal.

also contribute. But Johnson wants to see more businesses and more people moving into the RM. A community that can offer robust services will help retain young people, who often move to the city in pursuit of education and jobs.

"One of the things I talked about on the campaign was a continuation of development and making sure we build a stronger tax base," said Johnson a few days after he was sworn in. "Part of that is having an active Community Development Corporation and that includes Riverton as well."

Johnson said council won't be able to tackle everything at once, but it has

identified some major issues. Because they've only just begun, other priorities may be added to their list.

One of the major challenges Johnson said he wants to take on is the proposed construction of a new personal care home, a joint RM and Town of Arborg venture that's been waiting in the wings for government approval since it was first introduced in 2015. With the backing of the Central Chamber of Commerce, the CDC and the Town of Arborg, Johnson said he'll be working hard to ensure the project goes ahead.

Another concern is attracting enough doctors to Arborg to ade-

quately serve the population. To that end, Johnson said committees will be struck to focus on problem-solving.

On the agricultural side of things, Johnson said he'll be encouraging sustainable water management practices, including erosion control and preservation and stewardship. He'll be using his expertise co-managing S.S. Johnson Seeds, a forage seed production, speciality seed and crop processing company, and his work with the Bifrost Agricultural Sustainability Initiative Cooperative (BASIC), to manage the RM's drainage initiatives.

Erosion control, which helps prevent soil and nutrients such as phosphorus and nitrogen from running off fields and polluting waterways, is already part and parcel of drainage, he said.

"That happened with BASIC. It was a huge part of it. We had a Sustainability Committee. And if you take a look at any of the drainage that's being done, erosion control is part of it," said Johnson. "We were able to have a lot of different grasses donated that are going to be seeded into a lot of the ditches. We'll start doing the work on sustainability, on which grasses are going to be most suitable."

In terms of his management approach, Johnson underscored the importance of leaders who create

Continued on page 14

Gimli students take on Manitoba premier over denial of self-funded music room

By Patricia Barrett

Gimli High School students went head-to-head with Manitoba's premier Oct. 22 at the legislature for denying their school division permission to self-fund a new music room.

About 15 music students tackled Brian Pallister after question period, firing off question after question about why his government broke its promise to fund their project.

After formally approving the room's renovation in 2016 and promising almost half a million in funding, the government unexpectedly pulled the plug a year later and made the division reapply — only to deny the proposal once again.

The school's music room is improperly heated, causing students to freeze in the winter and instruments to crack, doesn't meet provincial code, can damage hearing because of poor acoustics and is simply too small to accommodate about 200 students and 170 instruments. Students are forced to practise in hallways, closets and bathrooms.

Grade 10 student Erik Isfeld, who plays the trombone, said it was important for students to have a "physical presence" at the legislature so that the government could understand how big an issue the room is for them.

"The first thing I asked [the premier] was why our band room project was cancelled twice when we were ready to go, twice. We were ready to build the addition plus renovate the current band room. And he did not answer my question," said Isfeld. "I was very disappointed because he dodged our questions — all of the students' questions — he couldn't give us a straight

answer."

Isfeld said Pallister told them the government provided funding for seven new schools and he had to "cut money from somewhere."

After the government rescinded its promise of funding, the division scaled down the project from \$1.4 million to \$1.2 million and asked the government for permission to self-fund it using taxpayer money it had set aside in a reserve fund. But government said it needs to undertake a K-12 education review before it can consider such a request.

During question period, NDP Leader Wab Kinew said the K-12 education review "really means develop a plan for cuts," adding that Pallister affirmed in 2016 his support for school board autonomy. That autonomy could be at stake.

"Now, the division has already raised the funds ... they simply need an approval from the government," said Kinew, who, along with education critic Matt Wiebe, met with students and division staff. "It won't cost the government a cent, and yet the government is still saying no, at the order of this premier, to the creation of a new music room in Gimli."

Pallister fired back, blaming the former NDP government for spending "billions of dollars on things that didn't help education," and forcing his government to play catch-up.

When Wiebe told the house students have to practise in storage closets, he was greeted by laughter. Speaker Myrna Driedger reminded MLAs there were students in the gallery and asked that they be good role models. Students later told the me-



EXPRESS PHOTO SUBMITTED

Gimli High School's music students attended question period Oct. 22 at the legislature. Students later cornered Premier Brian Pallister in the hallway and asked him to account for his government's reversal on their new music room.

dia they didn't understand why some politicians laughed at their cramped conditions.

Isfeld said Kinew and Wiebe were very supportive of their project and would try to get them answers about the government's reversal. Students tried all they could — including speaking with Gimli MLA Jeff Wharton — and will have to wait and see how their appeals play out.

"We've written letters to the premier, the education critic. We wrote to minister Kelvin Goertzen, asking why this has happened. But we haven't got a straight answer from anyone," said Isfeld. "I don't know where we go from here. We've done everything it seems we can do."

The division's board chair Ruth Ann Furgala, who attended question period, said the students handled themselves in an "exemplary" manner during their scrum with Pallister. They "respectfully challenged" him and asked for more detail when they felt shortchanged.

"I was so proud of them and inspired," she said. "Every challenge we have is worth it when we see our students empowered — our future is in good hands."

The board and Supt. Roza Gray will continue their dialogue with education minister Kelvin Goertzen, said Furgala. "I am optimistic, by working collaboratively together, we will have a positive outcome."

Upcoming event to showcase one of Manitoba's important bird areas

By Lindsey Enns

Anyone interested in learning more about one of Manitoba's important bird areas is welcome to attend a free upcoming event in Selkirk.

The Manitoba Important Bird Areas (IBA) Program along with the Selkirk Bird Watchers Club will be hosting a talk on "The birds of the North, West and East Shoal Lakes Important Bird Area" on Wednesday, Nov. 7 at 7 p.m. at the Gordon Howard Centre.

The North, West and East Shoal Lakes, which are located between Inwood and Woodlands, is one of Manitoba's premier birding spots and the presentation will centre around why this place is classified as an IBA, what



PHOTOS COURTESY OF LYNNEA PARKER

American White Pelicans, pictured left, and a Marsh Wren, right, are pictured at West Shoal Lake. The Manitoba Important Bird Areas Program along with the Selkirk Bird Watchers Club will be hosting a talk on "The birds of the North, West and East Shoal Lakes Important Bird Area" on Wednesday, Nov. 7 at 7 p.m. at the Gordon Howard Centre.

Local Icelandic history comes to life in Riverton

By Teresa Carey

Local history came to life at Riverton Hall last Thursday for over 150 guests who were there for a screening of *A Song for John Ramsay*, newly released film by the renowned film and TV producer, writer, director and teacher, Andy Blicq. The film explores the story of John Ramsay's lasting legacy and his important relationship with the Icelandic people who settled along the eastern shores of Lake Winnipeg in the 1870s.

The Ramsay legend is well-known within the local Icelandic and Indigenous communities. He is celebrated for his kindness to the Icelandic settlers, having taught them skills that enabled their survival on the harsh prairies.

