



THE EXPRESS

WEEKLY NEWS

www.expressweeklynews.ca

VOLUME 10 EDITION 36 THURSDAY, SEPTEMBER 7, 2023

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



Shachtay's Sales and Service

(Proud to be a sponsor)
 Stop in and visit us



5 acres of outdoor exhibition space and 60,000 sq. ft. of indoor exhibitor space
 Saturday, Sept. 9 10 a.m. - 6 p.m.
 Sunday, Sept. 10 10 a.m. - 4 p.m.

Arborg Bifrost Community Centre



SHACHTAY SALES & SERVICE LTD.
 ARBORG, MB

204-376-5233



EXPRESS PHOTO BY CHRISTY BROWN

A heat warning was in place for last Saturday and Sunday, attracting people to Gimli beach with soaring hot temperatures reaching 35 degrees C. The first long weekend of September marks the end of the summer tourist season in Manitoba. Pictured, left to right, Dylynn, Nash, Morgan, Emmett, Chase, Ethan and Joey.

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD

RE-ELECT

DEREK JOHNSON

FIGHTING FOR INTERLAKE-GIMLI



AUTHORIZED BY THE OFFICIAL AGENT FOR DEREK JOHNSON.

PC Campaign Office
 68-1st Ave. Gimli Phone: 204-671-3584



Sisters of the Holy Rock to rock Gimli

By Patricia Barrett

The Sisters of the Holy Rock will be bringing their high energy musical performance to Gimli in a few weeks to help the Gimli District Health Auxiliary raise money for the community's health needs.

Gimli District Health Auxiliary president Elaine Thompson said the auxiliary is celebrating its 55th Anniversary this year and continues to raise funds for the comfort and wellbeing of patients at the Gimli hospital. The Sisters of the Holy Rock concert will contribute to the auxiliary's mission to support patient care.

"We are currently selling tickets for a Heather Lair quilted tapestry and the Sisters of the Holy Rock concert," said Thompson. "Like many organizations, we are trying to find ways to fundraise and continue our good work."

Each year the auxiliary reaches out to the Gimli hospital to see what it can

do to support its operation, compiling a "wish list" of items.

"We approach each of the medical departments at the Gimli hospital and ask them what supplies they would like us to purchase on their behalf," said Thompson. "Since 2008 we have donated more than \$240,000 to the Health Centre."

Those funds have benefitted acute care, palliative care, dialysis, chemotherapy, emergency medical service, physiotherapy and occupational therapy, diagnostic services, public health, home care, mental health, the Families First home visiting program, Camp Stepping Stones, the healing garden, the Seniors Resource Council and the adult day program.

The Sisters of the Holy Rock are a Winnipeg-based, not-for-profit entertainment group consisting of amateur musicians who dress in black and white nun-like habits. The group formed in 1992 after its founder was



EXPRESS PHOTO COURTESY OF SISTERS OF THE HOLY ROCK

The Sisters of the Holy Rock will be rocking Gimli on Sept. 24 to help the Gimli District Health Auxiliary raise funds for patient care.

inspired by the movie *Sister Act* starring Whoopi Goldberg. The group helps community organizations fundraise by putting on performances that have been described as serious, silly, holy and hilarious. Having performed over 500 concerts, the sisters

have helped organizations raise over \$3.5 million.

To help raise additional funds for patient care, health auxiliary volunteers run the gift shop at the Gimli

Continued on page 5

HYBRID FALL RYE

Manage Your Harvest Time

KWS TREBIANO

Best ergot resistance available
Excellent standability
Best in grain quality

KWS BONO

Market-leading yields
Short stature, easy to harvest
Good grain quality for all markets



VISIT HYBRIDFALLRYE.CA/2023

KWS



Baker Law CORPORATION

Providing full time legal service to families and small businesses in Gimli and the Interlake.

If you are buying or selling real estate now or in the near future, call us to discuss the important legal issues that you will need to know about. Call us for more information and to find out how we can help you. *We are here when you need us.*

Grant D. Baker
Barrister, Solicitor and Notary

Our office is open 9-5 Mon to Fri
72 Centre Street, Gimli, MB
204-642-8681 or
1-866-487-5688



Free outdoor entertainment



EXPRESS PHOTO BY DAVE JOHNSON

Fubuki Daiko performed two sets of raw musical energy on the Winnipeg Beach free bandstand Friday night. The weather was perfect and there were pelicans and geese flying over the lake behind the stage. Taiko (Japanese drumming) has been used for many reasons, including to ward off pests in the fields at harvest time. The drumming always draws the youngsters to dance, from those in diapers to school age.

Interlake art journey



EXPRESS PHOTO BY LANA MEIER

Fused glass artist Pat Tymkiw welcomed guests to her studio in Sandy Hook as part of the WAVE artist's studio tour Sept. 2-3. Tymkiw is proud of her Ukrainian heritage and incorporates bright reds and yellows into her designs that can be seen in her plates, bowls and decorations.

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA. RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE. AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.



LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402



QUARRY PHYSIOTHERAPY

AN inMotion CLINIC

Gimli
204-642-5353

Arborg
204-376-2406



DON'T BE SHY, SCAN THE CODE TO LEARN MORE

Pelvic Floor Therapy

- Pelvic pain
- Urinary & fecal incontinence
- Urine retention
- Pre and post surgical training of the pelvic floor
- Post partum/post menopausal changes
- Coccydynia
- Prolapse of the pelvic organs (uterus, bladder, rectum)
- Sexual dysfunction
- Various prostrate conditions

- ONLINE BOOKING AVAILABLE
- DIRECT BILLING TO MOST INSURERS

- CONVENIENTLY OPEN MON-SAT
- EXPERIENCED, FRIENDLY STAFF

Keeping the Interlake inMotion since 1994

inmotionnetwork.ca

ELECT
SARAH
PINSENT-
BARDARSON
For Interlake-Gimli



IT'S TIME FOR CHANGE.
• Stop the cuts and fix health care • Invest in schools • Make life affordable for families



sarahbardarson.ca
204-960-8378



Authorized by the Official Agent

Vote for BETTER HEALTH CARE

Flooded Armstrong cattle producers continue to be ignored

By Patricia Barrett

Armstrong cattle producers who've been trying for decades to get the provincial government to fix its drainage infrastructure and get the municipality to address flooding over one of its roads have once again had their pleas for help ignored.

Evita Kalski said her family cattle farm has been flooding since the 1960s after the provincial government built the Fish Lake Drain, a major drain that carries water east to Lake Winnipeg. The drain has rendered acres of her family's land unusable. In 2021 she estimated that they lost 70 per cent of their land.

The Kalskis, like many agricultural producers in the Interlake experiencing flooding from provincially owned drainage infrastructure, have been burdened with flooding for decades while the province and municipality argue about whose responsibility it is to solve the issues.

The Rural Municipality of Armstrong has not yet addressed the water that comes over its municipal road and floods the Kalskis' land, said Evita Kalski.

She said she recently contacted the province and spoke with two drain-

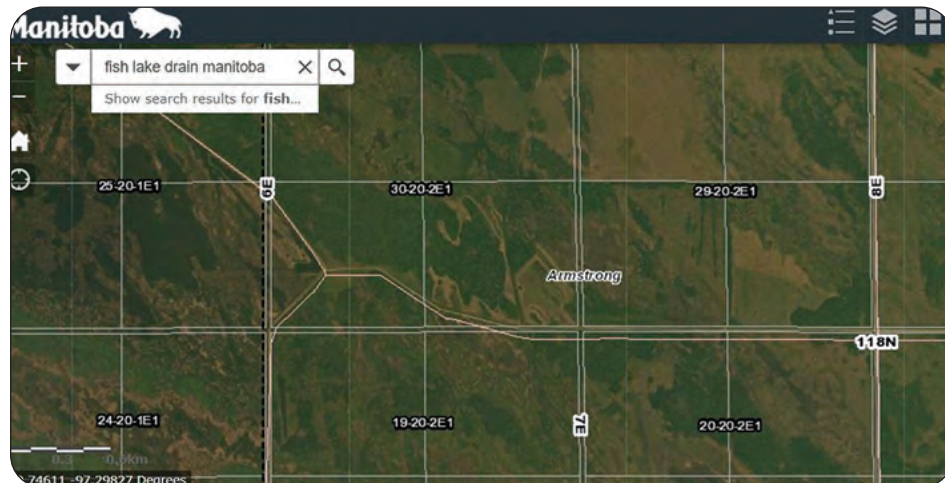
age officers. One of the officers told her he was busy elsewhere but would get back to her. She also met with municipal council in June to ask it to consider building a ditch on the south side of Road 118 to alleviate the flooding of her land.

"They have not done one iota of anything to address the flooding," said Kalski. "For the last four weekends, every time I go down road 118, the Fish Lake Drain is right up to the top of the road. It's soaking into the gravel. With a bit of wind or rain, it will come across the road."

Kalski said it's been a relatively dry year, but despite that the water in the provincial drain is "never low enough" to funnel away water from other drains that connect to it.

The federal government's July 31 Canadian Drought Monitor shows the Interlake experiencing a moderate drought, with much of southern and central Manitoba in either a moderate or severe drought.

"I can see how this could happen during wet years when we have water everywhere, running all over the place," said Kalski. "But there's not that much water this year. Some of the dugouts are dry."



MANITOBA AGRIMAPS

Evita Kalski and her family own land around municipal Road 118 in the RM of Armstrong. The provincial government's Fish Lake Drain, shown on the map running east-west along 118, has been flooding their land since the 1960s when it was built. In addition to flooded agricultural land, the drain causes water to flow over a municipally owned road.

Kalski said she asked council at its June 13 meeting for some idea of what it's "going to do about the water" coming over its road, which can lead to the deterioration of the road, but council would not give her an answer.

"I gave them the whole spiel again about what's happening to us. I said on Road 118, the north side is the Fish Lake Drain. On the south side of the

road there's nothing; there isn't even a ditch beside the road. The water just runs right onto our land, our pasture-land" she said. "I asked council, 'Is there any way you can put in a ditch on the south side of the road and give the water a little more space to run somewhere?' The answer I got from

Continued on page 7

SELKIRK MEADOWS OPEN HOUSE

Come see Selkirk's newest rental Apartments and Townhomes, with on-site management & maintenance, and our Client Service team available 24/7!



SHOW SUITE NOW OPEN

SEPT
Friday
8
3pm - 6pm

SEPT
Saturday
9
10am - 4pm

1-866-736-8515 | broadstreet.ca

B BROADSTREET
PROPERTIES LTD.

Arborg stepping up to support the Terry Fox Foundation

Grand prize guaranteed to provide relaxation

By Patricia Barrett

With a reputation for being dedicated supporters of cancer research, Arborg's Terry Fox Committee is once again holding a fundraiser to support the Terry Fox Foundation.

Donna Gislason, chair of the committee, has been involved in the fundraising event for over a decade. She said that although this year's event doesn't involve a run, the committee still wants to help fundraise to support cancer research and patient support.

"We'll be outside the Interlake Co-op grocery store on Sept. 15 all day," said Gislason. "We're having a barbecue, selling Terry Fox T-shirts, taking donations for the foundation and selling tickets for a raffle."

Terry Fox launched a Marathon of Hope in 1980, undertaking a cross-Canada run to raise money for cancer research after he was diagnosed with the disease and had part of his leg amputated when he was 18. Fox began his run in Newfoundland and Labrador in April, but by September cancer had spread to his lungs and he was forced to stop near Thunder Bay. He ran 5,373 kilometres. He died in 1981 at the age of 22. Typically, over 650 communities across Canada help raise funds for cancer research each year by taking part in the run. This



People can visit the Terry Fox Foundation online and make a donation towards the Arborg fundraising event.

year's national run takes place on Sept. 17.

Prior to the Terry Fox fundraiser, Gislason said she'll be at the Arborg Interlake Outdoors Show (on Saturday, Sept. 9) to sell T-shirts and collect donations for the foundation.

"If people can't come to our event on Sept. 15, they can come to the Interlake Outdoors Show the weekend before and buy a T-shirt, make a donation and buy raffle tickets," said Gislason.

The raffle has a prize worth about \$500, said Gislason. She and her husband made two Adirondack chairs and are throwing in other goodies. "Our two homemade Adirondack chairs come with matching cushions and a pitcher with glasses. We also have two bottles of wine and some wineglasses," she said.

Last year Arborg and surrounding



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Participants from Arborg and surrounding communities, organizing committee members and volunteers are shown in 2017 at Arborg's 37th Annual Terry Fox Run. Over 25 years (up to 2017), Arborg's events have raised \$200,000 for cancer research.

communities raised over \$9,600 for cancer research. Over the course of 25 years (up to 2017), Arborg's events have raised \$200,000 for cancer research.

The Arborg committee's T-shirt sale, donation collection and raffle take place on Friday, Sept. 15 from 10 a.m. to 6 p.m. at the Co-op grocery store at 253 Main Street.

Access Credit Union, Interlake Consumers Co-op, Maple Leaf Foods and the Watering Whole are sponsoring

the barbecue, which will be held from 11 a.m. to 2 p.m.

Those who can't make either event can donate to the Arborg Terry Fox Run online.

Visit the Terry Fox Foundation at <https://run.terryfox.ca/> and type in Arborg in the search box.

For more information about how to donate, call the Terry Fox Foundation Manitoba office at (204) 231-5282.

> SISTER OF HOLY ROCK, FROM PG. 2

hospital from Monday to Friday.

"The products we sell in the shop are a combination of commercial items and hand-crafted items created by some of our talented knitters, crocheters and sewers/quilters," said Thompson.

Past fundraising initiatives included a spring luncheon at the Gimli New Horizons 55-plus centre, a Tag Day in town with funds going towards two post-secondary student bursaries worth \$500, a quilt raffle and a 50-50 draw.

Auxiliary volunteers also deliver Meals on Wheels twice a year and keep the drink machines at the hospital stocked.

The auxiliary welcomes new members. It holds its meetings on the first Tuesday on the month from March to December.

"The time we spend helping others through our auxiliary enriches our lives and we hope it enriches the lives of our patients," said Thompson.

The Sisters of the Holy Rock concert takes place on Sunday, Sept. 24 at 2 p.m. in the Gimli High School gym.

