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Biking for a cause

EXPRESS PHOTO BY ANDY BLICQ

Cyclists at the Gimli MS Bike ride raised almost \$140,000 for the Multiple Sclerosis Society of Canada. Riders started in Gimli Saturday morning.

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Change 2 Change: 10 years of creating change with youth in Uganda

Bud, Spud, and Steak fundraiser Sept. 14

By Autumn Fehr

By Autumn Fehr

Coming together as a community is the best way to inflict change.

Add good food to the mix, and it's a done deal.

On Sept. 14, Change 2 Change will host a Bud, Spud and Steak fundraiser at the Selkirk Legion, starting at 6 p.m.

"The Bud, Spud and Steak will be a refreshing event to get people back together and support a good cause," said Kurt Petersen, founder, and director of Change 2 Change.

Every year, Change 2 Change tries to host a fundraising event to help balance the books, but in the last few years, they haven't had any in-person events due to the pandemic.

Petersen founded Change 2 Change in Canada in 2010, after visiting Uganda as a volunteer in 2009.

"When I had returned to Canada, I decided something else had to be done and this was so heavy on my heart to do something," said Petersen.

At that time, he was collecting pennies to buy mosquito nets and shoes for children.



In 2011, he started a youth project.

Since then, they have aimed to be a catalyst for positive change around the world, driven by its founding ideas and principles: educating, equipping, empowering, and supporting youth and children from any background through the Word of God.

Although, it wasn't until 2012 when Petersen moved to Uganda that things took flight there with community initiatives.

One thing has stuck with the organization, though, and that's its continued focus on youth.

Education is not free in Uganda like



EXPRESS PHOTOS BY KURT PETERSEN

Family photo of most of the Home of Champions children (some students missing).

it is in Canada, and the government doesn't help in providing the funds for learning.

Change 2 Change has prioritized this when choosing where their funds go.

Currently, the organization supports nine kids full-time, funding school fees, accommodations, school supplies, and all other necessities they need.

Change 2 Change houses the children in a home they call 'Home of Champions.'

In the end, it costs just over 5,000 Canadian dollars to support all nine students, so they can receive an education.

Although this may not seem a lot to Canadians, when we think about the mounting costs of post-secondary education, these are substantial costs

for the communities in Uganda, said Petersen.

This sum accounts for a third of the organization's income that they receive in a year, he said.

All the funds raised at the Bud, Spud and Steak event will provide an education for the youth in Uganda and community initiatives in the area.

In addition to providing funds for education, the organization offers free programs to students and other children who cannot go to school, such as tailoring and craft classes offered to young people to gain skills.

Some workshops teach them entrepreneurship or businesses that they can start.

Change 2 Change also has different outreaches that go out into the com-

Continued on page 5



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Manitobans raise almost \$140,000 for MS Society of Canada's Gimli MS Bike event

By Patricia Barrett with files from Andy Blicq

The Gimli MS Bike event last weekend saw almost 200 cyclists hit the highway to help raise money for multiple sclerosis research and patient services.

The Multiple Sclerosis Society of Canada's two-day fundraiser had 25 teams and 181 people taking part. As of late Sunday afternoon, they had raised \$139,765.

This is the 33rd year Gimli has hosted the ride, which takes place in various communities across Canada.

The cyclists set off from the Gimli Recreation Centre and rode south down Highway 9. They had the option of either completing the short route of 49.5 kilometres (about 31 miles) to Matlock and back or the long route of 81 kilometres (about 50 miles) to Petersfield and back.

Among the participants were Ryan Alexander, his wife Candis, who has multiple sclerosis, and their children Zach (9) and Kinley (5). The Alexanders are from Winnipeg but have family in Gimli.

"I just wanted to help out," said Ryan Alexander before the official launch on Saturday morning.

Multiple Sclerosis is a progressive disease of the central nervous system in which the protective layer surrounding the nerves becomes damaged. That can disrupt communication to and from the brain, causing symptoms such as cognitive impairment, loss of coordination and balance, numbness, vision impairment, pain, extreme fatigue and mood changes.

The prevalence of MS in Canada is

among the highest in the world. Over 97,000 Canadians have MS, which is most frequently diagnosed between the ages of 20 and 49, according to Statistics Canada.

The Multiple Sclerosis Society of Canada was founded in 1948 to provide services to people with MS, as well as to their families, and to provide funding for research to find the cause of the disease and its cure.

Through fundraisers like the Canada-wide MS Bike event, donor contributions and corporate sponsorships, the organization has invested over \$190 million in research, according to its website. Research has resulted in advances in diagnosis, imaging, genetics, tissue repair, rehabilitation and disease-modifying therapies.

Paul and Anita Gregory from Fisher Branch also took part in the fundraiser, determined to ride 140 kilometres.

"My wife and I biked 80 kilometres on Saturday and 60 kilometres on Sunday," said Gregory, who's president of Interlake Forage Seeds and Interlake Honey Producers.

Among the top individual fundraisers listed on the society's Gimli MS Bike webpage were Ron Bailey (\$10,898), Alex Dyck (\$6,100), Stephanie Rozzi (\$3,430) and Doug Cameron, aka Spandex Man (\$3,025).

Among the top fundraising teams were Al's Angels (\$10,872), PCL Winnipeg (\$10,287), Cyclepaths (\$4,550) and Skobikn (\$4,015).

Cyclists who couldn't attend the event were able to participate virtually. They received a finishing line medal if they rode and logged 90 kilometres.

"I JUST WANTED TO HELP OUT,"



EXPRESS PHOTO BY ANDY BLICQ

Ryan Alexander, his wife Candis and their children Zach (9) and Kinley (5) took part in the Gimli MS Bike event to raise money for research and services for people with multiple sclerosis.



EXPRESS PHOTO BY PAUL GREGORY

Left to right, Pauline Bloom (Teulon), left, Paul and Anita Gregory (Fisher Branch), middle, and Stuart Slattery (Teulon) rode 140 kilometres over the course of the two-day event while raising \$2,000 for the Multiple Sclerosis Society of Canada.

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All welcome at Argyle museum open house

By Jennifer McFee

It's history in the making for a local museum.

Settlers, Rails and Trails is inviting the public for the first time to see the work underway at the museum's park property, located a half-mile north of Argyle on Meridian Road.

All are welcome to attend the Museum Park Open House on Saturday, Sept. 17 from 1 to 3 p.m.

"People can expect to come see a park, as it's being developed. We are not yet finished with our plans, but have several years of projects underway," said Shayne Campbell, president and executive director.

"Three heritage buildings undergoing restoration are on site, along with a railway bed awaiting its rails and ties, and roadways connecting our heritage village. Landscape berms have been planted and vintage agricultural equipment has arrived on-site."

The event marks the first time that members of the public will have the chance to see the progress.

"Before this time, it was either unsafe with equipment working or projects under construction. We want to welcome curious community mem-



Shayne Campbell planting one of 10 Maple trees in honour of Queen Elizabeth.

bers to come see what we have been working on for the last several years," Campbell said.

"We are hoping to attract our community, which is from Argyle, Balmoral, the Interlake, Winnipeg and beyond. We have a strong group of supporters, and we want to show them the ongoing projects as a means of a progress check."



EXPRESS PHOTOS SUBMITTED

Settlers, Rails & Trails is hosting a Museum Park Open House at their permanent location a half-mile north of Argyle on Saturday, Sept. 17 from 1 to 3 p.m.

One of the highlights will be the three heritage buildings, which are now sitting on their permanent foundations awaiting final finishing touches, including planting and landscaping. Attendees will also have the opportunity to visit with museum directors, who can provide further insight into growth and plans.

"Visitors can also see our 10 royal trees that have been planted for the queen's 70th Platinum Jubilee. The lieutenant-governor has been invited

to do an official tree planting in May of 2023," Campbell added.

"We also have our Platinum Jubilee Exhibition on display in the Argyle Community Centre."

This display is still open the first Saturday of each month from 1 to 4 p.m. and by appointment by emailing argylemuseum@gmail.com.

To learn more about Settlers, Rails and Trails, visit www.settlersrail-sandtrails.com or facebook.com/argylemuseum.

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- August 15th, 6:30 PM - **Aki Centre**
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- August 27th, 10 AM - **Matlock Recreation Centre**
77 Matlock Road
- August 29th, 6:30 PM - **Farmers Hall Gimli**
1611 MB-231
- September 12th, 6:30 PM - **Gaynor Family Library Selkirk**

Adult Education open house to help with employment

By Tammy Karatchuk

Some adults struggle with under-or-unemployment two and a half years into the pandemic. Others lack the skills and training to fill the holes in specific fields. An adult education open house night in Selkirk hopes to close that gap.

On Sept. 7, from 6 to 8 p.m., six educational organizations will be at the Lord Selkirk Education Centre, including Red River College Polytechnic and Workplace Education Manitoba.

"The purpose of the adult education and training info night is to showcase the many learning opportunities adults have in our community," said Kerry Mealey-Holmes, Interlake Regional Coordinator with Workplace Manitoba. "We (educational organizations) have all come together to support one another with our main focus on supporting our students. What are their learning goals? How can our organizations support the learner in reaching these goals? This is why we are holding an info night about our various organizations so that people in Selkirk and area know of the amazing learning opportunities adults have right close to home."

There are some requirements for specific programs, and most courses are offered at no cost, such as the training from Workplace Education Manitoba (WEM). Their training has been provided throughout the Interlake region for nine years, and they have a learning centre in Selkirk.

"On our WEM training classroom side of things our training is fully funded," said Mealey-Holmes. "They (the students) need to be 18 or older who are underemployed, unemployed, E.I., looking to boost their skills for the workplace."

Workplace Education Manitoba primarily focuses on necessary skills such as "digital literacy" (computer skills), communication, collaboration, problem-solving, "adaptability, and creativity and innovation."

"These are essential skills needed in any workplace," said Mealey-Holmes. "We work both in organizations with employees as well as people who are pre-employed to help boost these skills."

Workplace Education Manitoba's instructors instill a student's sense of confidence while building essential skills.

"WEM is focused on workplace training and getting people ready for work," said Mealey-Holmes. "We have a desire to help our students on an individual level. I like to think we are teaching people not programs."

The other organizations at the open house will be Selkirk Adult Learning Program, LSEC Adult Learning Centre, the Selkirk Employment Services, and LSSD Continuing Education. The Selkirk Adult Learning Program assists students with literacy and numeracy, and other integral areas. The LSEC Adult Learning Centre helps people to "further their education" and attain their grade 12 diploma. According to Mealey-Holmes, LSEC Adult Learning Program posted its highest number of graduates this past academic year. Red River College Polytechnic and LSSD offer courses and programs through continuing education.

"Seeing our learners reach their potential brings immense joy and meaning to the work we do," said Mealey-Holmes. "We have seen people come to our classroom who have their heads low and are

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Lord Selkirk Education Centre

303 Main Street

The Lord Selkirk Education Centre open house is being held Sept. 7 from 6-8 p.m.

mumbling, and once they have completed some courses, they leave with their head held high and full of hope.

"One student that stands out in my mind was so thrilled to let us know they had found a great job and felt that they were really making a difference," said Mealey-Holmes.

The adult education open house is located at 303 Main Street, and no appointment is necessary.

> CHANGE 2 CHANGE, FROM PG. 2

munities in great need and share with them and encourage them.

"We try our best to provide something tangible, whether its food or clothing or mosquito nets or shoes," said Petersen.

Tickets for the Bud, Spud and Steak will be \$25, which includes a drink and dinner.

The organization pays the Selkirk Legion to do all the meal preparation for the food; \$ 10 will go towards the cause.

"It's important for people to get involved. I think it's so easy these days to get in your bubble... Having this event not only updates people and gives people a better understanding of what's happening here in Uganda but also an understanding of what we are trying to do about it," said Petersen.

We may not be a big organization where you can see the fruit of our efforts right away, but he said we are making a positive difference here.

There will be a variety of door prizes, a silent auction, and a 50/50 draw.

