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THE EXPRESS

VOLUME 4 EDITION 45 THURSDAY, NOVEMBER 9, 2017

WEEKLY NEWS

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EXPRESS PHOTO BY PATRICIA BARRETT
 Diabetes Canada kicked off its Diabetes Awareness Month activities this November with the Blue Circle Campaign at Pharmasave Gimli. From left: pharmacist Claire Gillis (Gimli Pharmasave), Angel Bhathal (Pharmasave central office), Ryan Loos (Gimli Pharmasave store manager), Gwen Smith (Diabetes Canada community engagement co-ordinator), pharmacist Melissa Jacobs (Gimli Pharmasave), pharmacist Ernest Stefanson (Gimli Pharmasave), Randy Woroniuk (Gimli mayor) and Sally Torquato (Pharmasave central office).

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

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Gimli's Toastmasters in the Arts breaks dress code

By Patricia Barrett

When you give a public speech, you should really gussy up for the occasion. A neat and tidy appearance lends credibility to a presentation and makes you more marketable to those looking to hire a speaker.

Don't follow the example set by Gimli's Toastmasters in the Arts club, a club dedicated to helping people develop public-speaking and leadership skills. It broke every rule in the acceptable-appearance handbook last Wednesday.

From cats and cowboys to ninjas and pirates, club members didn't bother changing out of the Halloween costumes they wore the night before, and some forgot to pull a comb through their unruly hair. They could barely stifle a snicker when members practised formal speeches, braved an off-the-cuff story and tried to master the use of the relative pronoun whom.

After the meeting, the club partook in a 40-minute feast featuring a smorgasbord of goodies, including an out-of-this-world Hungarian blond chocolate that was supplied by TMIA's founder Doreen Pendgracs.

In addition to having fun, the club gets down to serious business every Wednesday from 10:30 a.m. to noon in the Gimli Multi-purpose Building. New members are welcome.



EXPRESS PHOTO BY PATRICIA BARRETT

Back row from left: Lorna Doolan, Doreen Pendgracs, David Lobban, special guest HRH the Prince of Wales, Bruce Smith, Sherry Benson-Podolchuk and John Sigurdson. Front row from left: Desarae Bilinski and Betty Jackson.

Diabetes Awareness Month highlights the need for action

Submitted November is Diabetes Awareness Month and Nov. 14 is World Diabetes Day. The Canadian Diabetes Associa-

tion (CDA) is taking this opportunity to drive diabetes awareness as the disease has reached epidemic proportions in Canada.

"With a staggering one in three Canadians already living with diabetes or pre-diabetes, including an estimated 1.5 million with undiagnosed diabetes, we must take action now to stop the growth and impact of this disease," says Rick Blickstead, president and CEO of the CDA. "Diabetes Awareness Month and World Diabetes Day are times to shine a spotlight on diabetes, educate Canadians about the disease and help all of us find out our level of risk for Type 2 diabetes so we can take action."

As part of this effort, the CDA's current awareness campaign (in partnership with Sun Life Financial and supported by Novo Nordisk) encourages everyone to visit DiabetesTest.ca to take the online CANRISK test and learn their risk level for developing Type 2 diabetes. The awareness campaign takes a playful look at the misconceptions people often have about Type 2 diabetes, and is a reminder that you may be at risk even if you don't fit the stereotypical model of someone with Type 2 diabetes.

The CDA has also launched the 21 Day Challenge to End Diabetes, encouraging Canadians to form a new, healthy habit for 21 days and challenge others to do the same. By taking part in this fundraiser, Canadians will improve their health and help end diabetes by raising vital funds to support diabetes research, education and support programs.

"There are many risk factors

Continued on page 9

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Riverton seniors celebrate life through scrapbooking

Submitted by AnnaMarie Roberecki

Energy has been bouncing off the walls of the Riverton Seniors Activity Centre as scrapbookers involved in the "I Love You Memoirs of my Grandchildren" near the end of their projects.

Coming together to create scrapbooks has created the opportunity to socialize with others resulting in a warm sense of camaraderie.

With country music classics playing in the background, the ladies 'chair dance' by swaying to the music. Toe tapping and humming and spontaneous sing-a-longs are a common occurrence with seniors knowing the words to every song!

'Memories of yesteryear' have caused both laughter and tears as the ladies trade life stories.

Hearing these stories often trigger memories of the past. Some of these memories create a starting point for creating scrapbook pages.

Sally Heatherington told the group that growing up on the family farm near Tolstoi, Manitoba meant a two mile walk to school.

Laughing, she said that "It was ok in good weather but it wasn't too much fun in the rain or snow."

In extremely cold weather, her father would drive them to school in a horse-drawn sleigh.

"Mother would put a big rock in the oven and let the wood stove heat it overnight."

The next morning, her father would put it on the floor of the sleigh.

Sally and her three siblings would huddle together under a blanket with their feet kept warm by the hot rock.

"Those were the days," she reminisced.

"Sometimes I really miss that. Life was so simple then."

Starting with her maternal grandfather's birth in 1849, great-great-grandmother Emily Collins has documented seven generations of her family.

"That's just the English side!" She joked that she would need another scrapbook or two to include the Icelandic side of her father's family.

Smiling gently in memory, Bonnie Brynteson shared that "I was supposed to be Douglas Richard Nelson." Her parents decided on Bonnie after looking through their high school yearbook for girls names.

Bonnie has arranged and titled her scrapbook "Seasons of My Life," be-

ginning with spring being the time of new beginnings.

This section covers her birth and younger years in Minnesota as well as profiling her parents and grandparents.

Coming to Canada from Minnesota a few years ago to be near to her daughter and family, Bonnie summed up the winter season of her life as "Looking in a mirror and seeing an old lady. It is a time of recognizing that there are few days ahead of you

than behind you."

Initially the scrapbook project was a bit overwhelming but by breaking it down into manageable tasks, sorting pictures and picking out paper colours, the scrapbooks have come together.

Now that the project is nearing completion, there is a sense of pride and accomplishment in knowing that these grandmothers have created a family legacy for those they love.



EXPRESS PHOTO SUBMITTED

Seniors have been busy sorting and cutting photos for their scrapbook project at the Riverton Seniors Activity Centre.

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Winnipeg Beach School scares hunger with 370-pound food donation

By Patricia Barrett

Students at Winnipeg Beach School collected 370 pounds of food that they'll be donating to Gimli's Evergreen Basic Needs, a food bank and used clothing store that assists low-income individuals and families in a number of local towns.

The school's Social Justice Club, made up of 25 students in grades 5 to 8, led the initiative as part of the annual We Scare Hunger campaign, which raises awareness of the root causes of hunger, helps alleviate food shortages and makes a positive impact in the community.

"One of the activities the students wanted to do was collect food for Evergreen Basic Needs," said grades 6/7 teacher Jason Gibson. "They did this by raiding their own pantries and asking for donations while trick or treating."

Gibson and grades 7/8 teacher Amber Lawrence oversee the Social Justice Club, which meets at recess every two weeks or so. Students who take part in the club come up with ideas to help the community then put those ideas into practice.

The students challenged those in other classes to match what they collected. And if they couldn't match it, they'd be subjected to a "consequence."

"My 6/7 class collected 205 pounds of food over the 370 pounds collected in total," said Gibson. "And the other classes had to draw a consequence made by Social Justice Club members."

The Grade 5's consequence entails them having to act as lunch-time servants to the grades 6/7s this week. They'll have to unwrap sandwiches, spoon-feed the older students, if asked, and clean up after



EXPRESS PHOTO COURTESY OF JASON GIBSON

The Winnipeg Beach School Social Justice Club led the We Scare Hunger campaign in support of Gimli's Evergreen Basic Needs. The school collected 370 pounds of food.

them.

The grades 7/8 class will have to clean up the 6/7's room at the end of the day, stacking their chairs, wiping their desks and carrying their books to their lockers.

"It's all in good fun and should be fairly funny," said Gibson.

Gibson said he'll be delivering the donations to EBN in the near future.

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Lundar Chase the Ace continues, pot now over \$60,000

By Jeff Ward

It was a truly unbelievable night in Lundar on Friday, Nov. 3 as the Legion's Chase the Ace came down to a 50/50, resulting in the ever-elusive ace of clubs remaining undiscovered.

Lillian Halldorson was the lucky winner of the draw to select one of two cards on the table but, unfortunately, that was where her luck ended. Halldorson quickly chose a card on the table not wasting any time deliberating on the 50/50 chance.

Literal gasps of shock and amazement could be heard as the card was overturned and people realized the pot, which was \$55,622, hadn't been won. Although she was naturally disappointed, Halldorson was in good spirits after choosing the card and said that she had only missed four chase the ace nights over the last year.

"Oh, well. It was fun," said Halldorson minutes after the draw.

After Halldorson went outside to get some fresh air and cool down from all of the excitement. She had a very grounded approach to the draw. She explained that while she would've loved to win, the draw wasn't about her winning money; it was about sup-



EXPRESS PHOTO BY JEFF WARD

Lillian Halldorson places her hand on a card with a 50/50 chance to win \$55,622. Unfortunately, Halldorson picked the wrong card Friday night and the Chase the Ace will continue for one more week.

porting the legion. It's why she started going to the event and it's why she'll continue to be there every week right until the end.

Interestingly, this isn't the first time that Halldorson has had a chance to win the pot. She selected the very first

card for this Chase the Ace more than a year ago when there were 54 cards and the odds were weighted heavily against her. Halldorson has also won three 50/50 draws and her husband has also won a 50/50 draw this past year.

"I literally can't believe it," said Ann Harris, who's been doing this Chase the Ace now for over a year.

"I know it's still a 50/50 but it feels

Continued on page 7

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Community sponsors bring in the boards for Gimli Minor Hockey

By Patricia Barrett

Community sponsors provided Gimli Minor Hockey with just over \$9,100 for new hockey boards that can be rolled across the rink to reduce surface area and help young players develop their skills.

Representatives from the Westshore Community Foundation, the RM of Gimli, Kinsmen, Kiwanis and Noventis Credit Union took to the ice last Wednesday at the Gimli Recreation Centre to help the association and its squirts players (4- to 6-year-olds) celebrate the arrival of the new boards.

"What the purchase of these boards is going to do is allow us to have cross-ice hockey games, potentially splitting the ice for tournaments or for practices, and it will be used by a couple of age groups," said Sheldon Kowalchuk, equipment manager for Gimli Minor Hockey. "It was a push from Hockey Manitoba to go to a smaller ice surface for younger kids."

A reduced ice surface is thought to help with skill development. Younger players can easily tire on a large sheet of ice.

"By shrinking the size of the area, it forces them to work on their skills," said Kowalchuk.

Cindy Melsted, Gimli Minor Hockey's director of fundraising, said Kowalchuk oversaw the project.

"I advised him of some service groups in the area that would be able to help out with fundraising," she said.

The total cost of the new boards was \$9,677. The five major sponsors provided \$9,120 with Gimli Minor Hockey covering the remainder.

Noventis Credit Union provided \$2,420; Westshore Community Foundation, \$2,200; RM of Gimli, \$2,000; Ki-



From left: Cindy Melsted (Gimli Minor Hockey), Danny Luprypa (RM of Gimli and Kinsmen Club), Nic Munday (Noventis), Eric Stefanson (Westshore), Sheldon Kowalchuk (Gimli Minor Hockey), Mike Owen (Kiwanis Club), Kris Johannesson (Gimli Minor Hockey), coach and players in the squirts level.

wanis Club of Gimli, \$1,250; and Kinsmen Club of Gimli, \$1,250.

Design Canada provided the decals (sponsors' names) for the boards at a "great price," said Kowalchuk.

Eric Stefanson, granting chair of the Westshore Community Foundation, said the organization felt it was important to encourage kids to participate in sport.

"It's a good thing to get kids out these days doing something physical," he said. "There's lots of kids that need to be getting out and hockey is a great sport. We felt this was a good fit with some of our grants."

The RM's parks and recreation manager Chris Hornby said the new boards — made of durable, water-resistant puck board — should last for about 20 years.

"They're brand-spanking new and they're aluminium framed," he said.

The boards around the periphery of the arena can rot near the bottom



Eric Stefanson of the Westshore Community Foundation.

when they get wet, and they'll need to be replaced in future.

"We've got another 10 years for the boards we have now," said Hornby. "At

some point, we'll have to change them. They get so destroyed that eventually you can't patch any pieces in at the bottom because it's always wet."



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Gimli Pharmasave launches diabetes camp fundraiser

By Patricia Barrett

Gimli Pharmasave launched an annual fundraising campaign to help kids with diabetes attend D-Camp, a camp dedicated to teaching them how to manage their condition and which provides an authentic camp experience.

Pharmacy staff celebrated the start of the campaign Oct. 29 with representatives from Pharmasave's head office and Diabetes Canada — along with Gimli's mayor — in attendance.

"This is the kickoff for Diabetes Month," said pharmacist and managing partner Ernest Stefanson, referring to November. "It is a huge issue in Canada and certainly in this region, so Pharmasave is very proud to sponsor the D-Camp."

People can donate at the till and receive a blue circle (the universal symbol for diabetes awareness) with their name on it that the store will post on a wall. All proceeds go the camp.

"The people at the cash register are our real heroes," said Stefanson. "They ask everybody, 'Would you like to do-

nate?' And people are so generous."

