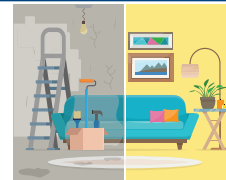




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Not your average dude on skis

Gimli ski club member getting into the groove for Masters World Cup in Finland

By Patricia Barrett

A member of the Gimli Cross Country Ski Club is getting in the groove for the Masters World Cup in Europe next year.

Paul Toupin is competing in his second world cup in cross-country skiing, which will be held in Vuokatti, Finland. It's a high profile event that started in the 1980s under the World Masters Cross-Country Ski Association.

The competition is for athletes who have reached the age of 30 and older and includes skiers 90 years of age and older. The annual competition, which has 12 age classes, attracts thousands of cross-country skiers from across the globe, whether they're top competitive skiers or those who simply

have a desire to race.

"There's some pretty tough competition at these games. My age category, which is 60-64 years old, is the largest participant category in the whole event. The 65-70 age category is the second-largest category," said Toupin. "You can get some former Olympians competing, which makes it challenging."

Toupin competed in his first masters competition last year in Austria — the only Manitoban in the games — and will again be the only Manitoban competing in the games in February, he said. There were over 1,000 competitors last year.

"This is a whole week of racing. My races will be 10, 20 and 30 kilometres in my age division," he said.

Most people are familiar with regular old cross-country skiing, which is called classic skiing. People use a diagonal stride that looks as though they're walking on skis. But there's also a form of cross-country skiing called skate-skiing or freestyle, which is more technical and resembles ice-skating with push-offs and higher speeds. There are specific skis and poles for each technique. Both styles



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli ski club member Paul Toupin practises on roller skis in the summer and fall to maintain his competitive edge. He'll be competing at the Masters World Cup cross-country skiing competition in Finland in February.

of skiing are offered at the world cup.

Toupin will be competing in skate-skiing at the games. And to stay in peak physical condition after the snow melts, he straps on his regular ski boots, grabs his poles and slips

into a pair of roller skis, which are shorter than regular skis and have wheels.

He's a familiar site in Gimli's Peli-

Continued on page 3

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Roller skis are shorter than cross-country skis but help skiers stay in peak form during the off season.



Toupin is selling watercolour prints by artist Vesa Peltonen to help fund his trip to the Masters World Cup in Finland.



Toupin offers a waxing service for cross-country skiers.

> SKIS, FROM PG. 2

can Beach subdivision where he has been rolling down the road all summer. And he's not your average skier, considering the hours and kilometres he puts in under a national training program that included three weeks' training in Canmore, Alta. That's on top of his full-time job.

"I'm not your average dude on skis. What I ski in a week most people would never do in a whole season. People seeing me roller-skiing down here [Pelican Beach] every day and they might not know why I'm doing this; they think I'm taking up road space," said Toupin. "I did close to 700 hours and 10,000 kilometres of skiing last year, a combination of snow and roller-skiing. Roller-skiing is the only way to stay in shape over the summer. Skiing is a technical sport and you need to hone your skills throughout the summer."

Once the snow flies, though, Toupin will be hitting the ski trails in Camp Morton Provincial Park, which has some of the nicest trails in the province. They wind through forests along Lake Winnipeg.

"I happen to be one of the trail groomers so if the trails aren't in good condition, I've only myself to blame," said Toupin. "The Gimli ski club has about four groomers, and I take care of a good part of the skate [-skiing] section. Grooming the trails is very

time-consuming. As a group, the club puts a lot of effort and time into maintaining the provincial park's trails."

The Gimli Cross Country Ski Club is a non-profit organization that was founded in 1987. It's made up of volunteers who host events for its membership. It also maintains 20 kilometres of well groomed ski trails (15 classic and five skate trails) and 10 kilometres of shared-use trails in Camp Morton Provincial Park, about six kilometres north of Gimli.

The club has warm-up shelters on the east and west sides of PR 222 and provides trail maps on its website. It offers a number of skiing programs, including the jackrabbit program for kids. The club's events are featured on Zone 4, which is software used by race organizers to get people registered and provide race results.

Cross-country skiing is right up there with walking and swimming as one of the best aerobic and fat-burning activities as it uses a high percentage of body muscles. In addition to its cardiovascular benefits, skiing builds endurance and is a low impact activity that doesn't put stress on one's joints the way running does.

"If you keep in shape, you don't lose a lot of your level of fitness. You lose .03 every year as you age. And your metabolism changes and things slow down. I don't recover as well as I used to and the time it takes to put in the hours is tough; you feel it more," said

Toupin. "On the other hand, the more you push yourself, the more your body adapts. Cross-country skiing is the toughest sport going. It's physically demanding on your body."

Having worked in the sporting-goods industry, Toupin has the know-how when it comes to outfitting people with the right skis for the job, whether it's classic or skate-skiing. He can also order skis for people who live in the Gimli area if they don't feel like driving to Winnipeg. And for those who eschew waxing and ironing, Toupin offers a waxing service out of his garage.

"I offer a waxing service because I want to see people go skiing and enjoy the Camp Morton trails," he said.

To help fund his upcoming trip to

Finland — which will entail a significant outlay — Toupin is selling watercolour prints [unframed] by artist Vesa Peltonen. The print depicts a cross-country skier making his/her way through a forest in Thunder Bay.

"Last year on equipment and travel, I spent over \$30,000," said Toupin.

The Masters World Cup will be held Feb. 9-16, 2024, in Finland. For more information about the competition, visit mwc2024.com

Information about the Gimli Cross Country Ski Club, including how to register, kids programs, services it offers and trail maps, can be found on its website: www.gimliskiclub.ca People can also email skigimli@gmail.com for more information.



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Interlake Tourism Awards sees whole region of winners

Winners show Interlake is a tourism hub

By Katelyn Boulanger

From Lockport to Gimli to Oak Hammock Marsh and more, many winners were announced at this year's Interlake Tourism Awards proving that we don't have to go far to find great events, people and organizations.

Melissa Van Soelen, manager of Interlake Tourism, and Samantha Hampton, Interlake Tourism's community engagement consultant, were a dynamic duo bringing joy and fun along with an informative presentation.

"It's not every day that we have the ability to gather with so many dedicated, passionate people who admire tourism as much as we do," said Hampton.

The Larters at St. Andrews Golf & Country Club was packed with representatives from all over the region who were there to see which of the 20 nominees would take home the 12 awards that honour outstanding contributions and achievements in the tourism industry in the Interlake.

The big winners that came home with awards were then announced:

Wishme operated by Inclusion Selkirk took home the Business, Excellence in Diversity, Equity and Inclusion Award. Wishme is a business in Selkirk on Eveline Street, and Van Soelen said that it's not your grandma's shop.

"It's had a total makeover [that's] all

Continued on page 5



EXPRESS PHOTOS BY KATELYN BOULANGER
Representatives accepting Susan and Peter Holfeuer's Volunteer of the Year Award.



The Famous Sandy Hook Pier taking home the Interlake Tourism Non-Member Excellence Award.



The Marketing Campaign of the Year (over \$2,500 Award) went to The Gimli Chamber of Commerce Destination Brand Committee.



The Business Of The Year—Large (More Than 20 Employees) Award was taken home by the Gimli International Film Festival.

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> TOURISM AWARDS, FROM PG. 4

about inclusivity with wider doorways through the aisles and automatic door openers that will make you feel like a magician. And, if you need a quick change to your superhero cape, they've got a deluxe accessible washroom. But here's the real magic. Wishme is a social enterprise on a mission to support adults with intellectual disabilities on their journey to becoming workplace superheroes. The staff is like the Yoda of employment skills," she said.

The next recognition was for the Employee of the Year Award, which went to the RM of St. Clements recreation manager Brenna Philp.

"She leaves an unforgettable mark wherever she goes, but there's more. She's the genius behind rural tourism development. Brenna is like a collaboration wizard uniting with locals to showcase the region's quirks and culture drawing visitors from all over Manitoba and beyond," said Hampton.

The winner of the Marketing Campaign of the Year over \$2,500 Award went to The Gimli Chamber of Commerce Destination Brand Committee for their Explore Gimli – the Heart of New Iceland campaign.

"They took Gimli from a summer hotspot to a year-round wonderland. Starting their journey in February 2022 with 21 dedicated team members and the help of Travel Manitoba, they unleashed a strategic plan by September, which included an expanded ice fishing village. Picture people in colourful shacks, tasty treats on ice accommodations and Icelandic heritage, a winter angler's dream," said Hampton.

The next winner was Lake Winnipeg's oldest volunteer-run seasonal pier, The Famous Sandy Hook Pier, taking home the Interlake Tourism Non-Member Excellence Award.

"It went from a hidden gem to a top lighting photo spot, Northern Lights hub and community hangout. They teamed up with the Lions Club for a wild scavenger hunt, maximized their social media, especially Facebook, as well as started a GoFundMe, which powered this grassroots sensation. They even got limited edition Christmas ornaments by local artists to promote and fundraise," said Hampton.

Harry J. Enns Wetland Discovery Centre - Oak Hammock Marsh was the next winner. They took home with them the Sustainable Tourism Award.

"These folks are all about sustainable tourism, education, community involvement and collaboration with the government to tackle conservation challenges. They even throw forums and conferences into the mix. By including the community in their tourism plans and creating jobs, boosted tourism revenue and fixed up the place, or will be. They're so transparent; they monitor sustainability indicators, and they're all about environmental education, habitat, preservation, wildlife watching and connecting folks with wetlands," said Van Soelen.

Taking home the Business Of The Year-Large (More Than 20 Employees) Award was The Gimli International Film Festival.

"The Gimli International Film Festival is a networking hub for filmmakers driving film-related business growth

in Manitoba featuring competitions and awards and a career rocket for filmmakers and art boosts in Manitoba and it's a tourism magnet, obviously. Have you ever been to Gimli when the film festival is going on?" said Van Soelen.

The Volunteer of the Year category had some of the toughest competition of the evening. Ultimately, the winners of the night were Susan and Peter Holfeuer, who have been dedicated volunteers in Gimli for over 15 years.

"Susan and Peter Holfeuer are the dynamic duo of the Gimli Ice Festival. They've dedicated 15 years to this town. In 2023 they steered the Gimli Ice Festival with over 100 volunteers. They even conquered COVID by taking things online, keeping the community engaged with wacky events. These two are the social and economic sparks of Gimli drawing crowds by the thousands," said Hampton.

Next up was the Marketing Campaign Of The Year (Campaign Under \$2,500) Award, which went to the Lockport Community Development Group.

"They strategically put Lockport on the map during the St. Andrew's Lock and Dam construction. With a campaign targeting anglers, adventures, history buffs and families, they highlight Lockport's rich history and Indigenous heritage," said Van Soelen.

The Indigenous Tourism Award went to Fisher River Cree Nation.

"They're all about self-sustainability and good governance while protecting the beauty of the South-Eastern Interlake. These leaders are on a mission to provide top-notch service and programs for their community and beyond. They're actively pursuing self-determination, all while seeking reconciliation and healing, especially in the face of challenges and trauma for residential schools. With elders as their guides, they're educating their youth about Indigenous heritage," said Van Soelen.

The Interlake Tourism Member Excellence Award this year was taken home by Heather Hinam of Second Nature Creative Interpretation.

"She has been the go-to creative for introducing visitors to the island, nature and cultural heritage. Through Second Nature, she's orchestrated media tours and custom signage and rock news code coverage for 11 communities in the Interlake," said Van Soelen.

Sweeping away the category of Business Of The Year-Small (Fewer Than 20 Employees) Award was none other than Prairie Breeze Folk Arts Studio.

"Here the ancient art of broom-making comes to life with a dash of enchantment. Visitors step into a world of folk art crafting brooms for decoration, special ceremonies or everyday cleaning. With hands-on workshops and small classes, you'll feel like a wizard," said Van Soelen.

The final award of the evening was for the Event of the Year. Though there were many amazing events in the Interlake and tough competition in the nominees for this cat-

egory alone, Holiday Alley in Selkirk came away with the award this year.

"This event keeps growing with Indigenous teaching, short films, live concerts and more. They have sheep poetry. ... It's all about boosting tourism, downtown renewal and fostering community bonds plus they're all for supporting non-profits and promoting local art and culture. They've got a brilliant communication strategy and they're just they're not just local news there and national news," said Van Soelen.

This evening was a wonderful time for all involved and a great way to recognize the hard-working people of our region. To keep up with the many projects that Interlake Tourism is a part of and learn more about many of the upcoming events in our region, visit Interlake Tourism's website at <https://interlaketourism.com/>.

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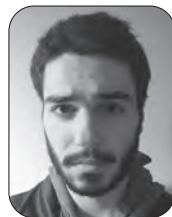
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Manitoba Ag Days gives back deadline approaching

Submitted by Teresa Vallotton

Manitoba Ag Days enters its second decade of investing in rural communities and agriculture education through the Ag Days Gives Back program. One hundred per cent of the funds raised through the Manitoba Ag Days 50/50 are used to support K-12 ag education, post secondary ag education and community organizations throughout Manitoba and Saskatchewan. This represents a commitment of over \$362,500 since the program's inception in 2013.

Thanks to strong public support, the 2024 Ag Days Gives Back community giving and scholarship programs have both been expanded.

"This year we have more than doubled the amount of community grants available, thanks to the generous support for our 50/50," said Hannah Minshull, Ag Days Gives Back committee chairperson. "We are excited to offer 17 individual grants of \$2,000 to non-profit organizations to support their continued operation."

