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Arborg trick-or-treaters scared up food bank donations



EXPRESS PHOTO BY RACHEL ORBANSKI

Arborg students collected 620 items of food this year in support of We Scare Hunger through the student-led ACTION Committee. The food will be donated to the Riverton and District Friendship Centre. Picture from left to right, back row: Max Cockerill, Kendrick Wiebe, Kayla Weik, Dayna Pull, Sarah Jensen and Ashley Ditchfield. Front row: Kelsey Benson, Simon Bowman (under the table) and Savannah Johnson. Missing from the photo is Kaitlin Nichol, Eva Jensen and Sage Stoyanowski. See story pg. 2.

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St. Laurent resident wins big in 2015 Dream Lottery 4 Kids

By Jeff Ward

No one ever thinks they'll win the lottery, but many play to experience that moment of elation if their numbers are called. And for one St. Laurent resident, that moment is one she'll never forget.

Karen Coutu of St. Laurent had her ticket #00179 picked on Thursday, Oct. 29, which won her the grand prize in the 2015 Dream Lottery 4 Kids. Coutu has her choice of one of four luxury homes in Winnipeg or the cash prize of \$1,025,000. The news of her win, which she received via phone call from the St. Boniface Hospital Foundation and Children's Hospital Foundation last week, ironically came while she was paying some bills and still to this moment is hard to believe.

"I honestly still don't believe it myself. It hasn't all sunk in yet," said Coutu, who celebrated the win with her husband, Victor, and mentioned that she's leaning towards taking the cash over the home.

"My husband and I have worked hard our entire lives. We've struggled sometimes, and even now that we're retired, we struggle a bit. We've never really won anything in our lives."

The thought of one day waking up and becoming a millionaire is what drives most people to buy lottery tick-

ets, and that thought is certainly a big factor in the purchase of this particular golden ticket. But for Coutu, the purchase is predicated on her desire to give towards a cause she believes in as well.

In 2005, her granddaughter, Ryan Christine, passed away at 15 days old and that experience has left an indelible mark on her and her family. Coutu has given what she could to any cause for the Children's Hospital, donating money during Christmas time in her granddaughter's name and buying these lottery tickets when they are available.

"I HONESTLY STILL DON'T BELIEVE IT MYSELF. IT HASN'T ALL SUNK IN YET."

"You certainly buy the ticket hoping you're going to win, but we never thought we would. The only thing I know for sure is that we're going

to help out our daughters with some of the money and also put some away for our six grandkids. All I ever want to do is help my family," said Coutu.

Both Coutu and her husband have been living in St. Laurent since 2005 and love their home. Moving to Winnipeg and into a luxury house isn't their idea of fun, and they've built a life in the small Interlake community that's more important to them. Victor Coutu drove the Headstart bus after a construction accident left him unable to return to work. Karen made a



EXPRESS PHOTO SUBMITTED

Karen Coutu (left) and her husband, Victor, plan to help their three daughters while putting away a small nest egg for their grandchildren after winning the grand prize of \$1,025,000 in the 2015 Dream Lottery 4 Kids.

career working for the Manitoba Metis Federation and only retired a few years ago. These roots are important to them, and with the money, they can spread around their good fortune to their family.

Coutu mentioned that her husband would like a new truck, although he doesn't want a brand new one, just one better than the old one he currently drives. She also mentioned that they plan to take a vacation and get away for a bit maybe to Grand Forks.

Some of her neighbours have been playfully teasing her over her choice of lottery winning vacation destinations.

Even with her newfound wealth, Coutu plans to still purchase a ticket to next year's lottery because, as she puts it, "anything to do with the Children's Hospital, I'll support."

So what does a newly minted millionaire do to celebrate? Babysit her grandkids, of course. This time, the pizza dinner will likely be on her.

> SCARE HUNGER, FROM PG. 1

By Jeff Ward

Arborg Collegiate School students took to the streets on Halloween night to collect non-perishable food items for the Riverton and District Friendship Centre food bank as part of the We Scare Hunger initiative.

We Scare Hunger, a food drive initiative inspired by the non-profit organization Free the Children, is part of the student lead ACTION (A Change Towards Improving Our Nation) Committee, which began as a social justice

group five years ago, and ties in with We Day.

The group of 22 students went trick-or-treating on Oct. 31 and encouraged homeowners to donate a food item to help battle hunger.

This year Arborg students collected 655 items, beating last year's total of 580.

"They've done We Scare Hunger every year since the group started," said Carissa Rempel a parent volunteer for the ACTION Committee.

"Each year the turnout for their trick or treating gets better and they've beaten their goal of food donated each year as well. Calls go out to parents in the area so they're all aware of our students

and what they're hoping to achieve. The support from the community has been great."

Last year, the items students collected weighed 60kgs. Each student takes their role within the ACTION Committee seriously and all are actively working together to make differences at home, in their community and throughout the country.

Along with the trick-or-treating the ACTION Committee also held a month long food drive, which brought in more than 250 items before Halloween.

"When our social justice group started there were about 10 students, and each year it's become more popular," said Rachel Orbanski, assistant principal for Arborg Collegiate Institute.

"We've doubled in numbers and we're seeing our students become really engaged in this program. Our early year's school does a great job with their philanthropy group so that when those students come to our school they're excited to jump into the

ACTION Committee."

Now that the food drive is complete, students involved in the ACTION Committee will move on to deciding what their next focus will be. Topics during the once a week meetings are either about planning their next big project, or discussing social justice issues.

Students from Ashern Central School also took part in We Scare Hunger and collected an estimated 450 food items that will be donated to the Lakeshore Women's Resource Centre in Ashern.

"WE'VE DOUBLED IN NUMBERS AND WE'RE SEEING OUR STUDENTS BECOME REALLY ENGAGED IN THIS PROGRAM."

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Gimli artist to display pottery at Teulon Library

By Natasha Tersigni

Interlake resident Kirk Creed has travelled the globe learning different ways to create his stunning pottery that have been exhibited and collected internationally, including a permanent collection at the Winnipeg Art Gallery.

Creed, who has earned a Lieutenant Governor's Medallion for his contributions to the craft, is this month's South Interlake Regional Library Teulon branch Artist of the Month.

Creed began working with clay in the 1970s when he left his university fine arts program and began apprenticing for a few potters. Soon, he began creating his own functional wares and decorative pieces. Creed has travelled to different parts of the world, including the United Kingdom, Denmark and Africa to learn more skills.

"Africa is the motherland for pottery-making. There were people there working in a tradition that was 10,000 years old. I went there to learn," said Creed. "I learned certain African forms and a new understanding for how to find raw materials and how to incorporate them. I had to do all my own clay digging there, so it was very much a hands-on and from-the-ground-up experience."

In keeping with what he learned in Africa about sourcing raw materials, Creed built his studio in the RM of Gimli on 80 acres of land and uses



Gimli artist Kirk Creed will have a variety of pottery on display at the library during November.

wood from his own lot to heat his special wood-fire kiln.

"I have a unique wood-burning kiln, which holds a couple of hundred pounds at a time. I use firewood to reach temperatures that are white hot, close to 1400 degrees. All the wood that I burn, I cut myself from my own forest and I do that so I know I have a



EXPRESS PHOTOS SUBMITTED

Creed will have a variety of functional ware along with artistic pieces on display at the Teulon Library during the month of November.

sustainable resource," said Creed.

A variety of Creed's functional ware, bowls, wine goblets and a teapot,

along with more artistic pieces, vases and bottle forms, will be on display at the library throughout November.

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Okno Community Club sale benefits Arborg Community Cemetery

By Patricia Barrett

The Arborg Community Cemetery was the recipient of a generous donation that will go towards the restoration of a number of weathered headstones and general maintenance.

"We were suffering financially," said Kris Gudmundson, a retired teacher who sits on the Community Cemetery board with two other people.

"We would get sufficient donations every year to cut the grass and clean up clippings, but we had no money at the end of the season to repair headstones."

Gudmundson said the board sent out letters of appeal last year to several local families, asking whether they and their relatives would be willing to contribute some funding towards cemetery preservation efforts.

"We had an excellent response from that drive," said Gudmundson, who grew up in Riverton and now lives near Arborg. "We were very pleased."

The cemetery was established in the early 1900s as the Ardal Lutheran Cemetery (Ardal was Arborg's former name). It was eventually turned over to the community at large and welcomes all denominations.

When the Okno Community Club board decided to sell its club and the land on which it lies, Joe Barylski (who is a board member) suggested it help with the cemetery's restoration project.

The club turned over \$5,000 to the cemetery, which restored eight headstones this summer. More are slated for restoration next year.

All proceeds from the sale of the club were given to various cemeteries, said Joe Barylski. The Okno Community Cemetery also benefitted from the sale.

In a letter to Gudmundson, Barylski

said the community club used to host barbecues and picnics at which people would play baseball and horse shoes. Then times changed about 10 years ago and things "slowly faded."

The community club started life as a schoolhouse near Okno, a small community about 20 kilometres (12 miles) north of Arborg. The Okno School District in the RM of Bifrost was formed in 1915.

What date the school was built is uncertain, but a former teacher recalled that it was the first school he taught at in 1917, according to the book *Spruce, Swamp and Stone: A History of the Pioneer Ukrainian Settlements in the Gimli Area* by Michael Ewanchuk.

By the 1960s, though, the tide had turned against rural schools — or rather the number of rural schools. The Manitoba Department of Education had been consolidating school districts and closing schoolhouses since at least 1905, according to the Manitoba Historical Society's website. And by 1967, the majority of one-room schoolhouses were closed and students were being bused to larger schools.

"Nine was the minimum number of students you had to have to keep the school open," said Gudmundson, who taught 20 students (grades 1 to 8) in a Geysir schoolhouse before he took up teaching duties in Arborg in 1966.

"The nice thing is that kids helped each other," he said. "A girl in Grade 4 would listen to a girl in Grade 1 read and help her."

Schoolhouses were located in farmers' fields. It was common for children to walk three miles to school each day. In the early days during the winter, they sometimes rode horses or came by sleigh, said Gudmundson.

"In the 1920s and 1930s, it was



EXPRESS PHOTO SUBMITTED

Okno school (no date) by H. D. Cumming. Source: archives of Manitoba, school inspector's photographs, gr8461, a0233, c131-3.

compulsory to build a barn near the school," he said, "and kids would bring their own hay to feed the horses."

At the end of each school year, schools would have picnics and games.

"A neighbouring school would come," said Gudmundson, "and parents, too, and we'd have races, ball games and food."

About five years ago, Gudmundson participated in a re-enactment of rural school life for visitors to the Chatfield Museum. He gave lessons and assignments to student actors, supervised recess and had the children play games such as Pump, Pump, Pull Away (a form of tag).

When the province dissolved the

Okno School District in 1967, it became part of the Evergreen School Division.

The fate of the former school/community club is now in the hands of the people who purchased it. Gudmundson thinks it will most likely be used for housing farm equipment.

"That's what happened to old schools," he said. "They got used as storage sheds or granaries."

As for the headstones in the Arborg Community Cemetery, several more will be fixed, straightened and preserved for the community.

"We picked headstones of those with no remaining relatives in the area," said Gudmundson.

Missing woman found deceased in Arborg

Staff

A young woman reported missing last week was found deceased in Arborg Saturday.