Much of the filming was done along Lake Winnipeg's shores, with scenes of lapping waves and local sites, like the Arborg and District Heritage Village and the grave of Ramsay's dearly beloved wife, Betsy. Ruth Christie, Ramsay's granddaughter who lives in Selkirk, also makes an appearance in the film.

A Song for John Ramsay was commissioned by the New Iceland Heritage Museum and will be integrated with the museum's newest exhibit about Ramsay and the important role he played in the success of the Icelandic settlement.

Blicq, a Gimli resident, collaborated with other notable Manitoba talents in this project: Juno Award winner William Prince, originally from Peguis First Nation, and Winnipeg's Scott Nolan, an award-winning poet, musician and record producer.



EXPRESS PHOTOS BY TERESA CAREY

Left photo, poet and storyteller Duncan Mercredi (left) and film producer Andy Blicq were at Riverton Hall for *A Song for John Ramsay* film premiere and concert as a part of "This Land Floods," The Interlake Chautauqua Tour. Right photo, Award-winning musicians Scott Nolan and William Prince put on a concert following the film screening. Prince (left) composed the John Ramsay song.

Prince was charged with the task of coming up with Ramsay's song. He, along with Blicq, Nolan, as well as writer Duncan Mercredi were in Riverton for the screening.

Mercredi, a poet and storyteller from Misipawistik Cree Nation (Grand Rapids), kicked off the evening with a couple of captivating stories of shape-shifting and wolf stories, and talked about his roots.

An intermission, catered by the Riverton and District Friendship Centre, followed the screening, with audience questions answered by Blicq after that.

The evening closed with a low-key

concert performance by Prince and Nolan during which the audience got to hear the John Ramsay song live.

Prince related the deep searching involved in finding a voice for a man he could not visualize. He did manage, however, to capture Ramsay's spirit, feeling through his pain in loss, his persistence and devotion, and unwrapping the layers of his story with a wave-like rhythm.

"It was a pretty incredible experience walking in (Ramsay's) footsteps," Prince said.

The screening, which was brought to Riverton by Theatre Projects Manitoba, was but one component of a tour

called "This Land Floods," The Interlake Chautauqua Tour, designed to bring arts, culture and ideas to different communities.

The tour has been running since Oct. 9 and will be making its last stop on Nov. 4. It includes a group of 15 artists who have made stops in Steep Rock, Eriksdale, Arborg, Teulon, as well as Riverton, putting on various arts- and culture-related workshops — music, theatre, words, and also perogy- and vinatarta-making — in collaboration with locals at each location.

The trailer for *A Song for John Ramsay* can be viewed online at www.theatreprojectsmnmba.ca.

> IMPORTANT BIRD AREAS, FROM PG. 13

bird species you may expect to find, and where to find them.

Tim Poole, the Manitoba Important Bird Areas co-ordinator, says there are currently 35 IBAs across Manitoba.

"Shoal Lakes is an extremely important area for migratory birds as a stopover in the fall and in the spring it provides shelter ... it provides great feeding opportunities," Poole said during a telephone interview with the *Record* recently. "These important bird areas provide birds with habitats across their life cycle."

Located on both public and private land from the shores of Hudson Bay to the mixed-grass prairie in the southwest corner of the province, many of Manitoba's IBAs have no formal protection. Favourite birding destinations including Delta Marsh, Oak Hammock Marsh, Churchill and Whitewater Lake all have IBA status. Poole said depending on which type of bird or birds you are interested in seeing, August, September

and October are great months to visit any of those sites. To learn more about Manitoba's IBAs, visit importantbirdareasmn.ca or ibacanada.ca.

Gerald Machnee of the Selkirk Bird Watchers Club says the club has been around for more than 20 years. They currently have around 30 to 40 members and are always welcoming more.

The club meets on the first Wednesday of October to December and February to April. Meetings are held on the upper level of the Gordon Howard Centre at 7 p.m. The club also does an annual Christmas Bird Count in December.

"It's very important, it gives you the status of the birds," said Machnee, who has been a member of the club for around 20 years. "It gives you the variation through a period of years. It tells you which birds are increasing or decreasing and will highlight any problems and movements."

For more information about the club, contact Gerald Machnee at 204-757-4745.

> BIFROST-RIVERTON'S, FROM PG. 12

positive workplaces and promote inclusivity as everyone has something unique to offer. One of the first things he said he'll do is get to know administrative staff and new councillors.

"You have to build a really positive culture. You have get to know the people, get to know their jobs, get to know exactly what they're doing and actually working with them and the councillors to build a team," said Johnson. "All the organizations I've been on [stress] team-building."

Johnson will be working with councillors Frode Andersen (Ward 1; 116 votes), Chad Johnson (Ward 2; acclaimed), Morley Nordal (Ward 3; 144 votes), David King (Ward 4; 148 votes), Gordon Klym (Ward 5; 86 votes) and Colin Bjarnason (Ward 6; 196 votes).

Shawn Magnusson, Ken Stadnek, Marlene Reimer and former councillors Richard Chomokovski and Warren Ostertag campaigned for a seat on council, but were not elected.

For municipal election results, visit mbvotes.ca

Gimli retailers gearing up for Christmas

By Roger Newman

Steina Bessason is looking forward to the first Christmas in her Gimli store.

Bessason, who opened Steina's lifestyle store in July, is one of several relatively recent newcomers adding more flavour and choice to the community's retail community this holiday season.

The store owner, who immigrated from Iceland as a child, is headquartered in a venerable downtown building that has been site of a bank, a newspaper office and then a couple of previous retail outlets.

Like other Gimli store owners, her business — 24 Centre St. and Second Ave. — will benefit from a busy Christmas season. It's second only to summer tourism driven by cottagers and day trippers to the beach plus the popular Icelandic and Gimli film festivals.

"I am very grateful for the support I've received to date and am anticipating a great Christmas season," says Bessason. "The response I'm getting from the community is spreading the word about what we're doing at the store."

She describes it as a lifestyle store because she believes her variety of products add up to a way of life. These include decor, art and fashion items to brighten the lives of people and their homes.

"We have everything from jewelry to writing journals," says Bessason, an experienced artist and retailer who re-decorated her store with the help of husband Ryan Semchuk.

Just around the corner on Second Avenue is Heaven Scents Flowers and Gifts Owner Lenore Chartrand, an established Gimli retailer who is adding new services in a new location.

She is planning to a new tea room and also a space offering natural healing services. Presiding over that space will be Winnipeg reflexologist Erica Goodman, a former Gimli Rec Centre programmer who will return to her hometown twice a week every two weeks starting in November.

Chartrand is also looking forward to a Christmas season where her innovations will complement her flowers, giftware and essential oils. "I appreciate Gimli residents because they try to shop local," says the florist who started her business on Centre Street 15 years ago. "They buy a lot of flowers and keep me in business."