In the future, Change 2 Change wants to continue to provide outreach programs in the villages in Uganda and take the kids out with them, so they learn what it means to give back rather than constantly receiving support.

They also want to provide more kids with an education, as they often have to turn away families because they don't have enough funding.

"These kids have been showing their commitment and their interest and desire to be in school. We want to be able to support that," said Petersen.

Those who cannot attend the evening but would still like to contribute to the cause can buy a donation ticket for \$20

and will still be entered into the prize draw.

Alternatively, donations can be made on the organization's website at change2change.ca.

For more information on the event, email contact@change2change.ca or text or call 204-481-2660 or 204-485-2467.



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Farmers and the “prove it” generation



Call Patricia Barrett
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What is a farmer’s relationship with environmental and animal welfare certification programs? Would it be right to say that it’s complicated? On one hand, farmers feel targeted by those in the activist community who reject the realities of modern agriculture. No genetically modified anything. No fertilizer. No pesticides. Small holdings with a few chickens, a couple of cows, and a pair of pigs. Farms drawn out of an idealized past of Ol’ MacDonald. Some farmers are concerned that certification programs might be helping to promote this agenda.

The reality is different. Agriculture can rightfully claim to be a leader in rapid advancement in environmental management. These improvements are made possible by the adoption of technology and innovation, not their rejection. Widespread adoption of minimum tillage is reducing greenhouse gas emissions and protecting our soils. Improved soil management is the reason Saskatchewan does not blow into Ontario anymore, like it did in the 1930s. In the hog sector, the adoption of technology, manure injection for example, is helping to ensure organic nutrients are placed where they are most accessible to crops, maximizing their value and minimizing potential environmental impacts. Research has shown that the hog sector’s environmental footprint has decreased significantly in the past 50 years. Hog farmers today produce more food with less environmental impact, a trend that is continuing because of investment of farmers’ money into research on innovative technologies and practices.

However, there is a divide between the view of agriculture held by some urban Canadians and daily farming



Cam Dahl
Manitoba Pork Council

practices. This is impacting how policymakers perceive agriculture and affecting the programs they implement. This gulf was exposed recently when the Government of Canada announced a target of a 30 percent reduction in emissions from nitrogen fertilizer. Farmers felt they were unnecessarily targeted by policymakers who have not taken the time to understand the industry. Many believe that consultations were, at best, inadequate or even non-existent. Farmers are asking why there have been few attempts to collaborate with producers to align policies with agriculture initiatives that are already underway. There is a lack of evidence that policymakers understand the effect this target will have on Canadian agricultural production or the impact on our economy.

Why does this gulf exist? Part of the reason is the practice of wedge politics that pits one set of voters against another. All parties have been guilty of this. However, the divide is not just

caused by divisive politics. Farmers and their representatives should also carry some of the responsibility for the gap between urban and rural perceptions because of the way in which we communicate the impacts of modern agriculture.

Poll after poll tell us that farmers are some of the most trusted folks in Canadian society. While I believe this to be true, I am concerned that this perception is based on an image of the 1950s farm and that it may not apply to the realities of modern, high-tech agriculture. In other words, Canadians may like farmers, but because of a lack of understanding of modern practices, they may not like what farmers do every day.

How do we change the narrative? As a first step, we need to stop apologizing for everything that comes with modern agriculture. It makes me cringe to see inaccurate portrayals, like advertisements with the little red barn next to a small field with an old cableless tractor, and three pigs and a duck playing in the foreground. How about showing a modern, multimillion dollar hog production facility? Please, we need to forget the picture of the plow and show a 75-foot airseeder precision planting into a minimum-till field. We shouldn’t hide modern agriculture away from the public.

Second, we are talking to the “prove it” generation and need to demonstrate the accuracy of what we say. This needs to include science-based assurance programs that set standards for environmental stewardship and animal welfare. These standards need to be backed by regular audits and commitments to continuous improvements, based on the latest sci-

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COVID infections up, Interlake PCH outbreaks; out-of-province surgery offered

By Patricia Barrett

COVID infections in Manitoba are on the upswing, with the latest data showing another increase and long-term care homes in Stonewall, Selkirk and Gimli experiencing outbreaks.

The provincial government's weekly COVID surveillance report for the period Aug. 14-20 shows 473 new laboratory-confirmed infections, an increase of 18 from the 455 cases reported the previous week. The week before that saw 347 cases.

The data are an undercount because the government restricts access to PCR testing. Rapid antigen test results aren't tracked.

There were also 60 new hospital admissions reported for the above period, including eight people needing treatment in the intensive care unit. The previous week saw 72 hospital admissions which included 19 ICU admissions.

Twelve more people died since the last report, bringing Manitoba's death count to 2,105. The previous week's death count was 2,093 people.

The government reported six new COVID outbreaks in Manitoba hospitals and personal care homes for the above period, including at the Extencare Red River Place in Selkirk. The other outbreak locations are in the Winnipeg and the Southern health regions.

The list does not include an outbreak at the Betel PCH in Gimli but a spokesperson for the Interlake-Eastern Regional Health Authority confirmed on Friday that its medical officer of health had declared an outbreak there on Aug. 23.

The Betel outbreak isn't noted under the news and updates page of the IERHA's website (last viewed Aug. 27). The page does show, however, a COVID outbreak declared Aug. 26 at Stonewall's Rosewood Lodge, an outbreak declared Aug. 19 at Pinawa Hospital and an outbreak declared Aug. 6 at the Arborg hospital.

PCHs in the region continue to practise infection prevention and control measures, said the spokesperson. Visitors are "screened and required to wear a mask" while in the facility

even when there are no COVID infections. Health-care staff are also required to wear masks.

"Initiatives designed to mitigate the risk of COVID-19 spread amongst our patient population and staff continue to remain in effect, including screening visitors for symptoms upon arrival to these sites and the use of personal protective equipment. These initiatives reflect the advice of infection prevention and control experts," said the spokesperson. "Having said that, there is community spread of COVID-19 in our province and, indeed, throughout much of the world. Personal care homes are part of the community, so outbreaks at these homes will regrettably occur from time to time."

Vaccination is important for PCH residents in order to reduce their risk of severe illness or death from COVID. A vaccination campaign has been in place since 2021 in Manitoba PCHs, said the spokesperson. The government's Shared Health organization provides guidance on infection prevention and control and visitation in PCHs on its website.

Last week the province announced that children aged five to 11 are now eligible for a COVID booster (or third dose).

The province is also planning to launch a fall COVID immunization campaign and will re-open a regional vaccine clinic at 1680 Notre Dame Ave. in Winnipeg. Appointments will be available in mid-September. It's closing the vaccine clinic at the Winnipeg RBC Convention Centre in mid-September, according to an Aug. 24 COVID-19 Bulletin (#582).

The COVID pandemic is far from over despite many governments around the world using language such as "post-pandemic" and "transitioning from COVID" in a context that suggests it has ended, and ditching measures that help prevent the virus's spread. The pandemic catchphrase "learning to live with the virus" has failed to become a fillip for widespread preventative action and has instead become a game of chance we appear to be losing.

The World Health Organization's infectious disease epidemiologist and COVID-19 technical lead Maria Van Kerkhove said in a June 19 tweet that "We are not living with COVID-19 responsibly. Not even close. People are dying unnecessarily. Millions infected each week. Billions not fully vaccinated. Lives & livelihoods suffering. Dismantling systems needed to end the global emergency & fight the next one."

Almost 6.5 million people worldwide have died from COVID as of Aug. 24, according to the WHO.

Moderna said in a recent news release it will be supplying 12 million doses of its bivalent COVID booster vaccine to the Canadian government. Canada is scheduled to receive 1.5 million doses and has ordered an additional 4.5 million doses. Moderna and the federal government have also agreed to "convert" six million doses of the Spikevax mRNA vaccine to an omicron-containing bivalent vaccine.

Other health news:

The Monkeypox virus continues to spread, with nine of Canada's 13 provincial/territorial jurisdictions now having reported cases. Ontario leads with 582 cases, followed by Quebec with 478, British Columbia with 129, Alberta with 31, Saskatchewan with three, Yukon with two, and Manitoba, Nova Scotia and New Brunswick with one case each as of Aug. 24. Total cases stand at 1,228.

As of Aug. 16, there have been 32 people hospitalized.

Last week the Manitoba government expanded monkeypox vaccine eligibility to cisgender, transgender and two-spirit people who self-identify as belonging to the gay, bisexual and men who have sex with men community. Manitoba has administered 436 doses of the vaccine as of Aug. 21.

The provincial government announced on Aug. 24 that it will be offering to ship up to 750 Manitoba patients out-of-province to Ontario, North Dakota and Ohio to receive knee and hip replacement surgeries.

"These three new agreements are an important interim measure to help people who have been waiting for

care for too long, as we work to build long-term, sustainable improvements and increased capacity in our health-care system here at home," said health minister Audrey Gordon in a news release.

Patients will be offered treatment at Big Thunder Orthopedic Associates based in Thunder Bay, Ont., Sanford Health in North Dakota, which has previously provided spinal surgeries to Manitobans, and at the Cleveland Clinic in Cleveland, Ohio.

According to Doctors Manitoba's surgical dashboard as of June 28, the wait time for hip and knee surgeries is 35 weeks (about 8 months).

Moderna announced it is suing Pfizer and BioNTech for allegedly infringing patents it filed between 2010 and 2016 covering its ground-breaking mRNA technology.

The company says it believes Pfizer and BioNTech unlawfully copied its technology, without permission, to make [their own COVID vaccine]. Moderna expects compensation, the amount of which is not stated.

"We are filing these lawsuits to protect the innovative mRNA technology platform that we pioneered, invested billions of dollars in creating, and patented during the decade preceding the COVID-19 pandemic," says Moderna chief executive officer Stephane Bancel in an Aug. 26 news release. "This foundational platform, which we began building in 2010, along with out patented work on coronaviruses in 2015 and 2016, enabled us to produce a safe and highly effective COVID-19 vaccine in record time after the pandemic struck."

> FARMERS, FROM PG. 6

entific research. The hog sector is transitioning to Canadian Pork Excellence (CPE), a set of programs that allow registered pork producers to demonstrate compliance with food safety and animal care requirements. Other livestock groups have similar programs that help demonstrate responsible production. Farmers' par-

ticipation in these programs needs to be embraced by the industry and better promoted as part of the story of Canadian agriculture.

Politicians take their cues from the voters who elect them to office, the vast majority of whom come from urban Canada. Changing the narrative with consumers and citizens will also change the narrative with policymakers. It may take time to shift the conversation, but highlighting

the benefits of modern agriculture and demonstrating, not just talking about, the industry's existing commitment to management practices that enhance the environment and improve animal welfare will help prevent naïve and shortsighted policy announcements and burdensome regulations.

Submitted by Cam Dahl, General Manager, Manitoba Pork Council



**Please join us
for a
Candle Light
Meditation**

**Gimli Community Cemetery
Sunday, September 4th at 7 pm
PH 222 across from Diageo**

Candles will be provided at main gate.
Learn about the cemetery.
Donations in support of the cemetery are appreciated.
A charitable receipt is available for donations over \$20.

Hosted by the Gimli Community Cemetery Committee.

For more information, contact:
Cemetery Supervisor at
gimlicemeterysupv@gmail.com
Cemetery Chairperson@
gimlicemetery@gmail.com

Spotlight on Coffeehouse performer Jessica Stanley

By Jennifer McFee

Up-and-coming local musician Jessica Stanley will grace the stage to share songs for a good cause.

Stanley is on the performers' list for Coffeehouse to End Cancer, a fundraising concert set for Thursday, Sept. 8 at Grosse Isle Heritage Site.

"I instantly thought it would be an amazing way to help raise money for CancerCare. Interestingly enough, I found out that the event is held on Sept. 8, which is my Amma's birthday, Audrey Stanley, who had battled breast cancer," she said.

"This performance will be dedicated to her and to everyone else who has fought hard against this terrible sickness."

