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Father Cory and son Wyatt enjoy a beautiful afternoon fishing on the Gimli Pier last Saturday.

EXPRESS PHOTO BY TEE-JAY FURGALA

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Remembering Jacob Trapp; innovation through a flour mill 100 years ago

By Autumn Fehr

Jacob Trapp was a man of many talents.

His talents improved the life of his community 100 years ago while writing our history.

Today, his innovations are still remembered by his great-great-grandson Jim Decker, which is left for him to tell others.

Born in Germany in 1856, Trapp worked hard and persevered through hard times to give his 13 children and wife Matilda the best life possible.

In the spring of 1914, Jacob and Matilda immigrated to Canada by ship, with their two younger children, Rudolph and Gustav, by their side.

Their daughter Julianna married Paul Decker in 1911, and with their two infant sons, Emil and Otto, they also joined her parents on the journey.

After 12 days, the family arrived in Canada, and the boat docked in Halifax; however, not everyone made it to their new home safely on the next part of their journey.

Otto fell ill and died on their way to Manitoba.

Before going any further, the family got off the train and stopped in Sudbury, Ont., to bury their son.

Before heading to their new home, they stopped in Morris, where Julianna's brother John was already living.



Left to right: Emil (Julianna's oldest son, born in Germany), Julianna and Ernest (the younger son).

From there, they travelled by train to Gypsumville where they had purchased 160 acres of land for \$10.

Their farm was a mile west of Gypsumville. This is where they started their new life in Canada.

Over Jacob's lifetime in Manitoba, he worked many jobs, such as cutting pulpwood, clearing land, planting crops, raising livestock and later at the Gypsum Quarry.

In 1922, Jacob decided to build a flour mill, since the manual labour at



EXPRESS PHOTOS SUBMITTED BY JIM AND BARB DECKER

Jacob Trapp built a flour mill in Grahamdale in 1922.

the Quarry was becoming too much for him as he got older.

He took his grandson Bruno Decker, who was five years old at the time, along for the ride while they looked for stones to build the mill. In the end, they found a granite stone, approximately 14 inches long, weighing 400 pounds.

Although Jacob had a vision, it was a huge labour-intensive project that required much more than he had.

In the end, Jacob used his tools, including a hammer, chisel and measuring rod, to chip away at the rock.

Bruno Decker, Jim Decker's dad, told him he spent most of the summer chiselling to make the stones for the mill.

"I can't even imagine somebody sit-

ting out doing something like that nowadays," said Jim Decker.

First, he made a revolving piece in the stone, all while he had no protective glasses to shield his eyes from the dust.

Then he set in the stationary square in cement and mounted it on a wood frame.

There was a five-inch groove in the square rock and holes to allow a shaft to go through both rocks to allow the grain to run in between the stones.

Trapp used a one-cylinder engine to drive the stones by a 50-foot belt wrapped around the revolving stone. The second belt was responsible for driving the shaft, causing a vibration

Continued on page 4

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Never Alone Cancer Foundation helping patients overcome hurdles

By Patricia Barrett

If you've ever felt alone after being diagnosed with cancer and are facing financial challenges related to your treatment, the Winnipeg-based Never Alone Cancer Foundation can lend an ear or help people find solutions to get them through their experience.

The registered charity is holding its annual Paws for a Cause fundraising walk in Selkirk and Winnipeg in a few weeks to bring awareness to the services it offers people with all forms of cancer and to honour those who've died from the disease. This is the fifth year for the Winnipeg walk and the third for Selkirk.

"People are welcome to bring well-behaved dogs to the walk or just the two-leggers can participate," said the foundation's executive director Michael Schiefer, who's also the main contact for cancer patients needing assistance. "Selkirk had a good 50 or so dogs last year so it was quite lively, and we also had a rescue show up."

The walk's name arose after Schiefer noticed his dog's calming effect on anxious patients coming to the foundation's office to talk about their cancer and/or financial challenges.

Never Alone was founded by former



NEVER ALONE CANCER FOUNDATION WEBSITE

Former Blue Bomber Lyle Bauer founded the Never Alone Cancer Foundation to help others cope with cancer.

Blue Bomber football player Lyle Bauer after he was diagnosed with throat cancer in 2004 and said he "never felt so alone" and uncertain about the future. His experience inspired him to help others with cancer.

The foundation provides emotional and social support to patients, families



EXPRESS PHOTO BY NANCY ROWSELL

The foundation has held a Paws for a Cause fundraising walk for the past five years in which people can bring their well-behaved four-legged friends. The funds raised stay in Manitoba.

and their caregivers, as well as financial assistance. It doesn't undertake or fund research, said Schiefer, but focuses on helping people through "an immediate challenge so that they can have a better life or more peace and comfort during their final time."

Other services include information, palliative care resources and lymphedema support. The foundation can also help with transportation, dental

care for those with oral cancer and accommodation for rural patients.

"Our services extend to people with oral cancer due to the effects that chemo and radiation will have on them. If people are in poor oral health — cavities, sores or need extractions — they'll have to take care of that prior to treatment," said Schiefer. "The

Continued on page 5

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

Celebrating alcohol and substance recovery on Sept. 10

By Autumn Fehr

It's important to celebrate recovery. National statistics show that 3.3 million people die due to harmful use of alcohol, and 350,000 people die from alcohol and drug use disorders each year.

"Alcohol and alcoholism are the No. 1 drug and the No. 1 problem, no matter what other drugs come and go. It's always there and it's always been the main choice for people," said Colleen Allan, executive director at the St. Raphael Wellness Centre.

That's why the St. Raphael Wellness Centre (SRWC) brought Recovery Day to Winnipeg in 2019 to celebrate those who have recovered from addiction, with around 2,500 people coming out to celebrate.

"Recovery Day is to begin to look at reducing the stigma of mental health and addiction and to give people hope," said Allan.

Recovery Day Winnipeg returns this September after a two-year COVID-19 hiatus for its second in-person event at The Forks.

Over the past two years, in 2020 and 2021, they shifted to a virtual Recovery Day event to continue celebrating the community recovering from addiction.

Recovery Day is meant to celebrate recovery, surrounding individuals and their families with information and support to help those who may still be suffering from substance abuse and mental health problems.

"This is so important that you do celebrate recovery because it takes a lot of courage for people to be able to change their whole life," said Allan.

The stigma around substance use is one of the most significant barriers to seeking and receiving help with an addiction.

"We want to show people that recovery is possible, attainable and sustainable, and I think that's something people need to hear. They also need to know that there are many sources of help available to them. People are hurting, and the stigma of suffering from mental health and addiction problems prevents people from seeking help for themselves or their loved ones," said Allan.

Recovery Day 2022 will run from 11:30 a.m. to 4:30 p.m. at The Forks in Winnipeg.

The hosts of this year's event are Bruce Oake Recovery Centre, SRWC, the Canadian Mental Health Association (CMHA), Sara Riel and Two Ten Recovery.

The event will start with an Indigenous drum group, followed by a proclamation and greetings from the province, greetings from the federal government, greetings from the City of Winnipeg, a prayer from an elder and knowledge keeper, and blessings from Peguis First Nation.

To celebrate recovery, a variety of entertainment will happen throughout the day. Entertainment includes Space Case, led by three local singer/songwriters (Rusty Robot, Jonny Moonbeam and Sol James); Brandi Vezina, a local Indigenous singer-



PHOTO SUBMITTED

Recovery Day will be held at the Forks in Winnipeg on Sept. 10.

songwriter; Violet Vopni, a local singer-songwriter of Icelandic/Métis heritage; Walking Wolf Singers, led by Ray "Coco" Stevenson; the School of Aboriginal Dance, a Manitoba-based youth Indigenous dance group; actor Tony Dennison; and actor, rapper influencer and life coach Chet Hanks.

Most performers and exhibitors are either working in the field or recovering and celebrating their recovery.

Approximately 20 vendors will also be present at the event from Selkirk, as well as four food trucks.

Sober Families Alliance is looking after the area of activities for the event. A variety of outdoor activities will be included this year, such as Acro yoga, boxing, dance, inflatable axe throwing, martial arts, yoga, bubble soccer, traditional sports, a reading corner, face painting and inflatable bouncers with artists.

Recovery Day is about having fun, recognizing the resources that are out there, seeing people who are recovered and celebrating that. It's also

about reducing the stigma that people can recover, said Allan.

Sponsorship is essential to continue celebrating recovery through Recovery Day Winnipeg. To inquire about being a sponsor, visit Recovery Day Winnipeg 2022 for more details on the various sponsorship opportunities.

Many people still see alcoholism as a moral problem and see it as a weakness in people.

Recovery Day seeks to solve these perceptions and help people see the problem in a new light.

"We offer the hope that recovery is real attainable and sustainable, and they have support to begin their healing journey of recovery," said Allan.

Anyone who wishes to be a part of this event, find out more information or register as a sponsor, volunteer, vendor or community agency can visit Recovery Day Winnipeg 2022 online or email taylor@srwc-mb.ca for an application.

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> JACOB TRAPP, FROM PG. 2

that kept the wheat cycling through. The top of the man-made mill that Trapp crafted had a chute where the wheat was inserted and a spout where the flour came out once the wheat cycled through the belt.

His flour mill operated in the local community for many years, providing flour to those who needed it and selling them for \$1.50 a bag at the time.

"To think that 100 years ago that was an improvement into the way they were grinding their flour, I can't even imagine that. ... Obviously, if people were bringing grain to be crushed into flour, I'm sure he was pretty popular then because it was an improvement to life," said Jim Decker.

Trapp is presumed to have died of

natural causes in 1937 at 81 years old.

A century later the stones from the mill survived by Trapp's great-grandson Arnold Hillyer's farm, and were later passed down to his great-great-grandson Jim Decker, who continues to pass down Trapp's story today. Trapp is recognized as the man who created the first flour mill known to the area.

With his preserved stones, Decker created a wooden cart with vintage wagon wheels, showcasing a tribute sign that he still shows to this day to visitors, passing down Trapp's memory and keeping it alive, commemorating the man who built the first flour mill in the area 100 years ago.



The old homestead house where Paul and Julianna lived raising their family, and later their son Ervine raised his family there for a short time.

City of Selkirk to light up water tower to support FASD Awareness Day

Submitted by IERHA

The Interlake Fetal Alcohol Spectrum Disorder (FASD) committee is hosting a free all-day event and the first FASD Awareness Day proclamation announcement by City of Selkirk Mayor Larry Johannson.

The event will feature guest speakers, food, a “who is in your village” community partners fair, drumming group, hands-on activities and cultural teachings for FASD Awareness Day on Sept. 9. In addition, the Manitoba legislature in Winnipeg and Selkirk’s water tower will be lit up in red to mark FASD Awareness Day.

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term that describes the range of effects that can occur in an individual who was exposed to alcohol prenatally.

Sherisse Picklyk Dear, chair of the Interlake FASD committee, says the event is put on to share knowledge of different perspectives on pregnancy and honour neurodivergent people.

“This year’s FASD Awareness Day

event is hoping to link the community with a deeper understanding of why FASD still occurs in 2022, what supports are available for pregnant people who use substances and what supports are available for individuals who have FASD and their families,” she said. “We also hope to open a dialogue with folks to change the conversation they might have with a pregnant person who uses substances or a person who has FASD. As a service provider, how we interact with and speak to a pregnant person who uses substances or a person with FASD is important and key to supporting them appropriately.”

Health Canada estimates that nine in every 1,000 children born in Canada have FASD. FASD Awareness Day was first proclaimed in Manitoba in 2019. FASD is a lifelong neurodevelopmental disorder that can impact a person’s learning, physical, cognitive, behaviour and development. Often stigma, shame and fear are associated

with the disorder and are intrinsically connected to the plethora of reasons that a pregnant person may not seek support if using substances during pregnancy.

Furthermore, many rural communities do not have specific supports and programs for pregnant people who use substances. A non-judgmental, trauma-informed and harm-reduction approach is the best practice, says Picklyk Dear.

The in-person event takes place at the Selkirk United Church, 202 McLean Ave. in Selkirk, with some presentations available through Zoom. Doors open at 8:30 a.m. with opening remarks at 9 a.m., and the event will run until 3 p.m.

The Interlake FASD committee is a non-profit community coalition that aims to raise awareness about FASD across the Interlake region and has hosted events in Selkirk since its inception in 2014. Locally, Interlake Eastern RHA provides two FASD di-

agnostic co-ordinators who specialize in the referral and assessment process and provide education and support to the community and families going through the process.