Also doing new things in retailing are the husband and wife team of Adam and Marsha Tarnowski. They are keeping busy at the "Beachside Boutique," which they opened in July in the shopping mall at Gimli's Lakeview resort hotel. They are proprietors

of a souvenir shop offering "Everything Gimli" from a line of inscribed T-shirts and nightgowns to coffee mugs, Viking ducks and the Huldafolk little people stories and other memorabilia.

"We got the idea from hotel guests who complained there was nowhere close to buy souvenirs," said Adam Tarnowski, who teams with Marsha as the principal personalities at CJ 107 Radio also in the resort hotel. "We did well in summer and Gimli is attracting more tourists year-round. Recently we had three different customers from Alabama and they weren't even related."

Adam Tarnowski has a particularly busy schedule both at the radio station and adjoining store, which also does custom orders for businesses. He performs 30 shows a year as an Elvis impersonator, including a May sell-out at a multi-Elvis show at Winnipeg's Club Regent. Coming up Nov. 26 is his annual charity concert for Evergreen Basic Needs and its Christmas hampers.

"It's free if you bring a toy for the hampers," he says.

Also in the Lakeview Resort is the "Hope Chest", a store operated by non-profit Cornerstone Enterprises, which provides retail training to 38 participants with intellectual disabilities. They are enrolled in Cornerstone's day program, which gives them experience in such skills as serving customers, using a cash register and answering the phone.

The workers enter the Christmas season having already gained a year of experience at a store that sells furniture and other items re-purposed at Cornerstone's Gimli Industrial Park workshop. The store also carries ornamental wall signs and the work of Gimli artists, authors and photographers sold on consignment.

"The store is doing well and has been quite successful because of support from the community," Cornerstone manager Heather McNeill says. "The program participants are enjoying the work and like the bonus that we are near Robins Donuts."

Also already established but being discovered by new customers is Leslie Leis' "The Skin You Are In" at 84 Fourth Ave. off Centre Street in the downtown district. She describes her business as a "beautiful science day spa where the specialties include nail manicures, gels, facials including lashes and eyebrows, waxing, tanning and other treatments guaranteed to raise morale."

"I am an insured practitioner licensed by the province," said Leis, who was raised in Neepawa and fell in love with Gimli while on vacation.



EXPRESS PHOTOS BY ROGER NEWMAN

Steina Bessason is an artist who draws in a multitude of objects and expressions of nature into her work.



Heaven Scents Flowers and Gifts Owner Lenore Chartrand.



Leslie Leis is the owner/operator of The Skin You Are In day spa.

Manitoba adds coverage for 154 new medications to Pharmacare program

Submitted

Patients now have access to an additional 154 medications through the Manitoba Pharmacare Program, including enhanced access to drugs used to treat diabetes.

"We are continuously working to add drugs to the pharmacare program in a timely manner to ensure Manitobans have access to medications that offer important treatments for many different illnesses and treatments at a more affordable price," said Health, Seniors and Active Living Minister Cam-

eron Friesen. "By participating in the pan-Canadian Pharmaceutical Alliance, we are able to add more brand-name and generic drugs to the program, saving money that can then be reinvested into further increasing drug coverage for Manitobans."

The province is adding coverage for the drug Tresiba, a long-acting insulin used to control high blood sugar, for the treatment of Type 1 and Type 2 diabetes. In addition, the long-lasting insulin drugs Lantus, Levemir and Basaglar will move from Part 3 of the formulary to Part 1, enhancing access for

people with diabetes as physicians will no longer need to apply for coverage of these drugs before the patient gets it from their pharmacy.

"Better access to effective medications, devices and supplies can help improve the management of diabetes and quality of care for Manitobans living with diabetes," said Andrea Kwasnicki, regional director of Manitoba and Nunavut for Diabetes Canada. "It can also decrease the likelihood of future

Prostate cancer survivors encourage men to 'get checked'

By Justin Luschinski

Local members of a prostate cancer support group is encouraging other men to visit their doctor and get checked out.

Selkirk residents and prostate cancer survivors Kelly Cook and Don Murray are members of the Manitoba Prostate Cancer Support Group. Since they are one of the few members from Interlake area, they're looking to spread more awareness about the group.

"It's a very welcoming environment. (Prostate cancer) is this scary, unknown thing, and it's easier to handle when you know someone else who's in the same situation," Murray said.

Murray said the group brings in guest speakers, and helps members connect with other resources around the city. Murray was diagnosed in late 2015, and as of September 2018, his cancer is in remission. Cook was able to have his cancerous cells removed during surgery not long after his diagnosis in mid 2015.

Murray's treatment involved going through radiation therapy, 10 minutes a day for 28 days, followed by hormone injections in his sides every three months. He said the treatment is simple and relatively painless.

Cook said it's very important that men get their prostate checked.



EXPRESS PHOTO BY JUSTIN LUSCHINSKI

Kelly Cook and Don Murray, both of Selkirk, are encouraging other men to see their doctors regularly and get checked for prostate cancer before it has a chance to spread.

"Get checked. Prostate cancer is one of the few cancers that, if caught early, you can have a more successful outcome," Cook said. "You get told you

got cancer. That's a very big word. It comes with a lot of emotions. There's the anger. There's the fear. There's the 'How do you tell the kids?' Then real-

ity sets in and you think 'How are we going to move forward with this?'

"That's when you start searching out the options."

Cook and Murray said they know of a few people in Selkirk who have been diagnosed with cancer, and there are many more who are at risk but haven't gone to the doctor yet. They both said that once someone is 50 years old, they should get regular physicals and get their prostate checked routinely.

Around one in nine men will be diagnosed with prostate cancer in their lifetime, according to the Manitoba Prostate Cancer Support Group. Six out of 10 cases are diagnosed in men aged 65 or older.

The Manitoba Prostate Cancer Support Group encourages wives, partners, family and friends to attend their meetings. The group meets on the third Wednesday of every month, except the month of December, from 7 to 9 p.m. at The First Unitarian Universalist Church of Winnipeg, located at 603 Wellington Cres. Meetings are free and open to everyone. Their next meeting is scheduled for Wednesday, Nov. 21.

For more information about the Manitoba Prostate Cancer Support Group, visit manpros.org.

2018 Canadian Patient Safety Week - Do your meds get along?

Submitted by IERHA

Canadian Patient Safety Week (Oct. 28 to Nov. 2) is Canada's only national campaign to raise awareness of patient safety and related programs and initiatives.

This year's theme is medication safety with the hashtag #NotAllMedsGetAlong. It highlights the risks of multiple medications and encourages the public to work with their pharmacist, physician or nurse to regularly complete a medication review. It is also important to keep an up to date list of all your prescribed medications and over the counter supplements. Visit the Manitoba Institute for Patient Safety website for your free It's Safe to Ask Medication Card and other im-

portant patient safety resources.

For patients who require multiple medications or who are transitioning between treatments, safety can become a concern. Patients may be at risk of fragmented care, adverse drug reactions and medication errors. To be an active partner in health care, people need the right information to use medications safely.

