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EXPRESS PHOTO BY LANA MEIER

Brandon Bamford and his grandfather Bob Bamford drove a wagon 10 miles with their Haflinger mule Willow (pictured) and Haflinger horse Digger in the Woodlands Ride for Child's Wish fundraiser on Aug. 27. This year's ride raised \$44,000 to make wishes come true for children with cancer. The event had 63 horse riders, eight wagons with 30 people, 30 motorcycle riders and 574 for supper in the evening.

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Here's How.



Quit Smoking with your Manitoba pharmacist



Tim Smith, pharmacy practice advisor with Pharmacists Manitoba.

Smoking remains a major public health concern. Each year, approximately 2,000 Manitobans die from causes related to smoking. This is a comparable number to those that have died in our province to date from the COVID-19 pandemic. In fact, cigarette smoking remains the leading cause of preventable death in Manitoba and cigarettes are the only consumer product that causes disease, disability and death when used exactly as intended.

Most people who use smoking products are aware of the

health risks associated with their addiction but struggle to quit. Since April 1, 2022, pharmacists across Manitoba who have completed additional training in smoking cessation are participating in a new program to help Manitobans finally quit smoking for good.

Pharmacists Manitoba is pleased to partner with the Government of Manitoba on Quit Smoking With Your Manitoba Pharmacist, a three-year program providing comprehensive quit smoking support to 4,500 Manitobans in all corners of the province.

Studies show smokers are most successful with quitting when they receive a combination of counselling from a health-care provider alongside effective medication assistance. Pharmacists have training and expertise in smoking cessation and behaviour change and are the medication experts. As the most accessible health-care providers, pharmacists are available to help people who smoke cigarettes in commu-

nities across our province.

Manitobans who enrol in this program will receive comprehensive support from their local pharmacist to quit smoking cigarettes. When you enrol in the program, your pharmacist will conduct a comprehensive health and medication assessment and create a personalized quit plan for you that considers your individual history with cigarettes and unique smoking triggers.

Pharmacists will be able to prescribe you proven, evidence-based treatment, such as oral medications or nicotine replacement therapy like the nicotine patch or gum, to help with cravings and withdrawal symptoms.

To help make this the last quit attempt you need, your pharmacist will follow up with you for up to one year, helping to troubleshoot challenges, address setbacks, help you be accountable to your goals, and ensure that medication treatment is effective and well-tolerated.

The program is funded through an innovative social financing tool called a social impact bond, allowing the services to be provided to



Manitobans with no upfront costs. A \$100 subsidy is available to help participants with any out-of-pocket costs they may face for medications used as part of their quit attempt.

Each year, our province incurs \$244 million in smoking-related health costs. As with the ongoing campaigns to vaccinate Manitobans against COVID-19 and influenza, pharmacists stand ready to play an important role in improving both outcomes in our healthcare system and its fiscal sustainability.

At Pharmacists Manitoba, we are excited because this project is an opportunity for pharmacists across the province to further demonstrate their capability to meaningfully address a vital public health need.

Most of all, as health-care professionals, we are thrilled for the opportunity to help Manitobans break free from nicotine addiction and live healthier, longer lives.

As of this writing, almost 200 pharmacies across the province have signed up and will be helping Manitobans quit smoking. For more information on the program, a collection of helpful quit smoking resources, and to find a list of participating pharmacies, check out our new website for this program at QuitSmokingMB.ca.

If you or someone you care about needs help to quit smoking, talk to your local Manitoba pharmacist.

Tim Smith is a pharmacy practice advisor with Pharmacists Manitoba. A certified tobacco educator and practising pharmacist, he is also the co-founder of Simplicity Wellness, a metabolic health coaching practice that helps busy people lose weight and improve their health through simple but powerful lifestyle interventions. While Tim is a former cigarette smoker, he now sits on the board of directors for MANTRA, the Manitoba Tobacco Reduction Alliance, and supports initiatives for a smoke-free Manitoba.



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The great outdoors this weekend with Arborg's Interlake Outdoors Show & Market

By Patricia Barrett

Everything you wanted to know about getting into the great outdoors will be featured in Arborg this weekend when the town hosts its second Annual Interlake Outdoors Show & Market.

The show will highlight a variety of outdoor activities, have experts on hand to help you become a proficient outdoorsperson, help you find the kit you'll need for your adventures and showcase unique handmade crafts made by Interlake artisans.

Bailey Sigvaldason, who is vice-chair of the Arborg-Bifrost Parks and Recreation Commission board and is the organizer of the event, said the board wanted to bring Interlake communities together, generate some excitement and promote their shared love of the outdoors.

"We were thinking of all the things there are to do in the Interlake and the fact that so many people love the outdoors and love to engage in outdoor activities, which is also a great way to get to know other people and learn about communities," said Sigvaldason. "We thought, 'Why don't we create an event that has all the things we love about the Interlake to bring people together and get them excited about it?'"

This year's event has 65 exhibitors committed so far, and the Arborg-based Creative Cocoon, which offers arts and wellness programs to the community, has lined up about 30 artisans who will be featuring their handmade creations.

The Selkirk-based fishing retailer Smoke N Fish is one of the many exhibitors. Staff will be teaching people how to cast a line using Arborg's outdoor swimming pool (there will be no fish in the pool).

"Smoke N Fish is doing a cool casting competition in the pool after it does a presentation on angling in Manitoba lakes," said Sigvaldason. "The contest is free to enter and there will be prizes."

Other exhibitors include Kitchi Island Outposts, which operates out of Matheson Island and offers fly-in angling excursions and cabins in northern Manitoba; the Manitoba Wildlife Federation, which will talk about the different programs it offers; Fehr Forgeworks, which creates custom knives for hunting and culinary use; and the Sandy Bar Fishing Club from Riverton.

"The Sandy Bar club puts on a lot of family-focused events and teaches people how to fish on Lake Winnipeg," said Sigvaldason. "They get the community involved with the outdoors and show them how to have

fun in a safe way."

There will be outdoors-themed presentations on the main stage all day. The event will also include a beer garden with live musical entertainment, a family-friendly outdoors-themed BINGO led by Jordan Dankochik of Norseman Auction, a kids' zone organized by the Riverton Friendship Centre that will have inflatables, face-painting, kids Zumba, sports, crafts and a petting zoo, chainsaw carving demos with Ernie Reimer and the Nibi Ikwewag Drum Group, a women's traditional drum group from Gimli.

"What's exciting this year is that we'll be having the drummers from Gimli performing at our opening ceremony and we'll also be having a sacred fire and tobacco teachings," said Sigvaldason. "We wanted to include the Indigenous population in our area at the outdoor show."

Nobody has to worry about bringing food as there will be food trucks on site and other means of getting a hearty meal, she said. The Riverton Daycare will be offering Beef on a Bun to raise funds for the daycare. The Arborg Legion is hosting a 5 O'Clock Happy Hour with free appetizers for those wearing their outdoors show wristband, and the legion's Ladies Auxiliary is hosting a pancake breakfast on Saturday morning at the show grounds from 8 to 11 a.m.

The official outdoors show after-party, with a live band, will be held at the Arborg Hotel. People wearing their wristband get in for half price. All proceeds from the cover charge will be donated to the Arborg Daycare.

After all the planning and organizing, as well as the energy and excitement surrounding the show, Sigvaldason said she's fully prepared to have a few words with Mother Nature should she prove to be uncooperative.

The Interlake Outdoors Show & Market takes place Sept. 10 (from 10 a.m. to 6 p.m.) and Sept. 11 (from 10 a.m. to 4 p.m.) at the Arborg Community Centre. Children under 18 get in free. Adults \$7. A weekend pass costs \$10.



EXPRESS FILE PHOTO

Arborg is hosting an outdoor show and market this weekend that will showcase a variety of outdoor activities, tips for getting the most out of your activity and the equipment you'll need.

Saturday, Sept. 10 10 a.m. to 6 p.m.
Sunday, Sept. 11 10 a.m. to 4 p.m.
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Arborg and Riverton fire departments joint response to burning house and garage in Okno

Staff
The Arborg-Bifrost Fire Department and the Riverton-Bifrost Fire Department responded to a structure fire in Okno on Sept. 1 that burnt a house and an attached garage.

Okno is about 20 kilometres north of Arborg.

The Riverton department said it responded to a mutual aid call on Thursday night at around 7:20.

"No injuries were reported," said the department on its Facebook page.

The Arborg department said on its Facebook page that it was able to save the most important contents in the house and thanked the community for investing in fire equipment for the department.

"Thanks to the professional Level



One training our firefighters just completed, we were able to save some of the most important contents in the house. Thank you to the community for investing in our team and our fire equipment."

There is no word on the cause of the fire.



EXPRESS PHOTOS ARBORG AND RIVERTON FIRE DEPARTMENTS' FACEBOOK



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Komarno husky fights back, living with degenerative myelopathy

By Autumn Fehr

Jack is a nine-year-old dog living with an incurable disease.

He has a rare disease that only 0.19 per cent of dogs will be diagnosed with in their lifetime, according to Ethos Veterinary Health in July 2022.

Degenerative myelopathy (DM) in dogs is a disease that affects the spinal cord, which over time results in a slow, progressive hind limb weakness and eventually paralysis. It is similar to human amyotrophic lateral sclerosis (ALS) in some forms.

It's one of the biggest diseases impacting pet mobility.

Overall, it impacts a dog's ability to walk and stand independently. A dog can show signs of DM between the ages of eight and nine.

Mychel Randall adopted Jack in 2013 for her son Jarrett Golka when he was 13 years old, as he kept on insisting he wanted a husky after they moved to Komarno from Alberta.

"He's just been a wonderful dog ever since then. ... He's the kind of dog that doesn't jump at the windows or slobber all off over the car. He just lays down and goes to sleep every time he gets in the car," said Randall.

Jack is a husky cross, born to a family of nine pups, from a sled dog.

For the first almost-decade of his life, Jack lived like any other dog.

This is because, in the earliest stages of DM, it's very difficult to diagnose, which can be why many dogs aren't diagnosed with it right away.

The disease can also be mistaken for natural signs of aging or arthritis.

The physical symptoms of DM at this stage are some loss of muscle mass and slight clumsiness when

walking.

It wasn't until the winter of 2021 that the family started to notice that there was something wrong with Jack.

This is when Jack reached the early to mid-stage of the disease, where it became much more apparent and easier to see.

The family started to notice that Jack was constantly licking his back paws.

Come springtime, around April, every time they took him for a walk, he started dragging his back nails and scraping them along the concrete.

After they started noticing this, they took him to the vet and the doctor said it was advanced arthritis. When they were told the news, they started taking Jack in for monthly cortisone shots.

"We still took him to get the shots, hoping it would get better, but it just started getting worse. He started to get weaker," said Randall.

In December, she went online determined to find out what it was.

"I cried for three hours when I found out," said Randall.

In the late mid-stage of DM, the dog's condition only continues to worsen, as it becomes harder for them to stand up from a laying down position or do things like go up stairs on their own.

At this stage, some symptoms are that they will begin scraping their nails more often when they walk, becoming constant, they will trip or stumble due to faulty foot placement, and their rear legs may begin to cross as they weaken and lose sensation in that area.

Jack's symptoms became worse over the winter and he got weaker, but he was still walking in the spring until about three months ago, said



EXPRESS PHOTO BY LUCY KOWALCHUK

Mychel Randall with her dog Jack from Komarno.

Randall.

When Jack could no longer walk, Randall got her hands on support for Jack in his everyday life.

The support is a rear lift that straps around his back legs. One strap goes underneath his stomach, so it lifts his butt and legs off the ground. It is particular to the disease and has a variable axle, so as the DM progresses, and his front part gets weaker, he moves the wheels to help support the weight differently.

Randall has met a few people that have had dogs that have had this disease and they just put them down. They didn't know a wheelchair would make a difference.

"I also have the benefit of not working so I am here with him all the time," said Randall.

Since the family first discovered Jack's disease, he has been living with it for almost a year.

"He doesn't seem to be in any pain with it. He still manages to get around a little bit, but he just can't go upstairs or up his wheelchair ramp," said Randall.

There is no cure for this disease. Eventually, it progresses up to the spinal cord until it can paralyze his front legs or shut down his organs.

"They say it progresses quite quickly, but I'm hoping he won't have to go through that," said Randall.

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Call Patricia Barrett
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patricia@expressweeklynews.ca

COVID infections jump again; bivalent vaccine targeting BA.1 (omicron) approved

By Patricia Barrett

COVID-19 infections have been on a steady upwards trajectory over the past month or so, and a dozen outbreaks were declared in long-term care facilities and hospitals near the end of August.

The provincial government's COVID surveillance report for the period Aug. 21-27 (reporting Week 34) shows 622 new laboratory-confirmed infections, up by 149 infections over the previous week's infection count of 473. The last two reporting periods showed 455 and 347 new infections respectively.

The true extent of COVID circulating in communities is unknown because the government's data are an undercount; only some Manitobans are granted access to PCR tests. Rapid antigen test results aren't tracked.

New hospital admissions also jumped to 67 during the above period, up seven from the previous week, and nine of those people required treatment in the intensive care unit.

