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EXPRESS PHOTO BY TEE-JAY FURGALA

Emmerysn and Bentley arrive for their first day of school at Sigurbjorg Stefansson Early School on Wednesday, Sept. 7. Emmersyn is starting Grade 3 and Bentley is starting Grade 1.

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Local musicians in the running for country music awards

By Jennifer McFee

Multiple Interlake musicians are sharing harmonious feelings after being nominated for sought-after music awards.

The Manitoba Country Music Association released its list of nominees for this year's awards — and talented local musicians are once again making their mark.

Like last year, Past the Perimeter and Two Crows for Comfort are up against each other in the category of Group or Duo of the Year, along with Banned & Outlawed, Doc Walker, Petric and Foster Martin Band.

Past the Perimeter is made up of Evan Taplin on bass guitar and vocals, Derek Peters on guitar and vocals, Devin Biy on drums and Lachlan McLean on guitar and vocals — all hailing from Stonewall.

"Nothing makes us feel more at home than playing with one another," said Peters on behalf of the band.

"Most of the time, it's effortless, like breathing. I'm humbled and thankful yet again that our country music family has nominated us for the award."

Evan Taplin received a nomination in the category of All Star Band of the Year for Bass, up against Ben Mak of Stony Mountain, as well as Jon Mushaluk, Josh Gareau, Mucha Bee and



EXPRESS PHOTOS SUBMITTED

Several local musicians have been nominated for the Manitoba 2022 Country Music Awards that are being held Nov. 5.

Ray Grenier. Mak won the category last year.

"It is an honour to be nominated in a category alongside people I admire," Mak said, "and in a music community that is so welcoming and supportive."

Likewise Taplin expressed his appreciation for the local music community.

"Man, I love Manitoba's country music scene. There's so much talent here," he said.

"I feel that personally I've regressed a bit this year, but this just shows that the relationships you build with each other are lasting. Truly honoured to

be nominated again."

Lachlan McLean is vying for the award in the category of All Star Band of the Year for Guitar against Rylan Knaggs, Sean Barton, Stephen Arundell, Troy Flamand and Brad Moggie of St. Ambrose, who is also nominated in the "Specialty" category.

"I feel honoured to be nominated alongside some truly talented Manitoban musicians," McLean said.

"I'm grateful for how lucky I've been to be commended for simply doing what I love to do."

Two Crows for Comfort is made up of Erin Corbin of Stonewall and Cory Sulyma of Stony Mountain. They also received a nomination in the category of Roots Artist, Duo or Group of the Year, along with JR Charron, Mitchell Makoons, Jaryn Friesen, Nelson Little and Quinton Blair. In 2019 and 2021, the local duo won the Roots category.

"Each year we're nominated, we are genuinely surprised and honoured," Sulyma said.

"We're disappointed not to be able to attend the ceremony this year since we're on the road, but we'll definitely be eagerly waiting to hear how the night goes."

Local musician Amanda Cannon is nominated for the Emerging Artist Award against Banned & Outlawed, Brandi Vezina, Jaryn Friesen, JR Charron and Nelson Little. She's also in the running for the Fay Walker Song of the Year (Songwriters) award for her song "Saddle."

The Festival of the Year nominees are Morden Corn and Apple Festival, Winkler Harvest Festival, Summer Winds Family Music Festival, Summer in the City, Hanover Ag Fair and Niverville Olde Tyme Country Fair.

Award winners will be announced on Nov. 5 at the Metropolitan Entertainment Centre.

To see the list of Manitoba Country Music Award nominees in all the categories, visit www.manitobacma.com.



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Teulon Pumpkinfest is coming back

By Jennifer McFee

Teulon Pumpkinfest is back and better than ever, just in time to usher in autumn.

On Saturday, Sept. 17, the 29th annual event will attract crowds to Teulon Hall for a jam-packed lineup that runs from 9 a.m. to 4 p.m.

"Pumpkinfest is a huge community event," said Darci Loehmer, chair of the Teulon Ag Society, which hosts the event.

"Our mission is to promote rural living and give everyone somewhere to create memories in a small-town fair atmosphere."

The event will launch with a pancake breakfast from 9 to 10:30 a.m. hosted by the Lions Club, which will also host a lunch that day. As another option, food trucks will be on site for hungry festival-goers.

Organizers are bringing back some tried-and-true Pumpkinfest attractions such as the largest pumpkin weigh-off, which will take place at 10:30 a.m. The current record to beat was set in 2018 with a pumpkin weighing 975 pounds.

"We have a \$1,000 grand prize for biggest pumpkin. We have no idea how many pumpkins will be entered or how big they're going to be,"

Loehmer said.

"The challenge this year for all gardeners was the wet start and late start to the season. We've even had a hard time getting pumpkin vendors because the pumpkins just aren't quite ready, but we're really excited to bring this back."

Another popular portion will be the ag fair competitions that include pumpkins and other vegetables, baking, canning, kids' creations and more.

"We've got a few new categories. We've included photography, which was really big when we brought it in a few years ago," she said.

"This year, we even have Pinterest-inspired creations. During COVID, people have been more creative and trying new things, so we're hopeful that more people will bring in some entries."

Entertainment includes performances by Mark Morrisseau fiddle band, Summer Bear Dance Troupe, Rossdale Ukrainian Dancers and Teakle Family Circus. Speaking from experience, Milan Lukes will also present tips for growing a gigantic pumpkin.

Kids can look forward to crafts, face-painting, old-fashioned and carnival



EXPRESS PHOTO SUBMITTED

The Lavallee Pumpkin Farm will have pumpkins and gourds of all shapes, sizes and colours for sale at Teulon Pumpkinfest.

games, the Lions train, Xtreme Dogs agility show, a pie-eating contest, and a make-and-take activity. These events all take place in the Access Credit Union activity tent, which will be located across the street in the Teulon Elementary School playground.

"We're going to be making ice cream, which also refers back to the

Teulon creamery that was in town for so many years," Loehmer said.

"This represents to our rural roots, focusing on where ice cream really comes from. We've got some really fantastic ideas for that."

Other attractions include a farmer's

Continued on page 8

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Back to school for the Lakeshore School Division

By Autumn Fehr

With the squeaking of sneakers and the bouncing of basketballs on the gym floor, it's back to school again.

Students across the Lakeshore School Division headed back to school on Wednesday, Sept. 7 for a post-pandemic year of in-person learning and activities.

Don Nikkel, superintendent of HR, policy and public relations, alternative programming of the Lakeshore School Division, is excited to have students and staff back together after a summer away.

"I think we did well throughout the last two years as a school division to prioritize in-person learning, but there's still that tangible excitement as students are coming together and engaging with each other and our staff and with learning," said Nikkel.

"Over the last few years, we've learned how to do things better than ever before. This year we are looking to focus on more of those fundamentals in terms of literacy and numeracy, so we're keeping our focus there, but we're also reflecting on the last couple of years and the importance of relationships and our connection with each other and our communities. I think one of the things we will see this year is a real thirst to re-connect with those connections we had," he said.

As students are welcomed back to full in-person learning, and a new normal, safety remains a fundamental priority for the division.

Student safety has always been a main priority in the division, Nikkel said.

"What we're doing at this point is following public health's guidance and what we're hearing from them right now is that we are entering a new phase in COVID where we are learning to live with the virus, and so we are no longer at a point where we are trying to eliminate the COVID from our schools," he said.

"We have measures in place to mitigate spread, but we will inevitably see infections in our buildings throughout the year."

He added that if someone tests positive with COVID, they are asked to self-isolate for five days before returning to the building and wear a mask when they return for another five days.

The Lakeshore School Division will still adhere to public health recommendations by the province, such as the fundamentals taken away from the pandemic, that must be followed to live with COVID-19.

In keeping with provincial recommendations, the school division en-



Twin girls after their first day of kindergarten getting picked up by their dad.

courages students and staff to stay home when sick.

"It's a good practice whether in COVID or not," Nikkel said.

The division will continue to provide hand sanitizer and masks to those who use them.

This spring, the Manitoba government launched an Indigenous Education Policy Framework in April 2022, to expand the Elders and Knowledge Keepers in Schools Initiative.

This new framework guides the actions at all levels of the education system, from kindergarten to Grade 12.

The four policy directions articulate it: authentic involvement; putting students at the centre; understanding world views, values, identities, traditions and contemporary lifestyles; and inclusive and culturally safe learning environments.

School divisions are expected to be-



Lundar High school athletes of the year from last year. The award was presented at the first day assembly: Aiden Spalding (male) and Jersi Godfrey (female).

gin to roll it out this year.

"We are looking into what that looks like and how we incorporate that into our schools. We are excited about thinking about how it will work in our environment. Is there going to be more land-based learning this year? There are some exciting new prospects for the year ahead," Nikkel said.

Looking ahead, the Lakeshore School Division is looking for ways to implement this new framework in its schools while still experiencing things students get excited about.

"As our students are coming together, we are starting to hear the different thoughts of what people have. There certainly will be those things that we saw beforehand such as sports starting up again and field trips beginning — there's a lot of excitement building



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This group of Lundar Early Years students arrived by bus for their first day of classes.



Dezirae LeBlanc and Jack Leonoff.

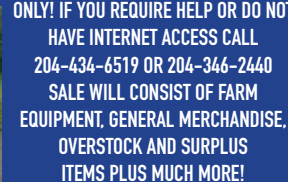
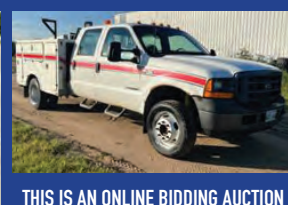
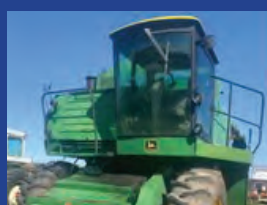
already around those things," said Nikkel.



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Stony Mountain Goose shoot returns this month

By Ty Dillelo

The Stony Mountain Goose Shoot is returning this year after a two-year hiatus and will be held on Sept. 30 to Oct. 1 at the Stony Mountain Community Centre. Funds raised through this event will support various programs in Stony Mountain.

The Goose Shoot has been a part of the community since 2002. It was initially under the now-closed Stony Mountain Curling Club. It is heading into what should have been its 20th year. However, with COVID restrictions forcing them to cancel the past two years, technically, this will be its 18th year running.

Four local community groups organize the annual shoot, with volunteers from the Stony Mountain Community Centre, Stony Mountain Minor Hockey, Stony Mountain Community Association and Skate Stony Mountain.

The shoot has an adult division of 30 teams and eight youth division teams with four members per team. Registration is already underway, with only a few spots left in both divisions. For those interested in registering a group, you can email smgooseshoot@gmail.com to get your team in.

On Friday night, teams make their way to the community centre to complete their field draws and meet their

local volunteer guides.

"Rockwood landowners allow the Stony Mountain Goose Shoot to use parcels of land for this event, and we cannot do this event without their amazing support," said event organizer Lisa Deprez. "We will have a delicious beef dinner on the Friday night made by Danny's Whole Hog."

Dinner tickets are available to purchase for \$20, and you can contact Deprez at 204-997-5340 for tickets.

"There will be a bar to purchase drinks, a silent auction and some great draws for amazing prizes throughout the evening. The Calcutta is held shortly after all teams have completed their field draws where individuals can bid on their teams in hopes to win some cash."

On Saturday, teams will meet up at their assigned fields and begin the shoot, having to meet the 12 birds max with the largest weight in order to qualify to win first, second or third place in both divisions.

Previous winners have been given guns, goose calls and more. Weigh-in takes place on Saturday, and hunters are to return to the community centre by 1 p.m. to begin the weigh-in and determine their placing.

"We are very excited to finally host and plan this year's event again and



EXPRESS PHOTO SUBMITTED

The Stony Mountain Goose Shoot is returning this year after a two-year hiatus and will be held Sept. 30 to Oct. 1 at the Stony Mountain Community Centre. In the photo: Event organizer Lisa Deprez and family during a goose shoot.

look forward to having all the hunters return for a great shoot," said Deprez.

"Our community groups count on this event to happen as the funds raised are used to fund local projects, to provide continued upgrades

to local facilities and also provide increased recreational opportunities for the residents of Stony Mountain and the surrounding area."

Funding announced to expand client support program for those living with Alzheimer's disease

Submitted by Manitoba government

Manitobans living with Alzheimer's disease or other dementias, and the family members and caregivers who support them, will benefit from an additional \$1.3 million to help manage the progression of the disease through supports offered by the Alzheimer Society of Manitoba (ASM), Seniors and Long-Term Care Minister Scott Johnston announced last week.

"Our government is committed to improving the quality of life of Manitoba seniors and investing in expert care for seniors living with dementias," said Johnston. "This investment, in partnership with ASM, builds upon a shared commitment to meaningfully invest in programs that meet urgent needs, and help to meet the growing demand for specialized supports and services as client volumes rise. ASM has a long history of providing services to seniors and their families, and we are grateful for their partnership on the First Link initiative."

The Manitoba government has invested in First Link for

several years, the minister noted, adding this funding expansion will be matched year over year by public donations to ASM. The matched funding will be provided over four years, equalling \$325,000 per year, beginning in the 2023-24 fiscal year.

"We are beyond excited to receive this multi-year funding from the provincial government for our First Link program," said Wendy Schettler, CEO, Alzheimer Society of Manitoba. "The province has been a valued partner of this program for over a decade now and it is vitally important that we continue the expansion of First Link so families

have a place to turn to for support and information throughout their dementia journey."

Currently, in Manitoba, more than 18,400 Manitobans have dementia.

Continued on page 9

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ICU admissions, hospitalizations for COVID increase

By Patricia Barrett

The provincial government's weekly COVID surveillance report for the period Aug. 28 to Sept. 3 (reporting Week 35) shows an increase in hospitalizations and ICU admissions.