Tickets are \$25 (or \$30 at the door) and can be purchased at the Gimli Hospital gift shop, HP Tergesen & Sons general store, Taylor Pharmacy, from members of the Gimli District Health Auxiliary or by emailing Elaine Thompson: methompson821@gmail.com

For more information about Sisters of the Holy Rock, visit sistersoftheholyrocks.com



Graymont announces launch of community-focused Carbon Reduction Fund and invites applications for 2023 initiatives

We are proud to announce the launch of the Graymont Carbon Reduction Fund, an innovative, grass-roots initiative designed to support the development of carbon-reduction initiatives in the communities across the globe that we call home.

The fund's role is to support projects focused on:

- Protecting the environment by the responsible use of resources
- Reducing our carbon footprint through increased energy efficiency
- Developing and maintaining natural, biological 'carbon sinks' such as agricultural land, forests or peat bogs that act as a natural offset for carbon

If you have a project idea that relates to any of these topics, the GCRF is looking for you!

Graymont's mission is contributing to a decarbonized world by providing essential lime and limestone solutions.

For additional information, please contact Lara Price email: lprice@graymont.com mobile: 2047680094

GRAYMONT
carbon reduction fund
PARTNERING WITH OUR COMMUNITIES

THE EXPRESS WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



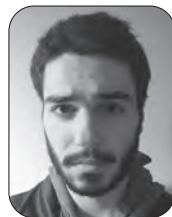
REPORTER/PHOTOGRAPHER
Jennifer McFee



ADMINISTRATION
Corrie Sargent



REPORTER/PHOTOGRAPHER
Patricia Barrett



REPORTER/PHOTOGRAPHER
Ty Dilello



DISTRIBUTION
Christy Brown



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Jo-Anne Procter



ADMINISTRATION
Allana Sawatzky



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



Call Patricia Barrett
1-204-407-6099
patricia@expressweeklynews.ca

COVID on the rise in Manitoba, first West Nile case confirmed

By Patricia Barrett

With new COVID variants picking up steam across the globe, Manitoba is experiencing an increase in COVID infections and hospitalizations.

There were 80 new COVID infections detected from Aug. 20-26, according to the provincial government's respiratory surveillance report for Week 34.

"The number of reported cases and number of COVID-19 hospital admissions increased compared with the previous week," states the report.

Twenty-two people with COVID were hospitalized in Week 34, including two people who required intervention in the intensive care unit. There were no deaths reported.

The numbers are based on comparisons of total severe outcomes that are provided in the current and previous week's report.

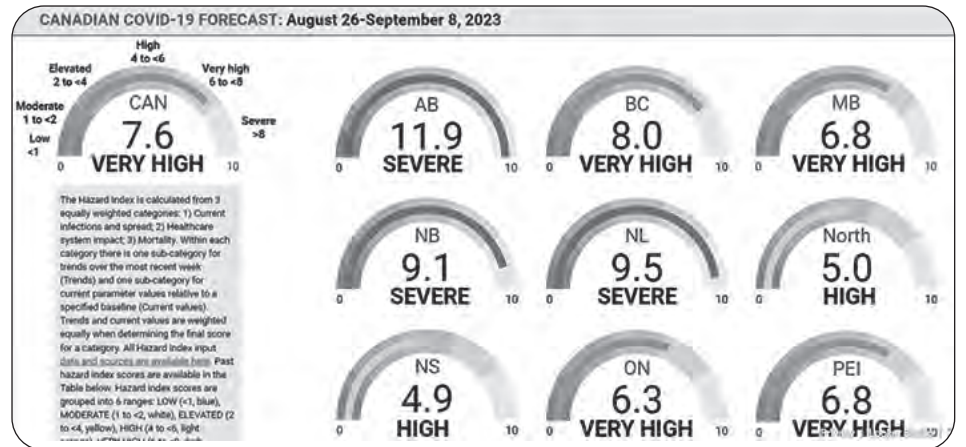
Wastewater surveillance data up to Aug. 22 indicates increased COVID activity in Winnipeg and Brandon.

There have been 2,508 deaths from COVID in Manitoba and 53,345 deaths in Canada, according to federal government data as of Aug. 19.

OTHER HEALTH NEWS:

-COVID-19 Resources Canada, a group of health and data experts, issues a COVID hazard index for provinces and territories based on current infections and spread, health-care system impact and deaths. Its estimate for the period Aug. 26 to Sept. 8 shows Manitoba's COVID hazard at 6.8 or very high.

-In the World Health Organization's last weekly epidemiological update of Sept. 1 (the WHO is moving to a four-week epidemiological reporting schedule), there were more than 1.4 million new COVID cases (an increase of 38 per cent) and over 1,800 deaths (a decrease of 50 per cent) reported to



COVID-19 RESOURCES CANADA

COVID-19 Resources Canada's COVID hazard index rates Manitoba at 6.8 or very high.

the organization between July 31 and Aug. 27.

The reported cases "do not accurately" represent infection rates because countries have reduced testing and reporting, states the WHO. But the organization said it will use available sources to continue monitoring COVID and its impact on health systems.

"COVID-19 remains a major threat and WHO urges Member States to maintain, not dismantle, their established COVID-19 infrastructure," states the WHO. "It is crucial to sustain early warning, surveillance and reporting, variant tracking, early clinical care provision, administration of vaccine boosters to high-risk groups, improvements in ventilation, and regular communication."

The variant EG.5 is now the most prevalent variant of interest globally, accounting for 26.1 per cent of reported sequences from Aug. 7 to 13, according to the report. The variant BA.2.86 was classified as a variant under monitoring on Aug. 17, and as of Aug. 30, 21 sequences have been reported from seven countries.

As of Aug. 27, there have been over 770 million confirmed COVID cases and over 6.9 million deaths reported

worldwide.

-Manitoba Health reported the first confirmed human case of West Nile Virus this year and another three probable cases are under investigation

"The confirmed case in 40 to 49 years of age and lives in the Winnipeg Regional Health Authority," states Manitoba Health in an Aug. 25 West Nile Bulletin. "The individual experienced neurological symptoms and was hospitalized."

In 2022 there were seven confirmed cases of West Nile, with five people requiring hospitalization.

-Emergency department disruptions in the Interlake-Eastern Regional Health Authority continue. Ashern's ER availability has improved since last month: over the period Sept. 1-15, the ER is open 24-7 on 11 days of that 15-day period.

The Eriksdale ER, however, is closed for 12 days of that 15-day period and the Arborg ER is closed for 13 days. Gimli and Stonewall have two days each of ER closures.

The ER schedule is posted on the IERHA's website and is subject to change.

ADVERTISING OR PRINT CONTACT INFORMATION

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

OUR EDITORIAL STAFF

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

PAPER DELIVERY OR FLYER CONCERNS

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.



> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igrphic@mymts.net

Funded by the Government of Canada



ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication

View the Express Weekly News online at
www.expressweeklynews.ca



get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



EXPRESS PHOTO BY CHRISTY BROWN

Dylynn and Emmett had a great day keeping cool at Gimli Beach last Sunday. Temperatures soared to 35 degrees C. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca

> FLOODED ARMSTRONG, FROM PG. 4

the reeve is they weren't there to discuss anything with me; they were just there to hear what I had to say. I just want an answer. They don't have to do it today or tomorrow, but is it on a list where we're going to see something?"

She said she has phoned the RM every week for the past month or so to report the water coming up against the municipality's road, eating into the gravel, and when it also crossed the road.

In addition to the flooding issue, Kalski said the RM pushed trees against her fence line blocking access to their land.

"In the winter the RM pushed a bunch of snow with the bulldozer and pushed a bunch of trees across our fence line. They broke fence posts and they threw the trees against the barbed wire," she said. "I needed to get that fixed so we could put our cattle on the pasture in the spring."

The RM had told her to send the office an invoice and it would compensate her for the damage, she said, but it hasn't.

"When I went to the [June] meeting I asked, 'What about

the invoice?'" she said. "And they said, 'We're going to push this to the next meeting.'"

In council's June meeting minutes, Kalski said they wrote that "no new information was given about snow being pushed on the fence, something like that. It was trees that did the damage. They refuse to pay us. One of the councillors said the trees were cleared off but the trees are still lying there. I have photos. Someone has to go in there with a bucket and clean it out."

The Express sent an email to the RM of Armstrong's reeve, chief administrative officer and assistant chief administrative officer for comment on the flooding situation and the trees but did not get a response.

The Express also contacted the provincial government. A communications representative said: "Due to the election blackout, you will need to ask media@pcmanitoba.com your question."

The Express forwarded its request to the pcmanitoba email address but did not get a response before going to print.

From traditional to contemporary, we provide services to match what you want. **Just ask Ken.**

KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

We are entering the 7th consecutive year of cuts and funding below inflation.

On October 3, vote for kids, not cuts.

MANITOBA VOTES Oct. 3, 2023

Winnipeg Beach Legion Br. 61
September 16 – Pancake Breakfast
8:30 a.m. – 11:30 a.m. 50/50 Draw
Regular \$7 (3 pancakes, 3 sausages, Coffee/Tea)
Lighter Fare \$5 (2 pancakes, 2 sausages, Coffee or Tea)
Kids Meal \$5 (2 pancakes, 2 sausages, Juice)
Breakfast proceeds go to our
Winnipeg Beach School lunch with Santa!
September 23 – Fall Craft Sale
(10:00 a.m. – 3:00 p.m.)
Ukrainian Food, Baking, Canteen and more!
All events are cash only.

THE Flicks CINEMA
319 First Street E., Stonewall, MB
SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary
204-467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

BARBIE
at 8:00 pm Each Night
BROUGHT BACK!
Violence **PG**

EQUALIZER 3
at 8:00 pm Each Night
Adult Accompaniment Under 14; Violence **14A**

Cops on coins: RCMP the theme of Manitoba Coin Club's fall show

By Patricia Barrett

The Royal Canadian Mounted Police riding through history will be the theme of the Manitoba Coin Club's upcoming Coin, Stamp & Collectibles Show at the Access Centre in West St. Paul.

People who happen to own coins depicting an image of Canada's federal police service are encouraged to bring them to the show – along with other coins and bills (Canadian or foreign) they've got hanging around house – because they could leave the premises feeling quite flush.

The coin club's members are experts when it comes to determining the value of coins and bills, and visitors to the fall show can not only get a free evaluation of their money, but they can also learn how to carry out their own research to find out whether they've got money worth more than what's stamped on it.

One thing people shouldn't do is take old money to the bank because it could be worth a mint and they'll only get face value, said coin club member Larry Dalman, who will be at the show. Ditto for businesses that offer to buy coins based on weight; coins could be worth far more if they're rare, in excellent condition or have unique "flaws" or features that occurred during the minting process.

Dalman, who has about 50 years' experience valuing currency, said coins such as the Canadian quarter honouring the centennial of the mounted police could be worth hundreds of dollars depending on condition and if there are variations of the Queen's image (i.e., a small or large bust of the Queen).

"The most iconic coin was the 1873-1973 commemorative quarter showing a profile of a Mountie on horseback," he said.

This year the Royal Canadian Mint issued a commemorative \$50 silver coin weighing 158 grams to honour the 150th Anniversary of the service and which features six different images from previous coins. The service started out in 1873 as the North-West Mounted Police before being renamed in 1920 when the Dominion Police and North-West service were combined to form one national police service.

"The RCMP has been around for 150 years. This is first time that six different coins depicting the service have been put on one gigantic silver coin," said Dalman. "The Mint made only 1,250 of them and they sold out immediately. It sparkles when you see it."

Down the road these coins, which

Continued on page 10



EXPRESS PHOTO COURTESY OF ROYAL CANADIAN MINT

This year the Royal Canadian Mint issued an RCMP commemorative coin to mark 150 years of the service. The coin is made of silver and features six images of Canada's federal police service.



SOLAR REBATES FOR YOUR HOME AND BUSINESS

Find out how our Solar Rebate Program can help you save.

Visit efficiencyMB.ca/solar to learn more.



Lundar RCMP make an arrest in suspicious death



Lyndon McIvor

Staff

On Sept. 2, Barry Leslie Swan, 36, from Lake Manitoba First Nation, was arrested for the homicide of Lyndon McIvor. Swan has been charged with 2nd Degree murder and was remanded into custody.

On Aug. 31, on Lake Manitoba First Nation, searchers located human remains believed to be that of missing person, Lyndon McIvor.

McIvor, 25, was last seen on Aug. 26, at 5:30 am, on the Main Road in the community of Lake Manitoba First Nation.

Anyone with information is asked to call Lundar RCMP at 204-762-5678, call Crime Stoppers anonymously at 1-800-222-8477, or submit a secure tip online at www.manitobacrimestoppers.com.

Interlake Women's Resource Centre Inc.

Annual General Meeting

Wednesday, September 20th, 2023
Johnson Hall, Waterfront Centre,
5th Floor, 94 First Avenue, Gimli

6:30 pm – membership purchase
/renewal

7:00 pm – AGM

Guest Speaker: Chantal Shibata,
Reaching out Program Coordinator for;
Survivor's Hope Crisis Centre

Reports from the Chairperson and
Treasurer, appointment of auditor and
elections will be held for Executive
Board positions as well as Community
Representative positions.

Refreshments provided

'Lace Up' and support Diabetes Canada this September

By Lorne Stelmach

January Regnier will be getting extra active this coming month for a cause that is personal for the Winnipeg resident.

She will be joining a team of co-workers to participate in the Lace Up Your Way challenge to raise funds and awareness for Diabetes Canada, and the Type 1 diabetic is wanting others to take it on in September.

"Spread the word. Get involved. There's so much you can do ... tell your family, your friends ... it all makes a difference," she said.

"We're hoping to get 2,000+ participants this year, which is a significant growth from 400 in 2020," said Kelly Lambkin, senior manager of community fundraising and events in Western Canada for Diabetes Canada. "Anybody anywhere geographically can participate, and it really is just movement that is meaningful for them, so wherever you are in your fitness journey, you can participate as well."

Every September, thousands of Canadians from coast to coast to coast take the #LaceUpYourWay challenge

to raise funds and awareness for Diabetes Canada.

Anyone at any fitness level can participate, and you can join a distance challenge or start a daily streak in the Lace Up app. Share it with your circle and tell them why you Lace Up to raise funds in support of Diabetes Canada.

Choose your favourite endurance activity and track how many kilometres you move on the Lace Up app, and you can join the 10k, marathon or 100k challenge. Match movement for dollars, and let your supporters set your pace. Commit to completing kilometres or repetitions for every donation.