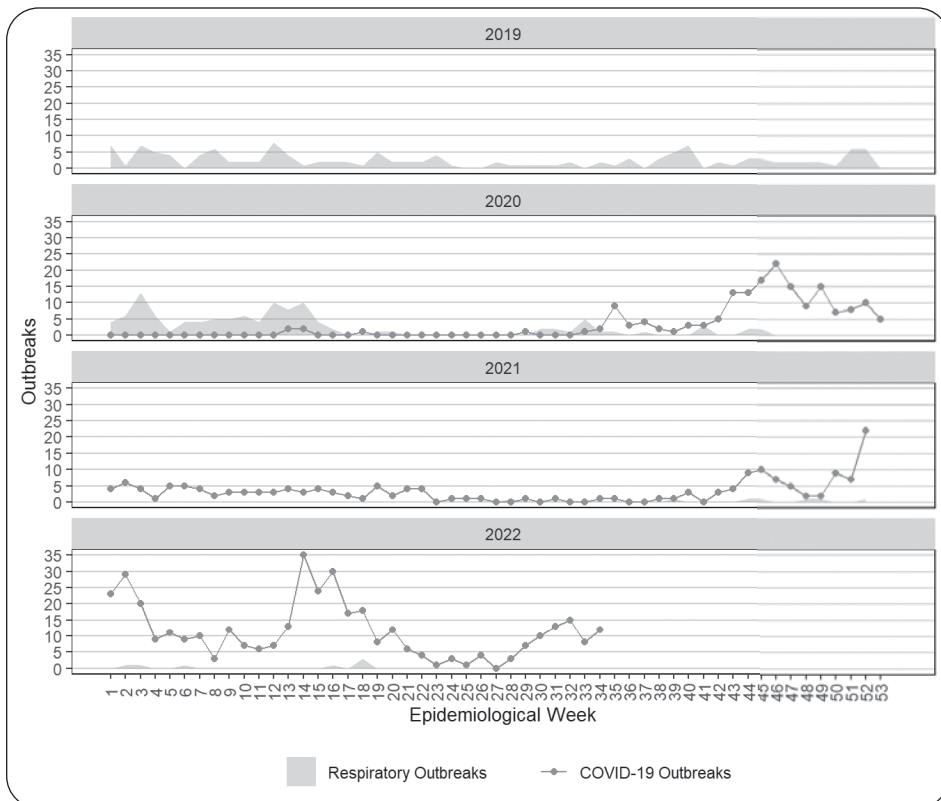
Manitoba's death toll now stands at 2,115, up an additional 10 deaths over the previous report's tally of 2,105.

There were 12 new COVID outbreaks in long-term care facilities and hospital across the province, according to the list for Week 34.

Other health news:

- The Interlake-Eastern Regional Health Authority's medical officer of health declared on Sept. 1 a COVID outbreak on Medicine Unit 2 at the Selkirk Regional Health Centre.

Visits to the ward are restricted, but the emergency room, other medical services and day programs haven't



MANITOBA GOVERNMENT

Government data on COVID outbreaks show their rise and fall over the course of each week of the year, including the most recent reporting period of Aug. 21-27 (Week 34). The graph also shows generally elevated numbers of outbreaks this year compared to 2021 and 2020, possibly because of a low third-dose uptake of a COVID vaccine, new variants able to evade frontline immune responses and a general lack of public health measures to prevent infection spread.

been affected.

"Appointments for surgeries and hospital programs such as day surgery, dialysis, diagnostic imaging, lab and the community cancer program are proceeding as usual with no disruption to service delivery as a result of the outbreak," states the IERHA in a notice.

- Diagnostic services at Eriksdale's E.M. Crowe Memorial Hospital have

been temporarily interrupted, according to a notice from Manitoba's Shared Health organization posted on the IERHA's Twitter site.

Lab, X-ray and ECG services will not be available on Sept. 1, 6, 8, 9, 12, 14, 19, 23, 28 and 29. And on Sept. 16 and 26, diagnostic services will have reduced hours of availability, from

Continued on page 7

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Government supports First Nations Police Service financially

Submitted by Manitoba government

The Manitoba government is supporting law enforcement partners by providing \$155,100 through the Criminal Property Forfeiture Fund (CPFF) to the Manitoba First Nations Police Service (MFNPS) to purchase equipment and undergo training that will enhance human resource capacity, investigative capabilities and service delivery, Justice Minister Kelvin Goertzen announced recently.

"Our government remains committed to improving law enforcement services around the province to enhance public confidence in law enforcement and the justice system, and to help keep Manitobans safe in their communities," said Goertzen. "This funding will help the MFNPS enhance its ability to conduct its important work in the communities they are proud to serve while contributing to the further modernization of our province's criminal justice system."

The support from the CPFF will assist MFNPS in purchasing equipment

and providing staff training in several important aspects of law enforcement including:

- intoxilyzer/breathalyzer technician training;
- forensic analysis;
- use of drones in investigations; and
- software and training for front-line staff.

MFNPS will also use CPFF support to develop gang reduction strategies, assist in drug- and crime-related investigations and provide integrated approaches to interpersonal violence and abuse.

"\$155,100 goes a long way to support the work of the MFNPS to ensure community safety and well-being," said Doug Palson, police chief, MFNPS. "Further, it represents a significant commitment on the part of Manitoba Justice towards the advancement of First Nations policing in our province as this funding will be dedicated to initiatives that otherwise would not be possible, at least not this year."

The minister noted Manitoba has

continuously advocated for consistent, equitable and sustainable long-term funding for First Nations policing in Manitoba from the federal government. This includes sending a letter in July to the federal minister of public safety Marco Mendicino, asking to receive an equitable distribution of total funding from the federal government based on Manitoba's on-reserve First Nations population. Currently, Manitoba receives only eight per cent of the total annual First Nations and Inuit Policing Program (FNIPP) funding, despite having the largest per-capita Indigenous population including 19 per cent of the total on-reserve population. Under the current funding formula, 45 of 63 First Nations in Manitoba do not receive any dedicated, in-community policing services under the FNIPP.

First Nations communities in Manitoba experience some of the highest violent crime rates in Canada, and several northern Manitoba First Nations are in remote and isolated loca-

tions without full-time police presence. First Nations policing is an essential service and the Manitoba government calls on the federal government to expand the FNIPP to fund all Manitoba First Nations policing services.

Since its inception in 2009, the Criminal Property Forfeiture Fund has distributed more than \$20 million back to communities throughout the province. The program seizes and liquidates criminal assets, and redirects funding to projects and initiatives designed to protect Manitobans and enhance public safety. The funds are provided to organizations across Manitoba whose important initiatives continue to build community, invest in youth and support victims of crime, noted the minister.

For more information about criminal property forfeiture, visit: <https://gov.mb.ca/justice/commsafe/cpf/index.html>.

> COVID, FROM PG. 6

8:30 a.m. to 4 p.m. only.

Shared Health doesn't say what's causing the service disruptions.

- For the second time this year, Pine Falls Hospital's emergency room has closed. The IERHA said ER services have been "temporarily suspended" and that it is addressing staffing shortages.

The IERHA's ER schedule, which is posted in advance on its website, shows Pine Falls' ER temporarily suspended for the period Sept. 1- 15.

The IERHA gives no indication of when that ER could re-open.

- Health Canada announced Sept. 1 that it approved a bivalent COVID vaccine made by Moderna. The Spikevax Bivalent vaccine targets the original strain of COVID that emerged in late 2019 and the mutated omicron

variant, which is also called BA.1.

The BA.1-targeting vaccine, which is labelled mRNA-1273.214, has been approved as booster dose for people aged 18 and older.

"It's safety and effectiveness in younger people has not yet been established," states Health Canada's website.

The federal department says clinical trials show mRNA-1273.214 increasing the immune response against the omicron BA.1 variant, and that it is "expected" to offer protection against this variant.

No clinical trial data, etc., about the vaccine's effectiveness against infection, hospitalization and death are provided.

Moderna said in a June 8 news release that preliminary data on mRNA-1273.214 showed it had a "superior neutralizing antibody re-

sponse ... against the omicron variant one month after administration when compared to the original mRNA-1273 vaccine."

BA.4 and BA.5 have been classed as subvariants of omicron and are even more contagious than omicron because of mutations that are better at evading the body's defences. BA.5 was responsible for fuelling COVID waves this summer in Canada.

The provincial government's weekly COVID surveillance report provides no information about what COVID strains are circulating in the province. But Dr. Brent Roussin, the province's chief public health officer, told media in July that BA.5 accounted for half of Manitoba's COVID cases and was expected to grow.

It's unclear what level of protection Moderna's BA.1-targeting vaccine will provide against BA.5.

The vaccine can be given at least four months after completion of the primary series or after a booster dose.

The Manitoba government is initially restricting access to booster doses of the bivalent vaccine. Those currently eligible are people aged 65 years and older, Indigenous people 18 years and older, health-care workers, people with "higher-risk" medical conditions, the immunocompromised and people living in long-term care facilities and other group settings, according to the government's Protect MB webpage.

- Health Canada reported an increase of 61 new cases of monkeypox between Aug. 24 and Sept. 2. There has now been a total of 1,289 cases of the virus reported across nine provinces/territories, as well as 35 hospitalizations. Manitoba has reported one case.

letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

Farmers and the 'prove it' generation

I very much appreciated Cam Dahl's excellent, informative and balanced article.

I particularly was impressed with

his non-judgmental approach and, after outlining the challenges, his question, "How do we change the narrative?"

The approach being taken by the Manitoba Pork Council gives me a great deal of hope that other segments of our community will also

find our way through these trying and divisive times.

Mr. Dahl's words cause me to dream that he would be a candidate for leadership of one of our political parties. And maybe even become our Prime Minister.

- Bill Martin, Gimli



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Manitoba families most in need to benefit from \$87-million Family Affordability Package

Submitted by Manitoba government

As part of the Manitoba government's ongoing effort to help families make ends meet, Premier Heather Stefanson unveiled an \$87-million Family Affordability Package to immediately provide families with children, seniors living on a fixed income, and Manitobans who are hurting the most, with benefits to help ease the burden of rising costs and high inflation.

"We know that many Manitobans are hurting right now and having a hard time making ends meet," said Stefanson. "Not only are we recovering from the pandemic, but we are also facing the burden of the new federal carbon tax along with soaring utility bills and rising prices on everything from gasoline to groceries. Manitobans need help right now and we're taking action."

Help for Families with Children

As part of the new Family Affordability Package, Manitoba families with children and a household income of less than \$175,000 in 2021 will receive a Family Affordability benefit cheque of \$250 for the first child and \$200 for each additional child. An estimated 145,000 families with approximately 282,000 children will benefit with an average cheque of approximately \$440 per family, totalling \$63 million in benefits.

Help for Low Income Seniors

In addition, seniors with less than \$40,000 in family income, who claimed an Education Property Tax Credit in 2021, will each receive a Family Affordability benefit cheque of \$300 to help ease the burden of rising costs. This \$16-million initiative will help approximately 52,500 senior households living on fixed incomes.

Help for Manitobans Most in Need

Manitobans receiving Employment and Income Assistance (EIA) will benefit from a long-overdue increase to the basic needs rate starting in October 2022 for the month of November. EIA general assistance clients without dependent children will receive an extra \$50 per adult each month. All EIA disability clients will receive an additional \$25 per household each month.

Additionally, to help feed even more struggling families who are turning to food banks to help make ends meet, the premier said help is also on the way with a temporary grant program called the Food Security Fund, which will support community organizations grappling with growing demands.

Stefanson noted historic tax relief measures were also part of Budget 2022 with the \$2,020 Tax Rollback Guarantee, which has now exceeded

to \$2,400 or \$4,800 for a two-income family. Some of these initiatives include:

- expanding the child-care subsidy program;
- phasing out of education property taxes;
- introducing a new residential renters tax credit; and
- providing rebate cheques to vehicle owners through Manitoba Public Insurance.

"This phase of the Family Affordability Package is our way of standing with Manitobans by providing immediate benefits and help for those who need it most," said the premier. "But there is more help on the way as we work to provide benefits to Manitobans, not just with one cheque but with ongoing benefits."

To find out more about the Family Affordability Package, visit www.manitoba.ca/familyaffordability.

Public engagement meetings to improve apprenticeship system

Submitted by Manitoba government

The Manitoba government invites the public to participate in the development of the Apprenticeship and Certification Board five-year strategic plan and share its views on the province's apprenticeship and certification system and workforce development, Advanced Education, Skills and Immigration Minister Jon Reyes announced last week.

"Our government recognizes the importance of effective apprenticeship and certification processes, so we welcome public input on how we can best provide a system that ensures a

smoother path to employment for individuals and a stronger workforce for all Manitobans," said Reyes. "The anticipated insights will be invaluable as we continue to develop a five-year strategic plan for 2023 to 2028 on the key areas of training, employment and professional development."

The Manitoba Apprenticeship and Certification Board (ACB) is hosting a series of engagement opportunities to help inform and develop a strategic plan slated for completion in early 2023. Public engagement will help identify the priorities of the next five years so the apprenticeship training and certification system continues to provide the skilled workforce Manitoba needs while delivering service excellence to industry, apprentices and all key stakeholders, the minister noted.

"The ACB provides leadership in

the development and co-ordination of a relevant, accessible and responsive apprenticeship and certification system in Manitoba," said Harvey Miller, board chair, ACB. "We are listening to stakeholders and adapting to industry needs to deliver training that meets the evolving needs of employers and apprentices to ensure we attract and retain workers for the skilled trades in Manitoba."

The board will host five in-person public meetings and two virtual meetings. Manitobans are also invited to complete the survey on <https://EngageMB.ca> until Sept. 30.

Meetings will be held throughout September including:

- Sept. 7 in Winnipeg from 9 a.m. to 12:30 p.m. at the Norwood Hotel, 112 Marion St.;
- Sept. 8 in Brandon from 9 a.m. to 12:30 p.m. at the Victoria Inn Hotel

& Convention Centre, 2550 Victoria Ave.;

- Sept. 22 in Thompson from 9 a.m. to 12:30 p.m. at the Best Western Thompson Hotel & Suites, 205 Mystery Lake Rd.;
- Sept. 27 in Winnipeg from 12:30 to 4 p.m. at the Norwood Hotel, 112 Marion St.; and
- Sept. 28 in Winkler from 9 a.m. to 12:30 p.m. at the Quality Inn & Suites, 851 Main St.