There were 70 new hospital admissions for COVID, up three from the 67 reported the previous week, and 16 ICU admissions. There were nine ICU admissions reported the previous week.

The government doesn't provide data that show how many people with COVID are in hospital on any given day.

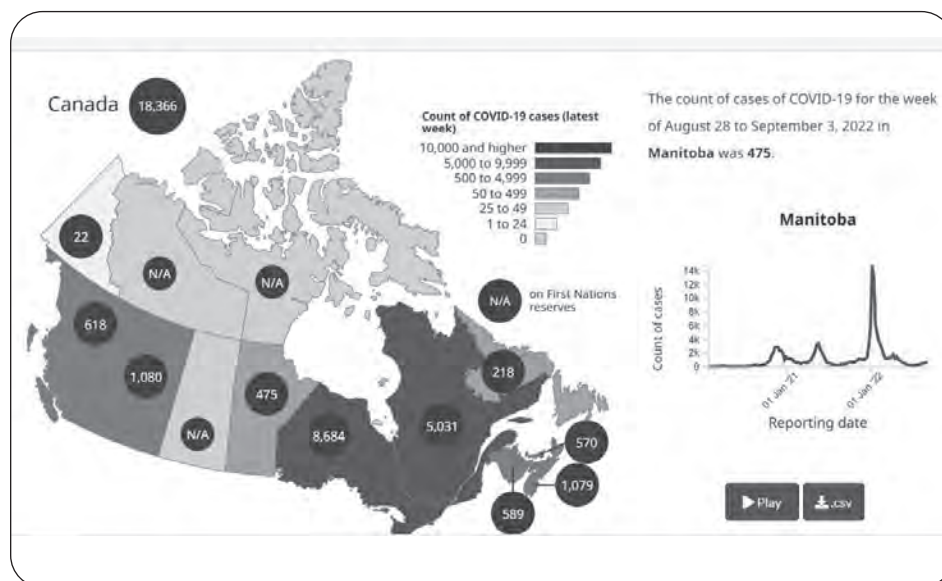
There were 475 new laboratory-confirmed infections reported for the above period, a decrease of 147 from the 622 infections reported the previous week.

Provincial data on new infections are an undercount because the government restricts access to PCR tests. Rapid antigen tests aren't tracked.

There were seven new COVID outbreaks in long-term care facilities and hospitals, including at East Gate Lodge in Beausejour in the Interlake-Eastern health region.

Three more Manitobans died since the last reporting period. Manitoba's death toll now stands at 2,118.

COVID continues to hospitalize and kill Canadians across the country. British Columbia is seeing a surge in hospitalizations for COVID. Its COVID-19 Dashboard shows 324 people were in hospital on Sept. 8 and 22 people were in intensive care. Ontario reported 74 more deaths over the past



GOVERNMENT OF CANADA

Epidemiological data from the federal government showing new COVID infections between Aug. 28 and Sept. 3 from province and territories that provide infection data.

week.

Worldwide, COVID has killed over 6.4 million people, according to the World Health Organization.

Other health news:

The Angus Reid Institute, a non-partisan public opinion research foundation, released last week the results of an online survey it conducted in August that gauged Canadians and Americans' opinions on their respective health care systems.

Two in five Canadians, approximately 12.8 million adults, said they either had a difficult time accessing or were totally unable to access one of five key health services: non-emergency care, emergency care, surgery, diagnostic

testing and specialist appointments. Americans were much less likely to say they encountered barriers to accessing those key services.

Sixty-one per cent of Canadians said they were not confident they could access urgent care in a timely fashion should an emergency arise.

The survey is available on the institute's website.

- Health Canada reported an increase of 32 cases of monkeypox as of Sept. 9. There has been a total of 1,321 cases reported across Canada with 37 hospitalizations. Manitoba has reported one case.

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letter to the editor

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Government passing the buck

I am writing to set forth the various steps we have taken to try to remedy the matter of [a] groyne that has and is continuing to cause substantial damages to a number of properties located approximately four kilometres north of Gimli, Manitoba (legal description of SE 1/4 32-19-14 E) (the "Properties").

The groyne is located immediately north of the properties and jets out approximately 20 feet into the lake. The groyne has caused and continues to cause direct permanent damage to the properties by eroding large sections of land. This land erosion will continue so long as this groyne is permitted by the inaction of the government allowing this groyne to remain.

We are now spending thousands of dollars on remediation measures to slow down the land erosion directly caused by the groyne.

The groyne consists of large boulders with concrete poured on top, which is very dangerous when wet. A huge bay has been formed on the south side of this groyne creating extensive damage as noted above. The groyne has been a continuous problem from the day of installation. This installation should never have been permitted and we have [not] yet been shown any documentation that this installation was in fact permitted. Approximately 1,000 feet of land has been lost over the years. Groynes

benefit the one property and destroy all property downwind. A prime example is the Gimli Harbour.

You are not allowed to flood another's property, so why are you allowed to destroy other properties by installing a groyne?

I have contacted the below noted governmental departments. Each department has essentially noted that land erosion directly due to a groyne is not their responsibility, which is makes no logical sense and is obviously very frustrating as land erosion is an extremely serious matter. • Manitoba Infrastructure Water Management: noted that this is not their department • Rural Municipality of Gimli: noted that this is not their department • Fisheries and Oceans: noted that this is not their department and referred us to Conservation • Conservation: noted that this is not their department and referred us to Water Management & Structures • The office of MP James Bezan: noted that this is not their department and referred us to Minister of Municipal Affairs • Minister of Municipal Affairs: noted that this is not their department and referred us to Conservation • Water Management & Structures: noted that this is not their department and referred us to EMO Emergency Measures • Manitoba Emergency Measures Organization: multiple attempts to contact the EMO have been left unanswered by that office.

Information and pictures have been sent to The Hon. Heather Stefanson, and The Hon. Derek Johnson has visited the properties; however, we do



Illegal Groyne – facing South



EXPRESS PHOTOS SUBMITTED

understand that this is not within their mandate.

We have tried to resolve this matter with the owner of the property with the groyne; however, he is not co-operative. Any layperson can see the damage to the properties is a direct result of the groyne. The groyne is the sole reason a huge bay has formed causing the erosion.

We respectfully ask that the one of the above noted governmental department takes responsibility for this matter of land erosion due to the direct result of a groyne. Government should be working for the people and not simply noting that this is not within their department.

- Sincerely, Allan Goodman
Kolbein Properties

Statement from Lt.-Gov. Janice C. Filmon on the passing of Her Majesty Queen Elizabeth II

It is with profound sadness that His Honour and I learned of the passing of Her Majesty, Queen Elizabeth II.

For more than seven decades, Her Majesty had been respected and revered for her steadfast leadership and unwavering commitment and service to the citizens of Manitoba, Canada and the Commonwealth.

Her Majesty enjoyed a wonderful relationship with all of the people of Manitoba during her six visits to our province. She spent time in communities large and small throughout our

province, making numerous lasting personal connections.

From Queen Elizabeth's first official visit as Princess Elizabeth in 1951 to her most recent visit as queen in 2010, she was welcomed with great love and admiration for her service to Canada, and her dedication to serving her subjects around the world with dignity, grace and humility.

On behalf of all Manitobans, I offer heartfelt sympathies to Her Majesty's beloved and devoted family, who will carry Her Majesty's legacy forward with the same loyalty and commitment for many generations to come.

I share with all Canadians, and the other peoples of the Commonwealth, a great sense of loss on her passing.

May Her Majesty rest in peace. Long live the King.

Small town kindness

I just wanted to share some positive news for a change about the small town of Arborg. I had a few misfortunes a few weeks ago. First I lost my bank card and realized it when I got home as I was just about to walk back to town to retrace my steps when a wonderful lady named Vivian drove into my driveway. It happened that two wonderful teenagers had found it and were going door to door to find the owner (congrats to the parents of these fine

youth of Arborg. You did a great job!!) My second misfortune was getting a flat tire, which I was just about to call CAA to change when two nice gentleman, Gary and Mike, approached me and insisted that they would do it for me. I insisted that they take payment but they would not. I did some investigating and delivered a few beers to share and a sweet homemade treat (ponnucour). I think sometimes small towns get a bad rap for being boring and a place where everyone knows everyone else, but that is often a good thing! Have a great small-town day, everyone! Thank you to my small-town heroes.

- Sharon Stadnek, Arborg

Significant COVID outbreak at Betel Gimli PCH; at least two residents died

By Patricia Barrett

A significant COVID outbreak swept through the Betel Personal Care Home in Gimli, infecting more than 30 residents at one point and killing at least two of them.

The 80-bed care home had 26 positive cases at the end of August, according to emails sent to families of the residents. Additional infections were reported in September.

"We currently have a total of 26 positive cases and an additional 8 residents on [sic] isolation," wrote the PCH's chief executive officer Angela Eyolfson in one of the emails dated Aug. 31.

The facility was also experiencing "staffing challenges," she wrote, and family or designated caregivers were asked to step in.

"Again, we are asking Designated Family Caregivers that are able to come in and assist with meals or care as you are able," Eyolfson wrote. "You will be provided with PPE and appropriate infection prevention and control education to ensure no further spread of the virus."

On Sept. 6, the PCH told families by email it had 11 positive cases and had another five residents in isolation. It also informed them that two infected residents had died.

"This weekend marked a sad time for the care team at Betel as two of our residents passed away from infection with COVID-19," Eyolfson wrote. "The entire care team at Betel extends its condolences to the family and friends of these residents."

Congregate living facilities are ideal settings for the spread of COVID, whether it's brought in by staff or

by visitors. With a significant number of residents infected at Betel, it's clear the virus hasn't lost its ability to wreak havoc. Through mutations, the virus has become better at sidestepping natural and vaccine-induced immune defences, and a general lack of simple public health measures to cut down on its spread is helping prolong the worldwide pandemic.

The IERHA's webpage shows the outbreak at Gimli Betel was declared on Aug. 23.

By Sept. 9, the PCH had five residents "actively experiencing COVID" and had two residents in isolation pending COVID test results, said Eyolfson in response to questions from the *Express*.

She didn't say how many PCH staff were infected during the outbreak, but over 30 residents tested positive.

"Over the course of the outbreak, we've had 33 residents test positive for the virus," said Eyolfson by email last week. "We have had staff test positive for COVID-19 but we are unable to confirm if these infections were work related as COVID is circulating in the community,"

The number of residents who died from COVID during the outbreak was not confirmed.

"Residents have passed away at the personal care home during the COVID outbreak. The regional medical officer of health, in conjunction with the attending physician, will determine if COVID-19 is the cause of death and families will be advised of this personal health information," she said.

She declined to say if any of the



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Betel Personal Care Home in Gimli saw at least two residents die during a significant COVID outbreak, according to an email sent to families.

home's residents had been hospitalized.

"Generally speaking, residents of the care home are seen by a physician on site but, in some instances, if the resident and/or family request, residents are transferred to hospital for care," said Eyolfson.

When outbreaks occur, Eyolfson said Betel's program managers meet with Interlake-Eastern Regional Health Authority staff to "identify challenges and address needs before they become a concern."

"We have been effective at ensuring we have staffing in place to meet residents' needs. Staffing is an issue throughout the health-care system right now," she said. "In the event that staffing does become an issue, we have asked designated family caregivers to support staff by assisting us with the care of their residents."

Designated caregivers regularly participate in providing care, she added, and during outbreaks caregivers can continue to do so if it's in the best interests of the residents.

Eyolfson didn't indicate whether Betel had received assistance from the province but said the regional health authority provides expertise, support with staffing, equipment and personal protective equipment (PPE). The health authority also has infection control staff attend the site to audit the use of PPE and adherence to outbreak protocols.

"We are grateful for the work of these staff members in helping us prevent the spread of infection," said Eyolfson.

The province didn't respond to questions about the outbreak.

> PUMPKINFEST, FROM PG. 3

market, petting zoo, big games, silent auction, a pumpkin carver and fall family photos by Sweet N Wild Images for \$10 each.

Guests can also try their luck in a 50/50 duck dump contest, which is new for this year.

In another new activity, artist Lisa Whitehouse will guide participants through two sessions of watercolour painting focused on a pumpkin theme.

Teulon Pumpkinfest is also pleased to welcome the Liliane Baron South Interlake Breast Cancer Support Group, which will host a fundraising raffle table. In addition to buying raffle tickets for three fabulous prizes, festival-goers will have the option to give a donation to the cause.

The support group used to host an annual fundraising walk, but COVID changed that practice. Last year, they participated in the Teulon Moonlight Market, and this year they're pleased

to join the fun at Pumpkinfest.

Founder Claudette Griffin is grateful for the ongoing support from the community for more than two decades.

"Without the generous monetary support and the support of the South Interlake, we couldn't have carried on providing financial and emotional support for 21 years," Griffin said.

"We're still here to help people. Breast cancer doesn't stop because of COVID. It's wonderful to have the support for our grassroots group."

Likewise, Loehmer is looking forward to welcoming the breast cancer support group to the event.

"We are happy to be able to include the Liliane Baron support group by having a presence at the event," she said.

"In the past, we would get 1,500 people in attendance, so they'll get big exposure and we're so happy to be able to support that."

Admission to Teulon Pumpkinfest is \$5 per person, \$20 per family with a maximum of six, and free for tots under two years old.

"We spend about \$16,000 hosting the event. We're so grateful to our sponsors and the community, but we do have to charge a small admission. We try to keep it reasonable for families," Loehmer said.

"Our goal is to break even. We do have a couple of ideas going forward for next year for our 30th anniversary and the following year for the 100th anniversary of the Teulon Ag Society, but we're still in the planning stages. We're really excited."

While visitors are in the area, they can also learn about local history at the Teulon and District Museum, located in Green Acres Park. The museum will host an open house from 11 a.m. to 3 p.m. that is free to attend.