On Oct. 29 at approximately 4:30 p.m., Stonewall RCMP received a report of a missing 21-year-old female from the RM of Armstrong.

Averie Rene Hollands was last seen on Oct. 28, late in the evening.

The RCMP had asked for the public's assistance in helping locate her.

According to Hollands Facebook

account she attended Arborg Collegiate from 2009 to 2014 and was currently employed at the Subway Restaurant in Arborg.

"When I heard about her, I couldn't believe it," said Bhavesh Patel, owner of the Subway Restaurant.

Patel said the young woman had been working for him for about two months and was a hard worker. She worked a shift last Tuesday.

"She was a really nice girl," said Patel.

It is unclear who notified police about Hollands' disappearance or who found her.

"Foul play is not suspected," said Sgt. Bert Pacquet, RCMP media relations officer.

Pacquet was unable to provide further details about the case.

Hollands had a medical condition that required her to take medication daily, according to other media outlets that spoke with the RCMP.



Averie Rene Hollands

Tories push for RCMP probe into Tiger Dam purchases

By Austin Grabish

Mounties are formally investigating a \$5 million untendered purchase of flood-fighting equipment made by the province last year, the provincial Tories said last Wednesday.

Opposition Leader Brian Pallister said he's met with members of the RCMP's Federal and Serious Organized Crime Unit to discuss "irregularities" in the province's 2014 purchase of flood tubes branded as Tiger Dams.

"We offered them the opportunity if they wanted documents to contact us, and they did," Pallister said.

The province has been under fire for months from the PCs, who allege a conflict of interest existed when Infrastructure and Transportation Minister Steve Ashton promised funding for the flood tubes.

The party says Ashton was in a conflict because Peter Ginakes, Manitoba's sole Tiger Dam distributor, has donated money to Ashton's political campaigns in the past.

Tiger Dams have been used to fight floods in Selkirk, its surrounding areas and the Peguis First Nation.

"We have been in contact with people who have told us that there are very real irregularities that have gone on in the government's purchase of this flood-fighting equipment going



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Manitoba Infrastructure and Transportation Minister Steve Ashton says he welcomes a probe by RCMP into the province's purchasing of Tiger Dams.

right back to 2009," Pallister said.

Pallister wouldn't disclose details of his party's meeting with RCMP but said police are still in the early stages of a probe into the matter.

He claimed Mounties were already looking into the province's 2014 Ti-

ger Dams purchase and the five years leading up to it when the PCs approached police.

RCMP spokesman Sgt. Bert Paquet confirmed the PCs met with Mounties but wouldn't say if police have launched an investigation.

"We can tell you that we were contacted by officials from the Progressive Conservative Party and during the meeting that followed, we were provided with information that we are currently reviewing," Paquet said in a statement.

Ashton said he has yet to be contacted by RCMP but would welcome a probe into the matter.

"I welcome any and all scrutiny in this."

He called Pallister's actions "reckless" and said the province had good intentions when it promised funding for flood tubes without going to tender.

"This was about protecting Manitobans in flood period," he said. "It takes 40 days (to go to tender). We basically acted to protect people, and that part I don't apologize for."

The 2014 Tiger Dam purchase is said to be the reason behind an internal caucus revolt last fall that saw five cabinet ministers resign in protest of Greg Selinger as premier.

The revolt came after a whistleblower complained to Manitoba's ombudsman, claiming attempts were made to dodge the funding approval process at the provincial Treasury Board, which is responsible for government spending.

Timbits and Double Doubles coming to Gimli

Tim Hortons

By Patricia Barrett

Double Doubles will soon be warming the mittens of Gimli residents when Tim Hortons throws open its doors next month.

Amenity Health Care LP, which owns the Taylor Pharmacy, is including the coffee shop in its renovations to the pharmacy.

The arrival of Tim Hortons is significant "when coupled with other changes to Taylor Pharmacy," said Dalbir Bains, chief executive officer of Amenity.

The company's philosophy of having multidisciplinary healthcare teams to

support patient needs will see the pharmacy expanding its services to include a physician, a clinic and a larger pharmacy counselling area.

Bains founded Amenity after recognizing a need to address gaps in healthcare services to small communities. Amenity owns 17 pharmacies across Manitoba, Saskatchewan and Alberta.

The company informed the RM Gimli about a month ago that it would be opening a Tim Hortons. It wasn't necessary to apply for conditional use permits, according to the RM.

"They [council] are aware of the in-

tent of the development," said Joann King, chief administrative officer for the RM, "and there are no approvals required."

She said the Tim Hortons will create local jobs.

"The municipality welcomes development and new businesses," said

King.

The Tim Hortons is expected to open mid-to-late December at 50 Centre St.

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PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES
Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Jeff Ward



REPORTER/PHOTOGRAPHER
Austin Grabish



REPORTER/PHOTOGRAPHER
Patricia Barrett



SPORTS REPORTER
Brian Bowman



PRODUCTION
Nicole Kapusta



DISTRIBUTION
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get fishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Fishing is finally back at Gimli pier

Welcome, friends. About 10 minutes north of Lac du Bonnet there's a lake called The Ponds, and I got a feeling the anglers there had a story for us.

Folks come here for the seeded trout, but this time, I was also impressed to see that Manitoba Hydro, Fish Enhancement and others had gotten together with the Lac du Bonnet Wildlife Association to put in an aeration plant. Good for you guys.

On the wooden dock, sitting in a folding chair in heavy blue coveralls and a thick black toque, was a new friend, Jim Spiers of Pinawa. We began to get acquainted, and with Jim's ready smile and outgoing nature, it wasn't long before he said he had a story for us.

Some five years ago, he and some friends went fishing fairly far north in Big Sands Lake. They were in a boat when a thunder storm began to wet them down so they made for shore and the shelter of large evergreens. Hunkering down in the undergrowth, they heard a rustle and, when turning about, realized there was an addition to their group, namely a huge brown bear.

They hastily clambered back into their boat as the bear, very close to the bow, observed their frantic jockeying with a deceptively casual manner — but he didn't leave. Now staring at them intensely, he followed them along the shore as they moved onto the lake, perhaps trying to decide whether they would make a good lunch or not. Jim's group made for deeper water quickly. Incidentally, Jim has been published in the U.K.'s *Pike and Predator*. Nicely done, pal.



EXPRESS PHOTO BY ARNIE WEIDL
Stu Gordon of Selkirk with a pickerel he caught on the Red River by the Manitoba Hydro steam plant.

A few days back, I visited with the folks angling on the Red upstream of Selkirk by the Manitoba Hydro steam plant. One of the fellows I had the pleasure of passing the time with was Stu Gordon from here in town. Stu had a great story for us.

He told of a time not long ago when a friend and he decided to play a trick on another buddy. They were fishing and when he wasn't looking, they cut the guys fish line about 20' from the end then reeled it back up. When the hapless chum cast out his weight and hooks, it broke free and plopped into the water right in front of him. He was not amused.

They fished the gear out of the water, and as time passed that summer, they never missed an opportunity to ask him if he was sure his line was

OK. Later we got to talking about the jump-off spot from intersection 204 and 509 where we winter anglers go down onto the river. Manitoba Hydro owns that land and is doing some work there. They have graded the slope to the river and put down some "quarter down." I mentioned to Stu that I had asked Scott Powell from Hydro if we were going to be able to use that access this winter. Scott said he would find out, but given how good Manitoba Hydro has been to sport anglers throughout the province, I'd be surprised if we couldn't.

Well, finally, believe it or not, the Gimli pier is open. There weren't any anglers on it last week when I was there so I went over to the landing for the commercial fishers and shot the breeze with the guys and gals as they came to the docks after their morning lift. Most of them are such characters, always forceful, always full of fun. I met a chap named Sam "Relic" Etter who is about as colourful as you can get. He's not too tall, a bit thin, with graying dark hair and the greatest gravelly voice you have ever heard. As he and his crew tossed their fish boxes into his truck, I asked if he had any unusual experiences on the lake.

"I've got a thousand of them," he said. "Once off Pelican Beach after a storm, I caught a flight of stairs — brand new — in my nets. I took them home and put them on one of my buildings. Now if the owner wants them back after talking to you, they know where to find me."

Laughing, he jumped into his truck and took off.

That's it 'til next week. Bye now.

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74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
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Robin Chestnut 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-467-5836
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jeff Ward (Highway 6) 204-298-3381
jeff@expressweeklynews.ca

Austin Grabish 204-785-1618
austin@selkirkrecord.ca

Brian Bowman
Sports Reporter
sports@expressweeklynews.ca

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Christy Brown, Distribution Mgr.: 204-467-5836

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No lights are broken lights and can lead to fines for drivers

By Patricia Barrett

A Winnipeg couple who travels to and from Gimli every weekend is concerned about a lack of daytime running lights on vehicles in and around the area.

"I see an awful lot of vehicles with no lights on," said Bob Thomas, who has a residence near Silver Harbour. "It's mostly around Gimli."

And it's not older model vehicles (prior to 1989) that he and his wife are seeing on the highway. These are newer model cars and trucks.

Thomas is concerned that the dearth of daytime lamps may lead to a serious accident.

Running lights come on automatically on when a vehicle is started. Federal legislation — the Motor Vehicle Safety Act (MVSA) and its Regulations — requires all new vehicles sold in or imported into Canada after Dec. 1, 1989, to be fitted with daytime running lights.

In addition to being "fitted," those lights have to work. Section 35(1) of Manitoba's Highway Traffic Act states "every vehicle shall, at all times while it is upon a highway, be equipped with lamps and other equipment in good working order..."

Certain vehicles are exempt from using daytime running lamps. Police vehicles can be equipped with a switch that bypasses the unit controlling the lamps, according to the Highway Traffic Act.

A 1997 study in Volume 28 of the Journal of Safety Research evaluated the impact of daytime running lights on traffic safety in Canada. It found a reduction in collisions by a "modest but statistically significant 5.3 per cent."

Subsequent research has led to debates over whether daytime running lights help prevent collisions. The United States has not made daytime running lights mandatory.

But the European Union requires them on all new vehicles made from 2011 onwards. Currently, 17 EU countries have some form of DRL legislation. In a February 2011 press release, the EU said DRLs "are expected to increase road safety as they substantially raise the visibility of motor vehicles for other road users. They also have a low energy consumption rate compared with existing 'dipped-beam' head lights."

They may have low energy consumption, but they do come with a cost when they need to be replaced. A GE Nighthawk LED Daytime Running Light System at Canadian Tire, for instance, costs \$184.99, excluding installation.

Thomas wonders whether drivers are disconnecting their running lights in a bid to save money.

The owner of an Arborg auto body repair shop said he has not had anyone ask to have the lights disconnected but thinks there may be another explanation as to why there are many vehicles without them.

"They will burn out because they're constantly in use," said Morley Nordal, who owns Nordal's Auto-Body Glass. "Then they [drivers] don't get them fixed."

And no lights are the equivalent of broken lights, he said, which can lead to drivers being fined.

"It's faulty equipment," said Nordal. "Drivers could be chased by the RMCP."

The fine for not having daytime running lights is \$175.30, according the province's 2015 Brown Book, which lists offences under various Acts and their accompanying fines.

Although Thomas said he has not come close to having an accident, he has at times been unable to spot a vehicle when poor weather affects visibility on the highway.

"It peeves me," he said, "because when it's raining, you can't see anything."