Virtual meetings will be held in the month of September on:

- Sept. 9 from 12:30 to 4 p.m.; and
- Sept. 29 from 9 a.m. to 12:30 p.m.

To complete the survey and to register to attend a meeting, visit <https://engagemb.ca/apprenticeship-certification-board-strategic-plan-consultation>.

Community Support Service

Al-Anon Gimli and Winnipeg Beach

Meeting place
17B North Colonization Rd.
Gimli (Next to the New Horizons)

Meetings are Wednesdays
between 7 and 8 p.m.

Contact 204-389-4777

AA Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am

Parkinson Canada offering virtual support service starting Sept. 12

By Patricia Barrett

Parkinson Canada will be providing a virtual support service to Interlake-Eastern Regional Health Authority residents living with Parkinson's disease.

Programs and services co-ordinator Alice Germann said prior to COVID the organization ran support groups in Gimli and in Lac du Bonnet. But the region now lacks facilitators. So Parkinson Canada decided to launch a virtual Interlake-Eastern support group that will be held online via Zoom on the second Monday of each

month.

"Members can join on a computer or device, and there is also the option of joining by telephone by calling a toll-free Zoom phone number," said Germann. "Support group meetings are generally an hour and a half to two hours long."

The sessions will be facilitated by a trained Parkinson Canada volunteer, she said, and the facilitator for the Interlake-Eastern group has a lot of experience.

Parkinson's disease is a progressive brain disease that causes tremors,

impairments in balance and co-ordination, muscle stiffness, sleep disruption, depression, fatigue and other symptoms. Over 100,000 Canadians live with the disease.

Germann said the virtual meetings will allow participants and their partner or caregiver to talk about their progression through the disease and also focus on specific topics, such as working with a care team, what to expect, how to manage changes in the disease and caregiving tips.

Continued on page 10

Interlake-Eastern RHA supports World's Alzheimer's Month

By Ty Dilello

September marks World Alzheimer's Month, and the Alzheimer's Society of Manitoba wants to remind everyone that community changes everything for those living with dementia and their families.

"World Alzheimer's Month is a time to talk about dementia," said Samantha Holland, Interlake-Eastern regional co-ordinator for the Alzheimer's Society of Manitoba. "Of course, this is nothing new for us at the Alzheimer Society, but it is a global effort to bring the conversation to your homes — not only conversation about dementia and how it impacts people but what impact our Society in Manitoba can have on these individuals and families."

This month, the Alzheimer's Society is highlighting its programs and services, new and returning, as they head back into a busy fall season. The Society has a calendar full of online and in-person family education sessions, community programs like Minds in Motion, and a research forum that focuses on dispelling the myths in today's dementia headlines.

Programs in the Interlake-Eastern region are going to be in full swing this September, with monthly support groups for care partners in both Selkirk and Gimli and registration open for an early Minds in Motion start date of Sept. 28. Minds in Motion is a fun-filled eight-week program that provides stimulating activities and social time to individuals with early-moderate signs of dementia and a partner.

"We are also receiving presentation requests from various community groups, so please don't hesitate to reach out if this is something your group would benefit from. Though we don't have one big event for World Alzheimer's Month in the region, we are a part of a globally co-ordinated effort to raise awareness at all levels and connect people to the services they need."

Support group details are as follows:

Selkirk – first Wednesday evening of every month at 7 p.m. (Gordon Howard Centre). Call Samantha



EXPRESS PHOTO SUBMITTED

The Alzheimer's Society of Manitoba has a lot on the agenda this month in the Interlake for World Alzheimer's Month.

Holland to register at 204-268-4752 or email alzne@alzheimer.mb.ca.

Gimli – third Monday of every month at 1 p.m. (New Horizons). Call Samantha Holland to register (same as above).

Minds in Motion – 8 weeks beginning Wednesday, Sept. 28, from 1-3 p.m. (Gordon Howard Centre). \$65 per pair, spaces are limited. Call Gordon Howard Centre directly to register at 204-785-2092.

The Society encourages people who want to learn more about dementia and Alzheimer's disease to visit alzheimer.mb.ca. Another great place to find information is the national resource library through the Alzheimer Society of Canada (<https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library>).

"Whether you are looking for general information, a presentation for a group you are a part of, or have concerns about yourself or someone close to

you, we are here to help," said Holland.

Often the first thing that comes to mind when people think of dementia is memory loss, but the warning signs can be so much more than that. For some, it could mean changes to judgement and reasoning skills, changes in mood and behaviour, or difficulty performing familiar tasks. Others may misplace things, experience problems with language and abstract thinking, or exhibit a loss of initiative.

"If you are noticing changes in yourself, a family member or friend, please don't hesitate to give us a call. We can walk you through the 10 common warning signs and discuss potential next steps, such as a trip to the doctors or community assessment through Mental Health. We hope to be the first link for people as they navigate their dementia journeys, from the first signs of change and as needed throughout."

Funding announced for school nourishment programs

Submitted by Manitoba government

The Manitoba government is investing an additional \$1.3 million to support the Child Nutrition Council of Manitoba in delivering school nourishment programs, Mental Health and Community Wellness Minister Sarah Guillemard and Education and Early Childhood Learning Minister Wayne Ewasko announced last week.

"All children deserve to be well-nourished for their days of classroom learning and kids need healthy food every day to grow strong and thrive," said Guillemard. "These programs will help many families affected by rising food prices and will enable the Child Nutrition Council of Manitoba to cover a larger percentage of costs for meal and snack programs at funded schools."

School nourishment programs support healthy eating and food security for Manitoba children during the critical, ongoing recovery from the COVID-19 pandemic, Guillemard noted, adding that evidence suggests the programs are crucial in encouraging school attendance, supporting learning and promoting life-long health and wellness. The new investment brings the total provincial funding for school nutrition programs this year to \$2.5 mil-

lion.

"Through our ongoing work with schools across the province in the delivery of school nourishment, we know there is a growing demand for these nutrition programs. Because of the increase in the numbers of schools and students asking for our support, we were falling further and further behind in our ability to meet the nutritional needs of Manitoba students. This new funding is extremely welcomed and so needed," said Wendy Bloomfield, chairperson, Child Nutrition Council of Manitoba. "The Child Nutrition Council of Manitoba is committed to working in collaboration with the provincial government to ensure that funding for school meal and snack programs is both adequate and sustainable in the long term."

The ministers noted the new investment will ensure that more schools throughout the province, including those that were part of the former Home Nutrition Learning Program as a response to the pandemic, will be able to support the needs of students as they return to classes this September.

"School nourishment programs provide a social school environment where students can consume nutritious food, ensuring a healthy, nutritious start

for the day," said Ewasko. "This additional investment was identified as a priority in the report of the Manitoba Commission on Kindergarten to Grade 12 Education and aligns with the Manitoba K to 12 Education Action Plan's identified actions to remove barriers to participation and engagement in learning. Delivering on this priority with the council benefits not only children's health, but also correlates with better school outcomes and improves every part of their lives."

Guillemard noted the investment aligns with the mandate of the Department of Mental Health and Community Wellness to provide provincial leadership and oversight for wellness and health promotion programs and services in order to improve mental health and overall health outcomes. This work also aligns with the department's five-year plan, A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba, by strengthening the Healthy Food in Schools initiative and expanding the availability of school-based services and programming across the province.

For more information on school nourishment programs, visit <https://childnutritioncouncil.com/>.

Spark Joy Always: Organize your home the Marie Kondo way

By Autumn Fehr

A local home organizing business is committed to sparking joy through the KonMari Method.

Spark Joy Always, located in Libau, offers in-person and virtual organizing sessions from Manitoba's first and only certified KonMari consultant, Heather Bélanger.

At a young age, Bélanger wanted to be an interior designer but dropped that dream and started working for the federal public service before starting her professional organizing business in September 2020.

"I love seeing how it can change people's lives. It's so rewarding because it's the kind of thing where I can work with someone and I can show them how to do it and then they are empowered to do it themselves," said Bélanger, owner of Spark Joy Always.

If you wonder what sets the KonMari way apart from a minimalist way of organization, Bélanger offers some insight.

"There is a focus on identifying what it is that makes you happy and what it is that is making you feel less than happy. And sometimes that can be because there is so much clutter around us that we can't think straight or feel like we can relax," said Bélanger.

The KonMari Method of organization uses criterion that chooses what sparks joy in your life, ensuring one will not relapse to clutter afterwards. Following this method, you are choosing to keep items that spark joy (bring you joy and happiness) and speak to your heart, rather than simply deciding what to get rid of.

Instead of resorting to a minimalist approach to home life, where one is encouraged to own less, she focuses on decluttering more often.

This method follows a specific order by category, not by location. It begins with going through clothing, books, papers, komono (miscellaneous items) and sentimental items.

Bélanger got her start in professional organizing in 2020 by taking Marie Kondo's certification course from her company KonMari after reading Kondo's books on decluttering and organizing back in 2015 while she was

studying interior design.

"From there I kind of started to change gears from interior decorating to realizing that I wanted to help people the same way the books had helped me," said Bélanger.

"The way that I work with people is based on addressing their belongings from a place of gratitude. It's about finding out what's really for you and what's something you can let go or give to somebody else so they can use it."

The key difference between Bélanger's business and a typical organizer is that she works one-on-one with every client.

"It's really about coaching the person through the process of decluttering all their belongings and working with them to shift their mindset and get to the bottom of what got them to a point where they had too much clutter in the first place," said Bélanger.

"To find out what it is that's keeping them stuck in these patterns where they accumulate too many belongings versus just going in and fixing the problem and leaving again," she said.

To start working with Bélanger, there is a specific process she goes through.

First, Bélanger books a free 20-minute consultation with anyone considering working with her over the phone.

Afterwards, if they've determined it's a good fit, the client would fill out an ideal lifestyle worksheet, identifying their goals and timeline.

Finally, to start the official process, Bélanger does a house greeting, a meditation practice, going to the centre of their home or whatever feels like the centre of their home.

"The house greeting is a way to set an intention for what we are trying to accomplish in that session. ... It's really based in gratitude," said Bélanger.

When Bélanger started the business, she realized quickly that the demand for the tidying service in the area exceeded her initial expectations, so she quit her day job and dove into full-time, which she recently transitioned into.

Now, she helps people across Canada and the United States virtually,



EXPRESS PHOTO SUBMITTED

Heather Bélanger quit her full-time job to follow her passion and started her virtual and in-person professional organizing business Spark Joy Always.

and in person within the Interlake.

Due to this growth, Bélanger plans on starting a YouTube channel this fall, every Tuesday, to give people the information and resources for free.

She also provides regular content with free tidying and organizing advice on her website and social media.

"Anybody can do this themselves," said Bélanger.

Those who are interested in venturing into the decluttering process on their own can also email Bélanger at heather@sparkjoyalways.com to join the email list and receive the monthly newsletter and tidying tips. Her social media also provides practical advice and tips to do it yourself.

Bélanger also does giveaways where people can win a free tidying consul-

tation with her expertise.

Since Bélanger started her business, she has been committed to giving back to the community through her willingness to help change people's lives and her finances. At the end of each year, she plans to continue giving five per cent of her profits back to the community.

This fall, the profits will be going to Nova House in Selkirk.

To book a session or learn more about Spark Joy Always, visit www.sparkjoyalways.com.

"When you can tidy up all the clutter around you, it really helps you to gain clarity in many parts of your life," said Bélanger.

> PARKINSON, FROM PG. 8

"During these meetings, members have the opportunity to discuss and share where they are in their journey, share tips and offer encouragement. Support groups are key as so many with Parkinson's feel alone. Attending a support group can help ease that feeling and empower participants to live a fulfilling life with Parkinson's," said Germann. "This is also true for

care partners. This group is for both the care partner and the person living with Parkinson's to attend and gain support."

Interlake-Eastern Regional Health Authority staff and community-based seniors resource finders have been helpful getting the word out about the virtual support group and Parkinson Canada's information and refer-

ral team, which is available on weekdays to help patients with symptom management, answer questions and provide informational materials, said Germann.

The sessions will be held on the second Monday of each month from 6 to 7 p.m. The first session starts on Monday, Sept. 12. People can use Zoom software on their computers or cell

phones or obtain a toll-free dial-in number to join by telephone.

To register, contact Parkinson Canada's Information & Referral team at 1-800-565-3000 or by email at information.referral@parkinson.ca

Prior to the first meeting, the facilitator will contact participants with instructions on how to join the meeting.

Woodlands 32nd annual Ride for Child's Wish returns after two-year hiatus

By Autumn Fehr

After a two-year hiatus due to COVID-19, the Woodlands Ride for Child's Wish fundraiser was back Aug. 27, ready to continue making wishes come true for children with cancer.

The well-known annual event, hosted on Silver and Gary Peltier's farm on Highway 6 helps raise money for the Make-A-Wish Foundation, which provides children with cancer, the opportunity to have any wish they want to be granted.

"It went surprisingly well after not doing it for two years. ...The day of the event, everything was great," said Silver.

Since the Peltiers started their fundraiser in 1988, it has grown a lot, especially in the first five to 10 years.

The fundraiser held a 10-mile horse trail ride behind the farm, a motorcycle ride, a Wish Auction, delicious barbecue, and much more — including kids' entertainment and a musical performance from local band Lost in a Small Town during the barn dance.