The scholarship criteria has also expanded and now includes any post secondary education and training related to agriculture.

"We wanted to recognize the wide

variety of jobs and career paths that contribute to the agriculture and agri-food sector, and this scholarship allows the applicants to explain how their training or studies, whatever they might be, connect to the ag industry," commented Minshull. Three scholarships of \$2,000 each will be presented at the 2024 show.

The deadline for both community grant applications and scholarship applications is Nov. 15.

Winners will be announced at the 2024 show in January.

For more information please visit <https://www.agdays.com/community-giving-program/>

The recipients of the 2023 Ag Days Gives Back Community Improvement grants of \$2,000 each were:

Roblin Fire and Rescue, Glenboro South Cypress Fire Department, Ste. Anne Fire Department, Whitemouth Fire Department, Edward Fire Department, St. Rose Fire Department, Clandeboye Fire Department, Ochre River Fire Department.

The recipients of the 2023 Ag Days Gives Back Scholarships of \$1,000 each were:

ACC Diploma Scholarship – Rhett



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U of M's Diploma Scholarship – Lacey Calder

U of M's Degree Scholarship – Emily Rob

Manitoba Ag Days will also be providing the Education and Leadership Grant in the amount of \$10,000 once again to Agriculture in the Classroom – Manitoba.

Manitoba Ag Days show is an annual three-day exposition of agriculture production expertise, technology and equipment that attracts exhibitors and visitors from across Canada and the United States of America held at the Keystone Centre in Brandon. The 2024 show dates are Tuesday, Jan. 16 to Thursday, Jan. 18.

For more information or the latest updates, please visit <https://www.agdays.com/> or follow us on Facebook, Twitter or Instagram @mbagdays.

Manitobans encouraged to get updated COVID-19, seasonal flu vaccines

Submitted by the Manitoba government

The Manitoba government is encouraging Manitobans to get the updated COVID-19 and seasonal flu vaccines as soon as possible to help protect themselves, their families and their communities during the upcoming respiratory virus season, Premier Wab Kinew announced Monday after receiving both vaccinations at a local pharmacy.

"Vaccines are safe and effective, and I am proud to play my part to help

keep my family and our community safe," said Kinew. "I encourage all Manitobans to stay current with their vaccinations — a simple, quick visit now can help you stay healthy and make the most of your time with family and friends throughout the winter."

The vaccines continue to be distributed to hundreds of locations across the province to ensure sufficient supply is available for all Manitobans who want to be vaccinated, noted the

premier. The online vaccine finder at www.gov.mb.ca/covid19/vaccine.html#finder is updated regularly as new location and clinic details become available.

In alignment with Manitoba Health, Seniors and Long-Term Care's mandate to make it easier for every Manitoban to access health care no matter where they live, there are many ways people can conveniently access their

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Lana Meier 204-292-2128
ads@expressweeklynews.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

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Hindsight ... the saga of the snake root salesman

By Av Olson

The boy was lucky enough to be born and raised on the family farm in Manitoba's Interlake.

His parents gave his big brother and him everything they needed in terms of food, clothing and shelter, and also a small weekly allowance.

In 1964, the allowance happened to be exactly enough to buy a soft drink, a bag of chips and a comic book, and that is what they did with it each week.

The only reason they could squeeze a comic in was that the fellow who ran the confectionery they bought them at (yes, the sign said confectionery) had a scam for maximizing his comic profit. The comic distributor had a deal with stores in which retailers could get a refund on any unsold comics. The store just had to return the covers as proof that they were not sold. What this fellow did was take the covers off the comics, send the covers back for a refund and sell the comics with no covers at a reduced price to financially constrained young people like the boy and his brother.

This was all well and good, but his brother (management) and the boy (labour) wanted more than drinks, chips and comics. They had dreams of buying things that cost real money. Folding money. Money that would be theirs to spend — any way they wanted — with none of the "sensitivity"

restraints imposed by parents. That meant that private enterprise had to rear its ugly head.

Their first business foray was into the harvesting of senega root, or snake root, as it was called locally. The value was in the root of the plant. Dug up and dried, it could be sold by the pound, after which it was used to make some kind of medicine.

Coincidentally, the local man who bought the root was also the man who ran the confectionery with the comic book scam, so they knew they would be treated honestly when it came time to sell.

The plant was easily recognizable by the little white flowers clustered tightly around its stem. In their travels haying and chasing cows, they had seen it and had a good idea where it could be found. So, they went out wandering and digging. And digging. The pictures of the root that they saw in a book showed a nice thick thing the size of your thumb. A few of those babies and you would have a pound of root in no time.

The trouble was they didn't find any like that.

They found only thin, spidery roots. Long, wispy things, the big end maybe half the thickness of pencil. In gold terms, they wanted nuggets, but were getting tailings.

Undaunted, they kept digging. And digging. Finally, after a few weeks,

they had what looked like a lot to them. They carefully washed the roots and dried them in the sun.

Weighing them was a challenge. Their bundle of root was suspiciously light, but they were still optimistic. All that digging, all those roots, had to be a few pounds.

They had a big scale that could weigh a grain sack, but they were nowhere close to that kind of weight. His brother (the future engineer) figured it out. He would step on their mother's bathroom scale, check his weight, then pick up snake root, they'd check his weight, and the difference would be the weight of the snake root.

The big moment arrived. His brother stood on the scale, checked his weight, then the boy handed him the precious bundle. Hearts in their mouths, they checked the scale. No change at all. Nothing. Zip. Their mom's scale considered their snake root to have no weight at all. They knew that was a scientific impossibility; it had to have some weight, but the news was bad. Snake root was bought and sold by the pound, not by the ounce or the gram. If you needed scientific equipment to weigh it, it wasn't worth much.

What a kick in the dreams. Visions of guitars, guns, tools and toys crashed and burned like the Hindenburg.



Av Olson and his siblings.

They kept digging roots, but their hearts weren't in it any more, not really.

At the end of the summer, they took their haul in. The man weighed it and gave them their money.

They had enough for some drinks, chips and comics.

HINDSIGHT is a new monthly feature written by a long-time Interlake resident who writes under the pen-name C. S. Stone. While each story is based on real events, minor creative liberties have been taken and names have been changed.

> COVID-19, FROM PG. 6

vaccines. Manitobans can contact their local clinic, pharmacy or nursing station.

"Heading into respiratory virus season, we all have a role to play in protecting vulnerable Manitobans as well as the dedicated health-care professionals that care for them," said Health, Seniors and Long-Term Care Minister Uzoma Asagwara. "Getting vaccinated against this season's dominant COVID-19 and influenza strains lessens the risk of illness and severe outcomes and helps to reduce pressure on our health-care system."

Public health also recommends personal health measures all Manitobans can take including:

- staying home when you're sick until you feel better and no longer have a fever;
- washing your hands or using hand sanitizer regularly;
- covering your coughs and sneezes;
- choosing to wear a mask as an extra layer of protection; and
- regularly cleaning and disinfecting

shared surfaces and objects.

"Getting the updated vaccines for COVID-19 and seasonal flu is one of the best ways to protect yourself against getting sick this winter," said Dr. Brent Roussin, chief provincial public health officer. "This is even more important for parents and caregivers, pregnant people, children and others who are most likely to develop serious symptoms if they do become ill. If you haven't had a COVID-19 vaccine before, it's never too late to protect yourself and your loved ones. We can also all do our part by staying home when we're sick, washing our hands and choosing to wear a mask."

More than 109,000 doses of the flu vaccine and almost 59,000 doses of the COVID-19 vaccine have already been given to people in Manitoba this respiratory virus season.

For more information on COVID-19 and seasonal flu vaccines, visit:

www.manitoba.ca/protectMB.

A weekly epidemiology update on COVID-19 and seasonal flu is posted every Friday at www.gov.mb.ca/health/publichealth/surveillance/influenza/index.html.



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 EFFICIENCY
MANITOBA

Access CU permanently closes Winnipeg Beach branch; ITMs to be decommissioned

By Patricia Barrett

The Winnipeg Beach branch of the Access Credit Union was permanently closed last week.

The credit union announced in June it intended to close the branch, citing a significant decrease in in-branch transactions, with members using services online, by mobile app, by telephone or attending other branches. The ATM outside the branch was also closed.

Branch staff sent out a message thanking Winnipeg Beach members for “wonderful memories, laughs and great stories” over the years.

Members can use the Gimli Access Credit Union branch at 34 Centre St. or other branches throughout Manitoba with no changes to their account numbers.

The credit union said in a June news release that staff at Winnipeg Beach

would be offered other positions within the system.

In addition to Winnipeg Beach, the credit union closed its Dugald branch and ATM service.

Access will also be decommissioning its video live service — which allows members to interact with staff at the Access call centre — from its interactive teller machines (ITMs) in nine locations, including Lundar, Moosehorn, Ashern, Fisher Branch, Riverton, Gimli and Selkirk.

In an October news release, Access said the number of ITM transactions in which the live service was utilized is low and not cost-effective.

As of Nov. 13, ITMs will be converted into ATMs with functions such as cash withdrawal, deposits and balance inquiries.



EXPRESS PHOTO BY LANA MEIER

The Winnipeg Beach branch of the Access Credit Union was permanently closed last week.

Running to conserve the wetlands: Duck and Run 2023

By Autumn Fehr

Runners of all ages and calibre flocked to Oak Hammock Marsh to take in the annual Duck and Run over the weekend of Oct. 14 and 15.

Duck and Run is a national fun run to raise funds and awareness for Ducks Unlimited Canada’s work protecting our country’s wetlands.

Some participants ran five kilometres or one kilometre through the marsh, while others participated independently in a 10,000 Steps Virtual Challenge.

Runners, walkers and outdoorsy

people anywhere in Canada could host their own Duck and Run event with resources and support from Ducks Unlimited Canada — an easy way to support the wetlands across the country.

The first Duck and Run was held in Manitoba at Oak Hammock Marsh in 2015. But, as of this year, it is now being run in other provinces across Canada, such as Ontario, Saskatchewan, Alberta, New Brunswick and Nova Scotia.

This year, Ducks Unlimited Canada had 550 race participants across Canada in 11 locations, plus one virtual race online. In total, they raised \$34,000.

Leigh Patterson, the editor-in-chief for Ducks Unlimited Canada, organized the successful run in Oak Hammock Marsh, with 116 participants raising \$6,200.

“For many of those participants, it was their first introduction to Oak Hammock Marsh,” said Patterson.

The Manitoba Marsh is a restored prairie wetland and Ramsar site — a wetland of international importance — and home to an award-winning Wetland Discovery Centre and the site of Ducks Unlimited Canada’s national offices.

“Our small group of volunteers pulled off an amazing event. We received such positive feedback from participants on the course, the fun atmosphere and the beautiful setting. Best of all, many promised that they plan to be back for future Duck and Runs, which, to me, speaks to both



EXPRESS PHOTO SUBMITTED

This year’s Oak Hammock Marsh Duck and Run raised \$6,200 to raise awareness for Ducks Unlimited Canada’s work protecting our country’s wetlands.

the calibre of our event and a passion for wetland conservation. I was on a runner’s high, and I didn’t even run,” she said.

At 65 years old, Jim Campbell, a local Winnipegger and long-distance runner, has been running the trails at Oak Hammock Marsh for years. Although he did not attend the Duck and Run this year due to another commitment, he has been involved in the event since 2016.

“In 2016, I saw that the Duck and Run 10K Race would be held on the trails at Oak Hammock Marsh, an area that I truly love exploring, and I couldn’t believe it — signed up right away. On a hot, humid, sunny morning in August 2016, I was standing at the start line with other runners, excitedly waiting for the race to begin. The race started, and I was in heaven. It’s my passion for running, for wild-

Continued on page 9



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New cabinet commits to building a shared future for all Manitobans

Manitoba Premier Wab Kinew and new government sworn in

Submitted by Manitoba government

In a colourful and tradition-filled ceremony honouring the seven Indigenous nations in Manitoba, Premier Wab Kinew was sworn in as premier of Manitoba, alongside the 14 other members of his cabinet.

“Manitobans have entrusted us with the great honour of leading our province and I do not take this responsibility lightly,” said Kinew. “I am proud of the team we have assembled to get real results for Manitobans on the issues that matter most — fixing health care, making life more affordable and bringing Manitobans together to build our shared future. We will work together to grow our economy and ensure that more Manitobans can join the workforce, join a union and join the middle class. I am humbled by the privilege of forming our province’s next government and I look forward to the work that lies ahead.”