For more information about Teulon Pumpkinfest, including a full schedule, visit www.teulonpumpkinfest.com.

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**

Fisher Branch Women's Institute celebrates 75th anniversary

Submitted by Patricia Witzke

On Saturday, Sept. 10, the Fisher Branch Women's Institute (WI) hosted a fun-filled day at the local community hall to commemorate its 75th year. Ladies from the Grosse Isle, Springfield, Narcisse and Domain WIs, along with retired institute members from Teulon and Inwood plus members from as far away as Minnedosa, came to celebrate the special day with the Fisher Branch members.

Darcy Truthwaite, president of Fisher Branch WI welcomed everyone and introduced Fisher Reeve Shannon Pyziak.

Shannon congratulated the local WI for the tremendous support they have provided the community over the last 75 years.

True to their mandate, the WI requested attendees donate feminine hygiene products for Manitoba Harvest, resulting in a donation of nearly 70 products.

A special treat for everyone was the visual display of quilts made by local quilters. The array of colours and patterns was stunning.

The day officially started with the singing of *O Canada*; members were then asked to bow their heads for a moment of silence in memory of Her Majesty Queen Elizabeth II, a long-standing member of the Sandringham

WI in England.

The day included two informational speakers. The morning speaker Joanne Smith, a local bird enthusiast, shared her knowledge about the 400 species of birds in Manitoba. Her love of birds began when she saw a baby loon on its mother's back as a child. Joanne mentioned that the great grey owl is the provincial bird of Manitoba and provided other interesting facts, such as birds will use other birds' nests and lose their feathers when moulting and growing a new set. Due to Joanne's love of birds, she is involved in conservation and annual bird counting programs.

In the afternoon, Laura Grzenda, a land management specialist, shared her presentation on gardening. Besides working on the family leafcutter bee farm, she runs her own Farmyard Flowers business. Working very hard to grow her beautiful flowers, she creates flower arrangements and sells fresh flowers to florists and people who want to design their creations. Her latest endeavour is called Sponsor a Senior. For this event, she makes floral arrangements for each senior in the Fisher Branch Personal Care Home during the summer months. They are well received! Laura has a thriving business and welcomes tours. The local members toured Laura and

her mother's gardens in August; the beautiful flowers were breathtaking.

Darcy Truthwaite assisted the group in relaxing by demonstrating Donna Eden's Daily Energy Routine. The routine increases vitality and energy and improves your immune system. The ladies enjoyed the experience.

The morning concluded with a Celebration of Life; members from the various institutes shared stories to recognize members who had passed away over the last three years. Sunflowers were placed in their memory and concluded with the song "In the Garden," sung by Ida Marie Draper, bringing tears to many ladies' eyes.

Debra Barrett, the provincial WI president, shared a touching letter congratulating the Fisher Branch WI on their 75 active years, noting how the WI has and will continue working hard to support their community.

The entertainment began with a Michael Jackson impersonator who danced and lip-sang to Billie Jean, one of Jackson's hits. This youngster was a fantastic performer and had a natural stage presence. The entertainment concluded with hilarious skits acted out by the Fisher Branch members, making the audience double over with laughter. It was an excellent way to end the fantastic program.

The day concluded with the grand opening and tour of the Fisher Branch Women's Institute Park co-ordinated by June Kopys and Ida Draper. The Park has been a much-loved project of the Fisher Branch WI. The final touches of a fire pit, benches, picnic tables, playground, performance stage, gazebos and brick paths were made possible by an endowment provided by Olga Grouch, an ardent supporter of the local WI.

When interviewed, Donna Marcyniuk and Marge Knutson said, "learning about birds was very informative and Michael Jackson was fun to watch." Marge added, "I caught his hat, which surprised me."

Valerie Watt said, "It was an enjoyable and interesting day with great speakers, good fellowship and a delicious meal." Denise Joss commented, "It's great to get back to see old friends and network across the province."

One audience member summed up the event by mentioning that everyone had a great time at the Fisher Branch WI 75th anniversary.

Should the Manitoba Women's Institute interest you or you have questions, please look us up online at mbwi.ca or follow us on Facebook, Instagram or Twitter.

> ALZHEIMER'S DISEASE, FROM PG. 5

This number is growing rapidly and is expected to reach 39,100 by 2050, the minister said.

Caregivers of seniors with dementia provide an average of 26 hours of care each week and more than four out of 10 caregivers of seniors with dementia exhibit caregiver distress, almost twice as many when compared with caregivers of those without dementia.

ASM is expected to serve over 131,000 Manitobans across the province over the next five years. On average, ASM receives calls for six new clients per day and demand for the program has surpassed the current public donation volume of revenue required to support client volumes, Johnston said.

First Link connects individuals living with Alzheimer's disease and other dementias, and their families, to a variety of supports and services throughout the pro-

gression of the disease. The Alzheimer Society of Manitoba manages the program planning and provides access to community resources, information, medication and dementia-specific expertise.

First Link is based on a similar program in Ontario that has demonstrated the capacity to delay personal care home admissions, avoid hospitalizations and prevent a crisis.

The minister noted that improving care for individuals living with dementias and providing caregiver supports strategically aligns with the public engagement work currently underway towards the development of a new seniors strategy for Manitobans.

To participate in the continuing public consultations, visit <https://engagemb.ca/building-a-plan-with-manitoba-seniors>

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KIDS



Manitoba 

Completed 55-plus housing complex in Gimli has tenants on hold

By Patricia Barrett

Tenants of a new 55-plus housing complex in Gimli's north end are not yet allowed to live in the recently completed building because the building's owner, the Province of Manitoba, doesn't have the right kind of insurance, according to Gimli's mayor.

"The province owns the building and it's ready to go, but the province has to finalize insurance that will cover it for a completed building with occupants," said Mayor Lynn Greenberg last Saturday. "The province has insurance that covers a building under construction."

The building is managed by the provincial Crown corporation Manitoba Housing. But its day-to-day operations are being overseen by the Gimli Seniors' Residence Inc. (GSR), a registered charity. The GSR hired a building manager for the property.

Greenberg sits on the GSR board along with deputy mayor Richard Petrowski and four volunteers.

He said some tenants have been allowed to move belongings into their suites, but they're not allowed to stay there. He had emailed the province about the insurance issue a few weeks ago.

"People want to move in and they're feeling frustrated," said Greenberg.

The GSR had lobbied the provincial government to have an affordable housing complex built to accommodate the town's large population of seniors, said Greenberg.

Other news:

- Gimli council considered whether it needs to pass a bylaw setting regulations for Gimli Beach but deferred third and final reading of the bylaw in August.

"Nothing has been decided. There are certain areas on the beach that are a problem where people are cooking close to residences," said Greenberg. "They are allowed to have a barbecue in certain areas but they have been too close to the houses. People can barbecue in Gimli Park."

The regulations were forwarded to Scatliff Miller Murray, a consulting firm hired by the municipality, for consideration when it develops a waterfront plan for Gimli.

- Council discussed a proposal to change the name of the Gimli Recreation Centre at a special meeting of council held Aug. 26.

"There is one person who wants the name changed for the curling side. We've turned it over



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The 55-plus building near the sports grounds in Gimli's north end is seen here under construction in March 2020. The building is completed and tenants are allowed to move belongings into their suites, but they're not yet allowed to stay there.

to the curling club to see what they come up with," said Greenberg.

- A section of the Gimli Dog Park at the sports field in the north end of town will be upgraded. The west end of the park, which runs parallel to PR 222, is "always submerged and should be raised," according to the RM's Active Trails Advisory Committee in a report to council.

"There is a low spot there. We'll have to get Public Works to put some fill in there," said the mayor.

The committee also noted that signs prohibiting vehicles such as ATVs on walking trails have gone missing.

- A Dairy Queen was supposed to start construction in June in Gimli, but Greenberg said the company asked council for permission to defer construction for another year.

- Council approved a variance for a mechanical room that's part of a pet food plant to be established in the Gimli Industrial Park.

Canukshuk Animal Science is establishing a pet food plant at 230 Anson St. It says the facility will be the first pet food producer and exporter in Manitoba.

The company requested permission to encroach

on RM of Gimli land for the construction of a mechanical room and an attached cold storage for wood chips that it will burn.

"The mechanical room must be separated from the processing plant for fire separation, and repair/maintenance access allowance without passing through decontamination area...," wrote project executive Bo Meng in a backgrounder on the project.

- A washout on Colonization Road in Arnes will not be repaired by the province this year. Residents will have to continue to use Boundary Road to access a store and their mail at the post office in Silver Harbour.

"The province has been lobbied by the people, by our administration and by me and they're saying it will be 2023," said Greenberg.

- Council approved the reconstruction of Autumnwood Road [sic] at a cost of \$867,699.50 plus GST for Phase 1. The project will be funded from the Road Reserve and the Drainage Reserve. Nelson River Construction was awarded the tender. A majority of council approved the tender. Deputy Mayor Richard Petrowski was opposed.

Red River Co-op purchases 13 retail fuel locations

Staff

Red River Co-op announced the purchase of 13 Husky retail fuel sites located in Winnipeg and Northwestern Ontario, allowing the growth of services in existing communities while expanding into new areas.

"We're so proud to share this announcement today. As a Co-op, we're focused on investing in our communities and bringing value to our members," said Doug Wiebe, CEO of Red River Co-op. "Adding these sites to our fuel network signals Red River Co-op's commitment to growing and

serving our community for the long term."

The retail fuel sites were purchased from Federated Co-operatives Limited (FCL) as part of its agreement to acquire 171 Husky retail fuel sites from Cenovus Energy Inc., which was announced in November 2021. Red River Co-op officially took ownership of these sites on Sept. 13.

These fuel sites will continue to operate under the Husky brand until they are re-branded as a Co-op. Conversions of these sites will begin in 2023.

Location listing of acquired sites:

470 Lakeview Dr. (Kenora)
1656 Main St. (Winnipeg)
1701 Plessis Rd. (Winnipeg)
885 Waverley St. (Winnipeg)
1401 Hwy. 17 E (Kenora)
1025 St. Mary's Rd. (Winnipeg)
246 Government St. (Dryden)
1011 Marion St. (Winnipeg)
8 Chipman St. (Kenora)
80 Keewatin St. (Winnipeg)
705 Osborne St. (Winnipeg)
1567 Arlington St. (Winnipeg)
1844 Portage Ave. (Winnipeg)

Fast facts:

- myHusky Rewards members can still earn and redeem points on all applicable transactions at Husky-branded sites
- Husky Gift Cards can still be redeemed at any Husky-branded sites as a form of payment but can no longer be purchased
- Co-op members will not be able to use their Co-op numbers at these new locations while they are branded as Husky.

Thinking about quitting smoking? Your pharmacist can help!



Marianna Pozdirca

Marianna Pozdirca | PharmD program at the University of Manitoba

"Quitting smoking is easy, I've done it thousands of times." My patients and I chuckled over this quote, which is sometimes attributed to Mark Twain, fairly often. Everyone's experience is different, but studies have estimated it takes an average of six to 142 attempts to quit smoking (if "quit" is defined as ceasing smoking for over a year).

Quitting tobacco is especially difficult because of the complex reasons behind why people smoke. These include the body's dependence on nicotine, the habits that remind our mind it's time to have a smoke, the social contexts and circles that form a critical part of our lives, among many other individualized factors.

We often ask patients who want to quit smoking (or make any other lifestyle change) to think about their "Why Statement," a sentence or two encapsulating the reasons they personally hold for wanting to quit smoking. This can form a powerful reminder or anchor throughout the challenges of a quit attempt. It can

also be helpful to pinpoint the "Why Statements" that summarize why one continues smoking in the first place and why it's so difficult to quit. Understanding these more deeply can help shape a three-pronged strategy for a quit attempt that has a higher chance of being successful. Your Manitoba pharmacist can help you form this plan and support you throughout this journey.

The most obvious reason quitting is hard is because of the physical dependence — the biological addiction to nicotine. Everyone's biology, as well as their individual smoking history, is somewhat different, so the level of dependence is not consistent across the board. Some bodies process nicotine faster, so the receptors that respond to nicotine require more exposure to nicotine over time in order to be kept happy. This can intensify the withdrawal symptoms someone feels when they stop using cigarettes. Thankfully, there are many "tools in our toolbox" from prescription medications to nicotine-based therapies (NBT) like patches, gum, sprays, inhalers and lozenges that can help lessen the effects of withdrawal and cravings. The new Quit Smoking with Your Manitoba Pharmacist program provides a \$100 subsidy that can help with the cost of these products after any other insurance, if available, covers its relevant portion.

Like most medications, smoking cessation products work best when they're under close management of a health-care professional who can support you along your journey. Pharmacists are the medication experts who can help determine, prescribe and monitor which of these products may be best for any given quit attempt. By having a pharmacist accessible to



follow-up during your quit attempt, some of the pitfalls of past experiences can possibly be prevented. For example, I know of patients who were previously refused slower tapers (i.e. decreases) of nicotine patch doses, back when these were prescription-only. Some found other medications intolerable and didn't know there were alternatives or strategies to minimize side effects. The Quit Smoking with Your Manitoba Pharmacist program includes a 60-minute initial assessment by a pharmacist, as well as up to nine 5-15 minute follow-up appointments to support you on this path. We want to support each quitting journey as completely as possible.

The first few days or weeks after

quitting smoking are often the hardest, but folks will often overcome this challenging period, only to return to smoking in short order thereafter. Not being able to quit on the first try is absolutely normal. Support from a strong network, including your pharmacist, can help you keep quitting without giving up. The hour-long initial assessment in the Quit Smoking with Your Manitoba Pharmacist program is a critical cornerstone. This dedicated time ensures you and your pharmacist can talk through not only the medications that can help you quit but also the strategies that can address the habits and social contexts

Continued on page 12

Interlake-Eastern RHA Board Annual General Meeting

Monday, October 3, 2022 2:00 p.m. – 3:30 p.m.