Every three minutes, a person in Canada is diagnosed with diabetes or pre-diabetes. It is estimated 11.7 million Canadians are impacted by diabetes and about 412,000 in Manitoba or about 30 per cent of the population.

There are 92 per cent with Type 2 diabetes and eight per cent with Type 1 and gestational diabetes.

"And unfortunately those numbers are on the rise, so that's why there's so much importance to creating aware-

ness and community partnerships," noted Lambkin.

Regnier has been living with the disease for 38 years. There is a history of it in her family.

"It's very prevalent in our family on my dad's side," she noted.

"I want to help raise money for a cure and for more improved management options," Regnier continued. "There have been great strides. When I first started when I was first diagnosed, I tested my blood sugar four times a day and took my insulin twice a day ... that slowly changed over the years, and now the technology has improved so much.

"It's a complete game changer for me. I'm on the continuous blood glucose monitor and insulin pump, and they work together to keep my blood sugar in better control, and my blood sugar has never been so good," she said. "With diabetes, things just happen, though. Sometimes, you never have the same day, and it can be due to so many things ... there is still work to do."

Lambkin noted that Lace Up originated in Manitoba and was an in-

person event before going virtual as a result of the pandemic.

"It's one of the events that we felt was really relevant to keep our diabetes community together throughout the pandemic," she said.

"It's a national fundraiser ... and participants choose their activity, whatever's meaningful for them so they can walk, ride, dance," Lamkin said. "We just encourage them to move and it's at their own pace. Every distance and every dollar helps fund education and our support services, advocacy and diabetes research.

"It's really a good opportunity to challenge yourself or rally a team together," she added "We have a map which pinpoints participants right across the country," she noted. "It actually indicates some in-person walks as well."

There will also be a special virtual event on Sunday, Sept. 24.

"It's actually a cross country virtual relay ... we have an emcee who is going to be virtually in every province ... it's a really good connective piece of it."



MANITOBA
PUBLIC INSURANCE

Committed to Serving Manitobans

During strike action, services remain available.



Customers with questions, renewals, or payments can visit an independent broker.

Customers reporting personal injury claims, non-drivable collision claims, and total-theft claims can call MPI's Contact Centre.



Customers reporting all other passenger vehicle claims can go directly to an MPI-accredited repair shop for estimates and repairs, without calling MPI first.

Customers with cancelled road tests will be contacted directly to reschedule with contracted service providers



Essential services, including income replacement payments for personal injury claimants, will continue uninterrupted.

More information is available at www.mpi.mb.ca.

All MPI locations closed and scheduled appointments cancelled until further notice

Submitted by MPI

Due to continued Manitoba Government and General Employees' Union strike action, all Manitoba Public Insurance (MPI) locations will be closed and all scheduled appointments will be cancelled until further notice. This includes all driver testing, estimating, adjusting and driver fitness appointments. Affected customers will be contacted to reschedule at a later date. More information is available on MPI's website.

MPI has worked closely with its partners

across the province to minimize the impacts customers may experience because of the strike action.

In collaboration with these partners, the following services will continue:

- Customers with general inquiries or front-end service transactions, including licensing renewal and insurance payments can visit one of MPI's nearly 300 broker partners. Find a broker in your community using our Find a Service tool.
- The MPI Contact Centre will remain open

for reporting personal injury claims, non-drivable collision claims, and total-theft claims. Customers reporting all other passenger vehicle (car, SUV and light duty truck) claims can go to directly to an MPI-accredited repair shop for vehicle estimates and repairs, without calling MPI first.

- Essential services, such as income replacement payments for personal injury claimants, will continue uninterrupted.

MPI will update its website daily to reflect the most up-to-date service impact information available.

> COIN SHOW, FROM PG. 8

feature images of Mounties from years including 1973, 2013 and 2020, will only will increase in value depending on how well they're preserved.

Other Canadian silver coins, such as Canada's centennial set (1867-1967) featuring animals such as the Canada goose, wolf, bobcat, mackerel, rabbit and dove, could fetch a higher price than selling them by weight. And by melting them down, Canada loses a piece of its history.

"A lot of our history is being melted down. All silver coins have been decertified. Companies are offering to buy them and pay people the current market value of silver by weight," he said. "But these coins could be worth far more."

Coin club members can provide current collectors and future collectors with valuable advice on what to do with their old – and new – money.

Dalman said he's been getting lots of inquires from people about coins and bills to see if they'll be worth anything in the future and what should they should do with them. Canadian fifty-cent pieces featuring the Queen, for instance, haven't been made in large quantities since 2004 when they made only for collectors. Those pieces could become very valuable.

With a new English monarch on the throne, Canada's money will eventually feature King Charles III. Dalman said people should hang on to the coins being issued right now which still have the Queen's image, as well as the "first evers" of new coins and/or bills that will feature the new monarch.

"We're in a transition period in history right now. We're going from a monarch who has been on our coins for 90 years," he said. "All the coins coming out of the Mint right now still have the Queen's image because we don't have a new image of the King. We're telling people that these are the last coins we'll see with Queen Elizabeth II. And people should hang on to the first evers of the new king."

For people just getting into collecting coins, the Royal Canadian Mint will be at the club's show on the Saturday from 1-3 p.m. to offer a coin exchange, said Dalman.

The Mint will be offering people a commemorative loonie honouring Elsie MacGill, a female aeronautical engineer who designed the Maple Leaf biplane and a process to produce a wartime plane called the Hawker Hurricane.

"MacGill is known as the Hurricane Queen. She's responsible for the development of a special aircraft for the Second World War," said Dalman. "People can exchange a few loonies or so for one of these collector coins. These coins come right off the Mint's table. We call them first strikes and they're all uncirculated."

In addition to coins, people are encouraged to bring stamps and other collectibles such as comic books to the show as experts in those fields will be on hand.

The coin club's show takes place on Saturday, Sept. 23 and Sunday, Sept. 24 at the Access Centre (formerly the Sunova Centre) on Holland Road just outside the Perimeter in West St. Paul. For more information, visit the Manitoba Coin Club online www.manitobacoinclub.org

September 9 & 10th

ArbOrg Recreation Centre

Adults \$7.00 | Weekend Pass \$10 | Children under 18 FREE

5 Acres of Outdoor Exhibitor Space
60,000 sq ft of Indoor Exhibitor Space

10 - 6 pm Saturday & 10 - 4 pm Sunday

Show Activities

Artisan Market	Kids Zone
Outdoor Expo	Pool Activities
Live Music	Food Trucks
Beer Gardens	Presentations
Skills Competitions	& Much More

Come Explore with us...

Interlake Outdoors Show Market EST. 2021

ArbOrg Home Hardware building centre

CHUDDS POWERSPORTS GIMLI, MANITOBA

TRANS CANADA BREWING CO.

SHACHTAY SALES & SERVICE LTD. ARBORG, MB

EZDOCK

CAMP-ARNS

BOUNCE MAMA INFLATABLES



Some choices mean more than your fit check. Vote.

Advance voting: September 23 - 30

Election day:
Tuesday, October 3

Voter Information Card

Watch your mailbox for your voter information card, it will tell you where and when you can vote. During advance voting, vote at any advance poll in the province. On election day, vote at any polling place in your electoral division.

 Provincial General Election Élection générale provinciale VOTER INFORMATION CARD CARTE D'INFORMATION DE L'ÉLECTEUR	
ADVANCE VOTING: Sept. 23 - 30, 2023 Vote at any advance poll in Manitoba. Your suggested advance polling places are: LOCAL ELECTION OFFICE 0000 STREET NAME, TOWN Sat to Sat: 8 am to 8 pm Sun: 10am to 6 pm COMMUNITY CENTRE 0000 STREET NAME, TOWN Sat to Sat: 8 am to 8 pm Sun: 10am to 6 pm	SCRUTIN PAR ANTICIPATION : du 23 au 30 sept. 2023 Votez dans n'importe quel bureau de scrutin par anticipation au Manitoba. Vos centres de scrutin par anticipation suggérés sont : BUREAU D'ÉLECTION LOCAL 0000 STREET NAME, TOWN Sam à sam : 8 h à 20 h Dim : 12 h à 18 h COMMUNITY CENTRE 0000 STREET NAME, TOWN Sam, à sam : 8 h à 20 h Dim : 12 h à 18 h
ELECTION DAY: October 3, 2023 Vote at any poll in your electoral division. Your suggested polling place is: POLLING PLACE NAME 0000 STREET NAME, TOWN Hours: 8:00 pm to 8:00 pm	JOUR DU SCRUTIN : le 3 octobre 2023 Votez dans n'importe quel bureau de scrutin de votre circonscription électorale. Votre centre de scrutin suggéré est : POLLING PLACE NAME 0000 STREET NAME, TOWN Heures d'ouverture : 8 h à 20 h
Find all polling places at electionsmb.ca . For details about accessible voting and other voting opportunities, visit electionsmb.ca or call your local election office.	Vous trouverez tous les centres de scrutin sur electionsmb.ca/fr . Pour plus de renseignements sur les possibilités de vote accessibles ainsi que sur les autres possibilités de vote offertes, consultez le site electionsmb.ca/fr ou téléphonez à votre bureau d'élection local.

Update or Register

Voting is faster and easier if your voter information is up to date before the election. You can update your information or register on our website until September 14.

Who can vote?

You can vote if you are:
 A Canadian citizen
 18 years old on or before election day
 A resident of Manitoba for at least 6 months before election day
 All voters must show ID to vote. Check out our website for a full list of acceptable ID.

Candidates

Candidates must file their completed nomination papers with their local election office by 1:00 pm, Monday, September 11.

Find forms and guides on our website.



ElectionsMB.ca



Work for Us

Apply on our website to work at a polling place in your community.

For more information

Phone: 204-945-3225
 Toll-free: 1-866-628-6837
election@elections.mb.ca

The race is on for the next Interlake-Gimli MLA



EXPRESS PHOTOS BY RAYME THOMSON

Interlake-Gimli PC candidate Derek Johnson had a grand opening at his campaign headquarters last Friday. Johnson opened his office at 68-1st Ave. in Gimli with an open house on Friday evening with approximately 35 people showing up. Trent Brownlee, Johnson's campaign manager welcomed everyone along with Jeff Wharton before Johnson talked about his election platform focussing on investing in Manitoba and building prosperity to support the services we all rely on for all Manitobans to meet their potential.

Community Support Service

AA Meetings in Ashern

Open Meeting
Time: 6-7pm Fridays
Starting Friday March 3rd.
 Location: #11 2nd Ave North
 -Pioneer Manor
 (beside the main door entrance
 of Pioneer Manor)
 Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building
 #7 Main Street, Eriksdale (side door)
Meetings are Mondays
at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church
 Corner of Hwy. 9 and Lake Ave.,
 Winnipeg Beach
Meetings are Saturdays
between 7 and 8 p.m.
 Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
 Industrial Park
Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am

Al-Anon Gimli and Winnipeg Beach

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

Arborg bringing outdoors know-how to town this weekend

Five acres of outdoor exhibition space and Sept. 9 and 10

By Patricia Barrett

Outdoor enthusiasts will be flocking to Arborg this weekend to learn how to make the most of their excursions into the natural world and take part in hands-on activities.

The town will play host to the 3rd Annual Interlake Outdoors Show &



INTERLAKE OUTDOORS SHOW

Windy Day Woodworks will be showing people how to carve using a chainsaw.

Continued on page 13

Signs of Fall

WELCOME

Autumn Blessing

AUTUMN Rules

PICK APPLES
BAKE PIES
DRINK CIDER
RAKE LEAVES
Carve Pumpkins
ENJOY A HAYRIDE

HAY RIDES

Pumpkin Patch

APPLE PICKING

GORN MAZE

PUMPKIN PATCH

Apple Orchard

HAPPY

WELCOME! WELCOME!

HOURS

MONDAY - THURSDAY 10-6
 FRIDAY 9-9
 SATURDAY 9-6 SUNDAY 12-5

439 MAIN ST., SELKIRK
 North of Manitoba Ave.

Big DOLLAR

> OUTDOOR SHOW,
FROM PG. 12

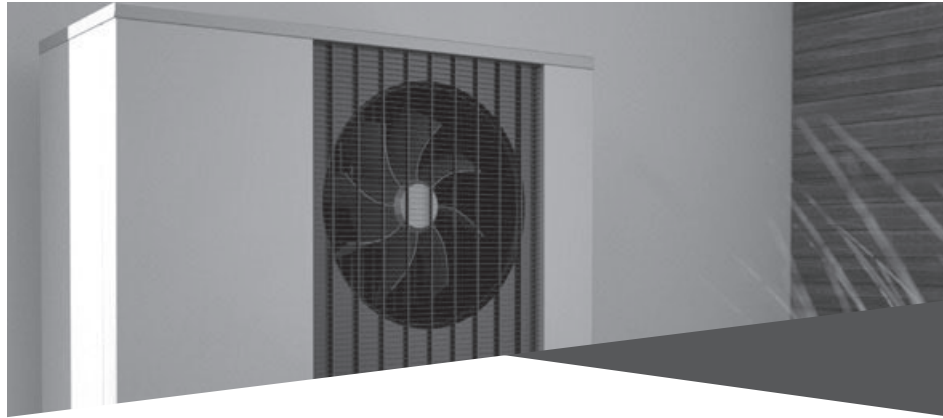
Market that will feature a variety of outdoor activities such as camping, hiking, hunting and fishing, the latest in outdoor gear and plenty of expert advice on how to make the most of an outdoor adventure.

Hunters can take part in a goose-calling competition and a moose-calling competition where the best or most innovative imitation will earn them a "fantastic" prize. Smoke 'n Fish from Selkirk is hosting a kids' casting competition at the Arborg pool and Windy Day Woodworks will be demonstrating chainsaw carving techniques.

The show includes a number of entertaining activities including outdoor bingo, a live auction and the band Almost Famous, which will entertain the crowds in the beer garden that will be set up behind the curling rink. People can grab a bite to eat from one of the food trucks that will be set up on site and from the Arborg Bakery.

The outdoors show will be held on Saturday, Sept. 9 from 10 a.m. to 6 p.m. and on Sunday, Sept. 10 from 10 a.m. to 4 p.m. at the Arborg Community Centre on Ingolfs Street.