The premier’s executive council will have 15 ministers who reflect the province geographically, culturally and as a society including ensuring gender parity in cabinet. The complete list of cabinet ministers is as follows:

Wab Kinew (MLA for Fort Rouge) – premier, minister of intergovernmental affairs and international relations, minister responsible for Indigenous reconciliation;

Uzoma Asagwara (MLA for Union

Station) – deputy premier, minister of health, seniors and long-term care;

Ron Kostyshyn (MLA for Dauphin) – minister of agriculture;

Matt Wiebe (MLA for Concordia) – minister of justice and attorney general, keeper of the great seal of the province of Manitoba, minister responsible for the Manitoba Public Insurance Corporation;

Nahanni Fontaine (MLA for St. Johns) – minister of families, minister responsible for accessibility, minister responsible for gender equity;

Bernadette Smith (MLA for Point Douglas) – minister of housing, addictions and homelessness, and minister responsible for mental health;

Nello Altomare (MLA for Transcona) – minister of education and early childhood learning;

Ian Bushie (MLA for Keewatinook) – minister of municipal and northern relations, and minister of Indigenous economic development;

Malaya Marcelino (MLA for Notre Dame) – minister of labour and immigration, and minister responsible for the Workers Compensation Board;

Jamie Moses (MLA for St. Vital) – minister of economic development, investment, trade and natural resources;

Lisa Naylor (MLA for Wolseley) – minister of transportation and infrastructure, minister of consumer protection and government services;

Adrien Sala (MLA for St. James) – minister of finance, minister responsible for the Public Utilities Board, minister responsible for Manitoba Hydro, minister responsible for the Manitoba public service;

Renée Cable (MLA for Southdale) –

minister of advanced education and training;

Tracy Schmidt (MLA for Rossmere) – minister of environment and climate change, minister responsible for Efficiency Manitoba; and

Glen Simard (MLA for Brandon East) – minister of sport, culture, heritage and tourism, minister responsible for francophone affairs, minister responsible for the Manitoba Liquor and Lotteries Corporation.

For the first time in Manitoba’s history, the premier will hold the title of minister of Indigenous reconciliation in addition to the title of minister of intergovernmental affairs and international relations. The premier noted the important message this sends to leaders of Indigenous nations in Manitoba — that they will be treated as leaders of governments, much like the relationship between the province and its federal and municipal counterparts.

Asagwara, deputy premier and minister of health, will also make history as the first Black and non-binary person to hold the role of deputy premier. The premier noted the significance of Asagwara’s appointment for the province and reaffirmed health care as a top priority for his government.

The appointments of Smith and Fontaine make history as the first First Nations women to be appointed to Manitoba’s cabinet.

Smith will oversee a new portfolio with a holistic approach to addressing addiction and chronic homelessness, noted the premier, which will ensure the services required to help someone off the street are housed under one government department including

working with other levels of government to increase access to affordable housing. The premier noted this new provincial ministry will be integral to fulfilling his government’s promise to eliminate chronic homelessness within eight years.

“Our government is ready to get to work on the strong mandate given to us by Manitobans to improve health care, make life more affordable and bring Manitobans together,” said Kinew. “I have every confidence in the team of skilled and passionate individuals who have answered the call to serve in cabinet. I am grateful for their commitment to working diligently and collaboratively on the issues that matter most to Manitobans. I look forward to the varied perspectives they will bring to the cabinet table, representing the diversity of our province as a whole.”

Kinew noted cabinet will meet later this week to continue shaping the new government’s priorities ahead of the next legislative session in November.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

Meetings are Mondays

at 6:30 p.m.

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

AI-Anon Gimli and Winnipeg Beach

Join us at 17B Loni Beach Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.

All ages welcome.

> DUCK AND RUN 2023, FROM PG. 8

life and marsh itself all coming together in this remarkable event,” he said.

Even though his participation in the run only started in 2016, Campbell has had a relationship with the marsh for decades. In the 1970s, during the migration season, he “fell in love with the place” due to the “sheer amount of birds and wildlife.”

Over the years, he has visited frequently, witnessing changes and improvements in the area, yet his connection to the marsh remains steadfast.

Campbell’s experience during the race includes a unique finisher medal — a “Genuine Engraved Goose Band Medal” — and the tradition of attending every Duck and Run race, even during the COVID-19 pandemic.

He describes the “Duck and Run ...

where the passion for running meets the passion for wildlife for a truly remarkable experience.”

The 2023 run loops together many milestones: Ducks Unlimited Canada’s 85th anniversary, the 30th anniversary of the Wetland Discovery Centre and the 50th anniversary of the Oak Hammock Marsh Wildlife Management Area

The race day also coincided with World Migratory Bird Day.

“Our organizing committee see the Duck and Run as a wonderful opportunity to connect people to the outdoors while sharing the many values of wetlands — fresh air, clean water, plant and animal life — with a new, appreciative audience. Even better, they can see firsthand how wetlands can support an active, healthy lifestyle. Wetland loss in Manitoba is an

ongoing concern and an issue that we think everyone should care about these under-appreciated but vital ecosystems,” said Patterson.

Many positive remarks came from participants of this year’s race. Many said they loved that the event was back at the marsh, and many first-timers said they’d be back next year. Other highlights of the run were the quality of the course and ease of navigation through the marsh — and folks came out with smiling faces to enjoy the family-friendly event.

At a time when we are seeing temperatures skyrocket and natural disasters become normal, runs like these can make a difference in our collective effort to protect the environment we live in.

Youth choir shares talents with ISD schools

By Becca Myskiw

The Interlake Youth Choir (IYC) spent an entire day last week singing to the students of the Interlake School Division (ISD).

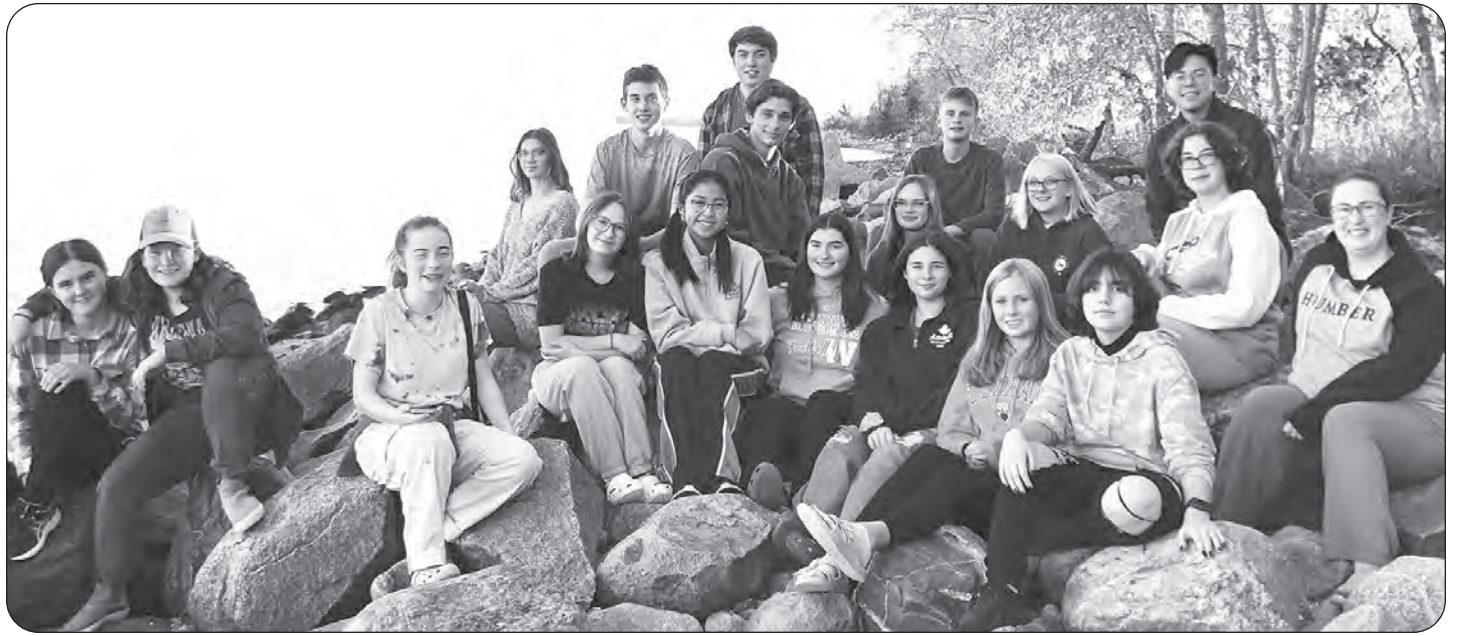
Seventeen singers from the region make up this year's choir. The students are in grades 9 to 12 from Stonewall, Warren, Selkirk, St. Andrews, East Selkirk, Riverton, Fraserwood and Libau. Choir director Kendra Obach said this year's choir comprises excellent singers.

"This year's IYC was goofy and creative," she said. "They worked super hard, took on musical challenges and built a tight-knit community in a short time."

As many regions in the province host fall regional youth choir programs, the Interlake region joined the charge in 2016 when they began building a similar program. Since then, each fall, IYC has joined other music programs in bringing guest conductors to teach the students.

This year, IYC met from Oct. 13 to 15 at Camp Arnes, where they rehearsed 10 songs under the direction of guest conductor GiUng Lee. GiUng is a Korean-Canadian music educator. Based in Winnipeg, GiUng teaches grades 6 to 12 music at St. John's-Ravencourt School, where he's designing and implementing a project-based music curriculum rooted in cultural relevance and student creativity.

GiUng previously served as artistic director and conductor of Prairie



EXPRESS PHOTO SUBMITTED

The Interlake Youth Choir toured around the region last week sharing their passion of music with Interlake and Lord Selkirk schools.

Voices, the award-winning youth/young adult community choir and he is best known for his ensembles' "dynamic and innovative" delivery of choral music.

"GiUng is an incredible human and leader," said Obach. "GiUng brought a beautiful balance of musical guidance with high expectations along with the priority of building the character and life skills of the singers."

After learning 10 songs with GiUng on the weekend of Oct. 13, IYC then rehearsed the music on Sunday, Oct. 22 to prepare for a school tour on

Monday, Oct. 23.

"Singers build a strong community over a weekend of singing together and they will stay in touch," said Obach.

Oct. 23 took IYC singers to Teulon Collegiate, Stonewall Centennial School, Walter Whyte and ended at Selkirk United Church. Obach said the schools were incredibly supportive in making the arrangements for the tour and enjoyed the performances.

"School tours allows us to promote the program and choral singing

while giving the choir an opportunity to continue building performance skills," she said. "Singers were well prepared for the final concert where they sang for family, friends and community supporters."

Previous conductors of the IYC fall program have been Scott Reimer, Justin Odwak, Alisa Wiebe, Leanne Cooper-Carrier and Sonya Williams. IYC's accompanist is Beth Emmers.

Applications for IYC 2024 will open in the spring. For more information, people can email iychoir@gmail.com.

Fisher Branch Chase the Ace winner takes home \$231,141

Submitted by Debra Barrett-Hrominchuk

Fisher Branch's strong volunteer base put their innovative thinking and desire to strengthen their growing community, which led to a group of local organizations joining forces to work together and reinvest in the community.

The organizations, under the leadership of Karl Barrett, formed a board and focused their energies on providing services to the children and youth within the community and catchment area. The decision was made to hold a weekly Chase the Ace draw, with the profits being divided among 10 organizations dedicated to improving the recreational, educational and employability skills of local youngsters. As the pot grew, so did the excitement.

"It was like celebrating a homecoming each Friday," said one volunteer.

People wishing to test their good fortune came from as far away as Île des Chênes, Dugald, Lundar and

many other nearby communities.

Then, finally came the big day when local Linda Podaima chose the ace of spades card from the four remaining cards. The lucky winner had five minutes to redeem her ticket before she would forfeit the prize. Podaima laughs that she was so busy visiting with people she had not seen for years that she nearly missed hearing the bullhorn calling her ticket number. When it became evident that Podaima was having trouble getting through the crowd, a woman who knew how to use her shoulders and elbows assisted her in making her way to pick the winning card. The first second or two, Podaima appeared in shock, then came the burst of joyous laughter and some jumping in delight as she realized she had just won \$231,141.

Currently, Fisher Branch is well on its way to creating a new Chase the Ace buzz with a prize of nearly \$70,000 up for grabs. To follow the



EXPRESS PHOTO SUBMITTED

Linda Podaima is standing in the middle with the cheque, flanked by representatives of the organizations on the Chase the Ace board.

excitement, please visit the Fisher Branch Community Events Facebook page for weekly posts on each Fri-

day's pot and the number of remaining tickets to be drawn.

Goldsborough releases third Abandoned MB book

By Lorne Stelmach

Gordon Goldsborough is more surprised than anybody that he has now released a third *Abandoned Manitoba* book.

On the Road to Abandoned Manitoba: Taking the Scenic Route Through Historic Places follows earlier national bestsellers *Abandoned Manitoba* and *More Abandoned Manitoba*, the latter receiving the McNally Robinson Book of the Year Award in 2019.

"When I published the first book, I thought it was a one-off. I never thought by any stretch of imagination that there would be any more ... but it's obviously resonated far more than I would have believed," Goldsborough said last week in advance of a series of talks at the five branches of the South Central Regional Library.

"I did the first book back in 2016, and I kind of thought I had done it all. I didn't anticipate there would be any more demand, and yet there was, so I did the second book and likewise thought I had covered all the topics.

"This is probably the last. I think I've tilled this ground thoroughly enough that I think I want to move on to something else ... but each time, I think I've got so many good stories that there can't be any more good ones, but I find out there's actually a lot of good ones yet."

Goldsborough is an active member of the Manitoba Historical Society and has written four books on Manitoba history. He also has a weekly series on Manitoba history on CBC Radio 1 in addition to a weekly column on Manitoba history in the *Manitoba Cooperator* newspaper.

In his latest book, he hits the road in search of adventure and little-known stories from Manitoba's past.

Among the places he visits are underground radiation monitoring posts from the Cold War, a remote hydroelectric generating station, cruise ships on the Red River and the original route of the Trans-Canada Highway.

He always aims to not cover too much of the same ground in his stories.