Andrea Dell covers central Selkirk, north up highways 59, 9, 8, 7 and 6. Devon Ungurain covers the eastern side of the region, including some fly-in communities. For more information on the referral process, please contact Andrea Dell at 204-785-7547 or adell@ierha.ca or Devon Ungurain at 204-268-7705 or dungurain@ierha.ca.

Also, unique to Canada and only available in the IERHA is the Manitoba Key Worker program. The Manitoba key workers provide intensive support and education to caregivers whose children are exposed to alcohol prenatally or who have an FASD diagnosis. For more information about this program, please call Kristy Magnusson at 204-785-7548 or email kmagnusson1@ierha.ca.

> NEVER ALONE, FROM PG. 3

mouth is one of the gateways for infection. Immunity will weaken from chemo and radiation and we have to make sure the mouth is as healthy as possible.”

If people are struggling with financing dental care before their cancer treatment, the foundation has options.

“We’ll try to find a dentist willing to work with us so or ask a dental clinic to provide a discount if they can. If people have some dental coverage, we’ll see if [the foundation] can cover some expenses. Other times we get people to go to the University of Manitoba’s dental clinic or the Deer Lodge clinic,” said Schiefer. “It’s about finding a balance between the hurdle they face and what we can do to lift them over it.”

In additional to dental services, cancer patients have to pay out-of-pocket for devices such as surgical bras for women who’ve had breast surgery and develop lymphedema (painful swelling) and compression sleeves that generally have to be replaced a few times a year. Patients who live in rural areas will sometimes need to stay in Winnipeg for extended time periods as they undergo treatment and have to pay for their own accommodation.

“If you have a mortgage in say, Dauphin, how will you pay for two months’ rent in Winnipeg? Hotels aren’t a good option. A lot of people phone us in tears and we’ll try to sort something out or share the cost,” said Schiefer.

With the pandemic having locked people down and back-

logged procedures, Schiefer said the foundation is seeing a lot of people from rural Manitoba just being diagnosed or treated now. That influx of patients has resulted in a backlog to see a social worker who assists cancer patients.

“The foundation is a little more accessible in that we don’t have rigid appointments; people can reach out to us on the day they’re feeling distressed,” he said. “That, in turn, has put a little pressure on us as we’re looking at about 430 calls a year now and we’re only a small office.”

To take patients’ minds off their cancer, the foundation offers fun outings to events such as a Rainbow Stage production, a Goldeyes game or organizes a “memory-making journey” to places like Crow Duck Lake in the Whiteshell.

This year’s fundraising walks have a goal of \$60,000, of which \$23,754 has already been raised (as of Aug. 20). Top fundraisers and teams will earn prizes such as a hot-air balloon ride, Rainbow Stage tickets, jewelry or dinner for eight.

The Selkirk walk is scheduled for Sunday, Sept. 11 at the Easton Place Medical Centre, 15 Wersch St. (across

from the Selkirk hospital). The walk starts at 10 a.m. There’ll be speeches and a raffle prior to that. The Winnipeg Walk is scheduled for Sept. 18 at Kildonan Park.

To register for either walk, visit the Never Alone Cancer Foundation’s website at nacf.ca and go to the “Upcoming Events” page. Click on “Paws for a Cause Cancer Walk” (the link may show only the Sept. 18 walk) then click on “Register Here.”



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Manitoba government announces plan to increase minimum wage

Submitted by Manitoba government

The Manitoba government is announcing its plan to increase the minimum wage to \$15 by October 2023, Premier Heather Stefanson announced, noting government will soon begin consultations with small businesses on the effects of this change.

“Our government recognizes the financial challenges many Manitobans are facing as a result of global inflationary pressures,” said Stefanson. “Today’s announcement delivers on our commitment to making life more affordable for all Manitobans. This phased-in approach will ensure small businesses remain strong and continue to grow while helping workers and their families get ahead by earning bigger paycheques. Our balanced approach to increasing the minimum wage will help workers make ends meet while also recognizing the concerns of small businesses who are struggling during this difficult time.”

Earlier this spring, in recognition of

exceptionally high inflation, the Manitoba government passed amendments to the Employment Standards Code to increase the minimum wage above the rate of inflation, the premier noted.

Following consultations with the labour and business communities, the provincial hourly minimum wage will increase to \$13.50 from \$11.95 on Oct. 1, 2022. Additionally, the province intends a further increase of 65 cents on April 1, 2023, that will raise the minimum wage to \$14.15 per hour. With the expected consumer price index increase for 2022, the next indexed adjustment will bring Manitoba’s minimum wage to around \$15 for Oct. 1, 2023, the premier added.

“This wage increase will provide much-needed support to hard-working Manitobans who have been burdened by soaring cost-of-living increases,” said Labour, Consumer Protection and Government Services Minister Reg Helwer. “Manitobans have worked tirelessly throughout

the COVID-19 pandemic, and we are committed to relieving some of the financial strain.”

However, an additional increase to the minimum wage could create pressure on Manitoba’s small businesses. To help reduce this risk, the Manitoba government will be consulting with the industry on support programs to help adjust to higher payroll costs.

“Manitoba small businesses are the backbone of our economy and we are committed to helping them grow and thrive,” said Economic Development, Investment and Trade Minister Cliff Cullen. “As we continue to grow our economy, we want to attract more workers and high-quality investments to our province. We are committed to working with our business community to address the impacts of this wage increase and find workable solutions together.”

Information on Manitoba’s minimum wage and other employment standards is available at www.gov.mb.ca/labour/standards/.

Manitoba confirms monkeypox case; COVID hospitalizations, infections, deaths increase

By Patricia Barrett

Manitoba Health confirmed last week the first case of monkeypox in the province as the virus continues to spread across Canada.

The individual’s region of residence, gender and age will not be provided due to the risk of identifying the person, states an Aug. 19 provincial news release. The infection occurred outside the province.

Public health officials will “provide notification to close contacts, and to specific locations if the risk to others is considered high and contacts may be unknown.”

As of Aug. 14, 168 doses of a preventative vaccine have been administered to Manitobans who have identi-

fied as gay, bisexual or men who have sex with men and who’ve met certain criteria such as having received a diagnosis of chlamydia, gonorrhoea and/or syphilis in the past two months, have had two or more sexual partners in the last 21 days or have attended bath houses or sex clubs.

As of Aug. 19, there have been 1,168 cases of monkeypox confirmed in Canada (excluding Manitoba), with 571 in Ontario, 453 in Quebec, 119 in B.C., 19 in Alberta, three in Saskatchewan, two in Yukon, and one in New Brunswick, according to federal data.

Other health news:

The provincial government’s weekly COVID surveillance report for Aug. 7-13 shows a sharp increase in new

infections, hospitalizations, intensive care unit admissions and deaths since the previous week’s report.

There were 455 new lab-confirmed COVID infections, an increase of 108 cases over the 347 reported the previous week. The province’s data are an undercount as PCR lab testing is restricted and rapid antigen tests are not tracked.

There were also 72 new hospital admissions for the virus during the above period, including 19 people requiring ICU intervention. The previous week’s report showed 57 hospital admissions and 12 people having been admitted to intensive care.

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Roundabout planned for PTH 6 and PR 236 intersection

By Jennifer McFee

The provincial government is driving forward with a project that aims to improve road safety on the Perimeter Highway.

Part of that project involves constructing a new multi-lane roundabout at the intersection of Provincial Trunk Highway (PTH) 6 and Provincial Road (PR) 236.

"PTH 6 in the vicinity of Winnipeg accommodates higher volumes of commuter and local traffic. Congestion during morning and afternoon peak traffic is becoming an issue," said a provincial spokesperson.

"In addition, safety and other traffic operational issues are affecting mobility on this section of PTH 6. The goal of this project is to improve safety, reduce congestion and eliminate traffic operational issues."

A roundabout has several advantages over a conventional intersection, such as improved safety and traffic flow, the spokesperson added.

"Roundabouts do cost more than traffic lights to construct," the spokesperson said.

"However, the safety, operational and environmental advantages of a roundabout more than offset the higher construction costs."

According to the Province of Manitoba's Transportation and Infrastructure webpage, roundabouts cost less than traffic signals to maintain. Annual costs to maintain signals for an intersection are about \$3,500. With roundabouts, reduced electricity costs result in an annual savings of about \$600 per intersection.

In addition, roundabouts are friendlier to the environment. When a vehicle only has to yield at the entry instead of stopping and waiting for a

green light, delays are reduced. As a result, vehicles idle less, consume less fuel and put fewer pollutants into the air.

When it comes to safety, the province's website states that roundabouts reduce fatal collisions as much as 89 per cent and injuries as much as 76 per cent due to slower speeds and reduced number of conflict points.

The spokesperson also addressed a couple concerns expressed by local residents.

"There are fewer safety concerns with roundabouts than conventional intersections in inclement weather," the spokesperson said.

"The PTH 6 and PR 236 intersection will be a two-lane roundabout, accommodating agricultural equipment and long combination vehicles efficiently and safely."

The roundabout construction at PR 236 and PTH 6 is slated to begin construction in fall 2022 and is scheduled to be complete in fall 2023.

"The roundabout is only one component in a series of improvements between the Perimeter Highway and Grosse Isle," the spokesperson added.

"The components have been designed to work together as a system to improve traffic operations and highway safety. The estimated cost of all the improvements is \$15.7 million."

The project also includes reconstruction of the existing PTH 6 lanes and the construction of two additional lanes on PTH 6 from PTH 101 to 1.4 kilometres north of PTH 101.

As well, there will be new right-turn cut-offs on and off PTH 101 and PTH 6, and traffic signals will be replaced at PTH 101. Another component of



EXPRESS PHOTO SUBMITTED
Proposed Manitoba Highway improvements include the twinning of PTH 6 from PTH 101, a roundabout at PTH 6 and PR 236 intersection and upgrade at intersection of PTH 101 and PTH 6 and Paterson Rd.

the project will be intersection improvements at PTH 101 and Paterson Road to match the PTH 6 additional lanes.

For more information, visit Mani-

toba Transportation and Infrastructure's page for this project at <https://www.gov.mb.ca/mit/notice/pth6/index.html>.

> MONKEYPOX, FROM PG. 6

The province doesn't provide a cumulative total of how many people with COVID are in hospital on a given day.

The previous week's death toll was

2,079. It has risen to 2,093, an increase of 14 deaths.

There were seven new COVID outbreaks in personal care homes and hospitals in the Winnipeg and Northern health regions.

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Lace Up Your Way next month for Diabetes Canada

By Lorne Stelmach

Like many people, Stephanie Klassen has a personal motivation to get involved with Diabetes Canada.

Hailing from Winkler but now in Steinbach, Klassen has lived with diabetes for 30 years since being diagnosed at age four.

In addition, her sister and boyfriend are also diabetic, and her oldest son was just diagnosed in June, so she is participating in the Lace Up Your Way fundraising challenge for them as well as herself.

"My family in Winkler is going to have a team as well, and my company also has a team in it," Klassen said as she sought to promote the event that takes place through the month of September.

People are encouraged to challenge themselves or rally a team to #LaceUpYourWay and raise funds by choosing the activity and pace, with every distance and dollar helping to make a difference in the lives of people living with diabetes or pre-diabetes.

The goals for Manitoba and Saskatchewan are to have 276 partici-

pants and \$77,000 in raised funds.

Lace Up Your Way originated in Manitoba, and the 2020 event nationwide had 450 participants who raised about \$150,000. Those totals jumped to almost 1,200 people who raised about \$450,000 last year.

"It was quite a significant increase in one year ... and we had 386 communities across the country participate last year," said Kelly Lambkin, senior manager, of community fundraising and events for the prairies region.

"We have a pretty passionate diabetes community," she said, noting as well over 40 per cent of people who sign up are there in support of someone close to them. "I think that is incredibly powerful as a community as a whole that we support one another."

"I think it's nice that we are able to have something across Canada that can bring small communities together," agreed Amy Peters, who works with fundraising and events as well as social media for the organization.

"An event like Lace Up brings diabetes to the forefront," she said. "It's

one of those diseases where you don't see it, and a lot of people don't talk about it because of the care that goes into it."

It is estimated about 11.7 million Canadians have diabetes, including around 412,000 Manitobans with diabetes and pre-diabetes.

Type 1 diabetes makes up about 10 per cent of the population nationally and Type 2 about 90 per cent.

For Klassen, she is thankful about how far things have come in terms of treating and managing the disease, especially now that she is helping her son with it.

"Going to all the appointments with him, everything is so different from when I was a teenager ... just night and day difference, so it's interesting to walk through this journey with him," she said.

"Diabetes management has changed like crazy since I was diagnosed. I have an insulin pump. I've been on that for about four or five years and that's been life changing for me. It's great how much further we've come

in our knowledge of diabetes and how we can manage it so much better."

