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VOLUME 11 EDITION 38 THURSDAY, SEPTEMBER 19, 2024

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**Razors of hope**

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Arborg's Karen Leochko and Brody Barylski were proud to shave their heads in solidarity with everyone battling cancer. See full coverage from the Terry Fox Run in Arborg in next week's Express Weekly News.

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# Gimli Rotary Club looking for volunteers and youth

## Open house Sept. 23 at Lakeview Gimli Resort

By David Connors

You've seen the signs on the edges of towns and cities across Canada: Rotary Club, Kiwanis, Lions. You may have driven past Rotary Towers in Gimli and wondered its story.

So, what do all those signs represent?

"They are service clubs," said Gimli Rotary Club president Diane Fjeld. "They all do different things. But they all have one goal in common: to give back to their communities."

Fjeld would love to tell you more about Rotary at an open house Sept. 23 at the Lakeview Gimli Resort from 6:30 to 8:30 p.m.

The Rotary club in Gimli prides itself on its service to local youth, particularly the Rotary Youth Leadership Awards program.

This August, the club sent four teens to the annual camp held at Clear Lake.



EXPRESS PHOTO BY DAVID CONNORS

Left to right: Rotary members Scott Cameron, Ken Krebs, Lois Casper, Bob Munro, Bill Martin with RYLA participants Vira Balaban and Liuba Smyrnova and gardeners Janine Munro and Nadine Gislason.



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Liuba Smyrnova, one of the participants, fled to Gimli with her mom, brother and grandmother in September of 2022 after war broke out in Ukraine. Her father stayed behind to fight for their country.

"RYLA is a magical place with magical people. It's fun and encourages awareness of mental and physical health, and it's the perfect place to find friends you can stay connected with for life," said the Grade 11 student.

One of the things RYLA does is to help teens discover and develop their leadership styles.

"I'm a Type C; I'm a quiet leader," Smyrnova said.

That means she's a listener. She hears what others are saying and includes everyone.

"Well, I wouldn't always say she's

quiet," laughed her friend and RYLA partner Vira Balaban.

Balaban, now in Grade 12 at Gimli High School, came here with her family in 2016 as the conflict in Crimea broke out.

"My leadership style is more Type A," she said. "I'm action-based, focused on doing things, making things happen."

It is clear that RYLA is helping bring out the best in both young women. They both serve on the student council, are accomplished musicians in the Jazz Band, and are active participants in the Enviro Club. They volunteer for the Kiwanis Key Club and help younger students in the Wave Club, which operates the Snack Shack on Gimli Beach and runs after-school

Continued on page 5



Lyle Peters  
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# GOOD FOR GOOD FOR MEMB

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# Carlo's Cucina wins third Le Burger Week title in four years

By Becca Myskiw

Carlo's Cucina has won Le Burger Week for the third time.

Along with BBQ Quebec Smokehouse, Carlo's Cucina took the top title in Le Burger Week 2024 with the OH Canada burger. Having tied with the Quebec restaurant, Carlo's Cucina shares the win this year with the Cheese Bacon Brisket Burger.

Owner of Carlo's Cucina Carlo Guzzi thought up the OH Canada burger after his sister introduced him to Wojapi, a Dakota berry sauce. Pairing that with a five-ounce certified Angus beef patty, maple chili Japanese pork belly by Big Smoke BBQ, Bothwell old white cheddar cheese, spring mix and wild cherry Pepsi aioli gave him the OH Canada on a blueberry- and strawberry-infused bun from the Arborg bakery. Each burger came with a side of fries drizzled with wild cherry Pepsi aioli.

"We're beyond grateful for the amount of support," said Guzzi. "I can't thank people enough. It's not only my community; it's the entire province. People from all over came multiple times every day. There was a lineup outside my door every day, 50 to 100 people waiting for a burger."

Though he has to share the glory this year, Guzzi doesn't mind. He's happy another restaurant can under-

stand what it feels like to win.

"We've been at the top of the country for the last four years," he said. "Seeing someone else win makes me happy. It's nice to see other restaurants benefit from these types of events and not just Carlo's Cucina cleaning up."

Carlo's Cucina also participated in Between the Buns this year with the OH Canada burger, taking home first place in votes by the people but not in the judging.

Guzzi hopes to see more restaurants in the Interlake participating in these types of competitions in the future.

"You've got to put yourself out there and you've got to come up with the best possible combination that you feel is going to bring people in your door," he said. "When Carlo's Cucina wins a national title, the Interlake wins a national title."

Le Burger Week ran from Sept. 1 to 8 this year. The Banana Split Burger from Le Gras Dur was in third place, followed by Jonesy's Restaurant and Lounge's Here's the Beef Burger! in fourth, and PVG Street Eats' The Weekender burger in fifth. All but two of the restaurants in the top five this year are Manitoban.

Guzzi knows what he will create for next year's Le Burger Week competition. He's currently coming up with another goal to challenge himself



EXPRESS PHOTO SUBMITTED

Carlo's Cucina's OH Canada burger won the local restaurant their third Le Burger Week title.

since he more than accomplished his previous goal of winning three golds in five years, which he did in four.

After Sept. 28, Carlo's Cucina will operate exclusively from the old bowling alley in Gimli.

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# Gimli council considers allowing offroad vehicles on the Rail Trail

Opposition from ATAC and some residents, but Interlake Offroad Club in favour

By Patricia Barrett

Gimli's Active Trails Advisory Committee (ATAC) said it was thrown for a loop after it recently discovered a proposal to let offroad vehicles (ORV) drive on the Rail Trail, north of Gimli.

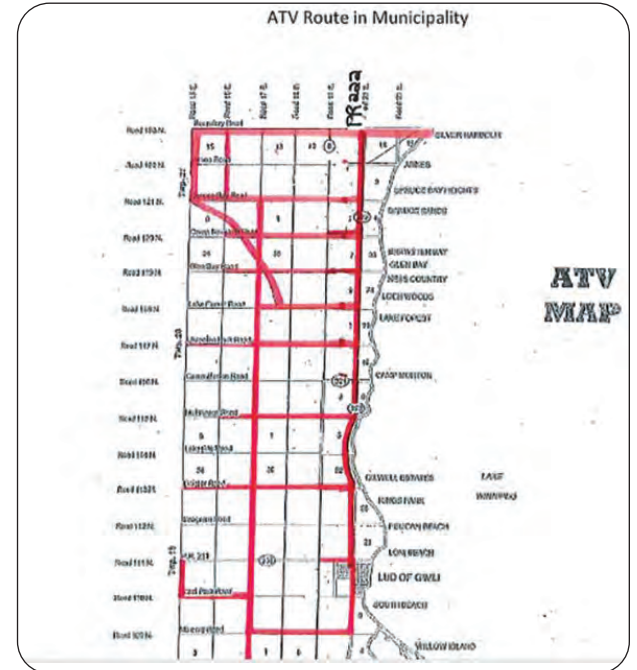
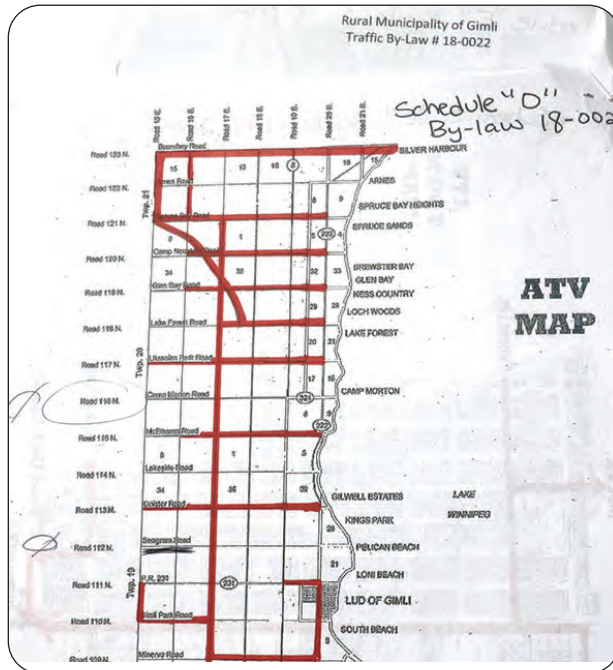
Gimli council had introduced a new traffic bylaw (Bylaw 24-0005) in May that proposes to make the Rail Trail an officially sanctioned ORV corridor. The new bylaw will repeal former bylaw 18-0022, which prohibits ORVs on the trail.

The new bylaw passed first reading (resolution No. 2024 206) at council's May 22 meeting. In order to pass, the bylaw must be approved with second and third reading, which has not yet been scheduled by council.

Although ORVs are currently prohibited from the RM-owned Rail Trail, people drive various motorized vehicles on it, including ATVs, golf carts and dirt bikes. The RM does not carry out enforcement actions.

For about 10 years, use of the trail has been hotly contested by groups and residents who oppose ORVs using it and those who are in favour of them.

A spokesperson for ATAC said the committee found out about the new bylaw "in the past few weeks." ATAC doesn't want to be "antagonistic" with regard to the ORV issue, but it is respect-



RM OF GIMLI

A map from Bylaw 18-0022 (left), currently in effect, shows the Rail Trail between Diageo (Seagram Road) and Boundary Road as being off limits to ORVs. The map from proposed Bylaw 24-0005 (right) shows a designated ORV corridor on the Rail Trail. About 12 subdivisions run along the corridor.

fully opposed to having any motorized summer traffic on it.

"We really believe the Rail Trail is a unique resource and we do not want it to change. There are other options for ATV/ORV trails and this is not one of them," said the spokesperson. "We were surprised that council had started a bylaw change process without letting us know and without letting us be part of it. The Rail Trail was gifted to the community with certain stipu-

lations, and the RM should honour the gifting agreement. The fact this keeps coming up is really disappointing."

The committee was a delegation at council's Sept. 11 regular meeting so that it could "protect this trail's integrity as it is." The delegation expressed its "surprise" by the introduction of the new bylaw and outlined its concerns about allowing ORVs on the trail.