For more details about the Interlake Outdoors Show, visit www.interlake-outdoors.ca




What can heat your home in winter, cool it in summer and reduce your electric heating costs?

AN AIR SOURCE HEAT PUMP CAN!

Get a rebate on a qualifying air source heat pump.

Visit efficiencyMB.ca/heatpump to learn more.



Remember Your Loved Ones 
with an Announcement in the **EXPRESS** WEEKLY NEWS
Call 204-467-5836 or classifieds@expressweeklynews.ca



Lic #318
Fraserwood Hall

Friday Nights 7:15 PM

September 8, 2023

Breakopens 50/50

**5 Share The Wealth Games
15 Regular Games @ \$60.00**

(reduced games with low attendance)

JACKPOT	\$2,725.00
FIRST SPECIAL	\$345.00 +
BONANZA	\$8,789.00 +
LUCKY 7	\$148.00 +
STAR	\$1,758.00 +
WEEHOUSE	\$261.00 +
HOUDINI	\$3,250.00 +
LOONIE POT	\$258.00 +

(Estimated amounts at time of publication)

"CHASE THE ACE"
Lic # LGA 318-RF

Tickets sold 5:00 - 7:00 PM
with draw to follow

\$2.00/ticket Current Accumulator - \$1,160.00+

CANTEEN - OPENS @ 5PM

Perogies, hamburgers, hotdogs, desserts, etc

INFORMATION - 204-642-9392 or
204-643-5541 or www.fraserwoodhall.com

Old Time Dance

Sunday Sept. 10, 2023,

1:00pm to 5:00pm

music by Country Pride, tickets \$20
to reserve tickets call 204-643-5541

Fall Supper & Dance

Sat. Oct. 21, 2023

Music by Gemstars, tickets adults - \$35, 6yrs to
12yrs \$20, 5 & under free

For tickets contact Nancy 204-861-0098, Lois
204-643-5541 or J & J Store 204-643-5556

The 3 best denture add-on options for denture wearers

BY ELISHA VANDOR

Dentures alone can do it all. Yes, you heard me right! A well-made, proper fitting denture does the job, but did you know that dentures can have added options? Just like purchasing a new car, you have the option to add-on features like heated seats, for example. Those add-ons enhance your comfort level in the car and provide a way to use your car like you couldn't have used it before. The same can be said about denture add-ons.

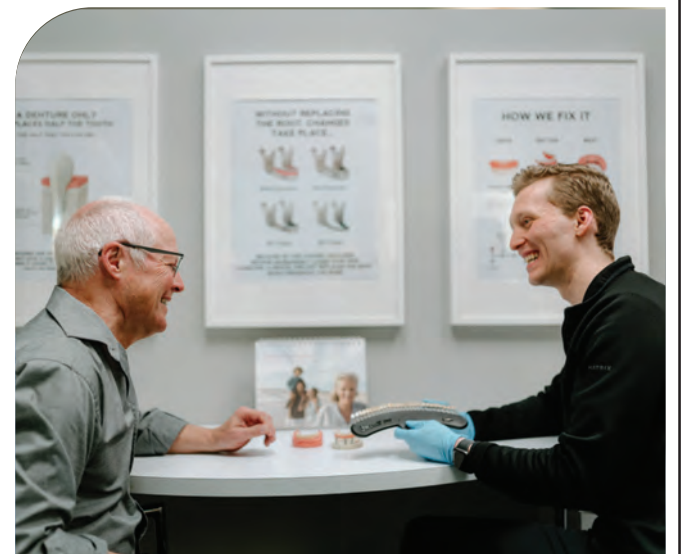
Some specific add-ons can be an upper chrome metal palate to strengthen a complete upper denture do it doesn't crack under added bite force pressure. Another option is metal on the denture teeth to give increased chewing capability to further help break down food. In my opinion, the best add-on option that we know to benefit everyone who wears dentures

is 2 lower dental implants. This is the base dental implant add-on option to anchor a complete lower denture into place. It's not a quick fix add-on solution like Polygrip, but it's a long-term lasting solution that you'll find you're benefiting from day-in and day-out. The reason why Polygrip doesn't work on a long-term basis is because the adhesive works best to the dentures ability, which is dependent on how tight the denture is fitting to your gums and the size of your gums. However, with dental implants, the denture works to the best of the dental implants' ability, which is all the time!

If you're someone who has been wearing dentures for 20 years or 2 weeks, the dental implant add-on can still be an option for you. Even if you haven't had your teeth pulled yet and would like to start with a denture and two dental implants, it can be done at the same time as extractions. As long as there is enough jaw-bone

remaining (which is determined by a CT scan) the dental implant add-on is something you will benefit from because it means added confidence from improved chewing capability, denture stability, and comfort. There's a lot less likelihood of food getting lodged underneath your denture because it's not moving around while you chew. In addition, if you struggle with loose dentures even though they fit as tight as can be, then the dental implant option is the only way to improve tightness.

If you're thinking that your mouth isn't made for dentures or finding the dentures are constantly loose no matter what you do, then the dental implant option is for you. Consultations are absolutely free, and we would be happy to schedule an appointment for you to talk to our Denturists Brock or Matthew. We look forward to hearing from you!



Jack learns that there's more his dentures can do for him while consulting with Denturist Brock at Vandor Denture Centre. **SENIOR PRICING**

VANDOR • DENTURE • CENTRE

AWARD-WINNING DENTURES AND IMPLANTS

(204) 482-6698

299.5 Eaton Ave, Selkirk, MB





fall registration 2023-2024

How to establish fitness goals for kids

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise. A study done, found that less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life. Perhaps in recognition of that, parents often look

for ways to promote physical activity to their youngsters. Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children.

- Include fun activities in a fitness plan. Adults recognize the importance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents should



be sure to include activities kids find fun. Just because Dad liked playing baseball doesn't mean his children will. Identify activities that kids enjoy, whether it's hiking or cycling or playing an organized sport, and include that in the fitness plan.

- Involve kids' friends. In essence, kids are more inspired to exercise

with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances that those pursuits will be successful.

- Set aside time to exercise each day.

Continued on page 18



Registration on now!



- Jazz
- Tap
- Ballet
- Lyrical
- Hip Hop
- Acro
- Boys classes
- Broadway
- Pre-School classes

Classes start Sept 10th!
Ages 2+

scan for more info!



www.EvolutionDance.ca | Selkirk Town Plaza | 204-785-1285

GIMLI ART CLUB & Gallery

MEMBERSHIP REGISTRATION NIGHT

Tuesday & Wednesday, September 19 & 20 • 6-8 PM

3 Centre St. (Harbour Area)

Beginners & Artists of all levels are welcome
Club mentored Activities (Mon to Fri)
Adult members only at this time
Annual Membership Fee \$100



We look forward to meeting with you!

Call 204-642-8217 or
Visit www.gimliartclub.com





How to improve flexibility

Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop to perform everyday tasks.

As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of the benefits that increased flexibility provides.

Choose the right activities. Harvard Medical School notes that activities that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a diuretic, and while diuretics cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydration. Drink plenty of water before, during and after workouts.

Start over after an extended break. If it's been awhile since you last worked

out, resist the temptation to push yourself when returning to the gym. Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on muscles that have been sedentary for an extended period of time can cause aches, pains and even injury. Muscle tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles than those people who are more active. Get off the couch when spending time at home, and if you work in an office, take routine breaks to stand up and walk around.

Poor flexibility can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, as a result, their quality of life.

COME DANCE WITH US!



CLASSES START SEPTEMBER 11

HAPPY THOUGHT SCHOOL EAST SELKIRK
NO EXPERIENCE REQUIRED
AGES 3 TO ADULT



FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT:
WWW.SDUKRAINIANDANCE.COM

OFFERING UKRAINIAN DANCE CLASSES WEDNESDAY EVENINGS

No Experience Required • Parent and Tots • Kindergarten to Adult
Trial Classes on September 13, 20 & 27
 5:15-5:45 pm Parent and Tots
 5:45 – 6:45 pm Ages 5-8
 6:45-7:45 pm Ages 9 and up
 7:45 -8:45 pm Adults

More info to be released on Social Media Pages
 Online Registration open – closes Sept. 28, 2023
 Regular classes start October 4, 2023
 Class times will be determined after registration closes
 Fee payments October 4, 2023
 More Details Soon – Monday Day Time spot - Parent and Tots Dance

For more information please contact
gimlibarvinokud@gmail.com

Annual AGM Meeting at 6pm Oct 4. 2023 at
 Dr. George Johnson Middle School Library

2023/2024 PROGRAMS

Music

- Piano
- Guitar
- Banjo
- Vocal
- Fiddle

Dance

- Little Stars
- Pre-Dance
- Ballet
- Jazz
- Hip Hop
- Lyrical

Theatre

- Musical Theatre
- Theatre

Dance Theatre

- Tap

Registration Opens Sept 5
 In Person Registration Sept 9 11am-2pm

More Information & Registration

- greenacresartcentre.ca
- info@greenacresartcentre.ca
- 204-886-3192
- www.facebook.com/gaac.teulon

WHERE ART MEETS PLAY

Sarah Pinsent-Bardarson representing Interlake-Gimli NDP



EXPRESS PHOTOS BY RAYME THOMSON

Interlake-Gimli NDP candidate Sarah Pinsent-Bardarson had a grand opening of her campaign office, that was attended by 30 supporters and her campaign team, on Monday, Aug. 28 located at 33 Centre St. in Gimli. Elder Wally Chartrand provided the Indigenous blessing of the office before Bill Uruski, Peter Bjornson and Pinsent each spoke. Pinsent-Bardarson spoke about the importance of changing the government, the hard work of the campaign team and her experiences over the past four years listening to and speaking with people in the Interlake-Gimli area.

Extracurricular activities for non-athletes

High school sports garner significant attention in communities that want to support their student-athletes. But what about students who aren't inclined to compete on the field or in the gym? There are many more non-athletes than athletes, and the following are some extracurricular activities that might appeal to students who aren't interested in sports.

Theater

School theater programs faced significant challenges during the COVID-19 pandemic, when indoor gatherings were limited if not outright restricted and students were forced to adapt to remote learning. But since COVID-related restrictions were lifted, many theater programs are back in full swing. In fact, the Educational

Theatre AssociationTM notes that its programs were present in roughly 5,000 schools during the 2021-22 school year. Theater programs can expose kids to the performing arts but also teach youngsters who aren't interested in performing about backstage components, including set design and even script writing

Volunteering

Volunteering is another potential extracurricular activity high school students might want to consider. Volunteering can expose children to potential career paths and introduce them to people from all walks of life. The vast majority of nonprofit organizations welcome and need volunteers, so students should be able to find an organization with a mission that aligns with their values. Schools also may sponsor volunteer programs, and that can be a great way for students to engage with their school community.

Clubs

High schools are home to clubs that cater to all sorts of interests. Foreign language clubs, gaming clubs, book clubs, and debate clubs are just some of the many non-sports-related clubs students can join to participate more fully in campus life.

Physical activities

Just because kids aren't interested in traditional scholastic sports doesn't mean they don't enjoy breaking a sweat or being part of a team. Local community programs may offer club skiing teams, rowing clubs, hiking clubs, and other physical activities that are not affiliated with a school. Such options are great opportunities for kids to engage in physical activity and meet fellow fitness enthusiasts. One option kids may want to consider is a local recreational pickleball league. Pickleball has exploded in popularity in recent years and many communities now host competitive leagues for people of all ages.

Students who don't want to compete in scholastic sports can still find a wealth of extracurricular activities that align with their interests and even others that may stoke newfound passions.



Interlake

SEPTEMBER 19TH
**FUEL
GOOD
DAY**

**INTERLAKE CO-OP
WILL DONATE 10¢
FOR EVERY LITRE
OF FUEL SOLD TO**

**AEMS Parent Advisory Council
&
Arborg Seniors Housing
Corporation**

Join us on the 19th for an
on-site BBQ from 11-2



POWER UP
WITH
Honda

70
1953 | 2023
Celebrating 70 Years
Honda Power Equipment



GET YOUR SEASON STARTED NOW!

Performance and reliability start here.

LARGE SELECTION IN STOCK NOW



EU3200ic
Inverter Generator
Ultra Quiet
3 yr Warranty

\$3259⁰⁰

(ALL IN PRICE)



EU3000ic
Electric Start
Inverter Generator
3 yr Warranty

\$3069⁰⁰

(ALL IN PRICE)



EU2200itc
Inverter Generator
2200 watts
3 yr Warranty

\$1479⁰⁰

(ALL IN PRICE)



WX10TCI
Water Pump
Portable 1"
Lightweight

\$609⁰⁰

(ALL IN PRICE)



WB20XT46
Water Pump
Utility 2"
Easy Start

\$609⁰⁰

(ALL IN PRICE)



WB30XT3CI
Water Pump
Utility 3"
Easy Start

\$789⁰⁰

(ALL IN PRICE)



FG110KIC
Mini Tiller
9" Lightweight

\$619⁰⁰

(ALL IN PRICE)



F220KICT2
Tiller
Mid-Tine 21"
Easy Start

\$1289⁰⁰

(ALL IN PRICE)



F501HK8C2
Mid tine 36"
Multi Drive
Forward & Reverse

\$1579⁰⁰

(ALL IN PRICE)



CRF50F
Dirt Bike
50 CC

\$2400⁰⁰

(ALL IN PRICE)



\$300⁰⁰ Savings

CRF110F 110 c.c.
Dirt Bike
Electric Start
EFI

\$3900⁰⁰

(ALL IN PRICE)



CRF125 125 C.C.
Dirt Bike
Electric Start, EFI

\$4800⁰⁰

(ALL IN PRICE)



SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233

Servicing the
Interlake for 56 Years!

Arborg, Manitoba
Family Owned

Le Burger Week kicks off Sept. 1

Local restaurants are taking part Sept. 1-14

Staff

Le Burger Week is a great opportunity to get out and discover some new restaurants while indulging in specialty burgers for the next two weeks.

From Sept. 1 to 14, participants will be able to discover never tasted before, newly created burgers through Le Burger Week 2023.

There are 182 burgers to try throughout Manitoba.

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

Locally, from Kahleigh's Brew Barn in Riverton, for \$14.99 you can try their 'Loaded Pizza Burger', a beef burger topped with their house made aioli, pepperoni, bacon, Mozza cheese, marinara and mozzarella sticks.