For those who haven't heard Stanley's music before, she describes it as a combination of Christian pop, hip hop and R&B.

"My lyrics speak a lot about my faith. Each song is inspired by a verse in the Bible, a part of life that tells a story of struggle, comfort, forgiveness and love," she said.

"I have so much fun making these songs in the studio. The beat of the music I find refreshing and they make you want to dance."

Music has always been key in her life, even from a tender age. A natural performer, Stanley shone in lead roles in elementary school Christmas concerts, sang the Canadian anthem for the junior hockey league and took vocal jazz throughout high school.

"There was always a passion burning within me. As a young child, I'd sing in front of family and friends. I would spend time writing lyrics in my journal," said Stanley, who grew up in Balmoral and now lives in Stonewall.

"I'm very thankful for my favourite music teacher,

Mrs. Joan Main. She was always really encouraging in my young years."

During the pandemic, her musical focus hit a new harmony.

"I was sitting on lyrics that came to mind that I wrote down in that quiet time of my life. I felt this urge to reach out to two-time Grammy and three-time Juno Award winning artist and producer Fresh IE," she said.

"After I took that leap of faith, Fresh read my lyrics and we went from one song to creating a 10-song album. It's quite the miracle and I'm very thankful where God has led me."

The local songstress recently completed her first full album called Love Sheds with the lead single "Walk with Me featuring Fresh IE."

"Love Sheds means "The love of God is shed abroad," she explained. "Love Sheds started out as my antler jewelry business name and now carried on into my music. If you were to tell me that were to happen years ago, I'd never believe it."

And the excitement continues on Sept. 24 when Stanley will be releasing another half-album that she has completed. The songs can be pre-saved on iTunes on Sept. 1.

Her EP is called Love Is There Like You Are Near, and each song makes up the title — first song is called "L.O.V.E.," the second "Is There," the third "Like You" and the fourth "Are Near."

"I'm pretty amazed with each song, but I'd have to say that the song 'L.O.V.E.' is extremely powerful," she said.

"It really speaks to young children, young women that have gone missing. They are not forgotten."

Jessica Stanley's music is available on all music



EXPRESS PHOTO SUBMITTED

Jessica Stanley will be one of the performers at the Coffeehouse to end Cancer on Sept. 8 at Grosse Isle Heritage Site.

platforms, including Spotify and iTunes. Her songs are also listed on her website jessicastanleymusic.com.

To catch a live performance, drop by the Coffeehouse to End Cancer on Sept. 8 from 7 to 10 at the Grosse Isle Heritage Site.

Bell MTS bringing all-fibre broadband network to more rural Manitobans

Pure fibre Internet service rolling out to seven more communities

Community Support Service
Al-Anon Gimli and Winnipeg Beach Meeting place 17B North Colonization Rd. Gimli (Next to the New Horizons) Meetings are Wednesdays between 7 and 8 p.m. Contact 204-389-4777
AA Winnipeg Beach Lady of the Lake RC Church Corner of Hwy. 9 and Lake Ave., Winnipeg Beach Meetings are Saturdays between 7 and 8 p.m. Contact Ann J 204-389-3417
Gimli Group AA Bldg 18 Municipal Rd Industrial Park Fri & Sun Mtgs at 7:30 pm Womens Mtgs Thurs at 10:30 am

Staff

Bell MTS announced the expansion of its all fibre broadband network to more homes and businesses across rural Manitoba in Stony Mountain on Aug. 29. Part of Bell's capital expenditure acceleration program to invest in national next-generation network infrastructure, the latest expansion program will bring all-fibre connections to over 6,500 locations throughout Blumenort, Ile des Chênes, Landmark, Matlock, St. Adolphe, Stony Mountain and Winnipeg Beach starting this fall.

Fully funded by Bell, this broadband network expansion will provide fast and high-capacity 100 per cent fibre connections with Internet download speeds of up to 1.5 Gbps and access to leading Bell services such as Gigabit Fibe Internet, Whole Home Wi-Fi and Fibe TV. By the end of this year, Bell will have invested approximately \$14 billion in capital expenditures

since 2020, including planned capital expenditures of approximately \$5 billion in 2022, to accelerate the rollout of its broadband fibre, 5G and Wireless Home Internet networks.

"Access to high-speed, more reliable broadband will allow residents, businesses and families to more easily participate in the digital economy and take advantage of the remarkable advances in telehealth, remote learning, e-commerce, and online entertainment. We are excited that Bell MTS is investing in a fibre Internet solution for Stony Mountain and we look forward to enhanced community connectivity for many years to come," said Wes Taplin, Reeve of the Rural Municipality of Rockwood.

"At Bell MTS, we are proud to be expanding the deployment of our faster, more climate-resilient fibre networks in rural Manitoba, enabling brand new economic opportunities for both businesses and consumers in 7 more communities across the province. Today's announcement builds on our industry-leading capital expenditure plan to connect more Manitobans in communities large and small with the

best network technology available to communicate, learn, travel and stay informed," said Ryan Klassen, Vice Chair of Bell MTS & Western Canada.

Fibre network technology is considered to be the best and most reliable, enabling faster speeds for now and for newer technologies in the future. Bell has undertaken its most aggressive fibre buildout ever this year, with plans to reach up to 900,000 more homes and businesses across Canada with direct fibre connections by the end of 2022.

In addition to bringing the Bell MTS all-fibre broadband network to Blumenort, Ile des Chênes, Landmark, Matlock, St. Adolphe, Stony Mountain and Winnipeg Beach, Bell MTS is nearing final completion of its fibre network builds in Altona, Plum Coulee, Emerson and Morris. Announced in September of 2021, Bell MTS will be connecting approximately 4,500 new locations in the Pembina Valley region with the world's fastest Internet technology by the end of this year.

Library prepares to offer conversational English group

By Jennifer McFee

The Stonewall library is launching a new program that aims to enhance the English skills of newcomers.

Conversation Circles is a free program that will run at the library on Saturdays from 10 to 11:30 a.m., with the first session set for Sept. 17. The group is geared for anyone who wants to practise conversational English.

"We are developing this program in response to the needs of Ukrainians arriving in our area but we, of course, welcome anyone who wants to practise their English skills," said Joan Ransom, Stonewall branch librarian.

"We have assembled a team of local retired teachers who will use Access English Centre activity plans put together by the Immigrant Centre Manitoba. The activities vary by Canadian Language Benchmark levels, and the topics focus on conversation skills as well as issues to address our learners' needs."

If more teachers would like to help, they can contact Ransom at the library at joan@sirlibrary.com or 204-467-8415.

"We will be having a meeting with our teaching team to go through the material and have a bit of an orientation," she added.

There is no cost to participate in the program, but the library will be taking registration. Interested learners or host families can call the library at 204-467-8415 to register their name, email and phone number.

"We don't have a good handle yet on how many newcomers have arrived but hope to reach all interested people as we get the word out," Ransom said.

"I have heard that there may be some older children interested in practice as well, so we may split the groups into adults and tweens/teens. Again, this will all depend on the needs of the participants."

At the same time as the Conversation Circle, the library will also run a storytime session for the participants' younger children.

"I and one of my staff will do a storytime focus-

Conversation Circles
At the Stonewall Library
Saturdays from 10:00am - 11:30am

- Conversational English practice
- Small groups facilitated by retired teachers
- All newcomers welcome
- Storytime program for young children
- Refreshments and fellowship to follow sessions

REGISTER BY CALLING:
204-467-8415

www.sirlibrary.com
419 Main Street
Stonewall MB

**Sessions start
September 17,
2022**

ing on the ABCs, vocabulary words, songs, rhymes and, of course, stories," Ransom said.

"We want the participants to be able to focus on their practice, so we will keep their children busy during the Circle time."

In addition, the library will prepare some information packages that will be available both in print and online on the South Interlake Regional Library website.

"We have found some great information about helpful organizations and supports for newcomers that we want to share," Ransom said.

"We will also offer all Conversation Circle participants a library card so they can borrow material and access our online material, as well as use the library branches whenever they'd like."

One of our goals with this program is to offer some fellowship and sense of community to the participants, she said.

"We hope to have refreshments following the sessions so people can mingle and visit," she said, adding that they're still working on finding community partners to donate juice boxes, coffee and cookies.

"Possible future ideas during this fellowship time include having speakers or bringing service groups in to share what they can offer."

There is much demand for this type of service, she added. On Aug. 4, Ransom and library director Clint Curle attended a meeting in Gimli facilitated by Manitoba Association of Newcomer Serving Organizations.

"It was eye-opening. Other communities are really cohesive in their efforts to help displaced Ukrainians," Ransom said.

"We learned the need is still so great and that there are many, many people still waiting to come to Canada. There are possibly thousands more still hoping to come to Manitoba."

Curle has begun meeting with local community leaders to share some of the information learned at the event.

"The library can provide informal English practice, help connect newcomers to community volunteers, and share information and library resources," he said.

"But what we need is a team effort across the community to address all the needs, including housing, jobs, transportation, education, trauma counselling and spiritual care. If everyone just takes on one slice of the challenge, we can make a huge difference together for our new neighbours from Ukraine."

With a community-minded approach, Ransom expressed similar sentiments.

"I love the quote from Fred Rogers: 'Look for the helpers. You will always find people who are helping.' I really think our community is full of helpers," she said.

"We would need a co-ordinated effort and it would take our whole community, but we know that there are many people who want to help. We think that what is needed is a cohesive plan, good co-ordination and teams of people to make it happen."

Manitoba government invites applications for intellectual disability issues advisory council

Submitted by Manitoba government

Applications are now being accepted for the newly formed Intellectual Disability Issues Advisory (IDIA) Council, an initiative in support of the Manitoba government's commitment to working together with community stakeholders to develop and implement programs that will better support Manitobans with an intellectual disability, Families Minister Rochelle Squires announced Monday.

"We invite qualified applicants for consideration for service on the IDIA, a group that will play a valuable role in shaping programs and services for Manitobans with an intellectual disability and their families," said Squires. "The council will provide

important insights as we continue to work toward implementing the recommendations made by the Vulnerable Persons Living with a Mental Disability Task Force."

Chaired by Heidi Wurmman, assistant deputy minister, Department of Families, the council will be composed of community representatives including:

- a representative of a service delivery organization;
- a representative of a disability advocacy organization;
- a family member of a Manitoban with an intellectual disability;
- two self-advocates, at least one of which must be an adult with an intellectual disability; and

- a representative of Indigenous stakeholders.

"The establishment of the advisory council is a positive step forward and will help ensure that recommendations in the Pathways to Dignity: Rights, Safeguards, Planning and Decision Making Report are implemented as intended by the task force," said Dale Kendel, chair, Vulnerable Persons Living with a Mental Disability Task Force. "The appointment of family members, self-advocates, and agency and community representatives is key to including informed opinions about The Vulnerable Persons Living with a Mental Disability Act that impacts over 7,500 individuals with an intellectual disability in

Manitoba."

Manitobans are invited to apply until Sept. 30 at: www.gov.mb.ca/fs/idia.html.

In addition to the Intellectual Disability Issues Advisory Council, the Department of Families is also recruiting young Manitobans to join the Minister's Youth Advisory Council until the end of August. Minister Squires is looking to hear directly from children and youth about their concerns, their ideas for improving services from the department, and to ensure their voices are reflected in government decisions.

More information on the Youth Advisory Council can be found at: www.gov.mb.ca/fs/youthcouncil/.

Remembering Baldur Stefansson and honouring Icelandic heritage

Submitted by the Canada Iceland Foundation

The Canada Iceland Foundation, Inc. gives out an annual Baldur Stefansson award. This scholarship is given to

a student studying Plant Sciences in the Faculty of Agriculture at the University of Manitoba. It honours Dr. Baldur Stefansson, who is often referred to as the 'Father of Canola'.

Baldur Stefansson was the son of a pioneer Icelandic immigrant family and grew up on the family farm near Lundar. After serving in the Canadian Army during the Second World War, he enrolled at the University of Manitoba to study agriculture. He stayed at the university to become a professor, research scientist and plant breeder.