The Institute for Safe Medicine Practices Canada, the Canadian Patient Safety Institute, Patients for Patient Safety Canada, the Canadian Pharmacists Association and the Canadian Society for Hospital Pharmacists have collaborated to develop a set of five questions to help patients and caregivers start a conversation about

medications to improve communications with health care providers.

What are these 5 questions?

1. Changes? Have any medications been added, stopped or changed, and why?
2. Continue? What medications do I need to keep taking and why?
3. Proper use? How do I take my medications, for how long?
4. Monitor? How will I know if my medication is working, and what side effects do I watch for?
5. Follow up? Do I need any tests and when do I book my next visit?

It may be particularly helpful for patients to ask these questions at points

of transitions of care such as doctor's appointments, consultations with pharmacists, discharge from a hospital or visits from home-care services. Remember that not all medications "get along" and to make sure to always ask these five questions whenever seeing a care provider or pharmacist. For more information and resources, visit the Canadian Patient Safety Institute website.

Canadian Patient Safety Week is relevant to everyone who engages with our healthcare system. Working together, thousands help spread the message to Ask. Listen. Talk.

> PHARMACARE, FROM PG. 15

serious complications of the disease."

Of the 154 drugs added, 120 are generic medications. The minister noted the additions reduce the amount that would have otherwise been spent on higher-cost equivalent drugs by \$1 million, allowing the money to be re-

allocated towards coverage for new drugs.

Coverage for the new drugs are effective immediately.

The Manitoba Drug Benefits and Interchangeability Formulary lists therapeutically effective drugs of proven

high quality that have been approved as eligible benefits under the pharmacare drug benefit program. The pharmacare program is based on family income and covers 100 per cent of eligible drug costs once the income-based deductible is reached, regard-

less of medical condition or age.

For more information on the Manitoba Pharmacare Program, visit gov.mb.ca/health/pharmacare.

get inspired

> MEAL IDEAS



Fancy Mac

1 package Bob Evans Thick Sliced Hardwood Smoked Bacon, cooked and broken into pieces

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 eggs, lightly beaten

Heat oven to 400 F. Spray four ramekins with cooking spray.

Heat macaroni and cheese according to package directions. Once cooked, stir in spinach, 1 cup cheese, bacon, salt and pepper.

Let mixture stand 10-15 minutes to cool. Add eggs. Spoon evenly into ramekins. Sprinkle with remaining cheese.

Bake 20 minutes, or until centers are set.

Prep time: 20 minutes
Cook time: 20 minutes
Serves: 4
Nonstick cooking spray
1 package Bob Evans Macaroni and Cheese
1 package (10 ounces) frozen chopped spinach, thawed and drained
1 1/4 cups shredded Gouda cheese, divided



Sweet Potato Cookies

chopped honey roasted pecans (optional)

mini marshmallows (optional)

Heat oven to 350 F.

In large bowl, using hand mixer or paddle attachment, cream shortening and brown sugar. Add egg and sweet potatoes; mix until combined.

In small bowl, combine flour, baking soda, salt and pumpkin pie spice. With mixer on low speed, slowly add flour mixture to egg mixture until well mixed. Using small cookie scoop, drop rounds onto greased baking sheets.

Bake 10-12 minutes, or until golden brown. Cool completely before frosting.

In separate bowl, beat together butter, powdered sugar and maple extract until frosting is light and fluffy. Frost each cooled cookie with maple butter cream frosting.

Sprinkle with pecans and mini marshmallows, if desired. Carefully toast marshmallows with culinary torch, if desired, while avoiding melting frosting.

Prep time: 28-33 minutes
Cook time: 10-12 minutes
Serves: 36
3/4 cup vegetable shortening
3/4 cup brown sugar
1 large egg
1 cup Bob Evans Mashed Sweet Potatoes
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon kosher salt
1 teaspoon pumpkin pie spice
1 cup butter, unsalted
3 cups powdered sugar
1/2 teaspoon maple extract



Mini Hash Brown Casseroles

1 cup ham, cubed

1/2 teaspoon black pepper

1 cup shredded cheddar cheese

In skillet, cook sausage according to package directions.

Heat oven to 350 F. Lightly grease two 12-cup muffin tins.

In bowl, whisk eggs and milk. Add hash browns, butter, ham, black pepper and cheese; mix thoroughly. Fill muffin tins two-thirds full. Bake 27-30 minutes, or until toothpick or knife inserted in center comes out clean.

Substitution: For healthier alternative, substitute 1 cup AllWhites liquid egg whites instead of eggs.

Prep time: 10 minutes
Cook time: 30 minutes
Serves: 24
1 pound Bob Evans Original Roll Sausage
4 large eggs
1/2 cup milk
1 package (20 ounces) Simply Potatoes Shredded Hash Browns
3 tablespoons butter, melted



Loving kindness begets loving kindness. This sounds very simplistic, yet it reflects a very deep and profound truth. Of course, the opposite is also true; unkind, cruel, judgmental, or critical behavior generally begets the same. So, there are two ways to increase the amount of positive energy in all of our relationships.

The first way is to put out more loving kindness in our thoughts, words and deeds. The second way is to not respond with more negativity when someone is negative towards us.

This takes a great deal of maturity and a strong commitment to personal evolution. We can think of difficult situations or relationships as great opportunities to practice our skills and raise consciousness.



Simplistic Approach

In order to do this, we must focus on our own responses and behaviors, not on those of the other person. If we are waiting for another to be kind to us first, or to be a different kind of person before we are willing to move into a place of greater integrity, all forward movement is halted. The situations simply stagnates, deteriorates or escalates. We have no control over what others say or do. What we can control is our reaction to the external world.

When we take offence to something, we are creating a polarity. It is so much healthier not to take offence when it is offered (consciously or inadvertently)...but to simply pass on it. If it helps, think of offensive behavior as a cow pie. You do not need to step into it, examine it, or immerse yourself in it. You just need to ignore it and move on.

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. Follow Gwen on Facebook for daily inspiration.

Bacon-Wrapped Jalapeno Poppers

In mixing bowl, use rubber spatula to combine mashed potatoes and garlic herb cheese. Stir until incorporated. Spread 1 teaspoon mashed potato mixture in each jalapeno half; level each with butter knife or spatula.

Wrap each jalapeno with bacon; use three half slices for large jalapenos or two halves for smaller sizes. Be sure bacon is wrapped sealing in mashed potato mixture tightly.

In small mixing bowl, combine brown sugar and cayenne pepper. Generously sprinkle over bacon and pat gently to make it stick.

Line cookie sheet with piece of parchment paper so sugar does not burn to pan. Bake until bacon reaches desired crispiness, around 25-35 minutes.

Let peppers cool slightly before serving, about 5 minutes.