EXPRESS PHOTO BY PATRICIA BARRETT

Running lights are required on all new vehicles sold in or imported into Canada after Dec. 1, 1989.

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Manitoba 

Province proposes to reduce access roads onto Hwy. 68 in Arborg

By Patricia Barrett

At its regular council meeting Oct. 28, the Town of Arborg heard from a delegation proposing to reduce the number of access roads along Highway 68.

Kevin Nimchuk from Manitoba Infrastructure and Transportation (MIT) presented council with the department's plan to remove access roads that lead onto Sunset Boulevard.

The roads lie in close proximity to one another — about 125 metres (410 feet) apart. MIT's goal is to reduce the number of access points in order to improve highway safety.

"There are a number of accesses we'd like to close up," said Nimchuk. "We'd like better spacing between them."

The town, however, had recently paved two of the access roads, partly with funding it received from the province.

"Why not tell us when we were paving?" asked Mayor Randy Sigurdson. "Highways paid for half of that."

Nimchuk said an application was not made by the town to "modify the roads for paving."

"We got a letter from the minister about a 50/50 cost share," said the mayor.

Nimchuk said there may have been an oversight at the departmental level regarding the procedural steps to follow when cost-sharing agreements between municipalities and the provincial government are established.

The town will have to submit a paving application for the two roads that were paved. Even though it comes after the fact, Nimchuk said the paperwork is necessary because the department has to be accountable for taxpayers' money.

An estimate of how much it cost to pave the two access roads was not available.

MIT would like to build a new access road from Sunset Boulevard.

"The department would be removing them at no cost to the town," said Nimchuk, "and we'll use the dirt to make a new access."

Other council briefs:

Four board members from the Age Friendly Club advised council they can no longer maintain the clubhouse located at the Recreation Centre and are turning over the keys to the town at the end of the year.

"We feel bad having to do this," said the chair of the board. "But there are only six of us now."

"No one wants to take it over to run it?" asked Coun. Vivian Leduchowski.

"The Age Friendly concept has disappeared in our group," said another board member. "At one time we had 17 people."

Age-Friendly initiatives help older adults remain active, socially engaged and independent in their communities.

The Arborg Age Friendly Club signed a lease for the space in 2011 and made a number of improvements. It installed new lights, new blinds, an alarm system, air-conditioning, new furniture, a wheelchair accessible door and railings.

The club got a \$20,000 grant to do a lot of the renovations and improvements, but "we put in \$10,000 of our own money," said the chair.

People do rent the space for parties, which helps the group pay the bills. Membership fees also contribute to the group's ability to offer educational seminars, whist, bingo, fitness classes, line dancing and potluck suppers.



EXPRESS PHOTO BY PATRICIA BARRETT

Manitoba Infrastructure and Transportation wants to remove two newly paved access roads from Sunset Boulevard to Highway 68.

But the board needs a more robust membership in order to keep up with costs.

"There are 400-plus seniors living here," said one member, "and no one is interested."

The town will take over the space effective Jan. 1.

"On behalf of the town," said Mayor Randy Sigurdson, "thanks for looking after that building. It has not been for a lack of trying."

The town received and accepted tenders for the installation of new automated water meters for the entire town. Oasis Plumbing of Arborg was awarded one of the contracts.

The cost of installation for the first phase will be about \$43,651.90. Installation for Phase 2 will be about \$168,172.25.

About 554 meters will be replaced by March 2016. Ninety-eight meters have already been installed. The town received funding for 91 meters from In-

rastructure Canada's Building Manitoba Fund, a tax-sharing program in which municipalities can receive a share of provincial tax revenues.

Some of the cedar shingles on the library's roof need replacing because of mould, reported CAO Lorraine Bardarson. The roof was re-done in the 1990s, and the shingles were expected to last 100 years. Council will replace rusting nails this year and look at the shingles next year.

The mayor reported that he attended the Firefighter's Ball Oct 24. "It was nice," he said. "They were in good spirits."

The construction of the 16 x 24 covered bandstand near the library is underway. The structure will have power and will enable the town to use it year round. Albert Sutyla from Ledwyn had won \$10,000 in a Toyota Canada contest this past summer and turned the money over to the town.

The perfect time to help our community grow



Submitted

The Westshore Community Foundation encourages area residents to make a gift on Saturday, Nov. 14, as part of the Endow Manitoba 24-Hour Giving Challenge. On that day only, The Winnipeg Foundation will stretch all online gifts made to Westshore via www.endowmanitoba.ca.

For every \$5 contributed, The Winnipeg Foundation will add \$1. The Giving Challenge falls on National Philanthropy Day.

"This is a great opportunity to sup-



port The Westshore Community Foundation," says Connie Magnusson Schimnowski, president of The Westshore Community Foundation.

"Of course, we welcome gifts at any time, but giving on Saturday, Nov. 14 will help our Foundation and means extra support. We're so excited to see what our community can accomplish. For those who would like some assistance in the process or who would like to get further information over a coffee, please visit us at Sobey's, Gimli, on Saturday, Nov. 14 between 9 a.m.

and 3 p.m."

Gifts made on Saturday, Nov. 14 will help grow The Westshore Community Foundation's capacity to support a wide range of projects in our community for generations to come. Westshore provides grants to not-for-profit organizations and scholarships to area students.

Donations to our community foundation are pooled and permanently invested. Gifts are never spent and the money will always stay in our area. Every year, these investments generate money that is distributed to support local needs. Community foundations provide support that lasts forever. This particular challenge will help to deliver on Westshore's man-

date of "Building a Lasting Legacy" for our community.

With 51 community foundations, Manitoba is home to more of these organizations than any other area of the country. Every year, these foundations invest millions of dollars into a wide range of projects. They help to ensure our communities are vibrant and thriving and to contribute to the quality of life that we all enjoy.

For those who are unable to give online, cheques or other arrangements can be made.

For more information, contact Connie Magnusson Schimnowski at 204-642-5920 or Tim Arnason at 204-899-8073 or visit www.endowmanitoba.ca or www.westshorefoundation.com.

Arborg Arena Dressing Room Expansion Group wants council to cover cost of abandoned well removal



EXPRESS PHOTO BY PATRICIA BARRETT

Ron Johnston from the Arena Dressing Room Expansion Group asked council to pick up the tab for the removal of an abandoned town well on the site where new dressing rooms are being built.

By Patricia Barrett

A delegation representing the Arborg Arena Dressing Room Expansion Group appealed to council at its regular Oct. 28 meeting to pay for the removal of a well that is owned by the town.

Ron Johnston spoke on behalf of the Expansion Group and asked council

to consider paying the \$1,914 incurred for decommissioning an old well at the Recreation Centre.

The well was situated in the spot where new dressing rooms are being built.

“We all knew there was a 15-year-old abandoned well on the site,” said Johnston.

What they didn’t know, though, was how difficult it would be to remove.

The town had received a grant from the East Interlake Conservation District to seal the well. But it ran into problems when it found that the pump in the well had corroded and couldn’t be pulled out.

A contractor was called in to excavate the well, cut the pump, pull it out then backfill the space, which led to extra costs.

“You were given other sites to put dressing rooms,” said Coun. Sue Bauernhuber, “and you didn’t want to do that.”

“Where we built it is not the issue,” said Johnston. “The town had a well they abandoned 15 years ago — that’s the issue.”

One of the three possible sites for new dressing rooms had no water, sewer and electrical service.

“It made no sense,” said Johnston. “It would have been half a million dollars.”

The other possible location was not conducive to the movement of players from the bench to the dressing rooms.

The arena has four dressing rooms. The two additional dressing rooms are in a separate location — straight off the ice surface on the west end of the complex. They will provide oppos-

ing hockey teams (Junior B teams and Midget teams) with their own space. As well, girls involved in hockey had to share dressing rooms with competing teams.

“For hosting tournaments, we felt it was better to have six dressing rooms,” said Johnston.

The lack of dressing rooms was one of the contributing factors to Arborg losing a bid to St. Malo for the Western Canadian Junior B Championships in 2013, said Johnston.

With the two new additions, Arborg will bid for the 2017 championships.

The Expansion Group raised the money for the new dressing rooms through fundraisers and by taking out a mortgage so that work could begin straightway.

The total cost of the project is \$300,000.

“We raised close to \$100,000,” said Johnston.

The Expansion Group will still have to fundraise to pay for the remaining costs. The town provided no funding.

Council said it will consult with Deputy Mayor Rob Thorsteinson (who was not present) before making a decision as to whether it will reimburse the group for removing the well.

Province launches human trafficking hotline before Grey Cup

By Austin Grabish

The province hopes a new hotline will be the lifeline for victims of sex trafficking that are looking to escape isolation and get help.

Manitoba launched a new toll-free hotline last week along with a public awareness campaign called “Buying Sex is Not a Sport,” which is running in the weeks leading up to the Nov. 29 Grey Cup.

Attorney General Gord Mackintosh said the campaign is meant to discourage sexual exploitation and human trafficking that often increases in the days leading up to major sporting events like the Grey Cup.

“The public awareness campaign will discourage potential exploiters by focusing on the damage done to people trapped by human trafficking,” Mackintosh said.

The new hotline was welcomed by Nova House executive director Anna Pazdzierski, who has worked with victims of human trafficking at the Sel-

kirk-based shelter.

She said the announcement made her think of the last victim of sex trafficking Nova House took in about five years ago. Pazdzierski said the victim was picked up in The Pas, brought to Winnipeg, where she was used, before escaping and finding refuge at Nova House.

“It was the most extreme case we’ve seen,” Pazdzierski said. “She had been held and was very badly used.”

Pazdzierski said it might surprise many, but sex trafficking, which is also known as forced prostitution, has been an issue in Selkirk over the years.

“We do know of situations in Selkirk itself where young girls are being sold for sex to adult men in Selkirk,” she said.

Pazdzierski said within the last year, she knows of one underage girl with a developmental disability that was allegedly forced by her boyfriend to have sex with other men for money.

“We always think that kind of stuff doesn’t happen in our hometown, but we know it does,” she said.

Pazdzierski said with more people in town for the Grey Cup, she wouldn’t be surprised if there was an increased demand for girls selling sex.

“I think around big events like the Grey Cup, there’s more people around that are looking for stuff that they might not be normally looking for.”

But the Winnipeg Working Group for Sex Workers’ Rights disagrees.

In a press release sent to media, the group disputed the province’s claim an increased demand for prostitution happens around the Grey Cup.

The group said the Buying Sex is Not a Sport campaign is “misguided” and wastes taxpayer dollars to address a problem that doesn’t exist.

The number for the Human Trafficking Hotline is 1-844-333-2211. It is being staffed 24 hours a day by counselors in Winnipeg.

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Arborg Collegiate graduates receive health-care bursaries

By Patricia Barrett

The Arborg and District Ladies Health Auxiliary awarded bursaries to three former Arborg Collegiate graduates that will go towards their post-secondary health-care studies.

Kelsey Stadnek, Shaina Peterson and Stacey Martin each received a \$400 bursary from the auxiliary.

"We award bursaries every year," said Vangie Bardarson, who has been a member of the auxiliary committee for eight years. "They need to have completed a year of studies before they apply so that we know they're committed to their studies."

Committed they are. The three women achieved a grade point average of 4.0 (equivalent to a mark of A) in their first year of studies at Red River College in Winnipeg.