During the 1960s and 1970s, Dr. Stefansson and colleagues at University of Manitoba and the University of Saskatchewan worked to develop an 'edible oil' product from prairie-grown rapeseed. Traditional rapeseed oil was used only as a machine lubricant; the oil from the seeds is harmful to human and animal digestion. His work in plant breeding reduced the glucosinolates and erucic acid in the rapeseed to create a whole new plant he called 'Canola'. Canola is

often referred to as a 'Cinderella Crop' in reference to its success story in Canada and contributes about \$29 billion to our economy each year.

The effects of gradual global warming threaten the current canola varieties our Canadian prairie farmers have grown. Periods of intense heat affect the plant's ability to flower and bring the seeds to full maturity. As a result, plant breeders at the Universities of Manitoba and Saskatchewan are again challenged with producing more heat-tolerant strains of canola.

The Canada Iceland Foundation is looking for donations to its Dr. Baldur Stefansson fund to increase our contribution to the research. We are thankful to this son of Icelandic immigrants in Manitoba's Interlake and looking to keep his legacy alive. Donations from our community to this fund will help us honour his contributions to our Canadian economy.

Visit <https://canadaicelandfoundation.ca/> or contact us at chairman@canadaicelandfoundation.ca

What's *Your* story?

We want to hear from you.

The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836



take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	R	E	T	L	I	L	S	D	D		
D	N	E	S	T	L	I	S	R	V	O	
E	U	S	O	P	X	E	S	R	S	H	
E	R	E	T	C	U	R	E	T	M	A	
B	G	A	V	E	R	E	M	E	E	M	
S	B	S	C	V	A	T	E	S	D	E	
S	E	S	R	E	R	I	T	A	D	E	
D	V	L	O	V	A	R	L	A	V	E	D
E	D	E	L	O	V	E	R	E	D	E	H
V	O	B	O	V	E	R	I	L	I	A	V
S	E	L	A	V	O	V	I	C	I	B	U
L	V	D	V	A	O	C	V	I	C	I	B
L	A	R	E	M	E	M	E	R	I	M	E
E	M	A	D	E	M	A	D	E	M	E	R
M	E	T	M	E	R	E	S	E	L	V	E

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Grievous
- Queens ballplayer
- Honorable title
- Created
- Grillmasters do it
- Wartime German cargo ship
- Cocoplum
- Hebrew calendar month
- British thermal unit
- Brews
- One of Thor's names
- Decorative scarf
- Clothes
- _ : denotes past
- A way to address a lover
- Commercial
- Utters repeatedly
- Google certification (abbr.)
- Taxis
- Belgian village in Antwerp
- Talk excessively
- Broad volcanic crater
- Surgical instrument
- Listens to
- Revelation of a fact
- Paddles
- Heard
- Tooth caregiver
- Metric capacity units

CLUES DOWN

- Protein-rich liquids
- Musician Clapton
- Wine
- When you hope to arrive
- Something one can get stuck in

			1	2	3	4	5	6			7	8	9
	10	11									12		
		13									14		
		15									16		
17										18			
19			20							21			
22				23	24	25	26			27			
	28							29			30	31	32
				33			34						35
					36						37		
					38							39	
										40			
44								45	46	47			
48								49					
50										51			

- Midway between east and southeast
- Mothers
- German river
- Israeli city ___ Aviv
- Discharged
- Areas near the retina
- Heard
- Tooth caregiver
- Metric capacity units
- Very unpleasant smell
- "___ Humbug!"
- White poplar
- Journalist Tarbell
- Teachers
- One older than you
- Long Russian river
- Run batted in

- Beloved Hollywood alien
- Holiday (informal)
- Furniture with open shelves
- Argued
- Sino-Soviet block (abbr.)
- Cars have them
- Volcanic craters
- Made of fermented honey and water
- Shelter for mammals or birds
- One who utilizes
- Moves swiftly on foot
- Builder's trough
- Architectural wing
- 12
- Pacific Standard Time

Indulge your tastebuds in Le Burger Week

By Autumn Fehr

Feast your eyes and prepare your tastebuds for a two-week Manitoba tradition.

From Sept. 1 to 14, participants will be able to discover new restaurants while indulging in specialty burger creations never tasted before through Le Burger Week 2022.

Due to its popularity, over the last few years, Le Burger Week had extended its festival to two weeks so burger lovers can have the opportunity to try even more mouth-watering creations.

This year, there are 190 burgers to try throughout Manitoba.

The festival began in Montreal 11 years ago but has now expanded across Canada, generating over 150,000 participants in cities across the country.

As a theme this year, restaurants were encouraged to create plant-based burgers – vegan burgers, creating a platform for chefs to get creative and have even more fun with their creations, and for everyone to have a burger they can indulge in.

There are four rural restaurants participating in this year's Le Burger Week, with their delicious entries.

From Kahleigh's Brew Barn in Riverton, there is the Feisty Pickerel Burger, made with pickerel from Lake Winnipeg tossed in panko breading and fried, served on a sesame seed bun with mango salsa, chipotle, mayo, and mixed greens.

In Sandy Hook, Carlo's Cucina will be serving their Rock'n Rootbeer Burger made with Angus beef, apricot jalapeño jam, topped with braised AAA ribeye steak, Bothwell jalapeño Monterey jack cheese, and a fresh spring

mix with rock'n cucumber mint aioli.

Something Beautiful Café in Stonewall will be serving their Bacon & Blue Quarry Burger, a beef burger topped with crumbled blue cheese, candy bacon, caramelized onions, and a house-made honey Dijon spread, served on a brioche bun with mixed greens and tomato.

At the Altona Hotel, they will be serving The Mac, made with a breaded deep-fried beef patty, cheese sauce, topped with bacon, lettuce, tomato, onion and drizzled with Chipotle aioli, on a grilled brioche bun.

With restaurants across Manitoba putting forth their best burger creations, festival participants have the chance to vote for their favourite

burger via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will be announced for the different categories.

The five categories are the most popular burger, voted by participants at www.LeBurgerWeek.com, the judge's choice, determined by an expert panel of burger aficionado judges in the city, the Sysco choice, given to the most outlandish burger in the city, Kim's choice, deter-

mined by Kim Lallouz, and the best plant-based burger, voted by participants on the website.

Don't miss out on this two-week festival and a chance to support local restaurants in your area through delicious never-before-seen burger creations.



The Feisty Pickerel Burger, Kahleigh's Brew Barn's in Riverton.



Rock'n Rootbeer Burger, Carlo's Cucina's in Sandy Hook.



The mac, Altona Hotel's Le Burger in Altona.



Bacon & Blue Quarry Burger, Something Beautiful Café's in Stonewall.



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Break and enter up 27 per cent in July

Break and enter in the RCMP's east district, which includes the Interlake, rose 27 per cent in July and a number of property crimes remain unsolved.

The RCMP's monthly crime statistics report, released Aug. 24, shows an overall increase of four per cent in crimes against property compared to July last year.

"[The] Crimes Against Property ... category increased minimally by a total of 4% overall (1025 to 1069), with the highest increases seen in Break and Enters up by 27% (113 to 143), while the largest decrease was in the Possession of Stolen Goods sub-category down by 22% (32 to 25 occurrences)," states the report.

Crimes against property is defined as breaking and entering, theft, motor vehicle theft, burglary, arson and vandalism. The report doesn't identify community "hotspots."

The province is divided into three major RCMP regions – the west district, east district and north district. The east district includes Interlake communities such as Arborg, Ashern, Fisher Branch, Gimli, Gypsumville, Lundar, Peguis First Nation, Selkirk, Stonewall, as well as communities such as Beausejour, Berens River, Falcon Beach, Grand Marais, Headingley

and Sprague in the eastern half of the province.

Calls to the RCMP for service were up by two per cent in July. There was also a 34 per cent increase in missing person reports. Crimes against the person, which includes forcible confinement and death, dropped by two per cent. And in the drug enforcement category, there was a decrease of 36 per cent.

There were alleged cases of equipment and vehicle theft from two separate businesses in Arborg recently but the Express was unable to confirm the incidents with the business owners and the RCMP by deadline.

There are a number of unsolved crimes in the Interlake region, according to the Manitoba Crimestoppers' website.

In July of this year, a 2013 Sportman 500 ATV and a red 2007 CRF 450 dirt bike were stolen from the front yard of a residence in Poplarfield during daytime hours.

In June 2021, a boat and a trailer were stolen from a parking lot on Camp Neustadt Road. The grey and black boat is a 16-foot-long 2015 Legend with a 115 horsepower Mercury motor. The boat trailer is a black Shorelander.



MANITOBA CRIME STOPPERS

Last year in June, a boat and a trailer were stolen from a parking lot on Camp Neustadt Road.

In July 2021, a Bell MTS tower near Arborg/Meleb was broken into on separate occasions and several orange-coloured gel batteries, which weigh about 130 pounds each, were stolen. The batteries are used as back-up power for the tower.

In September 2021, four suspects broke into the King Buck Inn in Poplarfield and stole liquor and other items. They transported the stolen items by a side-by-side ATV.

Anyone with information about rural crimes can anonymously provide information to Manitoba Crime Stoppers by visiting Manitobacrimestoppers.com and clicking on the "Submit A Tip" button or by calling toll free 1-800-222-8477. A list of unsolved crimes by community is also available



Last year in July, an Arborg/Meleb Bell MTS tower was broken into on separate occasions and several orange-coloured gel batteries, which weigh about 130 pounds each, were stolen.

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Interlake cattle producers should have enough winter feed; dry period required

By Patricia Barrett

Although cattle producers in the Interlake have seen far too much moisture this year, there will likely be enough feed for their animals over the winter, according to Manitoba Beef Producers.

MBP general manager Carson Callum said last week he expects many producers will be in better shape in the fall as far as feed supplies go, provided the Interlake gets an extended dry period.

"As long as we get some dry conditions over an extended period of time to dry up some of that wet land and let producers on it to take the feed off, they'll be in a lot better situation going into the fall," said Callum.

Crops in western Canada are also looking better than they were last year under the drought, he added, which would make it easier for producers to buy feed should the wet conditions here leave them short.

Manitoba's three to four years of drought were a challenge for cattle producers, particularly in the Interlake where feed and water were very hard to come by, said Callum. It was an "emotional" time for produc-



EXPRESS PHOTO BY JO-ANNE PROCTER

Some crops in parts of the Interlake have drowned and haying has been delayed, but cattle producers should have enough feed to last the winter, according to Manitoba Beef Producers.

ers who were forced to substantially downsize their herds. And it proved to be a difficult winter over 2021-2022 with little feed and lots of snow.

Spring turned out to be a continuation of winter with back-to-back Colorado lows that brought lots of snow and excessive moisture. The storms also killed calves, which got lost in the snow, stuck in mud or died afterwards from health complications.

"The Colorado lows had bad impacts on many producers across Manitoba. I know it did in the Interlake. Those were challenging conditions to deal with at the time, but the upside was it put moisture on the ground and into waterways that needed it," said Callum. "For cattle producers in the Interlake, lots of moisture meant lots of grass. There is a lot of grass or

forage crops in the region right now but the problem is getting access to it when it constantly rains."

Although some crops have drowned, the moisture has on the whole increased the availability of feed, he said.

"From what we're hearing, the current feed situation is definitely better than last year's, but this moisture is coming with its own set of challenges for producers," said Callum.

The province's weekly Crop Report of Aug. 23 says high humidity in the Interlake has prevented the baling of dry hay and has delayed the start of harvest. Feed quality has also been somewhat affected.

"Feed quality in the Eastern and Interlake regions is moderate to poor, given frequent rains on cut swaths and delays on reaching hay that is becoming too mature and coarse," states the report.

It's too early at this point to say

whether Interlake producers will be downsizing their herds because of the challenges they've faced from the excess moisture.