Prep time: 30 minutes

Cook time: 30 minutes

Serves: 40

2 packages Bob Evans Thick Sliced Hardwood Smoked Bacon, slices cut in half

1 package Bob Evans White Cheddar Mashed Potatoes

1 package garlic herb cheese spread
20 jalapeno peppers, halved, seeded with membranes removed

1/4 cup brown sugar

1 teaspoon ground cayenne pepper

Heat oven to 400 F. Set bacon out to thaw to room temperature so it is pliable.

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INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk Steelers strike oil in Gimli

By Brian Bowman

The Manitoba Junior Hockey League was introduced to Gimli on Saturday.

Selkirk hosted Virden in a regular-season game, which saw the Steelers edge the Oil Capitals 2-1 in front of a crowd of 400 spectators.

"It was good," said Nick Lubimiv, the Steelers' head coach and director of hockey operations. "They packed the barn."

After a scoreless first period, Virden's Kolten Kanaski put the visitors on the board at 7:13 of the second.

The Steelers' Connor Barley tied the score with his ninth goal of the season just over five minutes later and then Nate Halvorsen netted the game winner at 16:39 of the middle frame.

Selkirk played pretty well on the defensive end in the slim victory.

"We've been focused on eliminating the Grade 'A' chances," Lubimiv said. "It was nice to keep them to one (goal)."

Levi Mitchell made 32 saves for the win. The Olds, Alta., product is now 3-0 with the Steelers, has a 3.20 goals-against average, and a solid .922 save percentage.

"He played really well," Lubimiv said. "He's been a big help and a nice addition, for sure. He made some big saves in the third period to keep it 2-1."

On Oct. 23, the Steelers slipped past the Winnipeg Blues 7-6 in a shootout at the Bell MTS Iceplex.

Selkirk forward Ryan Sokoloski was the lone player to score in the shootout.

"It was a strange game, to say the least," Lubimiv admitted. "I liked our structure and the way we played for 30 minutes or so and then it seemed like every chance they got went into the net."

The Steelers trailed 6-4 late in the third but Gimli's Noah Basarab scored at 18:30 and 19:04 of the final frame to tie the score. He finished the game with four points.

The first period was scoreless but then the two teams combined for seven goals in the second.

Brett Namaka had two goals and an assist for Selkirk while Sokoloski and Connor Barley also scored.



Gimli's Noah Basarab and the Selkirk Steelers took on the Virden Oil Capitals on home ice, winning 2-1.



EXPRESS PHOTOS BY LANA MEIER
Jack Einarson played in front of a home crowd of 400 with the Oil Capitals.

Barley also had three assists in the game.

Mitchell made 36 saves for the win.

The Steelers and Oil Caps played again this past Tuesday in Selkirk but no score was available at press time.

In trade news, Selkirk acquired 1998-born defenceman Brady Pupp from the Waywayseecappo Wolverines last weekend in exchange for the MJHL playing rights of defencemen Ethan McColm and Jack Stewart.

Both McColm and Stewart were born in 2001.

In 15 games with Waywayseecappo this season, Pupp has two goals and four assists.

"He brings experience and we're young on the back end," Lubimiv said. "He's a big body and can move the puck and he defends well. He's what we're

looking for and he has experience. Our younger guys need someone to lean on and we have three 17-year-olds on the back end so we needed some more veteran leadership back there."

Selkirk will be in Portage this Friday and Saturday for a pair of games, both starting at 7:30 p.m.

The Steelers' next home game is Nov. 6 when the Blues visit the Rec Complex.

Meanwhile, the Steelers' game Oct. 19 against the Swan Valley Stampede, which had been suspended for "unsafe ice conditions" will be played Feb. 24 at 3 p.m.

Admission for the resumed game — tied at 3-3 midway in the second period — will be free.

Figure skaters to hit the ice in Morden this weekend

Submitted

The Skate Canada Manitoba Sectional Figure Skating Championship will select the top skaters in the province to advance to the 2019 Skate Canada Challenge, ultimately leading to the Canadian Figure Skating Championships.

This event, which will take place this Saturday and Sunday in Morden, allows Manitoba to feature its skaters' athletic abilities and showcase their grace and talent to the public.

"Skate Canada Sectionals is the entry point for the athletes, enabling them to qualify for the 2019

Skate Canada Challenge in Edmonton in December followed by the National Championships in Saint John, N.B., in January," said Donna Yee, Skate Canada Manitoba board chair.

"It is very exciting for all the skaters to experience this level of competition and to dream about someday competing on the International stage."

These athletes will be travelling from across the province to strive to compete for provincial titles and to achieve their personal goals.

Over 70 figure skaters will be competing from the Pre-Juvenile to the Senior levels for the opportunity

to be the top skaters in the province.

The three top skaters at the Pre-Novice and Novice levels, and the top two at the Junior and Senior levels, will have the opportunity to continue to the 2019 Skate Canada Challenge in Edmonton from Nov. 28 to Dec. 2.

For Novice, Junior and Senior skaters, this will be the qualifying event for 2019 Canadian Tire National Skating Championships. The Canadian Pre-Novice Champions in men's, women's, pair and ice dance are determined at Skate Canada Challenge.

Botterill to visit Lundar for Female Hockey Day

By Brian Bowman

Lundar will have a very special guest visit their town in a few months.

Former Olympic hockey star Jennifer Botterill will be in Lundar for a Female Hockey Day on Jan. 12.

Botterill will be a guest speaker beginning at noon with a question-and-answer period to follow.

"I'm so excited," said Lightning Bantam head coach Charlene Bodnarchuk. "When I put the day together I wanted to get a big name out. To have someone like Jen come out to a small town like Lundar, it's going to be so much fun."

The Interlake Lightning Bantam female hockey team has partnered with Sport Manitoba for the one-day event.

"There's a lot of stuff (that will be going on) and it's going to be awesome," Bodnarchuk enthused. "We're working with the Lakeside Minor (Hockey Association), Interlake Minor, Sport Manitoba. There's all these partnerships going on and it's going to be so much fun."

Interlake's Bantam girls will each receive a puck that will be signed by Botterill and a picture taken with her.

Botterill will then give the Lightning a pre-game speech before their 2:30 p.m. matchup with the Twins.

She will also drop the puck before the game.

Bodnarchuk came up with the idea of the female hockey day and her hope is that a lot of players come out for the unique event.

"I really wanted to make it a special day," she said. "We haven't been struggling with numbers in Interlake minor but we have had lower numbers for registration of females."

"We didn't have a PeeWee 'AA' team this year because of a low registration. I really want to make sure we promote female hockey in the Interlake."



PHOTO SUBMITTED

Back row, left to right: Teagan Atchison, Kylee Emms-Finnson, Brooke Wadge, Kenady Christensen, Shyanne Chartrand, Mikki Thorkelson, Abby Beaman, Ashley Meisner, Sydney Schafer, and Katie Dorsch; front row, Sarah Shewchuk, Ava Pool, Tessa Stuart, Daryn Bremner, Emma McAuley, and Kiorra Johanneson.

"We have great programs, great coaches, and the girls really have fun."