Kelsey Stadnek is in her second year of a two-year diploma in medical laboratory sciences program, which

entails a practicum in either Winnipeg or Brandon. Upon graduation, she can work as laboratory technologist.

"I feel very honoured and privileged to have been chosen for this award," said Stadnek in a letter to Bardarson. "It will definitely help with my expenses while I complete my final year of Medical Laboratory Sciences."

Shaina Peterson is in her second year of a 32-month (four-year) nursing program. Upon graduation, she will receive a Bachelor of Nursing degree, which will make her eligible to write the Canadian Nurse Registration Exam. The exam allows new nurses to register with the College of Registered Nurses of Manitoba and to use the Registered Nurse (RN) designation.

After graduation, Peterson said she would like to work in a rural area even though her husband has a full-time job in Winnipeg.

"I would definitely like to ... move closer to home — maybe in Stonewall," said Peterson.

Stacey Martin is in the same nursing program and is also in her second year.

"I am extremely grateful for this bursary," she said in a letter to Bardarson. "And I am very happy that this group has been so generous to offer it!"



Kelsey Stadnek



Stacey Martin



Shaina Peterson

In addition to lightening the financial load health-care students assume, the dedicated efforts of the 13-member Health Auxiliary have enriched the level of care Arborg and area residents receive from their local health-care facilities.

Thanks to the generous support of businesses and individual donors, the auxiliary has raised approximately \$16,000 for health-care equipment over the past two years.

Those purchases included a much-needed mattress for palliative care patients, a change table for the public washroom, a sofa, commode and mattress for the personal care home, Christmas gifts for each resident and food for the home's spring tea.

The auxiliary also raises funds for much-needed diagnostic equipment that is often

lacking in rural areas.

In the past, residents from Arborg had to travel to Selkirk for a bladder scan. But the auxiliary — along with a private donor — raised \$6,000 for a scanner.

"The bladder scanner ... was purchased for the doctor to use on patients in the care home, hospital and clinic," said Bardarson. "We want this equipment to stay here; it belongs to our area."

The auxiliary holds various fundraisers throughout the year, such as its annual Tag Day in May, book sales, yard sales and rummage sales to help raise money for the hospital and care home.

"One lady donated her belongings when she moved the PCH," said Bardarson, "and we had a yard sale."

The auxiliary is currently in the process of purchasing

a Broda shower/commode chair that tilts and reclines and a mobile lead X-ray barrier (a full-body shield that protects a health-care professional from exposure to repeated X-rays). Those will cost about \$2,455.

The student health-care bursary applications will be available next September and awarded in October. The auxiliary puts up advertisements in towns such as Morweena, Fisher Branch, Poplarfield and Arborg. Information about the awards can also be obtained from high school guidance counsellors.

The Health Auxiliary is inviting new members to join its team. The women meet on the second Tuesday of every month at 2 p.m. in the board room at the Arborg Hospital.

"It's fun to get together and visit," said Bardarson.

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Quick action saves Eriksdale school from significant water damage

By Jeff Ward

The quick action of Eriksdale School staff and community residents likely saved Eriksdale School from significant water damage after a rupture in the school's water line caused ankle-deep water to damage the north part of the building.

At some point during the early hours of Sunday, Oct. 25, Eriksdale School began to flood from a leak in the school's main water line. The water, which got in through the school's electrical room, flooded the entire north portion of the building and severely damaged the learning centre, the daycare, the washrooms and the library. However, if not for teacher Chris Hunt working over the weekend and the quick action of school staff and volunteers who rushed to help, the damage likely would've been much worse.

"Thank goodness Chris was here that morning; otherwise, we wouldn't have known the school was flooding until Monday," said Eriksdale School principal Alison Martilla speaking about Hunt who had stopped in at the school to get some work done and noticed the water.

"[Hunt] called me and I was at the school at around 8 a.m. I called the divisional support and we started assessing the damage. We had about 15 extra volunteers come by and help us shovel water out of the school as well as our staff," said Martilla.

The cause of the leak hasn't been determined but the current thinking from Mark Parkes, director of operations and infrastructure for the Lakeshore School Division, is that the ground settling over time caused the water line to wear out. The water line has a transition from underground into the school's mechanical room

and Parkes believes that there might be a rupture there.

Once the water started to leak, it found the path of least resistance as the pressure built behind it and the water forced itself into the trench where the school's power lines are. That trench is filled with sand and leads into the electrical room, which is where the water entered the school.

"The two rooms that were significantly damaged were the learning centre and the daycare," said Parkes over the phone.

"The learning centre had two to three inches of water on the floor. Once the water was in the school, it went in a few different directions. There's a bit of a ridge in the floor in the hallway, which directed the water into the daycare. Everything that was on the floor in there was ruined."

The daycare is now gutted with parts of the drywall cut out to prevent rotting and mould. The cleanup effort will continue with the work being completed by Winnipeg Building and Decorating and Winnipeg Furniture. The Winnipeg-based company routinely handles insurance claims for fire and flood for the school division.

The damage could've been much worse and the outcomes for Eriksdale School students even more dire had there not been a few dozen staff and volunteers on hand to help with the saving of many school items. The books in the library were saved due to that effort and Parkes said that had the water been in there any longer, the entire library might've been a complete loss.

The daycare is hoping to use the Eriksdale Recreation Centre until their space is refurbished. It will need flooring, along with some cabinets and drywall work.

The learning centre is a question mark at this time as the effort to dry out the floor is still ongoing; however, Parkes is anticipating three to four weeks to get everything back into working order.

"I haven't heard any numbers yet, but it's an expensive repair. It's going to be a significant claim," said Parkes.

Classes were cancelled at Eriksdale

School on the Monday following the flooding incident but students were back in their desks the next day.

The Eriksdale Daycare is looking for new shelving to borrow for their temporary space. They need low, sturdy shelves that aren't easily tipped over. If you can help, you're encouraged to contact Cheryl Law via Facebook.

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EXPRESS PHOTO BY JEFF WARD

What was once the learning centre is now filled with boxes and fans as the room dries from the nearly three inches of standing water on the floor. With any luck, the room will be filled with students again in three to four weeks.

EXPRESS
WEEKLY NEWS

Poppy Campaigns aim to benefit communities

Staff

Manitoba's Poppy Campaign is now officially under-way.

The Royal Canadian Legion's Poppy Campaign fundraiser always begins on the last Friday of October with hopes of placing poppy blossoms on the lapels and collars of more than 19 million Canadians.

Legion branches across the country distribute poppies and funds raised go into branch poppy trust funds. These funds can only be used under strict guidelines set up by the Poppy and Remembrance Committee of Dominion Command to improve life for people in the communities where the money is raised.

The poppies are intended to honour the more than 117,000 Canadians who have died in the service of their country throughout the world.

Since 1921, the poppy has stood as the symbol of remembrance, a visual pledge to never forget those Canadians who have fallen in war and military support operations. The poppy also stands internationally as a "symbol of collective reminiscence," as other countries have also adopted its image to honour those who have paid the ultimate sacrifice.

"Wearing the poppy demonstrates our understanding of Canada's national debt of gratitude owed to all veterans," said Lt.-Gov. Janice Filmon, who was presented with the first poppy of this year's Royal Canadian Legion fundraiser at the Legislative Building in Winnipeg late last month. "It will be my honour to accept and wear the campaign's first poppy as a reminder to always remember the sacrifices so many have made for us."



REMEMBRANCE DAY

REMEMBERING with pride

NOV. 11, 2015

Interlake cadets to honour veterans on Remembrance Day

By Jeff Ward

The 158 RCACS (Royal Canadian Air Cadet Service) in Fisher Branch routinely take part in Remembrance Day ceremonies across the Interlake, and as members of the squadron explain, it can be very emotional.

The squadron, which currently has 38 cadets who come from all over the Interlake, will have five separate groups present at services in Eriksdale, Ashern, Peguis, Arborg and Faulkner. Each cadet takes an immense amount of pride in their duty-helping escort Veterans during the service, carrying flags, laying wreaths and they all take their roles

very seriously.

"The idea is to have our cadets directly assisting the veterans during the ceremonies, which re-ally instills that sense of responsibility in them," said CO Capt. Jocelyn Burzuik.

"We actually have a lot of Legions come to us and ask us for a colour party because we're now known for our cadets. Many of these veterans we honour on Remembrance Day are aging and we want to help them participate in these ceremonies because it's very important to them. [The cadets] take the idea of their preparation for Remembrance

Continued on page 14

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Remembrance Day

NOVEMBER 11



Remembering Hell

By Jeff Ward

Bill Kochie will tell you that serving in the Canadian Armed Forces was one of the most important things he's ever done, but he'll also tell you that it nearly killed him.

Kochie, now 89 years old, was just 18 years old when he landed in England in 1944. It was New Years Day and he was there to fight alongside Allied troops in the Second World War. The fighting didn't happen right away, however, as he and the rest of his squad were quarantined as soon as they got off the boat.

"There was one of us who had the mumps," said Kochie, remembering the day clearly even 71 years later.

"He was sick, and it's pretty contagious, so they locked us away for three weeks. We waited, and all of us were itching to get out there and do what we came here to do. Eventually he got better and we were rolled into Lincoln & Welland."

Kochie became a part of the Lincoln & Welland regiment after a battle had left the unit decimated. Filling in for those who had died wasn't uncommon in a war that took nearly 50,000 Canadian lives.

That knowledge didn't deter Kochie; in fact, it only bolstered his resolve. He was there to do a job — one he knew was extremely important.

"I didn't want Hitler coming over here [to Canada]. He needed to be stopped and that's why I went. That's why a lot of us went. My family didn't want me to go, but I knew it was the right thing to do."

In March of 1945, Kochie was sent to Holland and was asked to push through some farmland and take a crossroads. His company asked for an artillery bombardment to clear the area before going in on foot, but the bombardment came in short. It hit right on top of his company and wounded Kochie.

Many members of the unit were killed, and Kochie was hit with shrapnel that would have killed him had it not been for a shovel on his back.

"My CO [Commanding Officer] told me that once we got over the crossroads, I'd probably have to dig in, so I grabbed a shovel from a nearby barn. That shovel saved my life. If it wasn't on my back, that shrapnel would have cut right through my spine."

Kochie was shipped to a nearby hospital and a large hunk of shrapnel was removed from his side. He was patched up and sent back out; however, by then the war was already over.

Kochie doesn't look back fondly of his time during the war but remembers it as an integral part of becoming a man.

"The army made me the man I am today. It gave me the discipline I needed and shaped my entire life after. Even with how bad it was over there, I'd do it all again if I could."

Kochie's daughter also chose a military career path and is a captain and social services officer with the Canadian Armed Forces. Kochie turned 90 in October.



EXPRESS PHOTO BY JEFF WARD

Bill Kochie fought overseas so that he could stop Hitler from reaching the West when he was hit. He survived and is seen here holding a picture of himself in his Legion uniform.

On Remembrance Day

Honour the bravery and sacrifice of those who served, and are serving today.

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"THAT SHOVEL SAVED MY LIFE. IF IT WASN'T ON MY BACK, THAT SHRAPNEL WOULD HAVE CUT RIGHT THROUGH MY SPINE."

Remembrance Day

NOVEMBER 11

> CADETS, FROM PG. 12

Day very seriously and they want to make sure that everything they do is perfect.”