Those concerns include threats to pedestrian safety on the trail, noise pollution, a reduction in property values among those living in numerous subdivisions along the trail and the degradation of the natural space with threats to plants, birds and other animals. ATAC has hosted active adventures to encourage outdoor physical pursuits and to draw tourism to the RM. ATAC noted that a public survey on RM trails completed in 2021 showed a majority of respondents commenting that they were "adamant that the [Rail] trail remain for active transportation [i.e., human-

Continued on page 10

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By Falki Developments

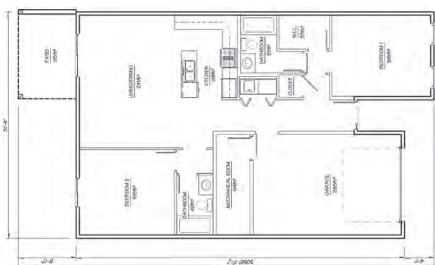
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Annual AGM Meeting at 6pm Oct 2, 2024 at  
Dr. George Johnson Middle School Library



# MFGA to Host 7th Annual Regenerative Agriculture Conference

By Stephen Burns

Farmers from across Manitoba will meet in Brandon in November to learn about regenerative agriculture's newest practices and innovations.

The 2024 Manitoba Forage and Grassland Association (MFGA) Regenerative Ag Conference will bring speakers from across North America who will share their expertise on the future of farming and how it can be done responsibly.

"We're a regenerative-based pasture management group and focus on protecting grasslands, the environment and renovating pasture," said MFGA chair Michael Duguid, who operates a beef farm based near Arnes.

"This is our seventh conference, and we are a board made up of diverse farmers who share innovative ideas."

The MFGA website says regenerative agriculture is an approach to farm and ranch management that aims to reverse climate change through practices that restore degraded soils. It adds that rebuilding soil's organic material and biodiversity increases



Cattle graze in a field in Manitoba. Responsible grazing is also good for farm field as it keeps animals healthy and ensures their manure goes back to the land.



Continued on page 7

## > GIMLI ROTARY, FROM PG. 4

programs.

The girls also work, Smyrnova at Tergesens and Balaban at Chicken Chef.

Both of them have yet to learn exactly what they want to do after high school is over.

"That is why I am in all the clubs and do all these things such as RYLA," said Smyrnova. "I will figure it out. I am working on life skills."

Adds Balaban: "Our band teacher used to tell us, 'focus on what kind of people you are, not on what you want to do someday.'"

Smyrnova and Balaban said people often say they act more grown up than their ages.

"That's because we have lived two different lives, in Ukraine and here," Smyrnova said. "We have experienced different countries, different communities. I feel older than I am because of my experience."

The two young women even found time to help with some tree planting recently with members of Gimli Rotary. Over the past three years, the club has bought and planted more than 140 trees around town. This year, the RM of Gimli hired Nadine Gislason as a full-time gardener with the public works department. She was able to get some trees donated through the East Interlake Watershed District and she and gardening partner Janine Munro joined

the Rotary Club on a recent Saturday morning to show how to best plant and care for them.

Planting trees is another way the Rotary Club serves youth. After all, not all of its current members will be around to enjoy the trees when they mature.

But if some Gimli teens one day sit beneath those trees while plotting how they can contribute to the town and build their bright futures, it's a job well done.

There are many Rotary projects you might be interested in supporting. Operation Red Nose is in December, and Lobsterfest and the Book Sale are both in the summer. The club contributes to a school nutrition program, delivers Meals of Wheels and offers several scholarships to local high school graduates each year.

You may have some projects of your own you'd like to bring to Rotary.

"We need new people and new ideas," said Fjeld.

"Our open house on Sept. 23 at 6:30 p.m. at the Lakeview Gimli Resort will give you a chance to meet our members and share those ideas with them."

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Please share your story ideas at [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca) or Phone 204-467-5836

THE **EXPRESS** WEEKLY NEWS

## EXPRESS PHOTOS SUBMITTED

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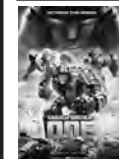
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OUR SISTER PUBLICATIONS



## Farmer's Almanac shares cold and snowy weather prediction

By Jennifer McFee

We've enjoyed a warm and sunny September, but Manitobans know that's not going to last.

The 2025 *Old Farmer's Almanac Canadian Edition* predicts this winter in the Prairies will be colder and snowier than usual.

"When we look across North America, the Prairie region is one of the only places that will have a consistent snow cover," said editor-in-chief Carol Connare.

"That's what we're predicting — just a whole lot of precipitation going on."

Keep your parka and snow shovel handy because the white stuff will likely start to fall within the next two months, according to the Almanac's Prairie weather predictions.

"It's going to be a lot of snow," Connare said. "Things will get going in mid-November, early and late December, early January, mid-February and early March. That's when we're calling for those storms and those snowy times."

Add to that cold snaps expected to coincide with the heavy snowfalls in December, January and February.

"The good news is we're saying spring will be warmer than normal," she said.

"And we're calling it a good grower's summer — cooler and wetter than normal so maybe we won't spend all our time watering. That's a little bright spot."

Founded by Robert B. Thomas in 1792, *The Old Farmer's Almanac* is the oldest continuously published periodical in North America. The publication bases its weather forecasts on a combination of meteorology, climatology and solar radiation.

Besides weather predictions, *The Old Farmer's Almanac Canadian Edition*

touches on many other interesting topics.

"This year, there's a really cool story on heritage breeds of Canadian cows that are making comebacks thanks to farmers," Connare said.

"These kind of heirloom breeds are finding uses again because they are hardy and used to the topography. That's kind of a fun story."

Another must-read, according to Connare, is a story that outlines the Canadian origins of baseball.

"We talk about the first recorded baseball game in 1838 in Ontario and some other Canadian firsts," she said.

"One that really stands out to me is that a Toronto player invented the outfielders' glove. Something I didn't know is that American sensation Babe Ruth hit his first home run at a game in Toronto before he went to the U.S."

Another story highlights the power of tea as a home remedy and shares some of its health benefits.

"There's new data on tea and it's pretty fascinating. Every time I would read it, I would just fix a new cup," Connare said with a laugh. "It's a good way to get through a cold winter."

The Canadian edition also features winners of essay and recipe contests.

"The Almanac has its usual spin. We really concentrate on people who love to grow, so there's a lot of gardening information and stories of people who love to watch the night sky. We update all of that for the coming year," Connare said.

"I think what makes people also love the Almanac is that it's witty. We have trends and fun stories about backyard chickens and how to stay cool without air conditioning — things that might be useful."

The 2025 *Old Farmer's Almanac Ca-*

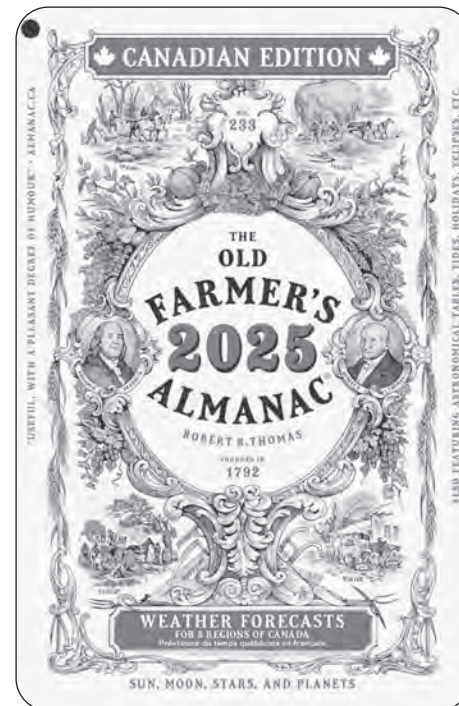


PHOTO SUBMITTED

The 2025 *Old Farmer's Almanac Canadian Edition* predicts this winter in the Prairies will be colder and snowier than usual.

*nadian Edition* is available wherever books and magazines are sold. A list of stores is available at [Almanac.ca/Wheretobuy](http://Almanac.ca/Wheretobuy), and they encourage readers to shop local. Print copies are also available through Amazon, and digital editions can be purchased at [Almanac.ca/Shop](http://Almanac.ca/Shop).

Other popular publications include the annual *Garden Guide*, a digital monthly magazine called *EXTRA!*, *The Old Farmer's Almanac for Kids* and a collection of wall and desk calendars.

The website also offers information on everything from food and history to weather and astronomy.

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# Manitoba's new chief veterinary officer announced

By Lana Meier

Earlier this month, Agriculture Minister Ron Kostyshyn announced that Dr. Glen Duizer has been selected as the new chief veterinary officer for the Manitoba government.

In this role, Dr. Duizer will oversee the province's initiatives pertaining to animal health, disease prevention and response.

Kostyshyn expressed that the chief veterinary officer is a prominent figure who plays a key role in bridging Manitoba's agricultural and agri-processing industries with animal and

human well-being.

"Dr. Duizer's extensive experience and expertise in animal health, emergency planning and response and epidemiology and his strong relationships with livestock and poultry stakeholders and veterinarians will help guide our work protecting animal and human health, and we are excited to welcome him to this role."

Dr. Duizer graduated as a doctor of veterinary medicine from the University of Prince Edward Island in 1995 and obtained a master of science in epidemiology in 2015. Since 2005, he

has been a member of Manitoba Agriculture and has an additional decade of experience working as a clinical veterinarian in both food animal and mixed animal practices.

Manitoba's chief veterinarian, chief veterinary office, provincial veterinarian for animal welfare and other stakeholders work together to protect animals, food and people. The chief veterinary office is responsible for:

- leading disease planning, prevention, surveillance and response activities,
- supporting biosecurity ef-

forts,

- collaborating in veterinary public health issues,
- overseeing Manitoba's veterinary diagnostic services laboratory,
- maintaining traceability and premises identification systems, and
- connecting farmers, processors and others with information and resources on these issues.

For more information about the work of Manitoba's chief veterinary office, visit: [www.gov.mb.ca/agriculture/animal-health-and-welfare/index.html](http://www.gov.mb.ca/agriculture/animal-health-and-welfare/index.html).

## > AG, FROM PG. 5

the amount of carbon drawn from the atmosphere and improves soil fertility and the water cycle.

Some common practices include no-till or minimum tillage techniques, cover crops, crop rotations, compost and managed grazing.

Duguid says this encourages rest periods for the land and helps distribute manure throughout fields to promote plant sustainability and growth.

"We operate with five core principles. Keep the soil covered, keep disturbance of the land low, ensure plant diversity in fields, help the living roots systems in plants and integrate livestock if possible," Duguid says.

"This all helps rejuvenate the soil for the next year and has environmental and economic benefits. You put more carbon in the soil, wildlife can thrive, and you get to protect grasslands."