In 2016, there were 373,000 (or 28.1 per cent of the population) diabetes and pre-diabetes cases in Manitoba. That's expected to rise over the next 10 years to 458,000 (31.3 per cent) cases, according to the Canadian Diabetes Association's Diabetes Charter for Canada.

Diabetes complications are associated with premature death, reducing one's lifespan by five to 15 years. It contributes to strokes, heart attacks, kidney failure, foot ulcers and lower-limb amputations. It is also a leading cause of vision loss.

The majority of Canadians with diabetes pay more than three per cent of their income, or over \$1,500 each year, for medications, devices and supplies out of their own pocket, states the charter.

D-Camp, which is held on an island near Kenora, helps about 90 kids from Manitoba, Saskatchewan and Ontario learn about their condition.

"It's a chance for the kids to go to camp and feel like a normal kid at a

camp where they're learning from the older kids, checking their blood at the same time and counting carbs," said Gwen Smith, community engagement co-ordinator for Diabetes Canada. "And the parents don't have to worry about the kids because there's a full medical team at camp — an endocrinologist, nurses and a nutrition specialist. The whole team is there to take care of the kids."

Pharmacist Melissa Jacobs, who doubles as the pharmacy's certified diabetes educator, said the community came out in force last year to support D-Camp.

"We'd like to thank the community," she said. "Last year they were very supportive of our efforts and made all of this possible. We're excited to see what we can do this year."

Pharmasave store manager Ryan Loos said staff are trying to beat their goal in order to send even more kids to camp.

"D-camp for kids is something close to our heart. We help send kids to camp, help educate them at camp and

help them go to camp where diabetes is a focus," he said. "With diabetes, there are challenges in their lifestyle. We've had two kids from our own community go to camp."

Sally Torquato from Pharmasave's regional office said the Gimli store was the No. 1 D-Camp fundraiser last year, beating every store across its three regions (Manitoba, Saskatchewan and northwestern Ontario).

"[Gimli Pharmasave] raised \$5,400 in a month last year from the community and everyone supporting it," she said. "So they were our really big supporters for the whole program in Manitoba. And regionally, we've sent seven kids to camp every year."

Gimli Mayor Randy Woroniuk said he was "really proud" that Gimli raised the most money last year.

Citing the challenges of diabetes, the mayor said "this is a great initiative to have young people going to a camp where they can act like normal children and learn how to work with their diabetes."

Expanded flood-risk mapping in Manitoba announced

Submitted

Manitoba will add vital flood information to its flood mapping inventory for three of its priority watersheds in the Assiniboine River and Lake Manitoba basins with support from the Government of Canada, Infrastructure Minister Ron Schuler announced last week with Doug Eyolfson, member of Parliament for Charleswood-St. James-Assiniboia-Headingley, on behalf of the Minister of Public Safety and Emergency Preparedness.

"Identifying the height and extent of a potential flood event is critical to support informed decisions and investments to reduce the impacts of flooding on communities," said Schuler. "Manitoba is one of the best

prepared provinces to respond to flooding and mitigate damages. The funding announced today will help expand the mapping of flood-prone areas of the province to better forecast and prepare for what nature sends our way."

The governments announced \$794,520 in federal funding over three years for Manitoba under the federal National Disaster Mitigation Program to be used to produce flood-risk maps for three watersheds in Manitoba. The three priority areas identified for this funding are the lower Assiniboine River, from Portage la Prairie to the west Perimeter Highway, the White-mud River and the Souris River.

"Weather-related natural disasters

are getting more severe, more frequent, more damaging and more expensive," said Ralph Goodale, Minister of Public Safety and Emergency Preparedness. "This is a threat not only to the safety of our communities but to our economic stability. The Government of Canada is determined to reduce these risks in partnership with provinces and territories. The project announced today will help the Government of Manitoba better prepare for and respond to flooding."

Manitoba will use Light Detection and Ranging (LiDAR) remote sensing technology to produce

these new flood-risk maps. LiDAR uses laser technology to collect accurate, continuous elevation data, known as topographic data, over relatively large areas.

Manitoba has approximately 40,500 square kilometres of high altitude aerial LiDAR within its elevation library. An additional 29,185 square kilometres is being collected and will be added to the elevation library in 2018. This collectively represents 67 per cent of southern Manitoba.

> CHASE THE ACE, FROM PG. 5

almost impossible not to win. I don't know how we got to this point."

It is a statistical improbability for the Chase the Ace to go down to the final card and this scenario will play out in less than three per cent of all cases.

Next week will be the final draw, but this time the ace will be the only card left on the table. So whomever's ticket is chosen, out of the 10,000 sold, will win the pot, which is now sitting at \$60,622.



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Thanks for joining me again. How's it going? Did you catch our story a couple of weeks ago of Ron Chorney hitting a mud bar and somersaulting over the bow of his boat while fishing by Lockport? That was only half the story, you see. The other half belongs to Ron's long-lost friend, Dempster Turton, of St. Andrews. I met them both on the Lockport pier and Dempster also gave us a story of how he was fishing here long ago and when he momentarily left his rod unattended, a fish struck taking it out to the middle of the river. What he didn't know was that rod was headed in the direction of his old friend Ron taking a mud bath. They had worked together for years, becoming steadfast friends, but lost touch after retirement. Both had fished the Lockport pier always missing each other until a week after Dempster's rod took off toward Ron in the mud bar. Suddenly, there they were standing on the pier, looking at each other, and Ron said, "What the heck are you doing here?"

They reveled in their reunion. Again the next week they wound up at the "locks" with Dempster joking, "Oh, it's you again!" Their friendship has now renewed after years of missing each other around the same fishing area.

Every once in a while you'll get a little tip, and if you're sharp enough to use it, you can be ahead of the game. I happened to meet Marshall Huska, a lively, boisterous guy from Matlock, at Breezy Point. Just as I was walking up to him by the shore, he was tossing a small bass to a pelican. Apparently, the bass had swallowed the hook and was beyond releasing. We got to talking and I noticed Marshall was catching fish when no one else around him was. "It's the minnows," he claimed. "Use minnows that cover the hook without hanging down. If the minnows are too big, cut them in half." Wise words, my friend!

Not long ago, I was by the Winnipeg River at Lac du Bonnet and met Kelly Cochrane from Winnipeg. He was an average-sized man with a wide smile, kind eyes and an educated air about him offering an unusual story. There was a time before he retired, an executive from his company who had never fished before was coming into town so Kelly thought he would take him out for some good Manitoba fishing. He rounded up a couple of his buddies, some gear and went to meet the exec at the Winnipeg airport. Well, what came out of the arrival doors was impressive. A pampered chap with styled hair wearing expensive



EXPRESS PHOTO BY ARNIE WEIDL
Dempster Turton with one of his catch at Lockport. His buddy Ron Chorney is off camera.

clothes (let's call him Richard) strode forward and ,after introductions, Kelly led him off to the luggage carousel. The carousel turned carrying bags of all descriptions but Richard's four large royal blue designer cases stood out from all the others. They got the cases and dropped Richard at his hotel telling him they would pick him up early in the morning. Before sunrise, Kelly and his gang

Continued on page 9

Stonewall Teulon
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TROUBLE WITH PAPER DELIVERY?

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

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> GET FISHING, FROM PG. 8

pulled up to the hotel entrance and there stood Richard in "Brooks Brothers" like outdoor fishing togs — with a small bat dangling from his belt. Kelly wasn't sure about the bat but said nothing and the trip to Williams Lake went uneventfully. Mid-morning came with all the men shore fishing and wonder upon wonder Richard caught the first fish. It was a small fish to be sure but Richard who had never experienced the thrill of catching one was beside himself. Shrieking with joy, he reeled in his prize, totally disregarding his manicured hands, and grabbed the fish in primal triumph. Then with a sideways sweep of his hand he snatched his little bat.

Kelly and the other guys darted questioning looks at each other. Richard raised his arm, bat in hand, about to smash the fish in the head. Kelly's sense of humour took over and he called out to Richard with a look of "this-is-not-done-here-sir," saying, "When you catch your first fish, you must bite its head to become true fishermen!" Richard hesitated and then raised the clasped fish to his mouth with teeth bared. He was stopped in mid motion as Kelly rushed forward saying, "No, Richard. We were kidding." Richard gave Kelly a devilish grin and then said, "Wait till I get you on the golf course! Ten bucks a hole?" See you next week, folks. Bye.

> DIABETES, FROM PG. 2

for Type 2 diabetes, some of which we can't control. Regular exercise and a healthy diet can make a difference in preventing or delaying the onset of Type 2 diabetes," says Dr. Jan Hux, chief science officer for the CDA. "The 21 Day Challenge is designed to help people make a positive and lasting change in their life while supporting the work of the CDA."

In addition to the two main campaigns, local CDA offices across Canada will be holding events throughout Diabetes Awareness Month.

The Canadian Diabetes Association (CDA) is the registered national char-

ity that helps the 11 million Canadians with diabetes or pre-diabetes live healthy lives and educates those at risk.

In communities across Canada, the CDA offers educational programs and support services; develops resources to health-care professionals on best practices to care for people with diabetes; advocates with those affected by diabetes to governments, schools and workplaces; and funds research to improve treatments and find a cure.

For more information, visit diabetes.ca or call 1-800-BANTING (226-8464).

Lundar RCMP look for at-risk missing youth



Peri Ann Spence

Submitted

On Oct. 16, at approximately 9 p.m., Lundar RCMP received a report of a missing girl from the RM of St. Lau-

rent.

Peri Ann Spence, 16, was last seen on Oct. 16 at 2 p.m. when she left a residence on Pacific Avenue in Winnipeg. She had been visiting friends at that location.

Peri is extremely vulnerable and at risk for exploitation. She is 5'2" tall and 119 pounds with long, straight black hair and brown eyes. Spence has been in contact with friends and family but has not returned home.

Police are very concerned for Peri's safety and well-being. Anyone with information is asked to contact Lundar RCMP at 204-762-5088 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppres.com or text "TIPMAN" plus your message to CRIMES (274637).

Holiday Craft Sales

<p>SUNDAY, NOVEMBER 12TH</p> <p>Fraserwood Hall Craft, Trade & Bake Sale</p> <p>Fraserwood Hall Sun. Nov 12th 10am – 3pm 204-642-9392 or 204-642-9414</p>	<p>SATURDAY, NOVEMBER 18TH</p> <p>Stony Mountains 3rd Annual Holiday Rush Open House</p> <p>November 18th 10am-3pm Stony Mountain Rec Centre Admission \$1 (12 & under free) or a tin for the bin</p>	<p>SATURDAY, NOVEMBER 18TH</p> <p>Eriksdale Museum's Christmas Craft & Home Based Business Sale</p> <p>Eriksdale Rec Centre Sat. Nov 18th 11am – 3pm 204-739-8002</p>	<p>SATURDAY, NOVEMBER 18TH</p> <p>Stonewall Legion Seniors' Club Craft Sale</p> <p>Sat, Nov 18th 10am-3pm Stonewall Legion Hall 459 Main Street Free Admission Silent Auction -Lunch</p>
<p>SAT. NOV 18TH AND SUN NOV. 19TH</p> <p>Festival of Trees & Craft Sale</p> <p>November 18th & 19th 10am – 3pm Selkirk Rec Complex 180 Easton Dr. Craft Tables and Christmas Tree Display 204-482-4636 jkazuk@mysta.ca</p>	<p>SATURDAY, NOVEMBER 25TH</p> <p>Lundar Christmas Craft Sale</p> <p>Independent Sales Reps Lundar Community Hall Sat. Nov 25th 11 am – 3pm 204-762-5525</p>	<p>SATURDAY, NOVEMBER 25TH</p> <p>Selkirk Black Friday Craft & Gift Sale</p> <p>Sat. Nov 25 9:30am-4:00pm Memorial Hall Ph: 204-785-1618 For info.</p>	<p>SUNDAY, DECEMBER 3RD</p> <p>Your Holistic Fair</p> <p>Health and Wellness Fundraiser Dec. 3, Sunday 10:00am - 4:00pm Smitty's Banquet Hall 168 Main St. Entrance \$2.00 Silent Auction</p>

Made-in-Manitoba vs. Made-in-Ottawa

Whose would you choose?

Ottawa wants to impose its carbon tax plan on Manitoba.

Their plan doesn't take into account Manitoba's decades of investment in clean hydropower. *Ours does.*

Their plan has a rising carbon tax. *Ours doesn't.*

Their plan lets Ottawa decide how to spend carbon tax revenue. *Ours lets Manitobans decide.*

Ottawa's carbon tax plan is wrong for Manitoba.

Our Made-in-Manitoba plan:

- costs less
- recognizes Manitoba's massive hydro investment
- better protects our environment, and
- builds our economy

Which plan makes more sense to you?

Visit Manitoba.ca and choose today!



Doctors accepting patients at Ashern Medical Clinic

Submitted

Two new physicians are accepting patients at Ashern Medical Clinic. Dr. Armin Sabri and Dr. Mina Gendi recently started in Ashern and are also taking call in the emergency department.

Dr. Sabri graduated from Tehran University of Medical Sciences in Iran and also completed additional training this past year at the University of Manitoba.

To unwind, Dr. Sabri enjoys reading, working out and watching movies and documentaries.

Dr. Gendi graduated from the University of Alexandria in Egypt and has additional training at the University of Manitoba.

He has special interests in Emergency Medicine and pediatrics. Dr. Gendi enjoys travelling, biking, swimming, hiking and night sky watching.