This year, they raised \$43,799, with more still coming in the next few weeks with pledges, and a craft sale on Sept. 17 with money being donated back to the cause, said Silver.

She hopes to make at least \$44,000 or an even \$45,000, she said.

Out of the money raised, 95 per cent of it will go to the children for their wishes, and the other five per cent will cover some of the costs of the event that came out of pocket.

The event had 63 horse riders, eight wagons with 30 people, 30 motorcycle riders and 574 for supper in the evening.

Supper included four market-sized hogs, 900 pieces of chicken, 80 dozen corn on the cob, baked potatoes, and a chef that came to make the beans all day, said Gary.

"We couldn't do it without the volunteers that come, and all the guys in the kitchen. There's a crew in there that all we had to do was phone them and they said 'yup, we're coming' sort of thing. Without those guys, the meal wouldn't happen," said Gary.

To date, the ride along with the Peltiers and their volunteers has raised a little over \$1.6 million for the Make-A-Wish Foundation.

"There are always children getting sick, whether it's cancer or organ related. They suffer enough when they have to go to the hospital with chemo and transfusions, needles and everything else that happens at the hospital. They are on their own," said Gary.

The fundraiser is a volunteer-led event, organized by the Peltiers and their committee.

This year, the Wish Ride was down



Linda Finnbogason with her grandson Athan Appleyard enjoyed the 32nd annual Ride for Child's Wish.

volunteers from previous years, with 30 to 35 volunteers in total, but they still made it happen.

"A big thank you to Wally and Linda Finnbogason and Debbie Peterson-Bagan for their help putting together the auction," said Silver and Gary Peltier.

Wally also brought in the highest pledge at \$4,720 and was the oldest rider and Bentley Langrell was the youngest rider this year.

"This event would not happen without all the donations," said Silver and Gary Peltier.

Silver is looking for more volunteers for next year for the day of, the week before and the week after, and she



EXPRESS PHOTOS BY LANA MEIER

It was all hands on deck to cook and feed 574 for supper. The kitchen crew, left to right, Mitch Bedry, Mike Cavers, Numi Broadfoot, Bob Thiessen, Luke Hueging, Trevor Fryer, Kyle Mohr and Bill McDonald.

says she is always looking for new committee members to help organize it.

If you want to be a part of this life-changing event next year and help make a difference in children's lives, contact Silver at 204-461-0640.



Fred West of Inwood, Calvin Stanley of Oak Point and Gordon and Gladys Mason of Killarney were the breeders and donators of the Buckskin mare that was raffled and won by Frank Ingribelli.



A lock on success – St. Laurent artist design chosen for national call

By Tammy Karatchuk

When Ruby Bruce or Zhaawenoodin (Southern Wind) was eight years old, she entered a contest to design her elementary school's emblem. She won.

"It's kind of neat," said Bruce. "It's a wolf, and it's still used today."

Another long-standing success awaited the artist from St. Laurent in the future when Bruce's bike lock design was chosen from entries across Canada.

Yorkton, Sask., received a Healthy Communities Initiative Grant from the Government of Canada. The city of 19,000 people issued a call for Indigenous artists from coast to coast to coast submit design concepts. Bruce, who is Métis, drew on her deep roots from St. Laurent as inspiration.

"There's a lot of symbolism in my design," said Bruce, a university student.

The result was a bike lock with deer, branches, bear tracks, Saskatoon berries and a bicycle.

The bear represents good health and the deer symbolizes vigilance. St. Laurent, and the Interlake region, are known for Saskatoon berries.

"I also loved riding my bike on the backroads," said Bruce, explaining the design called "Fruit of the Tree of



The bike locks are symbolic of Indigenous culture with Saskatoon berries, deer, bear tracks and branches.

Many Branches."

Bruce learned in February that her submission was chosen.

"I received an email. I was shocked," said Bruce. "I was excited. How does someone in the middle of nowhere get chosen for this bike lock station?"

There are 25 bike locks installed



EXPRESS PHOTO SUBMITTED

The City of Yorkton Mayor Mitch Hipsley cuts the ceremonial ribbon for artist Ruby Bruce. Her bike lock design submission was chosen from artists across Canada.

throughout the city. On June 27, 2022,

a special ribbon-cutting ceremony was held by the city for Bruce and her design.

Bruce is pursuing a bachelor of education, and she's self-taught in the arts. She also holds an educational assistant diploma. While the obvious career path would be an art teacher, Bruce is also considering history as well. She works at the art gallery at the University of Manitoba.

"I've always been known as an artist. I was in Grade 2 and kids, they'd always be like, 'Teach me how to draw.'"

Bruce laughed and said, "A teacher asked me to design a tattoo for him."

For a small village like St. Laurent, opportunities are limited — for now — before Bruce left for Winnipeg.

"My parents owned a farmers' market and they didn't want me to go the university or college or move to the city or anything," said Bruce. "My dad wanted me to stay in St. Laurent and create something for St. Laurent."

Bruce, who said she grew up "low income," didn't have the necessary tools to hone her talent.

"There was no way for me to practise my skills," said Bruce, adding her parents would give her supplies at Christmas and birthdays.

Bruce's parents didn't want her leave, but now they're asking "What are you going to do next?" Her dad is especially excited about her future.

"I think I'm going places," said Bruce.



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Mulvihill property owners create community meeting space

By Patricia Barrett

A Mulvihill couple created a park on their private property so that members of the community can get-together on lazy afternoons, have a barbecue, hold weddings and sports events or simply enjoy the outdoors.

Charlotte and Kelvin Lindell created Memorial Park on one of their lots that had been sitting idle. The park honours people from the community with memorial plaques. The Lindells also went beyond just creating the green space: they built a large pavilion and installed outdoor furniture and a barbecue.

"We just decided it was time to make the lot a place for people to meet or gather on, and a park was the best way to go," said Charlotte Lindell. "Anyone can use it. There's a barbecue and chairs and tables in the pavilion. There's green space if you want to play bocce ball or other games. You could have a memorial service, a wedding or a barbecue."

She asks that people call her first before holding an event at the park as someone else may have already asked to use it.

Although the park was intended for the people who live in the community, Lindell said she has seen visitors from away stopping there to enjoy a break.

To celebrate the "official" opening of the park, she said they hosted a tea last week and invited some very special guests.

Ed Crisp and Dorothy Plantz are siblings who grew up on the land on which the park was built.

"They told us lots of great memories from their past," said Lindell. "It was a nice tea party."



The Memorial Park sign was made by an Ashern resident.

Mulvihill, which is located off Highway 6 between Eriksdale and Ashern, was settled in 1908, according to a brief history on the Rural Municipality of Grahamdale's website. It adopted the name in 1913 after its post office was renamed for a Roman Catholic brother who had established a mission in the RM of St. Laurent, about 68 kilometres south.

The arrival of the railway in 1911 brought more settlers to Mulvihill, and in its heyday it had a butcher, blacksmith, livery barn, horse-drawn taxi, a coal dock (to store 80 tonnes of coal for steam locomotives) sawmill, pool hall, stores, fish sheds, a school and a church.

Lindell said her brother-in-law Larry Lindell of Breezy North Construction, a construction and excavation company based in Selkirk, supplied the lumber for the pavilion.

"We had lots of help building the pavilion. We had friends come over to help us because it's made out of really big timbers. Larry helped when he had some time off. Everyone donated a few hours here and there and before you know it, it was finished," she said.

Anyone who wants a memorial



EXPRESS PHOTOS COURTESY OF CHARLOTTE LINDELL

Dorothy Plantz and Ed Crisp are siblings who grew up on the land where the Lindells built the park.



The Memorial Park pavilion provides shelter, seating and a barbecue

plaque installed on one of the beams of the pavilion can let Lindell know and she'll organize it.

"Inside the pavilion on the beams, I have hearts that have your loved one's name on it and the year they were born and passed away. I think we're up to 15 hearts now. If you want one for your loved one, I can order it and we'll attach it to the beam," she said.

Mulvihill resident Joyce Sewell said she appreciates the effort the Lindells went to creating the park. Making it a memorial park "has a lot of meaning" for the community.



One of the memorial plaques affixed to the pavilion.

The park is a great addition to Mulvihill, which sees people visiting from all over the world to pay tribute to great-grandparents or other family members who lived there, she said.

"The park is a very nice little space. You can bring the family and have a picnic or a visit," said Sewell, who has lived in the community for 25 years and spent many decades before that visiting it. "We have a couple of people [the Lindells] who are really interested in their community and are doing something to keep it alive."

The park is located on the corner of Railway and Main streets.

Having a fall supper?
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Gimli Art Club bringing community together with art classes for Ukrainian newcomers

By Patricia Barrett

The Gimli Art Club made connections this summer with Ukrainian newcomers by offering them a month and a half of free art classes.

The initiative was a joint effort between the art club and the local Gimli Stands With Ukraine settlement group, which is run by resident Romanna Klymkiw.

Art club member and artist Marlene Van Helden took the idea to the art club's executive and offered to serve as the project co-ordinator and artist liaison. She said the art classes were a way for the club to give back to the community and provide the newcomers with an opportunity to develop their artistic skills.

"The Ukrainian participants were lovely people who were highly motivated and very focused. They com-



Frogs made in Rose Marie Hess' pottery class.



A brilliant watercolour.

mitted to attending our night classes even though many of them work a full day. It was a very unique experience for me as an artist," said Van Helden, who runs an art studio near Camp Morton where she creates mixed-media art, acrylic paintings and stained and fused glass. "From what I've heard from the other artists, this has been very rewarding for them, too. There was a personal connection made between the artists and



EXPRESS PHOTOS COURTESY OF GIMLI ART CLUB
One of the Ukrainian participants working on a painting.



One of the students in the pottery class made a ceramic pizza.



Sunflower painting.



A tile painting using ink

the participants."

Ten artists from the club taught the two-hour classes over the course of seven weeks, and many acted as teachers' helpers. Van Helden taught an acrylics class, and she and artist Gwen Harp taught painting with string. Klymkiw and her

Continued
on page 17

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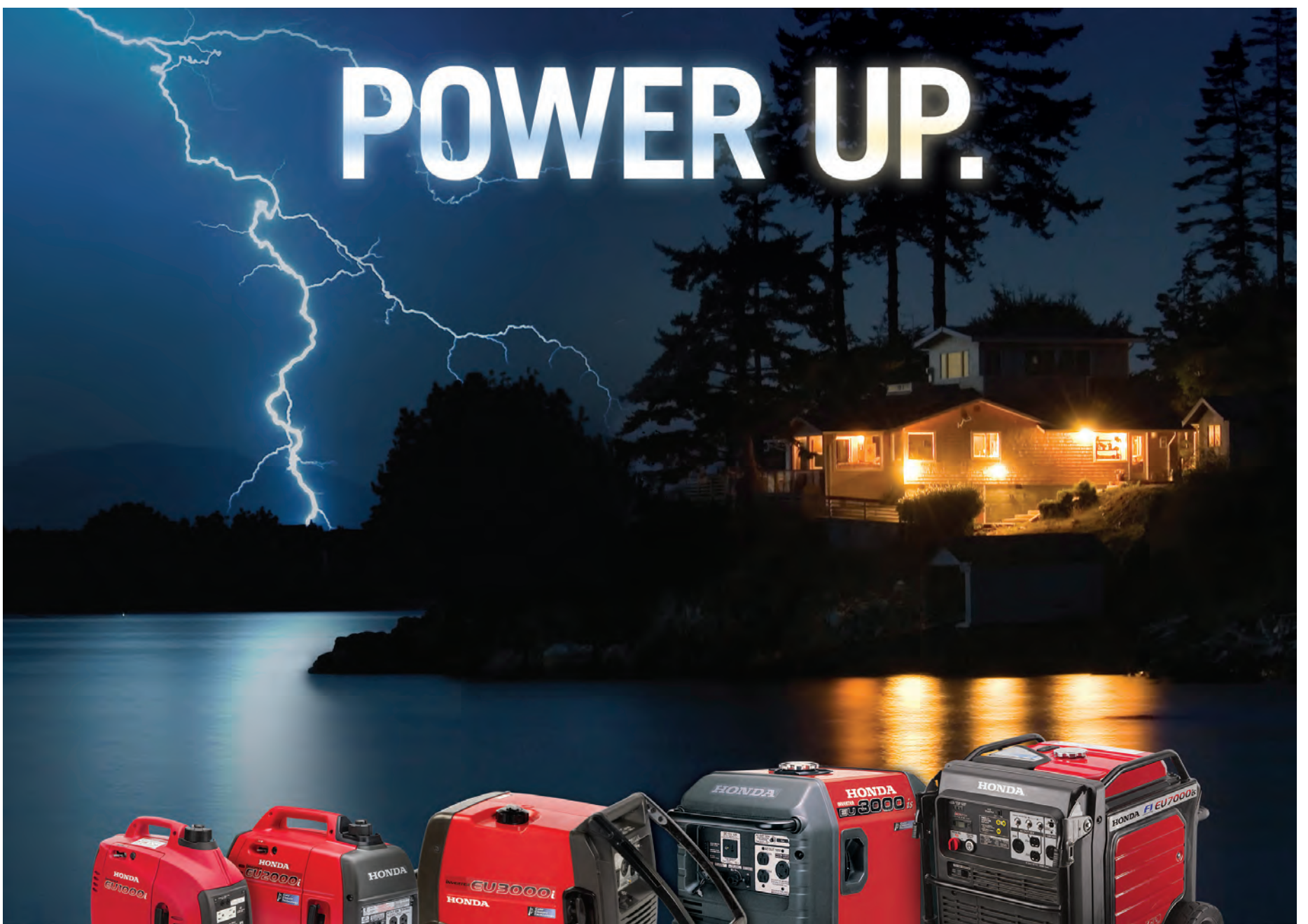
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Armstrong resident to gauge interest in establishing 4-H club

By Patricia Barrett

An Armstrong resident will be holding a public meeting to gauge residents' interest in establishing a 4-H club that will give youth an opportunity to develop life skills.