"I want each story to be unique. There's lots of variations on a theme," he said, citing such examples as the transformation from one-room schools or the disappearing grain elevators where one example tells the story for all cases. "I think, for me, the interesting part is that I'm constantly finding things that I had never heard about before, though, so this is what keeps me motivated."

A good example is his discovery of radiation fallout reporting posts that were put in place back in the early 1960s during the Cold War out of concern about



SUPPLIED PHOTOS
Gordon Goldsborough's latest *Abandoned Manitoba* book is out now.



nuclear war.

He estimated there were about 2,000 stations overall in Canada including about 200 in Manitoba, and they were often in the basements of federally operated locations such as post offices like one in Deloraine. In other cases, it was a hole in the ground covering what looked like a large culvert.

"In some cases, we may have been the first people to climb down into them since the 1960s," said Goldsborough.

Another favourite story is what he calls "the Pine to Prairie Relic Run" where five old antique cars drove from the Ontario border to the Saskatchewan border following, as much as possible, what remained of the original Trans-Canada Highway route.

"One of the things that I was trying to reconstruct were the routes of the original provincial highways in Manitoba. In some cases, they follow the present-day route, but in some cases, it is quite different," he noted.

"So we followed it at least as best as we could because there were sections that we simply couldn't drive because they were gone," Goldsborough said, noting it produced the book's front cover photo showing a Ford Model T on an old section of the road. "And we had more problems with the modern vehicles that were coming along."

Perhaps above all else, Goldsborough likes to show what all the province has to offer, including its rich history.

"I think Manitoba is a beautiful place to live, and you appreciate it more when you have the time to go by slowly," he said in contemplating the slow pace of the Pine to Prairie Relic Run.

"Part of my ulterior motive in this, as well, is to convince Winnipeggers that there are interesting things beyond the Perimeter Highway," he said. "I'm hoping by showing them some of the wonderful things I've found that it will motivate them to want to go out."

Goldsborough believes there are a few factors behind the popularity of his books.

"Part of it is that they are stories people haven't heard of before, and I go out of my way to try to find unusual stories," he said. "The other thing is it tells us about how Manitoba has changed. There's the other element as well that people simply enjoy finding out things about the past. People are interested in history for its own sake."

He always especially enjoys doing readings and events in rural Manitoba.

"It's somewhat self-serving because I get some of my best ideas from people," he added. "It's also just sharing my passion for Manitoba history."

Goldsborough will be at the library in Altona on Thursday, Nov. 2 at 6:30 p.m. then at Miami on Saturday, Nov. 4 at 10 a.m.; Winkler on Saturday, Nov. 4 at 1 p.m.; Morden on Tuesday, Nov. 7 at 6:30 p.m.; and Manitou on Wednesday, Nov. 8 at 2 p.m.

Interlake Tourism sending two people to Churchill

Proceeds from prize draw being split between organizations

By Becca Myskiw

Interlake Tourism will be sending two people to Churchill.

The grand prize for the Interlake Tourism Awards Night was a trip for

two to Churchill, Manitoba and was won by April Wilson. Interlake Tourism manager

Melissa Van Soelen said the organization likes to support all tourism

initiatives in the province, so they partnered with the Churchill Tourism Development Committee to promote the northern town.

Churchill is the polar bear capital of the world and is just 1,000 kilometres north of Winnipeg. The remote northern town may look like any other, but it sits on the migration path of polar

bears and beluga whales, drawing wildlife enthusiasts from across the globe.

The polar bear makes a south-to-north migration in the spring and a north-to-south migration in the fall. They use the ice as a platform for feeding, mating and denning, typi-

New Iceland Heritage Museum holding AGM, tree festival and market

By Patricia Barrett

The New Iceland Heritage Museum is hosting its annual general meeting (AGM) in a week's time and will also be hosting some Christmas-themed events this month.

NIHM board president Johanne Kristjanson said the general public is welcome to attend the museum's AGM and ask questions.

"Our AGM is open to the general public and we hope that any members or the museum will want to attend as well," she said.

The board's agenda includes a review of what the museum accomplished over the past operating year (April 1 – March 31) and presents its financial review, among other topics.

Anyone is free to ask questions about the process as the board moves through the agenda.

The board is also hoping people will put their names forward to sit on the board.

"We are continuing to encourage people to step forward if they're interested in joining our board," said Kristjanson. "They can either come to the meeting and be nominated at that time, but we'd prefer it if they contacted us ahead of time to let us know they're interested so that they will know exactly what it entails to be on our board."

The board provides direction to the museum going forward and allows board members to support the local heritage of the area.

"I enjoy sitting on the board," said Kristjanson. "I want to contribute to the heritage of the area and to the community. In order to keep preserv-

ing that, we need people who want to be involved, support that heritage and help us keep the museum going."

The board holds roughly 10 meetings a year as well as an annual meeting with the boards of other Manitoba Signature Museums.

"The meeting is a good opportunity to learn what other museums are doing and lets us help them by sharing the things that have worked successfully for us," said Kristjanson.

The AGM will be held on Monday, Nov. 13 at 7 p.m. in the Lady of the Lake Theatre in the Waterfront Centre. People can also join via Zoom.

The NIHM is dedicated to preserving the Icelandic heritage of the region and attracts roughly 15,000 visitors each year from around the world. It operates two sites in Gimli.

The main museum in the Waterfront Centre showcases the history of New Iceland from the time of the first wave of Icelandic settlers to Manitoba in the nineteenth century. It uses multi-media and permanent exhibits including a historic cabin. It includes an exhibit on John Ramsay, an Indigenous man who helped Icelandic settlers survive the winter of 1875. It also showcases contemporary world events and issues through travelling exhibits.

The museum's second site is located at Gimli Harbour in the Lake Winnipeg Visitor Centre. It showcases the commercial fishing industry. The Province of Manitoba designated the NIHM as a Signature Museum for its unique collections.

NIHM executive director Julianna Roberts said museum celebrates the Christmas season through its Christ-



EXPRESS PHOTO SUBMITTED

The New Iceland Heritage Museum's gift shop is selling Vikings made by a Saskatchewan artist.

mas Tree Festival and the Christmas Market.

The tree festival is an ideal way for people to get a fully decorated tree for the season and an opportunity to donate to a charity of their choice.

"We order Christmas trees and we ask businesses, organizations and individuals to decorate the trees. We'll have them set up at the museum until Dec. 18," said Roberts. "People can come in and bid on a tree. If they win it, the proceeds will go to a charity of their choice. Admission to the museum is free with a tin for the bin."

The museum's annual Christmas Market is always a huge draw for people looking for a special Christmas gift. It will feature vendors specializing in homemade products and will be held in conjunction with Gimli's Moonlight Madness local shopping event.

"Our market is a make-or-bake mar-

ket; we don't have vendors selling manufactured goods. It's a true artisans' market," said Roberts.

The market will be held on Friday, Nov. 24 from 4 to 9 p.m. and on Saturday, Nov. 25 from 10 a.m. to 4 p.m. at the museum at 94 First Ave.

The museum's Viking's Purse Gift Shop can help people find a unique gift for a loved one.

Roberts says the gift shop is currently stocking up for the festive season. It carries imported Icelandic wool sweaters and mitts, scarves and other textiles, artwork, Icelandic coffee bags, hard fish and chocolate. New this year — while they last — are artfully crafted textile Vikings made by an artist from Moose Jaw, Sask.

For more information about events, joining the museum board and the AGM, call the NIHM at 204-642-4001.

MLA Derek Johnson sworn in



EXPRESS PHOTO SUBMITTED

Progressive Conservative members of the Legislative Assembly were officially sworn in at a ceremony at the legislative building on Oct. 24. Interlake-Gimli MLA Derek Johnson was elected to his first term as the MLA for Interlake in 2016. In addition to his duties as MLA, he serves as the legislative assistant to the minister of Infrastructure and has been appointed house leader.

Oak Point Hall continues to thrive

Submitted by Lorna Johnson

The village of Oak Point came to know how valuable having a place to gather is when the old Oak Point Community Hall burned to the ground in 2019.

Fortunately, a new hall has been built. COVID restrictions slowed the number of activities offered for a time, but this year the Oak Point Hall was the busiest it's ever been. Monthly Old Time Dances with live bands took place from April to October. The first social and wedding were held, along

with numerous showers, birthday parties, family gatherings, meetings and funerals.

The Oak Point Community Club is ending the year's events with a Craft and Bake Sale and Breakfast with Santa. The Craft and Bake Sale is on Nov. 18 from 10 a.m. to 4 p.m.

Tables can be reserved by phoning 204-739-8001. Breakfast with Santa is on Saturday, Nov. 25 from 9 to 11 a.m.

The club looks forward to another busy year next year, so watch for posters.

Local dog owner reunited with his missing fur baby

By Becca Myskiw

After seven long weeks, a local man has been reunited with his lost dog.

Steven Bell has two Great Pyrenees, a large, white, animal guard dog. Wynter is two years old, and Corey is just eight months. The pair come from different litters but share the same parents.

Bell got Wynter in 2021 after befriending an animal lover named Corey. He had initially gone to Corey's to ask him about his goats but ended up learning about the Great Pyrenees breed and leaving with one of them instead of a goat.

A year later, Bell returned to Corey's farm and picked out the biggest Great Pyrenees puppy he had, naming him Storm. Corey then asked Bell if he could take all seven of the puppies as he didn't have the time to properly care for them, and Bell happily took them home and cared for them until he found each a good home.

Not long after that, Bell received a message that said Corey had been killed in a cement truck accident. Devastated and heartbroken, Bell renamed Storm to be Corey.

Great Pyrenees are big dogs that typically prefer to be outside. Corey and Wynter spend most of their time in Bell's fenced-in yard, barking every few minutes to let him know they're still there, guarding the yard.

On Labour Day weekend, Bell was watching the Winnipeg Blue Bombers play the Saskatchewan Roughriders. He went outside at halftime to say hi to the dogs, then back in for the second half of the game. It went into overtime, and by the time the game was finished, Bell realized he hadn't heard barking since he returned inside.

Rushing outside, he found the gate latch snapped off, the gate open and the yard empty; the dogs had escaped and were nowhere to be found.

"When he went missing, it was like I lost Corey twice," said Bell.

The next day, Bell drove around for hours looking for his dogs. Sometime that day, he got a call saying one of them was in a nearby yard, and when he got there, Bell was reunited with Wynter, drenched from a downpour but unharmed.

Corey was nowhere to be found, though.

The Ontario SPCA and Humane Society says more than 10 million pets go missing in North America



EXPRESS PHOTO SUBMITTED

Corey, Steven Bell's dog, was missing for seven weeks. After an extensive search, and a lot of patience, it was an emotional reunion.

each year — 75 per cent of them, or 7,500,000 of them, never return home.

Luckily for Bell, Corey is not part of that statistic.

Bell took to Facebook to notify the community of his missing dog. For five weeks straight, he posted update upon update and continued to ask people to share any information they might have. Three days after he found Wynter, Corey was sighted for the first time.

What Bell learned during this time was that many of his neighbours also owned Great Pyrenees — four living within two miles of his house. Because they're guard dogs, they're all often outside running around their yards, leading to countless false

sightings and false hope for Bell.

"Everyone wanted to help," he said. "It was emotional."

After five weeks without Corey, the dog was sighted in a tree line two miles from home. For Bell, this was nothing but good news. He now knew the worst hadn't happened.

Two more weeks passed, and Bell got the call he'd been waiting for. Corey was sighted in a farmer's field nine miles from Bell's house. He hopped in his side by side and raced to the area, spotting Corey in the middle of four fields.

Luck was on Bell's side. As he got to the fields, the farmer was just coming off one, allowing Bell to ask for permission to drive on it to Corey.

As soon as Bell started driving toward the big white dog, he started running away. Bell managed to start herding the dog the way a heeler might herd cattle, staying on his outside and pushing him around and around, tiring him out.

"My plan and my thought process worked exactly as I thought it would," said Bell.

It only took five minutes for Corey to recognize Bell's voice and smell. As soon as he did, he ran to the side by side, jumped on Bell's lap and showered him with kisses of relief.

"I just needed the opportunity for me to be up close to him, for him to hear my voice, to smell me," he said. "It was a great end to seven weeks of [torment]."

Bell compared being reunited with Corey to winning the lottery. As he followed him with the side-by-side, his fingers were tingling and numb. He didn't believe he actually had him back for at least 48 hours.

Corey returned home matted and covered in burrs but otherwise unharmed. Since being back, he's returned to his previous life as if he was never gone, lounging outside, barking at the sky and cuddling his sister Wynter.

The gate, however, is different. Bell put a lock on the top and bottom of it, along with a heavy-duty latch that's three times the thickness of the previous one. In other words, it will be nearly impossible for the pair to break out of the fence again. But in case anything happens, Bell has also invested in GPS collars for each of them.

> CHURCHILL, FROM PG. 11

cally moving to drifting ice to stay where seals are abundant.

The beluga whale migrates in the same fashion as the polar bear. When the ice breaks up in the summer, the whales can often be found near river mouths and sometimes even venture up-river.

Also, in Churchill are almost never-ending northern lights. Because Churchill lies directly beneath the Auroral Oval in the northern hemisphere, the northern lights can be seen in the northern town up to 300 nights of the year. And thanks to its long fall and winter nights and next to no light pollution, the lights are vivid dancing colours you can't miss.

No roads in the province lead to Churchill, meaning you can only get there by plane or train. With Interlake Tourism's draw, the winners will travel

to and from Churchill via Wings Over Kississing, a charter plane company.