Patients can make an appointment with either doctors Sabri or Gendi by phoning the Ashern Medical Clinic at 204-768-3821. Please be sure to have your Manitoba Health card available when calling to make an appointment.



Dr. Mina Gendi



Dr. Armin Sabri

Manitoba Highways Facebook pages helping keep drivers safe

By Jeff Ward

Being prepared on the highway is one of the best ways for drivers to stay safe and that's what a network of Facebook pages is helping motorists do by connecting real time weather and driving conditions directly to people.

What started as a way to connect drivers along Highway 6 to each other and share information about what the road conditions are like, has now become a province-wide effort to do the same thing on all highways. The Canadian Highways Network is expansive and has regular travellers update the page to let people know what highway conditions are like all over the province.

As we approach the colder winter months, these pages become one of the best resources for understanding highway conditions before leaving the house. Pages are also filled with drivers requesting information on a certain stretch of road. If a person is heading from Ashern to St. Laurent for instance, they can post on the page asking for conditions and will receive a reply from someone who just drove it.

"Depending on our active users at the time, it might take only a few minutes to get a response or longer, so it's a good idea to post long before you're set to leave," said Shawn Cote, who's been monitoring the pages for six years.

"What we aim to do is to give drivers info so they can make informed decisions on whether or not to stay home. I think our pages are definitely keeping people safer because they don't have to be on the road to find out what the conditions are."

In essence, the page eliminates risk by allowing drivers to, in some cases, even see the conditions from someone who has taken a photo of it while on the road. Cote said that she will delete posts from drivers who take those photos, however, and only posts with photos taken by the passenger in a vehicle are allowed on the pages.

"We have very strict rules because we want the page to focus on what it does best, which is information," said Cote, who added that distracted driving is one of the greatest risks on the road these days and she doesn't want her group to be contributing to it.

Another rule, which is tightly enforced, is that the group isn't for gossip, conversations or anything that detracts from the goal of the page. Cote said those posts are quickly found, and deleted, and if the poster continues, they will be blocked.

"I think it's one of the reasons our page keeps growing, now over 7,000 members. We don't like spam or anything that isn't about what the road conditions are like. Moderation of the pages has to be strict so people can find what they need quickly and get on with their day," said Cote.

As highway driving becomes more treacherous, tools like this become more valuable to motorists. Being safe on the highway is about being prepared, and a quick check of the page, Cote said, will help those about to leave for work know exactly what they're heading into.

Notice of Closure of the CIBC Ashern Banking Centre effective Thursday, April 5, 2018 at 4:00 pm.

The **CIBC Ashern Banking Centre** at 20 Main St. Ashern, MB R0C 0E0 will be closing on **Thursday, April 5, 2018 at 4:00 pm** and relocating to the **CIBC Arborg Banking Centre** at 282 Main St. Arborg, MB R0C 0A0.

If you have any questions or concerns about the closure of this banking centre, please don't hesitate to ask for information at the banking centre or call us at 204 768-2727.

You are invited to a Community Meeting.

CIBC will be hosting a community meeting to answer any questions and discuss alternative banking options as a result of the CIBC Ashern Banking Centre closure. The meeting will be held on Thursday, January 4, 2018 from 7:00 pm to 9:00 pm.

The meeting will be convened at the Ashern Centennial Hall, 1 Provincial Road 325 E. Ashern, MB R0C 0E0.

At CIBC we are focused on meeting your financial needs. While the CIBC Ashern Banking Centre will no longer be in operation after April 5, 2018, you will be able to bank with us using your mobile device, online, or by phone, 24 hours a day, 7 days a week. We would be pleased to show you how to use these services to make your day to day banking easier.



You may wish to contact the Financial Consumer Agency of Canada (FCAC), which has the authority to ask CIBC to hold a formal meeting between the bank, representatives of the FCAC and interested parties in the vicinity of the branch, in order to exchange views about the closure of the branch. The FCAC may require the bank to hold such a meeting if the bank has not consulted the community in the area affected by the closure well enough to ascertain the views of interested persons in the community with regard to the closure, or an individual or community representative from the area affected by the closure, has submitted a written request for the meeting to the FCAC, and that request is not frivolous or vexatious. For more information you can contact the FCAC at 1 866 461-FCAC (3222) or visit www.fcac-acfc.gc.ca.

Council listens to those opposed to coast guard's proposed boathouse

By Patricia Barrett

The RM of Gimli will be setting up a series of public meetings to gather feedback on the development of the harbour area after a council hearing Oct. 25 on the coast guard's proposed boathouse resulted in opposition from scores of residents and from hundreds of people via an online petition.

The boathouse, which will protect the Vakta search and rescue vessel over the winter months, could stand about 40 feet high and lie about 10 feet from First Avenue.

Residents said it will block the view of those living at the Waterfront Centre and affect the overall aesthetic of the harbour, which is a tourist draw.

"We listened to the people. That's basically the bottom line," said Mayor Randy Woroniuk just before the launch of Pharmasave's diabetes camp fundraiser last week. "We didn't approve the coast guard building. We want to look at it and put a long-term

plan together — that's what people want and that's what we'll do."

In addition to the public meetings, council will be sitting down with the coast guard to explore all options for the boathouse, he said.

Storing the vessel at the Industrial Park is not doable, he said, because it would interfere with hydro lines during transfers to and from the harbour.

"The Vakta is too high, and they can't get it under the power lines."

And building the boathouse closer to the water would impede fishers and recreational boaters' access to the boat launch.

Woroniuk said he's looking at other parcels of land in the harbour area that might be able to accommodate the large boathouse without compromising the harbour's aesthetic.

CAO Joann King said by email that she should have the dates of the public meetings squared up this week, and that the coast guard will be invited to attend.



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli Harbour is a huge tourist draw.

Gimli water treatment plant upgrades underway

By Patricia Barrett

Construction crews closed the intersection of Dunlop Avenue and Anson Street in Gimli's Industrial Park where they are working on the town's water treatment plant.

RM of Gimli CAO Joann King said the project to upgrade the plant has begun.

The work entails expansion and modernization of the plant to improve the quality of effluent it discharges into Lake Winnipeg.

In August 2016, the municipality and the provincial and federal governments agreed to a three-way funding split. The estimated cost of project is \$18 million.



EXPRESS PHOTO BY PATRICIA BARRETT

Upgrades to the water treatment plant at Gimli Industrial Park.

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Stretch your support for Interlake Community Foundations

The Winnipeg Foundation 24-Hour Giving Challenge will take place on Nov. 18

By Jeff Ward

On Saturday, Nov. 18, community foundations all over the Interlake will be accepting donations for the 24 Hours of Giving Challenge in hopes of increasing their endowment funds.

For every \$5 donated to a community foundation, The Winnipeg Foundation will add an additional dollar and the Province of Manitoba will do the same up to a maximum of \$10,000. If a community foundation reaches the \$10,000 milestone, both The Winnipeg Foundation and the province will have also contributed \$2,000 each.

Both the Coldwell Lunder Community Foundation (CLCF), which benefits organizations within the RM of Coldwell, and the Westshore Community Foundation, which benefits organizations in Riverton, Dunnington, Fraserwood, Gimli and Winnipeg Beach area, will be taking part in the fundraising drive.

Irene Runfolson, treasurer for the CLCF, said that this drive is very important in helping grow the foundation's endowment fund, which in turn allows them to grant out more money each year. The CLCF will be accepting donations between the hours of 10 a.m. to 3 p.m. at the Coldwell RM office and Westshore will be accepting donations between the hours of 9 a.m. and 3 p.m. at the Sobeys in Gimli.

"The 24 Hours of Giving Challenge is a great opportunity for us to in-

crease our endowment, Lunder has supported us greatly and I hope they will choose to do so again," said Runfolson.

This challenge isn't a typical fundraiser where the money raised is dumped back into the community. Endowment funds are much different and use the interest earned off of donations to grant out instead, so a donation of any amount is kept in a bank account that continues to grow in size forever. The interest that account earns is what is granted out each year. All donations made under this challenge are put into unrestricted funds. Runfolson said the CLCF's fund is approximately \$217,000 currently and that their next big goal is to get to their first quarter million.

On the east side of the Interlake, the Westshore Community Foundation's current assets stand at \$2 million as they have been raising funds since 1998. David Douglas is the secretary for the foundation and echoed Runfolson's excitement for this challenge.

"This is one of our major fundraisers for the year and we've always seen good success from it. The money we raise is a lasting legacy and we've been able to do great things with our fund," said Douglas.

These funds are eternal and every donation, both Runfolson and Douglas said, is greatly appreciated.

Manitoba RCMP notice worrying trend in motor vehicle fatalities

In the first 10 months of 2017, the Manitoba RCMP have responded to numerous fatal motor vehicle collisions where the victim was not wearing a seatbelt and was ejected from the vehicle.

A review of all fatal collisions in Manitoba from Jan. 1, 2017, to Nov. 2, 2017, has determined that seatbelt use was a causal factor in 52 per cent of deaths.

"It is tragic that we are seeing such a high number of fatalities due to the

lack of seatbelt use," said Sgt. Paul Managire of the Manitoba RCMP. "This year, we have already seen 33 people lose their lives because they weren't wearing a seatbelt. Vehicles are designed and engineered with a life space that will protect occupants in a collision, but it only works if you are wearing your seatbelt."

The Manitoba RCMP is reminding the public to always wear their seatbelts, no matter the speed limit or distance travelled.

ONE DAY ONLY! SATURDAY, NOV. 18



Help your community flourish forever!
Give to your local community foundation on Saturday, Nov. 18 and **YOUR \$5 GIFT BECOMES \$7**
Thanks to stretch funding from The Winnipeg Foundation and the Province of Manitoba.
Contact your local community foundation for details and gift options.
endowmentmanitoba.ca

EXPRESS PHOTO SUBMITTED

The Winnipeg Foundation will give \$1 for every \$5, up to a maximum of \$2,000 per foundation, on Nov. 18 between 9 a.m. and 3 p.m.

Attention Kids...



What's *Your* Christmas story?

Choose any of the topics and create your unique story.

1. Is it more fun to give or receive gifts at Christmas?
2. How does your family celebrate Christmas?
3. Write your own version of "The Night Before Christmas."
4. Five things I could do to help someone less fortunate on Christmas
5. The funniest Christmas joke I ever heard
6. What kind of technology should Santa use in his sleigh?
7. What family traditions will you keep for your family when you are older?

CONTEST FOR KIDS 8-12 YEARS OLD.
Cash Prizes awarded to the top three stories
First place (\$50), Second place (\$30) and Third place (\$20)

Maximum 400 words.

Send in your poem or short story to:
christmasstories@expressweeklynews.ca

DEADLINE: Wednesday, December 6, 2017

\$100
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AWAY

Letters to Santa



Mail or email your letter to us by Wednesday, December 6th, and we'll make sure it appears in our special section on December 21st.

Please remember to include your first name and age on your letter!

Email: santa@expressweeklynews.ca
or mail to Box 39, Stonewall, MB R0C 2Z0

EXPRESS
WEEKLY NEWS

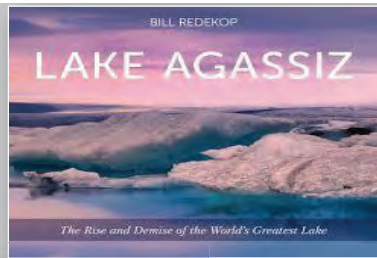
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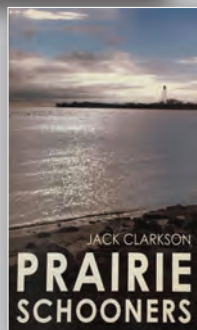
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Hog moratorium moving quickly toward cancellation

Dear Editor,
According to the *Western Producer*, Nov. 2, 2017, Manitoba's hog barn moratorium is moving quickly toward cancellation after committee hearings failed to convince the Progressive Conservative majority that the barn ban should continue.

Suddenly, according to the Red Tape Reduction Bill, the Manitoba Pork Council, the Manitoba government, and the Manitoba business community, our Lake Winnipeg is no longer perceived as the most threatened and polluted Lake in the world. Suddenly, renowned professors David Schindler, Eva Pip, Peter Levant, John Valentyne and several other scientists, who have previously determined that phosphorus, and a majority from hog feces, are proven wrong. Suddenly, phosphorus is apparently no longer a huge threat to our water sources from Manitoba's agriculture/industry contribution. Suddenly, at a cost of over \$750 million, the 2007 Clean Envi-

ronment Commission's conclusions and recommendations are also wrong and the Lake Winnipeg Stewardship Reports are worthless because they are wrong too. Suddenly, The Save Lake Winnipeg Act is wrong ... even though when passed in 2011, all Manitoba opposition Conservative MLAs, at that time, voted in favour, but suddenly they are also wrong as we hear "It was garbage legislation that was meant to create or exacerbate the urban-rural divide," Morris MLA Shannon Martin, a PC who represents an area in the heart of Manitoba's hog belt, said about the previous NDP government's legislative and regulatory attack on hog farming.

This last statement makes me and should make readers wonder ... What calibre of people are we electing to represent us at government these days, especially when a fellow conservative arbitrarily criticizes his teammates for supporting valued legislation that he is now

criticizing?