This year's conference will welcome speakers close to home from Manitoba and Saskatchewan but also from as far as Bluffton, Ga., and Wolford, N.D., in the United States.

Duguid says this year's lineup will also include speakers from Holistic Management Canada. He says regenerative agriculture and holistic management — a form of regenerative grazing and rangeland management — often go together. There will also be a round-table panel discussion so experts can answer attendees' questions.

MFGA executive director Duncan Morrison says attendees can expect to learn a lot this year.

"People can expect a whole lot of awesomeness," Morrison says. "They will learn from keynote speakers who work in the same field they do and will have a chance to network with other farmers and industry representatives. We focus on bringing in the top minds in regenerative ag."

He says that patience is key to this

type of agriculture.

"We encourage farmers to choose their practices and share with others," he continued. "It does take time and there are no silver bullets. If you follow the guiding principles, you will properly position your farm with soil health as a top priority and hopefully profitability to follow."

This is the seventh year the MFGA has put on this conference at the Victoria Inn in Brandon. This year's event takes place Nov. 12-13.

In addition to the keynote speakers, Holistic Management Canada will host land and nature-based regenera-

tive agriculture workshops for kids ages 4-12.

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### Community Support Service

#### A.A Meeting in Ashern

Location: #11 2nd Ave North  
- Pioneer Manor  
(beside the main door entrance of Pioneer Manor)  
Contact [Jackiem.lwrc@gmail.com](mailto:Jackiem.lwrc@gmail.com)

#### AA Arborg

Thursdays - 7:30 pm  
Arborg Support Centre  
327 Main Street  
Contact 204-376-5861

#### AA Eriksdale

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

#### AA Winnipeg Beach

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

#### Gimli Group AA

Bldg 18 Municipal Rd  
Industrial Park  
Fri & Sun Mtgs at 7:30 pm

#### Al-Anon Gimli and Winnipeg Beach

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

#### AA Riverton Group

12 Main St. at the  
Riverton Senior Centre  
Mondays 7:30 p.m.



# Putting youth and families first with social support and substance use assistance

By Patricia Barrett

Two support programs that have been serving youth and their families in the Evergreen School Division's catchment area for about 20 years are seeing a steady demand for service and positive outcomes, and could use some additional funding support.

Kellie Yellowega is the program co-ordinator for the FYRST program and the Re-START program, both of which serve youth and families in the Gimli, Arborg, Riverton, Winnipeg Beach and surrounding areas.

The FYRST program, which stands for Family & Youth Regional Support Team, assists youth aged 12-18. The Re-START program supports those 18 years of age and older. Participants in the FYRST program can transition to Re-START if a continuum of support is deemed beneficial for them.

Youth from all socio-economic backgrounds who've had contact with social services or the justice system and are struggling at school, have family challenges or are using substances such as alcohol and drugs are eligible to join the programs, which are purely voluntary.

Yellowega's job is to bring together a number of agencies — including the school division and the RCMP — to one table where they can collaborate and determine the best supports for each youth or adult taking part in the programs. She also works one-on-one with each participant.

"In order to be accepted into FYRST, youth need to have three agencies in place which can include CFS [provincial Child and Family Services], Manitoba Justice or an addictions therapy program. A lot of times these are the kids we see that are struggling and need help," said Yellowega, who has a mediation certificate and a degree in conflict resolution. "There are lots of agencies in place, but there's not a lot of co-ordination. We facilitate getting those agencies around the table and seeing how we can best support the youth and their family."

The FYRST program was originally called START. It began in Selkirk over 20 years ago. It has now expanded to Interlake communities and other areas of the province such as Dauphin, whose program is called DART, and Steinbach, whose program is called Headway. Selkirk's program is called START.

Yellowega, who's based out of the Gimli RCMP detachment, said she'll get referrals to the FYRST program from a school team that's determined a youth would be willing to take part in the program, from the RCMP, from probation services, from mental health services from either the Interlake-Eastern Regional Health Authority or a private mental health service such as CTS [Elements CTS], which provides assessment, counselling and therapeutic services for kids in the Riverton area.

One of Yellowega's latest clients, for example,

is a youth in Grade 8. The youth had not been attending school and was struggling with drug and alcohol use, and the parents didn't have external supports for them. Yellowega received a call from community mental health services (IERHA) asking whether she could co-ordinate some services for the youth through the FYRST program.

Because the child is a minor, the mother had to sign a referral form that CMH provided. Once that was completed, Yellowega spoke with the mother to see what services should be provided immediately then set up a joint in-person meeting with the school, mental health services and the Addictions Foundation of Manitoba (AFM) to discuss the challenges.

Youth don't attend the first meeting with the multidisciplinary team and they have the option of whether or not to attend subsequent meetings; they won't be forced to attend.

"I would meet the child before [subsequent] meetings happen and I'll let them know these meetings happen once a month and that they're for them," said Yellowega. "But if they don't feel comfortable coming, that's no problem. But I would ask what the youth wants us to talk about. We let them know that this team of people is here to support them. For example, if it's a foster child and they say they want a visit with their family, the team would talk about what it would take to do that. We look at things that are important to the kids, but also look at the whole picture."

Some of the root causes of youth becoming involved in drugs or alcohol or coming into contact with the justice system stems mainly from family challenges, said Yellowega. A lot of the kids she works with (at least 70 per cent) are in the foster care system in which kids lack a permanent home structure. But social media and peer groups can also play a part in youth becoming involved in unhealthy behaviours.

In addition to alcohol and drug use and involvement with the justice system, youth can engage in other risky behaviours such as being sexually promiscuous.

Yellowega said participants who still need supports once they've turned 18 and are no longer eligible for the FYRST program can transition to the Re-Start program should they require continuing support.

Re-START helps adults in areas such as housing, justice involvement, addictions, unemployment and family difficulties. It can also help them with basic things that may pose challenges such as obtaining a social insurance number, a health card or employment.

"Re-START is voluntary. Participants can choose whether or not they get help from AFM or mental health if they need those services. We can't make people go, but we can set them up with those services when they're ready," said Yellowega.

The Addictions Foundation has staff (one for youth and one for adults) working in Gimli so that participants don't need to travel to Winnipeg. And addictions counsellors that are part of the IERHA can travel to different communities or do video calls with program participants.

Just knowing that someone has your back — despite mistakes you might have made along the way — is a relief for many of the



EXPRESS PHOTO BY PATRICIA BARRETT

Kellie Yellowega is the program co-ordinator for the FYRST program and the Re-START program, which serve youth and families in Gimli, Arborg, Riverton, Winnipeg Beach and surrounding areas. Yellowega is based in the Gimli RCMP detachment.

participants, said Yellowega.

"Participants who are or have been involved with the justice system don't really have a lot of allies because they've done something that has caused them to be part of the justice system. I come in and I'm immediately on their side, and I think that's helpful for them to know they have someone who will be there to support them," she said. "Some of my newer clients have made a name for themselves in their community — not in a good way — and they now feel they have no one to reach out to. That's where I come in to get them the support they need."

FYRST and Re-START receive funding support from the provincial justice department. As one of the partner agencies in the programs, the RCMP provides in-kind support through the provision of office space and other resources.

Staff Sgt. Rob Gray of the Gimli and area RCMP detachment said the START model originated in Prince Albert, Sask., after the chief of police there determined there was a need for a multidisciplinary approach to helping people overcome challenges.

"Every organization has a piece of the puzzle. And we all struggle with our own specific mandates. While the RCMP doesn't enter the realm of social work because we're not social workers, sometimes our job involves part of that," said Gray. "Having everyone at the same table enables us to see where the issues are and where an organization can best fit in order to help support these kids and their families. Sometimes it's not just issues with the kids, but with family."

Gray said there has never been a large criminal youth element in the Evergreen catchment area, and the kids who need help generally — but not always — come from families that are struggling to

Continued on page 9

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# Why fibre is important in a perimenopausal diet

By Julie Germaine Coram

Each stage of life has significant challenges but, thankfully, there are nutritional “cheats” to ease the physical burden. A high-fibre diet during perimenopause can help combat uncomfortable bloating and digestive issues and even aid women in managing the emotional changes often experienced.

Fibre also supports healthy weight management by controlling appetite and the excretion of excess hormones, such as estrogen. When transitioning through this stage of life, it is incredibly important to include foods such

as fresh fruit, oats, a variety of vegetables, whole grains and high-fibre legumes in your regular diet.

Unfortunately, not addressing dietary issues during perimenopause can result in weight gain, mood disorders, low energy and ongoing struggles with proper digestion. The latter is a common complaint women make, which can be alleviated by simply incorporating more soluble fibre to promote optimal gut health.

An increase in body fat is usually accepted by women over 40, and some health-care professionals even encourage them to embrace this.

Women are beautiful in every size and shape and should never be unhappy with their bodies, but it is possible to avoid weight gain by maintaining a healthy metabolism. This is accomplished through regular physical activity and a complete, nutritious diet. Once again, fibre plays a key role by keeping you feeling full for longer (more satisfied and energized). It can also stabilize potential insulin spikes by slowing digestion overall.

Quality rest is essential for everyone’s well-being, and no one wants to be interrupted by hot flashes in the middle of the night. Interestingly, the fibre content in foods like flaxseed or chia seeds can bind to excess estrogen during digestion, aiding in its removal from the body. This hormone-balancing effect of fibre can help ease the



Julie Germaine Coram  
Registered personal trainer

Continued on page 12

## > SOCIAL SUPPORT SUBSTANCE USE ASSISTANCE, FROM PG. 8

make ends meet. Requests for RCMP intervention typically involve mental health issues.

“There is a big divide, I think, in this area between people at different social and economic levels,” said Gray. “There are families that are wealthy and those who aren’t. Those who struggle the most are those whose families tend to be at a lower economic level. And if they’re struggling already, those families may not be able to take a day off, for example, to drive their kids to appointments that could be in the city. So the kids may be less likely to get the required services.”

Yellowega said the outcomes of each program are tracked, feedback from both participants and service providers are gathered and an annual report is provided to the provincial government.

The 2023 annual report shows success in areas such as youth with improved school attendance and academics, a reduction of risk factors, fewer calls to RCMP, fewer mental health-related calls to the RCMP, links to culturally appropriate services, reduced barriers in accessing services and service providers (support agencies) saying participation in the programs is a good use of their time.