The Lightning will be running 45-minute on-ice sessions for Atom, Squirts, Novice, PeeWee, Bantam and Midget-aged players.

The sessions will be free for all female hockey players.

"Our players will be out helping the younger ones," Bodnarchuk said. "It will be a great experience for them. They get to give back to their community and we get to promote (the sport) in a small, rural community."

Players will also do 45 minutes of dryland training,

which will be facilitated by Fierce Interlake Training, while Sport Manitoba will be putting on athlete combines for fitness testing.

Combines will go from 9 a.m. to 10:45 a.m. and again at 1:30 p.m. to 3 p.m.

Cost of fitness testing is \$150 per team.

"There's different tests that they're going to run the athletes through and when the athletes run them again next year, they can track their progress," Bodnarchuk explained.

For parents, there will be a concussion information session (from 10-11 a.m.) and a sports psychology session (1-2 p.m.).

Thunder to battle Golden Bears in semifinal matchup

By Brian Bowman

The real season is about to start for the Interlake Thunder.

Interlake will open its Rural Manitoba Football League playoffs this Saturday (2:30 p.m.) against the Virden Golden Bears in Stonewall.

It should be a great matchup in front of what is expected to be a nice-sized home crowd for the Thunder.

"It was a good crowd in Virden and our last home game had a good crowd so I expect there will be a lot of folks there," said Thunder head coach Mitch Obach. "The forecast doesn't look too bad so hopefully it will be a nice day to watch a good football game."

The Thunder (7-0) finished first overall during the regular season while Virden was 5-2.

The other provincial semifinal has the Swan Valley Tigers (5-2) hosting

the Dauphin Clippers (5-2).

The playoffs are a totally different beast compared to the regular season.

"The No. 1 thing we are focused on is one season is done and the playoffs are a whole new season," Obach said. "Everyone is 0-0 right now and, to be honest, we don't have a lot of guys with a tremendous amount of playoff experience or playoff success."

Interlake wrapped up its regular season with a solid 45-21 victory over Virden. It was the third time this season that the Thunder turned a one-point game at the half into a rout.

"(Finishing) 7-0 is one thing but they had to work at it," Obach said. "They've had that adversity a few times and hopefully they can rise up to that next level that you need in the playoffs."

The Thunder took a 13-0 lead early

in the second quarter but Virden rallied for a 14-13 halftime advantage.

The Golden Bears then led 21-20 but the Lightning struck for 25 unanswered points for the win.

"We had a very long layoff and there was a little bit of rust early on," Obach admitted. "Virden is a really tough football team and of all of the teams that we have seen they are the most similar to us in style. They are a very physical, run-first team ... so it was a very hard-nosed football game."

Thunder quarterback Josh Charison was very good, finishing 12-for-18 for 230 yards and two touchdowns without an interception. He also had TD runs of one and three yards.

"It was easily his best game of the year," Obach said. "They know we're a running team and they definitely game planned for that. There were

times when we had trouble moving the ball and it was his arm that got it done for us and the receivers were making catches."

Graeme Perrie had 107 yards receiving, which featured a 35-yard TD catch, while

Brandyn Linklater hauled in a 22-yard TD reception.

Interlake was equally impressive on the ground.

Colton Nedotiafko had 14 carries for 172 yards, which included touchdown runs of 74 and 24 yards.

On defence, Colton Meisner had 11 tackles and three interceptions, including one that he returned for a touchdown.

Aden McLean had seven tackles while James Crate added three tackles and a quarterback sack.

Lundar Falcons remain atop CRJHL standings

By Brian Bowman

The Lundar Falcons split a pair of games last weekend but still maintain top spot in the Capital Region Junior Hockey League.

Lundar wrapped up its weekend with a 8-5 home loss to the St. Malo Warriors on Sunday.

The first period was a wild one as St. Malo took a 5-2 lead. The Warriors then led 6-4 after 40 minutes.

Derek Benson had a hat trick in the losing cause while Drake Zimmerman added a goal and two assists.

Robert Guimond (three), Tyrel Bueckert (two), Maxime Collette, Logan Bueckert and Camden Cline

scored for St. Malo.

Last Saturday, Lundar defeated the Arborg Ice Dawgs 6-2 as Romano Paul paced the Falcons with two goals and two assists.

Trevor Scott, Shayne Desjarlais, Josh Wilkinson and Mason Medeiros also scored for Lundar.

Medeiros finished the game with three points along with Derek Benson (three assists) while Zac Bone assisted on a pair of goals.

Mattias Anderson and Blaze Bezecki replied for Arborg as Falcons' goalie Chris Lesage finished the game with 39 saves.

On Oct. 23, the Falcons earned a 5-4

road win in overtime over the North Winnipeg Satelites.

Zimmerman scored the game winner in OT.

North Winnipeg took a 2-0 first-period lead on goals from Brett Williams and Tom Moneyas.

Lundar's Josh Eardley and North Winnipeg's Rustyn Lodon traded goals early in the second and then the Falcons' Dennon Sichevski and Jesse McDonald tallied to tie the score at 3-3.

In the third, the Satelites' Mitchell Klippenstein and Josh Wilkinson scored to tie the game at 4-4.

Cole Charbonneau and Lesage split

the goaltending duties for Lundar. Lesage came in relief, making saves on all nine shots he faced in 13:40 of work.

Arborg will host St. Malo Thursday (7:45 p.m.) and the Selkirk Fishermen Saturday (7:30 p.m.).

Lundar, now 3-1-1-0 and in first place with 12 points, will play home games Friday (8 p.m.) against North Winnipeg and Sunday (6:30 p.m.) versus Selkirk.

Both games will be played in Warren.

Interlake Lightning play well in weekend split

By Brian Bowman

The Interlake Lightning played some real good hockey last weekend.

Interlake earned a split in its two games after edging the Central Plains Capitals 2-1 in a shootout on Sunday in Teulon.

Interlake's Emmitt Farebrother scored the lone goal in the shootout.

The Lightning's Cody McMillan tied the score at 1-1 midway in the third period with the assists going to Austin Adair and William Faraci.

Central Plains' Stephen Grahm gave the visitors a 1-0 lead at 11:06 of the second period.

Former Lightning forwards Evan Palmer (Grosse Isle) and Marcus Dewey (Oak Bluff) now play for Central Plains.

Josh Bond made 49 saves for the well-deserved victory.

On Friday, the Lightning lost 4-2 to the fifth-place Bruins in Winnipeg.

Winnipeg's Patrick Comeau scored

the lone goal of the first period and then he put the Bruins up 2-0 with a tally at the 5:13 mark of the second period.

Farebrother responded with a goal late in the period and then the Lightning's Chase Barkley scored on a penalty shot at 4:44 of the third to tie the score at 2-2.

But the Bruins closed out the win with goals from Nathanael Hinds and Comeau. Comeau's third goal of the game was a shorthanded marker at 19:13.

Lightning netminder Chris Fines made 34 saves.