It's an awful lot of pressure to put on these young people, but not only

do they rise to the occasion, but they all relish in the opportunity to do so. Many times cadets will go into a service blind, not knowing what a Legion wants from them. Under



EXPRESS PHOTO SUBMITTED

Warrant Officer 1st Class Connor Dunitz and 158 RCACS CO Capt. Jocelyn Burzuik will be representing the squadron in Peguis during the Remembrance Day ceremony on Nov. 11.

Gimli Arbrog VETERINARY SERVICES
Gimli 204-642-8398
Arbrog 204-376-2797

CO-OP Ukrainian Farmer's Co-op

*When You Go Home
Tell Them of Us and Say
For Your Tomorrow
We Gave Our Today*



Rural Municipality of Gimli - Council and Staff



LEST WE FORGET



Rural Municipality of Coldwell - Council & Staff

Town of Arbrog
Mayor,
Council
and Staff

We Will Remember



such pressure and with the need for every-thing to go perfect, the cadets take on whatever role is needed and show respect while doing it.

“It's an occasion for us to respect the members who gave their lives. It gives us a sense of pride to respect the fallen and the members who returned,” said Warrant Officer 1st Class Connor Dunitz, who's been in cadets since he was eligible at age 12 and is now in his sixth year.

“Doing these ceremonies makes me feel Canadian, and just so proud of everyone in the squadron. This is my first year overseeing a ceremony and there is a sense of nervousness. I want to make sure nothing is done incorrectly and respect everyone properly,” noted the

17-year-old Dunitz who will be taking part in the Peguis service.

Dunitz isn't the only one who feels this way about Remembrance Day as Burzuik explains that every cadet has the same sense of pride in their roles during the ceremonies and that for many it's an emotional experience.

“Some of our cadets have family members that have served or are currently serving. They know how much is sacrificed by any Veteran,” explained Burzuik.

The 158 RCACS Fisher Branch cadets are an important part of the Remembrance Day ceremonies all around the Interlake, and help serve veterans today and properly honour the fallen.



Remembrance DAY

november 11th SERVICES

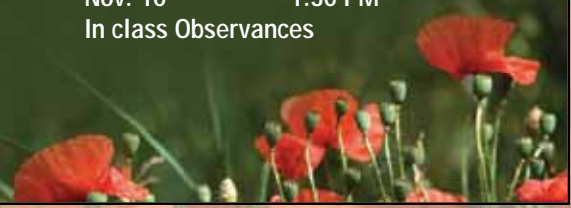
(All events open to the public)

2015 Remembrance Day Ceremonies

Legion	Location	Date	Time
Gimli BR 182	Gimli High School Gym	Nov. 11	10:30 AM
Winnipeg Beach BR 061	Legion	Nov. 11	Be seated by 10:30 AM Start by 11:00AM
Eriksdale BR 140	Eriksdale Recreation Centre	Nov. 11	10:30 AM
Ashern Legion BR 057	Ashern Legion	Nov. 11	10:30 AM
Arbrog Legion BR 161	Arbrog-Bifrost Community Centre	Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Nov. 11	10:30 AM
Camp Morton Provincial Park	Camp Morton Outdoor Service	Nov. 11	10:45 AM
Cookies & Hot Chocolate to follow the service.			

2015 Remembrance Day School Ceremonies

Lakeshore School Division	Date	Time
Alf Cuthbert School	Nov. 10	10:30 AM
Ashern Central School	Nov. 10	10:45 AM
Ashern Early Years School	Nov. 9	10:45 AM
Eriksdale School	Not available at press time	
Fisher Branch Collegiate	Nov. 10	11:00 AM
Fisher Branch Early Years School	Nov. 9	1:15 PM
Lundar School	Nov. 10	10:30 AM
Evergreen School Division	Date	Time
Arbrog Early Middle School	Nov. 10	11:30 AM
Riverton Early Middle School	Nov. 9	11:00 AM
Winnipeg Beach School	Nov 10	11:30 AM
Sigurbjorg Stefansson Early School	Nov. 9	9:30 AM
Dr. George Johnson Middle School	Nov 10	10:45 AM
Arbrog Collegiate	Nov. 10	10:30 AM
Gimli High School	Nov. 10	1:30 PM
Riverton Collegiate -	In class Observances	



Interlake hotel owner frustrated by government's take on liquor and VLT sales

By Jeff Ward

The amount of income that's lost to taxes for rural hotel owners in Manitoba has caused many to close over the last few years, and here in St. Martin, it's causing significant frustration to the owners as well.

As reported in the Oct. 29 issue of *The Express Weekly News*, Manitoba Rural Hotel Association president and owner of the Notre Dame Hotel Angelo Mondragon is upset at the province's take on liquor and VLT revenues and that these low returns for hotel owners is driving them out of business. That sentiment is also felt in St. Martin, where the St. Martin Hotel is relatively stable but the percentage that the province takes are definitely hurting the business.

"It's definitely harder to make ends meet," said Ben Eiriksson, who rou-

tinely helps with the family business owned by his mother, Rebekka.

"We buy a 30-pack for about \$38 and sell them for \$50. But the province takes close to \$10 from that and we're left with the rest. Minimum wage is now \$11 an hour so we have to sell four or five of those an hour just to break even. It can be difficult but we are still keeping the doors open."

Eiriksson isn't asking for the world and is fine with paying the taxes, but an extra two or three per cent thrown his way would make a world of difference on their bottom line. The extra income could go to things like karaoke machines or new attractions and improvements for the hotel. The owners aren't looking to line their pockets but to be able to provide a better service for their customers.

However, the government doesn't

see it that way. Ron Lemieux, provincial minister responsible for Liquor and Lotteries, said that it's not the job of Manitoba Liquor and Lotteries to pay for businesses that can't turn a profit.

"If they're struggling or having a real challenge with regard to their business, Liquor and Lotteries is not to be subsidizing them," as reported last week by *Express* reporter Austin Grabish.

That attitude is exactly what frustrates Eiriksson, who maintains that a few per cent higher would benefit his family's business and would hardly be a drop in the bucket for the government.

"One per cent could go a long way when you talk about \$600,000 in revenue. Canada has the most draconian anti-monopoly laws, and yet here in

Manitoba, we have Manitoba everything: hydro, insurance, liquor. If we find a better price for these items, the province basically says 'Too bad. Go out of business if you don't like it,'" noted a frustrated Eiriksson.

While Mondragon plans to sell his hotel, Eiriksson says his family hasn't entertained that idea yet and likely won't.

"IF WE FIND A BETTER PRICE FOR THESE ITEMS, THE PROVINCE BASICALLY SAYS 'TOO BAD. GO OUT OF BUSINESS.' "



Shop local this holiday season: Selkirk & Interlake Craft Sale Listing!

Looking to start or finish your holiday shopping? Look no further! Find local crafters & sales this holiday season with our handy dandy craft sale listing. There are so many craft fairs, bake sales and artisans' markets in the lead up to Christmas! Christmas markets are a fun and affordable way to get into the holiday mood and tick some "to do's" off your list.

<p>Mall in The Hall Annual Christmas Craft Sale Sat. Nov. 7th 10 am - 3 pm Teulon Rockwood Centennial Centre Admission \$2 greenacresartcentre.org</p>	<p>WITC Christmas Craft Sale Sat. Nov 7th 10 am - 4 pm Warren Collegiate Gym 119 McDonald Ave. Admission \$1</p>	<p>Fraserwood Hall Craft, Trade, & Bake Sale Fraserwood Hall Sat. Nov. 14 10-3 pm 204-642-9392</p>	<p>Craft/Vendor Sale & Breakfast with Santa Sat. Nov 14th 9 am - 4 pm Woodlands Hall \$2 Admission 204-383-5273</p>	<p>Festival of Trees & Craft Sale November 14 & 15 10:00 am - 3:00 pm Selkirk Rec. Complex (Banquet Hall) 180 Easton Drive. 40 Table Craft Sale 10:00 am-3:00 pm More info: Jaimie 204-482-4636 or jkazuk@cityofselkirk.com</p>	<p>Victorian Tea and Vendor's Treasures Sunday Nov 15th 11-4 pm at the Red Barn (Hwy 236 & Rd 75N) Admission \$2. Tea room lunch \$7. Tea cup reading \$15. Info at 204-467-5778/ 204-633-2238</p>	<p>Winterfest Craft Sale Nov 20 2-8 pm, Nov 21 10-3 pm Teulon Hall, Teulon, MB Admission \$2, Kids under 12 free www.teulonfarmersmarket.com</p>	<p>Stony Mountains 2nd Annual Holiday Rush Open House November 21 10am-3pm Stony Mountain Rec Centre Admission \$1 (12 & under free) or a tin for the bin</p>
<p>Eriksdale Museum's Christmas Craft & Home Based Business Sale Location: Eriksdale Recreation Centre Sat. Nov. 21st 11-3 pm (204) 739-8002</p>	<p>Stonewall Legion Seniors' Club Craft Sale Sat, Nov 21st 10am-3pm Stonewall Legion Hall 459 Main Street Free Admission Silent Auction -Lunch</p>	<p>Ashern Country Christmas Craft Sale Ashern Centennial Hall Nov. 27 10:00 am - 7:00 pm Free Admission (204) 768-2187</p>	<p>Lundar Christmas Craft Sale Lundar Community Hall Sat. Nov. 28 11 am - 3 pm (204) 762-5525</p>	<p>New Iceland Heritage Museum Christmas Craft Sale New Iceland Heritage Museum Gimli (Free Admission) Fri Nov 27 4-9pm Sat. Nov 28 11-6pm (204) 642-4001</p>	<p>VENDOR Tupperware *Home Parties * Earn free/discount Tupperware * Have Fun Call Danna Shannon 204-461-0987 danna_shannon@hotmail.com</p>	<p>VENDOR Pretty Things by Joy Unique ladies wear & accessories, Xmas décor & handpainting. Great gifts at affordable prices. Joy (204) 785-8725</p>	<p>VENDOR The Pampered Chef Great Quality Kitchen Tools Michelle 204-485-4272 stoneware@shaw.ca</p>
<p>Friends of the Library Craft Sale November 28 10am - 3pm Gaynor Regional Library Silver Collection Silent Auction All money raised goes towards Teen and Children Programs</p>	<p>16th Annual Christmas Craft and Trade Fair Dr. George Johnson Middle School Saturday, November 28th 10 am - 3 pm 55-3rd Avenue, Gimli, MB Admission - FREE</p>	<p>4th Annual Riverton Christmas Market Riverton Hall Santa's Corner with Special Friends Fri. Dec. 4th 5-10pm Call/text to register (204) 641-1051</p>	<p>2nd Annual Arborg Christmas Market Arborg Hall Santa's Corner with Special Friends Fri. Dec. 11th 5-10pm Call/text to register (204) 641-1051</p>	<p>VENDOR Ice119 Collectibles 204-228-0523 Location Calendar: www.ice119collectibles.com Sports Collectables, Clothing & More!</p>	<p>VENDOR Molly's Creations Come and get your Xmas supplies! Jams, Jellies, Pickles, Kitchen Towels and hopefully Perishky. 204-467-9798</p>	<p>VENDOR Rosemary's Creations Quilting, Alterations and Custom Sewing Phone 204-738-3121 Email: roseysquilt@gmail.com</p>	

Zebra mussels found at Selkirk generating station

By Brandon Logan

It's not just wildlife that's feeling the ill affects of zebra mussels but also intake pipes attached to waterways.