For the Gimli, Arborg, Riverton and Winnipeg Beach areas in particular, the statistics show that 68 per cent of program participants (FYRST and Re-START) are accessing mental health treatment, 100 per cent have obtained housing, 60 per cent have improved living conditions, 57 and 54 per cent, respectively, had improved school attendance and academics, 67 per cent had barriers to services reduced and 76 per cent had a reduction in risk factors.

A parent whose child took part in the FYRST program said: “I really like having support from multiple resources; it helps me not feel like I’m alone trying to help my child. It shows here are people looking out for her too. It’s a mental relief for me.”

For the Selkirk area, the 2023 statistics show 76 per cent accessing needed mental health treatment, 95 per cent having obtained housing, 75 per cent having improved living conditions, 63 and 60 per cent, respectively, having improved school attendance and improved academics, 91 per cent having barriers to accessing services reduced and 86 per cent having a reduction of risk factors.

The success of the programs doesn’t mean there’s a reduction in need. Yellowega said there is a consistent demand for FYRST and Re-START programs in the Evergreen catchment area. And some program participants do experience financial challenges obtaining services.

Indigenous youth, for example, are guaranteed access to services through Jordan’s Principle and FYRST doesn’t have to help find coverage for them (i.e., funding support). But kids who are non-Indigenous and whose parents fall below the poverty line can struggle to get service and FYRST looks at ways to support them.

“We’ve been working with Haley’s Way, an organization in Gimli that is willing to provide funding for kids who can’t afford services,” she said. “It’s been wonderful getting to know the Haley’s Way group and it’s really hopeful for our community that we have potential access to funding for services for kids who meet Haley’s Way criteria.”

In the past, some municipalities

such as the former Village of Riverton would provide funding support so that the community’s kids could get the help they needed. The RM of Gimli and the Town of Winnipeg Beach currently provide funding support to the programs.

Yellowega said she’ll be reaching out this fall to municipalities such as Bifrost-Riverton and Arborg to see if they can contribute some funding

support to the programs.

“The reason we’re looking to increase our funding is to potentially bring another person in to support more kids. The need is staying consistent,” said Yellowega. “And in the past few months we’ve seen an increase in Re-START cases.”

For more information about the FYRST and Re-START programs, contact program co-ordinator Kellie Yellowega at 204-641-2914.



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Thursday, September 19, 2024

powered activities].”

ATAC was formed through a RM bylaw in 2019 and has appointed and volunteer members. The committee presented an in-depth strategic plan in 2022 that was adopted by council. It outlines goals and actions and long-term plans to promote active outdoor activities in a natural setting and draw more tourist dollars to the RM.

The Rail Trail is a former CPR rail line that was gifted by formal agreement to the municipality by Trans Canada Trails (TCT) with the stipulation that it accommodates activities such as hiking, cycling, horseback riding, cross-country skiing and snowmobiling. The 2004 gifting agreement states:

“Please note the Trans Canada Trail does not endorse any form of motorized activity on the trail in the summer months. As eventual owner of the corridor, the rural municipality will be free to choose whatever activities it deems appropriate.”

The phrase “free to choose whatever activities” could be interpreted as having direct reference to the activities sanctioned by TCT rather than interpreted as giving the RM free reign to allow motorized activity.

The Rail Trail is 36.2 kilometres long and starts at the Diageo distillery just north of Gimli and runs north alongside PR 222 to Boundary Road (Road 123N). Parts of the trail are gravel and parts are grass. The trail supports activities such as hiking, jogging, wheelchairs, cycling and birdwatching. In winter the trail supports hiking, skiing, snowshoeing and snowmobiling — the only motorized activity that’s allowed on the trail as snow cushions the trail bed and prevents damage. ORVs can rip up the bed and create ruts.

The ATAC spokesperson said its delegation was told by council during the Sept. 11 meeting that it could not ask council questions. And there was no question period at the end of the meeting.

“We were told at the beginning there will be no questions allowed; council were the only ones that could ask questions of us, but we could not ask questions of them. And neither could the public,” said the spokesperson. “Council didn’t ask any questions of us.”

The spokesperson said as an advisory body to council, it has been “on hold” because council said it would hire a consultant to review the issue. ATAC had wanted the RM to apply for a \$2,000 grant to develop trail activities but was told “we have to wait.”

“We approached this council at the start of its term and we asked them

if we could apply for grants. We can apply for Trails Manitoba or Trans Canada Trail grants or look at other granting bodies but we’ve been told to hold off. We did all the legwork then we asked the RM to apply for the grants and they said, ‘Nope,’” said the spokesperson. “But the RM had a meeting with an ORV group [in May], which told them they want to access funding for the Rail Trail from the [ATV Association of Manitoba]. But the thing is they didn’t have to change the bylaw to do that because there are other places where trails can be developed for ORVs, not this particular trail that already has a bylaw covering it as an active trail and that prohibits motorized vehicles on it except for snowmobiles in the winter.”

In addition to ATAC opposing ORVs on the Rail Trail, some residents and resident groups don’t want to see ATVs or other motorized vehicles on the trail.

Camp Morton-area resident Steve Peltier wrote to council and interim CAO Jim Fenske expressing his concern with the new bylaw that will make the Rail Trail an ORV trail. He shared his letter with the *Express*.

He and other residents in the Lake Forest Estates subdivision and people who are part of the subdivision’s residents’ association “do not support” and “do not want” ORVs on the Rail Trail, which runs past their homes, he said.

Council’s new bylaw introduced in May came with “no prior public notice” yet became a draft proposal, which he feels goes against council’s code of ethics, he said. Although allowing ORVs on the Rail Trail will be to the detriment of those residents who oppose them, it may benefit businesses in the local area that sell and service ORVs.

“It is quite obvious that a change such as this would most certainly have a financial impact of some businesses within the community more than others, including the sales and servicing of any offroad vehicles,” wrote Peltier. “However, this submission appears to be a repeat of similar denied requests brought forward to a number of past Gimli councils, all which agreed on those occasions that this change does not serve the best interests of the Gimli community as a whole. It has also been recognized in the past that by allowing off road vehicles on this trail in no way supports any effort on the part of the RM of Gimli to encourage an eco-friendly approach to active transportation for community members or area tourism in general.”

Resident Judy Inglis, who said she uses the Rail Trail regularly, sent a submission to council registering opposition to allowing ORVs on it. She

noted that the Trans Canada Trail’s gifting agreement with the RM “does not endorse any form of motorized activity” in the summer months.

“All surveys, consultants reports and public consultations that have been done since decommissioning the rail line have indicated that the majority of residents clearly support the development and use of the Rails to Trails for active transportation only,” Inglis wrote. “This was imbedded in the Traffic Bylaw in 2019. We see absolutely no reason or rationale for changing this in 2024.”

The intent of active transportation trails is to encourage residents to pursue physical activity, minimize pollution and preserve the environment, among other things, and ORVs “compromise all of these objectives,” she wrote. ORVs will deter pedestrian users, cause noise pollution and negatively affect soils, vegetation, watersheds, water quality, air quality and wildlife habitats.

“The Rails to Trails is regularly used by walkers, runners and cyclists. It is a safe, accessible and peaceful place for children, pets and older adults,” wrote Inglis. “It’s not uncommon to see multigenerational groups out for a walk and cyclists using it as a route to and from town. It’s a unique asset to the RM used by tourists and permanent residents, and should be further developed, enhanced and promoted as a green corridor for active transit.”

Interlake Offroad Club (IOC) president Calvin Sedleski said he and other ATV supporters attended council’s Sept. 11 meeting. The meeting also saw active trails supporters attending and residents attending for other matters.

Sedleski, who served a term on ATAC, said the IOC wants to see the Rail Trail become a multi-use trail that would include ORVs. That’s defined in IOC’s bylaw as “three or more low-pressure tires.” And the IOC wants to use funding that’s available through a Manitoba Public Insurance (MPI) program to develop the Rail Trail for ORVs and resident safety.

That funding would go towards maintenance of the trail, the installation of bridges over sensitive habitat such as garter snake dens, the erection of signage, ORV speed limits and driver safety and etiquette courses.

“As of this year, Manitoba Public Insurance is adding \$25 to all registered ORVs in Manitoba and giving a portion of the money to the ATV Association of Manitoba, which is our governing body, to disburse to the [ORV] clubs which maintain trails, offer safety courses and development connectivity. We just received a little bit of funding for the trails [select trails that permit ORVs] in the RM of Gimli this year.”

The new MPI program would provide funding based on the number of kilometres of trails, and RM of Gimli taxpayers would not be paying to maintain the Rail Trail, he said.

He has spoken with residents along the Rail Trail to understand the issues and knows there are “some bad apples” out there that may not have their ORVs registered and know that they’re not allowed to drive on the trail, he said. Interlake Offroad Club members do not drive on the Rail Trail.

On the other hand, there are ORV drivers who are frustrated by not being allowed on the trail because they want a route to Gimli. The number of ORVs has tripled since the COVID pandemic when people couldn’t travel and there’s a need for a place to ride.

“We’ve talked to many residents up there and they’re frustrated because they’re not allowed to use this corridor to Gimli. Where else would you put ORVs but on a rail bed?” he said. “I have also reached out to the campgrounds up there and their summertime residents would like to use [ORVs on] the Rail Trail and have that connectivity to the communities north and south of them.”

To try to reach a compromise on making the Rail Trail multi-use, Sedleski said the IOC broached the idea of trail-sharing in which ORVs could be restricted to one side of the trail and pedestrians to the other side, like dedicated cycling lanes in the city.

“We’ve said in years past that the Rail Trail is wide enough for a [dedicated ORV] trail on it. But we were told the machines were too loud and people who want to birdwatch don’t want us there,” said Sedleski.

Trails such as the Interlake Pioneer Trail on the west side of the Interlake and trails in Belair on other side of Lake Winnipeg have been successfully made multi-use trails that support a range of users including pedestrians and ORVs.

And the IOC could easily reach out to its members and advise them to abstain from using the Rail Trail if special events are planned. For example, Belair’s ORV club has alerted its members when horseback riding is scheduled for their trail.

As far as speed limits go, Sedleski said if Gimli council’s new bylaw is passed, the IOC would assess the entire length of the trail and determine which parts of it would require slower speeds (through subdivisions) and which parts (open areas) could sustain higher speeds. Then the club would put up speed signs.