The underlying assertions that the hog industry is being made a scapegoat reminds me of a 1992 movie, *A Few Good Men*, where Col. Jessup says ... "They can't handle the truth; they don't want to know the truth,"

To me, it seems our present Manitoba majority government, and some people in the media, have no idea or have chosen to ignore of what has been happening and taking place over the past 20 years in our province (much like the proverbial ostrich with his head buried in the sand). Yet, they are quite agreeable to lock-step and support an industry that has developed a reputation of Pigs, Poop, Politics and Profit, and to hell with the rural folks, animal stewardship, water and environment, with no thought of the repercussions for those actions.

We live in troubling times.

John Fefchak,
Viriden, MB.

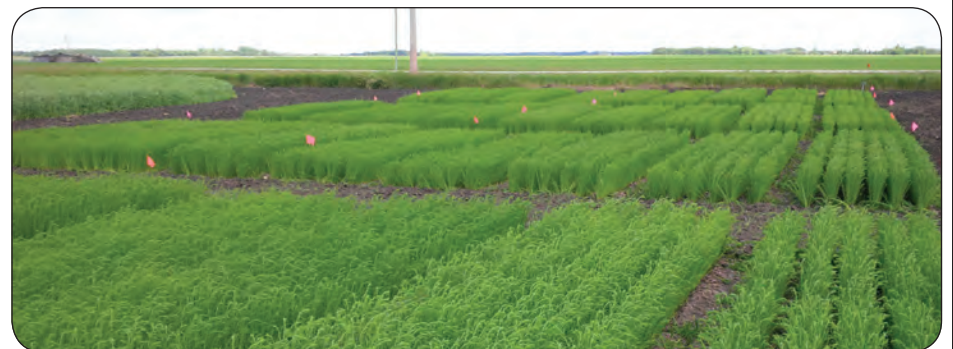
BASIC - HIGHLIGHTS

The goal of the "Bifrost Agricultural Sustainability Initiative Co-op" (BASIC) is to work with the Municipality of Bifrost-Riverton to create economic opportunities and protect a healthy environment through sustainable water management.

Highlights include:

- BASIC invested almost \$1 million to conduct a hydrologic study of Bifrost and produce a detailed LiDAR topographical survey, paid for by a Federal-Provincial grant. LiDAR is available to farmers and planners alike and makes it possible to develop accurate drainage plans.
- A second Federal/Provincial Grant (Growing Forward 2) of slightly over \$1 million is funding all BASIC activities including infrastructure, planning, engineering, design and 345 miles of drain surveys to date.
- East and West Bifrost Drainage Committees consisting of local farmers and councillors have chosen projects on a strategic basis. By seeing Bifrost as "one field", projects are chosen that have the greatest impact – one drain can affect as many as 35–40 quarters.
- Since 2016 the Municipality has invested almost \$1.2 million in drainage rehabilitation.
- BASIC assisted the Municipality with survey and design of flood mitigation drainage plans for Riverton and Arborg.
- The Stewardship Committee, which includes Conservation District reps, is concerned with erosion control (including proposed demonstration plots) and environmental factors including fish habitats.
- The Agronomy Committee works with PESAI to study crops and varieties that grow best in excess moisture.

ADVERTORIAL



Flax crop trial at the Prairies East Sustainable Agricultural Initiative (PESAI) site on Hwy. 68 just west of Arborg.

- The Communication Committee publishes articles locally and established the "basic-bifrostriverton.com" website.
- Water Management Committee members work with provincial staff from Agriculture, Infrastructure, Sustainable Development and Water Resources on prioritizing and planning provincial projects and implementing Municipal projects.
- A Funding Committee searches out grants for fish and wildlife, flood control, drainage, environmental and major capital projects. Applications are being submitted to the Federation of Canadian Municipalities' new "Climate Innovation Program".
- Contacts are being made with neighbouring First Nation communities and municipalities to determine impacts from other Interlake watersheds.
- The 13-member BASIC board consists of farmers from all over Bifrost-Riverton and two Municipal counsellors. Any BASIC Co-op member is welcome to offer names for annual board elections.

B A S I C - Sustainable water and environmental management

e-mail: basic.adm6789@gmail.com Phone: 204.641.5112 Website: www.basic-bifrostriverton.com



Remembrance Day

NOVEMBER 11
 Courage remembered
 and honoured

Lundar Second World War veteran recounts time at sea



EXPRESS PHOTO BY JEFF WARD

Lorne Eyolfson's time spent fighting German submarines and ships in the North Atlantic made him what he is today. He said his experience was forever life-changing and that it has made him a better person.

By Jeff Ward

Lundar resident Lorne Eyolfson said that in his late teens he had never been to Winnipeg on his own and that his aspirations of leaving his hometown were non-existent. However, that all changed when he joined the Navy and found himself on a river-class destroyer fighting Germans in the north Atlantic.

Eyolfson said that his time in the war was short lived. Like many men sent overseas he was young and inexperienced. He found himself spending nearly the entire war in the belly of the HMCS Saskatchewan hoisting a heavy chain that carried ammunition to a larger gun on the decks above him.

Because of that, he said, the war breezed by. Eyolfson constantly had his head in work and very rarely had the time to go out and explore Europe when the ship was docked.

The ship needed heavy wartime modifications to deal with the onslaught of German subs, which created a bloated crew and uncomfortable conditions.

"The ship was designed for a crew of 165 but after it was retrofitted we had a crew of 235," said Eyolfson who is now 92 years old.

"There was no room to move, it was very cramped. I remember being tired all the time and constantly working. But for a kid who grew up in Lundar to be in this situation was a strange life."

That strange life Eyolfson describes as the most formative thing that's ever happened to him. All of the fear of leaving home melted away and his confidence rose sharply after being in that situation. He said he remembers being in combat scenarios but to this day he's uncertain which ones were real combat and which ones were training exercises. Eyolfson's rank didn't allow for that information to be given to him and he was never in a position to actually see with his own eyes what was happening topside.

That dissemination of information never really affected him though and he explained that during those times he had his mind focused on one thing. Bring as many magazines of ammunition up as needed. That was his job and he was focused.

"After a while you just accept it. I had a job to do and I did it. At my action station I sent the cordite charge for the 4.7inch gun up two decks. That was it," said Eyolfson.

He recalled a time when he believed the ship was heading to Gibraltar and then ended up in Iceland. This wasn't a mistake but an evasion tactic that allowed ships to move without interference from German boats. The assumption was that the enemy would intercept all communications so you transmit the wrong information out to put them off the trail. For low ranking crewmen like Eyolfson he was just as confused as the Germans.

Eyolfson remembered one of the few times when he was not stuck in the belly of steel ship in May of 1944 patrolling a strip of the Irish Sea where it meets the English Channel.

"We were there to make sure the Germans couldn't come through and sink the ships. I remember [the crew] saying they'd never seen the lights on the shore before because they didn't want the Germans to see where they were. But then one light came on and more and more lit up. That was our sign that things were getting better," said Eyolfson.

When the war was over Eyolfson said that the Navy offered for everyone to remain in the service. But Eyolfson, declined, not wanting to go through that experience again. He got a full ride to a post secondary education and went to the Angus School of Commerce.

Since then Eyolfson has held many different jobs in accounting and even owned his own real estate business in Florida for almost 20 years. He built a new home in Lundar a little over 10 years ago and said that his life was forever changed by his experience in the war.

"I think it's made me a better person. I would have never been as eager to see the world as I was. My dad had a store here and I would've likely just done that my whole life," he said.

Continued on page 17

Lest We Forget

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LEST WE FORGET

NOVEMBER 11



Delay, deny, die: wounded Afghanistan veterans short-changed

By Patricia Barrett

An Afghanistan veteran who had part of his brain blown away in 2006 and later developed post-traumatic stress disorder (PTSD) was forced to fight Veterans Affairs for a decade to obtain a pension that reflected the extent of his injuries.

Bruce Moncur, 34, was denied a lifelong pension, along with hundreds of other wounded Afghanistan veterans, after the federal government revoked them in 2006 in favour of lump-sum payouts.

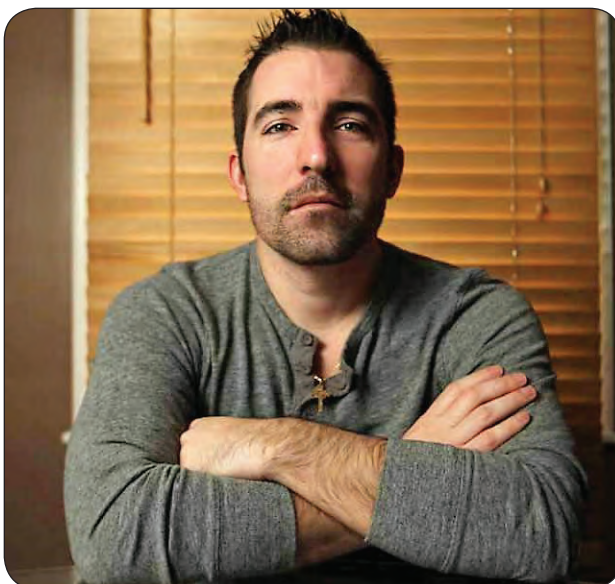
In addition to a lack of financial security, veterans are struggling to get timely access to mental-health care for PTSD, said Moncur, and that has led to an "epidemic" of suicide, with perhaps more veterans dying by suicide than the 158 who died in Afghanistan.

What Moncur faced when he returned to Canada was just as traumatizing, he said, as the physical and mental injuries he suffered on the battlefield. His fight for fair compensation exacerbated his stress.

"You fight for your country and you come back and you're fighting your country," said Moncur, who lives in Thompson with his partner MP Niki Ashton. "It's a morale killer, that's for sure. And I can see how that puts people over the edge. People do end up taking that ultimate jump off the edge, taking their own lives. To the government, that's one less person they have to pay money to. ... There's more veterans that have committed suicide than have died in Afghanistan. The numbers are staggering."

PTSD is an anxiety disorder that can develop after experiencing or witnessing a traumatic event. It's characterized by intrusive and repetitive memories of a particular trauma.

In September 2006, Moncur took part in Operation Medusa, the largest Canadian land battle of the Afghanistan War. The objective was to demolish a Tali-



EXPRESS PHOTO COURTESY OF FACEBOOK
During a 2006 battle in Afghanistan, Bruce Moncur lost five per cent of his brain, resulting in short-term memory loss, fatigue and PTSD. He spent a decade fighting the federal government to obtain a fair pension.

ban stronghold — an infamous white schoolhouse — in the Panjwai district in Kandahar Province.

Moncur's platoon and another platoon were ambushed by about 400 Taliban fighters then bombed by American air support.

"We suffered about 25 per cent casualties," he said, referring to the ambush. "We retreated back to our original position, and the next morning an American A-10 Warthog was told to look for fire. Unfortunately, somebody in my vicinity [unleashed] unauthorized fire and [the Warthog] saw it. He didn't check his co-ordinates and unintentionally strafed our position. My platoon was reduced from 40 to

five in the 48 hours of combat."

Moncur was rushed into theatre, where a medical team removed five per cent of his brain while the battle raged on.

"I had to re-learn how to read, write and walk and my talking was slurred," he said. "I suffered extensive injuries to the left part of my brain, and I was also shot in the back and the buttocks."

Back in Canada, Moncur had to become a "thorn in the side" of the government in order to obtain a fair pension settlement.

The Canadian government had taken care of wounded veterans through the lifelong pension system for over 90 years. But that system became a cost-cutting exercise initiated by the Liberal government in 2005. The New Veterans Charter was passed by all federal parties and came into effect in 2006 under the Conservatives.

Anyone injured after April 1, 2006, would be given a lump-sum pension based on their injuries rather than a lifelong pension.

"If I had been injured in World War Two and lived to about 90 years old, I would have cost the government about \$2 million over my lifetime, said Moncur, who helps counsel other veterans suffering from PTSD and their struggles with pension issues. "After 2006, any soldier would cost the government about \$250,000."

The maximum lump-sum payout was increased in April 2017 to \$360,000, but Moncur said that's far from what wounded vets are actually awarded.

"The average lump-sum settlement is \$26,000," he said. "For five per cent of my brain, I was given \$22,000 initially. They put me in a category for headaches, not for getting shot and having half my head blown apart. I had to become one of the most vocal veterans and eventually I was able to get my pen-

Continued on page 17


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LEST WE FORGET

NOVEMBER 11



> DELAY, DENY, DIE:, FROM PG. 15

sion working the way it was intended to.”

Moncur said he still suffers from fatigue when he concentrates and short-term memory loss.

“Climbing a mountain is not a problem for me, but reading a book about climbing a mountain is a problem.”

And PTSD, which he developed in 2010, is something he said he’ll always have.

“It never goes away. It’s lifelong. There’s not a day that goes by that I don’t think about what happened over there, especially around Remembrance Day and the anniversaries of those days,” he said. “I’ve personally known 13 soldiers that died. I know another 10 that committed suicide.”

A lack of dedicated care facilities for veterans suffering from PTSD, he believes, is contributing to the spate of suicides.

“We still have an epidemic of homeless veterans and we don’t have a mental-health facility for PTSD. I know they’re [government] talking about opening some, but we’re not seeing anything concrete. And this

government likes studies and research instead of actual concrete work. Veterans Affairs has a triple-D policy — delay, deny, die. They’re going to delay you long enough and deny you long enough that you’ll eventually just die.”

About six veterans are part of a class-action lawsuit in B.C., seeking to have lifelong pensions restored (see Equitas story next edition). Trying to force the government “to do right by veterans” is their only option, he said.