"We haven't heard of any advanced downsizing. Last year producers were selling in weeks they normally wouldn't - that has definitely not happened this year. There are a lot more animals staying on for the summer months. But once we get into the fall, that's when we'll know if folks are considering downsizing even more or getting out of the business," said Callum. "I think we're in a potential demographic shift where guys are almost ready to give it up. We'll see a bit more of that, but it's not as dire of a situation as it was last year."

Overall, the province has lost cattle producers due to a variety of factors such as poor weather and growing conditions, economic stressors and retirement.

As far as the market goes, prices over the past number of years have been poor, but Callum said the fall is "looking a lot more favourable."

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Celebrating a decade of the Manitoba Fibre Festival

Festival returns in person on Sept. 9 and 10

By Autumn Fehr

With the effects of climate change becoming more apparent in our day to day, it's important that people start to make significant changes in how they go about living their lives.

This includes being conscious of where our fibre comes from, whether it's the clothes we wear or the furniture in our homes.

This, year, the Manitoba Fibre Festival returns in person to celebrate its tenth year on Sept. 9 from 5 to 9 p.m. and Sept. 10 from 10 a.m. to 4 p.m. at Red River Exhibition Place, Winnipeg connecting local fibre farmers with the crafting community, and educating the public on local fibres.

"We want to bring the community together. To learn more about different fibre arts, to share in our love of the fibre arts, to introduce new people to the fibre arts...To promote our local businesses, so the folks who make stuff here in Manitoba especially, and the locally raised wool and fibres that are often overlooked," said Mandy Furney, volunteer coordinator for the Manitoba Fibre Festival.

The festival deals with all things related to the fibre and wool industry, discovering alpaca and sheep fleece, hand-spun and hand-dyed yarns, and

pieces made by local artisans.

The Fibre Festival is a family-friendly event where you can find demonstrations of fibre arts, workshops such as ancient lace-making techniques, machine knitting, sheep shearing that people can sign up to take, and things to buy to invest in small businesses, most of them from Manitoba.

The artisan market will feature raw fleece, wool, and alpaca fibres for spinning and felting, hand-spun yarn, hand-dyed yarn (so much yarn!), knitted socks, scarves, shawls, and hats; goat's milk soap, rugs and mats, pillows and project bags, baskets, hand-made clothing, leathers and furs, wall hangings, spindles, knitting needles, tools, kits, wool bedding, patterns, fabrics, buttons, and yarn bowls.

The festival will have an art show as well, curated by the Textile and Fibre Artists of Manitoba (TFAM).

There will be people there who raise sheep and alpaca, mohair goats and angora rabbits for fibre, as well as people there that harvest qiviut from the northern muskox, harvested by Inuit peoples, which is a premium fibre

There will also be a variety of different breeds of live sheep and alpaca there for people to interact with in the



EXPRESS PHOTO SUBMITTED

Spinning guild members demonstrating their craft at the Manitoba Fibre Festival in 2017

Hall of Breeds display.

"Folks love coming together, seeing what diversity there is offered in the fibre arts," said Furney.

Fibre is so important.

So, buying local fibres is even more important.

Natural fibres are bio-degradable, which means it is good for the planet and promoting these fibres cuts down on the carbon footprint.

The festival also likes to highlight supporting local farmers, and the shepherds that raise these animals as their business and means of living, said Furney.

Before the pandemic, the festival was growing significantly, and expanding in what they offered in demonstrations at the festival.

Since COVID-19 hit, this year the

festival has been pulling recovery.

In the future, the festival hopes to continue its regular festival activities, such as bringing in live animals, but they also hope to build on workshop offerings.

"We do see that the festival doesn't have to be a one-time a year event. It's an ongoing community that we seek to support where we can with our knowledge of the field. With our experience now of 10 years, wanting to make sure that there is this offering everywhere that different people can access at different times of the year," said Furney.

Admission to the festival is \$5, and parking is free.

For a list of vendors and details regarding the educational workshops visit www.manitobafibrefestival.com.

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THE EXPRESS
WEEKLY NEWS



EXPRESS PHOTO BY CHRISTEL LANTHIER

A young visitor in a handknit sweater meets a sheep

Interlake artists open studios for WAVE Art Tour

By Ty Dilello

Twenty-two local Interlake artists are opening their studios for the annual WAVE Art Tour, which will take place Sept. 3-4 from 10 a.m. to 6 p.m. daily.

The WAVE Interlake Artists' Studio Tour is Manitoba's longest-running Art Road trip. This immersive self-directed opportunity allows visitors to experience working creative spaces and meet the makers.

The artwork is available for purchase, but there is no cost to attend the two-day event.

Some of the participating studios this year, include a papermaker (Milli Flaig-Hooper), woodcarver (Gary Foidart), textile artist (Amanda Onchulenko), cartoonist (Jerry Maryniuk), and a blacksmith (Matt Jenkins). You can also find other art forms such as photography, ceramics, jewelry, glass art and paintings.

Not a single artist is alike, yet all 22 on this year's tour share a connection to Manitoba's creative Interlake community and a passion for creativity. No tour is alike.

New artists on the 2022 Tour are Joy Burik and Gary Foidart, while some returning artists include Angel Calnek, Matt Jenkins of Cloverdale Forge and Cheryl Tordon, formerly of Fish Fly and Blue Dog Gallery.

There are three choices for readers

to open the invitation to roll with the WAVE in 2022. Go to the WAVE website www.watchthewave.ca, download the new WAVE app that is available on Apple and Android devices, or pick up a printed brochure at any artist Studio.

Determine the stops you want to make with your family and friends, arrange a carpool, and watch for the distinctive Blue and White arrowed signs along Highway 8 and 9 as you drive north of Winnipeg.

The southern studios begin with internationally recognized ceramic artist Alan Lacovetsky in St. Andrews and blacksmith Matt Jenkins at Cloverdale Forge just outside of Selkirk.

You also won't want to miss Northern characters Jerry Maryniuk in the Arborg area or anyone in between and along the shores of Lake Winnipeg.

Winnipeg Beach's Gary Foidart is a self-taught Metis Artisan. He has been active with the Prairie Canada Carving Championship for 25 years and sits as a judge for the competition. His early work consisted of furniture and knife making and has since evolved to focus on the artistic aspects of carving. Over the past three years, chainsaw carving has become another of Foidart's areas of interest.

Carving wood burls, antler, and other unusual specimens are Foidart's passion. He uses his imagination to find the sculptures hidden within each unique piece.

A wood burn is an abnormal, unappealing wart-like growth on a tree, caused by fire, insects, injury, etc. They are extremely difficult to work with and are rarely chosen as a carving medium. Carving a burl is an intuitive process that requires great patience and skill due to the unpredictable nature of the wood. Foidart is gifted in his ability to transform these unsightly growths into beautiful and unique pieces of art.

"I am very excited to show people the art that I produce," said Foidart. "The wood that I use is beautiful as is - I just try to enhance it. My favourite piece is of a frog carving out of a maple burl."

Another new artist from Winnipeg Beach is Joy Burik, whose work is titled "Dancing with a Paintbrush." Burik's influences include sites visit-



EXPRESS PHOTOS SUBMITTED

Winnipeg Beach's Gary Foidart is a self-taught Metis Artisan. The WAVE Art Tour will be taking place on Sept. 3-4, from 10 a.m. to 6 p.m. daily at the Studios of 22 WAVE artists in Manitoba's Interlake Region.

ed, wildlife and people. Burik's works involve a lot of thought and planning. The images are first developed and completed in her mind well before the paint touches the canvas.

Burik is happy to have the opportunity to participate and share her work with others during the WAVE Art Tour.

"While pleased to share my work, there is also a certain amount of trepidation," said Burik. "In a sense, sharing my work with others is akin to baring my soul, and this can be somewhat unnerving. My art is a very personal and intimate visual story of my life's journey, of whom I am, and my love for life spoken without words. In

reality, it can be rather intimidating to expose one's very personal thoughts and emotions so publicly."

Like most artists, Burik's favourite piece is always the last one.

"Each work to be completed grants me a new challenge, something new to learn and an opportunity to grow as an artist. My latest piece has been especially emotionally challenging as it is related to the travesty going on in Ukraine."

All of the WAVE artists hope that readers are excited to pack their curiosity for a day or two of discovery in the Interlake. It is sure to be a smashing hit this fall.



Joy Burik is also from Winnipeg Beach and her work is titled "Dancing with a Paintbrush."

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> MEAL IDEAS



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council

- Prep time: 20 minutes
Cook time: 50 minutes
Servings: 4
- Chicken:**
8 boneless, skinless chicken thighs
salt, to taste
pepper, to taste
6 tablespoons unsalted butter
16 ounces mushrooms, such as white button, crimini or portabella, quartered
3 zucchinis, sliced in half moons
3 large carrots, thinly sliced
4 sprigs fresh rosemary, leaves removed and roughly chopped
4 cloves garlic, minced
- Orzo:**
4 cups chicken or vegetable broth
1 tablespoon unsalted butter
1 tablespoon extra-virgin olive oil
1 small yellow onion, diced
2 garlic cloves, minced
16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
1 cup uncooked orzo pasta
1/8 teaspoon black pepper
1/3 cup white wine
1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F. Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini and carrots with rosemary and garlic. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council

- Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4
- 1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
1 medium onion, small diced
8 ounces mushrooms, such as white button, crimini or portabella, sliced
1 jar (24 ounces) marinara sauce
1 can (15 ounces) diced tomatoes
2 tablespoons tomato paste
2 teaspoons balsamic vinegar
1 teaspoon granulated sugar
1 tablespoon dried basil
1/2 teaspoon salt
1 teaspoon oregano
1/2 teaspoon black pepper

- 1 bay leaf
3 cups vegetable broth
6 lasagna noodles, broken into pieces
1/2 cup heavy cream
5 ounces fresh baby spinach
1 cup whole milk ricotta
1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

The six best vitamins for improving your fitness level



Health and Wellness Fitness expert Julie Germaine Coram

By Fitness Expert Julie Germaine Coram

Every vitamin that your body uses to complete important functions is important, however there are a few that are particularly crucial when you are focused on improving your muscular strength or physical endurance.

Did you know that there are many vitamins and nutrients that assist the body's process of converting food into energy? If your goal is be able to lift heavier objects, have more stamina to keep up with your grandkids, or simply to have more strength for everyday tasks, then assuring you top up on these six vitamins will help.

1. **Calcium** – The ideal consumption of calcium is 1000 milligrams per day, to ensure strong bones and teeth, and regulate muscle contractions. Pills are available, as well as powders that can be easily mixed into water or juice.

2. **Iron** – A lack of iron can lead to anemia, which presents as fatigue and weakness. Include red meat, fish, poultry, beans, and lentils to maintain a healthy intake.

3. **Zinc** – This mineral has a hand in numerous processes in the body, including cell regeneration, injury recovery, and enzyme production. Zinc is also a supporter of the immune system, aiding the body in fighting off illness. If you are a vegetarian, have recently had surgery, or those with certain medical conditions may be at risk for zinc deficiency.

4. **Magnesium** – This abundant mineral helps regulate blood sugar levels, promotes healthy blood pressure, helps the body maintain normal muscle and nerve function, and is involved with immune system and bone strength. It is often added to breakfast cereals and can be found in leafy vegetables, legumes, nuts, and whole grains.

5. **B12** – This water-soluble vitamin has been proven to provide higher mental clarity and soaring energy levels. You can find B12 naturally in animal products, and supplements are available.

6. **Vitamin D** – The sunshine vitamin is important to help the body absorb calcium, which promotes bone health, heart and muscle function, and prevention of diabetes. As the winter nears, you may want to consider supplementing vitamin D, particularly if you are at risk for developing osteoporosis.

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Coach Julie Germaine Coram is a Manitoban fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition Coach & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
1 medium yellow onion, finely chopped
3 garlic cloves, minced
1 pound mushrooms (such as white button, crimini or portabella), finely chopped
1 pound 80% lean ground beef
1 tablespoon Italian seasoning
1 teaspoon kosher salt
1 jar (24 ounces) marinara sauce
cooked pasta
salt, to taste
pepper, to taste
grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Godfrey competes at U16 baseball nationals

By Brian Bowman

Jersi Godfrey had a ball with Team Manitoba at the U16 women's baseball nationals in Summerside, Prince Edward Island.