In Sandy Hook, Carlo's Cucina will be serving 'The Magnifico' for \$18.95.

It is specially made with an Arborg Bakery Focaccia Hamburger Bun, Sicilian Caponata family recipe, Bothwell mozzarella cheese, a smashed certified Angus beef patty, Soppressata, Carlo's Cucina's specially made in house roasted garlic parmesan aioli topped with arugula tossed in olive oil with cracked black pepper and Himalayan salt served with handcut roasted garlic parmesan yukon gold fries served with in house roasted garlic Parmesan aioli dipping sauce. All components are gluten free and we have gluten free buns available.

Something Beautiful Café in Stonewall will be serving their 'Duck Hunt' Burger for \$16.00. It is a homemade beef patty topped with BBQ duck breast, creamy brie cheese, crispy potato chips and butter leaf lettuce dressed with a citrus aioli on a black sesame Kaiser bun; and served with a smoked shotgun shell pinned on top.

At Seagull's Hecla Island, for \$18 you can try their Butter Chicken Burger with a house-made, curry flavoured, ground chicken patty topped with an onion pakoda, turkey bacon, jalapeno jack cheese, dill pickles, tomato, red onion, lettuce, and house-made butter chicken sauce on a toasted brioche bun!

Smitty's Restaurant & Lounge Selkirk has created an 'Aloha' burger for \$18.49. This burger has a Hawaiian twist on a Swiss burger. Bacon and swiss cheese on a perfectly grilled 6oz burger patty, topped with caramelized pineapple that gives a taste of summer to the burger. Crispy lettuce, a slice of tomato, julienne red onion and a classic hamburger bun to seal the deal. You can add avocado to your burger to enhance the southwest burger experience.

At the Thirsty Lion in West St. Paul, you can try the 'El Paso' burger for \$21.99. It has a juicy homemade beef patty, chili with a kick, melted cheese and tortilla strips served with your choice of side.

With restaurants across Manitoba putting forth their best burger creations, festival participants have the chance to vote for their favourite burger and take part in a new initiative, 'Hamburgames', an interactive gamified experience which allows



'The Duck Hunt' is the burger of choice at Something Beautiful Café's in Stonewall.



Carlo's Cucina's in Sandy Hook is showcasing the Magnifico burger.



'The Loaded Pizza' burger can be ordered at Kahleigh's Brew Barn's in Riverton.



Smitty's Restaurant & Lounge in Selkirk created the Aloha burger.



Seagull's Restaurant in Hecla Island has the Butter Chicken burger on their menu.



The Thirsty Lion in West St. Paul has the El Paso burger.

you to earn Yums (points) and perks during the two-week long event via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will

be announced

Be sure to get out and try one of these newly creative gourmet burgers during the two-week festival and support local restaurants in your area.

BEST GIFT EVER!

Scenic Flight Tour

Show them the world from 5000ft!

SPECIAL BIRTHDAYS

\$149 3 PASSENGERS AND THE PILOT ALL FOR ONE LOW COST

Book Today!

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

> FITNESS GOALS, FROM PG. 14

Physical activity should be part of everyone's daily routine, and kids are no exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

· Make the goals attainable. Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle.

The YMCA notes that's an important factor to consider, as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.

Almost Famous to entertain at Interlake Outdoor Show

Staff

Almost Famous is a top-tier cover band from Winnipeg.

The band was started over 15 years ago by Dave Stelter and the current lineup has been together for over seven years with Adam Mccoll joining most recently. The band plays everything from mel-lower Adult Contemporary, to Country, to Rock with the objective of tailoring the music to each specific event. Almost Famous have played everywhere from up scale events at The Leaf (Assiniboine Park), weddings and The Royal Lake of the Woods Yacht Club to

festivals, fairs and special events throughout the province from Lac Du Bonnet, Virden and Dauphin to Red Lake Ontario, and will make their debut inArborg during the Interlake Outdoor Show.

Ultimately the band excels at engaging the crowd to make them a part of the show and brings a lively sense of humour in addition to great music.

Almost Famous is playing in the beer gardens at the Interlake Outdoors show, on Saturday, Sept. 9 from 8 p.m. to midnight.

www.almostfamousband.ca



EXPRESS PHOTO SUBMITTED

Almost Famous will be entertaining at the Interlake Outdoors show in the beer gardens on Sat., Sept. 9 from 8 p.m. to midnight. Pictured, left to right, Greg Czemerinski, Adam Mccoll, Dave Stelter and Leigh Kippen.

Interlake Outdoors Show Market
EST. 2021

Saturday, Sept. 9 10 a.m. to 6 p.m.

Sunday, Sept. 10 10 a.m. to 4 p.m.

Arborg Recreation Centre

END OF SEASON
BEST PRICE OF THE YEAR!
WIN JETS TICKETS with purchase!

Husqvarna

PIT BOSS
FREE SAMPLES ALL WEEKEND

Garden Sheds SAVE UP TO \$1000

ASK HOW TO WIN A FIREPIT

PIT BOSS

Tool Sale & Draws
WITH MULTIPLE REPS ON HAND

ATTENDANCE DRAWS!

ECHO
VISIT US!
SEPTEMBER 9-10

SPIN TO WIN is back!

READY-TO MOVE-HOMES

CUT TO WIN!
DON'T MISS THE CHANCE TO WIN A ECHO CS-1015-18 CHAINSAW
CLOSEST CUT TO 1 LB WINS!
VISIT OUR BOOTH AT THE OUTDOOR SHOW

Arborg Home Hardware building centre

451 Main Street, Arborg
204-376-3090

Here's How.
ArborgHomeHardware.ca
yardandrentals@arborghhbc.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Varsity Thunder to play Park West Outlaws on Friday

By Brian Bowman

The Interlake Thunder varsity football team is ready to open its Rural Manitoba Football League season in Shoal Lake.

Interlake will take on the Park West Outlaws this Friday. Kickoff is 5 p.m.

"The team and I are very excited to get this season going," said Thunder head coach Christof Hasselfield. "The players have been working hard all spring and fall camp. I think they're itching to finally line up across from someone else for a change. Plus, you never truly know what you have in a team until you actually test it in a regular-season game. We're ready for the test."

Interlake played Park West last season and it was a high-scoring affair.

"When we played them last year it was a bit of a shootout ending with a 71-42 victory for us," Hasselfield recalled. "Obviously, we'd like to contain their offence more effectively this year. As for what their offence will look like is hard to say, with graduation and general turnover from year to year in the league. Our game plan for Week 1 is simply to play fundamentally sound on both sides and start to find our identity on defence and offence."

"As we gather more tape and statistics on future opponents we will start to aim to shut down or exploit tendencies."

Starting the season on the road can be a good thing.

"I will have started all three of my years in the RMFL on the road now, including this year's season opener in Shoal Lake," Hasselfield said. "I think a road trip to start the season is a great chance for the team to come together and start to gel. The change of scenery will be nice as well. Regardless of where we play opening games it always comes down to how the team reacts to the change in pace and intensity. We're a young team this year but we started many Grade 9s last year so we're hoping that experience will be able to lead on the field and help weather the opening rush of a new football season."

This year's Thunder roster has a lot of speed and about half of the players are returning ones.

"Offensively, we're smaller than last year after losing an amazing senior offensive line but we have a lot of speed in space with multiple weapons who can take it the distance on any play. Offensively, I've also been impressed with the buy-in through camp. This

year we expanded the playbook and tweaked some formations and motions from last year. Returning players, as well as rookies, have clearly bought in and put in the time mentally."

"Defensively, we have more upperclassmen and a lot of size in the defensive interior as well as safeties and outside backers who can run sideline to sideline. If we can play as a unit our hope is to spill offenses horizontally then run them down with our second level speed."

The Thunder have had a really good turnout of players this season that live all across the Interlake.

"I started with the Thunder the year after the cancelled Covid season. It's great to see the numbers continue to grow over the past two years," Hasselfield said. "Our team is made up of a healthy mix of players from Gimli, Selkirk and Stonewall as well as many towns between. This season will mark the first year we are using online meetings to review game tape as a team. This has so far been a very effective and accessible way to get the team together when we pull from such a vast area."

The RMFL has added two new teams - the Winnipeg Falcons and St.

Vital Mustangs - for the 2023 season.

"I grew up in Winnipeg playing football since I was nine years old. I've played the Falcons and Mustangs countless times in my career and it's exciting to have them added to the league," Hasselfield said. "I think any growth for the league is exciting. I got a chance to watch both teams in an exhibition game a few weeks ago. Both teams looked good for August football. I also appreciated how much both teams were willing to air the ball out. We're looking forward to getting to play both this season."

For Hasselfield personally, he will be making the transition from offensive coordinator to head coach.

"I'm extremely grateful for this opportunity, taking on the role of head coach. Mitch (Obach) let me know we'd likely be making the transition midway through last season. It helped to have a full offseason to prepare. I will retain offensive play-calling duties - a role I've had both my previous years with the Thunder," said the 30 year old. "So far, I'm really enjoying the role. Having a great support staff and parent group have made the transition with some of the duties outside of the Xs and Os very smooth."

Falcons, Ice Dawgs set to begin training camps

Staff

The Lundar Falcons and Arborg Ice Dawgs will be hosting their Capital Region Junior Hockey League training camps later this month.

Registration for the Falcons is Sept. 10 from 4:30-5:15pm

at the Warren Arena.

Tryout dates are Sept. 10, 6-7:15pm Warren Arena, Sept. 14, 7-8:15pm Lundar Arena, Sept. 17, 5:15-6:45pm Lundar Arena, Sept. 19, 7-8:15pm Lundar Arena, and Sept. 21, 7-8:15pm Lundar Arena

Here is Arborg's camp schedule: Sept. 13 - 7:30 PM, Sept. 15 - 7:30PM, Sept. 17 - 6PM, Sept. 19 - 7:30PM, and Sept. 20 - 7:30

PM.

All skates will take place at Gimli Arena.

For more information, contact Derric Gulay at 204-641-3982.

A CRJHL preseason event will be hosted in Lundar Sept. 22-24. All games will be held in Lundar.

The schedule is as follows:

Friday Sept. 22:
8pm: Arborg vs Lundar

Saturday Sept. 23:

12pm: Beausejour vs St Malo
4pm: North Winnipeg vs Arborg
8pm: Lundar vs Selkirk

Sunday Sept. 24:
12pm: Beausejour vs North Winnipeg
4pm: St Malo vs Selkirk
Admission is \$5 per person with 12 and under free.

What's *Your* story?

We want to hear from you.

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

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

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

A young entrepreneur starting out?

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

THE EXPRESS
WEEKLY NEWS

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

Copyright Stonewall Teulon Tribune. To be used for personal use only.



Impact shuts out Stonewall United 3-0

By Brian Bowman

The Interlake Impact earned a huge win over Stonewall United last week.

Interlake shut out Stonewall 3-0 in Manitoba Major Soccer League 4th Division action last Wednesday.

Benny Wiens, with a pair, and Joseph Barkman scored for Interlake. Impact keeper AJ Reimer was very good in goal, posting the shutout.

The Impact played a great game in Stonewall.

"That was a very good game for us. We didn't have many guys on

the bench so we thought it would be rough for us," Wiens said. "But the group we had out played really well together and we kind of actually dominated the whole game."

With the win, the Impact is now 5-7-2 and has 17 points to occupy fifth place in the 10-team division. That's one point ahead of Stonewall United and Richmond United.

"(The win) moves us in playoff position and that's big for us," Wiens said.

September will be a busy month for Interlake as they will play four games

in 15 days. After a slow start to the season, the Impact is playing some good soccer at just the right time.

"There's some tough competition coming up in September. If we want to make the playoffs we're probably going to have to win four out of the five games," Wiens said. "And if we go on a really bad run in September

that could put us back in the relegation zone and we really want to avoid that."

The Impact will resume play with a game against Central Plains FC this Thursday at the Ralph Cantafio Soccer Complex.

Game time is 8 p.m.



Interlake Impact's Joseph Barkman, right, battles a Stonewall United player for the ball.



EXPRESS PHOTOS BY LANA MEIER

The Interlake Impact's Adrian Van Luik, left, kicks the ball away from Stonewall United's Quinn Derksen during MMSL 4th Division action last week. Interlake won the game 3-0.

Cvar lacing up the skates at Mercyhurst

By Brian Bowman

Olivia Cvar made the change this year from playing hockey for the St. Cloud State Huskies in Minnesota to the Mercyhurst University Lakers in Pennsylvania.

She also changed her jersey number. There are a couple of reasons why she made the switch.

"I wanted a number (91) that stood out and I think I left a good impression in my career there (with the Huskies)," she explained. "I helped St. Cloud to reach No. 12 in the NCAA ranking, the highest in St. Cloud history. My family helps to provide me with the strength and encouragement to reach my potential.

"My grandfather was No. 9 when he

was a youngster growing up in Gimli and my father's birthday is nine, so it should do me well."

Cvar, now 22 years old, did extremely well at St. Cloud State, scoring 25 goals and producing 44 points in four seasons.

Going from Minnesota to Pennsylvania is not an easy decision. But Cvar said the Lakers are really good and her teammates are awesome.

"I think I just needed a culture change," Cvar said. "I got that extra year from COVID, so I thought, I got my elementary degree and everything is good with that. I just wanted to try something different for one year and see what it's about out here."

Mercyhurst went to Sweden in July

to play four games against the Swedish national, Olympic, and development teams.

Over the course of their journey overseas, the Lakers were able to enjoy a great experience on and off the ice. The experience gained from their Swedish adventure will benefit them in the upcoming season ahead.

Cvar was able to bond with her teammates and coaches, which she really enjoyed.

"It was amazing," said Cvar, who grew up in Gimli and her family now lives in Stonewall. "I have never been anywhere in Europe before so it was a big culture change but I really liked it."



PHOTO SUBMITTED

Olivia Cvar is now playing hockey for Mercyhurst University in Erie, Pennsylvania.

get inspired

> MEAL IDEAS



Grape, Broccoli and Avocado Salad with Toasty Oat Topping

2 cups lightly packed torn curly kale
1 1/2 cups halved Grapes from California

1/2 cup minced red onion
1/3 cup chopped dried figs
freshly ground pepper, to taste
1 large, firm but ripe avocado, diced
To make toasted oat topping: In medium skillet over medium-low heat, cook butter, almonds, oats, salt and Italian herb seasoning about 5 minutes, or until lightly toasted and fragrant, stirring frequently.