Some other attractions in Churchill include retreating glacier marks etched on billion years old rocks, a 300-year-old stone fort established by the Hudson's Bay Company, intricate carvings and other Inuit art at the Itsanitaq Museum, hiking through fireweed, the MV Ithaca shipwreck, dogsledding and more.

Dogsledding is a northern tradition developed by the Indigenous Peoples. Sled dogs have been critical to the transportation of mail and the fur trade and was the most efficient mode of travel in the winter months. Today, the Town of Churchill describes dogsledding as "a labour of love."

The town is a year-round destination. In the winter, the northern lights are unbeatable and in the fall, polar bears are everywhere. Spring offers incredible birdwatching of falcons, hawks, tundra swans and snowy owls, and the summer provides

an opportunity to see thousands of beluga whales.

Included in the trip are two Tundra Buggy tours (for two), a three-night stay at the Tundra Inn and two round-trip flights. The Tundra Buggy Adventure takes people on an all-terrain vehicle designed specially for the northern landscape to the best locations in Churchill. On the tour, people can safely view the town's wildlife and the phenomenal northern lights.

Anyone could buy raffle tickets for the trip — one for \$50 or two for \$75. There were 200 tickets available in total, and the draw winner was announced at the awards Saturday night.

"Seeing the polar bears and just being in an environment so different than yours is an incredible experience," said Van Soelen.

The raffle generated a total of \$4,000. Half of the proceeds from ticket sales went to the Churchill Tourism Development Committee and the other half went back into the awards night.

Lake Winnipeg Research Consortium completes a successful fall science survey

By Kim Trynacity, co-chair, Lake Winnipeg Research Consortium

The Lake Winnipeg Research Consortium's (LWRC) fall science survey wrapped up this week.

The LWRC's Science Program usually carries out three surveys a year — spring, summer and fall.

This year, however, only a fall survey was completed due to the required out-of-water maintenance (dry dock) of the research ship M/V Namao late this summer.

"We had a late start due to dry dock but the weather was favourable, and all but one of the 65 stations within our network were sampled," said Karen Scott, LWRC director of programs.

From aboard the M/V Namao, the scientific community has access to a network of sampling stations over the far reaches of Lake Winnipeg.

Different samples are taken at each station, including water, sediment, plankton and fish, depending on which agencies are on board.

This fall's survey included students, technicians, and scientists from the Province of Manitoba, Environment and Climate Change Canada, Fisheries and Oceans Canada, and the Universities of Winnipeg and Manitoba.

Survey results are shared during the winter when the LWRC convenes the science team to discuss the findings.

After completing the fall survey, the M/V Namao will be winterized and



A welder working on the Namao.

shuttered, remaining ice-bound in Gimli Harbour until spring.

The LWRC Inc. is a registered charity founded in 1998 to co-ordinate scientific research on Lake Winnipeg following evidence of water quality deterioration related to the 1997 Red River "Flood of the Century." The LWRC was incorporated in Manitoba in 2001 and received charitable status in 2008.

For further information about the LWRC's programs, please contact Dr. Karen Scott, director of programs for LWRC, at kjs@lakewinnipegresearch.org.

For information about the LWRC, please visit our website:

<https://www.lakewinnipegresearch.org/about/>



EXPRESS PHOTOS SUBMITTED

The research ship M/V Namao is out of the water for out-of-water maintenance.

Elm Creek family one of the first in Canada to try Dexcom G7

By Becca Myskiw

The new Dexcom G7 is finally approved for use in Canada.

After being diagnosed with Type 1 diabetes at three years old, Hayley Boyachek has spent countless hours pricking her fingers and then inserting her continuous glucose monitor (CGM) device, the Dexcom G6.

Before they had the CGM device, Heidi Boyachek, Hayley's mom, was waking up multiple times every night to check her daughter's blood sugar levels and spent most days anxious about it, not knowing if she was experiencing a low or high.

When a person with Type 1 diabetes's blood sugar is too low, they can go unconscious, have a seizure, go into a coma or die. If it's too high, they can go into diabetic ketoacidosis, which is when the body starts filling with acid and goes into a coma. This can also lead to death. Both extremes also come with their own mental side effects.

With the CGM device, Heidi can sleep through the night — and so can Hayley. The device is composed of tiny disposable sensors that sit just beneath the skin, attached to a small wearable pack. The unit measures the amount of sugar in the blood every couple of minutes and sends that reading to a smart phone app, letting the person in charge know if everything is OK. The CGM device also gives warn-



EXPRESS PHOTO SUBMITTED

Hayley Boyachek with her brand new Dexcom G7, which is finally available in Canada.

ings when the person's blood sugar is too high or too low.

The new Dexcom G7 is a smaller sensor than the G6. It still needs to be changed every 10 days, but unlike the Dexcom G6, which had a two-hour warm-up period after insertion, the G7 has a 30-minute warm-up period.

"That was always nerve-wracking for us," said Heidi. "Hayley had lots of lows during [the two-hour warm-up period] because you don't get readings during it."

The Dexcom G7 is also an all-in-one device as opposed to the G6, which had a transmitter Heidi had to remove and replace every 10 days. This new design means the device costs less, as additional transmitters aren't needed. The new device is also 60 per cent smaller than the G6 and gives the family a 12-hour grace period for changing it.

The Dexcom G7 is approved for children to wear on the back of their arm. Though Hayley has worn hers there for a while, the G6 wasn't approved for that. Heidi said the arm is the best location — there, the device is out of the way and Hayley doesn't feel the prick as much as she does on her tummy.

"It truly is a lifeline for us to be able to get an update every five minutes," said Heidi. "We can see the trend in which way her glucose is moving. It gives Hayley more independence, too, not having to stop and check her blood sugar levels every 10 minutes. I really can't picture life without one."

LS Airways Flight Academy in Gimli has 2023 graduates taking off

By Patricia Barrett

LS Airways Flight Academy in Gimli celebrated the achievements of its students who earned their wings in a number of flying programs.

The flight school held a ceremony last Saturday to congratulate its students for mastering solo flights and earning their private and commercial pilot licences.

Laphatsanan Youngtrong, who is from Thailand and goes by the nickname Bow, completed a solo flight — a takeoff, circuit and landing — without an instructor on board.

Bow, who has already landed two part-time jobs in Gimli, said she plans to continue on to earn her private pilot licence. After that, she plans to earn her commercial pilot licence.

“I want to become a flight instructor first to [get] more flying hours and then I will apply for a pilot job,” said Bow, who has been in Canada for only a month and a half and will be experiencing her first Manitoba winter.

LS Airways is a Transport Canada-designated school that provides commercial and private flight training to Canadian and international students out of its hangar at the Gimli Airport, which has a 6,800-foot runway. Students are trained in a Cessna aircraft and on a flight simulator. The school also provides training in ratings such as instrument, night, multi-engine, instructor and float.

In addition to flight training, LS offers passenger and cargo service to and from northern Manitoba communities such as Berens River, Poplar River, Little Grand Rapids, Island Lake and Norway House, as well as to Winnipeg. It also provides aerial sightseeing tours around Gimli and fishing/wilderness charters to the Bennett Lake Lodge in northeastern



Sirawit Sriphang, left, earned his private pilot licence.

Manitoba.

LS Airways is owned and operated by Noura Gharib, who moved to Gimli from Egypt several years ago. She is also the school's chief flight instructor.

For more information about the flight school, passenger or sightseeing charters, contact LS Airways at 204-642-4799.





EXPRESS PHOTOS BY BRETT MITCHELL

Laphatsanan Youngtrong (nicknamed Bow), left, with LS Airways owner Noura Gharib. Bow completed her first solo flight and plans to earn her private and commercial pilot's licence.




Rahul Purohit and his fiancé Magdalena Stiglmayr.





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Each \$5 gift is worth \$7 during the Endow Manitoba Giving Challenge, Nov. 13 – 19

Help your community flourish forever

Submitted by Westshore Community Foundation

There's never been a better time to help our community flourish forever.

Westshore Community Foundation encourage residents along the west shore of Lake Winnipeg from Dunottar to Riverton to make a gift between Nov. 13 and 19 as part of the 2023 Endow Manitoba Giving Challenge. For this week only, each \$5 gift you make becomes \$7.

The Winnipeg Foundation will stretch each \$5 gift made to Westshore Community Foundation with \$1. The Manitoba government also continues their commitment to Manitoba community foundations with their support of the 2023 Endow Manitoba Giving Challenge by contributing \$1 for every \$5 gift.

The Winnipeg Foundation and the Manitoba government will each provide a maximum stretch of \$2,000 per foundation. Westshore Community Foundation can receive up to \$4,000 in stretch funding.



PHOTO SUBMITTED

Give to your community foundation between Nov. 13 and 20 to help them reach their Giving Challenge goal.

Online gifts can be made securely through endowMB.org. Gifts can also be made by cheque payable to Westshore Community Foundation and mailed to Westshore Community Foundation, Box 395, Gimli, Manitoba, R0C 1B0.

"This is a great opportunity to support Westshore Community Foundation," says David Douglas, president of Westshore Community Foundation. "Of course, we welcome gifts at any time; however, between Nov. 13 and 19, your donation will be stretched by The Winnipeg Foundation and the Manitoba government. We're so excited to see what our community can accomplish."

Your gift during the 2023 Endow Manitoba Giving Challenge will help grow Westshore Community Foundation's capacity to support a wide range of charitable projects right here in our catchment area for years to come and allow the foundation to continue "building a lasting legacy" within our communities of interest.

Manitoba is home to 57 community foundations — more than any other province in Canada. Every year, these foundations invest millions of dollars into a wide range of local charitable projects. They help ensure our hometowns are vibrant and thriving.

For further information, please visit www.westshore-foundation.ca, email admin@wcf-foundation.ca or call 204-642-9796.

foundation.ca, email admin@wcf-foundation.ca or call 204-642-9796.

ICELANDIC RIVER COMMUNITY FOUNDATION CELEBRATING 15 YEARS OF GIVING

The Icelandic River Community Foundation is also encouraging people in the Arborg, Bifrost and Riverton areas of the upcoming Giving Challenge week.

Every year during the week of National Philanthropy Day (Nov. 15), Manitoba foundations conduct a Giving Challenge week (Nov. 13 to Nov. 19) and for every \$10 donated to the foundation's general funds, Endow Winnipeg and the Province of Manitoba each throw in another \$2, bringing the value of the donation to a value of \$14.

Icelandic River Community Foundation chair Larry Speiss, said as of Oct. 15 of this year, the local foundation is marking its 15th year since it was incorporated. The foundation has supported various organizations and funded different organizations and projects within the Arborg, Riverton and Bifrost communities.

"To continue, we need the help of the public and their generous donations," said Speiss.

The public can visit the website for the Icelandic River Community Foundation (<https://ircf.ca/>) and choose to give a donation to unrestricted/general funds or to Endow Manitoba's webpage (endowMB.org) and choose the Icelandic River Community Foundation to assist their challenge.

For more information or to donate in person, Icelandic River Community Foundation volunteers will be at the Riverton Coop on Wednesday, Nov. 15 and at the Interlake Co-op Grocery in Arborg on Thursday, Nov. 16.

"Donations are accepted year round, but during this week, there is more bang to your buck," Speiss said. "To all of our donors, we give our heartfelt thanks."

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Manitoba Stronger Together event coming to Stonewall

Staff

A grassroots organization that aims to promote civic engagement is continuing with its live tour series, which includes an upcoming stop in Stonewall.

The non-partisan group Manitoba Stronger Together focuses on its mission statement “to restore political influence to the people by empowering them through the creation of a robust bloc of voters.”

Its strategy hinges on voter mobilization, grassroots organizing, political education and collaborative partnerships.

“Manitoba Stronger Together officially launched earlier this year with the aim of providing Manitobans with a united platform to voice their concerns and hold politicians accountable,” said Ken Drysdale, who co-founded the group along with Chris Riddell.

“Our organization’s primary purpose is to empower Manitobans by creating a strong grassroots movement that advocates for transparent governance, individual freedoms and a commitment to the well-being of our communities. We do this by creating a community of voters in each electoral district who can come together as a voting bloc and use the power of that voting bloc to influence the election outcome.”

The group focuses on six core values: impactful engagement, non-partisanship, civic responsibility, inclusivity, transparency and empowerment.

All are welcome to attend weekly Zoom meetings on Tuesdays at 6:30 p.m. featuring engaging discussions with guest speakers.

Earlier this year, Manitoba Stronger Together also presented in-person meetings in seven communities across the province as part of its live tour series, with stops in Winnipeg, Brandon, Dauphin, Winkler, Swan River, Gimli and Selkirk.

These live events are continuing in Stonewall on Nov. 15 at the Parochial Hall (291 1st St. W) from 6:30 to 8:30 p.m. Other in-person events will take place this month in Steinbach, Lorette and Lac du Bonnet. In addition, Drysdale will be speaking at the Christine Anderson event in Winnipeg on Nov. 28.

Admission is free for the Manitoba Stronger Together events, which will offer attendees an opportunity to listen to speakers, engage in community building, learn through Q&A sessions and find out about next steps.

The group also doesn’t charge membership dues or take donations.

“I’d like to emphasize that Manitoba Stronger Together is a non-partisan group funded by Manitobans without corporate or government fund-



PHOTO SUBMITTED

Manitoba Stronger Together will be Stonewall on Wednesday, Nov. 15 from 6:30 to 8:30 p.m. at the Parochial Hall.

ing,” added Drysdale, a Beconia resident who is originally from Stony Mountain.