"It was a really good experience...and so much fun," said Eriksdale's Godfrey on Sunday afternoon. "I saw pitching speeds that I've never seen before since I'm from a small town. I don't really get to see much of that."

Manitoba posted a terrific 5-1 record after a convincing 8-3 win over Nova Scotia in a seventh/eighth-place game on Sunday morning.

Team Manitoba had a 4-1 record in its pool to finish in a tie for first place. But because of a run against tie-breaker, Manitoba ended up third in its pool.

"We played really well," said Godfrey, 15, who also plays baseball for the Lundar Kodiaks and Lundar Brewers. "For having our team made three weeks ago and this was our first game together we did amazing, I thought, and our players really backed up our pitchers."

Manitoba started play last Thursday morning with a 14-4 loss to Newfoundland.

Team Manitoba led 3-1 in the bottom of the fourth before Newfoundland exploded for eight runs. The winners then added five more runs in the fifth.

That evening, Manitoba pounded Prince Edward Island 14-4. Their big inning came in the second when they scored 10 runs.

Godfrey was 2-for-3 with a run scored and two RBI.

On Friday morning, Manitoba edged Quebec 16-15.

After Quebec took a 15-12 lead in the top of the eighth, Manitoba roared back to score four for the walk-off win.

Godfrey had a hit, a walk, an RBI and scored three runs.

Manitoba then outslugged New Brunswick 15-12 later that day, scoring four runs in the top of the seventh evening.

"We always keep our heads in the game and fight back," said Godfrey, who had an RBI in the game. "We want to win and come back and make Manitoba proud."

On Saturday, Manitoba jumped out to an early 9-0 lead and hung on for a 10-7 victory over Saskatchewan.

Godfrey finished the tournament with a .250 average with five runs scored and four RBI. She also pitched against Newfoundland and Labrador and New Brunswick.

Godfrey wanted to thank her coaches for all that they did for the team.

"We wouldn't be here without them and believing in us," she said.

Team Manitoba's head coach was Lundar's Blaine Fortin while Garson's Roger Langlais served as an assistant coach.



EXPRESS PHOTO SUBMITTED
Eriksdale's Jersi Godfrey, right, competed with Team Manitoba at the U16 baseball nationals in Prince Edward Island.

Interlake Thunder football teams kick off season

By Ty Dilello

The Interlake Thunder's minor football program based out of Stonewall has launched its 2022 season.

The Thunder will field two teams at the Cruncher age level (8-9 Years), one Atom age level (10-11 years), one Pee Wee age level (12-13 years), and one Varsity level (14-17 years). In all, they have over 110 athletes playing football this year within the club.

The 2022 season for the Thunder started this past Monday as its first team to play was the Atom team that travelled to Winnipeg and defeated the North Winning Nomads by a whopping 46-6 score.

"The season started exactly the way we had hoped," said Atom head coach Jared Boville. "Our defence really controlled the game, forcing eight turnovers and only allowing the Nomads one score and two first downs all game. The offence controlled the clock and moved the ball downfield, scoring on all but three of our possessions."

"If the boys continue to come and work hard in practice, I am excited to see how well they do and how much they can improve this year."

The Atom team's next game is Sept. 11 in Stonewall vs. the Charleswood Broncos.

All of the Thunder's teams will play six regular season games, with the season wrapping up at the end of October, concluding with a Championship game at the Atom and Pee Wee level. The Thunder will have three home weekends this year, with all of the teams playing in Stonewall on Sept. 14, Oct. 8 and Oct. 16.

The Thunder's Varsity team has three home games during the season on Sept. 23, Oct. 7 and Oct. 20.

Interlake Thunder club president and Varsity head coach Mitch Obach is super excited for the 2022 season. Obach notes that the Thunder had a great 2021 season both on and off the field and now have more players registered at all four age levels than they've had for many seasons.

"At the Varsity level, practices have been going well as we prepare for a very gruelling start to the season with our first three games on the road, beginning Sept. 2 in Souris versus a very tough Southwest Sabres squad," said Obach. "We have a great mix of players from grades 9-12 and will lean on a lot of returning players on offence to put up points for us. Defensively, we are a little less experienced this year, but we are all very athletic and believe we can build towards a well-rounded team with plenty

of depth to carry us through the season. With such great work ethic at practice, enthusiasm is high for a great year on the gridiron."

Saints shut out Impact

Staff

The Interlake Impact were shut out 2-0 by the YFC Saints in Manitoba Major Soccer League 4th Division action on Aug. 23 at the Buhler Recreation Park.

Moral Teklu and Alhadji Mahamat Abdoulaye scored for the Saints.

Despite the loss, Interlake remains in first place in the 10-team division with a 10-3-1 record and 31 points. They are four points in front of second-place YFC (8-0-3) although the Saints have three games in hand.

The Impact played Richmond United this past Tuesday but no score was available at press time. Interlake will then take on Central Plains FC on Sept. 8 at the University of Manitoba. Game time is 7:15 p.m.

Markusson wins Mid Master Division at Canadian Men's Mid-Amateur Championship

By Brian Bowman

Winnipeg's Curtis Markusson, formerly of Gimli, shot an 8-over par 78 Friday in his final round of the Canadian Men's Mid-Amateur Championship.

With a 288 tournament total, Markusson won the Mid Master Division by one stroke over Ontario's Mike Dinner and Texas' Rob Couture.

Markusson, a St. Charles Country Club member, finished in a tie for 12th place at the Mid-Amateur Championship.

Markusson fired rounds of 77, 66, and 71 to go along with the final round 78.

"I just prefer playing golf and the competition. It's such a good atmosphere and there's so many great players across the country," Markusson told Golf Canada. "If you can't get excited for this in the game of golf at any time of day, you shouldn't be golfing."

The 66 on Day 2 was the low round of the tournament.

The 40-year-old Markusson had seven birdies, including five on the back nine.

"Just keep going and kind of forget about the good things as soon as they happen and just think you're still grinding to try to make the cut," Markusson told Golf Canada. "You know, there's a lot of good players out here and you never know what can happen; a couple of bad swings or a couple of good swings, either way, so you just stay focused, one shot at a time. You versus you is the mentality basically to play well. If you see too much sometimes you get too in your head and you don't see enough it's sometimes a good fresh run," he added. "You visualize it a bit more and you come out the next day and you're visually set which is nice."

Ontario's Charles Fitzsimmons won the 2022 title after shooting even par 70 in his final round to finish at 275.

Allan McDonald of the Breezy Bend Country Club finished in a tie for



EXPRESS PHOTO SUBMITTED

Curtis Markusson, formerly of Gimli, won the 2022 Canadian Men's Mid Master Championship.

62nd place at 303 (76-74-74-79) while Elmhurst Golf & Country Club's Adam Guenther was 69th at 309 (72-78-81-78).

Ontario won the Inter-Provincial Team Competition with a two-round total of 4 over par. Manitoba finished tied for sixth place at 22 over.

Manitoba Hockey Hall of Fame welcomes 2022 Induction Class

By Ty Dilello

After a two-year pause due to the COVID-19 pandemic, the Manitoba Hockey Hall of Fame will be holding its 2022 Induction Dinner on the evening of Oct. 8 at the Canad Inns Polo Park in Winnipeg.

Induction ceremonies this year will include six players - Mark Mackay, David Hrechkosy, Jason Botterill, Sami Jo Small, Barry Legge, and Brad Chartrand, one builder - Mark Chipman, one official - Ron Ottawa, one member of the media - Randy Turner, two teams - Thompson Hawks (1974-75) and Pierson Bruins (1953-1961) and one veteran - Bernie Morris.

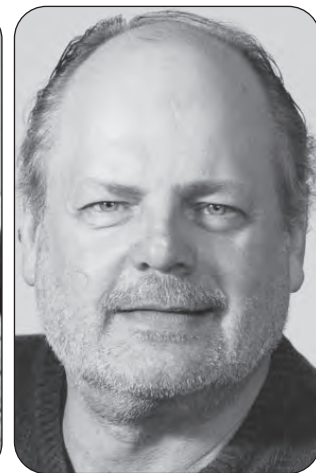
There are a couple of Interlake connections with this year's inductees. Dave "Wrecker" Hrechkosy grew up in the North End of the city and spent some years during his youth in Lockport. Hrechkosy went on to play in the NHL with the California Golden

Seals and St. Louis Blues in the 1970s.

Veteran Bernie Morris was a star player in the 1910s and 1920s who was born in Brandon and raised in Selkirk. Orphaned at the age of 8, along with two brothers, he dropped out of school after the eighth grade to work on his uncle's farm.

Morris played for several senior teams in Manitoba and Saskatchewan before joining the Pacific Coast League Victoria Aristocrats in 1914. He moved over to the Seattle Metropolitans the following season, played eight seasons for Seattle, and was a member of the Stanley Cup champion 1917 team. He had an outstanding 1917 Stanley Cup series, scoring 14 goals in four games.

Media member Randy Turner was born in Boissevain and started his journalism career at the *Selkirk Journal* before joining the *Winnipeg Free Press*



EXPRESS PHOTOS SUBMITTED

Three people with ties to the Interlake will be inducted into the Manitoba Hockey Hall of Fame at its 2022 Induction Dinner on the evening of Oct. 8. Left to right, Dave Hrechkosy, Bernie Morris and Randy Turner.

staff.

A single gala ticket is \$160 or \$1,550 for a table of 10 and are available at: <http://www.mbhockeyhalloffame.ca>.

ca.

Manitoba has produced National, Olympic, World and Stanley Cup championship teams and some of the greatest players in the game's history. Our Builders have played a key role since 1890 in organizing and growing the sport of hockey, while out of the limelight, the officials and volunteers have kept the game running.

This year's induction ceremony recognizes the dedication and contribution that all inductees have given to the game of hockey. The Manitoba Hockey Hall of Fame and Museum look forward to all who will attend and to applaud each individual and team's accomplishments.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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LOT FOR SALE

Vacant building lot for sale. Gunton - Residential building lot, \$59,900. Also Teulon residential lot, back onto fair grounds, \$64,900. Ph 204-467-8537 or 204-955-2068, Stonewall.

BUILDING FOR SALE

24 X 28 building, 2x6 construction, fully insulated, wired & dry-walled, baseboard heat, panel box, no plumbing. On I-beams ready to move. Would make good addition or cabin, or a good office building, \$24,900. Ph. 204-467-8537 or 204-955-2068 Stonewall.

MOBILE HOME FOR SALE

4 bdrm., air conditioning, to be moved. \$105,000 obo. Ph. 204-641-8137.

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APARTMENT FOR RENT

1 bdrm. fully furnished apartment avail. Oct. 1. Located in Winnipeg Beach, very quiet and walking distance to all amenities. Monthly rate \$850 includes wifi, hydro, satellite, parking space with plug-in. No pets or smoking. Phone 204-886-2774.

FARMLAND FOR SALE

Private Sale by owner - 160 acres of land with mineral rights, 9 miles south of Arborg off of Hwy. #7. Older house (930 sq. ft.) with laminate floor and newer roof and cute gazebo attached to the house, 2 car garage, and 2 out buildings, \$275,000. For more information Please call Albert 204-671-3335 or Lori 204-651-0034 or 204-643-5750.

ANTIQUÉ & COLLECTABLE SALE

Don't miss the big annual JunkWagon Antiques & Collectables Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled & so much more. Saturday, Sept. 10th. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

ESTATE SALE

Estate Sale - Eriksdale. Sat., Sept. 3 from 10 a.m. - 3 p.m. & Sunday, Sept. 4 from 10 a.m. - 1 p.m. 1st Street South #18 Suite 2. No reasonable offer refused. Electric scooter, electric Lazy Boy electric bed, dining room set, side tables, patio to name a few.