Interlake, now 2-7-0-1, will play at the Eastman Selects on Wednesday and then will host a pair of games this weekend in Teulon.

The Yellowhead Chiefs will be here Saturday (7:30 p.m.) and then the last-place Norman North Stars will make the trip south on Sunday (2:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning's Shane Bear does a great job protecting the puck against a Central Plains' player during Manitoba AAA Midget Hockey league game on Sunday. Interlake won the game 2-1 in a shootout and also raised close to \$400 for the Canadian Cancer Society.



EXPRESS PHOTO SUBMITTED
Lundar's Logan Christensen was recently traded to the Medicine Hat Tigers.

Christensen traded to Medicine Hat Tigers

Staff

The Medicine Hat Tigers acquired 19-year-old forward Logan Christensen from the Saskatoon Blades in exchange for Gary Haden last Thursday.

Christensen, a Lundar product, had one goal and three points in 13 games with Saskatoon this season.

"We are very excited about Logan joining the Tigers," said Medicine Hat general manager and head coach

Shaun Clouston on the team's website.

"He is an intelligent, two-way player that brings with him valuable league experience and adds depth to our lineup."

Christensen was a second-round pick by Saskatoon in 2014. In 197 games played for the Blades, Christensen scored 21 goals and added 37 assists.

Blades' general manager Colin

Priestner said it was tough to deal away Christensen.

"With Logan, he's been a great part of our group for the past four seasons both on and off the ice," he said. "It's never easy to trade a player that's been with you as long as Logan has, but we believe a change in scenery will benefit him and give him some new opportunities."

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Rural Municipality of Grahamdale PUBLIC NOTICE BOARD OF REVISION FOR 2019

Public notice is hereby given that the 2019 Assessment Roll for the Rural Municipality of Grahamdale has been delivered to the Municipal Office and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of the Municipal Assessment Act:

APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property;
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

- 43(1) An application for revision must
 - (a) be made in writing;
 - (b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - (d) be filed by
 - (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - (ii) serving it upon the Secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday December 13, 2018 at 1:00 p.m. in the Council Chambers of the Rural Municipality of Grahamdale to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, November 27, 2018 at 4:30 p.m. The Applications must be sent to the address printed below:

Dated at Moosehorn, Manitoba, this 28th day of September, 2018.

Shelly Schwitek, Secretary
Board of Revision, Rural Municipality of Grahamdale
Box 160, 23 Government Road, Moosehorn, MB R0C 2E0
Phone: (204) 768-2858 Fax: (204) 768-3374



STATEMENT OF OFFICIAL RESULTS TOWN OF ARBORG

I, the undersigned, the senior election official in the local authority, certify that below is an accurate summary of the votes counted for each candidate in respect of this election.

TOTAL NUMBER OF VOTES

FOR MAYOR

Names of Candidates	Number of Votes Given
BAUERNHUBER, SUSAN	231
DUECK, PETER	375

FOR COUNCILLORS

Names of Candidates	Number of Votes Given
CRACKLE, JOHN	274
ROGOWSKY, RON	315
COTTINGHAM, CHRISTINE	234
LEDUCHOWSKI, VIVIAN	263
KERBRAT, TERRELL	151
SPEISS, LARRY	205
THORSTEINSON, ROB	290
JOHNSTON, RON	279

I also certify that **NINE (9)** ballot papers were declined, rejected, spoiled or taken from the voting station.

Dated at ARBORG this 26th day of October, 2018.

Lorraine Bardarson
Senior Election Official



Rural Municipality of
FISHER

EMPLOYMENT OPPORTUNITY Utility Operator

The Rural Municipality of Fisher invites applications for the position of a Utility Operator.

The normal hours of work are four (4) hours per day, Monday to Friday from 8:00 a.m. to 12:00 p.m. Duties and responsibilities are set out in the Job Description and Collective Agreement.

TERMS OF EMPLOYMENT:

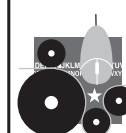
1. Applicant must be 18 years of age and hold a valid driver's license;
2. The hourly rate, callback pay and automobile allowance for this position is as set out in the Collective Agreement;
3. Must be willing to obtain Water and Wastewater Certification;
4. Three month probationary period will apply;
5. Duties to commence immediately;
6. Other duties as assigned.

Applications must be received by: **11:00 a.m. November 6, 2018.**

Please send resume with cover letter and three work-related references to:

"Utility Operator"
Rural Municipality of Fisher
Box 280 Fisher Branch, Manitoba R0C 0Z0
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REPORTER/PHOTOGRAPHER

The Stonewall Teulon Tribune and *Express Weekly News* are looking for an outgoing individual to join our news team as a reporter/photographer covering Stonewall, Teulon, St. Laurent, Rockwood, Rosser, Warren, Woodlands, Armstrong and the communities along Highway 6, including Lundar, Eriksdale, Ashern, Grahamdale, Steep Rock, Moosehorn and across to Fisher Branch.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

This is a full-time position. Prior journalism experience is a definite asset. Must be fluent in Adobe Indesign, Photoshop and photo colour correcting. Must have reliable transportation and be willing to work flexible hours, including covering evening and weekend news events.

Submit your detailed resume and samples of writing on or before Nov. 9, 2018 to Lana Meier at news@expressweeklynews.ca

Stonewall Teulon
Tribune
THE **EXPRESS**
WEEKLY NEWS

We thank all applicants for their interest, however, only candidates selected for interviews will be contacted.

ANNOUNCEMENT

CARD OF THANKS

The family of Jim Dola would like to say thank you to family, friends and our community that have been so kind and helpful during the worst days of our lives. The offerings of food, love, cards, visits, support and compassion will never be forgotten.

Special thanks go to Dr. Michael Loudin and his staff for years of care given to Jim. To the staff at the St. Boniface Hospital and Cancer Care Unit who treated Jim like he was special to them. To the Teulon Rockwood Firemen, who were always like his extended family and stood guard over Jim during his Celebration of Life. To Ken Loehmer Funeral Services for all the assistance we required during this traumatic time. A huge thank you to those who told us stories of Jim at his Celebration of Life.

How do we begin to thank all of our family, friends and community who have always been there for us?

God took a great man on October 13, 2018. We are lost but we will try our best to continue on the way Jim taught us to.

Love Yvonne, Janie (Derek), Becky, Kylie, Marisa, Brenden and the entire Dola and Walsh families

THE **EXPRESS**
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Rural Municipality of
FISHER

Office Clerk Full-Time - Term Position

The Rural Municipality of Fisher invites written applications for the position of full-time Office Clerk for an indefinite term.

The successful applicant will be required to provide a variety of administrative and financial clerical duties associated with municipal and utility services. A detailed job description is available upon request.

The successful candidate shall possess the following qualifications:

- Ability to communicate effectively with Council, employees and the public.
- Strong written communication skills.
- Experience in using common office software and computerized accounting programs. Knowledge of the Munisoft Accounting Software would be an asset.
- Attention to accuracy and detail is important.
- Valid driver's license.
- Honesty, reliability, integrity, team player and ability to work well with others is a must.