Kate Basford said she thinks there may be enough interest in the community to start a 4-H variety club.

"I'll be outlining what is required to start a variety club and the expecta-

tions," said Basford, who has served as a 4-H leader in the past. "I want to see if youth and volunteer leaders are interested in participating. When you have a variety club, you can open it up to have any project members want."

4-H, which stands for head, heart, hands and health, is an international youth development program that helps youth learn by doing and in the

process develop life skills. It provides youth with resources and activities to build self-confidence, communication and leadership skills while learning about a hands-on topic of their choice. Manitoba has over 130 clubs for youth aged 6 to 25 years.

Basford said kids who've taken part in 4-H clubs can develop financial, business, presentation and leadership skills. She saw first-hand how kids with 4-H experience typically excel in post-secondary study at the University of Manitoba where she facilitates presentations from students in farm management.

A 4-H variety club can facilitate an endless range of skills-based projects that could focus on topics such as cattle, horses, chickens, rabbits, photography, sewing, woodwork and welding, she said. Youth can also come up with their own project, outline what they want to accomplish and find a leader to help facilitate it.

She had a 4-H member in the past who wanted to do a project on the responsibilities of owning a dog, she said, and it went on to earn a spot at a provincial display.

"The 4-H program really gives children confidence. Our children are our next generation of leaders and we should give them the skills to succeed," she said.

Basford said she is willing to serve



as club leader or as co-head leader. Police checks are required for people working with youth as well as a training program on keeping children safe. There's also a policy requiring two adults to supervise children.

"That's a really good thing but it requires more volunteers," she said.

Basford said being a leader requires CPR accreditation and a food handler's certificate, which she has earned.

Should there not be enough interest in forming a 4-H variety club, Basford said she may go forward with sheep and goat 4-H club.

"I know I have enough people to form a small sheep and goat 4-H club," said Basford, who raises purebred and commercial-grade sheep for breeding, meat and fibre and has served as executive director on the Manitoba Sheep Association.

The meeting will take place on Sept. 14 at 6:30 p.m. at the Fraserwood Hall. Contact Kate Basford at 204-572-0572

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Visit www.gimliartclub.com

Molly is praising her new dentures for this reason

BY ELISHA VANDOR

Usually, I'm singing the praises of dental implant supported dentures and how they can help solve many normal denture issues that people experience; but today, I'm singing a different tune and going back to basics. I'm sure most of you can relate too, especially when I say, 'a quality denture that's made right can make a world of difference'. Our patient, Molly quickly learned the truth to that statement.

Molly wears a full set of dentures. When she came to see us, we could tell that she put a lot of miles on them. They were still doing her some justice, but she had compromised in some areas to make them work, specifically when it came to eating. When she came to see us for her initial consultation appointment, she mentioned that her dream was to eat tomatoes again. She says, "Before, with my old teeth I couldn't bite through a tomato. If I had a tomato sandwich or a hamburger with a tomato in it and bit into it, then the whole slice of tomato would come with it and

of course drag the rest of the stuff too. You know, it's pretty embarrassing at a restaurant to have it flop all over you." Since this type of issue can only be corrected with new teeth, we both knew it was time for a new set.

As Molly was coming in for her appointments to make the new set of dentures, she kept her denture wish at the back of her mind, in high hopes that we could get her eating the difficult foods with dentures again. Well, it's been two weeks since she had her dentures and at her follow-up appointment she says, "you guys did it. I gotta tell you, I just gotta tell you! On the day when I got my new teeth I went home and made myself a tomato sandwich for supper. I took my first bite and I bit right through. After all this time, I knew this was important to me, but I didn't realize how important it was until I actually had that bite. I had a salad a couple days later and could chew the salad with my back teeth instead of mashing it together to swallow. I am really happy, really happy."

Of course, we had to ask Molly what her experience was like coming to our place since she was a first-time patient. She said, "When I was looking around for a Denturist, I found your website and thought, well that sounds really good, so I phoned. The information given on the phone to me was excellent and it made me feel very comfortable. The person who I was talking to was very friendly and very respectful. Each visit here is very welcoming and very friendly. I'm very confident now. Actually, I've had dentures for most of my life and when you get a new set they are glaring, you know?! People look at you like, what did you do to your teeth, but I've never had that with this set. They fit in so naturally and I just can't say it enough, I'm really happy, so thank-you. You've done a great job."

We want to thank Molly for sharing her story with us! We know that we can help you too. Consultations are always free. You can call anytime and we look forward to meeting you soon!



- supplied photo -

Molly is all smiles posing with Denturist Brock after he helped her bite into tomatoes again.

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Continuing Terry's dream over 40 years later

By Autumn Fehr

In 1980 a Canadian hero began his journey to raise money for cancer research.

At 18 years old, Terry Fox, an athlete, humanitarian and cancer research activist, was diagnosed with osteosarcoma.

After losing his leg from cancer, he started his Marathon of Hope — to run across Canada, one marathon a day, to find a cure for cancer.

Before Terry Fox died, he ran 5,373 kilometres in total, which was an average of 42 kilometres a day, for 143 days straight.

Although he wasn't able to reach his dream before he died, Canadians are determined for his dream to live on by hosting annual Terry Fox runs of their own, each year.

It's really easy to lose sight of raising funds for cancer research, but cancer goes on no matter what is going on in the world. People are still going to get cancer, so we need to continue on with cancer research, said Donna Gislason, the chair of the Arbrog Terry Fox committee and member for 10 to 15 years.

On Sept. 16, the Terry Fox committee of Arbrog will be set up at Interlake Consumers Co-op, selling T-shirts and accepting donations from 10 a.m. to 6

p.m., in support of cancer research.

Those who aren't able to make it in person on that day can also donate online at <https://run.terryfox.ca/3321> or contact Gislason directly at 204-782-9694 to pledge donations.

The committee still encourages people to do the walk or run with friends or family on Sunday, Sept. 18, which is the traditional day that the runs happen across Canada, in support of Terry's dream.

"Our community has been very generous and supportive in the past, not just Arbrog but the whole surrounding area. Given all the adversities of this year and the past two years, I really encourage everyone to find it in their hearts to support this very important cause again," said Gislason.

The plan for the Terry Fox Run in Arbrog next year is to go back to the formal run that the community is used to, said Gislason.

To date, the movement that Fox created to raise funds for cancer research has created 1,300 research projects, 10,000 events with 4 million supporters and has raised \$850 million.

Gislason is currently looking for new members to join the Terry Fox committee in Arbrog for next year's run. If anyone is interested, they can contact



EXPRESS PHOTO SUBMITTED

The Arbrog Terry Fox committee will be selling T-shirts in support of cancer research at Interlake Consumer's Co-op on Sept. 16 from 10 a.m. to 6 p.m.

her directly at 204-782-9694.

To donate towards the community's goal to raise \$1,000, visit run.terryfox.ca and search Arbrog by location.

> GIMLI ART CLUB, FROM PG. 14

mother attended each class to help with language translation.

The classes, which wrapped up last Thursday, took place at the former cadet dormitory in the Gimli Industrial Park where some of the Ukrainian newcomers are being lodged.

There were 16 participants, both adults and children, said Van Helden, and they were "super creative" and able to work with little direction.

"Within minutes they had something going," she said.

Van Helden said the artists taught a variety of media, including waterco-

lour and acrylic painting techniques, brilliant inks on tile, and pottery.

Rose Marie Hess is a sculptor who works with clay, a medium that must run in the family as her great-grandfather, who emigrated from Galicia, was a potter and was able to earn a living in the Gimli area.

She said she enjoyed teaching the Ukrainians hand-building techniques.

"To start off with, I had them make a frog just for something fun to make then after that they could make whatever they wanted. One person made

a fish. Another made a spider. Some made pendants for a necklace," she said.

The pieces were fired in the kiln at the art club and Hess said she had the participants paint acrylic varnish on their artwork.

Erika Hanneson, the art club's president who is also a ceramic artist and painter, said the club was happy to fund the cost of the art materials in order to make the program free for the Ukrainians.

"One of our club's missions is to support communities and offer free programs and anything else we can," said Hanneson. "This was one of the

programs that were a beautiful fit. It was such a wonderful idea to offer this to the Ukrainian newcomers."

She said the clay for the pottery class was generously donated by the Winnipeg-based pottery and ceramics store, the Sounding Stone.

Van Helden said the Gimli Art Club plans to organize a slideshow display of the participants' work in their gallery later in September.

For more information about the Gimli Art Club, call 204-642-8217 or visit the club online at www.gimliartclub.com

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All Farm Herbs focuses on traditional healing

By Tammy Karatchuk

It's a traditional herb business with a mission.

All Farm Herbs in Stonewall tailors to people experiencing mental illness, depression, anxiety, and chronic pain. Prior to the business, Lianne Sigurdur's herbs stemmed from her garden.

"I have grown eatables and medicinal herbs ... for seven or eight years prior to starting this company," said Sigurdur. "Mostly eatables. I had been growing simple medicinals like echinacea and chamomile and calendula ... that was more because there's a lot of mental illness in my family like anxiety and anxiety disorders and trouble sleeping. Insomnia. I was looking for some alternatives from pharmaceuticals."

To combat sleeping and anxiety issues, Sigurdur's daughter would make tea from chamomile and calendula. Echinacea isn't for mood disorders, rather symptoms of a "cold or a sore throat."

"There's a ton of studies out there about echinacea being able to boost your immune system."

However in 2017, Sigurdur's passion for growing herbs became personal when her son, Lane, became ill. At the time, he was taking a sound recording program at the Art Institute of Vancouver.

"He had been diagnosed with schizoaffective disorder," said Sigurdur. "After he graduated, we had to fly him back (to Manitoba) because he ended up being hospitalized at Uni-

versity of British Columbia Hospital.

Schizoaffective disorder is the most serious mental illness a person can develop. There are two types of schizoaffective disorders. One is a combination of schizophrenia plus bipolar disorder and depression. The other is schizophrenia with severe depression. Lane had schizophrenia and bipolar disorder, plus depression and anxiety. The lifelong disorder is treated with medications. But most have severe side effects, according to Sigurdur.

"(I) started looking into some alternatives because the big issue with my son was the side effects from the medications that they were prescribing," said Sigurdur. "The other issue is they (the medical professionals) haven't figured out what medications work. When you develop a disease like this, of the mind ... this is a lifetime. You never get better. There's no cure. The pharmaceuticals... have some really adverse and severe side effects. And that was the issue with my son and they kept experimenting, giving him different, I would call it, concoctions of medications to try to help him to relieve his symptoms of the disease. But the side effects, he just could not handle it."

According to Sigurdur, her son stopped his medications several times because of those side effects, forcing Sigurdur to take legal action and placing Lane on a forced order to continue his pills.

Prior to Lane's illness, Sigurdur was researching alternatives to pharmaceuticals for mental illness, which she mentioned to her son. Sigurdur prefers the term "traditional" to "alternative" for medicinal herbs because the plants are natural and they've been rooted for thousands of years. According to Sigurdur, "ninety per cent of our pharmaceuticals are just synthesized concentrated versions of herbal plants."

Sigurdur retired early to care for her son and to start the business – which Lane named All Farm Herbs. Sigurdur had a 30-year career with the Interlake Eastern Regional Health Authority, primarily coordinating home care.

"I knew my son was not getting better," said Sigurdur. "The mental health system here in Manitoba had a lot of gaps ... and there's just not enough pharmaceuticals to manage the disease."

Sigurdur started looking into medicinal herbs to help Lane, and she told her son to "just bare with us ... we want to do research." Lane was an integral part of All Farm Herbs, and



EXPRESS PHOTOS BY JO-ANNE PROCTER

Lianne Sigurdur and her business partner Stephanie Zmavc continue to support and share their passion of growing traditional and medicinal herbs at All Farm Herbs in Stonewall.

he was set to travel with his aunt to India and China, searching for medicinal herbs.

"That's where traditional healing with traditional herbs has been common place for thousands of years," said Sigurdur.

Sigurdur immersed herself into research and "the more I researched, the more I realized how many herbs there were that could potentially help him and anybody else that was suffering from anxiety, depression, and of these disorders that are just rampant out there. It's just like an epidemic happening."

Sigurdur was looking at the "effective side" of the herbs – the side effects and effectiveness – what she calls the "dangerous side to mental illness."

However, the side effects of Lane's illness proved too much. He ended his life on July 26th, 2020 at the age of 23 – six weeks before his 24th birthday.

"There has to be choices rather than pharma," said Sigurdur. "I'm not telling you not to take the pharmaceuticals, but I'm just saying there are alternatives."

Sigurdur is carrying on, and she's learning to grow hydroponics in the basement.

"St. John's Wart has to be grown

outside because it's poisonous," said Sigurdur. The starflower (borago) is digestible, and she says her family "puts it into our salad."

"It's a bit of a learning curve," said Sigurdur. "It's not like potatoes, where you just throw them into the ground."

Sigurdur and her business partner Stephanie Zmavc have a booth at the Arnes Farmers Market, and people visit them for their Sun Infusions, a herb smoothie, derived from lemon bomb, orange mint, calendula. The Arnes Farmers Market is 20 minutes north of Gimli on Hwy 9.

"People really liked it," said Sigurdur. "There's no sugar. It doesn't have a chemical taste. We had customers come back from last year."