EVERGREEN SCHOOL DIVISION

Invites applications for the following temporary position, effective ASAP:

22.SU.01 - Caretaker Indefinite Term (8.0 hr/day) - Riverton Early Middle School

See website for details and application procedures: <http://www.esd.ca/Employment> under Support Staff.

CLOSING DATE: September 6, 2022 (3:30 p.m.)

We wish to thank all applicants for their interest, however only candidates selected for an interview will be contacted.

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.



Notice of Nominations Evergreen School Division

NOTICE IS HEREBY GIVEN that nominations for the offices of **School Trustee** of the aforesaid Local Authority will be received in the office of the Evergreen School Division at 140 Centre Avenue West, Gimli, MB.

Between the hours of **8:30 am and 4:30 pm** on the following days:

September 14, 15, 16, 19 and 20th 2022

NOMINATIONS FOR THE FOLLOWING POSITIONS

Ward No. 1	Arborg, Riverton	2 Trustees	4-year term
Ward No. 2	Gimli, Fraserwood	3 Trustees	4-year term
Ward No. 3	Winnipeg Beach, Dunnottar	2 Trustees	4-year term

The nomination deadline is September 20, 2022, at 4:30 pm. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least 2 voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the dates and hours specified, by an agent, or by email. Nomination papers can be obtained at the Evergreen School Division offices or by contacting the SEO (Senior Election Official) at the telephone number listed below.

Nominations papers not accompanied by the required documents and not properly filed shall be rejected.

Deb Thorsteinson
Senior Election Official for the Evergreen School Division
Box 1200, 140 Centre Avenue West, Gimli, MB, R0C 1B0
Email: debbie.thorsteinson@esd.ca
Telephone 204-671-0618

Dated at Gimli on August 24th, 2022

EMPLOYMENT OPPORTUNITY

Arborg Play Group Inc

Invites applications for the following positions

Child Care Assistant

Hours: Full time - 40 hours per week

Will be responsible for the daily preparation of snack and lunch routines, providing care and guidance to infant and preschool children.

Child Care Assistant

Hours: Part time -15 hours per week 10:30 AM-1:30 PM

Assist Early Childhood Educators in providing care and guidance to infant and preschool children.

Skills

- Passion for working with children, flexible, enthusiastic, reliable, motivated & possess initiative

Requirements

- First Aid & CPR training
- Child abuse registry check and criminal record check
- Minimum of 18 years of age
- Successful applicant must complete a 40-hour post-secondary course in early childhood development within the first year of employment as well as apply for CCA classification upon employment.

We Provide

- Group Health Benefits & Employee Assistance Plan
- Pension Plan
- Professional Development Opportunities
- Educational Assistance
- Winter Break

Please send resume and references to:
Heather Lowe hloweapg@mymts.net



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THE ASHERN AUCTION MART
will be running a sale every Wednesday commencing
September 7, 2022
Please call ahead to book your cattle
For Further Information call
BUDDY AT 204-768-0018
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License #1128

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casual position, based out of the Arborg Elementary school.

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The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

HELP WANTED

ROCKY MOUNTAIN EQUIPMENT is NOW HIRING: AG Equipment Techs, Heavy Equipment Techs - Journeyman & Apprentices, Parts Techs. View Open Roles & Apply: www.rockymtn.com/careers. Relocation and signing bonus offered.

Teulon Day Care is looking for a new team member! Monday-Friday 2:30-5:30p.m Additional subbing hours available. Position to start immediately. We are also looking for casual substitutes. Send resume to teulondc@mymts.net or pop by the centre.

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes evenings and weekends. P/T office staff for sale days. Every Friday, 1st and 3rd Weds of each month and the odd Monday. Ph. Melissa at 204-299-7509 msobey@hotmail.com

FARM MACHINERY

Schulte stone picker; 3 pt. hitch cultivator, 8'; Versatile swather, will run or for parts; electric motor, 25hp, 3 phase. Ph. 204-378-2763 (evenings).

FARM MACHINERY

1986 Belarus 820 4 wheel drive tractor with 594 loader. For parts or could be fixed up, \$5200. Ph. 204-768-2296.

Haying package all in exc. working condition. 966 IHC tractor, Case/IH DCX131 discbine, 13 ft. hay conditioner, Buhler 9 wheel hay rake. \$36,000. Also Sokal gooseneck stock trailer, new tires, \$5800. Ph 204-467-8537 or 204-955-2068, Stonewall.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a Fall Supper or Event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

	S	R	E	T	I	L		S	D	O
E	N	E	T	S	I	L	S	R	V	O
R	U	S	O	P	X	E	S	R	V	E
T	E	R	E	C	U	R	E	T	M	A
B	A	V	A							
S	B	V	C							
S	E	T	A	V	E	R	I	T	A	D
D	V	L	O							
V	O	B	E							
S	E	T	A	V						
L	V	D	V							
E	M	E								
E	M	A	D							
T	M	E								

Crossword Answer

CROSSWORD

CLUES ACROSS

- Grievous
- Queens ballplayer
- Honorable title
- Created
- Grillmasters do it
- Wartime German cargo ship
- Cocoplum
- Hebrew calendar month
- British thermal unit
- Brews
- One of Thor's names
- Decorative scarf
- Clothes
- _ : denotes past
- A way to address a lover
- Commercial
- Utters repeatedly
- Google certification (abbr.)
- Taxis
- Belgian village in Antwerp
- Talk excessively
- Broad volcanic crater
- Surgical instrument
- Listens to
- Revelation of a fact
- Paddles
- Heard
- Tooth caregiver
- Metric capacity units

CLUES DOWN

- Protein-rich liquids
- Musician Clapton
- Wine
- When you hope to arrive
- Something one can get stuck in

			1	2	3	4	5	6			7	8	9	
	10	11										12		
												14		
	13													
		15										16		
17										18				
19			20							21				
22				23	24	25	26			27				
	28								29			30	31	32
					33			34						35
												37		
													39	
44									45	46	47			
48									49					
50														
									51					

- Midway between east and southeast
- Mothers
- German river
- Israeli city ___ Aviv
- Discharged
- Areas near the retina
- Greek mythological sorceress
- Very unpleasant smell
- "___ Humbug!"
- White poplar
- Journalist Tarbell
- Teachers
- One older than you
- Long Russian river
- Run batted in

- Beloved Hollywood alien
- Holiday (informal)
- Furniture with open shelves
- Argued
- Sino-Soviet block (abbr.)
- Cars have them
- Volcanic craters
- Made of fermented honey and water
- Shelter for mammals or birds
- One who utilizes
- Moves swiftly on foot
- Builder's trough
- Architectural wing
- 12
- Pacific Standard Time

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HAY FOR SALE

Large round hard-care bales of alfalfa & brome grass. Call 204-461-0722.

UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@xplornet.com

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RIVERTON CO-OPERATIVE ASSOCIATION LTD. ANNUAL MEETING

When: Tuesday, September 27, 2022 - 7:00 PM

Location: Riverton Curling Club (175 Reggie Leach Drive, Riverton MB)

Agenda items to include:

- Minutes from the 2021 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors
- Board Elections

Call For Board Members

Riverton Cooperative Association Ltd invites nominations for the positions of Director

Nominees must meet the qualifications and requirements specified in Coop's Bylaws. Details on the qualifications and requirements can be picked up at Riverton Coop. Contact Darlene at 204 378-2251. Interest for board member must be submitted to Darlene by September 21 in writing.

Refreshments & Door Prizes



RURAL MUNICIPALITY OF COLDWELL NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

September 14- 20, 2022

between the hours of 1:00 pm - 4:30 pm at the following location of Municipal Office, 35 Main Street, Lundar MB

I will receive nominations for the offices of Reeve, four Councillors and three LUD Committee Members of the aforesaid Local Authority

The nomination deadline is September 20th, 2022 at 4:30 pm. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Kaitlyn Christensen, SEO
204-280-0223
Email: coldwell.elections@mymts.net

Dated at the RM Office, Lundar MB on August 24th, 2022

Kaitlyn Christensen Rural Municipality of Coldwell
Senior Election Official (SEO) Name of the local authority



RURAL MUNICIPALITY OF ARMSTRONG PUBLIC NOTICE NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: September 14th, 15th, 16th, 19th and 20th of 2022

between the hours of 8:30 am and 4:30 pm (note the office is closed between noon and 1:00 pm for lunch hour) at the Rural Municipality of Armstrong office, Lot 55 - Highway #17, Inwood, Manitoba, nominations will be received for the offices of:

Reeve and five Councillors of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Local Authority telephone number - 204-278-3377

Dated at Inwood, Manitoba on August 24th, 2022.

Ernie Epp
Senior Election Official (S.E.O.)
Rural Municipality of Armstrong



Municipality of Bifrost-Riverton NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

September 14th, 15th, 16th, 19th, and 20th, 2022

between the hours of 8:30 & 12:00 PM, and 1:00 & 4:30 PM, at the Municipality Office, 329 River Road, I will receive nominations for the office of Reeve and Six Councillors of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 PM. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority (Reeve) or ward (Councillor), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the dates and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at Arborg this 25th day of August, 2022

Jan Larkin, SEO
Municipality of Bifrost-Riverton
Phone 204-376-2391

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836



RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY VOTING OFFICIALS

The Municipality of Armstrong is now accepting applications to fill the positions of Voting Officials for the upcoming Municipal Election on October 26th, 2022 and Advanced Poll October 13th, 2022.

Mandatory 2-hour training session will take place in September 2022.

In order to be eligible to work in a temporary election position, you must fit the following criteria:

- 18 years of age or older;
- Legally entitled to work in Canada;
- Fluent in English;
- Applicants cannot be a direct relative of a candidate running in the October 26th, 2022 Election;
- Customer Service and/or experience in managing large groups and public relations;
- Ability to work well both independently and as a team;
- Access to reliable transportation;
- Availability to attend a mandatory 2-hour training session held during the last week in September 2022;
- Experience as a voting official in a previous election considered an asset.

Interested candidates should email cao@rmofarmstrong.com or mail to:

RM of Armstrong; Box 69; Inwood, MB; R0C 1P0
Attention: Assistant Senior Election Officials

Resumes will be accepted until all positions are filled. We thank all those who apply. Only those selected will be contacted.

Corlie Larsen, Assistant SEO
RM of Armstrong
Box 69
Inwood, MB R0C 1P0
Tel: 204-278-3377 Fax: 204-278-3437
Email: cao@rmofarmstrong.com

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JOIN OUR TEAM!

**Do you want to help-out your community?
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LAKESHORE SCHOOL DIVISION

In your local schools, we are currently looking for

- Substitute Teachers • Casual Educational Assistants
- Casual Cleaners • Part-time and Casual Bus Drivers

Please forward a resume, three references and a message indicating which communities and positions you are interested in to:

Donald Nikkel, Superintendent of HR, Policy, and PR
Box 100, Eriksdale, MB R0C 0W0
Phone: 204-739-2100 Fax: 204-739-2145
Email: nikkeld@lakeshoresd.mb.ca

Lakeshore School Division is looking for good people to add to its team. Lakeshore welcomes applications from people with disabilities. Accommodations may be available upon request. We thank all who apply for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers. For more details, please refer to the division's job description. Successful candidates must complete a Criminal Record/Vulnerable Sector and Child Abuse Registry check prior to commencing employment.



RURAL MUNICIPALITY OF COLDWELL PUBLIC NOTICE

BOARD OF REVISION

Public notice is hereby given that the 2023 assessment roll for the Rural Municipality of Coldwell has been delivered to the Municipal Office at 35 Main Street, Lundar, Manitoba and is open for public inspection during regular business hours.

Applications for revision must be made in accordance with sections 42 and 43 of the Assessment act:

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought.
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the secretary,
at least 15 days before the scheduled sitting date of the board

The Board of Revision will sit on Friday, October 14, 2022, at 2:00 pm. in the Council Chamber of the Rural Municipality of Coldwell, 35 Main Street, Lundar, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is 4:30p.m. September 28, 2022.