“The biggest thing would be the education piece,” he said. “If coun-



# Aviation enthusiast flies high with Lindy Award

By Patricia Barrett

A former Stonewall resident with plane-building knowhow brought home an aviation award after his aircraft caught the eye of judges at the Experimental Aircraft Association's fly-in show in July in Oshkosh, Wis.

George Huntington, who is a retired aircraft maintenance engineer, built his plane from scratch using raw materials such as aluminum sheet metal for the wings and steel tubing for the fuselage.

With his engineering background, Huntington built a Bearhawk model four-place plane that's called a tail-dragger because it has a third wheel on the tail. The plane can carry four people, has a Lycoming engine with 260 horsepower, a wingspan of 36 feet, an empty weight of 1,532 pounds, a gross weight of 2,500 pounds, a cruising speed of about 135 miles per hour on 50 per cent power, about 145 miles per hour at normal cruise speed (but burning more fuel) and a landing speed of 60 miles per hour. It has about an 800-mile range on 50 per cent power.

"When I was a little kid, I always wanted to build an airplane," said Huntington, who now lives in Garson, west of Beausejour. "So, finally, years later I've completed it."

Huntington said he and his friends started building the plane in June 2005 when he was living in Stonewall. Because of job commitments, which included moving to Minnesota in the U.S., he completed the plane 17 years later. He also used to carry out structural repairs of glider aircraft for the military's Gimli Air Cadets program.

Scratch-building your own aircraft takes time and commitment, according to a Bearhawk forum where builders can get advice from others.



Huntington with his Lindy Award, which is named after American aviator Charles Lindbergh.

It can typically take seven to 10 years to build a plane to your own specifications. Some people may be able to complete the job faster depending on how much free time they have or how many extra hands they have to help out.

"The federal government labels these aircraft amateur built and they'll come out and look at your plane before you close everything up and then again when it's ready to fly," said Huntington, "They want to make sure things are done according to the standards."

With a private pilot's licence he earned in 1977, Huntington flies his plane across the Interlake and be-



EXPRESS PHOTOS COURTESY OF GEORGE HUNTINGTON

Former Stonewall resident George Huntington was honoured with a Lindy Award for his scratch-built Bearhawk airplane at the Experimental Aircraft Association's fly-in show in Oshkosh, Wis., in July. The award is named after American aviator Charles Lindbergh. Huntington's Bearhawk airplane at the Oshkosh show.

yond.

In July he flew the plane to Oshkosh, Wis., for the EAA's AirVenture fly-in conference, which featured air shows, plane rides, different types of aircraft ranging from antique to contemporary, events for children and awards. It drew about 650,000 people.

Huntington said he registered the plane and put a sign on its propeller, inviting EAA judges to consider it for an award. One of the awards is called the Lindy, named after American aviator Charles Lindbergh. Lindbergh was the first person to fly alone across the Atlantic in 1927 in a plane called the Spirit of St. Louis.

Lindy Awards are given out in six categories: homebuilts, warbirds, vintage, rotorcraft, ultralights and seaplanes. EAA judges look for the quality of craftsmanship, functionality and appearance of the aircraft, among other factors.

Huntington was handed a bronze Lindy trophy and bragging rights in the homebuilt category after 14 judges signed off on his Bearhawk.

Planes are what brings together the EAA's aviation enthusiasts from aircraft-related industries such as commercial and recreational flying, building, and restoration and maintenance. The EAA is a non-profit organization that was founded in 1953 in Milwaukee, Wis., by a group of people interested in building their own planes, according to its website.

The organization brings together



Judges signed off on Huntington's plane for quality workmanship and aesthetics among other things.

people with interests in antique aircraft (built before Sept. 1, 1945), classics (after Sept. 1, 1945, to 1955), warbirds, aerobatic aircraft, ultralights (defined in the U.S. as a one-seater with a maximum empty weight of 254 pounds powered and 155 pounds unpowered), helicopters and contemporary aircraft (1956-1970). EAA supports and promotes aviation through its AirVenture events and offers the public opportunities to experience flight. For instance, the EAA took its Second World War B-17 bomber called the Aluminum Overcast — it almost saw action in the war — on tour, with a stop in Gimli in 2016.

Huntington's winning aircraft is just one of four that he and three other



The plane under construction.

Continued on page 12



# Spiced Pineapple Skewers



Total time: 30 minutes  
 Servings: 4  
 8-10 stainless steel or wooden skewers  
 16 ounces pineapple,  
 1 1/2 pounds Kretschmar Spiced Pineapple Ham  
 1/2 cup Hawaiian-style barbecue sauce  
 1 green bell pepper  
 1 red bell pepper  
 1 small red onion  
 1/4 cup canola oil  
 1 teaspoon salt  
 black pepper, to taste  
 oil, for grates  
 Prepare skewers. If using wooden skewers, soak in water 30 minutes.  
 Heat grill to 300 F.

Trim and cut pineapple and ham steak into 1-inch cubes, 1/2-inch thick, and lay on paper towel to pat dry before placing in mixing bowl. Add barbecue sauce to bowl. Toss to combine.

Cut bell peppers and red onion into equal-sized, 1-inch cubes. Place in small bowl and coat with canola oil, salt and black pepper, to taste.

To assemble skewers: Alternate threading ham, pineapple, bell peppers and onion onto skewers then place on baking sheet.

Using paper towel, apply oil to grill grates or grill pan then place skewers on grill uncovered, turning every few minutes until charred, no longer than 6-7 minutes.

## > DIET, FROM PG. 9

perimenopausal symptoms, promoting a good night's sleep.

Lastly, cardiovascular health should always be a priority, and the risk of cardiovascular disease rises as estrogen levels decline. Cue fibre, once again! Beans are high in fibre and have been proven to lower cholesterol levels, supporting great heart health.

Do you want to discuss your nutrition questions, fitness goals and struggles with me? Visit my website [www.juliegermaine.com](http://www.juliegermaine.com) or schedule a consult by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

*Coach Julie Germaine Coram is dedicated to long-life health. She is an active mom, registered personal trainer, a 2x pro fitness champion, certified nutrition expert & fitness specialist. She has helped many thousands of people worldwide improve their health since 2005.*

## > AVIATION, FROM PG. 11



The flight instrument panel at just over 1,800 feet.

people constructed. Two of the planes are flying and one is almost ready to fly.

"We started out with four people but one guy dropped out and we wound up with an extra airplane. We had already started it, and there was no sense in having a half-finished airplane and all the raw materials, so we just kept building the extra one," he said.

Huntington's plane is based at the Oak Hammock Air Park off Highway 67. He flies in all four seasons and can put floats or skis on the plane so that he can land on lakes. He also takes his family on air trips or to fly-ins — the equivalent of car shows — where people can show off their "hot" planes, mingle with other aviation enthusiasts and enjoy a day out.

"Last weekend I picked up my grandkids, Colton and Evy, at a landing strip just east of Teulon and flew them to our landing strip at Seven Sisters," he said. "On Saturday I flew them into Oak Hammock to attend the fly-in."

For more information about the Experimental Aircraft Association, visit [www.eaa.org](http://www.eaa.org)



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# King Charles III coins at annual Coin Club show Sept. 28 and 29

Fifteen vendors and 28 tables of coinage, bills, historic and foreign coins

Submitted by Larry Dalman

The Manitoba Coin Club will host their annual Coin, Stamp & Collectibles Show on Saturday and Sunday at the Access Centre in West St. Paul on Sept. 28 and 29, with doors opening at 10 a.m. The Royal Canadian Mint will attend from 10 a.m. to 2 p.m. for a coin exchange (2024 Canada \$1 Birth of L. M. Montgomery 150th Anniversary Colourized Loonie Coin Brilliant Uncirculated).

Make sure to bring your loonies to exchange.

There will be over 15 vendors, with 28 tables of coinage, bills, historic and foreign coins and many other items.

This year will mark one of the greatest changes in Canadian money. We will see a new Monarch, King Charles III, replacing his Mother, Queen Elizabeth II, who reigned for 70 years. The new coins will feature King Charles III.

It was not until 1908 that Canada opened the Royal Canadian Mint in Ottawa and no longer had to rely on its coinage being made in England and sent via ships. The very first coin struck was the 50-cent piece made of 92.5 per cent silver (218,119 minted) and struck by the governor general on the day. This coin today is valued at \$16 to \$5,700, depending on its quality.

In 1975, the Royal Canadian Mint Winnipeg opened and became the supplier of all circulating currency for Canada. The Ottawa branch makes proof, specimen and uncirculated sets and silver and gold collector coins.

Since its opening in 1908, the Royal Canadian



EXPRESS PHOTOS SUBMITTED

The Royal Canadian Mint will attend the annual Manitoba Coin, Stamp & Collectible Show in West St. Paul from 10 a.m. to 2 p.m. on Sept. 28 and 29. They will exchange a loonie for an uncirculated L. M. Montgomery 150th Anniversary Colourized Loonie (Brilliant Uncirculated).

Mint has produced coinage and planchets for over 80 countries. As you enter the grounds, those countries' flags are flown at the Royal Canadian Mint in Winnipeg.

Numismatics, the study of coinage and paper currency, has existed for centuries. Millions of individuals from all over the world are involved in this exciting and diverse hobby.

Individuals who attend the show can learn more about our history dating back to the English and French Colonies and the currency used during these periods, including tokens by shopkeepers as currency.

In 1850, the Government of the Province of Canada, as it was known, faced a coin shortage

and passed legislation to create its own mint. The British Government rejected this, but it did allow the Province of Canada. In 1858, the first distinctive Canadian coins, denominated in cents, were produced.

However, for the next 50 years, all coinage was still required to be minted by the Royal Mint in England, and some coinage was minted by Ralph Heaton & Sons, a private Birmingham mint when the Royal Mint was too busy. Their coins had a smaller H.

Also, in Canada, four of our provinces had their own coinage: Newfoundland (1865-1947), New Brunswick (1861 -1864), Nova Scotia (1861-1864) and Nova Scotia (1871). Many of these coins had very low mintage and are highly collectible today.

To learn more and enjoy the day, come out and visit with members of the Manitoba Coin Club. You can learn about collections and find items that might surprise you. If you are interested in adding to an existing collection or want to start an adventure looking and learning more about Canadian history through numismatics, members look forward to sharing their knowledge at the Access Centre on 48 Holland Rd. in West St. Paul on Sept. 28 and 29. Admission is \$5 and free for kids under 12 years.