Lambkin noted Lace Up Your Way is not only important in terms of fundraising but in bringing people together around a common cause.

"Really, over COVID, it was probably a really significant time to come together and support one another, not just with diabetes but all people with chronic disease in the community as a whole," she suggested.

"The most powerful thing for me is with story-telling. ... You get to know a lot of people who really wanted to share their stories and their personal journey. And Lace Up allows you to support your wellness journey no matter your activity level."

"There's no limitations as far as what you want to do," said Peters. "Whatever you're comfortable with that will challenge you. It's about the follow through more than anything else."

You can find more information online at www.diabetes.ca.

Inter-facility transport service to provide appropriate care for low-acuity patients

Submitted by Manitoba government

The Manitoba government will invest in dedicated service to transport low-acuity patients as part of ongoing efforts to improve health-care access for rural Manitobans, Health Minister Audrey Gordon announced last week.

The initiative will see one or more

successful proponents — selected from a request for proposals issued by Shared Health — transport hospital inpatients and personal care home residents from the Brandon, Selkirk and Winkler/Morden areas to medical appointments, diagnostic tests or for treatment.

"The transport of low-acuity inpa-

tients to and from health-care facilities can be a prolonged process that takes ambulances in rural Manitoba out of service for hours," said Gordon. "Establishing a transport service specifically for these patients will reduce the demand for paramedics to complete these journeys, allowing them to remain in or near the community for emergency calls."

Low-acuity transport was recently piloted in a few communities and will now be formally established with base locations in Brandon, Selkirk and the Winkler/Morden area. Each base location will serve a wide catchment area within each health region and include trips to Winnipeg for care, with the intention of growing the service to other communities in the future, said Gordon.

Ambulance services outside of Winnipeg have historically been used to complete all inter-facility transports, primarily because patients and clients often need the benefit and comfort of being transported on a stretcher. Low-acuity patients and clients typically do not require any clinical care provided by the attending paramedic crew.

The realignment of emergency response services (ERS) under Shared Health helped to identify the province-wide need for a low-acuity inter-


facility transport service similar to one that has been in place for several years in Winnipeg.

"In most inter-facility transport situations, the patient or client will not require ongoing clinical supports during their journey," said Dr. Rob Grierson, chief medical officer for emergency response services, Shared Health. "Creating a low-acuity transport not only offers patients the right kind of care during their transport, it frees up highly skilled paramedics and ambulances to respond to emergency calls and high-acuity transports."

This new service builds on Manitoba's commitment to invest in emergency services including establishing a centralized team within Shared Health to co-ordinate provincial recruitment of ERS personnel, reducing ambulance fees by 50 per cent to make emergency care more accessible, and investing in new emergency medical service stations including recently opened sites in Portage la Prairie, Selkirk and Crystal City.

Proponents are able to submit proposals to provide the low-acuity inter-facility transport service for one or more communities, the minister said, adding the service is anticipated to be in place by the end of 2022.

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

	Please join us for a Candle Light Meditation
	Gimli Community Cemetery Sunday, September 4th at 7 pm PH 222 across from Diageo
Candles will be provided at main gate. Learn about the cemetery. Donations in support of the cemetery are appreciated. A charitable receipt is available for donations over \$20.	
	Hosted by the Gimli Community Cemetery Committee.
	For more information, contact: Cemetery Supervisor at gimlicemeterysupv@gmail.com Cemetery Chairperson@ gimlicemetery@gmail.com

Arnes, Silver Harbour residents to be divided by Colonization Road collapse until 2023

By Patricia Barrett

Residents and cottagers in Arnes and Silver Harbour are literally divided by a major spring washout that destroyed a chunk of Colonization Road, and they won't see it fixed until some time next year.

The paved road has been impassable since the beginning of May after water surged down the Drunken River on its way to Lake Winnipeg, damaged a culvert running under the road and caused the road to collapse.

Arnes resident Andy Damm said when Colonization fell into the river, it split the community in two and left them with only one access route in and out. It also cut off the southern half of the community from a convenience store and a post office located at Silver Harbour, on the shore of the lake.

There's no door-to-door mail delivery in either community; residents have a mailbox at the post office.

"Anybody who lives on or has a cottage on the south side of the community has to drive all the way around to the north side — you cannot walk from one side to the other — to get to the post office and store. That's about eight kilometres or so to come around," said Damm last week. "Everybody on the north side has access to the post office and the store, but they've lost a quick access route to PR 222 if they want to go to Gimli."

Damm said the culvert is the responsibility of the province, which dug it out of the riverbed to allow water to run faster to the lake. The province also had limestone rocks laid along the side of the washout to stabilize the banks, but that's "becoming an issue again."

Discussions about the repair of the road included a bridge being installed over the breach rather than a new culvert and a road re-build, said Damm. But a bridge would mean delaying repairs as it would require an environmental study.

The free flow of water — which is occurring right now — could impact fish or fish spawning habitat.

"Nothing is being done. My understanding is Colonization Road will remain inoperative until at least next year," said Damm.

He said he spoke with Gimli's mayor about the road in an attempt to get repairs started.

Boundary Road, a mile north of Colonization Road, is the only access route to Silver Harbour. Boundary is gravelled and has a narrow bridge that's not wide enough for two vehicles. Now that it has become a "major route," it will need gravelling, grading and snowplowing over the win-



The province placed rock along the bank of the washout.



The bridge on Boundary Road — the only access to the post office — is not wide enough for two vehicles.

ter, he said. And tourists wanting to visit the Silver Harbour marina won't know that Colonization Road is impassable because a "detour" sign on the highway doesn't indicate there's a washout.

In addition to having their access cut off, Damm said residents are also concerned about timely access to emergency services such as ambulance and fire.

"This is a recreational and retirement community and there are quite a few elderly people here. I've run a vehicle from one side to the other and it would put an additional 10 minutes of travel time for an ambulance or fire response coming out of Gimli," he said. "It already takes 20-25 minutes from the ambulance bay out to the community. And it would be another 35 minutes for the return trip to Gimli — if there are doctors at Gimli hospital. I think most of the inhabitants out here are very upset with the fact there hasn't been a bigger push to get Colonization Road fixed."

A spokesperson for the provincial government's Shared Health organization, which oversees ambulance service, said the organization is aware washouts and alternative routes could affect ambulance response times.

"Shared Health ERS becomes aware of various road washouts as they are reported by municipalities in conjunction with Manitoba Emergency Measures Organization (EMO). We also work closely with our sister emergency response agencies, public works and highways departments in an effort to mitigate any road closures



EXPRESS PHOTOS SUBMITTED

Karen Shaffer took this photo of Colonization Road at the beginning of May after an excessive amount of water overwhelmed a culvert underneath the road and caused the road to collapse. The road has been impassable since that time.

so ambulances can continue to navigate to requests for services in a safe and timely manner," said the spokesperson. "While we are not aware of

any recent calls to the [Arnes] area, it is reasonable to assume a washed-out

Continued on page 10



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> COLLAPSE, FROM PG. 9

road may add to response times as EMS crews take an alternate route.”

Silver Harbour resident Karen Shaffer said she contacted all three levels of government to get the washout addressed and to get the broken culvert removed from the site.

In early June she sent emails to Interlake-Gimli MLA Derek Johnson, Selkirk-Interlake-Eastman MP James Bezan and the municipality, said Shaffer by email last week. The municipality and Bezan responded in June, saying the washout is a provincial matter. In late July, she was informed by water infrastructure director Christian Propp that Johnson’s office had forwarded her letter to the province’s transportation and infrastructure department.

Propp told her there won’t be a temporary crossing installed.

“The culvert crossing washed out as a result of spring flooding this year and has been included in the priority list for replacement. At this time, department staff are still engaged in flood response activities across the province and are working to assess the full extent of the damage, including which repairs will take priority over others,” wrote Propp on July 22.

Because people have access to a “viable detour,” he said the culvert “can-

not be replaced with a temporary crossing on an emergency basis.”

Like Damm, Shaffer said she has concerns about emergency response times as Boundary Road is a gravel/dirt road meant for use by farmers, not “the high, heavy volume traffic that has been driving on it since May 1.” And Boundary Road’s bridge isn’t wide enough for two vehicles.

She also alerted the province to the potential hazards posed by the broken culvert.

“We brought to their attention the crushed, twisted, sharp, rusted culvert — or should I call it a kid magnet and play structure, which is still in the ditch. Chris Propp stated he would have it removed that week. To date it’s still there,” said Shaffer. “Last week a crew from Moosehorn spent a day dragging a part of the culvert closer to the road, only to figure out it’s too big and won’t fit on the equipment they brought to take it away. So after a full day, they left without any part of the culvert. If anything, this is a safety issue — someone is going to get hurt and the province doesn’t seem to care.”

Gimli Mayor Lynn Greenberg said he and the RM started advocating for repairs a few weeks after the road collapsed.

“I sent letters to the province in May after the road got washed out, and I



The damaged culvert was dug out of the Drunken River and left on the side of the road, posing a danger to children. As of last week, it was still there.

made calls to the minister’s office,” said Greenberg.

Boundary Road is shared between the RM of Gimli and the Municipality of Bifrost-Riverton, he said, and there will be extra costs to maintain the road.

A spokesperson for the provincial minister (Doyle Piwniuk) of transportation and infrastructure said the reconstruction of Colonization Road is expected to start in 2023 — pending federal approvals for a new crossing design. Details of the new design weren’t provided.

“There is an available detour and a temporary crossing is not planned at this time,” said the spokesperson.

“MTI [Manitoba Transportation and Infrastructure] has identified this site as a high priority and has engaged a third-party engineering service provider (consultant) to work on the design for the new crossing. The design and construction of the replacement is expected to require federal environmental approval [from] Fisheries & Oceans Canada. The department anticipates that construction of the replacement will begin in 2023, pending regulatory/environmental approvals.”

The spokesperson didn’t respond to a question about when the broken culvert will be removed from the site.

Local team completes Challenge for Life, supporting CancerCare

By Jennifer McFee

A local fundraising team took great strides to change the course of cancer.

The Challenge for Life ran from Aug. 4 to 14, when participants aimed to reach 20 kilometres in distance or 200 non-continuous minutes of exercise. The initiative raised money for CancerCare Manitoba Foundation while also raising awareness about all cancers that affect Manitobans.

The Families Matter team took part in the event, with efforts from Janice Holden, Gisele Gervais and Jennie Lindstrom of Stonewall. Rounding out the team were Claudia Kerbrat of St. Laurent and Mona Wonnacott and Louis Daigneault of Winnipeg.

They walked in Stonewall on Aug. 7 and 14 and St. Laurent on Aug. 9 and 11, covering five kilometres each day.

“Our challenge went very well. We had two young fellas join us for the Stonewall portion,” said Holden, the team’s captain.

“Our team raised \$6,060 so far. We are very pleased with



EXPRESS PHOTO SUBMITTED

Challenge for Life Families Matter raised \$6,060 for CancerCare Manitoba.

our efforts.”

Holden and Gervais hope to continue walking daily for the rest of August, although they might not log the full five kilometres each day.

In total, 543 participants across Manitoba raised \$1,039,467 in the 15th annual event, which is the largest annual fundraiser for CancerCare Manitoba Foundation.

Patti Smith, president and CEO of CancerCare Manitoba Foundation, said it was truly incredible to see the unique challenges that participants completed during the 10-day challenge.

“The commitment and dedication of Manitobans continues to be astounding,” Smith said.

“We are extremely grateful to all of the participants, donors, sponsors and supporters who are ensuring research discoveries, participation in clinical trials, and the best possible patient experience for Manitobans on a journey with cancer.”

Since the event launched in 2008, participants have raised \$15.3 million to support the work of CancerCare Manitoba Foundation.

Donations can still be made by following the prompts on the Challenge for Life website at challengeforlife.ca. All funds raised stay in Manitoba to support prevention, early detection, state-of-the-art research, world-class treatment, and vital patient programs and services.

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Dr. Marie Delorme receives national Award for Excellence in Aboriginal Relations



Dr. Marie Delorme

By CCAB

Canadian Council for Aboriginal Business (CCAB) proudly announces Dr. Marie Delorme as the recipient of the 2022 Award for Excellence in Aboriginal Relations. CCAB's Award for Excellence in Aboriginal Relations is given annually to a bridge builder who has contributed to making connections between Indigenous people and Canadian society through their professional and voluntary commitments.

Born in Winnipeg, Dr. Delorme spent her early years in the farming community of Grosse Isle before she moved to Calgary in 1985. From an early age she understood her role to preserve Métis heritage and she proudly demonstrates it in her mentorship, business leadership, and in advancing the role of Indigenous peoples throughout Canada and the world. Delorme said being recognized for this award is a very special moment.