“We are committed to bringing Manitobans together to effect positive change. We do not charge any fees. We do not sell merchandise. We do not have tax-exempt status.

The members fund the activities and we provide them with the tools they need.”

Visit www.manitobastrongertogether.com for more information about Manitoba Stronger Together, including blog posts, upcoming events and how to get involved.

Correction



EXPRESS PHOTO SUBMITTED

The Gimli Rotarians have taken over Operation Red Nose and are looking for volunteers for this season.

Staff

In the “Operation Red Nose Gimli looking for volunteers” article published in last week’s *Express Weekly News*, there was an incorrect time for the information meeting. The meeting is being held Wednesday, Nov. 1 at 2 p.m. at the Lakeview Gimli Resort.

Anyone interested in volunteering their time to help with Operation Red Nose Gimli is welcome to call Dwayne Binns at 204-299-7793 or Dave LeBlanc at 204-641-4049.

The staff of the *Express* apologizes for the error.

Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 5 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what’s commonly called “the end of daylight savings time,” an

idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don’t sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper “local standard time.”

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Local author makes the longlist for the CBC 2023 Nonfiction Prize

Taylor Arnt gets work recognized on national stage

By Katelyn Boulanger

An author from St. Andrews has made it on the CBC 2023 Nonfiction Prize longlist setting themselves apart on a national level.

"I wrote a piece called *The monarch and the Matriarch*. My short-form description of it is that it's an intergenerational exploration of matriarchy," said author Taylor Arnt.

Arnt writes under the penname Tay Aly Jade and a full version of the submission is available on their blog.

"My mom gave me a pair of monarch butterfly earrings last year before beginning graduate school and she wrote a letter with it, explaining that the monarch butterfly goes on this amazing journey. It spans from Canada to Mexico. Along this journey are multiple generations of monarch butterflies, who passed away along the way. But the fourth generation, that is the super generation and is the one that makes the last leg of the journey," said Arnt.

After the initial inspiration from their mother, Arnt learned more about the monarch butterfly and felt a connection between it and their own family's experience.

"[My writing] goes back and forth between metaphors around the monarch butterfly but also telling the story of both sides of my ancestors — how my European ancestry got to Canada, but also my Anishinaabe ancestry that's been here since time immemorial, and talking about how these two worlds came together," they said.

Arnt says that they felt a calling to write from a young age.

"I remember being at St. Andrew's school in fifth grade, and we had a short story writing assignment and that was my most favourite assignment ever in class. I wrote this gender-bending fairy tale. I was very feminist. And then, in high school, I took on this big project. It was a journal that I wrote all about my experience of being 17 years old at that time. I was able to be very open and honest and raw in sharing the experience of what it was like to be a teenager going to the Comp. Then I put it away but it was always kind of there in the background," said Arnt.

They picked writing back up in university, however, and have continued to write.

Arnt thought that submitting work to the CBC 2023 Nonfiction Prize was a long shot but thought they would try anyway.

"I really loved the piece that I had written. I think it was one of the best pieces that I'd written up to that point. And I knew it was a really important story, one that needed to be told, because I don't think there are enough stories about mixed people, people who grapple with what it means to be Indigenous and White or other ethnicities. And so I think my story really is emblematic of the Canadian multicultural experience," said Arnt.

Though they are still at the beginning of their writing career, they've already achieved a lot with this sub-



EXPRESS PHOTO SUBMITTED

Local author Taylor Arnt makes CBC 2023 Nonfiction Prize longlist.

mission and plan to continue to write.

"Next year, I'm planning to write my first book, it's already in the works. But I would love to get that out into the world. I think within the next couple of years, people can expect to see that on bookshelves and be able to

buy it and support me as an author," said Arnt.

To read the *Monarch and the Matriarch*, check out Arnt's blog at <https://www.tayalyjade.com/posts/the-monarch-and-the-matriarch>.

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Shoreside snowfall



EXPRESS PHOTO BY JACKIE SAURETTE

Gimli's Pelican Beach got its first dump of snow on Oct. 25. The daytime high was 12 degrees C. but the cold weather continued throughout the week with more snow and colder temperatures. Mother Nature dumped large amounts of snow throughout the Interlake after a snow squall developed overnight on Saturday, moving cold air over the relatively warmer waters of Lake Winnipeg. Under the snow squall bands, visibility was significantly reduced due to the heavy snow, and snow quickly accumulated. Some areas received in excess of 25 cm of snow.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 AAA male Lightning split weekend games with Bruins

Staff

The U18 AAA male Interlake Lightning defeated the Winnipeg Bruins 3-2 in overtime in Manitoba U18 Hockey League action last Saturday at the Southdale Community Centre.

Brandon Burak scored the game winner in overtime. Burak gave the Lightning a 1-0 first-period lead.

Winnipeg's Shea Rollason tied the score in the second period. The final frame saw Interlake's Lucas Spencer and the Bruins' Maxx Hamelin (power play) trade goals.

Lightning goaltender Alex Myers made 27 saves for the win.

On Friday, Interlake lost 4-3 in overtime to the Bruins in Teulon.

Rollason scored the game winner in OT.

Winnipeg's Alexandre Andre had tied the score at 3-3 at 19:40 of the third.

Interlake's James Franklin and Winnipeg's Carson White traded goals in the first period and then the Lightning grabbed a 3-1 lead as Cole Swanson and Ian Buors, on the power play, tallied in the second.

White made it a one-goal game at 18:59 of the middle frame.

Interlake, now 6-4-1 and in fourth place in the 12-team league, will visit the Pembina Valley Hawks on Friday (8 p.m.) and then will host the Winnipeg Thrashers (7:30 p.m.) on Saturday in Teulon.

The U18 AAA female Lightning, meanwhile, shut out Balmoral Hall 7-0 in an exhibition game last Sunday at the Hockey For All Centre.

Interlake will resume league action on Saturday against the Eastman Selects in Niverville. Puck drop is 4:45 p.m.



EXPRESS PHOTO BY TANYA SWANSON

Lightning goaltender Alex Myers made 27 saves for the 3-2 overtime win against the Winnipeg Bruins last Saturday.

U17, U15 AAA male Lightning in action

Staff

The Interlake Lightning U17 male AAA hockey team defeated the Westman Ice Bandits 3-2 last Sunday in Elkhorn.

Preston Crate led Interlake with a pair of power-play goals in the second period while Ty Sadowski tallied at even strength in the third.

Westman goals were scored by Shane Elder (power play) and Slater Anderson.

Lightning goaltender Braeden Cor-

mack made 26 saves for the win.

On Saturday, Interlake was defeated 4-3 by the Brandon Wheat Kings.

Lightning goals were scored by Sadowski, Peyton Thiessen and Brody Slatcher while Joey LeBlanc (two), Ethan Stanley and Konnor Klemick replied for the Wheat Kings.

Interlake netminder Nathan Meisner stopped 43 Brandon shots in the losing cause.

The Lightning will play at the Winnipeg Bruins on Wednesday (7:30

p.m.) and the Eastman Selects Friday (8:15 p.m.).

On Saturday at 6:15 p.m, Interlake will host Brandon.

In U15 AAA play, the Lightning lost 7-1 to the Winnipeg Thrashers White on Saturday.

Alec Harrisko scored a third-period goal for Interlake.

Thrashers' goals came from Prabh Bhathal (four), Luke Banera (two) and Zennon Chernecki.

Last Thursday, Interlake was de-

feated 3-1 by the Winnipeg Thrashers Blue.

After a scoreless first period, Winnipeg's Dixon Hartwich scored twice in the middle frame to give his team a 2-0 lead.

The Thrashers' Zander Tepleski and the Lightning's Carter Reykdal traded goals in the third.

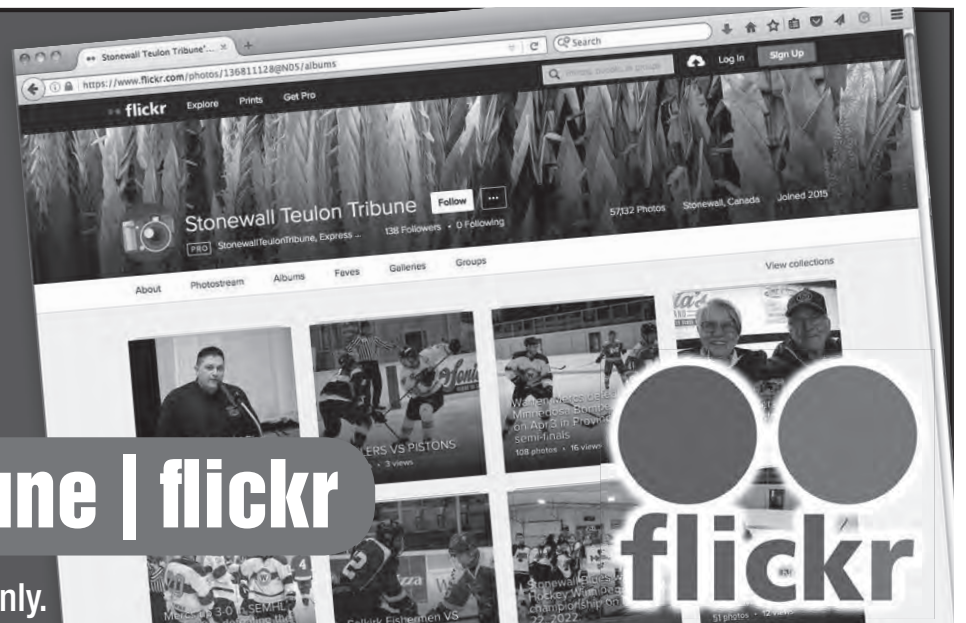
Interlake will visit the Yellowhead Chiefs on Friday and the Parkland Rangers Saturday.

To see more photos of your favourite Interlake Athletes

GO TO

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Thunder win on the final play of a wild semifinal game

By Brian Bowman

Even Hollywood could not have written up a more exciting finish for the Rural Manitoba Football League semifinal game between the Interlake Thunder and the Swan Valley Tigers.

Interlake edged Swan Valley 36-35 in a wildly exciting Doug Steeves Trophy playoff game last Saturday in Stonewall.

Interlake punted the ball on the game's final play and Swan Valley failed to move the ball outside of the end zone, giving the Thunder a single point to snap a 35-35 tie.

"It was the most exciting playoff win that I've ever had," said Thunder head coach Christof Hasselfield. "Honestly, I feel I only remember (the game) in bits and pieces. I was vibrating because I couldn't believe we're punting it and the guy kind of muffed the punt in the end zone and I remembering think that 'This might work.'"

There were a lot of smiles on Thunder players, coaches and fans after the game.

"That locker room was shaking with excitement when we got off the field and all of the dust had settled," Hasselfield said.

Interlake spotted Swan Valley a 14-0 lead but the Thunder's offence started to catch fire as the game progressed.

"I've been in a lot of close games before but it's a lot sweeter when it's a real hard-fought game that you worked your way back into. I don't think that last play was lost on any of the fans, the coaching staff, or the players," Hasselfield said. "It was an all-around team win and great feelings were all around."

Interlake quarterback Ben Cook finished the game 18-for-26 for 331 yards and three touchdowns. Receiver Jessie Batenchuk had a fantastic game with 13 catches for 297 yards and three scores.

The Thunder offence played really well despite the field covered with snow. Hasselfield wanted to give a

lot of credit to the parents that helped shovel the field.

The Thunder will now take on the Mustangs in the championship game on Saturday at the Maple Grove Rugby Park in Winnipeg. Kickoff is 1 p.m..

The championship game should be a really entertaining one between two great teams.

"It's exciting because I don't think you could draw it up much better," Hasselfield said. "This is exciting to be in (the final) with such a young team. We have one loss this season (against St. Vital) and this is a chance to make that one loss right and it would be a heck of a way to end the season.

"They're a great team and it's going to take our best shot but I wouldn't have it any other way."



EXPRESS PHOTOS BY LANA MEIER

The Interlake Thunder edged the Swan Valley Tigers 36-35 in a RMFL semifinal game last Saturday in Stonewall. The Thunder will now face the St. Vital Mustangs in the championship game this Saturday in Winnipeg.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs tie league-leading Fishermen

Staff

The Arborg Ice Dawgs played to a 4-4 tie with the Selkirk Fishermen on Sunday afternoon in Capital Region Junior Hockey League play at the Selkirk Recreation Complex.

Selkirk's Logan Saluk scored a first-period goal but Arborg's Michael Crave and Eastyn Borchuka responded in the middle frame.

In the third, the Fishermen exploded with goals from Matt Wagner, Julias Guimond and Matt Brooks to snag a 4-2 lead.

Arborg, though, came back with late goals from Jordan Sanderson and Dainen Jacobson to tie the score.

Ice Dawgs' goaltender Dylan Johnson was very good, making 44 saves.

Arborg will host the St. Malo Warriors on Friday (8 p.m.) and the Lundar Falcons Sunday (2:30 p.m.).

The Falcons, meanwhile, lost 5-3 to the Warriors last Saturday in Lundar.

Dayson McCreedy led Lundar with



The Ice Dawgs' Dylan Woytowich carries the puck up ice against the Fishermen.

a goal and an assist while Ryan Benson and Cayden St. Laurent also tallied. The Falcons' Aiden Prystupa finished the game with two assists.