Salary is set out in the CUPE Local 4348 Collective Agreement and is dependent upon qualifications and experience.

Written applications including resume, cover letter and three work related references to be submitted in confidence by 11:00 am November 6, 2018.

RM of Fisher "Office Clerk Position"
PO Box 280, Fisher Branch, MB R0C 0Z0
Fax: (204) 372-8470
Email: fisherap@mymts.net

The RM of Fisher thanks all applicants for their interest. Only those considered for an interview will be contacted.

OBITUARY

Minnie Chomokovski (nee Fuchs)

Peacefully on July 28, 2018 and at 92 years old, Minnie Chomokovski left us to join her husband Steve. She passed away at the Arborg & District Hospital after a short illness.

Minnie is survived by her children Richard (Marie) and Cathy (Craig) Smith; grandchildren Steven, Patrick (Aynsley), Derrick (Alexa) and great-grandchildren Everett, Leo and Adelaide. Also left to mourn are her sisters Viola, Helen (Jake); sisters-in-law Evelyn, Marge, Agatha, and on the Chomokovski side sisters-in-law Kay, Olga, Doris, Olive, Rose Marie; and numerous nieces and nephews.

Mom was predeceased by her infant daughter Sharon, husband Steve in 1997; parents Emil and Annie Fuchs; brothers Abe, Leonard, Carl and Waldo; sister Marianne; brothers-in-law Dick Friesen and Walter Begalke; and on the Chomokovski side Peter, John, Paul, Martin, Walter, Carl Lampel; sisters-in-law Dorothy and Carol.

Mom was born on January 2, 1926 at Lowe Farm, MB where she attended various schools in the area up to grade 11. In 1943/44 she taught school in the Rosenberg area north of Arborg where she met Steve. She moved to Winnipeg to attend business school and worked at various jobs until she returned to the area in 1950 and married Steve. Together, they worked hard and raised their two children on the farm.

Mom was a great baker. She will always be remembered for her homemade bread, buns and all of her sweet treats. She was an avid gardener up to last year, and shared her bounty with family and friends – her garden was the envy of all. She always thought of her family and spoke proudly of her children and grandchildren. Mom served on the Rosenberg School Board, the Farmers Union and the Arborg Hospital Board. She was a long-time member of the Arborg Christian Fellowship Church, and enjoyed going to Sunday service and out for lunch with friends after.

Mom continued to be the backbone of the farm until she became ill. If she wasn't ferrying the boys to and from fields or making lunches, she was cleaning the shop, putting away tools and recalling stories about the farm. She kept a diary since she was a young girl and would often share valuable information and wonderful memories. She is greatly missed.

The family would like to thank Dr. Donnelly and the wonderful staff at the Arborg Hospital for the care they gave her.

A celebration of her life will be held at the Arborg Christian Fellowship Church on November 3, 2018 at 2:00 pm.

Lundar
The Rural Municipality of Coldwell

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF COLDWELL

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 7th day of December, 2018, at the hour of 3:00 PM, at 35 Main Street, Lundar, 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
111538	LOT 10 BLOCK 2 PLAN 13832 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN SW 1/4 12-20-5 WPM 1 EIRIKSON DR	L -\$8,000 B -\$105,800	\$12,501.12
137000	NW 1/4 34-20-6 WPM SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN - 119101 418 HWY	L -\$52,800	\$5,772.45
150900	LOTS 6 AND 7 BLOCK 9 PLAN 530 WLTO (P DIV) EXC ALL MINES AND MINERALS IN NW 1/4 1-20-5 WPM 4 SECOND AVE N, LUNDAR	L -\$8,400 B -\$22,900	\$6,573.75

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 Rural Municipality of Coldwell as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 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 costs.

Dated this 23rd day of October, 2018.

Managed by:



Nicole Christensen
Chief Administrative Officer
Rural Municipality of Coldwell
Phone: (204) 762-5421
Fax: (204) 762-5177

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3			2				1	
					2			
6	1				9		3	4
9		4	1		7			

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!

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

Sudoku Answer

S	E	S	E	N	E	S	W	E	H
S	W	T	V	N	E	I	D	V	S
O	V	I	W	D	E	O	V	F	V
N	I	B	V	S	L	V	N	R	E
S	E	D	V	N	E	S	S	S	S
V	W	S	D	V	S	V	F	O	R
S	O	T	R	V	S	N	E	W	L
T	O	T	V	S	L	V	N	R	E
V	B	O	S	X	N	I	D	E	V
S	D	T	R	V	S	L	V	N	R
D	E	B	I	F	D	U	S	E	T
H	B	E	L	H	E	V	P	O	I
E	V	T	V	S	L	I	V	N	R
N	V	P	S	E	S	E	A	L	S

Crossword Answer

CROSSWORD

CLUES ACROSS

- Boat structure
- Affirmatives
- From end to end
- Ancient Syrian city
- Plant parts
- Anatomical feature of worms
- Invests in little enterprises
- Cuts the skin off
- Noted child psychiatrist
- Satisfies
- Take by sips
- Matched
- It changed the world
- U.S. Founding Father Adams
- Father
- Swiss river
- They hold music
- Spoke
- Used to write
- Cold wind
- More competent
- Test for high schoolers
- Mild analgesic
- Indian industrial city
- Fellas
- Short-tailed martens
- No seats available
- Golf score
- A way to sink
- Type of investment account
- Songs
- Type of sword
- King Cole, musician
- Type of vaccine
- Site of the Taj Mahal
- Languished
- Ethnic group in South China
- Prevent from seeing
- Word of farewell
- Charity given to the poor
- Chops
- Swiss capital
- One point east of southeast

CLUES DOWN

- Type of hall

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15						16		
17				18						19		
20				21		22			23			
			24		25				26			
27	28	29		30			31			32	33	34
35			36			37				38		
39						40			41			
42				43				44				
45				46			47				48	
			49				50			51		
52	53	54			55				56		57	58
60					61			62		63		
64					65					66		
67					68					69		

- Swedish rock group
- Long, narrow cut
- Indicating silence
- Talk at length
- Wiped away
- Sweet substance (alt. sp.)
- Babar is one
- Soviet Socialist Republic
- French avant-garde composer
- Commoner
- Swiss river
- A single-minded expert
- Passover feast and ceremony
- Indie record label (abbr.)
- Fellow
- Strong tree
- Drenches
- Spindle
- North Dravidian language
- Lounges about
- Preamble

- Essential for nachos
- Afternoon beverage
- 007's creator
- Founder of Babism
- Music played in open air
- Profoundly wise men
- Disfigure
- Unhappy
- Prefix denoting "in a"
- Cotton fabric; satiny finish
- Closes tightly
- The lowest point
- Semitic sun god
- Grads wear one
- Phil __, former CIA
- Fermented rather than distilled
- Aids digestion
- Unstressed-stressed
- Body part
- Wonderful
- Expected at a certain time



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