“I think that both the Conservatives and the Liberals — and to a certain extent the NDP — have a long way to go before they can honestly say they truly care about veterans. I firmly believe that no government will re-establish lifelong pensions.”

If the veterans win that court case, the government will have to pay out billions in reparations, he said, so it’s incumbent upon the government to “fight this for as long as possible.”

Reduced compensation for wounded veterans may consequently deter a future generation of soldiers from serving their country.

“The only other reason I can see peo-

ple still serving is patriotism that is to such a degree, they’d be completely willing to be taken advantage of by their government. That’s the only reason I can see anyone serving,” said Moncur. “No one should be surprised that the government has treated these men and women like a number and a replaceable cog in the machine.”

As for his own children, Moncur said he’ll do what he can to stop them from serving in the Armed Forces.

“When I was growing up, my grandfather served in the Second World War, and I was taught how much of a hero he was and how amazing he was. Being a soldier was always romanticized to me in such a way that I always wanted to be a soldier,” he said. “I’m not going to encourage that. I don’t want my children to become soldiers. I want to break the cycle and make sure they know the truth and the ugly parts of the military.”

> TIME AT SEA, FROM PG. 15

Eyolfson explained that for him Remembrance Day is a powerful reminder of the sacrifice he and others made to push back against fascism. He takes part in ceremonies at the Legion and at Lundar School every year.

While Eyolfson’s recounting of the war might not seem like it was dangerous he said he always knew the seriousness of what was going on. When he joined the Navy he thought that his future would end up one of two ways.

“I figured in the Navy I’d either come home safely, or drown,” he remembered.

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LEST WE FORGET

NOVEMBER 11

Pinetree Line veterans of the Cold War seemingly forgotten

By Patricia Barrett

An air force veteran who served during the Cold War era says the Canadian government has failed to officially recognize those who staffed a series of radar bases across the country.

Gimli-based veteran Pierre Parent says the men and women who worked at the cross-country radar bases, which are collectively known as the Pinetree Line, were an integral part of the Canadian Forces, helping to protect the country from possible Soviet air strikes.

"They remember veterans in Remembrance Day ceremonies, but this only happens once a year," said Parent. "That's OK, but afterwards it sort of fades in the memory, and throughout the year, veterans are a non-entity in the country."

Forty-four radar bases were operated across southern Canada during the Cold War, a period of political hostility between the Soviet Union and the United States and its NATO allies. It lasted from the end of the Second World War in 1945 to the fall of the Soviet Union in 1991.

The radar bases served as an early-warning system of a possible Soviet bomb attack.

"In 1961 when I joined the Air Force, the Cold War was in full swing," said Parent. "The military had this paranoia about the Russians coming here, so they built a series of radar sites across the country."

Parent worked at both of Manitoba's radar bases — CFS Gypsumville, which began operating in 1963-64, and CFS Beausejour, which the U.S. Air Force opened in 1953 before turning it over to the RCAF in 1962.

At the Gypsumville base, Parent performed a number of duties, including maintenance of height finder antennas, one of which has been turned into a monument now situated on the east side of Highway 6.

"The actual radar site was on ... the west side of Highway 6," he said. "Farther west was a site where they had the ground-to-air transmitter receiver. The building closest to the highway had a height finder antenna called the FPS 26."

He found out the hard way just how fast the antennas could swing.

"The height finder antenna was controlled remotely from Colorado Springs and when a request for height came in, the antenna would swing 180

degrees. I first got my introduction to how fast it goes and I wear it right here," he said, pointing to a scar above his eye. "Two-and-a-half tons rotated in about 1.5 seconds. It was hydraulic driven and it nodded up and down and turned at the same time."

He said air force staff maintained the bases 24-7, 365 days a year.

"It was a challenge," he said. "Our efforts contributed to the NORAD (North American Air Defense Command) agreement to defend North America from aggression. Most people don't about the existence of this system. There's people who worked 20-30 years in the service, many of them on the Pinetree Line, and their contribution to the country has never been acknowledged. And that's not acceptable to me."

Parent said he attended two reunions in Gimli for Pinetree veterans (in 2000 and 2002) that were attended by hundreds of people from across Canada, the U.S. and Britain.

"At our first reunion, we made a proposal to the then Minister of National Defence to have the contributions of those who served on the Pinetree Line officially recognized in Parliament and have [their names] written up in Hansard," he said. "The reply was, 'You were only doing your job,' and it died right there. We found that quite insulting."

In 2012, an ombudsman's report on Canada's veterans defined a veteran (for commemoration purposes) as all former members of the Canadian Forces, including reservists and those who worked in domestic and special-duty areas.

Parent said the U.S. is thinking of recognizing all veterans who served in the air force during that time period.

"I read about six months ago that the United States Air Force has moved to have a service certificate sent to all the people who worked in the Cold War, from the onset to the end, as a form of acknowledgment," he said. "Canada hasn't doesn't this yet."

He said he fears the recognition will be too late — if it comes at all — for Pinetree veterans who are now beginning to pass.

"I think many people across the county would appreciate the fact that they finally realize we existed. So many people have died. I find it sad they've just faded away."



EXPRESS PHOTO BY PATRICIA BARRETT

An FPS 507 height finder antenna, located on the east side of Highway 6 near Gypsumville, had a 383,000-square-kilometre radius and could detect the height of unknown objects. It was used between 1963 and 1987 by Royal Canadian Air Force personnel stationed at the CFS Gypsumville radar base. They monitored potential threats to Canadian airspace during the Cold War era.

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LEST WE FORGET

NOVEMBER 11

Stonewall veteran helped pave the way for military women

By Natasha Tersigni

The fight for women to be seen and recognized as equals in the ranks of the Canadian Armed Forces (CAF) has been a long, difficult battle and, in some regards, an internal war that still goes on today.

Compelled by the same beliefs as men, wanting to protect their country, it has not always been easy nor welcomed for women to don the uniform and serve Canada. The last major policy hurdle was lifted by CAF officials in 2001 when women were finally allowed to serve on submarines. While some may not have seen the policy change as a milestone in the Canadian women rights movement, there was a time in recent history that women were not even allowed to serve on Navy ships.

For Stony Mountain resident Shirley Esaruk, that was the reality she faced just six decades earlier. Having a thirst for adventure, a drive to see the world and a want to give back to Canada, Esaruk joined the Royal Canadian Navy (RCN) when she was 20 years old. It was 1961 when she enlisted and having women in the military was still a relatively new realization for Canada.

During the First World War, just 3,151 women were allowed to serve and they were only allowed to serve in the role of nurses. In the middle of the Second World War, CAF women divisions were established in all three elements, thus allowing over 50,000 to serve in non-combat related roles. All of the trades, aside from nursing, that were open to women were support roles, and many of the women served without ever leaving Canada.

After the Second World War, the military disbanded all of the women divisions. With dwindling numbers of personnel shortage, especially following the Korean War, CAF began slowly allowing women to enlist, but they were still not allowed in combat trades and faced many restrictions.

When Esaruk joined the RCN, she became an oceanographer and was stationed at a sonar-detecting base in Shelburne, N.S. Given the political climate of the time, at the height of the Cold War coupled with the United States presidential administration of John F. Kennedy, the base was classified as secret and the Canadians worked closely with their American counterparts.

"We monitored the waters and fo-



EXPRESS PHOTO SUBMITTED

Stony Mountain resident Shirley Esaruk joined the Royal Canadian Navy as an oceanographer in 1961. During this era, female soldiers were relatively new and it wasn't until decades later that all trades in the Canadian Armed Forces were fully open to women.

cused on protecting the waters from any enemy activity at this time the prime target was Russian submarines. It was a hostile era between Cuba and the United States. The Russians were headed to Cuba and John F. Kennedy called their bluff and they stopped," explained Esaruk, who enjoyed her work and the challenges it brought.

One highlight of her trade was being able to travel on a ship once a year, something that women were not normally allowed to do.

"Since we had to be in contact with the Arctic aircrafts and ships in our area, we got to go out for a day on a destroyer or frigate once a year to see their operating system compared to what we had on shore. At that time, women did not serve on ships. That is the way it was back then. There were only certain jobs and trade groups that women were allowed to be in."

After three years behind a desk, Esaruk craved adventure, and with little options of travel or other trades, she decided to leave the military.

"One of the reasons I decided to leave after my three years was up was because the military had cut down trade groups for women and the only available base for me to work on was in Shelburne. After two and half years

there, I got tired of that post and there was nothing else that I was able to get into," said Esaruk.

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Remembrance DAY november 11th SERVICES

2017 Remembrance Day Ceremonies

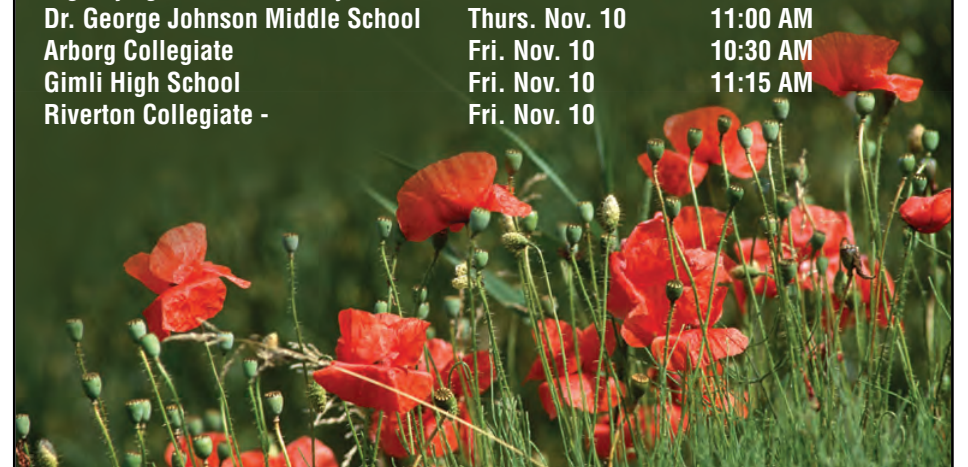
Legion	Location	Date	Time
Gimli BR 182	Gimli High School Gym	Sat. Nov. 11	10:30 AM
Winnipeg Beach BR 061	Legion - 20 Hamilton Ave (Lunch to Follow)	Sat. Nov. 11	10:30 AM
Eriksdale BR 140	Eriksdale Recreation Centre	Sat. Nov. 11	10:45 AM
Ashern Legion BR 057	Ashern Legion Hall	Sat. Nov. 11	10:45 AM
Arborg Legion BR 161	Arborg-Bifrost Community Centre	Sat. Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Sat. Nov. 11	10:30 AM

Camp Morton Remembrance Day Service Committee is holding their 16th annual Remembrance Day service on Saturday, November 11. Service takes place at 10:45 a.m. at Camp Morton Provincial Park.

We welcome the public to join past and current serving members at the only outdoor service in the Interlake.

2017 Remembrance Day School Ceremonies

Lakeshore School Division	Date	Time
Alf Cuthbert School	Thurs. Nov. 9	10:30 AM
Ashern Central School	Thurs. Nov. 9	10:45 AM
Ashern Early Years School	Wed. Nov. 8	10:30 AM
Eriksdale School	Thurs. Nov. 9	10:30 AM
Fisher Branch Collegiate	Thurs. Nov. 9	10:10 AM
Fisher Branch Early Years School	Thurs. Nov. 9	1:15 PM
Lundar School	Thurs. Nov. 9	10:30 AM
Evergreen School Division	Date	Time
Arborg Early Middle School	Fri. Nov. 10	11:30 AM
Riverton Early Middle School	Fri. Nov. 10	11:00 AM
Winnipeg Beach School	Fri. Nov. 10	11:30 AM
Sigurbjorg Stefansson Early School	Fri. Nov. 10	2:00 PM
Dr. George Johnson Middle School	Thurs. Nov. 10	11:00 AM
Arborg Collegiate	Fri. Nov. 10	10:30 AM
Gimli High School	Fri. Nov. 10	11:15 AM
Riverton Collegiate -	Fri. Nov. 10	



Your FARM



Loaf and Honey continues with cheese-making tradition

By Jennifer McFee
Say cheese!

A catering company with local connections is stirring up interest in its efforts to carry forward a historical cheese-making tradition.

Dustin Peltier and Rachel Isaak have partnered up in life and in business with the launch of Loaf and Honey catering company. The culinary couple draws on decades of experience in the food industry to create mouthwatering meals and decadent desserts.

As part of their offerings, they have delved into making Trappist cheese using a recipe that dates back hundreds of years.

Last summer, Peltier spent time in a monastery Holland, Man., where he learned the technique from an 83-year-old Trappist monk named Brother Alberic. The monk, who has been making this cheese for more than five decades, is one of few people left in North America who still pursues the labour-intensive task.

After his experience in the monastery, Peltier

brought the newfound knowledge home to share with his partner.

“Brother Alberic was very adamant that I teach Rachel,” said Peltier, who is originally from Woodlands. “He had taught a couple other people, but no one took it on. He was really happy that we have kids, so hopefully we can pass it on to them too.”

As part of the production process, Brother Alberic created a fully enclosed cave-like cellar for the cheese to ripen.

“The cheese sits on wood planks for a month. Every day, he goes down to the cellar and washes each wheel by hand with a salt and culture brine. He flips them over and gets a feel for each cheese, and he finds out when they’re ready by feel and look. Then the cheese sits for another month to age and cure a little bit more,” Peltier said.