EXPRESS PHOTOS BY BRETT MITCHELL

Arborg Ice Dawgs' goaltender Dylan Johnson made 45 saves in his team's 4-4 tie with the Selkirk Fishermen on Sunday afternoon.

St. Malo goals were scored by Damon Johnson, Jeremie Collette, Zachary Maynard, Rylan Keck and Sam Freynet.

Lundar will play the Beausejour Comets on Friday at the Sun Gro Centre. Game time is 8 p.m.

Off to nationals



EXPRESS PHOTO SUBMITTED

The Gimli Curling Club's rink of Derrick Anderson, Justin Hoplock, Chris Sigurdson and Mitch Einarson won the 2023 Seagram's Whiskey Curling Club Men's Provincial Championship after defeating David Bohn 10-6. The nationals will be held at the Assiniboine Memorial Curling Club in Winnipeg later this month.

Tournament champions



EXPRESS PHOTO SUBMITTED

The Arborg Collegiate Athletics won the Lundar Kodiaks' varsity girls' volleyball tournament after defeating Lundar 2-0 (25-10, 25-10) in the final last Saturday. Pictured back row: Emilee Danielson (12), Jocelyn Friesen (8), Brooke Barylski (14), Madison Howell (29), Dakota Kennedy (9), Kira Orbanski (22) and Haley Fisher (coach). Front row: Ava Smolinski (10), Sydney Burak (7) and Kiera Chwaliboga (28).

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RURAL MUNICIPALITY OF GIMLI

REQUEST FOR PROPOSALS

CLOSE DATE: Tuesday, November 14, 2023 at NOON

The Rural Municipality of Gimli is accepting tenders for the following:

Construction and Maintenance of Gimli Harbour Ice Fishing Roads, Skating Trail and Open Skate Area

The Municipality is accepting proposals for the Construction and Maintenance of the annual Gimli Harbour Ice Fishing Roads, Skating Trail and Open Skate Area, including a walking path alongside the skating trail. Ongoing quality ice maintenance for all skating components. This project involves installing and/or moving items on and off the lake such as decorative lights, trees, benches, nautical structures, buildings (warming hut) and other items that may come up. Weekly testing and reporting of ice thickness to the municipality.

Proposals must include the type of equipment that will be used for the project, total cost for construction of roads, trails and skate area, hourly rate to maintain the roads, trails and skating area and any other information that would be relevant to this RFP.

For a copy of the proposed site map, please contact the undersigned at 204-642-6650 or email: acao@rmgimli.com

Sealed submissions clearly marked "Ice Roads/Trails RFP, submitted by _____" will be received by the undersigned at the address below until noon, November 14, 2023.

Late submissions will not be accepted.

Submit to:

Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246, Gimli, MB R0C 1B0
Attn: Kristin Strachan, A CAO



EVERGREEN SCHOOL DIVISION

Invites applications from individuals interested in becoming a

CASUAL EDUCATIONAL ASSISTANT

Ability, Skills & Qualifications

- Minimum of Grade 12 or equivalent
- Para Educator Certificate preferred
- Relevant training and experience
- Course work in behavior management
- Demonstrable computer/technology skills

Responsibilities:

- assistance with instruction
- assistance to students (may include dressing, feeding, toileting)

Salary: According to the Collective Agreement

All Evergreen School Division employees are required to provide a recent Child Abuse Registry Check and a Criminal Record/Vulnerable Sector Check. Please note that reasonable accommodations are available to applicants with disabilities. Please advise us of your needs.

Candidates should forward their letters of interest and three references to:

Mrs. Jessica Heminger, Learning Coordinator
Fax: 642-7273
Email: applications@esd.ca

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.



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Wild grass mix hay as well as alfalfa hay. Call or text for availability 1-204-861-0003.

Alfalfa hay for sale, call 204-482-9291. Potatoes for sale, call 204-482-9291.

STRAW FOR SALE

Flax straw for sale, Stonewall. \$3.50/bale. Call Nick at 204-461-0706 or Bill at 204-461-1906, Monday - Saturday.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

MOBILE HOME FOR SALE

Best Buy mobile home to be moved \$100,000 obo. 204-641-8137.

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

HELP WANTED

Tria Products Ltd., P.O. Box 850, Arborg, MB. is looking for 2 full time welders/apprentice welders to read and interpret blue prints, operate manual or semi automatic welding equipment and flame cutting equipment. Minimum 1 year experience for welder, no experience req'd for apprentices but motivated and work well both in a group setting & independently. \$18-\$25/hr. for 35 hours per week depending on experience. Email resume to jakefehr@triaproducts.ca

FLIGHT ACADEMY

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EVERGREEN SCHOOL DIVISION

Invites applications from individuals interested in becoming a

CASUAL CARETAKER

Ability, Skills & Qualifications:

- Minimum of Grade 12 or equivalent
- Preference will be given to candidates that have relevant training and/or experience
- Able to work independently and have a history of strong work ethic
- Close attention to detail; high standard for cleanliness and hygienic environment
- Knowledge and understanding of WHMIS and MSDS information sheets
- Must be physically capable to perform all required duties such as: strip, seal and wax floors and safely lift up to 40 lbs

Salary: According to the Collective Agreement

All Evergreen School Division employees are required to provide a recent Child Abuse Registry Check and a Criminal Record/Vulnerable Sector Check. Please note that reasonable accommodations are available to applicants with disabilities. Please advise us of your needs.

Candidates should forward their letters of interest and three references to:

Mr. Gibby Finnbogason, Building Supervisor
Fax: 642-7273
Email: applications@esd.ca

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or 134A Maple St, Gimli

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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.

Wanted old advertising: Dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

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Pentair water softeners. Iron removers. Pressure tanks. Well pumps. 5 stage reverse osmosis systems, \$275. Replacement Polyspun \$3.80, carbon \$7.80 filters. All sizes replacement water filters. Softener Res Care cleaner, 1 gallon, \$29. All Seasons 204-661-8581.

MISCELLANEOUS
Lakeside Aviation Flight School Charter Service. 1-888-642-4799.

NOTICES
URGENT PRESS RELEASES - Have a newsworthy item to announce? 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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If you are interested in this position come in and pick up an application or email randy@arborghhbc.com for more information.

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sales@arborghhbc.com


RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER
CLOSE DATE: November 10, 2023 at NOON
The Rural Municipality of Gimli is accepting tenders for snow removal on walkways within the Urban Centre for the 2023/2024, 2024/2025 & 2025/2026 winter seasons, with an option to renew for the 2026/2027 winter season at Council's discretion.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly labelled "RFT 2023-16 Walkway Snow Removal, submitted by _____" will be received by the undersigned at the address below until 12:00 p.m. (noon) on **November 10, 2023**.
Late submissions will not be accepted.
Submit Sealed Tenders to:
Rural Municipality of Gimli
PO Box 1246, 62 2nd Avenue
Gimli, MB R0C 1B0
Attention: Ron Hahlweg, Director of Operations

Questions or concerns in respect to the tender can be directed to:
Ron Hahlweg
Director of Operations
Phone: (204) 642-6688
Email: operations@rmgimli.com

The RM of Gimli reserves the right to reject an or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

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Classifieds



Municipal RCMP Detachment Clerk Rural Municipality of Gimli

The Rural Municipality of Gimli is accepting applications for the position of Municipal RCMP Detachment Clerk. This position is with the Gimli Detachment, under the general supervision of the Staff Sargent or his designate. The work is being performed in a police detachment environment. This may result in occasional exposure to intoxicated, mentally unstable, hostile and potentially violent individuals as well as victims of crime or other distraught individuals. The work is performed in an open office environment. It involves tight deadlines, time pressures, frequent interruptions, conflicting priorities and multiple demands from staff, callers and visitors.

Hours of Work: Monday to Friday, 8:00 am – 4:00 pm (40 hour work week). Occasional weekend and/or evening work may be required as needed in unusual circumstances.

Requirements:

- Successful completion of secondary school (Grade 12) and/or an acceptable combination of education, training, or experience relevant to the position.
- Must be able to obtain RCMP security clearance.
- The ability to remain calm during and cope with stressful situations in a high-pressure environment.
- As a Municipal Employee working within the RCMP, you must:
 - o Be a Canadian citizen.
 - o Be of good character: you must possess integrity, honesty, professionalism, compassion, respect and accountability, which will be assessed through the interview process.

Information you must provide:

- Your resume
- You must meet all essential qualifications in order to be appointed to the position. Other qualifications may be a deciding factor in choosing the person to be appointed. Some essential and other qualifications will be assessed through your application. It is your responsibility to provide appropriate examples that illustrate how you meet each qualification. Failing to do so could result in your application being rejected.

In order to be considered, your application must clearly explain how you meet the following (essential qualifications):

- Experience in performing clerical duties.
- Experience in providing assistance to the public.
- Experience using word processing programs.

If you possess any of the following, your application must also clearly explain how you meet it (other qualifications):

- Experience in the use of Police Reporting Occurrence System (PROS)
- Experience in use of Canadian Police Information Centre (CPIC)

The following will be applied/assessed at a later date (essential for the job):

- Knowledge of general office practices/procedures.
- Ability to obtain and relay information/messages.
- Ability to work independently.
- Ability to communicate effectively both orally and in writing.
- Effective interpersonal skills.
- Client service orientation.
- Teamwork.
- Judgement.

Other information:

Hourly rate of pay range: \$27.54, less \$1.00 per hour during the 6 month probation period.

The successful applicant will have to obtain, as a minimum, an RCMP Reliability Status. The candidate must not have a Criminal Record. The process also requires a Security/Reliability Interview, a field investigation in matters of credit/finances, education, employment, references, etc.

Interested persons must meet the essential qualifications to be appointed to the position, in a manner determined by the Selection Board. A person may be appointed to the position even though he/she does not meet any or all of the asset qualifications, operational requirement or organization needs. However, meeting these criteria is desirable and may be a deciding factor in choosing the person to be appointed. Only those selected for further consideration will be contacted.

All communication relating to this process, including e-mail correspondence may be used in the assessment of qualifications.

Please note: Where an e-mail address is provided, the Selection Board may choose to communicate with candidates by e-mail to provide/request information and to invite candidates to attend any portion of the assessment. Please include a valid e-mail address that you check frequently, if you have one.

Please forward applications to the attention of:

Staff Sargent Robert Gray
Gimli RCMP Detachment
PO Box 1500, Gimli, MB R0C 1B0
Email: RCMP.DGimliDet-DDetGimli.GRC@rcmp-grc.gc.ca
Applications will be accepted until 4:00 pm on November 14th, 2023.

We thank all applicants; however only those selected for an interview will be contacted.



Annual General Meeting

Darren Hall, Lakeview Gimli Resort

November 8, 2023, at 6:00 pm until 7:00 pm.

Please call 204-642-9707 ext. 1 to register your attendance.

Full-time Employment Opportunities In Arborg at busy implement dealership



Shachtays in Arborg is hiring additional staff for the following positions:

- **Officer/Administration**
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 You have never been forgotten,
 And you never will.
 We hold you close within our hearts,
 And there you will remain;
 Filling us with memories,
 Until we meet again.
 -Missing you, Dad and Eddie every day,
 with love from your whole family

IN MEMORIAM



In Loving Memory of Lillian Gregory
 July 25, 1948 - November 2, 2022
 It's been a year that you've been gone
 and our memories of you and knowing
 you are no longer suffering
 help us to carry on.
 You, our guardian angel, are sadly missed
 and forever in our hearts.
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OBITUARY



Mary Scott

Mary Isabel Scott November 4, 1938 – October 25, 2023 passed peacefully at the Gimli Community Health Centre, Gimli, MB at the age of 84.
 She was predeceased by her husband Walter who passed on October 14th, son Callum, daughter-in-law Dorothy and will be lovingly remembered by sons Alan (Leigh Ann), Glenn (Linda), daughter-in-law Lorna, grandchildren Jamie, Vanessa, Alana, Alexandria, Gavin and Cullen along with seven great-grandchildren and many other relatives and friends.

Mary was born in Strichen, Scotland and immigrated to Canada with Walter and their boys in 1968, stopping briefly in Saskatchewan before settling in Brandon. Once all of the boys were in school, Mary took a job in the cafeteria at the Co-op store and was a Manageress when it closed in 1982. Mary then went to work at Johnson's Drug Store for a few years and finished her working career at the Clinic Pharmacy.

While in Brandon, Mary and Walter participated in the mixed 10 pin bowling league and were actively involved in the Eastern Star attending numerous events in Canada and the US. They enjoyed numerous trips to Scotland to visit family, and enjoyed traveling by car to the west coast and down into the States.

After retiring, Walter and Mary moved to Lester Beach where Mary spent many summers caring for her granddaughters. She enjoyed doing crosswords and reading, was a regular at Vic Beach Bingo and remained active in the Eastern Star. The diagnosis and progression of Walter's Parkinson's caused the move after 13 years to Selkirk where they spent three years before moving to Gimli.

While in Gimli, Mary acted as a caregiver for Walter and enjoyed going out for dinner regularly to the Lakeview Hotel. Over the years she enjoyed many trips to the casinos with South Beach being her favorite.

The family would like to thank all the home care workers, doctors, nurses, health care aides, and staff at Gimli Community Health Centre that cared for her over the years.

In lieu of flowers donations can be made to Gimli Community Health Centre, CancerCare Manitoba, or any other charity of your choice.