According to Scott Powell, manager of public affairs for Manitoba Hydro, zebra mussels were found roughly a month ago on a screen that covers an intake pipe leading into Selkirk's generating station.

"This was the first time we actually found any," Powell said regarding mussels on the screen. "About a month ago, we discovered two or three zebra mussels on an intake screen covering a pipe that draws water from the Red River to the generating station. We have been monitoring for zebra mussels since the late 1990s at our generating stations on the Winnipeg River and at Selkirk."

The aquatic invasive species have taken over the Red River, Lake Winnipeg and other waterways in Manitoba in recent years, which led the provincial government to double its investment in their fight against them early last week.

Along with a reduction in fish populations for recreational and commercial anglers and dead mussels washing up on Manitoba's iconic beaches, the mussels' negative effects also include "accumulation on boats and water-borne equipment and infrastructure like docks, intake pipes and



EXPRESS PHOTO BY BRANDON LOGAN

Zebra mussels were found a month ago on the intake screen covering pipes leading into Manitoba Hydro's Selkirk Generating Station. With the invasive species now firmly implanted in the Red River and Lake Winnipeg, the provincial government doubled its investment last week in the fight against the mussels.

hydro-power intakes," noted the province.

While it is a slight concern that mussels are now being found on the intake pipe's screen at the generating station, Powell said Manitoba Hydro is taking all precautions to make sure none of the invasive species end up in equipment.

"While they were on the intake screen, they have not been found on or in any operating equipment as of yet," Powell said. "We are continuing to monitor for their presence and have expanded our monitoring into other bodies of water, including Playgreen and Cedar lakes, working in close collaboration with Manitoba Conserva-

tion through the Coordinated Aquatic Monitoring Program (CAMP)."

Manitoba Hydro has also brought in a zebra mussel expert to notify them of high-risk areas where improvements can be made to keep the mussels away.

"We are also working with a consultant who specializes in zebra mussel control and remediation to identify high-risk locations and systems at each of our facilities and then develop appropriate control measures for those systems," Powell added.

Conservation and Water Stewardship Minister Tom Nevaushonoff also noted the negative affects the invasive species can have not just on wildlife and people but also industries like Manitoba Hydro.

"Based on experience in other places, we know that zebra mussels can have negative effects for industry, cottagers, beachgoers, boaters and fishers," Nevaushonoff said in a release. "We believe that the health of Lake Winnipeg is worth fighting for and with these investments, we will help Manitobans learn more about zebra mussels and what they can do to help prevent the spread in the province."

To report a zebra mussel or any other AIS from a location, take pictures and visit the website manitoba.ca/sto-pais or call 1-87-STOP AIS-0 (1-877-867-2470).

WHO says processed meats, linked to colorectal cancer

By Jeff Ward

A cattle farmer with 40 years' experience isn't worried about the potential fallout of the beef industry as a World Health Organization (WHO) report linked red and processed meats to cancer.

The report, which was released on Monday, Oct. 26, mentioned that red meats are now categorized as Group 2A, which means that they are "probably carcinogenic to humans," and that processed meats are now categorized as Group 1, which means that they are "carcinogenic to humans." The news is shocking when you consider that other Group 1 carcinogens are also tobacco smoking and asbestos.

This report comes after an extensive analysis of 800 studies on cancer deaths and found that for every 50-gram portion, which is around two slices of bacon, of processed meats you eat daily, your risk of colorectal cancer goes up by 18 per cent. The WHO International Agency for Research on Cancer (IARC) analyzed data from more than 800 studies in total to build this report.

Red meat refers to all mammalian muscle meat including, beef, veal, pork, lamb, mutton, horse and goat. And processed meats refer to meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavour or improve preservation.

"It's going to scare producers for sure," said Dennis Rawluk, who's been in the cattle industry for 40 years and recently sold his farm to his two sons.

"As cattle producers, though, there's not much we can do except keep producing. I don't really think we'll see a big effect on the industry here. There will be those who agree and stay off beef, but this will run its course and things will go back to normal."

Rawluk isn't the only one who feels this way, as many business analysts

aren't forecasting a drop in sales over this. These food scares haven't really shown a drop in consumption of the food. Even with the XL Foods E. coli incident in 2012, there was no noticeable drop in consumption.

"With XL, we thought [a drop in consumption] might happen, but if it did, it was very short," said Ron Davidson, director of the Canadian Meat Council, speaking with Andre Mayer of CBC News.

The IARC has labelled both processed meats and red meats as cancer hazards, and there's an important distinction between cancer hazards and

cancer risks.

"The cancer risk related to the consumption of red meat is more difficult to estimate because the evidence that red meat causes cancer is not as strong," says the Q & A section on the

WHO website in regard to this report. The connection between colorectal cancer and these meats hasn't yet been proven to be causal.

"This is where it gets frustrating because I feel they should do more studying and not pinpoint it so quickly," said Rawluk, who feels the WHO jumped the gun a bit in their report.

"I think it's overkill. Someone made this report and made it way worse than it is. More research needs to be done here."

The IARC report left a lot to be desired in terms of causal information. The IARC isn't telling people to stop eating meat and hasn't ascertained how much meat is safe to eat. The report also can't ascertain whether or not these risks increase or decrease based on age or gender and also had no data on the health effects to those who've already had cancer.

The old adage of "everything in moderation" might be the best way to approach eating processed and red meats going forward.

The IARC working group was composed of 22 experts from 10 countries.

"I THINK IT'S OVERKILL. SOMEONE MADE THIS REPORT AND MADE IT WAY WORSE THAT IT IS."

Lundar teacher using the game of hockey for education

By Jeff Ward

In an effort to present a curriculum in a new and interesting way, a Lundar School teacher is using the game of hockey to help develop strong literacy and numeracy skills with his students.

It may seem a bit strange to use a game as a teaching aid, but when you look at it from the teacher's perspective, it begins to make a lot of sense.

This is the first year the Lundar School has offered this Grade 10 course, which takes place at 9 a.m. each day. So far, students seem more engaged and ready to learn. Usually these lessons of math, history, statistics and even physics, would be stuck in an old textbook. But now under the tutelage of Rory Tycoles, these skills are presented in a way that's just plain fun.

"I have a student that, before this course, would attend maybe once a week, and now they're here every day," said Tycoles, who created the hockey course in the spring of 2015.

"One of the reasons the class is the first one of the day is because we want students to come first thing in the morning and I hope that this class will

help them be more engaged throughout the day."

Now more than ever, sports are a numbers-driven activity. Calculations of save percentages, time of possession and time in the neutral zone are all part of large mathematical equations that give teams a deep picture of how they're performing.

Once they understand the formulas for these equations, the students move on to understanding how to analyze what that data means. If my goaltender has a lower save percentage on his glove side, then we can get the coaching staff to work with the player and figure out what the problem is. Maybe those shots are high or the velocity is too fast for the goaltender to keep up. Each of these questions has an answer and one that can

"FOR SOME STUDENTS, IT'S HARD TO GET THEM TO SCHOOL, BUT ONCE THEY'RE HERE, THEY'RE MORE LIKELY TO STICK AROUND."

be valuable leverage.

So far, students have done research on the history of hockey and are doing presentations in class on given topics. They've looked over the rules and are even doing officiating of lunch hour games. Come November, they will be on the ice getting more hands-on experience.



EXPRESS PHOTO BY RORY TYCOLES

Lundar School Grade 10 students are getting their numeracy and literacy lessons while studying the game of hockey, thanks to a new program being implemented by teacher Rory Tycoles.

"I want the students who are engaged to have fun and the students who aren't engaged normally to get engaged. We'll even talk about the off-ice presence of the game when we get into our community involvement section. For some students, it's hard to get them to school, but once they're here, they're more likely to stick around. Hopefully, through this program, we can get them here first thing," said Tycoles.

Education isn't about opening a textbook and memorizing the contents.

It's about having the information mean something to the students and making sure that they understand the practical nature of what they've learned. Getting students to care about things like fractions and percentages might be harder than ever before. By presenting that information in a new exciting way, students might engage more and retain that information better.

Tycoles plans to create a baseball version of this course for the spring of 2016.

Province unveils tougher measures to combat zebra mussels

Staff

The province has finally put legislation that makes it illegal to transport zebra mussels into force.

On Monday, Conservation and Water Stewardship Minister Tom Nevakshonoff said new aquatic species legislation under the province's Water Protection Act had become law.

The legislation means it's now illegal under provincial law to possess, transport or release invasive aquatic species in the province.

It requires anyone who finds an aquatic invasive species outside a water body where they are already known to exist to report it to the province.

And the legislation also requires boaters to stop at watercraft inspection stations.

The stations have been set up since last summer at docks across the province, but up until Monday, boaters



EXPRESS FILE PHOTO BY AUSTIN GRABISH

It is now illegal under provincial law to possess or transport zebra mussels in Manitoba.

weren't required by law to stop.

"This legislation will add to a number of measures already in place

specifically aimed at preventing the spread of zebra mussels," Nevakshonoff said. "There are many challenges to prevent the introduction and

spread of aquatic invasive species in Manitoba, such as zebra mussels, and we need to continue to sharpen and strengthen the tools in place as well as the co-operation of all those who use our waters."

Zebra mussels are already in several parts of Lake Winnipeg and the Red River. The province wants boaters to clean, drain and dry their watercrafts with hopes the mussels won't spread to other lakes.

The principles of clean, drain, dry and dispose are now law and must be completed when leaving any water body in Manitoba, Nevakshonoff said.

Fines for not complying with the new legislation start at \$250 and reach as high as \$100,000.

Anyone who sees a zebra mussel or another invasive species is asked take pictures and call 1-877-867-2470.

Caribbean storm victims benefit from variety night

By Patricia Barrett

A variety night fundraiser held two weeks ago in Gimli to help survivors of a tropical storm in the Caribbean raised approximately \$2,000.

The Winnipeg Beach couple who organized the event have already sent food, clothing and other basic necessities to Petite Savanne, a village on the southwestern coast of Dominica.

"Eight barrels have been sent already," said Velma Darroux, whose husband Lincoln was born and raised in Petite Savanne. "And we're sending four more next week."

Lincoln lost a number of family members in the devastating mudslide that hit the village Aug. 27.

"He says, 'I can't believe they're gone,'" said Darroux. "Without closure, it makes it harder."

The couple haven't travelled to the island since the storm because there would be little they could do.

"He wishes he was there helping," said Darroux. "But it doesn't make sense for us to go. We'd be in the way and just be more mouths to feed."

Dominica, a former British colony of about 70,000 people, is part of a Caribbean archipelago that stretches between Venezuela and Cuba. Strong winds and excessive rain destroyed homes, washed out roads and caused landslides.

Petite Savanne was particularly hard hit by Tropical Storm Erika. It suffered a devastating mudslide that demol-

ished homes and killed at least 27 people, many from the same family, according to reports issued from the area.

Those made homeless are currently housed with family or friends, said Darroux, or in a grammar school in Roseau, the capital city on the opposite side of the island.

The Darrouxs have been travelling to Winnipeg to buy supplies with the money raised from the variety night.

"Lincoln and I went to Superstore and picked up rice, sugar, canned goods, peanut butter, toiletries, powdered milk and 50-pound bags of flour," said Darroux, who is the administrative assistant to the superintendent's department at Evergreen School Division.