Agenda highlights:

A review of the year's activities by members of the board of directors, CEO report, audited financial statements and award announcements.

The Annual General Meeting will be held virtually using ZOOM. Registration is NOT required.

ALL ARE WELCOME TO PARTICIPATE

Join the Annual General Meeting at 2:00 p.m. on October 3
<https://www.ierha.ca/agm-meeting-2022>

OR by calling:

(Toll Free): 1-855-703-8985

Meeting ID: 697 6932 3891

Passcode: 485268

Please visit www.ierha.ca and "About Us" > "Annual General Meeting" for meeting materials that will be posted the day of the Annual General Meeting.

Feel free to contact us at 1-855-347-8500 or info@ierha.ca if you have or wish to submit any questions in advance!



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Regional Health Authority



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Manitoba

Nominate teens making a positive difference

By Jennifer McFee

Do you know an Interlake teen who is making a positive change in the community?

If so, you might consider nominating this young leader for the Friendly Future Makers Awards. For motivated teens, they can even self-nominate for this competition.

Launched by TELUS, these awards aim to celebrate youth aged 13 to 19 across Canada who are creating long-lasting changes in their communities.

"The Friendly Future Maker Awards is a new TELUS initiative, inspired by our long standing promise 'Let's make the future friendly,'" said Nimtaz Kanji, director of community investment and corporate citizenship.

The program launched Aug. 8, ahead of International Youth Day, and is open until 8 a.m. on Sept. 26. Winners will be announced online on Oct. 24.

"In a nutshell, it's a nationwide contest that recognizes and empowers Canadian youth who are helping make the world a better place," Kanji said.

"We're looking to get the word out and encourage Canadians from coast to coast to nominate Friendly Future Makers who are in their life — specifically, all those incredible youth who are creating positive and long-lasting change in their communities and who are between 13 to 19 years of age."

A panel of judges made up of TELUS team members, including Kanji, will choose the winners.

Aligning with TELUS's key areas of focus for social purpose, one winner will be chosen from six categories: Connection Enabler who is helping build human connections; Community Builder who is giving back to those who need it most; Health and Wellness Helper who is caring for the mental and/or physical health of the community; Hunger Hero who is helping to feed communities; and Planet Protector who is giving back to protect the planet.

"We know there are a lot of incredible youth in Manitoba's Interlake region that are either helping foster human connections, giving back to their communities, caring for the health and well-being

of our planet or driving better health and food outcomes," Kanji said.

"We want to help empower and celebrate them as they help make the future friendly. Nominees will be entered to win one of six amazing prize packs worth \$7,000, including a \$5,000 cheque to be in an RESP or to help fund their initiative, a \$1,000 TELUS gift card and a \$1,000 donation to the registered charity of their choice."

The Friendly Future Awards recognize the young, dedicated leaders of tomorrow who are making an impact in their community every day and also helping shape the world we will live in tomorrow, Kanji added.

"Making change takes effort, and we want to recognize those who are helping to make the future friendly," she said.

"From helping foster human connections to giving back to their communities, caring for the health and well-being of our planet or driving better health and food outcomes, we're calling all Canadians to join us in celebrating and helping empower Canadian youth who are making the world a better place."

The Friendly Future Makers Awards are just one of many ways TELUS is continuing to invest in youth, Kanji said.

"For instance, our Mobility for Good program provides free refurbished phones and \$0 plans to youth from care, helping to ensure they remain connected to support networks and can access resources that are important to them," she said.

"TELUS Wise, a free digital literacy program, offers informative workshops and resources helping more than 525,000 Canadians — including youth from across the country — stay safe in our digital world, while TELUS Friendly Future Foundation and TELUS Community Boards also fund more than 500 charities annually focused on helping Canadian youth thrive in a digital world."

Since 2000, TELUS team members and retirees have provided more than \$4.5 million in cash, in-

Nominate inspiring youth for a

Friendly Future Makers award.



PHOTO SUBMITTED

Nominations for youth who are helping make the world a better place are open until Sept. 26.

kind contributions, time and programs and have volunteered 10,000 hours to charities and community organizations such as SSCOPE, Joy Smith Foundation and Ka Ni Kanichihk, located in Manitoba.

And the Friendly Future Makers Award continues with this community-minded approach.

"As a global leader in social capitalism, the Friendly Future Makers Awards really builds upon our longstanding commitment and momentum to making the future friendly," Kanji said, "as we continue to help empower Canadian youth who are helping make the world a better place."

To nominate a Friendly Future Maker, or to self-nominate, visit telus.com/YouthAwards and fill out an online form before 8 a.m. on Sept. 26.

> QUITTING SMOKING, FROM PG. 11

that we associate with smoking. These are unique and di-

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 7:30-8:30 pm Ages 9 and up
 8:30-9:30 pm Adults

Registration now open - closes Oct. 1, 2022
Regular classes start October 5, 2022
Class times to be determined after registration closes
Fee payments October 5, 2022

For more info please contact gimlibarvinokud@gmail.com

Annual AGM Meeting
at 7pm Oct 5, 2022 at
Dr. George Johnson
Middle School Library

verse for each person, so the one-on-one time with your pharmacist can help build a plan that's most effective for you. Notably, this appointment, as well as the nine follow-ups over the course of a full year, are completely free to you, the patient.

If you've ever thought about quitting smoking or tried to quit before, now is the time to give it another shot.

50th Anniversary
50/50 Draw

Deadline for Ticket Sales is Nov. 1, 2022
Draw will be held Saturday, Nov. 5, 2022
Tickets starting at \$10!

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Marianna Pozdirca is a pharmacy intern in her last year of the PharmD program at the University of Manitoba. Throughout the past four years, she's volunteered with Pharmacists Manitoba in many capacities, from building resources with fellow classmates for pharmacist-led smoking cessation to sitting on board committees. Having recently completed her primary care practicum, Marianna is looking forward to helping patients improve their health in community and hospital pharmacy settings later this year.

10th annual Kiwanis Kabaret
Saturday, Sept. 24
Cocktails 5:30 p.m. Supper 6:30 p.m.
at the Fraserwood Hall
Dinner is Beef Wellington

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 and Evening music by the Rock Pickers
Tickets are \$75 and available by calling 204-389-2997

Threshing event rescheduled for Sept. 18

By Jennifer McFee

If you'd like a glimpse at the history of farming, Rocklands Antique Club will be threshing

two wagons of sheaves with a 1928 John Deere threshing machine on Sunday, Sept. 18 at 1 p.m. at the Red Barn, located at the corner of High-

way 236 and Road 75.

The event was originally scheduled for early June, but the grounds were too soft from all the rain at that time.

"Admission is free," said Rocklands Antique Club member Doug Kroll, "so we encourage everyone to come out and see how they use to thresh grain in the good old days."

A rain date is scheduled for Sunday, Sept. 25 at 1 p.m.



EXPRESS PHOTO BY ROBERT E. WILSON

The Rocklands Antique Club will be threshing two wagons of sheaves at the Red Barn on Sept. 18 at 1 p.m.

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Red Hat Society looking to expand with new chapters

By Lorne Stelmach

Rossita Schau and her friends will usually stand out in a crowd thanks to what they're wearing—and that's just the way they like it.

Dressed in purple and wearing red on their heads, the Red Hat Society is an organization that is simply about fun and fellowship.

The Red Hat Society has members (called "Red Hatters") across Manitoba, and they are trying to reach as many communities as possible to join in the fun in conjunction with their 25th year in the province next year.

"We go out once a month and partake in some sort of activity," said Schau.

"Because you're dressed in purple attire and wearing a red hat, everyone would look at you when you're sitting in a restaurant and a lot of people and especially ladies would come up and ask what is this all about," she said. "Being a member of the Red Hat Society gives you the chance to meet so many wonderful ladies who will become friends."

It all started in 1998 in Fullerton, California when Sue Ellen Cooper gave her friend, who was turning 50, a thrift shop hat and a poem by Jenny Joseph called "Warning" as birthday gifts. Thus, the Red Hat Society was born.

The organization today includes not only the Red Hat Society for ladies 50 and over but also the Pink Hat Divas for women under 50.

The movement has spread across the globe. There are currently 20 chapters in Manitoba, although Schau believes at one time, in the early



REDHATSMANITOBA.COM

Red Hats Manitoba are hoping to grow the number of chapters in the province from the current 20. In the past, there have been as many as 167 chapters.

2000s, there were as many as 167 chapters here.

She would love to see those numbers grow once again, including, potentially, with new chapters or expanding any of our current groups in Eriksdale, Gimli, Stonewall or Selkirk.

"We would absolutely love to see more people get involved, especially rurally, and start more chapters here," said Schau, who has been involved since 2005 and is currently a member and Queen of the "Bling Sisters" chapter in Winnipeg.

They meet once a month to partic-

Continued on page 15



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Kletke Seed Farm empowering women in non-traditional roles with a living wage

By Patricia Barrett

Kletke Seed Farm Ltd. has embarked on an initiative to empower women in the agricultural industry and is currently hoping to attract female applicants to the role of production worker.

The company is breaking down barriers to jobs that traditionally attract men and is actively helping women succeed.

Charmaine Theriault, a Metis woman in her early thirties, is the only female production worker at Kletke's seed processing plant, located a few kilometres south of Teulon. Not only has she successfully mastered the job with on-site support, but has also brought to the job her ingenuity.

"I'm very interested in farming, and I figured this job would be a perfect fit for me. I really enjoy it. And there's room for advancement here," said Theriault, who grew up in the country surrounded by horses and has some prior experience with farming.

Providing timely access to high quality, durable seeds is vital for agricultural producers and for ensuring plentiful harvests. Kletke Seed Farm cleans and coats seeds such as canola, soybeans and alfalfa with a nutritious layer to help them become established in soil and resist disease. Its customers distribute seed to producers around the world.

Glenn and Maureen Kletke, the owners of the company, have six decades of combined experience. The company uses state-of-the-art processing equipment and stores seed in temperature-controlled warehouses.

Theriault has a lot of variety in her job as production worker. Some of the tasks include operating bagging machinery and forklifts, processing re-



Charmaine Theriault is the only female production worker at Kletke's seed processing plant.

turns and orders, cleaning hopper boxes and taking inventory. She said it's a "totally doable" job for a woman.

The job requires staff to move up to 50 pounds (about 23 kilograms) of seed, but Theriault said staff are taught how to lift properly and to use props to assist with lifting and moving. The physical component of the job is a bonus in terms of developing body strength.

"With lifting it depends on the day. Let's say the seed bags aren't filling properly, then I'll have to pull them off the conveyor. On those days, I might lift 20-30 bags," said Theriault. "I have become stronger and I'm still getting stronger. There are ways to lift that make it a lot easier. When I first started and my co-workers saw me struggling to lift bags, they told me I had to work smarter not harder and showed me some techniques."

What Theriault likes best about her job is the opportunity to learn new things. Even though some tasks, such as running the bagger smoothly, were a bit of a challenge at first, she developed precision and speed as she went along, she said. Learning how to drive and operate a forklift wasn't difficult. The owner teaches staff how to drive a forklift and certifies them to use it. Theriault has also become more knowledgeable about the vital role the company plays in the overall scheme of agricultural operations.

"I'm coming up to a full year at Kletke's - I'm working on my first lap, so to speak - and the business operation is all starting to make sense now," said Theriault.

One of the challenges she faces in production is being the only woman and having a different approach to completing tasks. She likes to multitask, for example - women are said to be better multitaskers than men - and will suggest alternative ways of getting the job done through teamwork.

"I think the guys wonder what I'm doing sometimes because they like to do one job at a time," said Theriault, laughing.

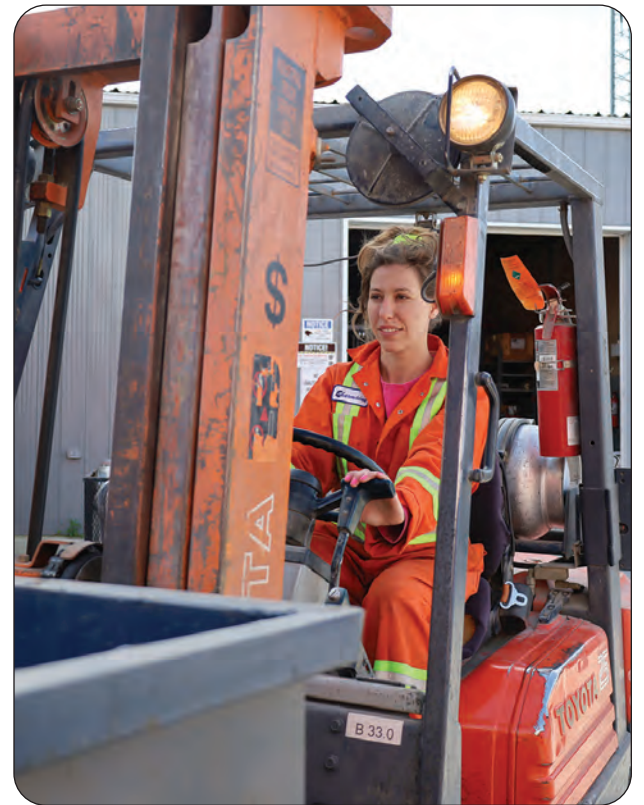
Having good communication skills is vital in the production plant as the company fills custom orders and ensures its customers are satisfied.

"Communication here is huge," said Theriault.

Although the job of production worker might conjure up an image of workers standing shoulder-to-shoulder on an assembly line churning out widgets, that's not the case at Kletke's, said Charlene Gladue, who oversees human relations and is the quality management system coordinator.