“In our test run, we’re just going to have a dry walk-in fridge, so we won’t be able to reenact that process exactly. But we’re going to have some rocks and minerals in the fridge to get the mineral fla-

Continued on page 21



EXPRESS PHOTO BY TAMARA LENTZ

Savoury mushroom cheesecake with red onion marmalade, heirloom pink potatoes, quinoa crackers and green pea shoots, topped with a Trappist cheese crisp.



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Your FARM



Continued from page 20



EXPRESS PHOTO BY TAMARA LENTZ

Dustin Peltier of Loaf and Honey catering company is perfecting the art of making Trappist cheese.

vours and that sense of breathing of the earth.”

Since Trappist cheese is made with unpasteurized milk, the flavour is stronger than cheese made with pasteurized milk.

“It’s got a salty exterior and an edible rind on it,” Isaak said, “and it’s creamy in the middle.”

Connoisseurs will notice that the flavour of Trappist cheese gets richer with age.

“The cheese is alive. It hasn’t been pasteurized, so all of the enzymes and cultures are in there. It’s always growing and changing,” Peltier added.

“With the cheese, the good cultures are eating the bad bacteria. That’s what gives it the ever-changing flavour. As this cheese ages for longer, it gets a deeper and richer flavour.”

While they waded through the regulations for using unpasteurized milk, the couple is busy building a small test plant to set up in Woodlands.

“We also found a dairy farmer in the Woodlands area who has the same milk components that Brother Alberic uses,” Peltier said. “The milk is very high in protein and fat, so we should be getting close to those same yields and characteristics in our cheese. That’s very exciting for us.”

If all goes according to plan, the couple’s cheese should be available for purchase by March at DeLuca’s in Winnipeg. Further in the future, they hope to open a storefront and small bakery in Woodlands while also supplying cheese to specialty stores and larger grocers.

In the meantime, Loaf and Honey is continuing with its

Continued on page 22

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Your FARM



Continued from page 21

catering business, which makes customized menus from scratch using as many local ingredients as possible. Isaak, a talented pastry chef, also creates stunning custom cakes for any occasion.

Coming up on Jan. 20, Loaf and Honey will create an unforgettable four-course meal at a fundraiser for the Kinsmen's splash pad project. The event, which will be held at the Quarry Park Heritage Arts Centre in Stonewall, will also honour Kinsmen

and Kinettes who have made a difference in the community. Derrick McCandless and Jeremy Dueck will take the stage to provide the evening's entertainment. Tickets will cost \$100 per plate and charitable receipts will be available. For more information about the fundraiser, contact Chris Luellman at 204-461-0550.

For more information about Loaf and Honey, visit www.loafandhoney.com or call 204-997-6600. Updates are also posted on Facebook and Instagram.



EXPRESS PHOTOS BY TAMARA LENTZ
The flavour of the Trappist cheese gets deeper and richer as it ages.



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St. Laurent council hears concerns over marina development

By Jeff Ward

Local residents voiced their concerns over a potential new development that could create a campground and marina through conditional use in St. Laurent last week during a public hearing.

Landowners Marc Fontaine, Louise Marie Allain, Julien Chartrand and Albert Combot are proposing the development. The plan, Fontaine explained, is to bring in a new marina that connects to Lake Manitoba as well as develop the space into a campground. Fontaine presented the drawings for the development but said that this is only the first step for him and the other shareholders. He said that the municipality needs a new marina and that he wants to see the community flourish with new tourism opportunities. Residents who attended and spoke during the Nov. 1 public hearing were against the development. Environmental concerns, noise pollution and business viability were all discussed during the meeting.

"There is a lack of information right now and this drawing doesn't give me comfort," said Paul Allard, referencing the drawing of the proposed development.

"I've seen no engineering report or environmental report. Do they have those? The marsh is an important part of St. Laurent and I don't want to see it disrupted."

The marsh, which is in the vicinity of the proposed marina, was one of the biggest concerns for residents who spoke. Many saying that the marshland is an important piece of the ecology of the land. It cleans the water and plays an important role in flood mitigation.

Marc Fontaine addressed many of the concerns during the meeting and said that he and the other investors are willing to get whatever studies and reports are required of them to complete this development. He said

that he doesn't want to do anything to upset his neighbours and that they all want to make sure this development is done the right way.

"We're not trying to rush this, though, by any means," said Fontaine in an interview after the public hearing.

"To do it right and to go through these government agencies is how we're going to do it. We want this to be successful and we want it to be

"WE'RE NOT TRYING TO RUSH THIS, THOUGH, BY ANY MEANS."



EXPRESS PHOTO BY JEFF WARD

Councillors look at the drawing of the proposed campground and marina development with some of the shareholders.

something that brings people into our community."

Fontaine said that in a blue-sky scenario, they would break ground next year but added that he knows there are going to be roadblocks and hoops to jump through. He said he loves the area and the lake and doesn't want to do anything that would harm it.

Some residents were concerned that having an influx of overnight campers

could bring rowdy partiers and other issues. Fontaine said that he wants the campground to focus on seasonal campers rather than overnights because he is concerned about those same issues.

Council tabled any resolution on the discussion until their next meeting Nov. 15 as they had two members of council missing, Laurent Kerbrat and Monte Carrier.

> MILITARY WOMEN, FROM PG. 19

Upon leaving the military in 1964, Esaruk found her own way to travel the world and serve her country. She hitchhiked through Europe and returned to Canada where she eventually became a Corrections guard with the Corrections Services of Canada. Her work brought her back to her home community of Stony Mountain, where she worked at the Stony Mountain Institution.

In 1970, as part of a mandate to advise the government on how to increase equal opportunity for Canadian women, the Royal Commission on the Status of Women made six recommendations to CAF: standardize military enrolment criteria; equal pension benefits for women and men; allow women to attend Canadian military colleges; open all military trades and officer classifications to women;

and remove regulations prohibiting the enrolment of married women and requiring the release of servicewomen upon the birth of a child. This began a turning point in adopting a military culture that respected women and allowed them to serve equally alongside their brothers in arms.

While she may have never been on deployment or faced an enemy directly, it was Esaruk's service and

thousands more like her that allowed for the women to valiantly serve their country today. Even in 2017, milestones related to women military service are still being met, including this past summer when Major-General Tammy Harris became the first female deputy commander of an Environmental Command (the Royal Canadian Air Force).

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Place brand to help identify Gimli with Icelandic heritage

By Patricia Barrett

The Gimli Community Development Corporation and the Chamber of Commerce teamed up with Travel Manitoba to develop a place brand for Gimli that will help tourists become familiar with what the town is best known for – its Icelandic heritage.

Chamber vice-president Peter Holfeuer said the initiative will help foster economic stability all year-round by attracting tourists during the winter months.

"I think we all know how important tourism is to our community," said Holfeuer to about 50 people attending the launch of the place brand on Nov. 2 at the Waterfront Centre. "It's probably one of the strongest economic drivers we have. And we all know how seasonal it is, too."

The town draws thousands of tourists in the summer months, but activity dies down when cool weather sets in.

Travel Manitoba granted the two business-centred organizations \$25,000 to help them through each stage of the branding process. The chamber's tourism committee took part in SWOT (strengths, weaknesses, opportunities and threats) exercises and identified obvious symbols and festivals in the community.

Advertising agency McKim Communications took all of that information to develop the brand image, which can be used on t-shirts, mugs and street banners. The brand has 'Gimli' with an interlocking design reminiscent of Icelandic staves.

Linda Whitfield, Travel Manitoba's vice president of marketing and communications, said a well articulated place brand "strengthens the community's sense of place," creating alignment between a business community and visitors.

"It's much more than just a handy way to try and attract tourists," she said. "It's really about...getting everybody rowing in the same direction, giving the impression of the brand place and what the destination's all about."

Having worked for Travel Manitoba for 12 years, Whitfield said she's seen how place branding can make some of the Manitoba's unique regions really stand out.

"Clear Lake Country needed a graphic and marketing tools," she said by way of example. "They made it an all-season destination. We [Gimli] need help bringing people here in the winter. The key to that is all [Clear Lake businesses] had to stay open in the winter, which they didn't do. They said, 'Let's give it a try.' They did it last year and they're doing it this year. It's not without its challenges, but they're seeing the development."

In many parts of the world, too many tourists can cause environmental degradation, lower the quality of life for permanent residents and drive up the cost of housing by tying up rentals.

Gimli Mayor Randy Wroniuk, who helped revive the Chamber of Commerce a few years ago, said he doesn't anticipate that happening to Gimli.

"I think in the summertime we're at a saturation point, and I think it would be almost irresponsible to [create] another festival for the summer," he said. "But for the wintertime, we're not even close to that capacity. There is a period of time during the ice-fishing season there's people out here, but I think we can – in November, December and January – do more. I know Iceland is going through a bit of an issue with tourism because so many people are showing up there, but we're not even close to that."

The committee's next step is to de-



EXPRESS PHOTO BY PATRICIA BARRETT

The Chamber of Commerce's Tourism Committee members, the mayor and Travel Manitoba staff launched Gimli's place brand last week. Back from left Stefan Tergesen, Tammy Axelsson, Linda Whitfield, Cheryl Buhler. Front from left Peter Holfeuer, Leona Johnson, Randy Wroniuk, Syndi Prokopich.



The Gimli place brand.

velop a website devoted exclusively to tourism.

"We are looking for a marketing expert and website developer for those first few steps, which is designing it, writing all the content, operating it and updating it for the next six months," said committee member Leona Johnson.

The RM will post a job description on its website with a deadline of Nov.



Tourism committee member Leona Johnson.

9. The committee wants the website operational by Dec. 5.

Vehicle owners take advantage of low-interest Winter Tire program

Submitted

Nearly 80,000 loans have been processed for Manitobans taking advantage of the Province's low-interest Winter Tire Program, Minister of Crown Services Cliff Cullen and Manitoba Public Insurance announced today.

"Response by vehicle owners continues to be very positive and well received," said Cullen. "This low-interest Winter Tire Program assists Manitobans to equip their vehicles with winter tires with the ultimate goal being fewer winter collisions and safer roads.

"With colder temperatures and winter conditions now here, Manitoba vehicle owners are strongly encouraged to winter-harden their vehicles before the arrival of harsher weather."

More than 600 participating retailers Now entering its fourth year, the program provides loans of up to 48 months at prime plus two per cent up to \$2,000 per vehicle. Participation is as easy as going to any one of 646 participating winter tire retailers in the province who can direct bill Manitoba Public Insurance once customer eligibility for the program is confirmed and loan authorizations approved.

Eligible tires will display a snowflake symbol, as endorsed by Transport Canada. This symbol indicates that the tires have met specific snow traction performance requirements and are designed to be used in severe snow conditions.

"Numerous road safety studies confirm that winter tires reduce braking distances by lessening sliding on ice and snow," said Ward Keith, vice-president, Business Development & Communications and CAO, Manitoba Public Insurance.

"Road safety needs to be a priority of everyone who travels on our road-

ways. Reducing fatalities and injuries is a goal which can be achieved when everyone makes the commitment to safety. Preparing for winter with the use of winter tires is one way to keep our roads safe by improving traction and reducing stopping distances."

Customers interested in participating in the program are encouraged to visit Manitoba Public Insurance's website at mpi.mb.ca for more information on program rules and to select one of the 646 participating retailers throughout Winnipeg and rural Manitoba.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Skibinski, Demianiw win pair of World Series senior baseball titles

By Brian Bowman

Cliff Skibinski had two real good reasons to visit Arizona.

One was to visit family. The other was to play baseball.

And both went fabulously well for the 71 year old Fisher Branch product.

Skibinski and his Red Deer Legends' baseball team, which included Chatfield's Paul Demianiw (who knows lives in the Maples in Winnipeg) were the talk of the senior baseball world after winning both the 65 and over and 70 and over divisions at the 2017 Men's Senior Baseball League World Series.

"This year we hit the jackpot with the 70- and 65-year-olds," said a proud Skibinski, a talented shortstop and pitcher. "I've been going there for 10 years now and made it as far as the final one time with Sacramento."

In the 70 and over division, Red Deer played the San Diego Mudcats in the final, hanging on for a thrilling 8-7 victory.

Red Deer led 8-1 going into the final inning before Skibinski scooped up a grounder and tossed it second for the final out.

"Holy smokes, they were climbing," Skibinski, a retired teacher and former marathon runner, said.

In the 65 and over final, the Legends played Fresno Grizzlies in the final and won 6-3.

Demianiw, a catcher, said Red Deer's pitching was really strong throughout the tournament.

The talent level at this tournament is very good. Winning a championship isn't easy, never mind bringing home two titles in one year.

"I've been going to this thing for 16 years and I've only won it once and that was in 2010," Demianiw, 70, noted. "But this year we had the right team, the right mixture, and we won it twice, which is a pretty good result."

Red Deer's lineup included former major league second baseman Fernando Gonzalez from Puerto Rico.

"He has the smarts," Skibinski praised. "He played second base and I played short and he was giving me advice ... and sure enough the grounder would come to me."