"We ship it by truck to Florida," said Darroux, "and it takes about a month to get there."

In addition to the money raised from the variety night, individuals have been donating gently used clothes, shoes, bedding, towels and canned food, she said.

The variety night was held at the Lakeview Resort in Gimli.

Area entertainers such as guitarist Jay Ewert, a teacher at Winnipeg Beach School, and guitarist Thomas Kowalchuk, principal at Riverton Collegiate, played a number of tunes, as did guitarist Michael Cherlet, former head of Gimli High School's band program, and saxophonist Rob Chrol,



EXPRESS PHOTO SUBMITTED

Lincoln and Velma Darroux helped organize a variety fundraiser to support survivors of a tropical storm in the Caribbean in August.

the school's current band teacher. Celtic and country band Thistle-Tyme Showband from Inwood also performed.

"It was very successful," Darroux said.

It's unlikely that Petite Savanne can be rebuilt. Roads and houses were completely washed away. But those who escaped damages will remain.

"Where do you go when you live on

an island?" said Darroux.

The couple is grateful for all the help they received from donors in Winnipeg Beach and in surrounding areas such as Gimli. Businesses in Winnipeg also contributed to the fundraiser.

"We'd like to thank all the people who came out to support us and the businesses that donated to our silent auction," said Darroux. "They made it a success."

New supports for victims of family violence

By Brian Bowman

To help victims of family violence access support services when they're needed, the Manitoba government is introducing new resources and will make it easier for those at risk to obtain protection orders, Attorney General Gord Mackintosh and Family Services Minister Kerri Irvin-Ross announced Monday.

"Recent events, including the tragic death of a young woman, have shown protective orders aren't always as accessible as they should be," said Mackintosh. "We want to hear from Manitobans who've had experience applying for protection orders. With their help and through consultations with police, justice officials and community groups, we will improve the process and better protect Manitobans who are at risk of family violence."

"When someone needs help, it is essential they know where to get help as quickly as possible," said Irvin-Ross.

"Recognizing that each person's situation and needs are different, we are expanding and strengthening the range of resources throughout the province."

Until Nov. 27, the Manitoba government will seek feedback through an online questionnaire from individuals who have applied, or helped someone else apply, for a protection order, Mackintosh said.

The feedback will help guide future legislative changes to strengthen the Domestic Violence and Stalking Act, particularly the provisions related to issuing protection orders, the minister added.

The ministers also announced the consultations as part of Domestic Violence Prevention Month, launched at a meeting of the Family Violence Consortium of Manitoba. The Manitoba government will provide the consortium with \$50,000 to design and implement a public awareness cam-

paign over the next year, focused on family violence prevention.

"Often the link to safety and to hope for individuals and families caught in the cycle of violence is the valuable work provided by the 37-member agencies of the Family Violence Consortium of Manitoba," said Glenda Dean, consortium co-chair. "We take this responsibility seriously and will continue to work on behalf of those people, who reach out to us when they need it most."

The ministers noted the Cellphone Emergency Limited Link-up (CELL) program will be enhanced to better serve people at high risk of domestic violence and stalking. The program will receive 55 new mobile phones this year, which will be made available at no cost to individuals at risk.

Victim safety will be further enhanced with five new two-way devices that allow the user to call for help by pressing a button instead of calling

911. When activated, the device notifies local police and provides them with information about the individual's safety risks related to domestic violence, allowing the person to be located as quickly as possible during a potentially dangerous situation. The devices operate on a secure network to prevent offenders from hacking the system to find their former partner.

A new information-sharing process between the Office of the Chief Veterinarian and victims services has been established, based on the link between animal abuse and domestic violence, the ministers noted.

If an animal protection officer observes any signs of possible domestic violence while investigating an animal abuse complaint, this will be quickly shared with victims' services so they can reach out to offer support and referrals, where appropriate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Peguis pounds Selkirk in KJHL matchup

By Brian Bowman

The Peguis Juniors exacted some revenge on the Selkirk Fishermen last Sunday afternoon.

After losing last year's Keystone Junior Hockey League final to Selkirk, Peguis gave Selkirk a little bit of payback with a solid 6-2 home win over the Fishermen.

Peguis wasted little time in this one, scoring four first-period goals to take a commanding 4-0 lead after 20 minutes.

Shaquille Houle scored the first two goals of the game and then Keevan Daniels-Webb and Devon Garson tallied to put the home side up four goals.

Connor Spratt and Jeremy Pachkowsky scored for Selkirk in the second period while Theoren Spence replied for Peguis.

In the third, Waylon Neault closed out the game's scoring with his 11th goal of the season. He currently leads the KJHL in points with 20 through seven games.

Keifer Tacan made 30 saves for the win.

On Halloween night, Peguis put a major scare in both Norway House North Stars' goalies as the Juniors delivered 60 shots on goal.

Fourteen of those shots found the back of the net as Peguis cruised to a convincing 14-1 victory.

Neault led Peguis with three goals and three assists while Matthew Cameron also had a hat trick and two helpers. Jesse Flett (two), Daniels-Webb (two), Donovan Tanner (two), Houle and Ian Sutherland also scored for Peguis.

Garson had four assists.

With the lopsided win, Peguis is now 7-1 and in first place in the North Division standings with 14 points heading into this week's slate of games.

The Fisher River Hawks also had a chance to improve their scoring stats with an 11-2 win over Norway House on Sunday afternoon. Fisher River outshot Norway House 76-25.

Josh Bealieu had three goals and four assists while Johnny Bealieu chipped in with three goals and five points.

Dominic Laquette, Jared Thickfoot, Ty Stevens,



EXPRESS PHOTO BY LANA MEIER

Peguis' captain Devon Garson helped his team defeat the Selkirk Fishermen 6-2 last Sunday and Norway House 14-1 on Oct. 31. Garson had a goal and four assists in the two games.

Gavin Mason and Tyler Kemball also scored for the Hawks. Ryan Bruyere made 23 saves for the win.

Last Friday, Fisher River was defeated 7-4 by the St. Malo Warriors.

St. Malo erased a 4-3 third-period deficit with four

unanswered goals.

Brennan Cochrane scored a power-play and short-handed goal for Fisher River. Evan Thickfoot, on the power play, and Keenan Mason (shorthanded) also scored for the Hawks.

Midget Lightning lose three road games last week

By Brian Bowman

The Interlake Lightning had a tough time on the road last week.

Interlake lost all three games — and were outscored 22-3 — in Manitoba AAA Midget Hockey League play.

The Lightning wrapped up their week with a disappointing 8-2 road loss to the Parkland Rangers on Sunday afternoon in Dauphin.

Branden Storey and Bradyn Smelski scored for Parkland in the first period and then Andrew Liwiski, Jaden Townsend, Dustin Mozdzen, Braydee Prokopchuk and Riese Gaber tallied in the second.

The Lightning's Blaze Senden and Riley Vautour scored 10 seconds apart in the second period to cut Parkland's lead to 5-2.

Kieran Raknerud then closed out the scoring early in the third period.

On Halloween night in Brandon, the Lightning lost 4-1 to the Wheat Kings.

Brandon took a 3-0 lead by the 5:41 mark of the second period on goals by Sam Huston, Brett Paddock and Hunter Goodon.

Interlake cut into that lead when Jordan Kristjan-son tallied an unassisted goal with the man advantage. Brendan Kokorudz then iced the game with an

empty-net goal at 19:10 of the third.

The Wheat Kings outshot the Lightning 36-14, including 28-7 through the first two periods.

On Oct. 28, the Lightning was blanked 10-0 by the first-place Eastman Selects in Beausejour.

Brad Goethals, a Selkirk Steelers' prospect, led Eastman with four goals while Kolten Kanaski (two), Kayle Tosh, Matt Osadick, Braeden Binda and Will Middleton also tallied.

Interlake will play the struggling Pembina Valley Hawks (1-9) on the road Saturday (8 p.m.) and then will host the talented Winnipeg Wild (9-1-1) on Sunday (2 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs win two of three KJHL games recently

By Brian Bowman

The number seven was both a lucky — and unlucky number — for the Arborg Ice Dawgs last week.

After scoring seven goals in a pair of wins, Arborg then coughed up seven goals in a 7-3 home loss to the St. Malo Warriors on Sunday.

Cory Kuldys, Jesse Chupka and Travis Kilbrei scored for Arborg in the loss.

Last Friday, Arborg skated past the Lundar Falcons 7-4.

Arborg took a 1-0 first-period lead on a goal by Joshua Boone and then made it 5-0 with second-period goals from Nico Morrow-Litke, Spencer Kilbrei, Cal Finnson and Travis Kilbrei.

Two of those goals came with the man advantage.

This game was far from over, though, as Lundar made the game interesting by scoring four consecutive goals.

Braden Lussier tallied late in the second period and then Bryce Horning and Trent Laycock netted power-play goals.

Lundar's Landen Gray, a very good high school player with the Warren Collegiate Wildcats, made it a one-goal game but Arborg iced the game with late goals from Morrow-Litke and Finnson.

On Oct. 28, the Ice Dawgs outscored

the North Winnipeg Satellites 7-5 in Arborg.

Trailing 5-3 in the third period, Arborg scored four unanswered goals — two of them shorthanded — for the comeback win.

Spencer Kilbrei scored an even-strength goal at 6:34 of the third and then Connor Jonasson and Travis Kilbrei netted short-handed markers just 55 seconds apart midway in the period to give Arborg a 6-5 lead.

Kuldys then closed out the scoring with an empty-net goal with 42 seconds remaining in the game.

Colton Davies, and Kuldys scored first-period goals for Arborg while Nico Morrow-Litke tallied in the second. Kuldys finished the game with four points.

Derek Ramage, Parker Cassie, Colin Yarchuk, Kyle Grand and Glen Paupanekis scored for North Winnipeg.

Jon Narverud made 37 saves for the win.

Arborg hosted Lundar this past Wednesday but no score was available at press time. The Falcons will have a pair of home games this weekend.

North Winnipeg will visit Lundar on Friday while the Norway House North Stars will come to town Saturday.

Both games have 8 p.m. puck drops.



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' captain Cory Kuldys had two goals and two assists in Arborg's 7-5 win over the North Winnipeg Satellites at home on Oct. 28.

Lightning looking to strike



EXPRESS PHOTO BY LANA MEIER

Arborg's Jamie Johnson (21) battles in front of her team's net at the VMSC last Thursday. The Interlake female AAA Midget team was defeated 6-0 by the Winnipeg Avros and 5-0 by the Norman Wild on Sunday. The Lightning will host the Pembina Valley Hawks at 5 p.m. on Saturday at the VMSC.