"As a production worker, you're not going to be on the end of a shovel or hauling bags of seed around all day," said Gladue. "The job has variety, and we have different workstations throughout the plant."

The company pays far above Manitoba's current



EXPRESS PHOTO BY MATTHIEU MEIER

Theriault was taught how to drive and operate a forklift on the job.

minimum wage, which means employees earn a living wage. That's vital these days as inflation chews through paycheques. There are also opportunities to advance to a higher level of production worker or to other jobs in the company.

"There are two production worker levels. Entry level wage is \$17.00 an hour and the top of Level 2 pays \$27 an hour. In addition, there are various other jobs you can advance to" said Gladue. "This is a great job for many women. They can earn a living wage."

Gladue said Glenn Kletke works in the plant with his employees and acts as mentor and trainer. Because he grew up on the farm, which his parents used to own, he knows everything about every job.

"The unique thing about this company is that Glenn works alongside his staff in the plant every single day. He knows every job here and knows the place like the back of his hand," said Gladue. "I also work very closely with Glenn. He is very approachable about anything that's going on. He absolutely cares. This company is his heart and soul."

Kletke Seeds is hoping to attract more women to the production worker role and has four openings currently available, said Gladue.

For more information about becoming a production worker, call Kletke Seed Farm at (204) 886-2822 or email your resume to info@kletkesseedfarm.com

> RED HAT, FROM PG. 14

ipate in an activity. Dressed in purple and a red hat, members have been to plays, the ballpark, pole dancing, lawn bowling, painting classes, trips to some unique museums in Manitoba, and much more.

There is also the possibility to travel to many conventions hosted by various Canadian provinces and interna-

tional locations, but particularly the U.S.

As women age, society sees their roles of having raised children and taken care of family as done, so it is time to sit back, said Schau, and embrace the golden years with joy.

"As you age, a lot of times, you lose friends ... now you need girlfriends,

people to chum around with," she said. "It's just wonderful friendships ... we don't do fundraising; we don't have meetings.

"What drew me to it was it just seemed like such a wonderful group of women. It was the camaraderie that you get with the different ladies in the group. It was a wonderful way

to meet new friends and experience just different activities."

She encourages people to either join a chapter or better yet get a bunch of friends together to start their own chapter.

For more information, call 204-253-1579 or head to www.redhatsmanitoba.com.

From backyard barbecued pulled pork to catered prime rib

By Tammy Karatchuk

In 2002, Danny Kleinsasser took his love of barbecuing full pigs into other people's backyards.

Kleinsasser would cook onsite or teach the customer a DIY option. People fell in love with Kleinsasser's pulled pork sandwiches, and they started requesting side dishes such as coleslaw and potato salad.

"We began catering to what the customer wants," said Kleinsasser. "Business grew faster than I ever thought it could."

A small barbecue concept expanded into the well-known business Danny's Whole Hog, celebrating its 20th year.

Over that time, by listening to his customers and staff, Kleinsasser's menu has grown from barbecued

pork in a bun to a full-scale menu including prime rib, brisket, turkey, Saskatoon pies, meat pies, sauces and mashed potatoes with garlic. Some ideas were developed during the pandemic.

"We came up with a lot of new products during those two years," said Kleinsasser, who at the time of this interview was preparing for 18 events with 30 pigs actively cooking. "(These) were very hard, these last two years. (But) I never laid my employees off. I even gave them a raise."

Kleinsasser recognized expenses were increasing for food and gas; meanwhile, wages were remaining the same. He wanted to retain his staff, who he views as "family" and he believes "you treat your people fairly." Danny's Whole Hog offers a starting wage of \$20 an hour.

"They're giving up a weekend. Why give up a weekend for minimum wage? We are always looking for students to work for us," said Kleinsasser, who just hired someone full time.

"I know every person I hire and treat them like family."

The price of proteins (pork, beef) increased during the pandemic, and Kleinsasser considers himself lucky that he locked in his price prior to the increase. He also credits the Danny's Whole Hog's bottled barbecue sauces, "another income stream," for keeping the business afloat during the pandemic. Those sauces are available in more than 25 retail stores across the province including Save-On-Foods, Co-op and Safeway locations, Arborg Bakery (Arborg), Grandma Carol's (Selkirk) and Bison Boutique Flower & Gift (MacGregor). In addition, the bottle labels can be personalized for weddings, corporate gifts and unique Christmas gifts.

Most of the sauces are gluten-free, a menu option Danny's Whole Hog offers. The menu can be modified for gluten-free and vegetarian diets. For vegetarians, Kleinsasser uses a special faux meat which, he said, "vegetarians just love."

While Danny's Whole Hog still has the backyard barbecues, they've grown into a full catering service for weddings, corporate dinners, fall suppers and Christmas



EXPRESS PHOTOS SUBMITTED

Danny Kleinsasser started the business with his famous pork backyard barbecues. Twenty years later, Danny's Whole Hog is available for weddings, corporate events, parties and, yes, still backyard barbecues.

parties. They have a storefront where you can purchase pies, jellies, slab bacon, Farmer's sausage and other items. Plus the company offers free delivery with a \$50 purchase within 30 miles.

Danny's Whole Hog storefront is located "three miles east of Highway 7 on Highway 67 near Stonewall."

Kleinsasser was taken aback by "how supportive the local people are ... They are supportive. They support all the families that work for me. I can't thank my employees enough and customers."

Kleinsasser approaches life with a simple philosophy: "Do unto others as you'd have done to you."

"People want to be treated the way they want to be treated," said Kleinsasser. "At the end of the day, we're all human beings."

To view Danny's Whole Hog menu and/or place an online order, visit www.dannyswholehog.com

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Wrychowny earns lifetime curling honour

By Ty Dilello

Stonewall's Joyce Wrychowny will soon be honoured for her lifetime involvement in the sport of curling by receiving an Honorary Life Member of CurlManitoba.

CurlManitoba has recognized individuals for their contributions to the game of curling in our province since 1907. Since then, nearly 700 individuals have been recognized by CurlManitoba, former MCA and MLCA with Honorary Life Memberships.

CurlManitoba annually recognizes a maximum of four individuals who have provided volunteer service to the game of curling over a significant period in the province.

Wrychowny started curling in 1949 when she was 12 years old. From her hometown of Ste. Rose du Lac, she moved first to Winnipeg before settling down in Stonewall some 60 years ago.

"I moved here on a Saturday and started curling on the Monday," said Wrychowny. "One of my conditions when we moved here was that there had to be a curling rink."

Wrychowny has been a member of the Stonewall Curling Club since 1961 and received her life membership in 1987. She was a Stonewall club champion 17 times and participated in several provincial Scotties and Senior playdowns.

Wrychowny held many executive positions in the Stonewall Curling Club and was district chairman for numerous playdowns. She also started the junior curling league in Stonewall.

Wrychowny later started and coached the Special Olympic team, the Rockwood Rebels, from 1996 to 2005. The



EXPRESS PHOTO BY LANA MEIER

Stonewall's Joyce Wrychowny will be honoured for her lifetime involvement in the sport of curling by being named a Life Member of CurlManitoba.

Rockwood Rebels were the first Special Olympics curling team in Manitoba. They went on to win the gold medal in Ottawa in 2000, Silver in P.E.I. in 2004 and Western Canada gold in 2001.

She also started the Stick Curling at Stonewall and organized the formation of the Stonewall Monday Stick Curling. Wrychowny wanted to en-

Continued on page 19



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Government proceedings following the death of Her Majesty Queen Elizabeth II

Submitted by Manitoba government

The Manitoba government, through its Protocol Office, has been carefully planning the official response for the passing of Her Majesty Queen Elizabeth II and prepared for the many tasks that follow the news of Her Majesty's passing.

Protocol for this time includes the following government response and actions:

- a complete shutdown of operations during the period of mourning is not anticipated. However, out of respect, all events, announcements and social media activities must be limited.

- flags on all provincial buildings including the Manitoba Legislative Building, are at half-mast for a period of 10 days or until the commemorative service for Her Majesty.

- black ribbon has been placed on the portrait of the late Queen Elizabeth II, located in Room 200, per established protocol. A black ribbon has been placed on the flag of Canada and the flag of Manitoba in the main foyer, adjacent to the Grand Staircase.

- the Queen's Cipher is projected upon the front of the Legislative Building (beneath the Golden Boy) for the duration of the period of mourning. It is visible after dark.

- the fountain in Memorial Park is lit purple in recognition of the Queen's colour designation for her Platinum Jubilee.

- a book of condolence has been erected at the base of the Grand



PHOTO SUBMITTED

Queen Elizabeth II, the U.K.'s longest-serving monarch, died on Sept. 8 at Balmoral at the age of 96, after reigning for 70 years.

Staircase and has been signed by the lieutenant-governor of Manitoba. Immediately thereafter, it was signed by the premier of Manitoba, the mayor of Winnipeg, the clerk of the executive council and the leader of Her Majesty's loyal Opposition. Elected officials are welcome to sign the book of con-

dolence at their convenience.

The public is welcome to sign books of condolence from 10 a.m. Sept. 12 for the duration of the period of mourning at the legislative building, Winnipeg City Hall and Brandon City Hall.

> LIFETIME CURLING HONOUR, FROM PG. 18

able everyone to have the opportunity to continue to play the sport.

Now in her 86th year, Wychowny is delighted to receive this honour from CurlManitoba. Wychowny was nominated for the award by long-time friend Isla Hagborg, who herself was inducted into the Manitoba Curl-

ing Hall of Fame in 2019.

"It's just absolutely wonderful," said Wychowny. "It's something I never thought would have happened in my lifetime, so I'm delighted to receive this honour."

In addition to the Life Member honour, Wychowny will receive a framed

certificate, a lapel pin, a name bar and an Honourary Life Member medal.

The Stonewall Curling Club will be honouring Wychowny at an open house at the club on one of the first days/nights of curling in early October. Stay tuned for more details.



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Tickets sold 5:00 - 7:00 PM
with draw to follow
\$2.00/ticket Current Accumulator - \$5,110.00+



CANTEEN - OPENS @ 5PM
Perogies, hamburgers, hotdogs, desserts, etc
INFORMATION - 204-642-9392 or
204-643-5541 or www.fraserwoodhall.com

Hall Rental & Commercial Kitchen Rentals
Please contact Amanda at 204-847-0677

Saturday Oct. 1, 2022
Indoor Garage Sale 10am to 3pm
Canteen will be open,
for info: Yvonne 204 642 5352

Saturday Oct. 15, 2022
Fall Supper & Dance
Doors open at 5:00pm, cocktails 5:30,
supper 6:00 music by Country Pride.
Tickets: \$35 adults, \$20 children
6yrs to 12 yrs & 5 & under free.
For tickets contact Nancy 204-643-5133
Brandy 204-643-5230 or J & J Store 204-643-5556

Ladies Night
Sat. Oct. 22, 2022 cocktails 5pm dinner 6pm,
Lasagna dinner, silent auction, DJ, Psychic
medium available by separate booking, Fraserwood
Fire Dept. Live Auction for information and tickets
contact Amanda 204-847-0677,
Cindy 204-376-2569, Dawn 431-688-2225.

In person on Mondays
September 26 - December 12
Gimli New Horizons
6:30 - 7:30pm
(No Classes Nov 7 & 14)

Virtual Classes on Saturdays
October 8 - December 17
ZOOM, 9:00 - 10:00am
Zumba Toning + Zumba Fitness

Info & Online Registration:
Please email zumbajan@mts.net

**Early Bird
Registration Fees
Until September 21!**



10 Week Fall Session



Gimli September 17
FALL
Craft & Trade Show

70 Vendors
& handmade items! 10am - 3pm
Silent Auction

Gimli Recreation Centre
45 Centennial Road Gimli, Mb

BRING A TIN FOR THE BIN **HOT CANTEEN**



Interlake Outdoors Show & Market another success

Staff

The Arborg Bifrost Parks and Recreation Centre, along with their volunteer board of the Interlake Outdoors Show & Market, can safely say the weekend was a huge success.

“Attendance was fantastic and the grounds felt busy from the moment we opened until close on Sunday afternoon,” according to organizer Bailey Sigvaldason.

The weather was beautiful all weekend, which kept people coming out Saturday and Sunday and spending the whole day at the show.

The Outdoor Show was an opportunity for vendors and exhibitors to promote and sell their products indoor and outdoors.

When asked what were the highlights from the weekend, Sigvaldason replied, “There are too many highlights, but one that sticks in my head are all the relationships built both between vendors and exhibitors, but also between attendees. Our goal is to help build our community and foster connections, and that is exactly what I saw this weekend.”



EXPRESS PHOTOS BY BRETT MITCHELL



Chudd's raises \$5,000 to help support Ukrainian settlement in Gimli

By Patricia Barrett

Chudd's Chrysler Ltd. and PowerSports in Gimli has once again come to the aid of Ukrainian newcomers settling in Gimli with a \$5,000 donation to the local Sacred Heart Ukrainian Catholic Church and the Gimli Chamber of Commerce.

The vehicle and power sports dealership raised the money from the community through various fundraisers. It turned over the money a few weeks ago to the church, a registered charity that's working with the Gimli Chamber of Commerce.

The chamber helped spearhead an initiative earlier this year to bring Ukrainian newcomers to Gimli, support them as they settle into the community and find them jobs. The RM of Gimli is letting Ukrainians stay in a former cadet's dormitory in the Gimli Industrial Park as they look for work and try to find housing. And the local Gimli Stands With Ukraine community group has set up a free clothing depot for the newcomers.

Chudd's has been instrumental in helping raise funds from generous community donors and recognizes the efforts made by the chamber and its co-chairs Melanie Specula and Cheryl Buhler to help people fleeing war.