## Graymont invites applications for the 2024 community-focused Carbon Reduction Fund

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

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- Reducing our carbon footprint through increased energy efficiency
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If you have a project idea that relates to any of these topics, the GCRF is looking for you!

For additional information, please contact Amanda Kelly: [akelly@graymont.com](mailto:akelly@graymont.com)

Applications are due by **October 25th**

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# Sharp shooters compete in annual youth goose shoot



By Jo-Anne Procter

The annual youth goose shoot organized by the Eriksdale Game and Fish Club brought together 32 eager shooters, each ready to prove their skills in friendly competition last weekend.

The youth participated in two rounds of trap shooting at the Lunder Trap Club on Saturday and hit the fields with their mentors before dawn on Sunday morning.

The first-place team racked up an impressive 246 points, which earned each of them a Winchester pump 12-gauge shotgun. The second-place team scored 172 points and won Pur-

suit 20-60x60 Spotting Scopes. Meanwhile, the third-place team scored 160 points and won blind chairs.

The youth hunters participating in the club's annual event range from ages 12 to 17 years. Each shooter comes prepared with valid hunter safety accreditation and hunting licences, which ensures hunters understand both the responsibility of hunting and the importance of safety and also adhere to regulations that protect wildlife and promote ethical hunting practices. Every bird harvested is intended for consumption, emphasizing respect for nature's resources.



EXPRESS PHOTOS BY AARON FORSYTH

Eriksdale Game and Fish Club Youth Goose Shoot winners, pictured clockwise from top left, left to right: first place - Carter Sweetland, Jayden Dyck, Cole Lindell and Jayden Cramp; second place - Eric Lloyd, Axel Malcolm, Holden Bieri and Joey Desjarlais; and third place - Graide Bieri, Colin Cramp, Easton Dent and Bernie Cronjje.

## > RAIL TRAIL, FROM PG. 10

cil's new bylaw gets implemented, we would offer sessions at the start of the year on driving etiquette because there hasn't been any of that. Our club is sending its riders to safety courses this year and next year. We can incorporate safety training into the funding we get from Manitoba Public Insurance."

As far as enforcement would go, Sedleski said safety rules, signs and responsible ORV drivers on the trail would weed out bad drivers.

"When you put good drivers on the trail, it will limit the bad drivers. Everybody has a camera and a lot of the cowboys won't go on the trail because they know they'll get caught," said Sedleski.

The IOC is planning to send another delegation to council in order to make people aware of what the club's intentions are with regard to developing the Rail Trail and making it safe for everyone.

Gimli Coun. Thora Palson spoke with the Express about the new bylaw to allow ORVs on the Rail Trail.

When asked why council didn't consult residents living along the Rail Trail about its proposal to allow ORVs on it before the creation of the new traffic bylaw, Palson said she has been considering the views of proponents on both sides of the ORV de-

bate, including the ATAC, and has yet to respond to about 15 people who reached out to her by email to express their concerns.

She said there was no second and third reading of the new traffic bylaw scheduled for the Sept. 11 meeting. That will be scheduled for a future date.

In the meantime, there will be an open house in October and residents are invited broach their concerns on various RM matters, including the potential change to the Rail Trail.

"There will be an open house on Oct. 12 for residents, and they can ask questions and share feedback on any municipal issue," she said.

With regard to the ATAC delegation not being allowed to ask council questions, Palson said the format of a delegation is for presentations rather than for open dialogue. Public hearings, on the other hand, are structured in such a way that require questions and answers.

That said, she's not altogether happy about the way council meetings have been structured with in-camera sessions coming at the end of the public portion of the meeting and residents are asked to leave council chambers. Residents are, however, free to ask questions after in-camera sessions end and the council meeting is declared officially over.

"The mayor said questions can be asked after the meeting, but that would make it a long meeting,"



EXPRESS FILE PHOTO BY PATRICIA BARRETT

An ATV driver is shown on the Rail Trail. Offroad vehicles are currently not allowed on the trail.

said Palson. "We used to do in-camera before a council meeting but now we do it at the end. This does create a barrier in a sense. I liked it better the other way around. I'm not really thrilled about the format. I think questions are good."



# Manitoba Camera Club looking for rural members

By Lorne Stelmach

The Manitoba Camera Club may be based in Winnipeg, but it is aiming to expand its reach and connect with more photographers in rural Manitoba.

The group does have a few members from rural centres like Brandon and Portage but would like to bring in more from such regions as the Interlake area.

With the increased use of Zoom during the pandemic, the club sees the potential to reach even more members and help them grow and enhance their photography skills.

"This opens the door for individuals of all skill levels and interests to join the premier camera club in the province and become an integral part of our vibrant community," said president Kayla Gordon, who added "what was started as a temporary measure during the pandemic has now blossomed into a huge opportunity for all photographers."

"I would think there is a lot of potential for members from rural Manitoba. I certainly hope so," said membership chair Wayne Adams.

Adams observed that going to Zoom had both pros and cons for the club.

"One of the advantages was that when we had subject matter and photography experts, we were pretty much confined to local people in the city ... but when we went to Zoom, we could have speakers from anywhere, and, in fact, last year we had speakers from across the country.

"So that opened things up in terms of presenters. It also meant that we no longer had a physical facility to pay for, so our membership fees were basically cut in half," he added, noting the fee went from \$100 to \$50.

"Also, we started getting people joining from elsewhere. We had somebody who lives in Toronto who's a member; we had someone in London, Ontario," he said. "It got our attention ... maybe we need to get the word out a little more and make sure people know what we're about and what we're offering.

"There's all these professional photographers who are potential presenters. There's also more competition because there's other clubs across the country that are wanting their time ... so we also need more membership to cover the cost of these things."

Adams stressed they are open to people of all skill levels, including beginners, and they continue to do events both online and in person.

"One of the negatives about going to Zoom was that people liked the fact that they could get together ... so that was one of the downsides," he said. "We also do have field trips as well. We've had field trips, for example, to the Corn and Apple Festival and things like that ... the Morris Stampede."

He sees the club as offering a great opportunity for people to learn and grow their skills through such things as monthly competitions where they can hear feedback on their photogra-



EXPRESS PHOTO BY JEAN MCMANUS

The Manitoba Camera Club is reaching out to photography buffs across the province in the hopes of growing its membership more beyond Winnipeg.

phy.

"I know in my case it certainly made me pay attention to certain things in my photographic skills," Adams said. "I've certainly improved because of it."

"It has been a tremendous experience to take in national and international speakers on a variety of photography subjects from the comfort of my home," said Carberry resident Isabel Wolinsky, who has been a member for about a year and loves it. "Every

week I am learning something new. That excitement shows up directly in my images."

"Our club is a diverse group of photographers, ranging from amateur to professional who support and encourage each other," said Anita Vermaak, a member from Brandon.

For more information, you can go online to [www.manitobacameraclub.com](http://www.manitobacameraclub.com).

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# Experience Slavic tales at Birds Hill Park Sept. 22-28

By E Antonio

Sept. 22-28 is National Forest Week. Hosted by the Canadian Institute of Forestry (CIF) to celebrate, educate and raise awareness about Canada's forest heritage.

"During National Forest Week, Canadians are invited to learn more about Canada's forest heritage and to raise awareness about this valuable and renewable resource. Forests are fundamental to our economy, culture, traditions and history — and to our future," explained Rachel Brown, communications manager of CIF.

National Forest Week was established in 1920 as Forest Fire Prevention Week to increase public awareness about Canadian forests. Brown explained that during National Forest Week's debut, the only threat to forests was from fires, primarily caused by humans.

"Since then, National Forest Week, as it was renamed in 1967, has evolved to encompass the many and varied human and environmental aspects of Canada's forest resources," said Brown. She added that National Forest Week's goal is to educate Canadians on the value of forest heritage and gain recognition of the valuable resources that forests provide.

In honour of National Forest Week, CIF will host two public events at Birds Hill Provincial Park related to the National Forest Week 2024 theme, Two-Eyed Seeing.

"Originally introduced by Mi'kmaq Elder Albert Marshall, 'Etuaptmumk' is a Mi'kmaq word meaning 'Two-Eyed Seeing.' This teaching suggests that with one eye, we observe the world through Indigenous ways



The CIF will be hosting two Slavic storytelling events at Birds Hill Provincial Park Sept. 22 and 27, hosted by local arborist Guy Shelemy.

of knowing, while with the other, we look through Eurocentric viewpoints," Brown explained.

Two-Eyed Seeing combines traditional knowledge and western science to create intercultural collaboration.

"Two-Eyed Seeing offers us the gift of multiple viewpoints," Brown added. When integrating multiple points of view, there is a higher chance of achieving a positive outcome.

National Forest Week will specifically focus on the Two-Eyed Seeing knowledge of sustaining forestry.

"Through mutual respect and collaboration, we can learn how to implement Indigenous knowledge and traditions with western science to sustain healthy forests for future generations," Brown said. She added that through collaboration, we can better

Continued on page 19



EXPRESS PHOTOS SUBMITTED

Join the Canadian Institute of Forestry in celebrating National Forest Week Sept. 22-28.

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## Teulon Pumpkinfest 2024

Saturday, Sept 21, 9-4, Teulon Hall

**Red River Co-Op Mainstage**

- 8:30-9:30 am // Ag Fair Registration
- 9:00-10:30 am // Pancake Breakfast
- 9:30 am // Singers Lori Benn & Garreth McNichol-Briggs
- 10:00 am // Prairie Wildlife Rehabilitation Centre
- 11:00 am // Fubuki Daiko
- 12:00 pm // Awards, Speeches & Teulon Ag. Society 100th Year Acknowledgement
- 12:15 pm // Cutest Baby Contest
- 12:30 pm // Ukrainian Dancers
- 1:15 pm // Flying Lion Dance Troupe
- 2:15 pm // Quarry Choristers
- 3:00 pm // Sarah Teakle's Fabulous Circus Show
- 3:30 pm // Silent Auction Prizes Announced

**Access Credit Union Activity Tent**

- 9:00 am-4:00 pm // Childrens Crafts
- 9:30 am // Diamond Disc Dog Show #1
- 10:00 am-3:00 pm // Face Painters
- 10:00 am-12:00 pm // Slime Making
- 11:30 am // Diamond Disc Dog Show #2
- 1:00 pm // Pie Eating Contest
- 2:00-2:30 pm // Sarah Teakle's Fabulous Circus Workshop
- 3:00 pm // Lady Lorelai Pumpkin Henna Doodle Make and Take

**Charison's Turkey Hatchery Grandstand**

10:30 am // Largest Pumpkin Weigh Off

**ALL DAY EVENTS**

- Petting Zoo
- Farmers Market
- Fair Competition
- Food Trucks
- Duck Dump
- Lions Canteen
- Pottery Throwing Demo
- Axe Throwing
- Face Painting
- Kids Crafts
- Henna Tattoos
- Carnival Games
- Lions Train
- Fall Family Photos
- Pumpkin Carver
- Silent Auction
- Fiber looming Demo

**IMPORTANT INFORMATION**

The Access CU Activity Tent is located across the street from the hall (directly North), in the Teulon Elementary School playground. Please use the designated crosswalk to access this area.