"It is a gift of encouragement and a recognition of the potential we all have for the possible."

Tabatha Bull, president and CEO, Canadian Council for Aboriginal Business, said Dr. Delorme is a visionary who challenges the status quo at each stage of her career. Her positive attitude matches her determination to build upon the influence an Indigenous footprint can have on commerce, international affairs, and Indigenous rights and freedoms.

Described by her colleagues as a changemaker and a shining example of excellence in business

and community, her incredible commitment to building bridges between Indigenous peoples and Canadian society has been reflected throughout her career with a determination to inspire change. Over the years, she has been recognized for 12 national and international awards, including the Order of Canada.

She currently sits on the publicly traded boards of the Canadian Western Bank and Premium Brands Holdings as well as the non-profit board of the Donner Canadian Foundation. She is also an advisor on the National Indigenous Economic Development Board, Canadian National and Canadian Energy Regulator. Dr. Delorme's career started in the telecommunications industry before branching out on her own as an entrepreneur, founding the Imagination Group of Companies which includes the Imagination Group Consulting practice, Imagination Tobacco, and the Aboriginal Gifting Company, a nationally recognized brand in the promotional products and gifting industry. Her current community work with the National Indigenous Economic Development Board helps provide advice and guidance to the federal government on issues related to Indigenous economic opportunities that enables Indigenous peoples of Canada to have a voice in government policy decisions. Since 2000, Dr. Delorme has provided consultation to almost 200 Indigenous Nations, corporate entities and organizations, to federal and provincial governments, corporate Canada, and public, private, not for-profit and charitable organizations. Her continued work with the National Indigenous Economic Development Board, the Indigenous Advisory Committee for the Canadian Energy Regulator is just a small snapshot of what she is doing to support reconciliation efforts and to make a difference in the lives of Indigenous peoples. She remains committed to cross-cultural economic development and the participation of Indigenous peoples in Canada's economy. The Award for Excellence in Aboriginal Relations is proudly sponsored by Sysco Canada. On Oct. 6, Dr. Delorme will be honoured at CCAB's West Coast Business Forum in Vancouver.

Sysco Canada president Randy White said, "Through her tireless work, commitment and passion, Dr. Marie Delorme has been a catalyst to change and has made an indelible mark on Indigenous relations. A born relationship builder, she has inspired Indigenous people and Cana-

dian society to come together. Her values, beliefs and principles that have guided her every action, truly exemplify the very best in recipients of this award. Sysco Canada is honoured to sponsor the Award for Excellence in Aboriginal Relations. As our journey continues, we are committed to taking the steps we need to advance reconciliation in a meaningful way."

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Google Maps renames Arnes' Colonization Road

By Patricia Barrett

In a gesture of reconciliation with and recognition of Indigenous people, council for the Rural Municipality of Gimli announced in 2021 that it would investigate changing the name of four roads in the RM named Colonization, which is associated with land usurpation and the suppression of Indigenous culture.

The RM has yet to change the names of those roads, but Google Maps — presumed to be acting on a user submitted request — changed the name of Arnes' Colonization Road to Reconciliation Road.

The three other roads with Colonization in their name are North Colonization Road, South Colonization Road and Colonization Close, all located in Gimli, about 20 kilometres south of Arnes.

Gimli Mayor Lynn Greenberg said council hasn't changed the name of the roads, including Arnes' Colonization Road.

"There's a committee working on that," said Greenberg last week.

If and when the RM changes street names, he said residents would have to update their driver's licence, Manitoba Health card, billing information

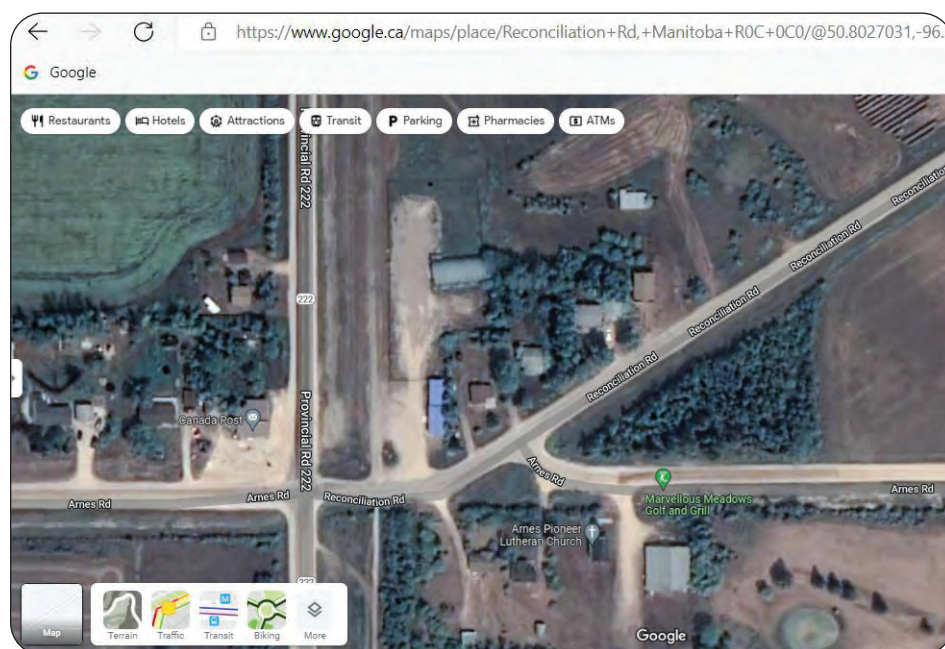
and so forth. The province and other entities would also have to be notified of the change.

The RM's assistant chief administrative officer Doreen Steg said that in order for the RM to change the name of a street or road, a bylaw would have to be approved by council. That has not happened as council is still waiting for recommendations from its Reconciliation Committee, which had been tasked with suggesting new names.

That committee was struck in 2021, led by Coun. Cody Magnusson, who is the council liaison for the Arnes area. It came after the discovery of unmarked graves near an Indian Residential School in British Columbia. Gimli council had also been presented with a petition, asking for the removal of the name.

The provincial government's Shared Health organization, which is responsible for ambulance service, said the name change in Google Maps has no bearing on emergency services' ability to locate streets.

"Emergency response services are dispatched according to latitude and longitude coordinates, with secondary support provided by an EMS atlas



GOOGLE MAPS

Google Maps' satellite view of Arnes' Colonization Road, which has been renamed Reconciliation Road (map viewed Aug. 17). To date, the RM of Gimli has not changed the name of the road.

that provides proper street names," said a spokesperson. "Google Maps and other wayfinding apps used by the public are not used by ERS crews."

People can submit name changes to Google Maps by signing in to a Google account, making the change and submitting it. The apparent ease by which names can be changed calls into question the accuracy of Google

Maps and the potential for exploiting the service for personal or other motives.

The *Express* reached out to Google, asking when the road's name was changed and how the company verifies the legitimacy of requests.

Google responded that it is looking into the matter. The *Express* didn't hear back by an extended deadline.

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Sandy Hook Ladies' Golf Group throws historically themed golf tournament

Staff

To celebrate the 100th anniversary of the Sandy Hook Golf Course this year, the course's Ladies' Golf Group hosted an historically themed golf tournament on Aug. 11 that saw women from seven different courses get dressed up in historical attire.

"On Aug. 11, the Sandy Hook Ladies' Golf Group hosted a full field of lady golfers from seven different courses in their two-person best ball tournament. It was a wonderful event, primarily due fantastic volunteers and sponsors," said Joan Webb, who's a long-time member of the group.

The competition had 88 players. About half of the women were members of the Sandy Hook Golf Course and the other half were visitors from

the Links in Gimli, Whispering Winds in Warren, Grand Pines Golf Course in Traverse Bay, Selkirk Golf & Country Club, Teulon Golf Club, Larters in St. Andrews and the Tuxedo Golf Club, plus unaffiliated players from the area.

The 18-hole Ladies' Golf Group put on the tournament. It has about 35 players. There's also a nine-hole ladies group that has about 30 players, said Webb.

The event did not have official sponsors, she said, and it was held for fun not for fundraising.

"But we always have a silent auction to defray costs to entrants," said Webb. "Local players donated new items and so did local businesses. It was amazing."



EXPRESS PHOTOS COURTESY OF JOAN WEBB

Cindy Harasym (left) with her sisters and cousins.



These two golfers paid tribute to the early 20th century, with flapper attire and demands for letting women vote, which was granted in 1916.



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Manitoba Summer Recycling Guide

Nothing beats summer in Manitoba. With so many different things to do, it's important to keep the environment top of mind to continue to enjoy our province for years to come. Here's some common summer items that can be recycled, and what to do with the rest.



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- Paper and cardboard
- Plastic cups (i.e., clear take-out drink cups, red drink cups)
- Sauce and condiment bottles (i.e., ketchup bottles, salad dressing bottles, plastic jars)
- Glass jars
- Aluminum and steel containers



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- Air conditioners
- Barbeques
- Batteries
- Bicycles
- Household hazardous waste (i.e., pool chemicals, propane tanks, paint, gasoline)
- Large plastics (i.e., plastic patio furniture, beach toys, non-black plant pots)
- Textiles (i.e., beach towels, clothing, bedding)
- Yard waste (i.e., grass clippings, weeds, leaves, flowers)

NOT ACCEPTED



- Aluminum foil and pie plates
- Foam packaging (i.e., styrofoam takeout containers)
- Food waste
- Inflatable pool floaties
- Plastic cutlery and dishes
- Paper drink cups
- Paper towels and napkins
- Soiled paper take-out containers
- Straws, both paper and plastic



WILDLIFE-SAFE RECYCLING

Take extra steps to keep animals safe and out of your recycling.

- Ensure your food and drink containers are empty. A quick rinse is always appreciated.
- Leave the lids on containers and jars to keep small animals from getting inside.
- Cut up plastic rings before disposing of them.
- Wait until your garbage and recycling is full before taking it outside or keep it in a place where animals can't get to, such as a garage or shed. Lingering smells and food waste can attract unwanted animals.



Unsured of what other items can be recycled? Always confirm with your community or check the Recyclepedia to be sure. You can find the Recyclepedia on our website or download the free app!



Gwen Fox Gallery's all-member artwork showcase

All members show Aug. 23 to Sept. 24

By Autumn Fehr

Artwork comes in many forms and it exists everywhere, wherever you go.

If you look closely, people in your community are working away at their creations to share with the community.

This month the Gwen Fox Gallery's biggest art show, the all-member show, is back to showcase the creations of current and new members at the gallery.

The September show has 46 members participating, sharing 84 pieces of art from a variety of different media.

"The show certainly shows the community what a variety of art is being done and made in their community. And maybe they'll even recognize some of the names when they come in and look at all the art," said Brenda Hedberg, volunteer co-ordinator, a member of the gallery operations committee and an artist showcasing her work at the all-member show this month.

All-member shows take place three times a year in June, September and December.

"It keeps artists engaged in the gallery," said Hedberg.

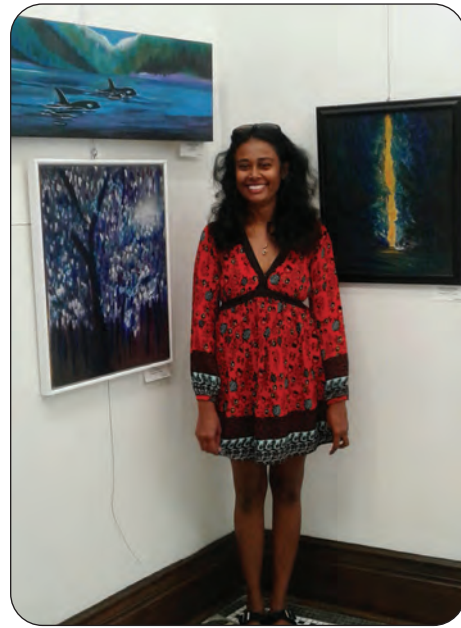
With a variety of different artists showcasing their work that specializes in different media, the all-member show has an extensive span of media for visitors to view.

The different media at the show includes a few types of acrylics, cottonwood bark carving, watercolour, oil, a few types of wood and resin work, mixed media, fibre, a few types of pastel pieces, a few types of coloured pencil artwork, photography, gouache, clay, marker, collage, digital on canvas, hot glass, cast glass and alcohol inks.

"The all-member shows are so interesting because there is so much variety," said Hedberg.

As one of the biggest shows that the Gwen Fox Gallery puts on, artists will be showcasing an array of media over the course of the month.