To make dressing: In small blender, puree olive oil, grapes, wine vinegar, honey, sea salt and pepper, to taste, until smooth.

To make salad: In large bowl, mix broccoli slaw, kale, grapes, red onion and figs; season with pepper, to taste, and drizzle with dressing; toss well to coat. Add avocado and toss lightly. Transfer to six serving plates or bowls and sprinkle with toasted oat topping.

Prep time: 30 minutes
Cook time: 5 minutes
Servings: 6
Toasted Oat Topping:
1/2 tablespoon butter
1/3 cup sliced almonds, coarsely chopped
3 tablespoons steel-cut oats
1/8 teaspoon seasoned salt
1/4 teaspoon Italian herb seasoning
Dressing:
6 tablespoons extra-virgin olive oil
1/3 cup quartered red or green Grapes from California
1/4 cup wine vinegar
1 tablespoon honey
1/4 teaspoon sea salt
freshly ground pepper, to taste
Salad:
1 bag (12 ounces) broccoli slaw



Protein-Powered Chia Pudding 4 Ways

Cheesecake Drink

3 tablespoons chia seeds
2 teaspoons pure maple syrup
1/4 teaspoon pure vanilla extract
1 cup chopped strawberries

2 tablespoons low-sugar granola

Milk and Cookies Madness:

1 Chobani Zero Sugar Milk & Cookies Drink

3 tablespoons chia seeds
2 teaspoons pure maple syrup
1 tablespoon unsweetened cocoa powder

1/4 teaspoon pure vanilla extract

2 teaspoons cacao nibs

2 teaspoons chopped hazelnuts

To make Mixed Berry Blast: In small bowl, use fork to whisk mixed berry drink, chia seeds, maple syrup and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in 1/2 cup berries and transfer to serving glass. Top with remaining berries.

To make Peaches and Cream Dream: In small bowl, use fork to whisk peaches and cream drink, chia seeds, honey

Prep time: 15 minutes
Servings: 1 per flavor
Mixed Berry Blast:
1 Chobani Zero Sugar Mixed Berry Drink
3 tablespoons chia seeds
2 teaspoons pure maple syrup
1/4 teaspoon pure vanilla extract
1 cup mixed berries (blueberries, raspberries, blackberries or chopped strawberries)
Peaches and Cream Dream:
1 Chobani Zero Sugar Peaches & Cream Drink
3 tablespoons chia seeds
2 teaspoons manuka honey
1/4 teaspoon pure vanilla extract
1 peach, chopped
1 tablespoon sliced almonds
Strawberry Cheesecake Delight:
1 Chobani Zero Sugar Strawberry

Exercise as medicine



Fitness and Nutrition expert
Julie Germaine Coram

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However are you aware that exercise can function as medicine for serious diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn’t just a solution for weight management, but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which in turn helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you workout, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes, but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnoses around with the nutritional tips and exercise routine we developed together.

I also recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these types of benefits include walking, swimming, playing casual spots, or going for a bike ride. Remember that making a change doesn’t have to be painful or extreme. Small steps towards more movement every day add up quickly.

Want help getting started or to ask me your nutrition or fitness questions? Please email me julie@juliegermaine.fit

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine

LOW-CARB VANILLA PROTEIN PANCAKES

Ingredients:

1 scoop Vanilla Protein Powder
1 scoop Almond flour (use the protein powder scoop)
2 Whole eggs
1/2 cup Skim milk or non-dairy milk of choice

1 teaspoon Coconut oil

Directions:

1. In a bowl, use a power blender to mix together all ingredients (except for the coconut oil) until mixture thickens slightly.
2. Heat coconut oil in a large non-stick pan.
3. Pour in half recipe (or amount of mixture to create pancakes of desired size).
4. Cook 5 minutes each side (flipping carefully once with a large spatula).
5. Top with diced strawberries and sugar-free maple syrup, and enjoy! Can be refrigerated and reheated for use later too.

Makes two servings.

Macros

Calories (1/2 recipe): 302 Carbs:7g
Fat: 20g Protein:24g

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine

and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in half the peaches and transfer to serving glass. Top with remaining peaches and sliced almonds.

To make Strawberry Cheesecake Delight: In small bowl, use fork to whisk strawberry cheesecake drink, chia seeds, maple syrup and vanilla extract. Let mixture sit on 10 minutes to thicken then stir to distribute seeds.

Stir in 1/2 cup strawberries and transfer to serving glass. Top with remaining strawberries and granola.

To make Milk and Cookies Madness: In small bowl, use fork to whisk milk and cookies drink, chia seeds, maple syrup, cocoa powder and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Transfer to serving glass and top with cacao nibs and chopped hazelnuts.

Classifieds



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

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.

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.

FISHING

Lake Wpg. south basin quota, 50/50 signed quota share, I will fill you quota/s. Ph 204-642-3050.

FARM MACHINERY

550 MF Combine, 1745 hours, shedded. 482-5101.

FARM EQUIPMENT

For sale - Hesston 8200 Draper grain header, 21 ft. Best offer. Call 204-376-2924.

HAY/STRAW FOR SALE

For sale - quantity of net wrapped round bales grass hay, 1st cut alfalfa & barley straw. Reasonably priced. Call 204-461-1717.

APARTMENT FOR RENT

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

HELP WANTED

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

BUSINESS 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

FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways 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 204-651-1402.

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.

ADVERTISE YOUR UPCOMING EVENTS IN THE EXPRESS

Please support our advertisers
SHOP LOCAL



FULL OR PART TIME AUTOMOTIVE TECHNICIAN OR APPRENTICE WANTED

Reichert's Auto in Gimli is looking to hire a full or part-time automotive technician or apprentice. Drop off resume in person or email to kurtauto@mts.net For more information call 204-642-7778

Everything you need to promote your business



Call Today! 204-467-5836

Interlake Auto & Tractor Parts Ltd.
ARBORG, MANITOBA



REQUIRES Full Time Office Staff
Apply in person or email
161 Sunset Blvd
iautoar@aol.com
204-376-2667
www.interlakeauto.ca

Eddie's Gravel Supply
Asphalt Paving
Residential and Commercial
Call for your free estimate today
204-389-2023



PUBLIC NOTICE

BOARD OF REVISION

Public Notice is hereby given that the 2024 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 11, 2023 at 10:00 a.m. in the RM of Fisher Council Chambers 30 Tache Street, Fisher Branch, MB to hear applications to revise the 2024 Assessment roll and to revise 2023 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 25, 2023.**

Dated this 22nd day of August, 2023

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

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 DRIVERS

Gravel Hauling an Asset

Competitive Wages, Benefits

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF **MARJORIE ALICE TOBER**, late of the Postal District of Moose, Manitoba, Retired, Deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office at 11 Main Street, P.O. Box 200, Ashern, Manitoba, ROC 0E0, on or before the 7th day of October, 2023.

DATED at Ashern, Manitoba, this 28th day of August, 2023.

PAUL D. GEISLER J.D.
GEISLER LAW OFFICE
Solicitor for the Administrator

Snow Removal Tender



The Interlake Consumers Co-op is currently accepting tenders of snow clearing at our Eriksdale Cardlock and Corporate Bulk Plant, (the corner of PR-417 & Swan Lake Drive).

Cardlock

- snow removal from full parking lot.
- snow removal and salting of kiosks and around pump islands.

Corporate Bulk Plant

- snow removal from full parking lot.
- snow removal and salting of both loading and unloading cement pads.
- snow removal from gates and entrance ways allowing for full operation.
- snow removal from beneath piping outside of dike, pump decks, access to porta potty and access to both doors on drivers shed.

2 million Commercial General Liability Insurance needed.

Shovels and salt will be supplied.

For more information call our Petroleum Manager Ken at 204-214-0051.

- Email tender to fuel@interlakecoop.com or drop off in a sealed envelope at our Eriksdale Hardware office at: 18 Railway Ave, Eriksdale, Mb, ROC 0W0.

Lowest tender may not necessarily be accepted.

Deadline for tenders is 4:00pm, Sept. 26, 2023.

Classifieds

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



Rural Municipality of
FISHER

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

EMPLOYMENT OPPORTUNITY

Utility Operator Weekend Part-time

The Rural Municipality of Fisher invites applications for the position of a Utility Operator.

This is a Saturday, Sunday and Statutory Holiday relief position.

Duties include taking readings at water plant and completing daily reports. This position requires successful applicant to be on-call each day of scheduled work. Compensation includes on-call and vehicle allowance.

For further information regarding this position, please contact the Rural Municipality of Fisher at 204-372-6393.

Kelly Marykuca,
Chief Administrative Officer
Rural Municipality of Fisher
Box 280 Fisher Branch, Manitoba R0C 0Z0
fishercao@mymts.net
Tel: 204-372-6393



RURAL MUNICIPALITY
OF COLDWELL

SUBSECTION [41(1)] NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that the Nomination Period is September 25 to October 1, 2023 during regular business hours, **excluding Statutory Holidays**. That means that on September 25, 26, 27, 28, 29, 2023 between the hours of 8:30 a.m. - 12:00 p.m. and 1:00 p.m. - 4:30 p.m. at the Coldwell Municipal Office, 35 Main Street, Lundar, Manitoba, I will receive nominations for the office of Councillor of the aforesaid Local Authority.

Due to the October 1, 2023 being a weekend and not considered regular work hours, **Nominations cannot be accepted after September 29, 2023 at 4:30 p.m.**

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 or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the 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 September 4th, 2023

Kaitlyn Christensen
Senior Election Official (SEO)
Rural Municipality of Coldwell

Everything
you need to
promote your
business



Interlake
Graphics **Call Today!**
467-5836
For all your printing
and publishing needs

HOUSE FOR SALE 384 St. Peters Street Arborg, MB.

- Approx. 1455 sq. ft. Bungalow on 100' x 120' Double Lot 3 Bedroom, 2.5 bath, Fully Finished Basement, Attached Heated Double Garage, Detached Single Garage. Forced Air Natural Gas Heat with Central AC, 2 Wood Burning Fireplaces. Asphalt Paved Driveway and Sidewalks. Well Maintained with Many Recent Upgrades. Excellent Location, Close to Schools, Day Care, & Community Rec Center, Downtown Shopping.

Asking Price \$359,000

Viewing by Appointment Only

ONLY Sealed written offers will be considered.

Please forward signed offers to the owner's address prior to **September 30th, 2023. Verbal offers will not be accepted.**

Linda Orbanski p/o Box 121 Arborg, MB. R0C 0A0

For further Information you may contact
204-378-0779 or email: lindaorb@gmail.com

169 Beach Road TEULON, MB

GATEWAY MANOR INC.

INVITATION TO BID - METAL ROOFING

To supply and install 29 ga Pro Rib Metal Roofing over existing shingle roof.

Approx. total area of 40,000 Sq. Ft.

Deadline to Bid **SEPTEMBER 25, 2023**

Bid Package with specifications available from

Gateway Manor Inc. - Site Manager

Phone: 204-886-2298

Email: manorinc@mts.net



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES TOWN OF WINNIPEG BEACH

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 28th day of September, 2023, at the hour of 10:00 AM, at Town of Winnipeg Beach, 29 Robinson Avenue, Winnipeg Beach, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
79500	LOT 3 BLOCK 3 PLAN 850 WLTO EXC THE WLY 10 FEET IN NE 1/4 OF 17-33-4 EPM. - 442 PTH # 9	L - \$24,200	\$3,926.72
171922	UNIT 13 CONDOMINIUM PLAN 21705 WLTO TOGETHER WITH AN UNDIVIDED 4.170% INTEREST IN THE COMMON ELEMENTS AS APPURTENANT THERETO SUBJECT TO ALL ENTRIES SET OUT ON TITLE OF WINNIPEG CONDOMINIUM CORPORATION NO. 236 - 18 HARBOUR VILLAGE PL	L - \$8,500 B - \$125,000	\$10,725.24

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Town of Winnipeg Beach as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 31st day of August, 2023.

Managed by:



Sharon Desiatnyk
Chief Administrative Officer
Town of Winnipeg Beach
Phone: (204) 389-2698
Fax: (204) 389-2019

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? 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.

TAKING REGISTRATIONS FOR THE FALL? SOMETHING FOR SALE? HAVING AN EVENT? Let us help you with that. Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

McSherry Auctions

12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Featuring Semi Load of Lumber
Closes Sept. 13 @ 7:00 PM

Estate & Moving
Closes Sept. 20 @ 7:00 PM

Booking Auctions At Your
Place or Ours!

McSherryAuction.com
204-467-1858
Consignors Welcome!

WANTED

Buying large
amounts of
coins & coin
collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, Royal Canadian Mint Coins, Franklin Mints Sets, buying Entire Collections & Estates. USA, Canada & world collections wanted. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd
250-864-3521

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkbranch@mymts.net

FIND THE RIGHT PERSON FOR THE POSITION
with an
EMPLOYMENT/ CAREERS AD in
THE EXPRESS
WEEKLY NEWS
204-467-5836

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Computers *Medical
*All phones *Chargers
*Marine *RV & more
Shipping/Delivery avail.

THE BATTERY MAN

1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca



Response Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

Classifieds

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



New Iceland Heritage Museum REQUIRES A Museum Assistant September 2023 - March 2024

The ideal candidate will be a student (high school grade 11 or 12 or University). Familiarity with local and regional history is a definite asset. Strong public relations skills and the ability to stay on task with minimal supervision is required. Duties will include customer service gift shop and directing museum visitors to enhance their visitor experience.

Position will require working weekends and other shifts outside of school hours as assigned (flexible)

This position is funded through the Young Canada Works in Heritage Organizations

Deadline for application is September 14th, 2023

Call 204-642-4001 if you have any questions.

Apply in person at the museum, #108 94 -1st Ave. Gimli or email julianna.roberts@nihm.ca



EVERGREEN SCHOOL DIVISION Invites applications for the following regular position, effective ASAP:

23.OP.02 **Bus Driver Regular** (approx. 4hr/day)
– Arborg area

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

CLOSING DATE: September 12, 2023 (3:30 pm)

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

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

Danny's

MOVING AND DISPOSAL

- Local & long distance
- USA moving
- Household packing
- Estate clear out & clean up
- Demolition

Free Estimates
Seniors Discounts
Small Jobs
Professional & Courteous
204-298-7578

WANTED OLD SIGNAGE

Looking to purchase old cigarette advertising signs. Black Cat, Sportsman, Buckingham, etc.