"The chamber has been working really hard with the Ukrainian initiative and the dormitory in Gimli, and we were very excited to give an installment of \$5,000 to help support the Ukrainians," said Chudd's vice-president Kevin Chudd. "We wanted to give this \$5,000 to them so that the chamber has some money to help keep the people at the dormitory fed. They've got a great volunteer, Mandi, who is doing all the cooking for the Ukrainians at the dormitory."

The \$5,000 was raised through a water bottle fundraiser and a T-shirt fundraiser that Chudd's had initiated. The T-shirts, which say "Gimli Stands With Ukraine" and have the town's iconic Viking emblazoned on them, have proven to be very popular and have sold out. Chudd's also arranged to get a coach earlier this year for a large group of Ukrainians in Winnipeg that wanted to take a tour of Gimli.

Chudd said he and his family were compelled to do something to help the Ukrainians after hearing from a friend in Winnipeg whose parents had to flee Ukraine in February after Russia invaded and started levelling the country.

"Because of Russian propaganda before the war, her parents didn't believe it would happen. Then the war broke out. Her parents got a ride to the



EXPRESS PHOTOS SUBMITTED

From left: Gimli Chamber of Commerce co-president Melanie Specula received a \$5,000 cheque from Chudd's vice-president Kevin Chudd and Don Hrehoruk and Doreen Burdey from the Sacred Heart Ukrainian Catholic Church in Gimli. The church is a registered charitable organization with the Canada Revenue Agency and is accepting funds for the chamber to help with Ukrainian relief. The Chudd family with Ukrainian newcomers, and church and chamber representatives.



Kevin Chudd with Daria and Anton, Ukrainian newcomers who've found jobs and housing in Gimli with community support.

Polish border and all they had with them was a backpack," said Chudd. "You have all this distress and people having to rebuild everything, similar to the Icelandic and Ukrainian settlers who came to the Interlake with nothing in the 19th and 20th centuries. So my family wanted to help out when we heard about the effort to get Ukrainians to Canada."

Chudd's, which located at the junction of Highway 8 and PR 231, is a family-run business that serves communities along Lake Winnipeg and offers a specialized car service near Winnipeg. It sells new and pre-owned cars, utility vehicles, ATVs, dirt bikes, winter campers, sleds, snowmobiles, boats and e-bikes and has a service centre.

Not only is Chudd's raising money, but it also given jobs to the Ukrainian newcomers.

"We've hired nine people in full-time permanent jobs. And other businesses have come through to help where they can. The Ukrainians have been given health cards and driver's licences but because they had to flee their country, they don't have resumé and references — and the places they worked have been destroyed,"



EXPRESS GIMLI CHAMBER OF COMMERCE

Melanie Specula (right) and her staff at Chicken Chef wearing Gimli Stands With Ukraine T-shirts. The restaurant helped sell the shirts to raise funds for Ukrainian newcomers staying at the former cadet's dormitory.

said Chudd. "They need a restart and hope for a better tomorrow."

Chudd said they're making connections with the people who've settled in Gimli. Daria and Anton, for instance, have jobs and found an apartment in Gimli. Feeling secure, they got married last weekend, inviting Chudd and Specula to the wedding.

"To me, our settlement initiative is working. The chamber has done an incredible job, and we've got people donating money — this is what Gimli is all about," said Chudd. "I think it's important to keep this going and provide people with a safe, stable and respectful place to live. I believe the overall majority of people in Gimli are extremely supportive of helping Ukrainians settle here."

Specula said the Gimli Chamber of Commerce will continue to do all it can to support the Ukrainians who've decided to live in Gimli and wants to keep the fundraising momentum going. She was selling the popular T-shirts at her restaurant, Chicken Chef, and is expecting a new batch soon.

In the meantime, the substantial

donation will help pay for food and other necessities for the Ukrainians living in the dormitory.

"This \$5,000 donation was incredible and very much needed," said Specula. "And the chamber is still raising money to support the Ukrainians. We're trying to help financially in any way we can and also help feed them."

Specula said the community, businesses and community organizations, such as the Westshore Community Foundation, has really stepped up to help the newcomers. Mandi Bergman has volunteered her time to buy the food and cook for the Ukrainians in the dormitory.

"Mandi has been amazing throughout all of this," said Specula.

Specula had started a job board in the early stages of the settlement initiative to make it easier for local businesses to hire Ukrainians and found housing for some people. She's currently trying to find a house or large apartment that can accommodate four Ukrainian women who want to live together.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Moosomin Generals outgun Interlake Thunder

By Brian Bowman

For the second straight game to start the season, the Interlake Thunder varsity football team got into a shootout with the opposing team.

But this time the Thunder lost.

Interlake was defeated 47-44 by the Moosomin Generals in Rural Manitoba Football League action Friday evening.

"It was back and forth and another one of these basketball scores," said Thunder head coach Mitch Obach.

After a big stop from their defence with about three or four minutes remaining in the game, Interlake's offence took over and marched the ball down to the red zone but couldn't punch it in for the win.

The Thunder's offence has been brilliant so far, scoring 105 points in just two games.

"The guys moved the ball really well and I think they have been doing a good job of taking what the other teams are giving," Obach said. "We definitely passed the ball a lot more this game compared to the Souris game because that's what they were giving us and they executed. I really feel that this team can either move the ball through the air or on the ground."

That's the good news. The bad news is that the Thunder defence has a lot of improving to do.

Giving up 90 points in two games is way, way too much.

"That's the No. 1 thing that we're working on right now," Obach said. "Admittedly, we're a lot younger and greener on defence than we are on offence. I think we've been making good progress playing the game each week. They just have to drive down that score but if they keep improving they'll be able to do better and better each week."

The Thunder will travel north to play the Dauphin Clippers this Saturday and then will host the Falcons Football Club in an exhibition game on Sept. 17 at Stonewall Collegiate.

While the varsity team has been on the road so far, Interlake hosted four games at the younger levels last Sunday in Stonewall.

"It was a pretty good day all around," Obach said. "We have a lot of young athletes playing football, more players in the program than we've had in years so it was awesome to see all four of the minor teams playing back to back in Stonewall."



EXPRESS PHOTOS BY JO-ANNE PROCTER

The Interlake Thunder's Clark Hayduk carries the football during Cruncher action last Sunday in Stonewall.



The Thunder's Christian Mozdzen (88) from Gimli is tackled by a Broncos' player during a PeeWee game.



The Interlake Thunder's Porter Hayduk (3) from Stonewall carries the ball against the Broncos in Atom action.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs welcome new coaching staff

By Brian Bowman

The Arborg Ice Dawgs will have a new look behind the bench this season.

Arborg welcomes Scott Wong as the Ice Dawgs' new head coach and general manager. He will be joined by assistant coaches Jack Einarson and Kalen Guimond, both former Ice Dawgs' star players.

Arborg finished last season in second place during the regular season and reached the Capital Region Junior Hockey League final.

"I've been in contact with quite a few guys and it looks like as of right now I'll have eight returning forwards and four (defencemen) and the four 'D' are pretty decent," said Wong last Friday afternoon. "And my goalie (Tre Strachan) is back."

Wong has extensive experience coaching at various levels of hockey here in Manitoba. He most recently was the head coach of the Interlake Lightning provincial team in the Manitoba U18 AAA Hockey League.

Wong is looking forward to coach-

ing in the CRJHL.

"I'm happy that Arborg is giving me an opportunity to get the fun back in the game again," Wong said.

The league, meanwhile, now includes six teams as the Beausejour Comets were awarded an expansion franchise.

"I think by adding any team it brings more competition and these players have to understand, too, that this is the next level for some of them," Wong said. "This is the best that they're going to get so they should go out there

and enjoy themselves. I know Beausejour is a strong town with regards to players and it's a big area — they'll be competitive and I think it's good for the league."

Arborg begins its training camp on Wednesday of this week in Gimli. The Ice Dawgs' will begin its exhibition schedule with a game against the Selkirk Fishermen on Sept. 22 at a mini tournament in Beausejour.

Falcons' coaching staff, GM looking forward to upcoming season

By Brian Bowman

There were some different faces at the Lundar Falcons' start of training camp last Sunday in Warren.

New head coach Tyler Medeiros and new assistant coach Michael Christensen will be joined by returning assistant coach Dennon Sichevski behind the bench this season. Lundar also welcomes new general manager Brad Drews.

"I am looking forward to supporting the coaching staff this upcoming season and I want to build an exciting team for this community," said Drews, a former Falcons' head coach, on the team's website.

Medeiros is a former Falcons' assistant captain and has taken hockey specific coaching, sport management, and sport psychology courses at the University of Manitoba.

He has also worked as a head instructor at Canlan Ice Sports, a position he was hired for after completing his undergraduate practicum at Canlan.

Medeiros is looking forward to his new position with the Falcons.

"I would like to thank the Lundar Falcons for giving our coaching and management group this opportunity and I am excited to get to work with Brad, Mike, Dennon and the rest of

our organization," Medeiros said.

Christensen, meanwhile, is a former Capital Region Junior Hockey League official who has officiated numerous junior and minor hockey leagues in Manitoba. He has also taken numerous sport specific courses at the University of Manitoba as well as completing his practicum with True North Sports and Entertainment.

"We are planning to have a successful team in our community, and I am looking forward to working with our group to achieve our team goals," Christensen said.

Sichevski, a former Lundar captain, returns to the team for his second sea-

son behind the bench with the Falcons.

"I am looking forward to working with Brad and our new coaching staff to develop our players and have a successful season," said Sichevski, who played five seasons with the Falcons.

Lundar's upcoming camp dates include this Friday (7-8:30 p.m.) and Sunday (6-7:30 p.m.) at the Warren Sunova Arena.

On Sept. 21, the Falcons will practice from 7-8:30 p.m. at the Lundar Arena.

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

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get inspired

> MEAL IDEAS

Smoked Paprika Lamb Chops with Fresh Grape Sauce

Servings: 4
 1 teaspoon smoked paprika
 1 teaspoon kosher salt, plus additional, to taste, divided
 1/2 teaspoon freshly ground black pepper, plus additional, to taste, divided
 4 boneless sirloin leg lamb chops (3/4-inch thick each, about 1 1/2 pounds total)
 1 tablespoon olive oil
 3/4 cup dry riesling wine
 2 shallots, minced
 1/2 cup reduced-sodium chicken broth
 1 teaspoon chopped fresh thyme
 1 1/2 cups seedless Grapes from California, rinsed

1 tablespoon unsalted butter
 In small bowl, combine paprika, 1 teaspoon salt and 1/2 teaspoon pepper. Rub chops with paprika mixture and set aside.
 In large cast-iron or other heavy skillet over medium-high heat, heat olive oil. Add chops and cook to desired doneness, about 4 minutes per side for medium-rare. Transfer to platter and keep warm.
 In same pan, add riesling, bring to boil and scrape up any browned bits from bottom of pan. Cook until wine is reduced to glaze, about 5 minutes. Add shallots, broth and thyme; cook until reduced by half, about 4 minutes. Stir in grapes and butter; swirl to melt butter. Season with additional salt and pepper, to taste, then pour sauce over chops and serve.



Hot Honey Roasted Broccoli with Grapes and Almonds

crushed red pepper flakes; microwave 10 seconds until mixture is warm enough to stir to blend; repeat if necessary. Set aside and keep warm.
 In shallow, 9-by-13-inch baking dish or rimmed baking sheet, toss broccoli spears with oil then spread in single layer in center of pan. Roast 7-8 minutes until broccoli begins to brown on edges. Remove from oven.
 Drizzle hot honey over broccoli and sprinkle with salt. Scatter grapes and almonds on top of broccoli and roast 4-5 minutes until broccoli is crisp-tender, almonds are toasted and grapes are warmed through.
 Transfer broccoli and grape mixture to platter or individual plates and serve warm or at room temperature.

Prep time: 10 minutes
 Cook time: 12 minutes
 Servings: 6
 1 tablespoon honey
 1 teaspoon apple cider vinegar
 1/4 teaspoon crushed red pepper flakes
 1 pound fresh, trimmed broccoli spears
 1 tablespoon extra-virgin olive oil
 1/4 teaspoon fine sea salt
 3/4 cup black Grapes from California
 1/4 cup sliced natural almonds
 Heat oven to 450 F with rack in center. In cup, combine honey, vinegar and

Tex-Mex Beef Lasagna

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans
 Total time: 60 minutes
 Servings: 10
 1 tablespoon olive oil
 1 onion, diced
 2 pounds ground beef
 2 teaspoons kosher salt
 1 teaspoon garlic powder
 1/2 teaspoon cumin
 2 teaspoons chipotle powder
 1/2 teaspoon onion powder
 15 ounces canned corn, drained
 15 ounces canned seasoned black beans, drained
 10 ounces canned diced tomatoes with green chiles, drained
 15 ounces canned red enchilada sauce
 1 cup Mexican crema or sour cream
 nonstick cooking spray
 12 corn tortillas
 8 ounces shredded Mexican blend cheese
 cilantro (optional)
 green onions, thinly sliced (optional)
 Preheat oven to 375 F.
 In large pan or skillet, heat olive oil over

medium-high heat then add onion. Cook until softened, 4-5 minutes, stirring regularly.
 Add ground beef and cook, stirring regularly, until beef has browned.
 Add kosher salt, garlic powder, cumin, chipotle powder and onion powder; stir well. Add corn, black beans and diced tomatoes. Turn heat to medium and simmer 10 minutes. Remove from heat.
 In bowl, combine enchilada sauce and crema; mix well.
 Spray casserole dish with nonstick cooking spray. Pour about 1/4 cup enchilada sauce mixture on bottom to prevent tortillas from sticking.
 Layer 2-4 tortillas across bottom then top with layer of ground beef mixture. Use ladle to spoon some enchilada sauce mixture on top, distributing evenly. Top with another layer of tortillas then repeat layers until casserole is full, 3-4 layers. Top with shredded cheese.
 Loosely cover dish with foil in tent shape to help prevent cheese from sticking then bake 30 minutes.
 Remove foil and bake 10-15 minutes until cheese is bubbly and golden brown.
 Cool 5 minutes before serving. Top with cilantro and green onions, if desired.