The business also makes a topical inflammatory for arthritis. Sigurdur says "It's not a cure, but it certainly has helped a lot of people. It's pain relief. This is what people are struggling with. We've been programmed to go down to the pharmacy and pick up a pill and we'll be fine."

Since the loss of her son, Sigurdur's dedication to traditional herbs is a "lifetime commitment."

"This company is dedicated in the name of my son ... If I can help one (person), it'll be worth it."



Echinacea is used to boost the immune system.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fines in goal for MJHL expansion team in Niverville

By Ty Dilello

Local 20-year-old netminder from Stonewall Chris Fines is set to become the main goaltender for the expansion Niverville Nighthawks of the MJHL.

Fines was born in Winnipeg but grew up in Stonewall. He started playing hockey at the early age of five and was a player until he decided to make the full-time switch to goalie at 12 years old.

It turned out to be a good decision as Fines became a fixture in goal for the Interlake Lightning's AAA program, playing for their U15, U17 and U18 teams.

After coming up through the Lightning's AAA program, Fines progressed to the point of playing Junior A hockey, where he has spent the past two seasons in the MJHL with the Portage Terriers. A multi-sport athlete, Fines also plays a lot of baseball competitively in the summer months.

In the recent 2021-22 campaign, the 6'3" Fines finished with a 5-10-1 re-

cord in 20 games with a 3.62 goals against average, and a .892 save percentage. To date, his favourite moment in hockey was winning his first MJHL game, making 50 saves in the process for an overtime win.

On July 26, Fines was traded by Portage to the expansion Niverville Nighthawks for future considerations.

Playing with the Portage Terriers was a good experience for Fines, but unfortunately, he could never break through as the team's starting netminder. Coming to a new team in Niverville now, Fines has all the makings to become the main guy in goal and is hopeful that he has a big season upcoming.

"I am very excited to join this new organization, and I feel like it will be a very exciting place to play," said Fines. "This is the place where I wanted to go, and I feel that I have a lot left to prove."



EXPRESS PHOTO SUBMITTED

Chris Fines is hopeful that he will be the starting netminder this season for the MJHL's expansion Niverville Nighthawks.

Sandy Hook Golf Club celebrates Ladies' Club champion

Staff

The Sandy Hook Golf Course announced the winner of the golf course's Ladies' Club Championship that was held last month.

Glenda Edwardsen, a long-time player at the course who has come in second 13 times, won the championship on Aug. 21.

"All I can say is what a weekend. After 23 years of playing in this 2-day tournament and 13 times of being the bridesmaid never the bride, I finally did it," said Edwardsen on her Facebook page. "Thank you, Sandy Hook Golf Course for hosting another great women's club championship."



EXPRESS PHOTO BY GLENDA EDWARDSSEN FACEBOOK

Glenda Edwardsen with Sandy Hook Golf Course owner Tyler Doyle.

Richmond United shuts out Impact

Staff

The Interlake Impact's offence has suddenly dried up.

The Impact were shut out 1-0 by Richmond United in Manitoba Major Soccer League 4th Division action on Aug. 30 at the Buhler Recreation Park.

Oluwaseun Kayode scored for Richmond United.

After scoring seven goals in a lopsided win over the Hanover Strikers on Aug. 18, the Im-

pact has now been shut out in their past two games.

Interlake is now tied with Richmond United for first place in the 10-team division, each with identical 10-4-1 records and 31 points.

Both teams are four points in front of second-place YFC (8-0-3) although the Saints have four games in hand.

Interlake will take on Central Plains FC this Thursday at the University of Manitoba. Game time is 7:15 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Competitive season underway for local curlers

By Ty Dilello

The 2022-23 World Curling Tour season is officially underway, with events beginning to take place all around the world.

Winnipeg Beach's Colton Lott has joined the Matt Dunstone men's rink as second for this next Olympic cycle. Rounding out the team are Gimli's B.J. Neufeld at third and Ryan Harneden (formerly with Brad Jacobs) at lead.

Team Dunstone will kick off their season at the ATB Okotoks Classic in Alberta from Sept. 15 to 18, followed by the PointsBet Canada Invitational from Sept. 21 to 25 in Fredericton, N.B.

Lott will also still be competing in mixed doubles and continues to be one of the country's top teams with

now-wife Kadriana Lott.

"It's going to be a very busy year, but I am very excited for the challenge," said Colton Lott.

"Playing with Team Dunstone is sure to be a great experience, and I just can't wait to get going at our first event together."

One of Lott's teammates from last year, second-man Kyle Doering of East St. Paul, also has a new team. And it's one that has him playing for a new province.

Doering has joined the Karsten Sturmay rink out of Alberta. Sturmay has been one of the top U30 teams in Canada, winning a pair of University Nationals in recent years. However, they haven't broken through and advanced to the Tim Horton's Brier yet. With Doering now coming in to play

second, the Sturmay rink is looking to reach new heights.

"It's a really good squad for me," said Doering. "After my team broke up after last year, I didn't really know where or who I'd be playing with. I thought I might have had a chance to stay and play in Manitoba for a team, but that didn't end up working out, so when Karsten gave me a call about potentially playing in Alberta, we got to talking, and I really liked the opportunity."

Doering's first event with Sturmay was two weeks ago at the Curling Stadium Alberta Curling Series event in Leduc, Alta. Sturmay ran through the event going 4-0 in the round robin and winning their semi-final quite handily.

In the finals, Sturmay went up

against Alberta rival Aaron Sluchinski and appeared to be in control of the game. Sturmay led 6-4 going into the last end, but a few misses resulted in Sluchinski cracking a four-ender with his final shot to win the final 8-6.

Sturmay picked up some cash and ranking points on the weekend and will now look forward to competing again in Leduc next weekend at the Curling Stadium Alberta Curling Series Major.

"It was great just to be out there competing with the new team," said Doering. "We ended up having a really good first event together. Yes, we would have liked that final end of the championship final back. But overall, it was a very successful weekend, and we will take it. It gives us lots of confidence going into the rest of the year."

Thunder down Sabres in high-scoring affair

By Brian Bowman

The Interlake Thunder Varsity team had a wild start to their Rural Manitoba Football League regular season.

Interlake scored 30 second-half points in a high-scoring 58-43 road win over the Souris Sabres last Friday.

"It was a great win for us," said Thunder head coach Mitch Obach. "Last year, that was one team that had our number so going out on the road to start the season against a team that took us twice and, quite frankly, embarrassed us the last time that we were there, was a huge (win) for us."

Interlake's offence was rolling all game while putting up 616 yards.

"I think we only had one drive

where we didn't score," Obach said.

"They were just flying. We have a great group of a lot of Grade 12s, a lot of returning guys on offence, so the chemistry is there. They're ahead of schedule for Week 1. They were really moving the ball nicely and we hope that we can keep doing that going into this week."

The Thunder did a really good job mixing up their offence with throws and runs. But Interlake ran the ball more in the second half.

"That was just an adjustment to what they were doing on defence," Obach said. "They seemed to be more concerned about the pass in the second half and we kept it on the ground.

I think that helped us control the flow of the second half better."

Some of the Thunder's offensive highlights included quarterback Tucker Knutson with three rushing touchdowns and a passing TD. Running back Lucas Kmet had two rushing majors while receiver Matthew Houston finished the game with a rushing and receiving TD. Quarterback Ben Cook had a short yardage rushing touchdown.

Interlake will travel to Moosomin this Friday and then will visit Dauphin on Sept. 17.

It's odd to have a football team play three consecutive games on the road to begin a season.

"I don't know if I have ever done that before," Obach said. "It's a grueling way to start and that's part of the reason that was such a big win for us in Week 1."

Jets' training camp begins this week

Staff

The Stonewall Jets' training camp began this past Tuesday at the Veterans Memorial Sports Complex.

The Jets will also be on the ice this Wednesday and Thursday at 8:45 p.m. and Saturday at 4 p.m.

Additional ice for those players that qualify will be on Sept. 13, 14, and 15.

The Jets' first exhibition game will be on Sept. 16 at 7:30 p.m. at the VMSC in Stonewall.

To see more photos
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Interlake Athletes

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Or mail resume to Glenko Enterprises (1994) Ltd.
Box 1000 Arborg, MB R0C 0A0



NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: **September 14, 15, 16, 19 and 20, 2022** between the hours of 8:30 AM to 4:30 PM at the following location; R. M. of Grahamdale Municipal Office, 23 Government Road, Moosehorn, Manitoba, nominations will be received for the offices of:

Reeve

For term – November, 2022 to October, 2026

Councillor for Wards 1, 2, 3, 4, 5 and 6

For term – November, 2022 to October, 2026

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

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

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

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

Sandra Falk, SEO, R.M. of Grahamdale
PO Box 160, 23 Government Rd.
Moosehorn, MB R0C 2E0
Ph: (204) 768-2858
Fax: (204) 768-3374
Email: seo@grahamdale.ca

Dated at Moosehorn, MB on August 31, 2022.

SCRAP METAL

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



SCRAP METAL

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



PROPERTY MANAGEMENT

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

LOT FOR SALE

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

BUILDING FOR SALE

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

APARTMENT FOR RENT

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

FARMLAND FOR SALE

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

ANTIQUE & COLLECTABLE SALE

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

ESTATE SALE

75 Willow Dr., Aspen Park, Gimli. Saturday, Sept. 17, 9 a.m. – 5 p.m. Dining room set, patio furniture, portable A/C, housewares, yard tools, kids stuff & more.

HELP WANTED

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

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



SAVE THE DATE!

Where & When:

**MOOSEHORN CO-OP on
SEPTEMBER 13th, 2022
from 11am to 2pm**

Moosehorn Co-op will be hosting a Barbecue in Cooperation with Masterfeeds and Ridley Block Operations.

Subject matter experts (SME) will be here from Alberta & Manitoba to educate and answer supplement questions such as:

- Complex feeds and block products (including Rite-Lix)
- Sweetlix and Rite-blox

And overall enhancement to maximize your winter feed program.

Any questions, please contact Andy at **204-768-2770** for details **before September 13, 2022.** You can place orders on the 13th and join us for burgers and hotdogs.



EMPLOYMENT OPPORTUNITY

Arborg Play Group Inc

Invites applications for the following positions

Child Care Assistant

Hours: Full time - 40 hours per week

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

Child Care Assistant

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

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

Skills

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

Requirements

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

We Provide

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

Please send resume and references to:
Heather.Lowe@loweapg.com

ECE CHILDCARE EDUCATOR EMPLOYMENT

ECE childcare Educator for the Arborg School Age Child Care Co-op,

casual position, based out of the Arborg Elementary school.

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

Applicants to respond to Stephanie
arborschoolage@yahoo.ca

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

Classifieds



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

Community Bridges Gimli

COMMUNITY BRIDGES GIMLI Annual General Meeting and Celebration of Amalgamation

at Darren Hall, Lakeview Gimli Resort
September 21, 2022, at 6:00 pm

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



RURAL MUNICIPALITY OF GIMLI APPLICATION TO VOTE BY SEALED ENVELOPE

Date of Election – October 26th, 2022

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

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

Email: elections@rmgimli.com

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

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

To qualify to vote, you must be:

1. A Canadian citizen
2. 18 years of age on election day
3. A resident or owner of land in the RM of Gimli for at least six (6) months (April 26, 2022) on Election Day

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

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

Name: _____

Mailing Address: _____

Phone No: _____

Declaration: I am qualified to vote in this Election as I am a Canadian citizen, at least 18 years of age on the day of the Election, and have been either a resident or owner of the following lands in the RM of Gimli (_____)

_____ for at least six (6) months on the day of the Election. I am unable to go in person to a voting station on the day of the Election or on advance voting days. I have not otherwise already voted in this Election.

Signature: _____

LAKESIDE FLIGHT ACADEMY

Want to learn how 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 ultra-light; fly by day only in Canada with one passenger; can easily add float rating to permit. Lakeside Flight Academy 204-642-4799.

WANTED

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

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WATER TREATMENT

Water softeners. All sizes. 5 stage reverse osmosis systems, \$268. E-coli ultraviolet systems. Greensand iron/odour/ manganese removal filters. 10" & 20" Polyspun. String wound. Carbon replacement water filters. Delivery avail. All Seasons Furnishings 204-661-8581.

UPCOMING EVENTS

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

NOTICES

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

EXPRESS
WEEKLY NEWS
204-467-5836



Rural Municipality of
FISHER

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

PUBLIC NOTICE

BOARD OF REVISION

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

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

- 43(1) An application for revision must:
- a) Be made in writing;
 - b) Set out the roll number and legal description of the assessable property for which a revision is sought;
 - c) State the grounds on which the application is based; and
 - d) Be filed by
 - i) delivering it or causing it to be delivered to the office of the Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba or
 - ii) serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated below.

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

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

Dated this 17th day of August, 2022

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

PART TIME HELP REQUIRED

We are looking for outgoing, happy people to help out part time this winter at our Gimli location located in the Lakeview Resort!

We can offer generous staff discounts and a nice work atmosphere.

The position is part time and ranges from 10-20 hours a week, mostly weekends and occasional weekday evening pop up.

We are looking for boutique experienced, discreet non judgmental people who are genuinely interested in the wonderful customers we have.

You must be skilled on a computerized point of sale system and have good merchandising abilities and a good head for problem solving.

In addition to providing excellent customer service you may need to climb ladders and lift up to 30 lbs.

A love of swimwear, the beach, lake, pool or hot weather destinations is a plus!