**\$5 admission, \$20/family, free under 2 yrs**

[www.teulonpumpkinfest.com](http://www.teulonpumpkinfest.com)



# Pump failures at Gimli pool require re-allocation of money budgeted for heater

By Patricia Barrett

After experiencing a number of changes at the senior management level since the new iteration of council assumed power in 2022, the RM of Gimli is on the lookout for a permanent chief administrative officer, as well as a communications/executive assistant.

The RM posted the top job several weeks ago and may start a review of applications this week.

The CAO manages the operations of the municipality, oversees more than 100 employees, provides advice to council regarding their legislative responsibilities and provides leadership and guidance to the senior management team, among other duties. The position works closely with the mayor.

The RM hired interim CAO Jim Fenske in early July after former CAO Kelly Cosgrove decided to step down and take on the role of assistant CAO.

The assistant CAO position had been left vacant by Kristin Strachan, who resigned earlier this year. The municipality saw assistant CAO Doreen Steg resign in 2023 and take a job in finance.

The RM is also wanting to hire an executive assistant/communications officer, a new position that will be responsible for providing the CAO with assistance and administrative support. Administrative support will include preparing council meeting packages, council briefs, taking minutes, undertaking research and preparing reports. The communications part of the job entails serving as a point person for media inquiries, developing communication plans and managing the RM's website.

Applicants for both positions will remain open but a review of any applications submitted was scheduled to begin last week.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Gimli pool seen in 2018. The pool has structural issues that are causing the pumps to constantly fail. The two water slides, spray features, vortex pool and circulation depend on the operation of the pumps.

### OTHER COUNCIL NEWS:

- Gimli's outdoor swimming pool has structural issues that are

Continued on page 19

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## > FOREST, FROM PG. 17

fight forest challenges like wildfires and pest control.

You can join the CIF in celebrating National Forest Week with their two Forest Theatre events at Birds Hill Provincial Park on Sept. 22 and 27.

The Forest Encounters are supposed to be both educational and entertaining and are best suited for individuals six years of age or older.

On Sept. 22, from 1 to 2:30 p.m., pay a visit to the Kudlowich Homestead for a sharing of Forest Encounters: The Seen and Unseen Worlds of Slavic Living Nature.

In this theatrical experience, discover what the Last Rural Forester finds in both the seen and unseen world of the Slavic living nature. From the event's description, "Living nature is a constant drama of interdependent relationships within the forest."

Slavic wisdom is typically shared through oral tradition. You can be one

of the first people to hear the Last Rural Forester's story of his family's origins in a village that was lost to war. The story claims it may change your perception of the forest.

For Sunday's event, Brown asks you to park along South Drive as the parking lot near Kudlowich Homestead is reserved for those with mobility issues, so please expect a few-minute walk to reach the site.

The second event of National Forest Week Birds Hill Provincial Park's interpretation series is Slavic Campfire Tales: An Evening Encounter with the Unseen Forest on Sept. 27 from 7 to 8:30 p.m. at the Campfire Amphitheatre. Sit back and try to relax as you listen to the eerie tales provided by the Last Forester. Brown warns you that you may see Lysovik, the Guardian of the Forest Realm, peering in on your campfire session.

"[Lysovik] embodies the energetic balance and harmony of the forest ecosystem. Given the pervasive pres-

ence of forests in the lives of the early Slavic populations, their protector played a significant role in folklore. Hunters, warriors, woodsmen and travellers have often led astray or bewildered by sounds in the woods, leading to the emergence of the Lysovik as a central figure in these narratives," Brown explained.

For Friday evening, Brown encourages you to bring a flashlight, as you will be required to walk along a dimly lit gravel path. Parking is available at the campground store or along the road near the amphitheatre.

Brown also recommends bringing a lawn chair to both of National Forest Week's events as limited pre-built seating options will be available.

Local arborist and CIF Manitoba member Guy Shelemy will lead both of the Birds Hill Provincial Park National Forest Week sessions.

Shelemy explained that Slavic mythology typically lacks primary sources due to its oral tradition roots.

"My perception of Slavic forest wisdom has been shaped by my grandfather who emigrated from a close region of Ukraine and time period as Lesia Ukrainka. As my research of forest ecology increases and I'm researching Slavic archives for my book on rural forestry, patterns and similarities have become clearer," said Shelemy.

A valid provincial park pass must be purchased and displayed on all vehicle dashboards while in Birds Hill Provincial Park. You can buy your park pass online at [www.manitoba-licensing.ca/licensing.page](http://www.manitoba-licensing.ca/licensing.page) or by visiting the Birds Hill campground office. Brown also notes that these events have been incorporated into Birds Hill Provincial Park's regular park interpreter program, which is led by park interpreters to educate park-goers about a variety of topics.

Visit the CIF website, [www.cif-afc.org](http://www.cif-afc.org), to learn more about National Forest Week and CIF.

## > HEATER, FROM PG. 18

causing constant pump failures. The two water slides, spray features, vortex pool and circulation depend on the pumps.

The failure of the pumps is being caused by water infiltration and the RM is proposing to have them moved to a higher position.

"Water damage to the pumps has resulted in the pumps seizing and requiring replacement," states a formal request for a council decision presented at council's regular meeting on Sept. 11.

The pumps will need to be replumbed to eliminate contact with rainwater.

The plan is to use funds in the amount of \$40,000 that had already been allocated to the replacement of the pool's heater for the circulation pumps.

The RM plans to replace the pool's heater within the next five years.

The roof of the Gimli Recreation Centre will be fixed to stop major leaking throughout the facility. The tender was advertised on MERX and the RM's website and three complete proposals were reviewed. Council awarded the tender to Sky City Roofing for \$318,484.34.

The Gimli Community Development Corporation produced two sets of minutes (May and June 2024) after several months of not publishing any minutes. The May and June minutes were appended to council's Sept. 11 agenda.

The financial status of the CDC was reported to be \$143,835.97 as of April 30, 2024, according to the May 6, 2024, CDC board meeting minutes.

The financial status was updated in

June and reported as \$80,471.30 for business essentials and \$92,974.70 for ultimate savings, according to the June 4, 2024, CDC board meeting minutes.

The CDC landed in the hot seat this year after Gimli Coun. Andy Damm blew the whistle on management issues and significant financial losses since 2019 of just under \$1 million (see April 25 online edition of the *Express Weekly News*).

The CDC held an AGM on July 3 at which it presented a document titled "Plan 2024, a plan for the CDC to help the RM of Gimli achieve profitability of the Gimli Industrial Park, training center [stet] and facilities and economic, social and community returns." The CDC did not present a budget or disclose its financial position at the AGM.

The CDC held a meeting with its sole shareholder — the RM of Gimli — on Aug. 27. The *Express* reached out to the RM for information on whether the RM had accepted the CDC's plan and requested a copy of the resolution either adopting or rejecting it, what the current financial status of the corporation currently is, who currently sits on the board as the CDC's website lacks updated information and what the RM's future intention is with regard to the CDC.

Interim CAO Jim Fenske said: "Any further questions with respect to the CDC meeting should be addressed to the CDC to the appropriate authority."

The *Express* sent a request to the CDC.

Council reviewed a request to rezone a parcel of land from part residential single-family and part agricultural limited to commercial highway zone to accommodate the expansion of Parkside Machine & Service on Gimli Park Road.

The Icelandic Festival of Manitoba formally thanked the municipality for its sponsorship support for the IFM's 135th annual Islendingadagurinn in early August.

"We were bigger and better than ever, with an estimated 25,000 plus attendees during the festival weekend," wrote the IFM in its thank you letter.

The festival included a Viking village, an Icelandic fashion show, running races with 319 participants, a strongman competition, a parade and an Icelandic cultural program. Special guests this year included Iceland's minister of justice Gudrun Hafsteinsdottir, Ambassador to Canada Hlynur Gudjonsson, Consul General of Iceland Vilhjalmur Wium, Manitoba Lt.-Gov. Anita Neville and the festival's 2024 Fjallkona, Kerrine Wilson.

In addition to special guests taking part in the festival, the IFM chalked up some impressive digital visits between July 9 and Aug. 7. Its website saw 25,700 users with 110,300 page views. Instagram saw 3,831 followers

reaching 11,800 accounts. Facebook had 11,502 followers, 60,357 post reach and 21,592 post engagement.

"It's one of the most exciting festivals to visit in Manitoba during the summer," said one social media user going by the handle @4joyofmylife. "There's something for everyone: tons of kids' activities, entertainment for adults, food, live music, a parade, art, rides, the lake, fireworks and so much more."

The Gimli Glider Museum asked council for the use of RM land located at the entrance to the Gimli Motorsports Park west of town. The museum wants to use a small area at the entrance to establish a monument to that will pay tribute to Capt. Bob Pearson and First Officer Maurice Quintal for landing a powerless passenger jet on a decommissioned runway at the Gimli Airport on July 23, 1983. The museum said it will maintain the area using funds generated from its endowment fund.

The monument will draw tourists who wish to see the landing area site. The monument is expected to be five feet high and have four sides. The museum is trying to obtain the cockpit of the aircraft.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ouellette three-peats at Wild Rides Cash Days

By Jeremiah Knight

When you're hot, you're hot. And Derek Ouellette has been akin to burning rubber on the track this summer.

The Argyle-based drag racer revved up another win at the Wild Rides Cash Days, held at the Interlake Dragway in Gimli on Aug. 24, marking a clean sweep and three consecutive victories in the eight-second index class.

Ouellette and his 1987 Chevrolet S10 truck, which he modified to include a more powerful eight-cylinder engine eight years ago, bested 26 other racers over five rounds on the 1/8th-mile strip and earned \$2,300 in hard cash for his efforts.