The artists at the September all-member show are the following: Lydia Bartel, Dennis Bell, Iris Bidinosti, Judy Brown, Elaine Clerc, Arthur Crozier, Elizabeth Crozier, Shel-



Shayani Turko next to two of her oil paintings that interpret reality with an impressionist lens.

ley Eros, Joan Ewonchuk, Pat Findlay, Clyde D. Finlay, Mia Fournier, Kathy George Moore, Shayani Turko, Bev Hart, Brenda Hedberg, Barb Hoffmann, Morgan Hoffmann, Diana Horczyk, Les Hummerston, Isaac Imafuen, Charlie Johnston, Gracie Kars Plouffe, Peggy Kasuda, Kelly Klick, Mark Kosatsky, Wioletta Los, Lizanne Laurin, Kyle Lubyk, Ida MacKenzie, Christene MacMaster, Marika Onufrijchuk Sokulski, Julia Penny, Arlene Rattai, Yvonne Sabirsh, Katie Simko, Patti Simko, Wanda Slawik, Zoe Slawik, Jo Smoley, Ron Sosimkalo, Judith St. Germaine, Renay Taylor-Besant, Connie Wawruck-Hemmett, Elsie Wypinski and Andrew Zurawsky.

"We have every skill level included, from people who are longstanding artists that have all kinds of experience and work in all kinds of mediums next to people who are brand new artists," said Hedberg.

Each artist has a maximum of two pieces in the show.

Members of the show come from all across Manitoba from places including Beausejour, Oakbank and Winnipeg.

The all-member show is free entry for anyone to visit.

The Gwen Fox Gallery yearly membership is \$30.



EXPRESS PHOTOS BY BRENDA HEDBERG
Kelly Klick with sculptures of her parents, "Jack and Dianne," made from clay.

The benefit of being a member is participating in these all-member shows three times a year, said Hedberg.

"There's no other place you can do this," she said.

Hedberg said their gallery is very inclusive.

"It's so nice that nobody gets ostracized. It's so welcoming. Everybody, no matter what their background or standing in the community ... everybody is welcomed and treated as equals. I just love that about this gallery. It's so inclusive," said Hedberg.

With regular gallery shows, someone has to wait at least two years, whereas three times a year, members of the Gwen Fox Gallery get to have their work showcased in the gallery with the all-member show, she said.

"It keeps the artists engaged in the gallery."

Some artists who have pieces in the show also give back their time by volunteering at the gallery.

"It's a good way for the artists themselves to keep connected with the gallery — keep that connection strong," said Hedberg.

People who spend time at the gallery volunteering become attached to the gallery, loving it more, the more time they spend there, she said.

Continuing at the all-member show in September, just as has been going on in other month's shows is the people's choice.

When visitors come to see the show, they are asked to pick their favourite artist of the show.

Whichever artist gets the most votes at the end of each show gets their art piece on the calendar for that month for next year.

"THE SHOW CERTAINLY SHOWS THE COMMUNITY WHAT A VARIETY OF ART IS BEING DONE."



Wanda Slawik created pastel pieces as her reaction to the war in Ukraine. She says they are her "contribution to world peace."

The art calendar is a fundraiser for the gallery, selling for around \$15 to \$16 each.

When people have to pick a favourite, they look more closely at the art, said Hedberg.

"They don't just breeze through and out the door. They really look closely. I think it's a really good way to engage people in really looking closely at art. I've seen a difference in people since we started doing that a couple of years ago," she said.

This is only the gallery's second year doing the calendars, but it's a way visitors can take some art home with them at the end of the year.



Ashern Rodeo

30th Anniversary

September 2nd – 4th

Come check out all of the rodeo action 1.5 miles south of Ashern. Rain or shine, the show goes on! The beer gardens and grandstands are covered.

Friday, September 2nd

5pm - 10pm: Street Dance at the end of Main St.
Free entrance, games, bouncy castles, face painting, pony ride, kiddie train and more
10pm Fireworks at the end of Main St.

Saturday, September 3rd

8am - 10am - Pancake Breakfast at Centennial Hall
11am - Parade call Rachel 204-768-4615
(parade theme - Rodeos past and present, show us your best Western attire!)
2pm - Rodeo Grounds open to public
4pm - 30th Annual Ashern Rodeo begins!
8pm - Outdoor Social at Rodeo Grounds

Sunday, September 4th

10:30am - Cowboy Church at Rodeo Grounds
11am - 3pm Thresherman's Reunion at Ashern Museum
1pm - Rodeo Grounds open to public
3pm - Rodeo starts
6pm - 11pm - Ashern Central School Reunion events

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Welcome to the Ashern Rodeo

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funding available

Happy 30th Anniversary Ashern Rodeo!

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Enjoy the Ashern Rodeo September 2nd - 4th

Derek Johnson

MLA for Interlake-Gimli

InterlakeGimliMLA@gmail.com

204.641.8525 (Gimli) 204.376.3401 (Arborg)



Magnusson's Marvellous Meadows celebrates grand opening

By Ty Dilello

Marvellous Meadows Golf and Grill is a new nine-hole, par 36 course in Arnes this year. It offers a putting, chipping green and a driving range that will open up this fall. The course also boasts a beautiful sit-down, dine-in-only restaurant with a large patio overlooking the picturesque ninth green.

Situated just off Lake Winnipeg in a beautifully forested area, it is common to spot deer throughout the course, especially in the evening.

Formerly known as Northernaire Golf and Country Club, the course was shut down in 2007. In 2021, the Magnusson brothers (Shawn and Aaron) purchased the course and began renovations. Shawn and Aaron, both lifelong commercial fishers and farmers, grew up on the course with their parents. So when the opportuni-



EXPRESS PHOTOS SUBMITTED

The Magnusson family, left to right: Alexis, Olivia, Lilly, Bailey, Crystal, Aaron, Julie, Shawn, Johannes and Della.

Continued on page 17

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**See full challenge rules at mb.bluecross.ca/communitychallenge.*



Marvellous Meadows Golf and Grill in Arnes is now open to the public and boasts some of the finest golf in the Interlake.



Previous owner and founder of the golf course Eddy Luprypa during the ceremonial tee off.

> GRAND OPENING, FROM PG. 16

ty to purchase the property came up, they jumped on the chance to bring the course back to the community.

With the help of their wives, children and close friends, the brothers transformed and renovated the course over the summer of 2021. After hours of hard work in both landscaping and renovations, the Magnusson brothers and their families brought the course back to life and opened it to the public this past spring.

Marvellous Meadows is truly a family-run business. Shawn is the greenskeeper and head of maintenance, while brother Aaron is the business manager and bookkeeper. Shawn's wife, Della, manages the Pro Shop, while Aaron's wife, Crystal, manages the restaurant. All six kids — Bailey, Alexis, Olivia, Lilly, Julie and Johannes — work various jobs around the course. And when things get hectic,

it's all hands on deck doing all jobs needed, regardless of job title or experience.

Marvellous Meadows has several memberships available for both individuals who want to play every day or those who wish to play weekdays to family memberships and intermediate and junior memberships.

"We are so grateful for all of the members who took a leap of faith and joined our club this year. Having been closed for so many years, it was tough at times to believe that the property would once again be a golf course," said Della Magnusson. "With a lot of hard work last summer and a little help from Mother Nature this spring, the course is lush and green and is in wonderful playing condition."

Marvellous Meadows has several events that run throughout the year, including evening and daytime

leagues for both men and women, which have successfully seen both seasonal and brand-new golfers out enjoying the course.

Throughout the year, the course has also hosted several tournaments, including its grand opening, a ladies' tournament and, coming up on Aug. 26, the men's open.

"For those who may not be golfers, our clubhouse features a 72-inch big-screen TV and is a great place to catch all of the sports action, including all Winnipeg Blue Bombers games. Heading into this year, we had limited experience in running the various aspects of the golf course. With the help of a few consultants and community support, we have learned so much, and we are excited to expand the services we can offer next year."

Marvellous Meadows is active on Instagram and Facebook, featuring upcoming events and specials, or you can visit their website at marvel-

lousmeadowsgolf.ca.

"Working on the course together, as a family, has made this experience even more special. All of our kids are in their teenage years, and a couple are even heading off to university this fall. We saw this as an opportunity to do something special together and give the kids a great reason to come home each summer. Naturally, working with family has its challenges, but showing them all that hard work can make big dreams come true has been the most special part of the whole experience," said Della Magnusson.

"The motto of Marvellous Meadows, 'Where Family and Friends Gather,' was chosen carefully as we wanted this course to be just that — a place for the community to gather, and we couldn't be more thrilled to see everyone enjoying this beautiful property once again. It has been a truly extraordinary adventure."

Manitoba government invites applications for intellectual disability issues advisory council

Submitted by Manitoba government

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

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

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

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

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

- a representative of Indigenous stakeholders.

"The establishment of the advisory council is a positive step forward and will help ensure that recommendations in the Pathways to Dignity : Rights, Safeguards, Planning and De-

cision Making Report are implemented as intended by the task force," said Dale Kendel, chair, Vulnerable Persons Living with a Mental Disability Task Force. Manitobans are invited to apply until Sept. 30 at www.gov.mb.ca/fs/idia.html.

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Wetlands the answer to mitigating agricultural stressors, algal blooms; DUC programs

By Patricia Barrett

A few years ago, scientists were predicting that we had a window of roughly 50 years before unsustainably hot temperatures would start to kill off or make uninhabitable parts of our planet, but they're now saying we're practically there.

With the climate crisis causing severe and prolonged droughts in many regions of the world, including that recent three-year stretch in Manitoba that saw crops fail and a shortage of animal feed, the need for water and sustainable farming practices have never been more obvious.

As the planet grows hotter and hotter from the carbon we're pumping into the atmosphere, water — the resource that's vital to our survival — is either drying up at alarming rates or is continuing to be polluted by urban and rural wastewater, runoff from agricultural activities and industrial processes.

But there's a simple solution to preventing more pollution from entering waterways — wetlands. Not only do they suck up nutrients that cause damaging algal blooms, but they also process pesticides, store carbon and make water available in dry years. And there's a shift in thinking around wetlands underway, with agricultural producers looking at incorporating them into their operations.

Research scientist Pascal Badiou from Ducks Unlimited Canada (DUC) says the organization offers programs that pay landowners to retain or restore wetlands on their land. Draining a wetland to increase crop or hay land will often result in marginal land that's not "hugely economically viable." Because wetlands are typically low-lying areas, they could, in a wet year, drown a crop planted there.

"We know wetlands are important carbon sinks. They also tend to cool and humidify the atmosphere. Having wetlands embedded in the landscape helps avoid heat stress for crops and potentially for livestock. They're really good at capturing nutrients and processing pesticides," said Badiou. "If you can keep wetlands embedded in agricultural landscapes, you can actually mitigate a lot of the water quality issues that are often associated with agriculture."

Some of the latest research DUC has been involved with looks at marginal land, whether wetlands, patches of trees or shrubby areas embedded in agricultural land, and how "hugely important" it is for pollinating species.

"We think converting an entire landscape to a monoculture is most efficient in terms of farming, but it's



Research scientist Pascal Badiou from Ducks Unlimited Canada spoke at a Coalition to Save Lake Winnipeg meeting in 2019.

starting to appear that having natural landscapes embedded in cropland provides a whole bunch of benefits that help the landowner and society," said Badiou.

DUC was launched in 1938. It has conserved 711,744 acres and influenced conservation practices on more than 1.1 million acres in Manitoba. In 2021 DUC protected 12,171 acres of wetlands and natural habitat through partnerships with landowners. The organization receives contributions from the Manitoba Habitat Heritage Corporation's Conservation Trust, the federal department of Environment and Climate Change and private foundations to offer incentives to landowners. In 2021 DUC provided \$8.3 million to farmers and ranchers in Manitoba.

In addition to working with farmers, DUC has restored wetlands such as Oak Hammock Marsh east of Stonewall, coastal wetland on the east shore of Lake Manitoba near St. Laurent and Big Grass Marsh near Langruth on the west side of Lake Manitoba.

The proportion of wetland loss in Manitoba is regionally specific, but the range that's generally accepted is between 40 and 70 per cent, said Badiou. There are, however, "hotspots" of loss, such as south of Winnipeg to the U.S. border where "in excess of 95 per cent of the wetlands that once existed there have been drained and converted to cropland."

Some wetlands are protected under provincial legislation that was enacted about four years ago. The 2019 "Manitoba Wetland Classification



PHOTO BY DUCKS UNLIMITED CANADA

Ducks Unlimited Canada restored this wetland (shown here in early May 2020) near St. Laurent decades ago. Wetlands store carbon, which is causing global warming, store nutrients and process pesticides that otherwise pollute waterways and provide vital habitat to birds and insects.