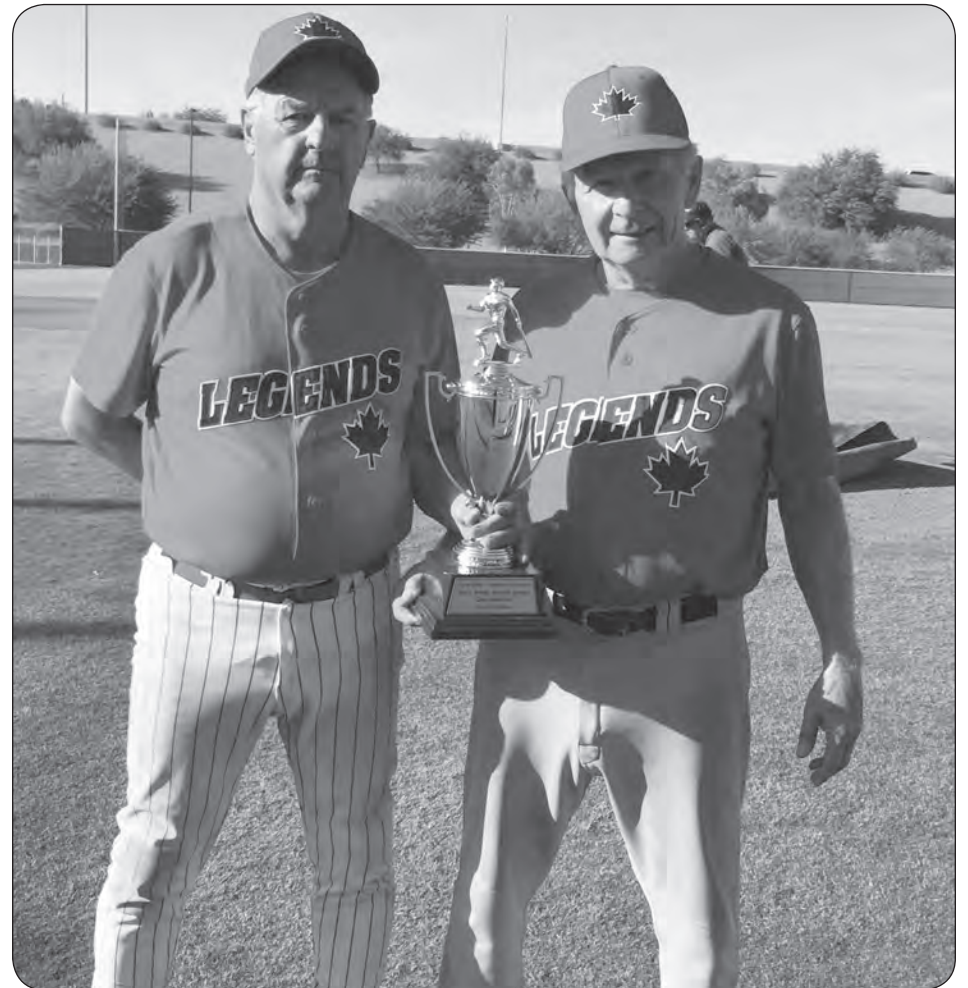
Both Demianiw and Skibinski love playing at the tournament - while enjoying the great Arizona weather - on immaculate ball diamonds.

"The competition is really good," Demianiw said. "Teams come from Australia and all over the place. All of the diamonds are spring training major league diamonds and each team has a stadium - it's awesome."

Skibinski has been playing in the World Championships since 2007, starting with the Sacramento Soions for the first three years.

He has since played for the Red Deer Legends. Skibinski is looking forward to playing again next year and, hopefully, in future years if his knees hold out.

Skibinski would also love to keep playing in Arizona for as long as he



EXPRESS PHOTO SUBMITTED

Fisher Branch's Cliff Skibinski, right, and Paul Demianiw, formerly of Chatfield, recently led the Red Deer Legends to a pair of baseball championships in Arizona.

can.

"Hopefully, God willing I'm healthy, because I would really like to go," Skibinski added. "I really, really enjoy

it. It's a great bunch of guys and the joking around on the bench (is great).

"Win, lose, or draw those guys are great."

Loewen named Western Hockey League player of the week



Jermaine Loewen

Staff

The Western Hockey League announced Monday that Kamloops Blazers' winger Jermaine Loewen has been named the WHL On the Run Player of the Week for the week ending Nov. 5.

Loewen, a 6-foot-4, 221-pound product of Arborg, recorded five points (four goals, one assist) in a pair of games last week for the Blazers.

Loewen scored a pair of goals and tallied three points, including the game-winner, in a 5-4 victory over the

Vancouver Giants last Friday.

He scored midway through the second and then again with 17 seconds left in the game to secure a victory for the Blazers.

His game-winning goal Friday was the third of his career and he also has four power play goals.

For his efforts, Loewen, a former Interlake Lightning standout, was recognized as the game's first star.

Saturday at the Sandman Centre in the second part of a home-and-home series, Loewen once again recorded a

pair of goals in a 5-4 Blazers' loss.

With his team down in the third period, Loewen struck for goals 7:12 apart to bring his team back into the game. Loewen was named the second star of Saturday's contest.

Originally a third-round selection (48th overall) of the Blazers in the 2013 WHL Bantam draft, Loewen has played 181 regular-season games with the club, recording 42 points with 255 penalty minutes.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg ices pair of KJHL wins last weekend

By Brian Bowman

The Arborg Ice Dawgs have been playing some real sound defensive hockey.

That stellar defensive play resulted in a pair of impressive Keystone Junior Hockey League victories last weekend.

Arborg shut out the Selkirk Fishermen 2-0 on Saturday and then edged the St. Malo Warriors 3-2 on Sunday.

"I liked what I saw against Selkirk but we were a little bit weak against St. Malo," said Ice Dawgs' head coach Jim Werbicki. "We got short-staffed — we have some kids that were sick and we have some injuries."

Werbicki really liked the fact that his club surrendered just two goals in 120 minutes of hockey.

"That was the problem in our first four games, our defensive-zone coverage," Werbicki stressed. "So, we have been working really hard in practice. I'm trying to make the boys understand what is required and it is starting to pay off a little bit."

In Sunday's win, Arborg's Dalton Woodhouse and Clint Torfason scored first-period goals and then Colton Davies put the Ice Dawgs up 3-1 with a

third-period marker.

Torfason, Davies, and Derric Gulay each finished the game with two points.

St. Malo's Gavin Pott opened the game's scoring midway in the first period and then Pott added his second goal of the game with 48 seconds remaining in the third.

Joey Fratantonio earned the win in goal. He has played very well this season and now has a 5-2 record, with a 2.53 goals-against average, and .927 save percentage.

On Saturday, the Ice Dawgs knocked off the Fishermen 2-0 at the Selkirk Rec Complex. Fratantonio played a big part in that win, said Werbicki.

"He's done really, really well," Werbicki said. "He has been a good addition, for sure."

Gulay scored a first-period power-play goal and then Finnson tallied in the third. The Ice Dawgs outshot the Fishermen 37-27.

Arborg is now 6-2 and tied with Peguis for top spot in the Central Division standings. The Ice Dawgs visited Fisher River on Wednesday and then will visit Lundar on Saturday for an 8 p.m. game.



EXPRESS PHOTO BY BRETT MITCHELL

Ice Dawgs' goaltender Joey Fratantonio earned the win for Arborg against St. Malo and Selkirk this past weekend.

"We haven't played (Lundar) yet and we do have some injuries and whatnot, but we'll see what happens," Werbicki said. "There seems to be quite a rivalry between Lundar and us. It should be interesting, anyways."

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTLPTS	GF	GA		
Steinbach Pistons	18	15	3	0	30	104	44
Winkler Flyers	18	14	4	0	28	67	35
OCN Blizzard	20	13	5	2	28	73	65
Virden Oil Capitals	16	11	5	0	22	81	48
Portage Terriers	18	10	6	1	22	66	51
Selkirk Steelers	17	10	6	1	21	66	56
Winnipeg Blues	20	8	9	3	19	69	76
Neepawa Natives	18	8	9	1	17	70	65
Swan Valley Stampeders	16	6	7	3	15	41	57
Dauphin Kings	19	4	14	0	9	45	93
Waywayseacappo Wolverines	20	1	18	0	3	35	127
KEYSTONE HOCKEY LEAGUE							
Central Division							
GP	W	L	OTLPTS	GF	GA		
Peguis Juniors	7	6	1	0	12	40	19
Arborg Ice Dawgs	8	6	2	0	12	36	24
Fisher River Hawks	9	1	8	0	2	22	74
South Division							
GP	W	L	OTLPTS	GF	GA		
Lundar Falcons	9	6	1	2	14	47	32
Selkirk Fishermen	9	6	1	2	14	43	23
St. Malo Warriors	9	5	2	2	12	45	24
North Winnipeg Satellites	9	1	8	0	2	29	51
North Division							
GP	W	L	OTLPTS	GF	GA		
OCN Storm	7	5	1	1	11	43	32
Cross Lake Islanders	8	4	4	0	8	49	35
Norway House North Stars	7	1	5	1	3	26	66
AAA MIDGET HOCKEY LEAGUE							
GP	W	L	OTLPTS	GF	GA		
Bruins	14	11	2	1	23	64	40
Eastman	14	11	2	1	23	64	44
Brandon	13	11	2	0	22	71	34
Wild	12	10	2	0	20	63	24
Pembina Valley	13	7	4	1	16	39	39
Parkland	14	7	6	0	15	49	54
Yellowhead							
GP	W	L	OTLPTS	GF	GA		
Thrashers	15	6	9	0	12	44	67
Kenora	13	5	6	0	12	37	37
Central Plains	13	4	6	1	11	37	43
Interlake	12	4	8	0	8	32	56
Southwest	14	4	10	0	8	37	57
Norman	14	0	13	0	1	36	87
AAA CITY MIDGET HOCKEY LEAGUE							
GP	W	L	OTLPTS	GF	GA		
Monarchs	8	8	0	0	16	58	11
Hawks	8	5	3	0	10	40	27
Selects	7	4	3	0	8	36	24
Sharks	6	3	3	0	6	12	20
Warriors	8	3	5	0	6	26	39
Lightning	9	0	9	0	0	11	62
AAA BANTAM HOCKEY LEAGUE							
GP	W	L	OTLPTS	GF	GA		
Hawks	11	10	1	0	20	96	25
Monarchs	10	9	0	1	19	60	20
Sharks	9	8	0	0	17	51	16
Selects	8	6	2	0	12	53	19
Lightning	12	5	7	0	10	37	60
Warriors	10	0	9	0	1	20	60
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE							
GP	Reg W	Reg L	T	OTW	OTL	Pts	
Westman Wildcats	9	5	1	-	1	14	
Yellowhead Chiefs	7	6	1	-	-	12	
Eastman Selects	10	4	5	-	-	9	
Winnipeg Avros	5	2	1	-	2	8	
Central Plains	6	3	2	-	1	8	
PV Hawks	9	3	5	-	-	7	
Interlake Lightning	8	-	8	-	-	-	

STATS AS OF TUESDAY, NOVEMBER 7

Einarson wins opener at Canadian Olympic pre-trials

Staff

Camp Morton's Kerri Einarson, who curls out of East St. Paul, won her first game Monday to begin the Canadian Olympic pre-trials playdowns in Summerside, P.E.I.

Tied at 7-7 after giving up a steal of two to Karla Thompson in the eighth end, Einarson blanked the ninth and then scored four in the 10th to record a hard-fought 11-7 victory over the Kamloops, B.C., team in the opening draw of the pre-trials.

Teams from across the country are battling for the final four berths (two men's, two in women's) in the Cana-

dian Olympic trials in Ottawa next month.

In other games Monday afternoon involving Winnipeg teams, Shannon Birchard of Thistle stole a key single in the sixth end to grab a 4-2 lead and hung on for a 6-5 win over Julie Tippin of Woodstock, Ont.

Sherry Middaugh from Coldwater, Ont., scored a ninth-end deuce and then stole a single in the last end for a 7-5 win over Darcy Robertson of Assiniboine Memorial.

Competition continued this past week and will wrap up Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons flying high in KJHL

By Brian Bowman

The Lundar Falcons have been the nicest surprise so far in the Keystone Junior Hockey League.

Lundar improved its record to 6-1-0-2 after an impressive 7-3 home win over the North Winnipeg Satellites on Saturday evening.

"I'm loving it right now," said Falcons' head coach James Worthing. "The boys are playing great, they're working hard, and having fun. It feels good."

Lundar trailed 3-1 nearly eight minutes into the second period but the Falcons responded with three goals in that middle frame and then added three more in the third.

"They believe in one another and it comes down to confidence," Worthing said of this year's Falcons' team. "They're confident in themselves and in their pairings. Overall, it's a really good group. Everyone is happy with one another and everyone is just having fun."

Landen Gray certainly had a lot of fun on Saturday, scoring twice and adding three assists in the penalty-filled game. Gray now has 10 goals and 15 points in just four games.

"Unfortunately we haven't had him (all season) because he was working," Worthing noted. "But when he's not working, and I think he's going to be back full-time very soon, he's a huge

asset to the team.

"He's such a smart, veteran player who knows when to hold the puck and move the puck."

Lance Laycock also had a great game for Lundar with two goals and two assists while Brandon Worthing, Eric Miller and Zack Bone also tallied for the winners.

Brandon Mills, Connor Grunsten and Nico Lisi replied for North Winnipeg. Braydon Weatherburn made 36 saves for the win.

The Falcons started the weekend with a solid 4-3 road win over the St. Malo Warriors. Mason Medeiros scored the game winner with just 2:04 left in the third period.

Brody Southby scored a first-period goal for Lundar and then Baily Proctor added a power-play goal in the second.

Tied at 2-2 early in the third, the Falcons' Brett Jocelyn scored with the man advantage to put the visitors up 3-2.