Ask the Money Lady

Dear Money Lady, my financial planner keeps telling me not to change my investments, but I can't handle the fact that I've lost so much money. I always invest and save monthly, but I am worried because I plan to retire soon.

Patricia

Dear Patricia, I think I would side with your advisor right now since you haven't really experienced a loss unless you sell. I'm glad to hear you invest regularly in a dollar cost averaging savings plan. Let's discuss how this works.

In 2009, the stock market went down more than 50 per cent much the same as we experienced in 2020 with the recent COVID pandemic. We all felt there was no guarantee that this would be the bottom but then rejoiced in a high market come-back in 2021. Today, if you are still invested, like Patricia, you are experiencing a continued rollercoaster ride in the equity markets with cyclical trends poised to further damage retirement portfolios a little more before we see an upswing, possibly in Spring 2023.

Most investors are familiar with dollar cost averaging (DCA) which is an accumulation process to invest in a specific manner and a defined framework. With DCA you invest a set dollar amount on a continued periodic basis, for example, at the beginning of every month. Of course, market cycles effect the performance of this accumulation process, however after the last fifty years of studies on this investment style, economists now unanimously agree this method always impacts portfolios positively over long-time horizons. You see, by investing consistently, one can take advantage of market swings when share prices are lower and in turn, purchase fewer shares when the prices are higher. Over the long term, the cost of the shares purchased always works out to less than the average share price.

Here is an example of how dollar cost averaging works. You invest the same amount every week, month, or year regardless of the market conditions. In our example we want to invest \$5,000 every year into an index fund. At the end of the five years, we have invested \$25,000, however due to dollar cost averaging, we own more units, and the portfolio has grown over time to a value of \$28,950 (15.8% increase on investment).

Year 1: Purchased \$5,000 at stock price of \$10 for 500 units. Total value of portfolio \$5,000.

Year 2: Purchased \$5,000 at stock price of \$7 for 714 units. Portfolio value \$8,498.

Year 3: Purchased \$5,000 at stock price of \$8 for 625 units. Portfolio value \$14,712.

Year 4: Purchased \$5,000 at stock price of \$9 for 556 units. Portfolio value \$21,555.

Year 5: Purchased \$5,000 at stock price

of \$10 for 500 units. Portfolio value \$28,950.

Total invested: \$25,000 and the average cost of this stock over the last 5 years was \$8.64

So, now that we know DCA works when accumulating wealth over your working years to retirement – what about doing this in reverse. In a distribution portfolio at retirement, reverse dollar cost averaging or RDCA works when investments are sold to provide a monthly income. This standard practice guarantees a monthly revenue stream for clients especially when there are no additional employment pensions plans other than OAS and CPP/QPP. The problem is, RDCA has the exact opposite effect on your portfolio. The cyclical trends that helped build your portfolio, now can cause severe damage when income is taken out. In fact, if the down turns are deep enough, it can cut your retirement portfolio's life in half. Let's look at how this happens.

Using the same example as above but in reverse, the total value of your retirement portfolio is \$28,950 with current units = 2,895 and the stock price is \$10/unit.

Year 1: Withdraw \$5,000 at stock price of \$10 for 500 units, with 2,395 remaining units for \$23,950 Value.

Year 2: Withdraw \$5,000 at stock price of \$7 for 714 units with 1,681 remaining units, \$11,767 Value.

Year 3: Withdraw \$5,000 at stock price of \$8 for 625 units with 1,056 remaining units, \$8,448 Value.

Year 4: Withdraw \$5,000 at stock price of \$9 for 556 units with 500 remaining units, \$4,500 Value.

Year 5: Withdraw \$5,000 at stock price of \$10 for 500 units with 0 units \$0.00 Value.

Of course, this example is an extreme case to demonstrate the effects of RDCA. In real life, a retiree can expect to endure between three to five downward swings to the equity markets. If income is withdrawn from a fluctuating asset class such as equities, the average retiree can expect to lose between 20% to 48% of their portfolio due to RDCA in a typical retirement time horizon of 25 years. Now before you all run to your banks and convert your investment portfolios to GICs and bonds, remember, I would never leave you with this problem without a solution. There are definite and defined ways to combat this mathematical impact to your hard-earned retirement portfolios; however, you will have to wait until next week's column to get the answers. See you next week.

Good Luck & Best Wishes,
 ATML - Christine Ibbotson

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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Interlake Women's Resource Centre

Annual General Meeting

Wednesday, September 21, 2022
Johnson Hall, Waterfront Centre,
5th Floor, 94 First Avenue, Gimli

6:30 pm – membership purchase/renewal,
refreshments

7:00 pm – AGM

Guest Speaker:

Tammy Perry, Counsellor at IWRC

EVERYONE WELCOME!

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

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Town of Arborg NOTICE OF VOTERS LIST/ PERSONAL SECURITY PROTECTION

NOTICE IS HEREBY GIVEN that a copy of the VOTERS LIST
may be revised at:

Town of Arborg Municipal Office, 337 River Rd, Arborg, MB,
before **September 20, 2022** between the hours of **8:30 a.m.** and
4:30 p.m.

At this time Municipal staff will be available to update the voters
list by:

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

VOTER ELIGIBILITY:

A person is eligible to have 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.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

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

**All changes to the voters list must be completed on or before
September 20, 2022 in preparation for the Municipal Election
to be held on October 26, 2022.**

Dated at ARBORG in the Province of Manitoba,
on September 15, 2022.

Jan Larkin, Senior Election Official (S.E.O.)
Box 159, 337 River Rd. Arborg MB R0C 0A0
Telephone 204-376-2647



204-467-5836

RIVERTON CO-OPERATIVE ASSOCIATION LTD.



ANNUAL MEETING

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

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

Agenda items to include:

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

Call For Board Members

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

Refreshments & Door Prizes



Dr. Joseph Ludwig

Interlake-Eastern RHA welcomes Dr. Joseph Ludwig to Gimli Medical Clinic

Dr. Joseph Ludwig is accepting new patients at Gimli
Medical Clinic. He is a family physician with strong ties
to the Gimli area. He will be providing both clinic and
emergency department services.

To make an appointment with Dr. Ludwig please
call the Gimli Medical Clinic at 204-642-1618.



Interlake-Eastern
Regional Health Authority

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

22.SU.02 – Caretaker Indefinite Term (5.5 hr/day)
- Arborg Early Middle School

CLOSING DATE: September 19, 2022 (3:30 p.m.)

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

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

For more information on this vacancy and other employment opportunities (Caretakers & Bus Drivers), please see our website: <http://www.esd.ca/Employment under Support Staff>.



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: _____

WANTED

WANTED: Buying estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! TEXT/PHONE: 204-918-1607. "Junkies Estate, Salvage, Antiques & Oddities."

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McSherry Auctions

12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions
@ iCollector.com

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

Estate & Moving Auction
- Feat Guns & Ammo
Closes Wed Sep 28 @ 7:00PM

Consignments Welcome!
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

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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.

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www.batteryman.ca

TRAVEL

SNOWBIRDS! Winter in Penticton, BC. Special long stay rates through April 2023. Bachelor & 1 bedroom kitchen suites from \$35/night! Utilities/cable included. 250-488-0907 www.roadsidehospitality.com/snowbirds

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer 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.

ADVERTISE YOUR UPCOMING EVENTS IN THE EXPRESS

NOTICES

PLANNING FOR SUCCESS? Make the last months of 2022 the best months by building an advertising plan for your business. Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FINANCIAL SERVICES

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

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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

FARM MACHINERY

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

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

HAY/FEED

Small square grass bales for sale. Balmoral. \$5/bale, no rain. Ph 201-471-9634.



Municipality of Bifrost-Riverton NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

NOTICE IS HEREBY GIVEN that a copy of the VOTERS LIST may be revised at:

Municipality of Bifrost-Riverton Municipal Office, 329 River Rd, Arborg, MB, before **September 20, 2022** between the hours of **8:30 a.m. and 12:00 p.m. and 1:00 p.m. and 4:30 p.m.**

At this time Municipal staff will be available to update the voters list by:

- (a) adding the names of voters who are entitled to have their names on the list;
- (b) deleting the names of persons who are not entitled to have their names on the list; and
- (c) making such other correction of errors to the list as required.

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.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

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

All changes to the voters list must be completed on or before September 20, 2022 in preparation for the Municipal Election to be held on October 26, 2022.

Dated at BIFROST-RIVERTON in the Province of Manitoba, on September 15, 2022.

Jan Larkin, Senior Election Official (S.E.O.)
Box 70, 329 River Rd. Arborg MB R0C 0A0
Telephone 204-376-2391

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

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PUBLIC NOTICE

BOARD OF REVISION FOR 2023

Public notice is hereby given that the 2023 Assessment Roll for the Rural Municipality of Grahamdale has been delivered to the Municipal Office and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 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 subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, 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 the following matters:

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

APPLICATION REQUIREMENTS:

43(1) An application for revision must

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

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **Thursday, November 10th, 2022 at 10:00 a.m.** at the Rural Municipality of Grahamdale Municipal Office to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, October 25, 2022 at 4:30 p.m. The Applications must be sent to the address printed below:

Dated at Moosehorn, Manitoba, this 12th day of September, 2022.

Shelly Schwitek, Secretary
Board of Revision
Rural Municipality of Grahamdale
Box 160, 23 Government Road
Moosehorn, MB R0C 2E0
Phone: (204) 768-2858
Fax: (204) 768-3374
Email: rm606@grahamdale.ca



Town of Winnipeg Beach NOTICE OF ELECTION

Notice is hereby given that a vote of the TOWN of WINNIPEG BEACH will be taken to elect one (1) Councillor from the following duly nominated candidates:

For the Office of Councillor:

Kisiloski, Larry
Vasilopoulos, Katerina (Vas, Kat)

VOTING PLACE

The Voting place will be open for voting Friday, October 7, 2022 from 8:00 a.m. to 8:00 p.m. at: WINNIPEG BEACH MUNICIPAL OFFICE located at 29 Robinson Avenue.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example – driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on Election Day, an advance voting opportunity will be located at the Winnipeg Beach Municipal Office, 29 Robinson Avenue on Saturday October 1, 2022 between the hours of 8:00 a.m. and 8:00 p.m.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, by appointment, or in writing to the Senior Election Official at the contact information below. If applying in person*, a voter may apply between September 9, 2022 and September 26, 2022. If applying by email or mail**, a voter may apply between September 9, 2022 and September 26 2022.

- A voter applying in person may pick up a sealed envelope ballot package at the time of application.
- **A voter applying by mail will receive a sealed envelope ballot package by regular post after their application, including signed photo ID, is received and accepted by the SEO. Alternative arrangements for delivery may be made with the SEO.
- Applications received after September 25, 2022; the voter must make alternative arrangements for ballot delivery.
- Ballots received after 8:00 p.m. on Election Day will not be accepted.
- To qualify to vote, you must be (a) a Canadian citizen, (b) 18 years of age on Election Day, (c) a resident or owner of land in the municipality for at least six (6) months on Election Day.

Leah McIsaac
Senior Election Official for the TOWN OF WINNIPEG BEACH
Cell: (204) 782-2146 or in writing to:
Box 160 Winnipeg Beach, MB R0C 3G0 Attention SEO or
Email: seo@winnipegbeach.ca

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

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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IN MEMORIAM



**In Loving Memory of
Sigrun Margaret Pidruchny
December 30, 1941 - September 14, 2021**
It has been a year since you left us Hon. We all miss you so much. Your shy smile, your soft voice.
I was so happy to share the past 60 years with you. I hope you are in a happy, pain free place, with a flower garden which you so loved.

Miss you Hon.
-Love Fred and family

IN MEMORIAM



**In Memory of
Lovey Kuryk**

October 4, 1929 - September 13, 2021
You held our hands when we were small.
You caught us when we fell....
The hero of our childhood
And later years as well.
Every time we think of you
Our hearts just fill with pride....
And though we'll always miss you
We know you're by our side.
In laughter and in sorrow
In sunshine and in rain....
We know you're watching over us
Until we meet again.

-Loved and missed dearly
Linda, Iris and Ron
Dawn, Joe, Rylan, Abby
Heather, Russell and Aiden

OBITUARY



Karen Dale Klisko (Halas)

We are heartbroken to announce that Karen Klisko, beloved wife, mother, sister, auntie, niece, cousin and friend, passed away on September 4th, 2022. Inspired by the example of her parents, Karen had a deep and abiding faith in God which gave her strength throughout her life. In turn, her strength was an example for all of us who knew and loved her. In her adolescence, Karen's mom died suddenly and overnight she became a primary caregiver for her siblings, an experience that set the foundation for a lifetime of service to others.

The first in her family to go to university, Karen became a gifted early childhood educator. After graduating in the 70's, she envisioned then brought to reality the first nursery program at the North End YMCA. She also founded the West St. Paul nursery school. She went on to have a fulfilling career as an early years teacher with inner city children in the Winnipeg School Division. Even in retirement, her love for children kept her engaged as the "Wacky Wizard," teaching science after school, substitute teaching or supporting families through community outreach.

Karen's greatest passion was her family. Having recently celebrated 52 years of marriage, Karen and Ken enjoyed a lifetime of fun and adventure with their two sons Jonathan and Timothy. From camping trips with family and friends all over Manitoba and beyond to summertime family gatherings at the cottage her dad built in Whytewold, the outdoors was a constant companion. Karen loved to swim (no matter how cold the water), garden, cycle, walk or snowshoe in winter.