Guide" by Native Plant Solutions (the consulting branch of DUC) was designed for landowners to help them understand what type of wetlands they have on their property.

Class 1 are ephemeral wetlands. Class 2 are temporary. Class 3 are seasonal. Class 4 are semi-permanent, and Class 5 are permanent. Landowners can apply for a drainage licence for Class 1 and 2 wetlands. Drainage of Class 3 wetlands will be considered under special circumstances. Class 4 and 5 wetlands cannot be drained.

Badiou said landowners typically like to drain smaller wetlands. But small wetlands are engaged in "heavy lifting" in terms of sequestering nutrients, breaking down pesticides, storing carbon and providing habitat to wildlife. Overall, wetlands help reduce the severity and intensity of blue-green algal blooms, which frequently appear on Lake Winnipeg and are currently taking down Lake Erie in Ontario.

Conserving or creating wetlands might come across as a foreign concept because historically farmers were encouraged by governments to convert everything to agricultural production. And that's become ingrained, he said. But we all have a footprint when it comes to water quality.

"Agricultural producers have an impact on water quality through non-point source pollution, but urbanites also have an impact on water quality through wastewater," said Badiou. "I think everyone needs to work together on this."

Part of that work is underway with upgrades to the North End Water Pollution Control Centre. The proj-

ect aims to reduce the amount of nutrients — which contribute to the growth of algae — entering rivers and Lake Winnipeg.

Last week federal, provincial and City of Winnipeg officials announced \$550 million in tri-level funding for the second phase of the three-phase project. Phase 2 entails upgrades to biosolids facilities, which will store and treat sludge that's produced in the process of treating wastewater. Phase 3 — which is not yet approved or funded according to the city's website — will entail the construction of nutrient removal facilities that will take phosphorus and nitrogen out of wastewater.

But wetlands, those "important pieces of landscape that retain nutrients," are part of the solution, said Badiou. Some jurisdictions, in fact, such as New York, are working with agricultural producers instead of building multi-million-dollar wastewater treatment plants.

"There are a lot of solutions we can explore on the agricultural landscape, and our farmers and producers are going to be instrumental to meeting objectives," said Badiou. "We cannot do it without them."

DUC works with landowners primarily in the prairie pothole region of western Manitoba, while the east and west Interlake watershed districts work with Interlake landowners.

But any landowner with questions about wetlands on their property, how they can better manage them or what types of programs are available can reach out to DUC's Brandon office at 204-285-9779 or by email at du_brandon@ducks.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

English throws the hammer at Canada Summer Games

By Ty Dilello

Stonewall's Natasha English recently competed in track and field at the 2022 Canada Games in Niagara, Ont. The 19-year-old participated in the women's hammer throw event, which took place on Aug. 16.

English has been interested in track and field since she was in Grade 5, trying various events. However, it wasn't until a couple of years ago that she began to get more involved in a more competitive setting doing sprinting and jump events.

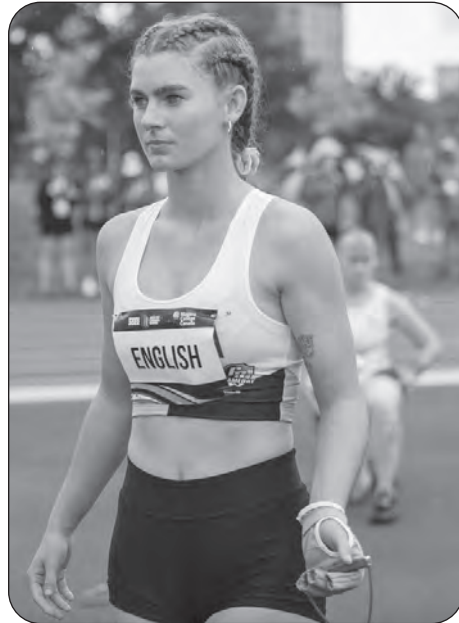
It was only this past summer that English decided to try hammer throw, and it clicked pretty fast for her, enough to participate at the Canada Games.

"I used to be a figure skater for around 13 years, so my skills from that definitely transferred over to help me with my technique," said English.

English was born and raised in Stonewall but moved to Arborg for high school to attend Arborg Collegiate for four years.

"I moved to Arborg because that's where my Nana and Afi lived. My grandparents were both very supportive and would drive me everywhere to get the most out of my track career, which led me to be able to pursue a track career at a much higher level. In addition, I benefited more being at a smaller high school because it gave me more opportunities to have more personal connections with coaches."

Last week, English was super excited to head to Niagara, Ont., to repre-



Natasha English

sent Manitoba at the Canada Games in the hammer throw event.

"It was amazing to be a part of such a positive environment and amazing to have awesome support from all of the athletes, coaches, volunteers and officials."

English was feeling good prior to the competition with her practice throws. But when the competition began, she could not connect with her first three throws because of weather conditions beyond her control. So, unfortunately, because of that, she didn't place in the event.

"However, I was still happy to support my Manitoba teammate Bailey Purse as she ended up placing in sixth,



EXPRESS PHOTO SUBMITTED

Stonewall's Natasha English has returned home after competing in the women's Hammer Throw event at the 2022 Canada Games in Niagara, Ont.

which is a huge accomplishment for her at this level of competition."

English is a member of the track and field program at the University of Manitoba. She has several goals in the future, including completing a science degree before transferring to Red River College to complete her schooling to become an X-ray technologist.

"My first year at university was

spent taking my prerequisites for the faculty of kinesiology, which helped me decide that I was more interested in biology-oriented classes, so I decided to have that as my primary focus these upcoming years. I also hope to continue as a Bison athlete for the remainder of my time at the University of Manitoba doing multi-events."

Manitoba captures 37 medals at 2022 Canada Summer Games

Submitted by Sport Manitoba

After two weeks of highly anticipated competition, Team Manitoba finished off the 2022 Canada Summer Games with 37 medals: 10 gold, 10 silver and 17 bronze.

On Sunday, two medals were added to the tally. The women's volleyball team will bring home the gold medal after defeating Alberta in the finals, and diver Adam Cohen won a bronze medal in the 1m springboard.

Recognizing all the challenges and barriers Team Manitoba athletes have had to overcome over the last few years, the team's leadership reflected positively on its performance over the two weeks, which included record-setting hauls from swimming, wrestling and athletics.

One major standout in athletics was

Madi Lawrence. Her perseverance and record-breaking performance earned her nomination and selection as flag bearer for the closing ceremony of the 2022 Canada Summer Games.

"Achievement was never as evident as it was with Madisson Lawrence's results out on track in week two. Madi exemplifies everything we want Team Toba athletes to be known for through her skill, determination and leadership characteristics, which is why we are so honoured to recognize her as our flag bearer," said chef de mission Drew Todd.

The 23-year-old from Winnipeg collected three medals at the Games, a silver in the high jump, where she tied her personal best and in the long

Continued on page 20



PHOTO SPORT MANITOBA/TEAM MANITOBA

Manitoba defeated Alberta to win the gold in women's indoor volleyball at the 2022 Canada Summer Games on Sunday.

> 37 MEDALS, FROM PG. 19

jump where she set a new personal best, and a gold in the heptathlon.

The heptathlon is an athletics competition where contestants take part in seven different track-and-field events in two days — the 100-metre hurdles, high jump, shot put, 200-m dash, long jump, javelin and 800-m run. With this win, she set a new Canada Games record with 5,655 points, breaking a 33-year-old Canada Games record by 222 points. And she set her own 177-point personal best. On top of that, she also set personal bests in the javelin and hurdles events.

“I am grateful for the opportunity to compete here and for the experience Canada Games has provided me,” said Lawrence. “The Games are a great chance to combine the spirit of various sports and display how much we truly love Manitoba. Everyone out here gave it their all and cheered on all the different teams and to me that is the definition of Games spirit and what Manitoba is all about. I have exceeded my expectations and am thrilled with the performances I and other teammates have put out this week.”

Lawrence set ambitious goals for her Games. She set out to improve in each of her events, see a couple of podium finishes and score as many points for Team Manitoba as possible. Not only did she follow through on each, she did so by carving her name in Canada Games history.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

Blue Jays advance to WSBL final

Staff

The Stonewall Blue Jays have earned a spot in the Winnipeg Senior Baseball League Pool A final series.

Stonewall swept the West Winnipeg A's in their best-of-three Winnipeg Senior Baseball League Pool A semifinal playoff series.

Stonewall won Game 1 by a score of 3-2 last Wednesday and then Game 2 was postponed on Thursday due to a rainout.

It was played Sunday and the Blue Jays won

6-5.

In the other Pool A best-of-three semifinal series, the Elmwood Giants and Carillon Sultans were tied at a win apiece.

Elmwood defeated Carillon 10-4 on Aug. 16 but the Sultans won the next night 7-6.

The best-of-five final will not be played until next week because the Giants are at nationals, beginning this Thursday.

The schedule for the final series had not been released at press time.

Impact hammers Hanover Strikers

Staff

The Interlake Impact blasted the Hanover Strikers 7-1 in Manitoba Major Soccer League 4th Division action last Thursday at the Ralph Cantafio Soccer Complex.

Stefan Schuler led Interlake with four goals while Kyle Reenders, Dean Dueck and Kyle Buhler also scored for the Impact.

Hanover's goal was tallied by Christos Stamatis.

With the lopsided win, Interlake remains in first place in the 10-team division with a 10-2-1 record and 31 points. They are six points in front of second-place Richmond United (8-4-1).

The Impact played the YFC Saints this past Tuesday but no score was available at press time. Interlake will then take on Richmond United next Tuesday at the Buhler Recreation Park. Game time is 6:30 p.m.

CROSSWORD

CLUES ACROSS

- One point north of due west
- Indigenous peoples of northern Scandinavia
- Popular California/Nevada lake
- Go quickly
- Fatty acid in soaps
- Brand of fuel stations
- State of fuss
- Romance novelist
- Members of a household
- Asserts to be the case
- Type of infection
- With metal inlays
- Chinese philosophic principle
- Early multimedia
- Employee stock ownership plan
- He investigated Clinton administration
- Shells
- Six
- Snakelike fish
- Capital of Kenya
- Influential group (abbr.)
- Used to chop
- It comes as a case
- Challenges
- Small amounts
- The Golden State
- Peyton's little brother
- For walking in Alaska
- Buddhist honorific titles
- Lively ballroom dance
- Capital of Albania
- Late night host
- Draw from
- A way to utilise
- One who is not native Hawaiian
- A power to perceive
- Bulky
- Horse mackerels
- Proclaim out loud

CLUES DOWN

- Hits
- Bathroom accessory
- Young
- Beef cattles

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15					16				
17			18				19					
20			21			22						
23					24	25					26	27
28					29			30				
31	32				33		34	35	36		37	
38				39	40					41		
42				43				44	45			
46		47	48			49		50				
51				52	53	54		55			56	57
58								59				
60	61						62	63			64	
65						66					67	
68						69					70	

- It's often in soap
- For each
- Innermost membrane enveloping the brain
- A way to leave
- Emaciation
- Punish with a fine
- Steeds
- Having eight
- Greek goddess of the dawn
- Mature reproductive cells
- Armadillo species
- Ancient country in what is now Romania
- Extreme greed
- Stars
- Poems
- Places to sit
- One from the Lone Star State
- Small rails
- One quintillion bytes (abbr.)
- Where coaches work
- Indicates position
- Mammals
- Resembling a wing
- Beliefs
- Hindu male religious teachers
- Mischievously
- Where athletes want to end up (abbr.)
- Large, deep-bodied fish
- Horned squash bug genus
- Excessively sentimental
- Shared verbally
- You can put it on toast
- Data mining methodology (abbr.)
- Resinlike substance secreted by certain insects
- Mauna __, Hawaiian volcano

get inspired

> MEAL IDEAS



Sweet and Spicy Bratwurst Subs

root
 2 tablespoons white vinegar
 1/2 teaspoon kosher salt
 1/4 teaspoon minced garlic
 Spicy Sesame Mayonnaise:
 1/3 cup mayonnaise
 1 tablespoon sriracha
 1 1/2 teaspoons sesame oil
 1 1/2 teaspoons seasoned rice wine vinegar

8 bratwursts (4 ounces each)
 8 hoagie rolls (6 inches), split

To make kimchi: Place cabbage in microwaveable bowl. Add water. Cover and microwave on high 2 minutes, or until tender-crisp. Rinse with cold water and drain well.

In large bowl, mix vinegar, gochujang, fish sauce, garlic and ginger. Add steamed cabbage, daikon, carrot and onion; toss to coat. Cover and chill.