**Please forward your resume to
thehulahut@mymts.net**



RONA GIMLI is looking for
a Team Member

RECEIVING CLERK

Responsibilities include:

- Checking receiving quantities against packing slips
- Unpacking and merchandising product in store
- Recording missing and/or damaged merchandise
- Assisting customers
- Assembling product displays
- General cleaning

The right candidate for this position will be friendly, well-organized, physically fit, and able to move heavy merchandise manually and/or using machinery provided.

Please submit your resume in person or email to

laura@ronagimli.ca
RONA GIMLI

100-7TH Avenue | Gimli, Manitoba R0C 1B0

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THE EXPRESS
WEEKLY NEWS

NOTICES

NOW ACCEPTING FALL AND WINTER CLASSIFIED NEWS-PAPER ADVERTISING! Book ahead to plan success! Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out and be seen WEEKLY in over 368,000 homes in Manitoba! Hiring? Selling something? Having an AGM? 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

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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.firstand-secondmortgages.ca

FARM MACHINERY

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

FARM MACHINERY

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

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

FARM MACHINERY

FOR RENT - 23 ft. Wishek disc. Ph 204-378-0370 cell. or 204-372-6831 home.

HAY FOR SALE

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

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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 stonewoodelkranch@mymts.net

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EXPRESS
WEEKLY NEWS

204-467-5836

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

RONA

EMPLOYMENT OPPORTUNITY

Join one of Canada's largest home improvement companies! Gimli Rona is now accepting applications for a **SALES TEAM MEMBER**. If you are committed to providing exceptional customer service, we want to meet you.

Qualifications:

- Retail customer service experience
- Excellent communication skills
- Computer literate, able to learn new software and processes
- Mature and responsible with sound decision-making and problem-solving skills
- Proven leadership capabilities
- Ability to learn fast and work independently

This position requires any day of the week availability. Applicants must have the physical ability to perform tasks that may require prolonged standing, sitting, or other activities necessary to perform job duties.

Drop off your resume in store at Rona Gimli 100-7th Ave.

or submit by email to laura@ronagimli.ca

RONA GIMLI

100-7TH Avenue | Gimli, Manitoba R0C 1B0



FISHER ARMSTRONG PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

**RM of Armstrong Zoning By-law No. 10/2022
Being an AMENDMENT to the RM of Armstrong
ZONING BY-LAW NO. 6/04 (AS AMENDED)**

HEARING LOCATION: RM of Armstrong Council Chambers
Lot 55 Highway 17, Inwood, MB

DATE & TIME: Tuesday, October 11, 2022, at 1:00 PM

GENERAL INTENT: To:
1. Add definition for "Secondary Suite"; and
2. Add regulations for "Secondary Suite"; and
3. Allow "Secondary Suite" as a Conditional Use in the "GD" General Development Zoning District, in the "AL" Agricultural Limited Zoning District, in the "AG" Agricultural General Zoning District and the "RR" Rural Residential Zoning District".
4. Allow "Secondary Suite" as a Permitted Use in the "AI" Agricultural Intensive Zoning District.

FOR INFORMATION CONTACT:

Corlie Larsen, CAO
RM of Armstrong
Lot 55 Hwy 17 Inwood, MB R0C 1P0
Phone: 204-278-3377
Email: cao@rmofarmstrong.com

A copy of the above by-law and supporting material may be inspected at the Rural Municipality of Armstrong Municipal Office, Lot 55 Highway 17, Inwood, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property owners are responsible for notifying lessee.



RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

VOTING OFFICIALS

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

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

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

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

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

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

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

Corlie Larsen, Assistant SEO
RM of Armstrong
Box 69

Inwood, MB R0C 1P0

Tel: 204-278-3377

Fax: 204-278-3437

Email: cao@rmofarmstrong.com

RIVERTON CO-OPERATIVE ASSOCIATION LTD.



ANNUAL MEETING

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

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

Agenda items to include:

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

Call For Board Members

Riverton Cooperative Association Ltd invites nominations for the positions of Director

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

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you need to
promote your
business

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POST CARDS



Call Today!
204-467-5836



PUBLIC NOTICE MUNICIPAL ELECTION - RM OF WEST INTERLAKE

Please be reminded that a general municipal election will be held on October 26, 2022.

VOTER ELIGIBILITY

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) A Canadian citizen and at least 18 years of age on election day; and
- 2) A resident of the local authority for at least six months prior to Election Day, OR a registered owner of land in the municipality for at least six months prior to Election Day.

ADDITIONS TO THE VOTERS LIST

Any person who is eligible to vote in municipal elections in the Local Authority RM of West Interlake can still have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected. Please call or visit your local RM office, or call the SEO at 1-204-941-0156 to ensure your name is on the voters list.

PERSONAL SECURITY PROTECTION

Any person can request to have his or her name and address obscured from the Voters List. A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places. To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to: **RM of West Interlake**, Box 370, #38 Main Street, Ashern MB R0C 0E0 (Ashern office) OR Box 10, #10 Main Street Eriksdale, MB R0C 0W0 (Eriksdale office). Phone 1-204-941-0156 Fax 204-768-2301 email: seo@rmofwestinterlake.com

CANDIDATE REGISTRATION

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period **before** they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I am receiving candidate registrations for the office of head of council and for the office of councillor, up until September 20, 2022. To obtain a registration form contact the SEO at 1-204-941-0156 or email to seo@rmofwestinterlake.com

VOTING AS A NON-RESIDENT VOTER

For the municipal elections only, non-resident land-owners are eligible to vote in an election. In order to be eligible, the person must be:

- A Canadian citizen;
- At least 18 years of age on Election Day;
- A registered owner of land in the municipality for at least six months on Election Day

Note that **a maximum of two non-resident property owners, per property, are permitted to vote in a municipal election.** In order to vote, each of these voters must obtain written consent from a majority of the registered land-owners, and file this with the senior election official. Consent forms can be obtained from the senior election official, and must be presented at the time of voting.

When voting, you may also be required to provide proof of ownership (property title, assessment notice or tax bill) to the voting official. Ensure you bring proof of ownership with you when voting.

NON-RESIDENT VOTERS QUALIFIED IN MORE THAN ONE WARD

In accordance with Section 25(2) of The Municipal Councils and School Board Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the SEO in writing of the ward in which they desire to vote. Failing the foregoing, the voters name will be placed on the list as the SEO may select.

NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:
September 16th at the Eriksdale office, #10 Main Street, Eriksdale MB and September 20th at the Ashern office, #38 Main Street, Ashern, MB between the hours of 10:00 am and 4:00 pm, or by appointment, I will receive nominations for the offices of reeve and council of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:00 pm. Nominations cannot be accepted after this day. All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification. Nominations should be filed in person at the above locations, on the date and hours specified. Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Myrna Little
SEO for the RM of West Interlake
1-204-941-0156
seo@rmofwestinterlake.com

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JOIN OUR TEAM!

**Do you want to help-out your community?
Are you passionate about working with children?
Are you looking for part-time or casual employment?**



LAKESHORE
SCHOOL DIVISION

In your local schools, we are currently looking for

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

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

Donald Nikkel, Superintendent of HR, Policy, and PR
Box 100, Eriksdale, MB R0C 0W0

Phone: 204-739-2100 Fax: 204-739-2145

Email: nikkeld@lakeshoresd.mb.ca

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



Town of Winnipeg Beach

NOTICE OF BOARD OF REVISION

PUBLIC NOTICE is hereby given that the 2023 assessment roll for the Town of Winnipeg Beach has been delivered to the Municipal Office at Winnipeg Beach, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of The Assessment Act.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An Application for revision must

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) state the grounds on which the application is based; and
- d) be filed by
 - i) delivering it or causing it to be delivered to the office of the Town of Winnipeg Beach at Winnipeg Beach, Manitoba, or
 - ii) serving it upon the Secretary, at least 15 days before the scheduled sitting of the Board of Revision.

The Board of Revision will sit on Thursday, **October 13th at 7:00 P.M.** in the Council Chambers of the Municipal Office of the Town of Winnipeg Beach, 29 Robinson Avenue, Winnipeg Beach, Manitoba.

Added to Roll/Cancellations for 2021/2022 must be appealed within 30 days after mailing. Added to Roll/ Cancellations applications must be received by the Secretary of the Board by **Monday, October 31, 2022.**

The final date on which applications for 2023 Assessment Appeals must be received by the Secretary of the Board is **Tuesday, September 27, 2022.**

Dated at Town of Winnipeg Beach, in Manitoba, this 28th day of August, 2022.

Mark Bardsley, Secretary Board of Revision
Town of Winnipeg Beach
Box 160
Winnipeg Beach, MB R0C 3G0

EMPLOYMENT

ACCOUNTANT

**FULL TIME POSITION
FOR LOCAL RETAIL COMPANY**

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

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

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and/or class 1.**

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@ 204-642-3026**

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

First Aid Course provided.

A Criminal Record check and Adult Abuse check required.

Additional details and information about the jobs are available at the workshop.

Job Positions:

Mon. to Fri. 8:45 am to 3:45 pm.

**Please send resume or drop off
at the workshop to**

Alex Janower Manager

Riverdale Place Workshop Inc.

Box 609 Arborg MB. R0C OAO

Tele- 1-204-376-5584

Fax- 1-204-376-5584

email riverdalew@mymts.net

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Invites applications for the following regular positions, effective ASAP:

22.OP.03 **Bus Driver – Gimli/Winnipeg Beach Area** (approx. 4hr/day)

22.OP.04 **Bus Driver – Gimli/Winnipeg Beach Area** (approx. 4hr/day)

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

CLOSING DATE: September 12, 2022 (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.



Rural Municipality of
FISHER

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

NOTICE OF NOMINATIONS

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

Between the hours of 8:30 am – 4:30 pm at the following location of Municipal Office, 30 Tache Street, Fisher Branch, MB.

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

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

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

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

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

Stacey Gard, SEO
204-739-3887
Email: fisherseo@mymts.net

Dated at the RM Office on August 2022

Stacey Gard
Senior Election Official (SEO)
Rural Municipality of Fisher

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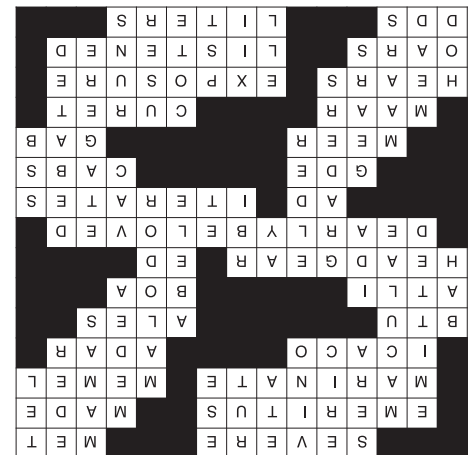
Estate & Moving Auction
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Estate & Moving Auction
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(204) 886-7027

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Crossword Answer

Career Opportunity

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

Who we are:

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

What you'll do:

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

Why it matters:

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

Who you are:

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

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

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

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

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

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

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IN MEMORIAM

In loving memory of
Gladys Karish
who left us September 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 and Madison

IN MEMORIAM

Eddie Brandt

September 8, 1930 – September 6, 2021
A year has passed since we said good - bye.
Your love, wisdom and guidance are missed
so much!

-The family

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OBITUARY

Larry G. Markusson
Born August 4, 1956
Died August 11, 2022



Larry G. Markusson was a beloved husband, father, afi & brother.
Larry was predeceased by his parents Albert Markusson and
Margaret Markusson (Nee Arnason) and his father-in-law Frank
Bristow.

Larry is survived by his loving wife Marie; daughters Stacy (Myles
Mowat), Melissa (Miles Lepine), and his beloved granddaughters
Sophia and Lux; his five sisters Daphne (Keith), Dianne, Cynthia
(Richard), Janet (James), Sandra (Terry), numerous nieces and
nephews and great nieces and nephews.

Larry was an avid volunteer in the Gimli Community. He was a past
President and Life Member of The Icelandic Festival of Manitoba,
Past President of the Gimli Kinsmen Club, President of Seagrams

Spirit Club, Executive Member of the Gimli Legion, Gimli Curling Club, Gimli Ambulance and
Interlake Handi-Van driver.

Larry loved higher education. He attended The University of Winnipeg and received his
Bachelor's Degree in Psychology. Larry worked at Seagrams/Diageo for 33 years from the ages
of 22-55 and completed his CGA during his time there.

Larry spent the last months of his life playing music on Facebook live every Friday night. He
was named Famous Larry by our friend Sarah's grade 5 class.

A celebration of Larry's life will be held at the Gimli Legion Br. 182 on Friday, September 23rd
at 7 p.m.

Honorary pallbearers: Lorne Kasupski, Jamie Dunlop, Thom Cook. Joe Bristow, Miles Lepine
and Myles Mowat.

In lieu of flowers, donations can be made to the Gimli Legion Box 29, Gimli, MB R0C 1B0
Rest easy, you will be forever loved, and your music will live on in our hearts forever.

We will all remember to "Try a little kindness."



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

OBITUARY

Colleen Christena Bucklaschuk (nee Hagan)
July 31, 1944 – August 29, 2022



It is with great sadness that we announce the passing of Colleen
Bucklaschuk, devoted wife, mother, and grandmother on August
29 after a brief illness.

Colleen was a loving wife to her husband, John, for 54 years, a
dedicated mother to her children Tara and Tyler (Michelle), and an
adoring grandmother to her grandchildren. Colleen was born in
Virden and is survived by her sister Maureen Chalmers, her brother
Keith Hagan (Mary Anne), Shawne Hagan (Jocelyn) and brother-in-
law Bill Dutton, as well as her sisters-in-law Winnie Danyluk and
Elsie Naherniak. Colleen is survived by her grandchildren: Colby
(Janine) Bucklaschuk, Tyson Bucklaschuk, Raven Valgardson,
Recene (Jason Edye-Rowntree), and Nikolas (Amey) Young and
eight great-grandchildren and many nephews and nieces.