Cash Paid

Ph: 403-860-1445 or grizzlygas@hotmail.com

May buy other oil or dealership signs.

Please support
our advertisers
SHOP LOCAL

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Second sight
4. Standard electrode potential
7. Type of gibbon
8. John Joseph ___: American industrialist
10. Manning and Whitney are two
12. Abrupt
13. Baroque musical instrument
14. Post-burning residue
16. When you hope to arrive
17. Sign up (Brit. Eng.)
19. Sun up in New York
20. Employee stock ownership plan
21. Where people live
25. Method to record an electrogram
26. Angry
27. No longer living
29. Simple
30. Swiss river
31. Portion of a play
32. It's under the tree
39. Wood sorrels
41. No (Scottish)
42. Dialect of English
43. Former Steelers' QB
44. Popular beer
45. It can make you sick
46. Tropical tree and fruit
48. Company officer
49. Contact lens term
50. Your consciousness of your own identity
51. "Ghetto Superstar" singer
52. Piece of turf

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						
										34	35	36	37	38
39	40									42				
43					44							45		
46					47							48		
49														50
														52

CLUES DOWN

1. Number of players on each side in a football game
2. Containing salt
3. Reasoning or knowledge: a (abbr.)
4. Car mechanics group
5. Leave a place
6. Southern Colombian capital
8. Old English letter
9. Tide
11. Walk heavily
14. Chemical compound (abbr.)
15. Artificial openings
18. Luteinizing hormone
19. Unit of energy
20. Circular movement of water
22. A way of holding
23. Popular book of words
24. States' group
27. Dashes
28. Body part
29. Electronic countermeasures
31. Consumed
32. Small bird
33. Unhappy
34. Football's big game (abbr.)
35. Valued object offered in good faith
36. Wild goats
37. Precede in place
38. Small edible fish
39. Notice of death
40. Body cavity of a metazoan
44. Partner to cheese
47. Not around

Classifieds Announcements



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

WHY CLASSIFIEDS WORK

Classifieds are inexpensive. This is perhaps the biggest advantage of using this form of advertising. Payment is generally based on the number of words or the lines of copy used in the ad. Given the low cost, you can actually run an entire series of classifieds ads. The inexpensive nature of the ad means you can reach out to your prospects on a regular basis without breaking your bank account.

Classifieds are great for generating leads. You invite them to contact you by phone, mail, or e-mail, etc. When the contact is made, you simply follow-up with a sales call or email.

Classifieds can be used for local and regional audiences.

It's been said that the classified is the one tool that allows the little guy (or gal) to be more competitive. It enables the small businessperson to reach his or her audience on a small budget, no matter where they live.

2023 Show Home for Sale

Starting at \$269,000

Aurora Plus RTM

1648 SqFt 3 bedrooms, ensuite, large kitchen with quartz countertops 9ft walls, double cathedral ceiling

www.

wgiesbrechthomes.ca

204-346-3231

ReVolution Trailers

RVs Reimagined

- Winterization
- Winter Storage
- Renovated RV Sales
- Custom Renovations
- Service and Repair

1480 Springfield Rd
Winnipeg, MB
www.revolutiontrailers.ca

Call Now: 204-955-7377

IN MEMORIAM

In loving memory of Gladys Karish who left us Sept. 8, 2016

The things we feel most deeply
Are the hardest things to say
Because we, your family, love in a special way
To hear your voice
To see your smile
To sit and talk with you awhile
To be together in the same old way
Would be our dearest wish today
No one knows the sorrow we share
When the family meets
And you are not there
We hold you close within our hearts
And there you will remain
To walk with us throughout our lives
Until we meet again.

-Forever loved and deeply missed by
Alex, Kelly, Julie, Braden, Rocky, Nancy, Sarah & Madison

OBITUARY



James William Tomko
With heavy hearts, we announce the peaceful passing of (Jim) James Tomko, 82, with his family at his side and his favorite music playing on August 23, 2023, at Riverview Health Centre in Winnipeg.

Left to remember him are his children, Jeannie/Jeneen (Mauricio) and Ryan (Theresa); wife Phyllis of 59 years, separated; sisters, Teresa (Alain Beauregard),

Judy (Brand Catton), and Beverley (Albert Self); grandchildren, Felicity (12 months) and baby Jamie (expected Feb 2024); many nieces, nephews, cousins; companion Linda; and numerous cherished friends. Everyone's love and support was a great comfort to Jim.

He was predeceased by his father, Bill/William Tomko, whom he was immensely proud of and missed dearly; his mother, Olga Tomko (Tyshkoski), who was his sunshine; his brother, Charlie/Charles Tomko (Myrna); and his nephew, Tommy Tomko. Jim tragically lost his dad in a car accident as a young boy of 14 but was able to show great strength as he helped his mother raise his 4 younger siblings and provided a lasting positive influence in their lives.

Jim was born on August 10, 1941, and grew up in Winnipeg Beach. The family home was across from their garage and service station business and was full of love. Once he graduated high school, he moved to Winnipeg. Soon after, he fell in love with Phyllis Zelensky and got married.

Skilled with numbers, he first worked as a bank teller but soon transitioned to being an independent insurance agent and operated the business for the next 45 years. He loved the freedom and social aspect of being an agent. Remaining strongly connected to Winnipeg Beach, he and Phyllis also owned and operated a restaurant for 15 years, called B&E Carry Outs or amongst ourselves the "Chicken Shack" (present day Saltys). Jim proudly served on Winnipeg Beach Council for 20 years, with three terms as Mayor, guiding his beloved town.

He excelled at public speaking, having been a dedicated member of Toastmasters, where he once won a humorous speech contest.

Jim had a passion for music from a young age and effortlessly played accordion, piano, and guitar. Family holidays were often filled with live music. He very much enjoyed entertaining audiences and performing in bands throughout his entire life, most recently the Country Gentlemen and the Wood Knots. In his retirement, he joined the Board of Directors at the radio station CJNU 93.7 FM and found great joy in volunteering to produce music shows and passionately planned playlists and stories for his own program as "Country Gentleman Jim Tomko" for many years.

Jim valued people and making a positive impact, and he built strong social connections with family, friends, and anyone he met. Lending a hand and encouraging others brought him happiness. He was the epitome of active living. A passionate gardener who especially loved growing beans, he served on the board of the West Kildonan Horticultural Society for several years. Golf was another activity he partook in whenever possible, and upon making a poor shot, he would say, "It's ok, the next one will be better," a reflection of his positive and resilient attitude to life. Jim also had a love of curling and was an avid player who always served on the executive of the curling clubs he was involved in. Sharing his enthusiasm for the sport, he coached the junior program at the West Kildonan Curling Club for a decade. He lived his life to the fullest, but his strongest commitment was to his family, and he provided endless guidance and support in the lives of his children.

Jim was proud of his dad's service in WWII and was a member of the Winnipeg Beach Legion for 40 years. There will be a celebration of Jim's life at the Legion on September 15th, 2023, at 1:00 p.m. Interment with his parents and brother at the Winnipeg Beach Cemetery will take place at a later date.

If you would like to honour Jim's memory, please consider a donation to the Canadian Cancer Society or the Riverview Health Centre Foundation, in lieu of flowers. He would also ask that you embrace a healthy diet and lifestyle, and keep on smiling. Jim always had a smile, wisdom, and warmth to offer, and he will be greatly missed by all who knew him.

We love you, Dad!

Thank You

Ashern Pioneer Museum Board

Would like to send out a huge thank you to R.M. of West Interlake and staff; all the volunteers and the people who came out and supported us on Threshermen's Reunion Day. Thanks to Neil Thornham; Ryan Price, the Magician; Asham Stompers; Meryl Klyne; Face painter Thessalie Yanke and all the vendors that had tables. Special thank you to the ladies looking after the dough boys. Thank you to all the businesses that contributed to the silent auction and anyone we are forgetting. We had a great turn out and are planning for August 11, 2024 for our next year Reunion.

Everything you need to promote your business

- Flyers
- Brochures
- Business cards
- Stickers
- Window decals
- Social tickets
- Door hangers
- Letterhead
- Envelopes
- Invoices
- Estimate sheets
- Posters
- Memo pads
- Post cards
- Presentation Folders

Call 204-785-1618



SERVING YOUR COMMUNITY

- Monuments
- Pillow markers
- Pre Needs
- Final Dates
- Restoration
- Level monuments
- Renew monuments
- Engraving
- Granite
- Bronze
- Columbariums
- single, family, community

Appointments available in the comfort of your home

Email: sunsetmemorialsgimli@gmail.com

Bus: 1-204-642-8818 • Cell: 1-204-407-3096

www.sunsetmemorialsgimli.ca

SPRUCE WOODS LOGGERS INC.

PELLET PLANT OPERATORS

- Must be reliable and follow directions well.
- Must be able to work independently, be self-motivated, shift work bonus, health benefit pkg with no premium.

Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

Located approx. 18 miles north of Arborg.

Email resume to: swl@sprucewoodloggers.ca or call 204-378-2997 References required.



Would you like to join our team?

Evergreen School Division is looking for bus drivers!

We require caring, safe drivers to be bus drivers for our students.

Pre-register by Wednesday September 20th.
Location is 234 Tudor Lane in the Gimli Industrial Park.
Contact the Transportation Office at 204-642-6263 to register.
Bring a lunch.

FREE 3-DAY TRAINING SESSION HELD ON
 Saturday September 23rd 9am – 5pm
 Sunday September 24th 9am – 5pm
 Monday September 25th 5pm – 9pm
 Dress for the weather for outdoor components.

Please bring your own lunch for each of these days and we hope to see you there!

Classifieds



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

See Us for Everything you need to promote your business



Call 204-785-1618

- Flyers
 - Brochures
 - Business cards
 - Stickers
 - Window decals
 - Social tickets
- Door hangers
 - Letterhead
 - Envelopes
 - Invoices
 - Estimate sheets
 - Posters
- Memo pads
 - Post cards
 - Presentation Folders

To Book A Biz Card Call 204-467-5836

Little Red Veggie Stand on #8

102061 Highway 8
1 km north of 229

- heirloom chemical-free vegetables
- handmade natural soap
- organic (flour) baking
- pickles, jams and jellies
- reasonable pricing

Open Sat. 10-4 and Sun. 11-3 weather permitting
pay by cash, credit or debit cards Ph: 204-389-2303

NEW OR USED SEA CONTAINERS FOR SALE 20' or 40'

Countryside Home building centre Can deliver anywhere in the Interlake.
Ph: 204-739-3392

GNJ STUCCO and ACRYLIC

Pargings • Garages • Paper & Wire
New & Re-Stucco Repair Work
FREE ESTIMATES
204-206-0276 Teulon, MB

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience

Vince 861-0487
Darren 861-0028

GOETZ SIDING

• 5" Eavestrough • Soffit/Fascia
• Custom Cladding
(204)223-7740 goetzsiding@gmail.com

INTERLAKE GRINDERS 204-407-7856

Seniors Discounts
Free Estimates
Fully Insured

You find 'em, we grind 'em

R.S. SATELLITE SYSTEMS
Sales - Installations - Service
Help With TV and Internet
Satellite Systems.
Russell 204-376-2757

CONVENIENCE

Grocery • Drinks • Snacks
• Coffee to Go • Ice • Firewood
• Fireworks • ATM • Greeting Cards
• Newspapers • Books • Pet Food
• Toys & more

SNACKS • LOTTO
20088 First Ave,
Sandy Hook

OPEN YEAR ROUND 10am - 6pm
7 DAYS A WEEK

PharmaChoice LUNDAR

You have QUESTIONS, We have ANSWERS!

- Prescriptions • Liquor Store
- Home Health Care Aids
- Snacks and more!

Advice for Life

LUNDAR PHARMACY 204-762-5431
18 Main St., Lundar

Glass Specialists Construction

- Sealed Units
- Flat Glass
- Mirrors
- Laminated
- Tempered
- Plexi/Lexan

- Windows & Doors
- Siding
- Custom Cladding
- Decks
- Construction/Renovations

19046 Ukrainian Park Road
Camp Morton, MB
204 376 5177
204 642 2980
Intglass@mymts.net

Interlake Glass
WINDOWS, DOORS & MORE

Innovative Electric

Ph: 204-641-5266
Url: www.innovativeelectric-mb.ca
Email: matthew@innovativeelectric-mb.ca

BNS EXCAVATING

- Design Services
- Soil Analysis
- Well & Septic Repairs
- Frozen Lines
- Driveways
- Culverts
- Trenching
- Auger Drilling
- Ice Dam Steaming
- Septic Fields

Residential, Commercial & Industrial
Member of Manitoba Onsite Wastewater Management Assoc
BNSexcavating@hotmail.com (204)461-2856

RENT ME - GIMLI RENTALS

- ROLL OFF BINS • EQUIPMENT RENTALS
- TRAILER RENTALS • SKID STEER ATTACHMENTS
- SCRAP AND ESTATE CLEANUPS

gimlirentals@gmail.com
120B Center Ave West 204-641-2231

NEW VALLEY ROOFING & RENOVATIONS
Serving The Interlake

Henry Reimer 204-642-2551
henry.reimer@newvalleyroofing.com
BP & IKO Certified Roofer newvalleyroofing.com

ALICEROOFING LTD.

Complete Roofing Service

- Residential
- Agricultural

Licensed & Insured
www.aliceroofing.ca 204-757-9092

FUTURE MECHANICAL Heating & Cooling Commercial & Residential

- Electric & Gas Furnaces
- Air Conditioning & Refrigeration
- Heat Recovery Ventilators
- Geothermal Heat Pumps
- Custom Sheet Metal
- Electrical

YORK HEATING AND AIR CONDITIONING

Serving the Interlake for Over 25 Years!
24 Hour Service 1.204.642.5600
futuremechanicalsystems@hotmail.com

Everything you need to promote your business

- FLYERS
- BROCHURES
- POST CARDS
- STICKERS
- BUSINESS CARDS

- PRESENTATION FOLDERS
- SIGNS
- SOCIAL TICKETS
- DOOR HANGERS
- LETTERHEAD

- ENVELOPES
- INVOICES
- ESTIMATE SHEETS
- POSTERS
- MEMO PADS
- And MORE...