St. Malo's Robert Guimond scored twice in the opening period and then completed his hat trick in the third. Two of those goals came on the power play.

Christopher Lesage made 25 saves for the win.

On Oct. 31, the Falcons had a few tricks for the Satellites in a 5-2 road victory.



EXPRESS PHOTO BY LANA MEIER

The Falcons' Eric Miller scored for Lundar in their 7-3 win against the Satellites last Saturday.

Brandon Worthing led Lundar with three goals and an assist while Gray had a goal and an assist. Ron Johnson scored the Falcons' other goal and Derek Benson added two assists.

Nicholas Doerksen and Elijah Ca-

parros replied for North Winnipeg. Lesage made 22 saves for the victory.

Lundar, now tied with Selkirk for top spot in the South Division standings, will host the Arborg Ice Dawgs this Saturday at 8 p.m.

Midget Lightning lose pair of close games last weekend

By Brian Bowman

The Interlake Lightning played a pair of games — losing both of them — in Manitoba AAA Midget Hockey League action last weekend.

Pembina Valley made sure Interlake had a bad weekend after downing the Lightning 5-3 on Sunday afternoon in Morden.

The Hawks took a 1-0 lead on a goal by Kolton Shindle at the 14:19 mark of the opening period.

Interlake tied the score at 1-1 as Eric Krywy struck on the power-play just 1:06 into the second period. Gabe Odowichuk and Corey Soorsma as-

sisted on the goal.

The Lightning then went ahead 2-1 at 15:54 of the second period as Shane Bear tallied, assisted by Marcus Dewey and Connor Dowhy.

But Pembina Valley's Noah Goertzen scored at 18:37 of the second period and then Ethan Carels and Shindle tallied just 10 seconds apart early in the third.

Just 1:03 after Shindle's goal, Interlake's Keenan McPherson responded with a marker, assisted by Bryce Krauter.

Pembina Valley closed out the win, however, as Sven Schefer scored with

47 seconds left in the third period.

Interlake's Josh Bond made 25 saves in the loss.

The Lightning started the weekend with a tough 4-1 loss to the Parkland Rangers in Peguis as part of Interlake Lightning Day.

Interlake took a 1-0 lead nine minutes into the game when Emmitt Farebrother scored, assisted by Bryce Krauter and Rhys Bremner.

But Parkland came back with a short-handed goal from Vincent Hughes and an even-strength marker by Warren Jubenvill in the middle frame.

The Rangers' Carter Cockburn and

Garrett Hrechka then tallied in the third.

Interlake was 0-for-10 on the power play while Parkland was 0-for-5.

Lightning goaltender Riley Buhay made 26 saves in the game.

Interlake, now 4-8, hosted the Central Plains Capitals in Teulon on Wednesday but no score was available. The Lightning will remain at home when the first-place Winnipeg Bruins (11-2-0-1) visit Teulon Saturday for a 7 p.m. puck drop.

Interlake will then make a trip east to play the Eastman Selects on Sunday (2 p.m.) in Beausejour.

get inspired

> MEAL IDEAS



Ginger Beef and Broccoli Stir-Fry

and red pepper until well blended. Reserve 1/3 cup of marinade. Place sliced flank steak and remaining marinade in large, re-sealable plastic bag; turn to coat well. Refrigerate 30 minutes.

Cook noodles according to package directions. Drain. Spread noodles on sheet pan. Set aside.

In large skillet on high heat, heat 2 tablespoons oil. Remove beef from marinade. Discard remaining marinade in bag. Add beef to skillet; stir-fry 3 minutes, or until beef is no longer pink. Using tongs, remove beef from skillet. Add remaining oil, broccoli and onion; stir-fry 3-5 minutes, or until tender-crisp.

In small bowl, mix reserved marinade and cornstarch until smooth. Add to skillet; stirring constantly, bring to boil on medium heat and boil 1 minute. Return beef and noodles to skillet. Cook and stir until heated through.

Tip: Place raw flank steak in freezer 30 minutes to make it easier to slice.

- Prep time: 15 minutes
- Cook time: 10 minutes
- Servings: 5
- 1/2 cup Kitchen Basics Unsalted Beef Stock
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon McCormick Garlic Powder
- 1 teaspoon McCormick Ground Ginger
- 1/2 teaspoon McCormick Crushed Red Pepper
- 1 pound flank steak, thinly sliced
- 1/2 package (from 14-ounce box) Simply Asia Lo Mein Noodles
- 3 tablespoons vegetable oil, divided
- 1 1/2 cups broccoli florets
- 1 cup thinly sliced onion
- 1 tablespoon cornstarch
- In medium bowl, mix stock, soy sauce, honey, garlic powder, ginger

Pot Sticker Noodle Stir-Fry

- Prep time: 10 minutes
- Cook time: 20 minutes
- Servings: 5
- 1/3 package (from 14-ounce box) Simply Asia Udon Noodles
- 1 tablespoon oil
- 1 tablespoon minced fresh ginger
- 1 pound ground pork
- 1/2 cup Kitchen Basics Unsalted Chicken Stock
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon McCormick Garlic Powder
- 1/8 teaspoon McCormick Crushed Red Pepper
- 1 cup shredded green cabbage
- 2 tablespoons finely chopped green onion
- Cook noodles as directed on package. Drain. Set aside.
- In large saucepan over medium heat, heat oil. Add ginger; cook and stir 30 seconds-1 minute, or until fragrant. Add ground pork; cook and stir until no longer pink. Drain fat.
- Stir in stock, soy sauce, garlic powder and red pepper. Bring to gentle boil. Add noodles and cabbage; cook and stir 5 minutes, or until heated through. Remove from heat. Sprinkle with green onion.



What to Look for in a Potentially Abusive Relationship

no control over his anger, or suggest that it is the fault of others that he is so angry?

A man harboring anger, or one who has difficulty managing his anger, will eventually direct this anger at his partner. If he has shoved you or hit you, he will most certainly do it again. He may be remorseful, and he may not do it for months, but if he has done it once, then hitting women is in his repertoire of responses. Does he need you too much? If he expresses the feeling that he could not live without you, then he has made you his life support system.

Should you decide that you need to leave the relationship, he may act irrationally, because he might feel he has nothing to lose. If he'd rather die than live without you, then he may be just as happy to arrange things so that no one else will ever have you. This is serious stuff. Kind hearted young women are very vulnerable because they want to help these guys. They think that if they give lots of love and attention, they can heal the man, and he will turn into the man of their dreams. Instead, he becomes the leading man in their nightmare. We each must take responsibility for our own healing.

You cannot fix another human being. Good relationships need two people who are whole and healthy. If you find yourself in a relationship with the qualities described here, and if you are feeling trapped or frightened, get help. Likely you are already caught in an emotional web, and you will need support and guidance to get out.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

No one would knowingly go into a relationship if they knew that things would deteriorate to the point that their partner would hurt them. Are there clues that might tip off a young woman that her partner might not always be the nice guy that he seems to be now? There certainly are.

One or two characteristics alone may not indicate trouble ahead, but several combined should send up red flags. It is always interesting to see how he talks about his former partner(s).

If he says the problems were always the woman's fault, and if he carries a lot of anger towards them, be careful. If he accepts none of the responsibility for the demise of previous relationships, then he will likely blame you for anything that goes wrong in this one. If he speaks in a demeaning manner about other women, and uses derogatory words to describe them, you will likely be the recipient of this talk when he gets frustrated and angry with you. If he is controlling in the early years of the relationship, this may only get worse. Does he resent time you spend with girlfriends? Is he jealous and upset if another guy talks to you? Do you have to account for every minute of your time? If so, then he considers you as a possession.

On some level he thinks that you belong to him, and consequently he has the right to control your time and your life. It's like he keeps you on an emotional leash. If you stay close, he's happy. If you move too far out of his range, he'll yank the leash. Does he resent time that you spend with your family, or has he created animosity towards family members? If so, he may be attempting to cut you off from them. He wants you to himself. Does he have a temper? Does he act like he has

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Competition #18-17/18
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Assiniboine Community College strives to create exceptional learning experiences for our students. We place a high priority on student success and are committed to building an environment that creates and supports a high level of student engagement. The Assiniboine Community College Adult Collegiate provides high school level courses that can be used to complete a Mature Student High School Diploma or to upgrade pre-requisite courses for entrance into post-secondary programs.

We are currently recruiting instructors to teach in the preparatory portion of the Enhanced Indigenous Practical Nursing program that will be delivered in the community of the Peguis First Nation from October 16, 2017 to March 16, 2018. This program is designed to offer adult students the opportunity to meet the academic requirements to enter the Practical Nursing Diploma program. The Practical Nursing Diploma program will be delivered in the community after the completion of the preparatory component.

Be Passionate. You are a passionate teacher, ready to provide a supportive and challenging learning environment for a diverse group of first nation adult students. We are seeking those teachers who can teach in the areas of: English Language Arts 40S; Essentials Mathematics 45S Parts 5&6; Mathematics for Nurses; Biology 30S, Word Processing Skills 32C; Presentation Skills and Graphics 32C and Skills for Educational Success 41G.

Take Initiative. You'll take initiative with curriculum development, classroom management, student evaluation, academic advising and related administrative duties will be ongoing responsibilities. Excellent communication and organizational skills and the demonstrated ability to work as part of a team will come natural to you.

Deliver Results. To deliver results, you will have a Bachelor of Education with a permanent Manitoba Teaching Certificate, related high school teaching experience in one or more of the above noted specialized areas; previous experience working with first nation or indigenous groups and experience teaching adults would be an asset. You will be comfortable working with computers in the learning environment.

Please note: These positions are dependent on funding confirmation.

This competition will remain open until filled.

Assiniboine Community College campuses are located on traditional territories of treaty No.1 and Treaty No.2, the shared traditional lands of Cree, Ojibwe, Dakota, Dene and Anishinabek/Ojibwe peoples, and the homeland of the Metis Nation.

If you are interested in this career opportunity, please forward your resume and cover letter to:

Assiniboine Community College
c/o Human Resources
1430 Victoria Avenue East,
Brandon, Manitoba R7A 2A9
Fax 204.725.8736 or
Email humanresources@assiniboine.net

We thank you for your interest. Those selected for further consideration will be contacted.



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- Strong communication and organizational skills

Interested candidates should submit a resume with three references on or before Friday, November 24th, 2017. Tentative start date is February 1st, 2018.

Resumes may be mailed, emailed or dropped off at the Town of Arborg Municipal Office, 337 River Road.

Lorraine Bardarson, CMMA
Chief Administrative Officer
PO Box 159 Arborg MB ROC 0A0

Email: caoarb@mymts.net
Fax: (204) 376 5379 / Telephone: (204) 376 2647

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

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ANNOUNCEMENT

CARD OF THANKS



The blast has passed, now it's time to thank the people who made my 65th birthday party a success. A huge thank you to Lloyd Roche, my official party planner, for organizing such a memorable bash. Thank you, Debbie and friends, for decorating and for serving the late lunch; Audrey and the staff of the Mixed Grill for the delicious meal; Homebrew Line and guests for the excellent entertainment; and the hypnotist, Mike Leach, for turning Tyler Johnson and Mitch Johnson into stars for the evening. Norman Furgala still has to learn Chinese.

Most importantly, I want to thank everyone who attended, especially the people that got up to roast me. Also, the cards and gifts were overwhelming and very much appreciated. It was a dream come true to make it to 65 so that I could celebrate with my friends and family that came from near and far. I hope you all had a good time.

-Thanks again,
Daryl Calder

ANNOUNCEMENT

CARD OF THANKS

The family of the late Einar Einarson would like to thank everyone for their condolences, cards, gifts of flowers, food and donations made in his memory. Special thanks to Rod Palson, Chelsea Einarson and Mona Josephson for their heartfelt words. Dad will be sadly missed.

ANNOUNCEMENT

SHOWER ANNOUNCEMENT



Engaged.....
Ryan Gulay and Olga Velyt
 Join us in celebration of their engagement on November 18th, 2017 for a pre-wedding social and shower in their honour at Arborg Community Hall Shower at 1 p.m. and Social at 8 p.m. A July 2018 wedding is planned

ANNOUNCEMENT

CARD OF THANKS

The Chatfield Community Club would like to thank everyone who supported the hall's 50th Anniversary Dance and Supper on October 29th. The event was a success. Your support was greatly appreciated.

ANNOUNCEMENT

BIRTHDAY



Elma Kozub
 November 13th
Happy 80th Birthday
 To our loving and devoted wife, mother, and dearest Granny. You are an inspiration to us all and we are so proud of you always. We love you gracious lady XXOO!
 Love,
 All your family

ANNOUNCEMENT

IN MEMORIAM



Thora Michelle Einarson
 November 14, 2000 – November 14, 2004
 You'll be our beautiful little angel always!
 In our hearts your memories are kept,
 To love, to cherish, to never forget.
 Remembered and missed always.
 -Afi Pete, Ama Hildur, Auntie Mimi, U.P., Avery, Soren, Uncle Deedee and Auntie Diane
 xoxo

ANNOUNCEMENT

IN MEMORIAM



Thora Michelle Einarson
 November 14, 2000 – 2004
 Happy 17th Birthday in Heaven
 You would be driving
 And planning your graduation.
 We wonder what an amazing person you would be
 If you were here.
 We miss you every day.
 -Love always and forever,
 Mom, Dad, Alida and Aidan
 xoxo



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