She was predeceased by her parents Edward and Tena Hagan, her sister Donna Dutton, and
infant brother Jordan Bradley Hagan, and brother-in-law Harvey Chalmers.

Colleen graduated as a teacher from Brandon University in 1965 started her teaching in
Melita, followed by a year at Allard School in St. James and two years at King Edward School in
Brandon. At that point, she became a full-time mother to Tara and Tyler, followed by a move to
Killarney, where her husband taught for five years. This was followed by a move to Selkirk, when
her husband made a career change and then by a final move to Gimli where John was elected
as the M.L.A. for Gimli. In 1988, John and Colleen entered the business world by creating two
new businesses in which Colleen was a partner until her passing. Colleen was a vital part of
these businesses, contributing to their success and absolutely loved the involvement with the
thousands of clients during the last 34 years of business. At all times, Colleen had been a pillar,
supported every decision that was made and hugely contributed to every undertaking.

She will be fondly remembered for her passion for baking and cooking a good meal. The table
was always beautifully set. Her home, and all of its vibrant colours and decor, represented her
creativity. She loved going to the West End Cultural Centre for folk concerts, which was always
accompanied by a nice dinner at a nearby restaurant.

A Celebration of Life will be held on September 24 at 1:00 p.m. at the Johnson Waterfront
Centre in Gimli. All friends are invited to attend.

In memory of Colleen, donations may be made to the Heart and Stroke Foundation or another
charity of one's choosing.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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CLUES ACROSS

1. Grievous
7. Queens ballplayer
10. Honorable title
12. Created
13. Grillmasters do it
14. Wartime German cargo ship
15. Cocoplum
16. Hebrew calendar month
17. British thermal unit
18. Brews
19. One of Thor's names
21. Decorative scarf
22. Clothes
27. - : denotes past
28. A way to address a lover
33. Commercial
34. Utters repeatedly

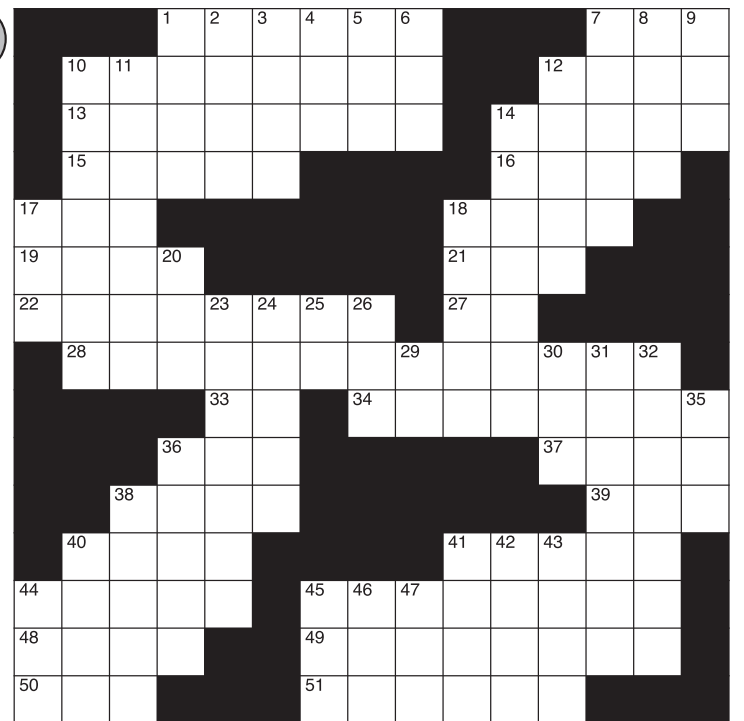
CLUES DOWN

36. Google certification (abbr.)
37. Taxis
38. Belgian village in Antwerp
39. Talk excessively
40. Broad volcanic crater
41. Surgical instrument
44. Listens to
45. Revelation of a fact
48. Paddles
49. Heard
50. Tooth caregiver
51. Metric capacity units
1. Protein-rich liquids
2. Musician Clapton
3. Wine
4. When you hope to arrive
5. Something one can

6. Midway between east and southeast
7. Mothers
8. German river
9. Israeli city ___ Aviv
10. Discharged
11. Areas near the retina
12. Greek mythological sorceress
14. Very unpleasant smell
17. "___ Humbug!"
18. White poplar
20. Journalist Tarbell
23. Teachers
24. One older than you
25. Long Russian river
26. Run batted in
29. Beloved Hollywood alien

30. Holiday (informal)
31. Furniture with open shelves
32. Argued
35. Sino-Soviet block (abbr.)
36. Cars have them
38. Volcanic craters
40. Made of fermented honey and water
41. Shelter for mammals or birds
42. One who utilizes
43. Moves swiftly on foot
44. Builder's trough
45. Architectural wing
46. 12
47. Pacific Standard Time

Answers on pg 25



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Philip Bauernhuber, Arborg.....\$1,900.00	Darlene Jonsson, Gimli.....\$529.00	Lorne and Susan Smith, Gimli.....\$929.00
Simonetta DelSante, Riverton.....\$529.00	Delbert & Luwana Brandt, Riverton.....\$1,799.00	Faye Stevenson, Peguis.....\$1,173.95
Danielle & John Weedon, Riverton.....\$1,799.00	Brenda & Ed Anderson, Princess Harbor.....\$529.00	Walter and Charlene Stevenson, Peguis.....\$154.98
Bev Webb, Fisher Branch.....\$129.00	Linda Williams, Peguis.....\$339.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
Alan McKay, Arborg.....\$349.00	Eugene Feschuk, Gimli.....\$2,227.00	Delores Wallbridge, Peguis.....\$2,186.00
Zenith Poole, Arborg.....\$848.00	Ida Jean Buck, Hodgson.....\$26.75	Al and Gloria Wiebe, Poplarfield.....\$152.94
Barb & Menno Friesen, Riverton.....\$559.00	Glen & Phyllis Stevens, Peguis.....\$277.00	Irene Zazulinski, Fraserwood.....\$279.00
Pat Dudrak, Arborg.....\$499.00	Don & Betty Johnson, Arborg.....\$1,299.00	Kurtis and Iris Stansell, Arborg.....\$239.00
Mary Dunlop, Gimli.....\$109.00	Patricia McCallum, Gimli.....\$569.00	Stephen & Liz Murdock, Koostatak.....\$841.00
Jean Harrison, Arborg.....\$1,988.00	Joey Bielik, Riverton.....\$29.95	Ian and Carla Christiansen, Gimli.....\$2,257.99
Roxanne Roche, Arborg.....\$1,868.00	Marvin Olson, Arborg.....\$29.95	Duane Loewen, Arborg.....\$199.59
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Jeroline Smith, Peguis.....\$1,227.00	Matthew Smith, Eriksdale.....\$2,297.00
Nancy Woychishyn, Arborg.....\$499.00	Sandra Jonasson, Arborg.....\$549.00	Sharon McLeod, Gimli.....\$1385.97
Donna & Ray Andert, Gimli.....\$899.00	Melissa & Jeff Abuda, Arborg.....\$3,339.00	George and Mary Lywak, Koostatak.....\$629.00
Will Ashley, Arborg.....\$479.00	John Paul Avison, Arborg.....\$679.00	Lorna Friesen, Arborg.....\$599.00
Jake Barkman, Riverton.....\$619.00	Carol & Dan Beauchemin, Inwood.....\$1,329.00	Teddy Ferkel, Sandy Hook.....\$699.00
Mike & Thelma Blahay, Arborg.....\$557.00	Jim Dingwall, Camp Morton.....\$1,038.00	Darrell and Donna Thaddeus, Koostatak.....\$138.00
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Eugene Feschuk, Gimli.....\$698.00	Joyce and Glenn Peden, Gimli.....\$1,019.00
Karen Dzaid, Arborg.....\$499.00	Jason Hudson, Riverton.....\$1,278.00	Lilja Macaulay, Gimli.....\$829.00
Natalia & Roger Eyllfson, Riverton.....\$1,638.00	Darlene Jonsson, Gimli.....\$359.00	Dennis & Marlene Riehl - Arnes.....\$899.00
Randy & Glenda Forster, Hodgson.....\$1,898.00	Ruth Kennedy, Arborg.....\$549.00	Ruth & Steve Macduff - Gimli.....\$868.00
Perry & Genni Hibbert, Arborg.....\$479.00	Benita Muzyka, Arborg.....\$388.00	Christine Loft - Riverton.....\$399.00
Kris & Begga Johanneson, Riverton.....\$939.00	Archie Thompson, Arborg.....\$549.00	Thomas Pardoski - Stonewall.....\$399.00
Rick & Sheila Johnson, Arborg.....\$339.00	Amanda Unger, Riverton.....\$799.00	Cindy & Derek Grimsford - Riverton.....\$749.00
Bertha Jonasson, Arnes.....\$769.00	Evelyn Wallach, Poplarfield.....\$899.00	Louise Barylski - Arborg.....\$1,128.00
Donna Jonasson, Arnes.....\$399.00	Judy Wells, GrandePointe.....\$119.00	Arnold & Shirley Jonasson - Arborg.....\$969.00
Jeannette Kist, Gimli.....\$121.87	Lynn Bear, Peguis.....\$239.00	Eric & Stella Funk - Gimli.....\$889.00
Kevin & Lisa Klym, Arborg.....\$774.00	Hazel Brunen, Eriksdale.....\$729.00	Donna Dolphin - Arnes.....\$515.65
John & Tina Kornelsen, Arborg.....\$689.00	David Chudy, Fisher Branch.....\$1,499.00	Maureen Blandford - Arborg.....\$79.00
Kent & Helena Kostshyn, Lunda.....\$639.80	Susie and Brian Eyllfson, Riverton.....\$528.00	Christina Asham - Peguis.....\$2,007.00
Thomas Kowalchuk, Fraserwood.....\$499.00	Nelson Hudson, Koostatak.....\$629.00	Julia Penny - Winnipeg.....\$549.00
Layne & Holly Kulbacki, Arborg.....\$599.00	Larry and Valerie Kornelsen, Arborg.....\$799.00	Rita Kirkness - Koostatak.....\$2,897.00
Edward Penner, Arborg.....\$619.00	Jason Loewen, Arborg.....\$859.00	Kassidy Brooks - Peguis.....\$668.00
Keith Poleschuk, Arborg.....\$2,082.00	Rita Milne, Gimli.....\$1,327.43	Crystal & Aaron Magnusson - Riverton.....\$999.00
Curtis Spence, Hodgson.....\$479.00	Minerva Ladies Aid, Gimli.....\$659.00	Barry McKay - Fisher River.....\$399.00
Tanya & Lyle Thorgilsson, Lunda.....\$329.00	Sheila Murdock, Koostatak.....\$1,018.00	Doris & Tom Trottier - Arnes.....\$489.00
Nancy Woychishyn, Arborg.....\$768.00	Ruth Otto, Ashern.....\$1,829.00	Leonard & Donna Gulay - Arborg.....\$669.00
Mathew & Gemma Avison, Arborg.....\$219.00	Gwen Adams, Matlock.....\$1,499.00	John & Carol Petkau - Arborg.....\$49.99
Raymond Bazinet, Eriksdale.....\$389.00	Buddy Chudy, Fisher Branch.....\$1,298.00	Jan Lardner - Sandy Hook.....\$247.00
Lynn Bear, Peguis.....\$1,044.00	Dave and Mary Grate, Koostatak.....\$529.00	Adrian & Allan Koblun - Arborg.....\$53.00
Ken & Linda Cherepak, Arborg.....\$49.01	Frank Dziedzie, Stonewall.....\$859.00	Linda Arneson - Gimli.....\$69.99
Debbie Deveaux, Eriksdale.....\$249.00	Heather Fedorchuk, Gimli.....\$1,119.00	Olga Persoage - Teulon.....\$54.99
Dorothy Dubchak, Gimli.....\$899.00	Ilean Haldane, Winnipeg Beach.....\$1,979.00	Donna Kirby - Eriksdale.....\$728.00
Sid & Beatrice Dueck, Arborg.....\$569.00	Catalina Janzen, Arborg.....\$709.00	Daphne Grier - Riverton.....\$949.00
Don Firman, Arborg.....\$529.00	Joan Krulicki, Arborg.....\$1,126.99	William Whiteway - Arnes.....\$1,899.00
Leslie Gislason, Riverton.....\$699.00	John Logan, Teulon.....\$439.00	Fred Finsson - Hnausa.....\$319.00
Heather Hamberg, Teulon.....\$749.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40	Dawn & David Sul - Arborg.....\$218.00

GRAND TOTAL TO DATE \$298,170.80

PLUS

FOR ONE DAY,
EVERYONE
WILL GET THEIR PURCHASE
FREE!

A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Oct. 1st 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

ALL REMAINING

**DeFehr
Furniture
PRICED
TO CLEAR**

**Reclining
Chairs
starting at
\$599**

**Sofas
STARTING
AS LOW AS
\$799**

**ALL
PURCHASES
PAID IN FULL
QUALIFY!**

- Furniture
- Appliances
- Clearance Items

PLUS

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

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. 6th and ends Sat., Oct. 1st, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Friday, Oct. 8, 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.

**HOURS: 9 - 6
TUES. - SAT.**



Smitty's
FURNITURE & APPLIANCES

"The largest selection of Furniture & Appliances between the lakes"

321 MAIN ST. ARBORG

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