Interlake Graphics
For all your printing and publishing needs

467-5836

10 DAY ^{x2} SALE!

"Twice as Nice"

SALE ON NOW

PLUS
FOR ONE DAY,
EVERYONE
WILL GET THEIR PURCHASE
FREE!

PREVIOUS WINNERS All these customers received their purchase **FREE!** (parital list)

Agnes Furgula, Riverton.....\$939.00	Beverly & Bryan Plett, Arborg.....\$2,148.00	Elaine Bruce, Ashern.....\$449.00
Scott McDougall, Ashern.....\$369.00	Bruce Reimer, Arborg.....\$1,308.00	Linda Foster, Matlock.....\$408.00
John Harper, Hodgson.....\$799.00	Ray Reimer, Arborg.....\$399.00	Dan & Nyla Klatt, Grahamsdale.....\$649.00
Robert & Delores Jacobson, Arborg.....\$279.00	Donna Votour, Arborg.....\$69.00	Rosemarie Kawalenko, Arnes.....\$1,329.00
Brad Baziniak, Riverton.....\$698.00	Richard & Judith Womer, Arnes.....\$419.00	Lenora Mahase, Winnipeg.....\$369.00
Allan Porter, Peguis.....\$1,698.00	Don Barkman, Arborg.....\$279.00	Melissa Markusson, Gimli.....\$399.00
Pete & Verna Bodnar, Arborg.....\$1,028.00	Noreen Barkman, Arborg.....\$679.00	Stacy Markusson, Gimli.....\$2,637.00
Zenith Poole, Arborg.....\$1,849.00	Mark Bayliss, Arborg.....\$19.95	Darrin Mitchell, Riverton.....\$1,703.95
Kevin & Lisa Klym, Arborg.....\$179.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Vera Osborne, Arborg.....\$279.00
Joan Hudson, Hodgson.....\$979.00	Jim & Wanda Brandson, Lundar.....\$916.00	Ashley Prince, Peguis.....\$20.00
Leonard & Joyce Jackson, Gimli.....\$2,427.00	Paul & Linda Buss, East Selkirk.....\$338.00	Glen Tamoto, Sandy Hook.....\$1,179.00
Amanda Rundie, Riverton.....\$258.00	Richard & Doris Dueck, Arborg.....\$59.90	Rick Weins, Arborg.....\$649.00
Kay Bergman, Arborg.....\$2,229.00	Henry T. Friesen, Arborg.....\$1,727.95	Cornelius Weins, Arborg.....\$59.00
William & Ethel Brown, Gimli.....\$5,000.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Roger and Christine Abuda, Arborg.....\$849.00
Leona Cochran, Koostatak.....\$499.00	Carl Johnson, Riverton.....\$499.00	Will & Shelly Ashley, Arborg.....\$193.98
Ivan & Christine Fridfinnson, Arborg.....\$737.10	Darryl & Jeanette Lazarok, Poplarfield.....\$599.00	Darryl and Doris Bear, Peguis.....\$2,647.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Jason Loewen, Arborg.....\$59.90	Dwight Dilts, Stonewall.....\$1,828.00
John Hudyma, Fraserwood.....\$599.00	Janet Porth, Gimli.....\$1,759.00	Lil Firman, Gimli.....\$2,068.00
Alex Klimchuk, FisherBranch.....\$575.00	Candace Sigurdson, Riverton.....\$499.00	Ruth Kennedy, Arborg.....\$54.99
Kevin & Lisa Klym, Arborg.....\$1,404.00	Tracy Sigvaldason, Arborg.....\$299.00	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Claudia Krawchuk, Fraserwood.....\$499.00	Della Sinclair, Koostatak.....\$1,599.00	Bjani and Elaine Martinson, Riverton.....\$399.00
David & Judy McDougall, Ashern.....\$399.00	Isabel J.Toy, Lundar.....\$469.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Tammie McQuoid, Arborg.....\$1,049.00	Cynthia Webster, Gimli.....\$449.00	Stephen and Liz Murdock, Koostatak.....\$70.00
John Miller, Broad Valley.....\$69.95	George & Maria Wiebe.....\$51.00	Lorne and Susan Smith, Gimli.....\$929.00
Ronald Plett, Arborg.....\$499.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00	Faye Stevenson, Peguis.....\$1,173.95
Frank Reimer, Arborg.....\$658.00	Doreen Steg, Camp Morton.....\$1,474.50	Walter and Charlene Stevenson, Peguis \$154.98
Dave & Eileen Shott, Arborg.....\$98.00	Darlene Jonsson, Gimli.....\$529.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
Fern & Phillip Sinclair, Peguis.....\$279.00	Luwana Brandt, Riverton.....\$1,799.00	Al and Gloria Wiebe, Poplarfield.....\$152.94
Phillip Thorkelson, Arborg.....\$599.00	Linda Williams, Peguis.....\$339.00	Irene Zazulinski, Fraserwood.....\$279.00
Stanley Wallach, Poplarfield.....\$399.00	Ida Jean Buck, Hodgson.....\$26.75	Kurtis and Iris Stansell, Arborg.....\$239.00
Simonetta DeSante, Riverton.....\$529.00	Glen & Phyllis Stevenson, Peguis.....\$877.00	Stephen & Liz Murdock, Koostatak.....\$841.00
Danielle & John Weedon, Riverton.....\$1,799.00	Don & Betty Johnson, Arborg.....\$1,299.00	Ian and Carla Christiansen, Gimli.....\$2,257.99
Bev Webb, Fisher Branch.....\$129.00	Patricia McCallum, Gimli.....\$569.00	Duane Loewen, Arborg.....\$199.59
Alan McKay, Arborg.....\$349.00	Joyce Bielik, Riverton.....\$29.95	Matthew Smith, Eriksdale.....\$2,297.00
Zenith Poole, Arborg.....\$848.00	Marvin Olson, Arborg.....\$29.95	Sharon McLeod, Gimli.....\$1385.97
Barb & Menno Friesen, Riverton.....\$559.00	Jerriline Smith, Peguis.....\$1,227.00	George and Mary Lywak, Koostatak.....\$629.00
Pat Dudrak, Arborg.....\$499.00	Sandra Jonasson, Arborg.....\$549.00	Lorna Friesen, Arborg.....\$599.00
Mary Dunlop, Gimli.....\$109.00	Melissa & Jeff Abuda, Arborg.....\$5,339	Teddy Ferkel, Sandy Hook.....\$699.00
Jean Harrison, Arborg.....\$1,999.00	John Paul Avison, Arborg.....\$679	Darrell and Donna Thaddeus, Koostatak.....\$139.00
Roxanne Roche, Arborg.....\$1,868.00	Carol & Dan Beauchemin, Inwood.....\$1,329	Joyce and Glenn Peden, Gimli.....\$1,019.00
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Jim Dingwall, CampMorton.....\$1,038	Lilja Macaulay, Gimli.....\$829.00
Nancy Woychystyn, Arborg.....\$499.00	Jaron Hudson, Riverton.....\$1,278	Dennis & Marlene Riehl - Arnes.....\$899
Donna & Ray Andert, Gimli.....\$899.00	Darlene Jonsson, Gimli.....\$359	Ruth & Steve Macduff - Gimli.....\$868
Will Ashley, Arborg.....\$479.00	Ruth Kennedy, Arborg.....\$549	Christine Loff - Riverton.....\$399
Jake Barkman, Riverton.....\$619.00	Benita Muzyka, Arborg.....\$388	Thomas Pardoski - Stonewall.....\$399
Mike & Thelma Blahay, Arborg.....\$557.00	Archie Thompson, Arborg.....\$549	Cindy & Derek Grimoltson - Riverton.....\$749
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Amanda Unger, Riverton.....\$799	Louise Barylski - Arborg.....\$1,128
Karen Dzaid, Arborg.....\$499.00	Evelyn Wallach, Poplarfield.....\$899	Arnold & Shirley Jonasson - Arborg.....\$969
Natalia & Roger Eyoifson, Riverton.....\$1638.00	Judy Wells, GrandePointe.....\$119	Eric & Stella Funk - Gimli.....\$889
Randy & Glenda Forster, Hodgson.....\$1898.00	Lynn Bear, Peguis.....\$239.00	Donna Dolphin - Arnes.....\$515.65
Perry & Genni Hibbert, Arborg.....\$479.00	Hazel Brunen, Eriksdale.....\$729.00	Maureen Blandford - Arborg.....\$79
Kris & Begga Johannesson, Riverton.....\$939.00	David Chudy, FisherBranch.....\$1,499.00	Christina Asham - Peguis.....\$2,007
Rick & Sheila Johnston, Arborg.....\$349.00	Susie and Brian Eyoifson, Riverton.....\$528.00	Julia Penny - Winnipeg.....\$549
Donna Jonasson, Arnes.....\$399.00	Nelson Hudson, Koostatak.....\$629.00	Rita Kirkness - Koostatak.....\$2,897
Jeanette Kist, Gimli.....\$121.87	Larry and Valerie Kornelsen, Arborg.....\$799.00	Kassidy Brooks - Peguis.....\$668
Kevin & Lisa Klym, Arborg.....\$774.00	John Loewen, Arborg.....\$859.00	Crystal & Aaron Magnusson, Riverton.....\$999
John & Tina Kornelson, Arborg.....\$689.00	Rita Milne, Gimli.....\$1,327.43	Barry McKay - Fisher River.....\$499
Kent & Helena Kostshyn, Lundar.....\$639.80	Minerva Ladies Aid, Gimli.....\$659.00	Doris & Tom Trotter - Arnes.....\$4898
Thomas Kowalchuk, Fraserwood.....\$499.00	Sheila Murdock, Koostatak.....\$1,018.00	Leonard & Donna Gulay - Arborg.....\$669
Edward Penner, Arborg.....\$619.00	John Otto, Ashern.....\$1,829.00	John & Carol Pelkau - Arborg.....\$49.99
Keith Poleschuk, Arborg.....\$2082.00	Gwen Adams, Matlock.....\$1499.00	Jan Lardner - Sandy Hook.....\$2478
Curtis Spence, Hodgson.....\$479.00	Buddy Chudy, Fisher Branch.....\$1298.00	Adrian & Allan Koblun - Arborg.....\$53
Tanya & Lyle Thorgilsson, Lundar.....\$329.00	Dave Crate, Koostatak.....\$529.00	Linda Annason - Gimli.....\$69.99
Nancy Woychystyn, Arborg.....\$768.00	Frank Dziedzic, Stonewall.....\$859.00	Olga Persoage - Teulon.....\$54.99
Mathew & Gemma Avison, Arborg.....\$219.00	Heather Fedorchuk, Gimli.....\$1119.00	Donna Kirby - Eriksdale.....\$728
Raymond Bazinet, Eriksdale.....\$389.00	Ilean Haldane, Winnipeg Beach.....\$1979.00	Daphne Grier - Riverton.....\$949
Lynn Bear, Peguis.....\$1,044.00	Catalina Janzen, Arborg.....\$709.00	William Whiteway - Arnes.....\$1899
Ken & Linda Cherepak, Arborg.....\$49.01	Joan Krulicki, Arborg.....\$1126.99	Fred Finsson - Hnaua.....\$319
Debbie Deveau, Eriksdale.....\$249.00	John Logan, Teulon.....\$439.00	Dawn & David Sul - Arborg.....\$2118
Dorothy Dubchak, Gimli.....\$899.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40	Oliver & Florence Flett - Peguis.....\$759
Sid & Beatrice Dueck, Arborg.....\$569.00	Jason and Sarah Naylor, Arborg.....\$1328.99	John & Dorianne Jones - Arborg.....\$1189
Don Firman, Arborg.....\$529.00	Peter and Lisa Sawatzky, Arborg.....\$249.00	Leonard Kiesman - Ashern.....\$3096
Heather Hamberg, Teulon.....\$749.00	Donna Skinner, Arborg.....\$50.94	Gwen McDougall - Ashern.....\$1399
Mathew Hamberg, Winnipeg.....\$399.00	Allan Spence, Hodgson.....\$1199.00	Allen Spence - Hodgson.....\$719
Star Johnson, Arborg.....\$549.00	John and Mary Troyan, Arborg.....\$868.99	Delores Steg - Gimli.....\$2567
Allan & Janie Johnson, Riverton.....\$1,039.00	Boyd Abas, Hodgson.....\$338.99	Steve Taylor - Riverton.....\$1148
Brenda Kayer, Teulon.....\$399.00	Sharon J. Bear, Peguis.....\$399.99	Victor Unruh - Arborg.....\$2898
Wayne & Kathy Kristinsson, Arborg.....\$499.00	Sophie Bristow, Gimli.....\$49.00	
Jeff Melsted, Gimli.....\$120.00	Susan & Greg Brown, Lundar.....\$1,713.00	

GRAND TOTAL TO DATE \$311,945.80

A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.
At closing, 5 p.m. Sat. Sept. 30th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.
Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.
We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.
Larry Kornelsen
Smitty's

SOLID WOOD CANADIAN MADE BEDROOM FURNITURE AVAILABLE

ALL PURCHASES PAID IN FULL QUALIFY!
• Furniture
• Appliances
• Clearance Items

Recliners starting as low as \$599

Sofas STARTING AS LOW AS \$899

PLUS
DON'T PAY FOR 3 MONTHS INTEREST ON EVERYTHING O.A.C.! FURNITURE, APPLIANCES

Frigidaire Chest Freezers 15 cu. ft. \$899

BEDS, BEDS, BEDS, 17 Models on Display From \$499-\$2799

SALE RULES
• All sales must be paid in full to qualify for this sale.
• Visa, Mastercard or Smitty's Credit Cards accepted.
• Sale Starts 9 a.m. Tues., Sept. 5th and ends Sat., Sept. 30th, 5p.m.
• All purchasers on free day will be notified and receive their full refund by Friday, Oct. 7, 6p.m.
• All sales tallies and free day will be verified.
• Commercial sales excluded in tallies and free day.
• All taxes excluded in tallies and refunds.
• No returns or cancellations.



"The largest selection of Furniture & Appliances between the lakes"
321 MAIN ST. ARBORG
204-376-5242 TOLL FREE 1-800-361-4156
E-mail: smittysfurniture@mts.net www.smittysfurniture.net

STORE HOURS
Tuesday-Friday 9-6
/ Saturday 9-5