Manitoba Hockey Standings

MANITOBA JUNIOR

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	16	15	1	0	30	62	21
Winkler Flyers	16	12	3	1	25	68	34
Steinbach Pistons	15	10	4	1	21	64	41
Winnipeg Blues	17	8	6	3	19	65	49
OCN Blizzard	18	8	8	2	18	61	68
Virten Oil Capitals	14	8	6	0	16	44	35
Dauphin Kings	13	6	7	0	12	48	54
Selkirk Steelers	13	6	7	0	12	48	58
Neepawa Natives	16	5	11	0	10	32	84
Swan Valley Stampeders	17	4	11	2	10	39	64
Waywayseccappo Wolverines	15	3	10	2	8	38	61

KEYSTONE

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
South Division							
Selkirk Fishermen	8	6	2	0	12	30	20
Arborg Ice Dawgs	9	5	4	0	10	46	33
St. Malo Warriors	7	3	2	2	8	27	31
Lundar Falcons	7	3	3	1	7	26	28
North Winnipeg Satellites	6	1	5	0	2	14	25
North Division							
Peguis Juniors	8	7	1	0	14	62	26
OCN Storm	6	6	0	0	12	32	13
Cross Lake Islanders	6	3	3	0	6	41	33
Fisher River Hawks	8	2	6	0	4	41	46
Norway House North Stars	9	1	8	0	2	27	91

AAA MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Eastman	13	12	0	0	25	70	20
Wild	12	10	1	0	21	44	15
Thrashers	11	9	1	1	19	59	19
Yellowhead	11	6	2	0	15	31	29
Brandon	10	6	4	0	12	30	22
Central Plains	10	5	3	0	12	36	27
Kenora	10	5	4	1	11	36	37
Interlake	11	5	6	0	10	32	46
Southwest	10	4	5	0	9	36	42
Parkland	11	3	8	0	6	34	55
Pembina Valley	11	1	9	1	3	17	52

AAA CITY MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	8	7	1	0	14	51	22
Winnipeg Hawks	8	5	2	1	11	41	34
Winnipeg Warriors	7	5	2	0	10	29	17
Eastman Selects	10	5	5	0	10	32	34
Winnipeg Sharks	7	3	3	1	7	28	28
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0
Interlake Lightning	10	0	10	0	0	17	63

AAA BANTAM

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	8	8	0	0	16	40	16
Winnipeg Sharks	9	4	3	2	10	33	33
Winnipeg Warriors	6	4	1	0	9	44	11
Winnipeg Hawks	7	3	4	0	6	24	20
Eastman Selects	7	3	4	0	6	24	25
Interlake Lightning	6	1	5	0	2	12	22

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Try something new this winter. Stained glass, fused glass and mosaic weekend classes in our studio in Winnipeg. Glass making supplies. Visit: www.prairiestudioglass.com or CALL 204-783-1117.

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MISSING

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Box 555 Arborg, MB R0C 0A0
Fax: 204-376-5379
Email: tom.abprc@mymts.net

RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

TAKE NOTICE that the Regular Meetings of the Council of the Rural Municipality of Gimli will be re-scheduled for November and December 2015, as follows:

- Thursday, November 12, 2015, commencing at 6:30 p.m.
- Thursday, November 26, 2015, commencing at 6:30 p.m.
- Wednesday, December 16, 2015, commencing at 6:30 p.m.

Dated at Gimli Manitoba, this 26th day of October, 2015

Joann King, CMMA
 Chief Administrative Officer
 Rural Municipality of Gimli

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take a break

> GAMES

SUDOKU

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

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!

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!

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

Sudoku Answer

Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Cronkite's network
- 4. Fire insect
- 7. Gas usage measurement
- 10. Express pleasure
- 11. Humbug
- 12. Every
- 13. Capital is Valletta
- 15. Copycat
- 16. Bound book sheets
- 19. Steps to an upper floor
- 22. Local school organizations
- 23. Old English
- 24. Atomic #73
- 25. Cheerless
- 26. The bill in a restaurant
- 28. Singer ___ Lo Green
- 30. Domesticated
- 33. Mammary gland of a cow
- 37. Honorable title (Turkish)
- 38. Alias
- 39. Emblem of a clan
- 42. Edouard __, Fr. painter
- 44. Short-term memory
- 46. Used to speak to the Queen
- 47. Vertical spar for sails
- 50. Expresses surprise
- 52. Morning
- 53. A long narrative poem
- 57. Minor punishment
- 61. Ice or roller
- 62. GE founder's initials
- 63. Moses' elder brother
- 64. Beak
- 65. A major division of geological time
- 66. Fuss & bother
- 67. Young women's association
- 68. Feeling sorrow
- 69. Straggle

CLUES DOWN

- 1. Bog arum lily
- 2. Thin plain-weave cotton fabric

	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			59			60				
61										62			63		
												64			
										65					66
														67	
										68					69

- 3. Thick rough piled carpet
- 4. A way to lessen
- 5. Amazon river tributary
- 6. Larceny
- 7. Make ale
- 8. Begged
- 9. White of egg
- 13. Road travel guide
- 14. Aircraft tail
- 17. Italian monk title
- 18. Sino-Soviet block (abbr.)
- 20. Goblin
- 21. A baglike structure in a plant or animal
- 27. Date
- 29. I, Portuguese
- 30. Design on the skin
- 31. Time before
- 32. Free from gloss
- 34. V.P. Quayle
- 35. Supplement with difficulty
- 36. Tell on
- 40. Landed properties
- 41. Metric ton
- 42. One thousandth of an ampere
- 43. Former ___ Hess, oil company
- 45. Siemens conductance unit
- 46. Woman (French)
- 47. More (Spanish)
- 48. Request
- 49. Group jargon
- 51. Stakes
- 52. In advance
- 54. Yiddish meat pie
- 55. Equal, prefix
- 56. Box (abbr.)
- 58. Having nine hinged bands of bony plates
- 59. Scarlett's home
- 60. S. branch of the Lower Rhine

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Get The Job Done!

Celebrating Halloween across the Interlake

By Patricia Barrett

Students and teachers across the Evergreen School Division celebrated Halloween last Friday with costume parades, a dance and a magic show.

Riverton Early Middle School held a costume parade. Kids dressed up in a variety of neat costumes and gathered in the gymnasium. Winnipeg Beach School also held a costume parade. Teacher Jay Ewert donned a Donald Trump costume, and educational assistants Colleen Dola and Dana LaRocque dressed up as "Super EAs."

Dr. George Johnson Middle School in Gimli held a dance. "The kids got so hot in their costumes," said teacher Patti Stouffer, who recently won a Loran Teachers Building Leaders Award, "that they had to go lie on the floor outside the gym to cool off."

At Sigurbjorg Stefansson Early School in Gimli, grades 3 and 4 students in Mrs. Magnusson's class joined in the festivities. One student dressed as a Winnipeg Jet. Students went to Gimli High School to see a Halloween Magic Show.



get inspired

> MEAL IDEAS

Traditional Barbering Alive and Well in Lundar

Lloyd Holm, grandson of long time Lundar barber, the late Guy Trudel, is taking up the straight razor and carrying on the family tradition. He's completed his schooling and certification and joins his wife and business partner Marnie Holm who's been operating under Marnie Holm salon for many years.

The two are expanding, offering a full line up of barbering services, and a men's grooming line.

Even more exciting, the two are manufacturing their own line up of bath, showering and shaving products. Because they manufacture and sell direct to the consumer, there's a margin built in of 40% for groups looking for an innovative fundraiser.

Marnie Holm is a licensed cosme-

tologist with 25 years experience. She knows harsh chemicals, frigid winters, and hot summers can take a toll on your skin. So she wanted to develop her own bath and body products that nourish and protect your skin.

The all natural products are a win for everybody. The consumer gets a high quality product with ingredients they can pronounce. The Fundraising organization raises money, and the Holm's can still turn a profit for their efforts.

Visit bombymanitoba.ca to find out how bath bombs can raise money for your group. And visit the Lundar Barber Shop and Marnie Holm Salon where they make folks look and feel great!

-Advertorial

5-Layer Hummus Dip



Ingredients

- 1 cup reduced fat sour cream
- 1 teaspoon fresh lime juice
- 2 tablespoons finely chopped cilantro
- 2 ripe avocados; pitted and peeled
- 10 ounce container Sabra

Supremely Spicy Hummus

- 1 cup reduced-fat shredded cheddar cheese
- 1 14-ounce container Sabra

Roasted Garlic Salsa

Preparation

In small bowl, whisk together sour cream, lime juice and cilantro. Set aside.

Mash avocados in medium bowl, then whisk until smooth.

Spread hummus in even layer on bottom of small baking dish. Sprinkle cheese evenly over hummus. Dollop avocado, sour cream mixture and salsa over cheese in layers, spreading each layer with spatula before adding next ingredient.

Cover and chill for at least 30 minutes. Serve with crispy tortilla or pita chips.

Serves 12
Source Sabra

Roast pork, salsa and Monterey Jack sandwich



- 4 crusty bread rolls or 8 slices of multi-grain bread
- 4 lettuce leaves

- 8 slices roast pork or sodium reduced ham
 - 4 slices (3.5 oz/100 g) of lower fat Canadian Monterey Jack or 4 slices (3 oz/85 g) of regular Canadian Monterey Jack
 - 1/2 cup (125 mL) store-bought salsa
- Directions

Cut bread in half.
Top bottom half with lettuce, ham and Monterey Jack.
Spread top half with salsa.

The Skill: Taking Your Eating Habits on the Road



Part 1:

The Challenge: In many cultures around the world today, eating is done primarily at home, so food exists in a controlled environment. We're a society that's on the move, which means many of our meals are prepared by other people.

The Right Response: We don't control the weather, but we can carry an umbrella and wear a raincoat. Plan for your meals the way you would prepare for rain.

The Relevant Skills: Taking control of your eating habits at work; developing a personal food policy for eating out; decoding restaurant menus; questioning your server and making healthy requests; maintaining control of your eating and drinking while socializing; standing up to food pushers; and sidestepping sabotage or turning it into support.

There's a famous restaurant scene in the movie *When Harry Met Sally*. I'm not talking about "I'll have what she's having!" I'm referring to the one early in the movie where Sally (played by Meg Ryan) and Harry (played by Billy Crystal) are hav-

ing lunch at a diner while driving from the University of Chicago to New York City. Harry orders the "number three," while Sally, a pernickety eater, beings customizing her lunch order, asking for chef salad with oil and vinegar on the side, followed by apple pie a' la mode with the pie heated but strawberry ice cream instead of vanilla and whipped cream, but only if it's real, and if it's not then she doesn't want any of it. At this, Harry engages in a serious bout of eye rolling, and as viewers, we share his exasperation.

After watching Sally do this routine many times over the next ten years, Harry comments, "On the side is a very big thing for you." To which Sally responds, "I just want it the way I want it!" The truth is that we should all have more Sally moments when we're dining out. As long as they're in the spirit of making healthier choices at restaurants, they could help each of us protect our health and our waistlines.

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

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

Fresh Pork & Apple Salad



Ingredients

- 1 Smithfield Peppercorn & Garlic Seasoned Pork Tenderloin
- 1 (7-oz.) bag mixed salad greens

- 2 apples, thinly sliced
- 1 1/2 cups assorted fresh vegetables (e.g., red onions, sugar snap peas, radishes) cut into bite-sized pieces

- 1 cup nuts (e.g., cashews or almonds)

Preparation

Cut tenderloin into thin strips or cubes.

Heat large skillet over high heat; spray with nonstick cooking spray. Sauté pork strips for 2 to 3 minutes until done and browned.

To make salad, layer salad greens, apples, vegetables, and sliced tenderloin in large bowl. Garnish with nuts. Serve with your favorite salad dressing.

Preparation Time 15 minutes

Cook Time 5 minutes

Serves 6

Source Smithfield

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— Allana Sawatzky —
isaallana@hotmail.com

— Janice Karaim —
jkaraim@mymts.net (c) 1-204-648-3836

— Rose Sawatzky —
isa.rose1957@gmail.com (c) 1-204-479-8227

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