Cremation has taken place and a celebration of life for Mary and Walter will be held at the Waterfront Center, 94 1st Avenue, Gimli, MB. at 2:00 p.m. on Saturday, November 4th.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



NOTICE OF SPECIAL MEETING ACCESS CREDIT UNION LIMITED (the "Credit Union")

TAKE NOTICE THAT a Special Meeting of the Members of the Credit Union will be held at 7:00 PM CST on Tuesday, the 28th day of November, 2023 via teleconference to consider the approval of the amendment of Access Credit Union Limited's By-laws to allow for the removal of districts in accordance with The Credit Unions and Caisses Populaires Act (the "Act") and the By-laws of Access Credit Union Limited (as proposed herein).

All eligible members wishing to participate in the Special Meeting are required to register online at www.accesscu.ca prior to November 28th, 2023 at 4:00 PM CST.

VOTING

TAKE FURTHER NOTICE THAT Voting on the Special Resolution will take place during the meeting held on November 28, 2023. Each member may vote on a personal electronic device. Voting will end during the meeting and results will be shared.

PROPOSED RESOLUTION ACCESS CREDIT UNION LIMITED

WHEREAS the Governance Committee has recommended to the Board of Directors of Access Credit Union Limited ("Access") that certain changes be made to the By-laws of Access;

AND WHEREAS the Board of Directors of Access have considered the recommendations of the Governance Committee pertaining to the removal of the Director District Structure;

AND WHEREAS section 58(1) of the Act provides that the Members of Access may, subject to the Act and the Articles of Access at a general meeting called for the purpose, amend By-laws in respect of those matters authorized or required by any provision of the Act;

AND WHEREAS under section 58(2)(b) of the Act, any By-law may be amended by the Members by a majority of the votes cast at the meeting if written notice of the proposed amendment is forwarded to each Member of Access with the notice of the meeting at which the amendment is to be considered;

WHEREAS the Board of Directors of Access have determined that it is in the best interest of Access to put before the meeting of the Members the recommendations of the Governance Committee for approval of the Members;

AND WHEREAS the Board of Directors recommend that it is in the Members' interest to approve the recommendations of the Governance Committee;

AND WHEREAS this meeting has been duly called and requisite notice under the Act and the By-laws has been given by the Directors of Access for the purpose of amending the By-laws of Access as aforesaid;

NOW THEREFORE BE IT RESOLVED AS A GENERAL RESOLUTION OF THE CREDIT UNION THAT: The By-laws of Access Credit Union Limited be and are hereby amended to remove any reference to the Director District Structure, including the Table of Contents, Interpretation, Section Five, Section 6.02(b) and (c), Section 7.04(a) and (b) and Appendix 1.

Unless otherwise expressly amended as herein provided the provisions of the By-laws of Access Credit Union Limited remain in force without any further amendment.

SUMMARY OF PROPOSED BY-LAW CHANGE

The proposed By-law changes remove Director Districts to provide for more equal representation on the Board as it relates to the growing territory of the Credit Union and to enable the most qualified Members to serve as a Director and a member of the Board of Directors.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of The Credit Unions and Caisses Populaires Act, you have the right to dissent to the proposed amendment. If you wish to dissent, you must send a written objection to the amendment to the Credit Union at or before the meeting of Members referred to in this Notice.

DATED this 2nd day of November, 2023

ACCESS CREDIT UNION LIMITED By
 Order of the Board of Directors



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OBITUARY



Patrick John Duguid
January 9, 1929 – October 24, 2023

With deep sadness, the family announces the peaceful passing of our beloved husband, father, grandfather, great-grandfather, brother, uncle and friend to many.

He is survived by his wife Merle; sons Michael (Cheryl), Colin, Richard (Brenda), Mark (Charlene), Brant (Corrina), Dean (Tiffany); daughter Lana; brothers Sidney, Ron (Sandy), Gordon (Shelagh); brother-in-law Jack; sisters-in-law Ina, Alice, Shelia; grandchildren and great-grandchildren and many nieces and nephews.

He was predeceased by his wife Margaret; his parents Elizabeth and Peter; brothers James, Hunter, Stanley, William, Ian, Alister; sister Mary and sisters-in-law Doreen and Isa.

Born in Aberdeenshire, Scotland, he remained forever proud of his heritage. As the 2nd eldest of 12 children he had to go work

at 14 years of age and began as a farm laborer. During the war, his asthma prevented him from joining the army like some of his brothers, however, he was put in charge of prisoners of war working in farms.

In 1955, deciding there was more opportunity for advancement in Canada, he accepted a job with Mr. Elmer Woods to establish Lake Forest Farm on the shores of Lake Winnipeg. With wife Margaret and son Michael they set sail. After surviving a hurricane, they arrived in Montreal, then trained to Winnipeg and made their way north. It was quite a shock to arrive into the "wilds" of Camp Morton. First order of business was to build a house and then barns. Over time Colin and Richard joined the family. However, Margaret's health worsened, and she passed away. Pat and his boys worked very hard and established one of the best herds of Aberdeen Angus cattle in Canada. Over time he began buying pieces of the farm. He was persuaded to run for council for RM of Gimli. Pat had a talent for development and in his nine years on council chaired many different development boards. In 1984, he met and married Merle and her four children. Together they purchased the final properties from the Woods estate and proceeded to develop a portion of Lake Forest Estates and Loch Woods Estates. At the same time, he was spearheading the formation of Community Futures, NEICOM. and the redevelopment of downtown Gimli with the Lakeview Hotel. His work with Community Futures won him a national award.

Always wanting to help anyone in need, he worked as a member of Kiwanis for 45+ years. Then in 1985, he needed surgery which led to a brief holiday in Mesa, AZ to recuperate. He loved the heat. That started the winter vacations and discovering Pine to Palm Resort Park in Weslaco, Texas. It didn't take long to begin helping build houses in Mexico and form a wonderful relationship with a Mexican family. We were so fortunate to have 23 years of fabulous friends, fun and work there.

Patrick was a kind generous soul giving of his time, talents and money to those in need. He was also a tough survivor having endured several tragedies, accidents, and hospitalizations. His strong will carried him through to the end.

We wish to thank the Gimli Betel staff for their care and comfort. They all have been amazing. A private family service will be held.

In lieu of flowers, donations may be made to the Gimli and District Kiwanis Club.



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OBITUARY



Richard Ólafur Thorarinson

Richard Ólafur Thorarinson was born on July 14, 1949 in Riverton, Manitoba, to Larus and Marion Thorarinson. The fourth among six brothers—Larus, Eugene, Verne, John, and Douglas.

In 1962, the Thorarinson family relocated from Riverton to Calgary, Alberta. Richard fully immersed himself in the operations of Riverton Construction Ltd., where he skillfully assumed roles as both an estimator and a heavy equipment operator.

Richard drew strength and inspiration from his unwavering faith in God. A long-time member of the Calgary Central Seventh-day Adventist Church, he awaited the second

coming of Christ with hope and devotion.

Richard's peaceful passing occurred near sunset, October 20, 2023, at the Rockyview Hospital in Calgary, Alberta.

Richard was predeceased by his father Larus Thorarinson and mother Marion Thorarinson.

He will be dearly remembered by his brothers as well as his niece Steina Thorarinson, nephew Joel Thorarinson and sister-in-law Debbie Thorarinson.

The full obituary can be seen in Mountain View Funeral Home website www.Arbormemorial.ca. A memorial service is scheduled for 2 p.m. on November 12th at the Calgary Central Seventh-day Adventist Church located at 1920 13 Ave. NW, Calgary, Alberta. Live stream can be found in <https://calgarycentraladventist.ca/watch-live> or <https://www.youtube.com/@CentralSDAcalgary/streams>

OBITUARY



Crystal Lynn Reiter (née Dyck)

It is with profound sadness and a broken heart, we say goodbye to our dear wife, mother and grandmother. Crystal passed away peacefully on October 25, 2023 with her husband of 36 years at her side at their home in Grindstone Provincial Park.

Crystal brought a smile to the face of everyone that knew her. She will be sadly missed and forever remembered by her loving husband Daren; her sons Benjamin, Barret (Shafagh) and Jeremy (Mariette); and grandchildren Jessa, Sawyer and Laurel; her parents Larry and Carol Dyck; and her sister Sheryl (Rick) and her brother Darcy (Lisa); nieces and nephews, as well as many wonderful friends and family.

Crystal was born in North Battleford, Saskatchewan, the oldest daughter of three children and attended schools in the area with great enthusiasm, always attaining the highest grades. She was active in many childhood activities including 4H, Brownies, softball, swimming and curling. She completed high school in North Battleford and went on to the University of Saskatchewan to complete a Bachelor of Science degree in Physical Education. Summers in university saw her working swimming pools as a life-guard and this is how she met the love of her life, Daren.

They were married and relocated to Winnipeg in 1987. The happy couple discovered an opportunity to go to northern Manitoba as her husband accepted a job with Manitoba Hydro. They started their family of three boys in Gillam and Crystal really enjoyed those precious years not working and staying home to raise the children. As the family grew and opportunities came, they relocated to Selkirk and Crystal found her passion there in the medical world.

Crystal went back to school with a young family and became an LPN and then obtained her BN, embracing the challenges with a positive attitude and curiosity. Crystal loved being a nurse and her dedication to her patients, family and the shift work was never a problem. She thrived on the challenge of the family logistics and was involved in all of the children's many activities.

In the fall of 2007, Crystal embraced yet another challenge: an ovarian cancer diagnosis. From the beginning, the disease and her treatments never slowed her down. She continued her involvement with her family and work, even taking on changing roles as a homecare provider and as a clinical resource nurse.

Despite the pain of the disease, Crystal found another arena in which to get involved: fundraising. She was a regular participant in the Ovarian Cancer Canada Walk of Hope, helping with organising on several occasions and serving as a speaker. She was also called to advise future cancer practitioners. Crystal also got her children and family involved in the Walk. Her fundraising efforts climbed to new heights in 2013 when she and Daren reached the summit of Mount Kilimanjaro in Tanzania.

Crystal had an adventurous spirit and travelled widely throughout her life. She and Daren travelled to the Cayman Islands for their honeymoon, taking in the beaches and scuba diving in the Caribbean. Although generally the passenger, she and Daren, sometimes with their children, clocked in many hours on the road. Her love of reading and knitting were perfect companions to road-tripping. Her kids will forever remember the summer when the air conditioner in the suburban blew out and she continued to read Harry Potter out loud to them over the roaring South Dakota highway. Her children, grandchildren and future grandchildren will don many of Crystal's knitted projects for years to come.

Along with road trips in North America, Daren and Crystal were not afraid to hop on a plane and immerse themselves in a new culture and cherish what the world had to offer. They had their first experience hearing the Islamic call-to-prayer blasted out of the Blue Mosque in Kuala Lumpur, Malaysia; embraced a koala outside Perth, Australia; cruised the Caribbean around the Bahamas; observed the beauty of the cherry blossoms in Japan; scorched themselves on a Serengeti safari; drank their fair share of mulled wine in the Christmas markets of Paris; camped along Snowden mountain in Wales; appreciated Crystal's maternal ancestry in Scotland and "minded the gap" in London.

The destinations did not need to be glamorous to pique Crystal's interest. She loved to explore the everyday. Her family would often find themselves harnessed into impromptu berry-picking on a walk or pulling over to the side of the highway in the middle of nowhere so that she could knock the frost from the trees.

One of the travels Daren and Crystal cherished the most was their experience immersing themselves in the holy waters of Lourdes. Crystal's faith was always an important part of her life. She first converted to Catholicism not long after she and Daren were married. She constantly strove to delve ever-deeper into the faith as her life progressed. Her religion was a bulwark when the family faced a sudden obstacle in a major car accident in northern Manitoba.

Crystal regularly combined her commitment to the faith and to public service. She was a reader at mass, served as a Eucharistic minister, helped to support refugees arriving in Selkirk and most recently, became very involved in the Catholic Women's League, progressing to the Manitoba provincial presidency.

She had a deep love for her family and embraced becoming a grandmother with enthusiasm and passion. She spent many hours reading to the children and even recorded some YouTube videos for them so they could hear her voice even when she wasn't there. She appreciated the uniqueness of each of her children and grandchildren and tried to connect with their interests. Just a few months ago, she jumped at the excitement of the news of the arrival of a fourth grandchild, expected in April.

She spent her last years enjoying retirement at the lake in Grindstone Provincial Park, attending costume and tea parties with neighbours, going on boat rides, fishing, hiking, berry-picking and maintaining her passion for curling, as player and spectator.

There are no words to describe the hole that she has left behind in the lives of everyone who knew her. Her friends and family will remember her positivity, her tenacity, her spirit, her laughter and indomitable courage in the face of her diagnosis. She was one of a kind and her memory will live on in all that met her.

Prayers will be held on Wednesday, November 1, 2023 at 7:30 p.m. at Notre Dame Roman Catholic Church, 269 Jemima St, Selkirk, Manitoba. Funeral Mass will be celebrated on Thursday, November 2, 2023 at 11:00 a.m. also in the Church.

In lieu of flowers, the family request that donations be made in her memory to her treasured charities: The Catholic School of Evangelization, <https://www.catholicway.net/donate>; Chalice Canada,

<https://chalice.ca/donate>; Archdiocese of Keewatin-Le Pas, Northern Missions, <https://archdioceseofkeewatinlepas.ca/wp/contact-us-2/>, E-transfers finance@keepas.ca; Ovarian Cancer Canada, <https://ovariancanada.org/ways-to-give>

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