To make mango slaw: Mix cabbage, mango, carrot, onion, red bell pepper, cilantro, ginger, vinegar, salt and garlic. Cover and chill.

To make spicy sesame mayonnaise: Mix mayonnaise, sriracha, sesame oil and vinegar until well blended. Cover and chill.

Heat grill to medium and lightly oil grill rack. Grill bratwursts 8 minutes, or until internal temperature reaches 155 F. Spread mayonnaise on rolls. Place grilled bratwurst on rolls and top with kimchi and slaw.

Recipe courtesy of Aramark
 Servings: 8
 Kimchi:
 1 1/2 cups green cabbage, cut into thick strips
 1/4 cup water
 4 teaspoons white vinegar
 1 tablespoon gochujang paste
 2 teaspoons fish sauce
 1/2 teaspoon minced garlic
 1/2 teaspoon minced, peeled ginger root

1/2 cup daikon radish strips
 1/4 cup shredded, peeled carrot
 1/4 cup sliced green onion

Mango Slaw:
 2 cups shredded green cabbage
 1/3 cup diced mango chunks, thawed from frozen
 1/4 cup shredded, peeled carrot
 1/4 cup sliced green onion
 1/4 cup red bell pepper, cut into thin strips
 2 tablespoons chopped fresh cilantro
 2 tablespoons minced, peeled ginger



Sweet Heat Foil Packets

On half of each foil square, evenly layer butter, onions, potatoes, carrots, red bell peppers, chicken, shrimp, seasoning, pineapple, sausage, corn cobs and green onions.

Fold foil in half over filling. Fold edges of foil tightly toward filling to seal packets. Place packets on baking sheet.

Grill 15 minutes with lid closed until chicken and shrimp are cooked through. Season to taste with salt and pepper.

Recipe courtesy of Aramark
 Servings: 8
 1/2 cup cold butter, diced
 1 cup diced yellow onion
 1 cup diced, peeled potatoes
 1 cup diced, peeled carrots
 1 cup diced red bell pepper
 2 cups diced skinless, boneless chicken breast
 16 extra-large shrimp, peeled, deveined and tails removed
 8 teaspoons Cajun seasoning
 1 cup diced pineapple
 1 cup andouille sausage, cut in half and sliced
 8 frozen mini corn cobs, cut in half (16 pieces)
 1 cup sliced green onion
 salt, to taste
 pepper, to taste
 Heat grill to medium. Place eight 18-by-18-inch squares heavy-duty aluminum foil on work surface.

Orange Oatmeal



Servings: 4
 1 1/2 cups water
 1 cup Florida Orange Juice
 1 cup quick cooking steel-cut oats
 1 Florida Orange, peeled and diced
 1 tablespoon agave nectar or honey
 1/4 teaspoon cinnamon
 1/4 teaspoon salt

In medium saucepan over high heat, bring water and orange juice to boil. Add oats to boiling liquids.

Return to boil then reduce to medium heat and cook uncovered 5 minutes, stirring frequently. Mix in orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.

Orangeberry Smoothie

Servings: 1
 1 cup Florida Orange Juice
 1/2 cup frozen strawberries
 4 ounces strawberry Greek yogurt
 1/4 cup milk
 ice cubes
 1 Florida Orange, sliced

In blender, blend orange juice, strawberries, yogurt, milk and ice, as needed to reach desired consistency, until smooth.

Pour into glass and garnish with orange slice.

Effects of tone of voice



Submitted

"10% of conflicts are due to a difference of opinion. 90% are due to the wrong tone of voice."

Author unknown

There is more to spoken messages than the words we say. Tone of voice is just as important as the content of the message. Voice tone can communicate love, caring, respect and gentleness.

It can also convey disrespect, dishonoring, hostility or indifference. It can render an otherwise benign message threatening or abusive. The voice transmits energy, and can hit another like a warm, welcome Chinook, or like an icy Arctic blast.

This energy affects the recipient on many levels, and can trigger a variety of different feelings. Maybe you did not mean to say it that way, and you did not intend to offend, but, unfortunately, the damage is done.

It is a little like hitting someone, and then trying to erase their emotional response. Because it is 'just words', the speaker often feels he or she has not done anything 'that bad'.

If there is a solid, loving relationship, often mutual understanding and forgiveness allows for some lapses. However, sometimes between partners, parents and children, or siblings, a disrespectful tone of voice becomes the norm in communication.

Some are not aware of their tone, and others think that a harsh tone makes them more powerful. Unbelievably, I still have clients reporting that they get yelled at in the workplace. Being a boss or supervisor

does not mean you can treat employees like they are children, and you are the authoritarian father or mother.

When this sort of thing happens at work, it reflects on the one yelling. They are showing that they have not developed the professional skills to handle problems that arise. This behavior is mean and bullying, and shows the person has no control over emotions. No one deserves to be yelled at on the job. Period.

The same can be said of yellors at home. Some may think that in their own home they can do as they want. I suppose that is true. Does that mean those close to us deserve less respect than others?

Of course I understand parental frustration. But if a parent is at the point of yelling they are likely angry and may say things that the child will remember forever. If children are yelled at throughout the years, is it surprising that they become teens who yell at their parents?

Clear rules and consistent implementation of consequences can modify most behaviors. Handling situations in a calm, but determined, manner garners respect from children and employees.

If we find ourselves saying, "How many times do I have to tell you?" it shows that "telling" (or yelling) without proper instruction, working out a plan to carry out expectations, and consistent consequences is not working. A negative tone will not help any situation, while a calm respectful tone just might.

Think about whether the energy you put out to others is like that warm chinook, or more like an arctic blast. Which kind of energy to prefer to receive?

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

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SCRAP METAL
BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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

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

PROPERTY MANAGEMENT
Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.


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

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

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

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

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



Municipality of Bifrost-Riverton NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:
September 14th, 15th, 16th, 19th, and 20th, 2022
between the hours of **8:30 & 12:00 PM**, and **1:00 & 4:30 PM**, at the Municipality Office, 329 River Road, I will receive nominations for the office of **Reeve** and **Six Councillors** of the aforesaid Local Authority.

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

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

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

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

Dated at Arborg this 25th day of August, 2022

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



Help Wanted

Full - Part Time Positions

Cashier, cash out & closing procedures and deposits, customer service, stock shelves willing to work weekdays and weekends (typically, every 2nd weekend)

Able to work independently and as a team

****Must have a valid driver's license****

What we offer:
Health/Dental Benefits
Friendly work environment

Please drop off resume in person to:
Roger or Barb
75 Centre St. Gimli, MB

Eddie's Gravel Supply Ltd. is Hiring

RED SEAL MECHANIC

Truck/Trailer/Equipment Repair
Competitive Wages, Benefits
Experience required
204-389-2023
info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 TRUCK DRIVERS WANTED!

Competitive Wages, Health Benefits, Lift 50lbs
Experience an asset
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

EMPLOYMENT OPPORTUNITY

Arborg Play Group Inc

Invites applications for the following positions

Child Care Assistant
Hours: Full time - 40 hours per week
Will be responsible for the daily preparation of snack and lunch routines, providing care and guidance to infant and preschool children.

Child Care Assistant
Hours: Part time -15 hours per week 10:30 AM-1:30 PM
Assist Early Childhood Educators in providing care and guidance to infant and preschool children.

Skills

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

Requirements

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

We Provide

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

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



NOTICE OF NOMINATIONS

Lakeshore School Division

NOTICE IS HEREBY GIVEN that on the following days:
September 14th, 15th, 16th, 19th & 20th, 2022 between the hours of 9:00 am - 4:30 pm at the Lakeshore School Division Office 23-Second Ave, Eriksdale, MB ROC OWO in person nominations will be received. Email nominations will be received from September 14th-20th, 2022 to brandara@lakeshoresd.mb.ca

I will receive nominations for the office of School Trustee as follows:

- 1 - Trustee for Ward 1 - Lunder Area
- 1 - Trustee for Ward 2 - Eriksdale/Mulvihill Area
- 1 - Trustee for Ward 3 - Ashern/Vogar Area
- 1 - Trustee for Ward 4 - Moosehorn/Grahamdale/Hilbre/Steep Rock Area
- 2 - Trustees for Ward 5 - Fisher Branch/Hodgson/Poplarfield/Chatfield Area
- 1 - Trustee for Ward 6 - Inwood Area

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

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

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

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

Lakeshore School Division: Arlene Brandson Darknell, Senior Election Official
Contact (204) 739-2101 ext: 1255 email: brandara@lakeshoresd.mb.ca
Dated at Eriksdale in the Province of Manitoba, this 24th day of August 2022.

Aspen Park Condo Corporation

Employment Opportunity

Office Manager

Closing Date: August 26, 2022

This is a permanent Part-time position providing support to the Board of Directors and responsible for administrative office functions such as book keeping (accounts payable, receivable, payroll, budgets, month end reporting, reconciliations, etc) and written correspondence, minutes and newsletters.

Candidates must have previous office experience with knowledge of Quickbooks and Microsoft Office.

Must have ability to work independently, customer service experience and have good communication skills (written and oral). Experience working with a Board of Directors would be an asset.

Those interested may send their applications to:

Winnipeg Condo Corp 208, Box 3577, Gimli, MB R0C 1B1 or fax to 204 642-1243 or e-mail to Nead1@mymts.net

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-642-4799.

WANTED

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

WANTED: Old advertising dealership signs, gas pumps, globes, pop machines, light ups. White Rose, Red Indian, Buffalo, North Star, Case Eagles. etc. Collector paying TOP PRICES. 306-221-5908.

UPCOMING EVENTS

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

DUNREA FLEA MARKET - Rain or Shine! Antiques, collectibles and more! Over 100 vendors. Admission \$5. 11 a.m. - 4 p.m., Sunday, September 4, 2022. Fairgrounds in Boissevain, MB.

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

THE EXPRESS WEEKLY NEWS
204-467-5836

NOTICES

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

PLANNING PROGRAM REGISTRATIONS OR ENROLLMENT FOR FALL? Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

MANITOBA FORAGE SEED ASSOCIATION

Administrative Manager - The Manitoba Forage Seed Association Inc is seeking a part-time Administrative Manager based out of Arborg, MB. Reporting to the Board of Directors, this individual will be responsible for managing all administrative duties of the association. Qualified candidate should have office experience, proficient computer skills, excellent communication skills & knowledge of QuickBooks. Individual will also be responsible for applying and administering various government grants. The ability to work independently is essential.

For full job description, please visit www.forageseed.net/job. Please send your resume and cover letter to hmcbeey@forageseed.net
Closing date is September 23, 2022



RURAL MUNICIPALITY OF COLDWELL NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:
September 14- 20, 2022

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

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

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

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

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

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

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

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

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

HARVEST HELP WANTED

Grain cart operator & tandem truck driver required in Teulon area



Salary: \$35/hr Call 204-886-7024



WE ARE HIRING

Romafa, a manufacturer of stainless steel agricultural parts is hiring. Romafa is a workplace that values family, relationships and people. We put great effort into maintaining a positive workplace environment.

We are looking to fill the positions of:

DRAFTS PERSON

- Training is available however a working knowledge of SolidWorks is preferred.

CUSTOMER SUPPORT PERSON

- Applicant should have good communications skills.
- Prior experience in farming especially the functions of an air cart.
If interested please drop off your resume in person at Romafa. We look forward to meeting you. We are located 8 miles north of Arborg along the PR326.

www.Romafa.com 204-364-2244



Town of Arborg NOTICE OF NOMINATIONS

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

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

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

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

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

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

Dated at Arborg this 25th day of August, 2022

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

ECE EMPLOYMENT

ECE childcare Educator for the Arborg School Age Child Care Co-op,
casual position, based out of the Arborg Elementary school.

Energetic, able to plan activities for multiple ages of children must have up to date first aid course, criminal and child abuse record checks competitive wages

Applicants to respond to Stephanie arborgschoolage@yahoo.ca

RIVERDALE PLACE WORKSHOP INC.

requires a

RECYCLING ASSISTANT SUPERVISOR

to assist with sorting recycling and to help with supervising the participants.

Job position: Mon., Tues., Weds, Thurs & Fri
8:45am to 3:45pm.

Benefits and pension plan provided.
A Criminal Record Check and Adult Abuse Check required.

Job description available at the workshop.
Please drop off resume or send to:

Alex Janower, Manager
Riverdale Place Workshop Inc.
Box 609 Arborg, MB ROC 0A0
Telephone: 204-376-5584
Fax: 204-376-5584
email: riverdalew@mymts.net

Classifieds



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Rural Municipality of
FISHER

Box 280, Fisher Branch, MB, R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

PUBLIC NOTICE

BOARD OF REVISION

Public Notice is hereby given that the 2023 Assessment Roll for the Rural Municipality of Fisher has been delivered to the Municipal Office at 30 Tache Street, Fisher Branch, Manitoba and is open for public inspection during regular business hours (8:30 a.m. – 4:30 p.m.) Applications for revision may be made in accordance with sections 42 and 43 of *The Municipal Assessment Act*.