Together, Karen and Ken built a very full life among their many friends at Shorepointe Village and in Gimli. She was actively engaged in her community, working with others to make the world a better place. Her love, kindness and compassion had no bounds. In more recent years, Karen's disciplined approach to healthy eating, exercise, yoga and prayerful meditation allowed her to endure significant health issues with courage, strength and grace.

Left to mourn are her beloved husband Ken; her son Jonathan and partner Leah, her son Timothy; her brother Joe and wife Deenie; her sister Joannie and partner Bob; her in-laws Tom, Noella, Brian and Diane; her many nieces, nephews, great nieces and great nephews, all of whom she adored; her Uncle Jerry and Aunties Noreen and Lena, with whom she had special relationships; and many, many friends, neighbours and relations who loved her as she loved them.

She was predeceased by her parents Mary, Ray, and Ellie; her siblings Ron and Fran; her great-nephew Cody and her parents-in-law Leo and Anne Klisko.

Karen's personal relationship with Jesus guided her life. Her faith comforts us now as we say goodbye too soon. We love you forever and ever, amen!

A celebration of life will take place at a later date.
To honour Karen and her lifelong advocacy for social justice, if you so choose, please make a donation to a charity of your choice.



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

OBITUARY



Arlene Elizabeth Eyford

Suddenly, on August 28, 2022 in Victoria, BC, Arlene Elizabeth Eyford passed away, five days before she would have celebrated her 70th birthday.

Arlene was born on September 3, 1952 in Eriksdale, MB. the second child and only daughter of Jörundur Árni ('Jerry') and Marjorie Eileen (née Smith) Eyford. Arlene grew up on the family farm at Vogar, MB. and attended one room schools in the district. She graduated from Eriksdale High School in 1970 and then attended Success Business College in Winnipeg.

She was first employed in an insurance office, and then, in 1976, joined provincial civil service where her work related to housing and insurance.

As a young person Arlene enjoyed travelling, especially to visit family and friends. In 1990, Arlene and her father went to Iceland,

where her paternal grandparents had been born. They met many cousins in Reykjavik and Akureyri.

Arlene moved to Vancouver Island in 2000. She lived first in Sooke and later in Victoria. On the island she made many friends, participated in activities she enjoyed, and was part of a community that she cared about.

Arlene was predeceased by her brother Arnold (2018), father Jerry (1997), and mother Eileen (1985).

She is survived by her brother Allan, sister-in-law Heather, nephews Ryan (Aleisha), Regan (Kelly), niece Leanne, grandnieces Lilja and Eliana, and grandnephews Benjamin and Ezekiel.

A memorial service will be held on Saturday, September 24 at 3:00 p.m. in the Eriksdale United Church, Eriksdale, MB,

In lieu of flowers, donations can be made in Arlene's memory to the Victoria Cool Aid Society, 101-749 Pandora Avenue, Victoria, BC, V8W 1N9.

Blessuð sé minning þín, kæra frænka.

OBITUARY



Arthur Murray McCausland

February 9th, 1938 - September 3rd, 2022

Peacefully, at the Betel Home, Gimli, MB., Murray McCausland, aged 84 years, passed away.

Murray is survived by his two daughters, Lori Jackson (Mike Jackson) and Leann Bower (Nate Bower); grandchildren Christian, Noah, Madi, Ben and Livi; great-grandchildren, Lennon and Poppy; and sister, Marie Rodwell (Jack Rodwell).

Predeceased by his parents - Bernice and Arthur McCausland and sister Marguerite Opperman (Wilford Opperman).

Murray grew up in his early years in Boissevain and finished his schooling in Killarney. He moved to Brandon where he raised his family. Working in upholstery and drapery for many, many years. We all enjoyed his handy work. Murray had a great passion for music. Playing piano and singing in a variety of barbershop quartets and choirs over the years. Murray retired in Ponemah, MB. and had been residing at Betel Care Home in Gimli, MB for the past few years.

He will be missed.

A private ceremony will be held by the family.

Any donations we ask be sent to your local Alzheimer's Society.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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OBITUARY

Whitney Reece Barham
October 16, 1986 – September 11, 2022

With profound sadness after a brief illness we regretfully announce the passing of Whitney Reece Barham of Gimli and formerly of Winnipeg.

A Service of Remembrance will be held on Tuesday, September 20, 2022 at 2:00 p.m. in Teulon-Rockwood Centennial Hall, Teulon, Manitoba.

This obituary may be viewed also at www.klfuneralservices.ca



OBITUARY

Cornelius Friesen
April 6, 1942 - September 10, 2022

Man of many hats

Husband to Dora, father,
and Pizza Night host for 20 years

Memorial service will be held on the Integrity Foods farm on September 18 - rain or shine at 2:30 p.m. Feel free to wear his favourite colour - red. Potluck meal to follow. Please bring a story to share for open mic or drop it in the basket. Bring a chair. All are welcome!



OBITUARY

DENEKA Dmetro (Metro)

Our Dad passed peacefully into God's hands on September 12th, 2022 in the company of his family at the Arborg Personal Care Home in Arborg, Manitoba.

Dad was born in Celo Lubliniec, Poland on August 16th, 1927.

Left to cherish his memory, his wife Emily of 69 years and his two daughters,

Sharon and Steve Melnychuk of Arborg and Angela and Wayne Smikles of Stonewall along with their families.

To view a full obituary with Ken Loehmer Funeral Services: www.klfuneralservices.ca



Rural Municipality of
FISHER

The Local Urban District of Fisher Branch

SNOW CLEARING STREETS

The Local Urban District of Fisher Branch is inviting proposals for street snow clearing and removal within the village of Fisher Branch.

- Equipment required is grader, loader, and truck.
- Interested applicants must have own liability insurance coverage and must be registered with the Workers' Compensation Board of Manitoba.
- Equipment must be available upon request.

Sealed envelope to be marked "Snow Clearing Streets".

For further information, call the RM of Fisher Office at (204) 372-6393.

Deadline for proposals is **4:30 p.m. October 3, 2022.**

Tenders to be dropped off at:

Local Urban District of Fisher Branch
c/o RM of Fisher
30 Tache Street, Fisher Branch, MB

Trucks, Trailers, Truckbeds & Tires

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www.kaldecktrailers.com



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Salary: \$25 - \$30/hr (depending on qualifications)

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EMPLOYMENT OPPORTUNITY



YARD ASSISTANT WANTED!

Looking for someone energetic to join our team helping with various projects and yard maintenance.

Must have driver's license.

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Education Event & AGM

October 15, 2022
9am-1pm CDT

(in-person/ by Zoom)

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Progressive

Interstitial

Lung Disease

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Payment instructions and options will be on your invoice. Large amount of surplus inventory no longer fitting into the present day model of Conquest operations. Large amounts of metal siding ends, flooring, windows, doors, steel and wood, closet and others, fixtures and appliances. Read thru the auction listing which is very partial, come and take a look at our open house day, Sept 12 from 4 to 6 pm. Non running fork-lift, and pickup truck. We are selling numerous lots by the pallet lot, contractors and handy-man will do well to pay attention to this auction.

Come bidding at www.billklassen.com/nextlot

Conquest Homes 204-324-4641.

Bill Klassen Auctioneers, 204-325-4433



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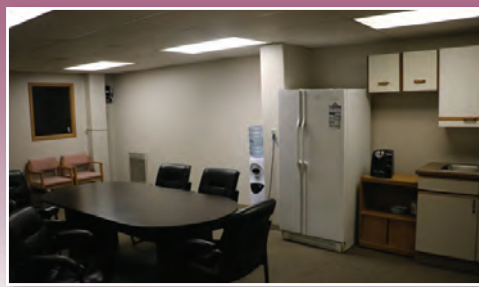
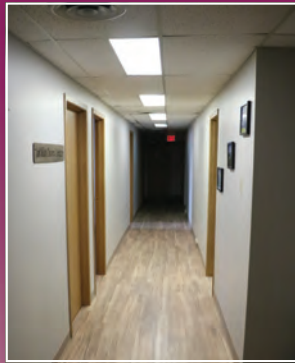
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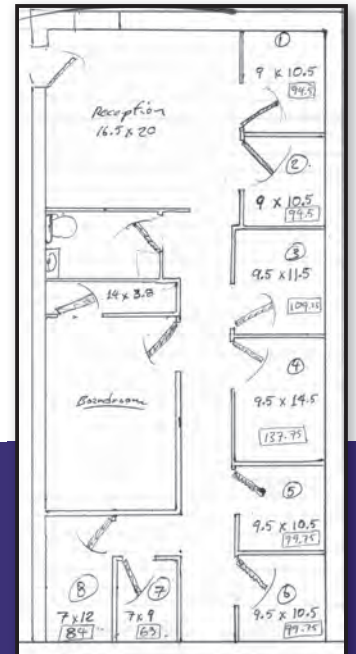
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Scott McDougall, Ashern.....\$369.00	Star Johanneson, Arborg.....\$549.00	Peter and Lisa Sawatzky, Arborg.....\$249.00
Doug Moroski, Melebe.....\$399.00	Allan & Janie Johnson, Riverton.....\$1,039.00	Donna and Jim Skinner, Arborg.....\$50.94
John Harper, Hodgson.....\$799.00	Brenda Kayer, Teulon.....\$399.00	Allen Spence, Hodgson.....\$1199.00
Robert & Delores Jacobson, Arborg.....\$279.00	Wayne & Kathy Kristinnson, Arborg.....\$499.00	John and Mary Troyan, Arborg.....\$868.99
Brad Baziniak, Riverton.....\$698.00	Jeff Melsted, Gimli.....\$120.00	Boyd Abas, Hodgson.....\$338.99
Alan Porter, Peguis.....\$1,698.00	Beverly & Bryan Platt, Arborg.....\$2,148.00	Sharon J. Bear, Peguis.....\$39.99
Peter & Verna Bodnar, Arborg.....\$1,028.00	Bruce Reimer, Arborg.....\$1,308.00	Sophie Bristow, Gimli.....\$49.00
Zenith Poole, Arborg.....\$1,449.00	Ray Reimer, Arborg.....\$399.00	Susan & Greg Brown, Lunda.....\$1,713.00
Kevin & Lisa Klym, Arborg.....\$179.00	Donna Votour, Arborg.....\$69.00	Elaine Bruce, Ashern.....\$449.00
Joan Hudson, Hodgson.....\$979.00	Richard & Judith Werner, Arnes.....\$419.00	Linda Foster, Matlock.....\$408.00
Leonard & Joyce Jackson, Gimli.....\$2,427.00	Don Barkman, Arborg.....\$279.00	Dan & Nyla Klatt, Grahamdale.....\$649.00
Amanda Rundle, Riverton.....\$258.00	Noreen Barkman, Arborg.....\$679.00	Rosemarie Kawalenko, Arnes.....\$1,929.00
Kay Bergman, Arborg.....\$2,229.00	Mark Bayless, Arborg.....\$19.95	Lenore Mahase, Winnipeg.....\$369.00
William & Ethel Brown, Gimli.....\$5,000.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Melissa Markusson, Gimli.....\$399.00
Mike Budniak, Melebe.....\$1,504.10	Jim & Wanda Brandson, Lunda.....\$916.00	Stacy Markusson, Gimli.....\$2,637.00
Leona Cochran, Koostatak.....\$499.00	Paul & Linda Buus, East Selkirk.....\$338.00	Darrin Mitchell, Riverton.....\$1,703.95
Ivan & Christine Fridlindson, Arborg.....\$737.10	Richard & Doris Dueck, Arborg.....\$59.90	Bert & Vera Osborne, Arborg.....\$279.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Henry T. Friesen, Arborg.....\$1,727.95	Ashely Prince, Peguis.....\$20.00
John Hudyma, Fraserwood.....\$599.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Glen Tamoto, Sandy Hook.....\$1,179.00
Alex Klimchuk, Fisher Branch.....\$575.00	Carl Johnson, Riverton.....\$499.00	Rick Weins, Arborg.....\$649.00
Kevin & Lisa Klym, Arborg.....\$1,484.00	Darryl & Jeanette Lazarok, Poplarfield.....\$599.00	Cornelius Weins, Arborg.....\$59.00
Claudia Krawchuk, Fraserwood.....\$499.00	Jason Loewen, Arborg.....\$59.90	Roger and Christine Abuda, Arborg.....\$849.00
David & Judy McDougall, Ashern.....\$399.00	Janet Porth, Gimli.....\$1,759.00	Will and Shelly Ashley, Arborg.....\$193.98
Tammie McQuid, Arborg.....\$1,049.00	Candace Sigurdson, Riverton.....\$499.00	Darryl and Doris Bear, Peguis.....\$2,647.00
John Miller, Broad Valley.....\$69.95	Tracy Sigvaldason, Arborg.....\$299.00	Dwight Dilts, Stonewall.....\$2,647.00
Ronald Platt, Arborg.....\$499.00	Deila Sinclair, Koostatak.....\$1,599.00	Lil Firman, Gimli.....\$2,068.00
Frank Reimer, Arborg.....\$658.00	Isabel JTOY, Lunda.....\$469.00	Ruth Kennedy, Arborg.....\$64.99
Dave & Eileen Shott, Arborg.....\$98.00	Cynthia Webster, Gimli.....\$449.00	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Fern & Philip Sinclair, Peguis.....\$279.00	George & Maria Wiebe.....\$51.00	Bjarni and Elaine Marleinson, Riverton.....\$399.00
Philip Thorkelson, Arborg.....\$599.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Stanley Wallach, Poplarfield.....\$399.00	Doreen Steg, Camp Morton.....\$1,474.50	Stephen and Liz Murdock, Koostatak.....\$70.00
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
Ken & 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
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Heather Hamberg, Teulon.....\$749.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40	Dawn & David Sul - Arborg.....\$218.00

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.

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- 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.

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