Dated this 31st day of August, 2022.

Nicole Christensen – Secretary
Board of Revision
Rural Municipality of Coldwell
Box 90
Lundar, Manitoba
R0C 1Y0

ARBORG

Town of Arborg NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:
September 14th, 15th, 16th, 19th, and 20th, 2022

between the hours of **8:30 & 11:30 AM**, and **12:30 & 4:30 PM**, at the Arborg Town Office, 337 River Road, I will receive nominations for the office of **Mayor** and **Four Councillors** of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 PM. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the dates and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at Arborg this 25th day of August, 2022

Jan Larkin, SEO
Town of Arborg
Phone 204-376-2647

GIMLI
THE HEART OF NEW BRUNSWICK

RURAL MUNICIPALITY OF GIMLI NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

Wednesday September 14th, 2022
Thursday September 15th, 2022
Friday September 16th, 2022
Monday September 19th, 2022
Tuesday September 20th, 2022

Between the hours of 9:00 a.m. and 4:00 p.m. at the following location:

RM of Gimli Offices
62 2nd Avenue Gimli, Manitoba

I shall receive nominations for the offices of:

Mayor
Four (4) Councillors

Of the aforesaid Local Authority.

The nomination deadline is Tuesday September 20th, 2022 at 4:00 p.m. Nominations cannot be accepted after this date / time.

All nominations shall be made in writing and shall be signed by at least twenty-five (25) voters, or NOT less than 1 % of the voters (whichever is the lesser) of the Local Authority. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above Location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the Senior Election Official at the telephone number / email listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Robert J Potter, Senior Election Official
RM of Gimli
Telephone contact number: 204-461-1664
Email: elections@rmgimli.com

Dated at the RM of Gimli on August 24th, 2022.

Robert J Potter, SEO
RM of Gimli

EMPLOYMENT

ACCOUNTANT

**FULL TIME POSITION
FOR LOCAL RETAIL COMPANY**

We require an energetic and experienced accountant to be responsible for all aspects of accounting, up to and including financial statement preparation.

Requirements:
5 years experience, knowledgeable in MS excel, Simply Accounting, Minimum completion level 2 CGA or CMA. program, Business administration or business accounting program equivalent. Retail experience would be an asset.

Salary: 45,000 - 60,000 (depending on qualifications)
Own Transportation required
Please apply by email to: email@pratts.ca

McSherry Auction Service Ltd

**McSherry Auction Online Auction
The Estate of Wallace Klos
Thursday September 8th at 6:30 PM
Anola, MB**

North 5 Miles on HWY 12
East 200 Yards on Hazelridge Road # 36011
Contact Mike # 204-479-0236

Featured Items: Int 4366 4WD, NH 855 Round Baler, '68 Ford 700 16' B+H, Rockomatic 546 Stone Picker, JD 2010 3PH, JD Side Del Rake, Bushel Master 540 Grain Vac, '01 Macdon 4000 9' Haybine, JD 450 9' Sickle, 9'Tandem Disc, 300-350 Grain Cart, (5) MF 360 15' Discer/Seeders, Int 70 Plow, Farm King Auger, (3) Friesen 40 Ton Hopper Bins, (18) Grainery Bin 1300 -3500 Bushel, 1978 Honda XLT 250cc Dirt bike, Eezion 15' Tandem Disc, JD 360 30' Tandem Disc, Int 7200 Hoe Drill, Co-op 550 - **Along with more Equipment, Vehicles, Farm Misc., & Tools –**
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Riverdale Place Workshop Inc.
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requires a

**RECYCLING SUPERVISOR ASSISTANT
AND SPECIAL CARE SUPERVISOR**

Recycling assistant job requires to assistant participants at sorting Recycling and keep the area clean and tidy, must be able to do some lifting. Special Care job requires one to one care and assistance with daily activities to a person with disabilities. First Aid Course provided.

A Criminal Record check and Adult Abuse check required.

Additional details and information about the jobs are available at the workshop.
Job Positions:
Mon. to Fri. 8:45 am to 3:45 pm.

Please send resume or drop off at the workshop to
Alex Janower Manager
Riverdale Place Workshop Inc.
Box 609 Arborg MB. R0C OAO
Tele- 1-204-376-5584
Fax- 1-204-376-5584
email.riverdalew@mymts.net

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deadline is Monday at 4 p.m. prior to
Thursday's publication Please Call 204-467-5836**

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Estate & Moving Auction
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Estate & Moving Auction
 Closes Wed Sep 21 @ 7:00PM

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Online Patient Support Group

September 17 2022

10:30 a.m. CDT

Facing Fear - Coping with a chronic disease

To register:
 sclerodermamanitoba.com
 204 510-2855

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 with an Announcement in the

THE EXPRESS
 WEEKLY NEWS

Call 204-467-5836 or
 classifieds@expressweeklynews.ca

Live auction at the acreage of Cornell Martens

1.5 mile west of Plum Coulee, MB, yard # 15097B
 on Hwy 14. Saturday, Sept 17, 2022 at 10 am,
 lunch available on site.



Large Dewalt roll away tool chest, 40 ft sea can container with side door and room partition.

250 AMP Miller Bobcat Mig welder powered by Kubota diesel engine, 60 gal up-right air compressor, good trailer axles with tires. Milwaukee compound miter saw on quick stand & much more.

Check out our photos on www.billklassen.com

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 Cell: (204) 325-6230
 Fax: (204) 325-4484

MOTORCYCLE SHOP & TOOL AUCTION

Timed on-line for the late Wayne Boonstra of Brunkild, MB



See the bidding line up and photos at billklassen.com - More details on our website.

Bill Klassen Auctions Ltd.
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TIRES FOR SALE on rims from 2010 Sante Fe



2 Goodride - 235/60 R18 103V SU 318 (Spring 2021)

2 - Laufenn 235/60 R18 103V (June 2022)

Only driven on for 6 weeks.
 Currently stored in shed.

Price Reduced to \$500 OBO

Pickup 2 miles south of Warren, MB.
 Delivery arrangement could be made for an additional fee.

Call/Text Nicole 204-771-1859

Career Opportunity



Ukrainian Farmers Co-operative Ltd is hiring a **Grocery Clerk/ Cashier** at our location in Fisher Branch, Mb.

Who we are:

Co-op does business differently. As a co-operative, we believe in working together to serve Western Canadians, delivering profits back to our members and investing in our communities to create sustainable growth through continued support. To learn more about who we are and how you can help bring our brand to life, visit us at our Facebook page. The Ukrainian Farmers Co-operative Ltd.

What you'll do:

- Responsible to provide information, assistance, and exceptional customer service to all customers.
- Handles and records transactions through the point of sale terminal. Accurately and efficiently process and package all customer purchases to meet established standards.
- Respond to general customer inquiries and be familiar with in store promotions, bulletins, and updates.
- Organize, stock, and tidy merchandise. This includes removing any damaged, empty, or dated products and ensuring all products are properly faced, priced, and rotated (first in, first out procedure).
- Performs general housekeeping duties on sales floor and warehouse area (spills, display fixtures, washrooms, garbage bins, cardboard boxes, etc.) to ensure all areas of responsibility are safe, organized, and clean. Assist with regular clean up duties inside and out, to ensure an efficient, safe, and clean location is well maintained.

Why it matters:

Our team provides a range of products and services to support our member-owners. Through the work that we do, we help to build, fuel, feed and grow Western Canadian communities together.

Who you are:

You are looking for a career in Choose an item. and:

- You have a GED or equivalency certificate.
- No experience necessary.
- You are comfortable speaking with strangers and are skilled in public relations.
- You're honest and trustworthy, are results-oriented and strive to be the best in what you do.
- You believe in building relationships and collaborating to deliver solutions that matter most, and you recognize the value that different perspectives bring to meet shared objectives.

Our Team Members receive competitive salaries, a comprehensive benefits package and an employer-contributed pension plan. We encourage our Team Members to take advantage of learning opportunities, to grow and develop and to foster a culture of teamwork and innovation.

At Co-op, we embrace diversity and inclusion, and we're working to create a workplace that is as diverse as the communities we serve. We support and provide an environment that allows all to bring their whole selves to work.

Please note that safety-sensitive positions will require pre-employment alcohol and substance testing.

Apply online by September 15th, 2022, or contact our office at 204-372-6202 or via e-mail at Kyle.Yaciuk@UkrainianFarmersCo-op.com for more information.

CAREER OPPORTUNITY

Ukrainian Farmers



Part-Time / Full-Time Meat and Deli Clerk

At the Ukrainian Farmers Co-op we provide our staff with a competitive starting wage, a wide range of available courses and training opportunities and a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

If you would like to join our team, please fill out an application or submit a resume to our store office.

Closing date for all applicants is set for September 8th, 2022.

For more info please call 204-739-8018.

Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, MB, ROC-020

Announcements



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CARD OF THANKS

We the children of Roy Nordal Sr. wish to thank the E M Crowe Hospital staff for the compassionate care that was given to our Dad during his brief stay.

CARD OF THANKS

We the children of Roy Nordal Sr. wish to thank the Eriksdale Legion for all they have done for our Dad the lowering of the flags was truly an honor that we will always remember.

OBITUARY



Roy Albert Nordal Sr.
October 1, 1928 - August 23, 2022

It is with great sadness that we announce the passing of our Dad, grandfather, great-grandfather, brother and friend to many.

Remaining to celebrate his life are his children: Betty (Larry), Joyce, Roy Jr. (Sandra), Brenda (Rod), Larry (Teri); grandchildren; great-grandchildren; brother Stan (Debbie); sisters Bernice and Darlene (Wayne); nieces and nephews and many extended family.

Dad was predeceased by his wife Vicky; parents Florence and Mindy; a brother Leonard and sister Shirley; daughter Bernice; and grandsons Bryan and Jeff.

In lieu of flowers please make donations to Eriksdale Legion or EM Crowe Hospital.

Dad lost his wife Vicky in 2021 and was unable to celebrate so we are doing a double celebration on October 1, 2022 what would

have been his 94th birthday at Eriksdale Rec Center.

Dad was a Navy vet from the Korean War; a proud young man that served our country.

OBITUARY

Larry G. Markusson

Born August 4, 1956, passed August 11, 2022 loving husband of Marie.

A memorial will be held on September 23, 2022.

Longer obituary to follow.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com

CELEBRATION OF LIFE

Madeleine Barg



Our family invites you to a memorial for Madeleine, who passed away September 28th last year. It will be held at the Gilbert Funeral Chapel, 50-1st Ave. Gimli, Manitoba on Friday, September 9th starting at 2:00 p.m., with a reception to follow at the nearby Lakeview Resort Hotel.

All Madeleine's friends are invited to join us in this celebration of her life.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home,
Gimli in care of arrangements.



CELEBRATION OF LIFE

Rose Hnatiuk

September 19, 1931 - February 20, 2021

The family invites you to join them on Saturday, September 10, 2022 at 2:00 p.m. at Fraserwood Hall to share memories and celebrate Rose's life.



Your memory will live forever Engraved within our hearts

YOUNG LOCAL ARTISTS PERFORMING FOR CHANGE

COFFEEHOUSE TO END CANCER

WHEN: THURSDAY SEPTEMBER 8TH 2022

WHERE: GROSSE ISLE HERITAGE SITE, GROSSE ISLE MANITOBA

TIME: 7:00PM TO 10:30PM

ADMISSION: CASH OR CHEQUE DONATION AT THE EVENT



Paterson Grain Crop Inputs Gunton is pleased to announce that Agronomist, Magdalena Melnychuk, has joined our team!

Magdalena will be with us full-time, after working seasonally the previous two growing seasons. Ms. Melnychuk graduated from the University of Manitoba in February with a Bachelor of Sciences in Agroecology, and is excited to meet and work with the local farmers in the area where she grew up.

Please join us in welcoming her to the team!

Give us a call about our fall soil sampling special! 204-886-3401.



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