APPLICATION FOR REVISION

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

- Liability to taxation;
- Amount of an assessed value;
- Classification of property; or
- A refusal by an assessor to amend the assessment roll under sub-section 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- Be made in writing;
- Set out the roll number and legal description of the assessable property for which a revision is sought;
- State the grounds on which the application is based; and
- Be filed by
 - delivering it or causing it to be delivered to the office of the Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated below.

The Board of Revision will sit on **Wednesday, October 12, 2022** at 10:00 a.m. in the Ukrainian National Home, 33 Provencher Street, Fisher Branch, Manitoba to hear applications to revise the 2023 Assessment roll and to revise 2022 assessment changes relating to Sections 300(6) and 326 of The Municipal Act.

The final date on which applications must be received by the Secretary of the Board is **Monday, September 26, 2022**.

Dated this 17th day of August, 2022

Kelly Marykuca – Secretary
Board of Revision
Rural Municipality of Fisher
Box 280 Fisher Branch, MB R0C 0Z0
Phone: (204) 372-6393 Ext. 4 Fax: 372-8470

FIND THE RIGHT PERSON FOR THE POSITION with an **EMPLOYMENT/ CAREERS AD** in



Call 467-5836 or Email classifieds@expressweeklynews.ca



RURAL MUNICIPALITY OF GIMLI NOTICE TO PROPERTY OWNERS in the Gimli town site, South Beach, & Loni Beach

TAKE NOTICE THAT starting September 12, 2022 all elm trees in these areas on both public and private property will be treated by basal spraying to assist in the prevention of the spread of Dutch Elm Disease.

Any residents not requiring treatment of their trees are to advise the Municipality before September 2, 2022 at 9:00am (204)642-6650.

Dated at Gimli this 15th day of August, 2022.

Kelly Cosgrove
CAO
Rural Municipality of Gimli



RURAL MUNICIPALITY OF GIMLI APPLICATION TO VOTE BY SEALED ENVELOPE

Date of Election – October 26th, 2022

If you cannot attend the Election in person and wish to vote by sealed envelope, please mail or email this request (email will be the quickest method) to:

Robert Potter, Senior Election Official (SEO)
RM of Gimli, P.O Box 1246, 62 2nd Ave, Gimli MB R0C 1B0
Phone – 204-642-6650 / 204-461-1664 cell

Email: elections@rmgimli.com

THE REQUEST TO VOTE BY SEALED ENVELOPE MUST BE RECEIVED BY THE SEO ON OR BEFORE OCTOBER 23rd 2022.

- A ballot package will be mailed to you with instructions. If your application is received less than 12 days before the election, you may make arrangements to have the ballot delivered to you.
- If you apply in person, a ballot package will be given to you at that time.
- Please mark your ballot and return it promptly to ensure the deadline is met.
- Ballots received after 8:00 p.m. on Election Day will not be accepted.

To qualify to vote, you must be:

- A Canadian citizen
- 18 years of age on election day
- A resident or owner of land in the RM of Gimli for at least six (6) months (April 26, 2022) on Election Day

Important If applying in writing, you must enclose photocopies of ID (an official document issued by the Federal, Provincial or municipal government that contains your name, address and photograph).

I am unable to attend the regular advance voting to cast my ballot(s) for the 2022 General Election. I therefore request that a ballot package be sent to the address below.

Name: _____

Mailing Address: _____

Phone No: _____

Declaration: I am qualified to vote in this Election as I am a Canadian citizen, at least 18 years of age on the day of the Election, and have been either a resident or owner of the following lands in the RM of Gimli (_____) for at least six (6) months on the day of the Election. I am unable to go in person to a voting station on the day of the Election or on advance voting days. I have not otherwise already voted in this Election.

Signature: _____

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RECYCLING NOTICE FOR SEPTEMBER/2022

Riverdale Place Workshop Inc. **will not** be picking up recycling on the **below mentioned dates**

Thurs. Sept. 1/2022 at Riverton curbside pickup

Mon. Sept.12/2022 at Riverton business places

Tues. Sept. 13 at Arborg curbside pickup

Weds. Sept. 14 at Arborg business places

Thurs. Sept. 15 at Riverton curbside pickup

Mon. Sept.26 at Riverton business places

Tues. Sept. 27 at Arborg curbside pickup

Weds. Sept.28 at Arborg business places

Thurs. Sept.29 at Riverton curbside pickup

The workshop will be closed on Monday, September 5.

Please rinse your containers
Thank You for recycling



Municipality of Bifrost-Riverton
TENDER

The Municipality of Bifrost-Riverton invites tenders for the following: **Construction of a 910 Sq. Ft. new addition for the Riverton Transportation and Heritage Centre (RTHC) located in Riverton, MB.**


Tender documents are available from the Municipal Office. Sealed and clearly marked submissions will be accepted by the undersigned until 12:00 p.m. on September 7, 2022. The Municipality reserves the right to reject any or all bids, waive irregularities and informalities therein, and award the tender in the best interest of the Municipality in its sole discretion.

All inquiries related to the above tenders should be directed to Jason Comeau at 204.641.2167.

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RURAL MUNICIPALITY OF GIMLI
NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

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

Between the hours of 9:00 a.m. and 4:00 p.m. at the following location:
 RM of Gimli Offices
 62 2nd Avenue Gimli, Manitoba

I shall receive nominations for the offices of:
 Mayor
 Four (4) Councillors

Of the aforesaid Local Authority.

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

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

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

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

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

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

Robert J Potter, SEO
 RM of Gimli




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Phone: 204-739-2100 Fax: 204-739-2145
Email: nikkeld@lakeshoresd.mb.ca

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



PUBLIC NOTICE
Notice of Voters List and Personal Security Protection
EVERGREEN SCHOOL DIVISION

Notice is hereby given that a copy of the VOTERS LIST for the Evergreen School Board Election may be revised at the office of the Evergreen School Division at 140 Centre Avenue West, Gimli, MB, during business hours from **8:30 am to 4:30 pm, Monday to Friday until September 20, 2022.**

The Senior Election Official (SEO), will be available to update the voters list by:

- Adding the names of voters who are entitled to have their names on the list;
- Deleting the names of persons who are not entitled to have their names on the list; and
- Making such other correction of errors to the list as required.

VOTER ELIGIBILITY

A person is eligible to have their name added to the Voters List if they are:

- A Canadian citizen and at least 18 years of age on election day; and
- A resident of a ward within the Division for at least six (6) months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address or email below) no later than **September 20th, 2022**, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address, and include proof of identity.

All changes to the voters list must be completed on or before September 20, 2022, in preparation for the School Board election to be held on Wednesday, October 26, 2022.

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

Dated at Gimli on August 24th, 2022

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IN MEMORIAM



William (Craig) Pottinger
 May 10, 1956 – August 27, 2021
 Heaven may be far away
 But we know you're here with us every day.
 -Your loving wife Barb,
 Peter, Tara, Tracy, Jen
 And families

 You're still so alive in our hearts
 That sometimes we forget you are now in
 Heaven.
 We miss you Papa Craig.
 - Love your grandkids,
 Stephanie and Chad, Aubrey, Tyler and Logan,
 Makayla,
 Jessica, Jordyn, Ernest, Shawndrye,
 Deshawn, Tristen and Jordan

IN MEMORIAM



Charles Peiluck
 Passed away August 28, 2017
 Life is a memory what he had to go through in
 his last five months.
 -Remembered by
 twin brother Davy

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Town of Arborg PUBLIC NOTICE - BOARD OF REVISION

Public Notice is hereby given that the **2023 Assessment Roll** for the Town of Arborg has been delivered to the Municipal Office at 337 River Road, Arborg, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of *The Assessment Act*.

APPLICATION FOR REVISION 42(1)

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

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

APPLICATION REQUIREMENTS 43(1)

An application for revision must:

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

The Board of Revision will sit to hear applications on **Wednesday, September 14th, 2022 at 10:00 AM** in the Town of Arborg Council Chamber, 337 River Road.

The final date on which applications must be received by the Secretary of the Board is **Monday, August 29th, 2022**.

Dated at Arborg, in Manitoba, this 8th day of August, 2022.

Cindy Stansell, Secretary
 Board of Revision
 Town of Arborg
 Box 159 – 337 River Road
 Arborg, MB R0C 0A0

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Notice of Nominations Evergreen School Division

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

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

September 14, 15, 16, 19 and 20th 2022
NOMINATIONS FOR THE FOLLOWING POSITIONS

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

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

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

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

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

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

Dated at Gimli on August 24th, 2022

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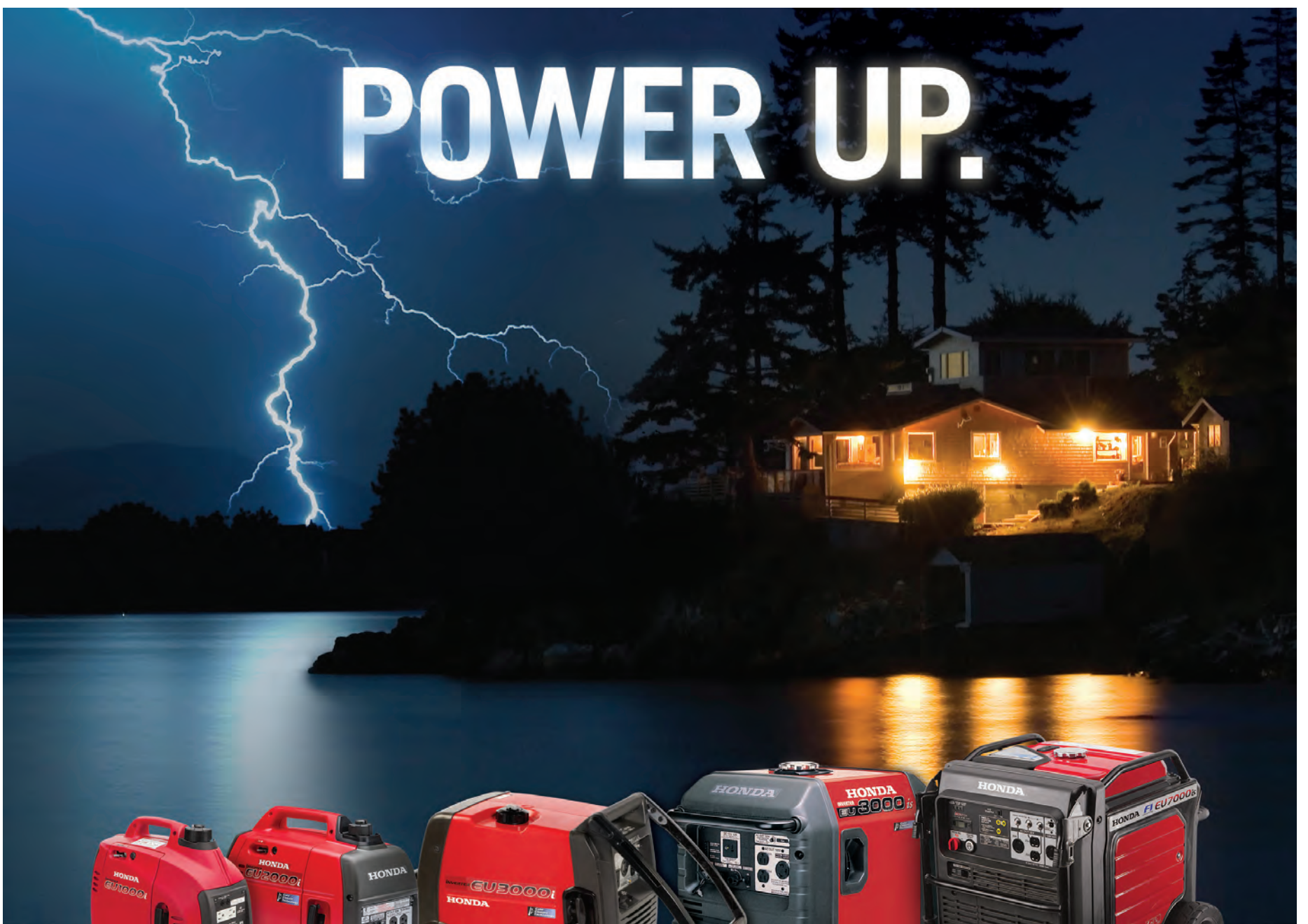
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