It was a nice addition to his \$2,900 in earnings over the two previous events in June and July. Indeed, it's been a profitable summer for Ouellette. Of even greater importance, his three victories were the first three wins of his career.

"It was exciting. You go so long without winning any events and you just take it round by round and it's exciting to get to the finals and actually win these things," Ouellette said.

The 28-year-old, who grew up in Alberta and moved to Manitoba in 2009, has drag raced casually for the better part of the last decade. His interest in the niche sport stems from exactly where you'd think — he likes to go fast.

"One day, a couple of buddies just decided, let's go to the drag strip and see what happens. And then you kind of get hooked on it and these events that they're throwing now, they're right up my alley. It's a good fit for my



Argyle's Derek Ouellette made a clean sweep on Aug. 24, winning three consecutive victories in the eight-second index class.

truck," Ouellette said.

"I have a buddy with a similar vehicle and we've just built them, we've both swapped them to V8s and it's just one of those things where you like to go fast and it's probably best to do it at the drag strip."

The eight-second index class challenges racers to be the first one to reach the finish line, with the caveat being that the winner can not cross in faster than eight seconds. Ouellette, whose truck will reach 144 km/hour in the 1/8th mile race, said winning often comes down to reaction time and a consistent driver who knows how hard to push their vehicle and test the eight-second limit.



EXPRESS PHOTOS SUBMITTED

Ouellette and his 1987 Chevrolet S10 truck raced in the Wild Rides Cash Days, held at the Interlake Dragway in Gimli on Aug. 24.

Ouellette said he's noticed that the numbers in drag racing have dwindled in recent years, with more people interested in showing up to a periodical event like the Wild Rides Cash Days rather than a weekly or bi-weekly event that counts toward crowning a season-long champion.

The Interlake Dragway extended its longtime partnership with International Hot Rod Association earlier this year, permitting sanctioned drag races to continue at the track. Races are held on weekends throughout the summer.

"I think it's definitely kind of dwindling. The numbers are definitely going down for drag racing but the

events like these bring the other people that aren't there every weekend," he said. "There's a lot of guys that are there but these events kind of promote to bring other people that don't go there every weekend and aren't interested in doing a whole series of them."

Count Ouellette in that group of more casual racers. He has no plans of ever attending the National Drag Race Championship but is adamant about continuing his run of three years at Wild Rides Cash Days.

His friends are into it, and his family has come to accept his participation in the sport, as well.

"I guess they probably appreciate me do it there than on the street."

## U18AAAF Lightning play pair of exhibition tune-ups

By Kieran Reimer

The U18AAA Female Interlake Lightning hit the ice last weekend for their first games of September.

On Friday, the Lightning played an exhibition game at The Rink against RHA.

RHA's offence took over in the

game, winning 7-1, with Chloe Minkus scoring the lone goal for the Lightning in the loss.

The Lightning were back on the road on Saturday for another exhibition game against the Central Plains Capitals at Stride Place in Portage la Prairie.

The Lightning threw 41 shots at the Capitals goaltender as they trailed 2-1 late in the third.

The Capitals added an empty netter to win the game while only recording 12 shots.

The Lightning's lone goal came from rookie Keira Pattie, scor-

ing her first in a U18 Lightning uniform off a redirected Georgia O'Neill point shot.

Their next game will be Friday, Sept. 20, against the Westman Wildcats at 2 p.m. at Stride Place.



# sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Adventurous Emms on top of the podium at Canada 55-plus Games

By Jeremiah Knight

Gail Emms promised herself to try something new every year when she retired seven years ago.

That included donating blood for the first time, attending a Rolling Stones concert — a bucket list item — learning to play pickleball, and snowbirding to warmer parts every winter, among other exciting endeavours.

Safe to say, it had already been a busy and fruitful retirement for the longtime Gimli resident, but there's no doubt her latest achievement will go down as one of her proudest.

Competing on the national stage for the first time, Emms, 64, won three medals on the track at the Canada 55-plus Games, a multidisciplinary event held in Quebec City last month.

While Emms maintained the weekend was an unqualified success, it was filled with emotional highs and lows.

It started in the 100-metre sprint, which yielded her a bronze medal.

"That was such a relief to get that one under my belt," said Emms, who ran in the 60-64-year-old category.

She encored with a gold medal in the 400m race.

"And then the pressure was off."

Before Emms could get too high on her horse, she was humbled by a fourth-place finish in the 200m event.

Finally was the 800m run, in which Emms gutted out a silver medal. It was the most satisfying piece of hardware she collected on this trip.

"I'm just so happy with my time. I beat my personal best by over 18 seconds on that run," said Emms.

"When I run, I just run down a gravel road so obviously I don't have a good track. Yes, the track was amazing, but also with the 800, it was the only race that we ran with other age groups (due to low participation



Gail Emms returned home with three medals for her efforts at the Canada 55-plus Games in Quebec City last month.

numbers). I knew that one of those people was definitely in our younger group and I thought, 'If I can just stay in this top four, I can get something' so I just kept up," she continued.

"I went into the Games, I guess I didn't want to be disappointed so I thought, 'Well, if I can get one medal, hey, that's great,' but three of my races I had personal bests on and just the way I pushed myself in that 800 metre, yeah, you can do a lot of stuff when you need to."

Indeed, three out of four ain't a bad result for someone who hadn't run track since high school. It was an even greater accomplishment for someone who needed to overcome a few injury setbacks during her training.

While Emms continues to ride the high from her sensational performance, a decision on whether to participate in the World 55-plus Games



EXPRESS PHOTOS SUBMITTED

Gimli's Gail Emms, 64, won gold in the 400-metre race. It was the second of three medals for the Gimli resident at the Canada 55-plus Games.

in Florida next spring looms in the back of her mind.

Emms said she'll continue to weigh her options but admitted she's concerned about whether she'll be able to keep up against some stiff competition on the world stage.

"We'd be in the state (snowbirding), but I haven't made a commitment yet," Emms said. "I've got to think about this because people that run in there, they're anywhere from recreational athletes to former Olympians.

"I haven't taken it off the table so we'll see."

Emms, who qualified for the Canada 55-plus Games in 2022 but couldn't compete due to a schedule conflict, planned on this being her only trip to

the national event, but said that may have changed with the next event set to be held in Manitoba in 2026.

Though it wouldn't be another new endeavour in her retired life, it may be too convenient of an opportunity for her to pass up.

She also knows it would once again be a weekend to remember.

"It was so amazing. We started off with opening ceremonies. We marched in by province, we got to wear the buffalo on our back. The other thing is, you meet so many great people, both from Manitoba and all over Canada, and you find a connection with them," Emms said.

"It was great. I highly recommend it."

## Storm FC clutch in season finale, earn final playoff spot

By Kieran Reimer

Storm FC's playoff hopes came down to their final game of the regular season on Sunday night.

Storm FC entered the match needing a win to secure the sixth and final playoff spot in the Manitoba Major Soccer League Division 5.

Taking on fourth-place Borderless Ballers FC, Storm FC's offence took over, scoring five goals in the match to tie their season high.

Storm FC remained sound on the

defensive side, limiting the Borderless Ballers' second-ranked offence to a single goal. Storm FC won 5-1 and earned the final spot in the playoffs.

The crucial win caps off a five-match stretch in which Storm FC scored 12 of a possible 15 points in their final five matches of the season.

Just four weeks ago, Storm FC was on the outside looking in from eighth place and desperately needed wins to make a late push.

With their recent play, Storm FC is

entering the playoffs as one of the hottest clubs in the league. The offence and the defence are playing their best soccer of the season.

As the last team to get into the playoffs, Storm FC will have the toughest route to the championship. In single-elimination play, they will need to win three straight matches against clubs ranked higher than them in the standings.

Their round-one matchup will be against the third-place team, BFR AC,

which has lost only twice this season.

The top two clubs, currently Akal FC and Shut the FA Cup, both receive byes to the semi-finals, where they await the winners of the three-vs.-six and four-vs.-five games.

Storm FC's round one match will be on Tuesday, Sept. 17. The time and location are TBD.

Due to our press schedule, the final score was unavailable.



# Thunder Varsity team staying fresh with intersquad game

By Kieran Reimer

The Crunchers were the only Interlake Thunder club in league action over the weekend.

The Thunder were on the road Saturday at East Side Eagles Football Club, still seeking their first win of the season after last week's one-score loss.

On Saturday the team struggled to play up to last week's level against a well-rounded Eagles Cruncher squad.

The Thunder went on to be shutout 36-0 in the game, as the Eagle's offence was able to break through.

"Our offence struggled against a very strong defence, and our defence kept it somewhat respectable against a very strong offence," said head coach Kyle Kauk.

The Crunchers have seven days off to prepare for next Sunday's game against the Transcona Nationals.

The Thunder will be looking for their first win in what will be their fifth game of the Manitoba Minor Football Association season.

Kick-off will go at 4 p.m. on Sunday, Sept. 22 from Transcona Nationals Field.

## PEEWEE

The Pee wee Thunder (0-4) had their first bye week of the MMFA season.

Their next game will be Saturday, Sept. 21 against the St. Vital Mustangs at 1:30 p.m. at St. Vital Mustangs Field

in Winnipeg.

## VARSITY

The Varsity Interlake Thunder (1-0) had the weekend off from league play after last week's dominant 34-12 win over the Falcons Football Club.

Though it may have been a bye week, the Thunder were still in action Saturday afternoon, playing their first in-season intersquad game. The club is looking to stay game-ready during their weeks off.

Due to multiple injuries the team has sustained over the past few weeks, the team ran the game with one offensive team and one defensive team with an alternate points system and drives starting from the 45-yard line at Stonewall Collegiate Field.

After 18 drives, the Thunder offence was declared the winner by a score of 22-18.

Head coach Christoff Hasselfield said the first of multiple intersquad games this season was a successful use of time where otherwise they would have just run practice as usual.

"I thought it was a very useful event," said Hasselfield. "It gave us an opportunity to get a good look at our depth as well as some starters playing in different positions than usual. We definitely saw improvement at the areas we highlighted as needing attention after our game last week. I was very impressed with the



EXPRESS PHOTO BY LANA MEIER

The Thunder's Levi MacMillan carries the ball, while Lincoln Preun and Landon Girard look on.

communication displayed by our defence and I thought running back AJ Nadon, again, was the star of the game turning what should have been negative plays into long runs."

The Thunder return to business as usual this week with two practices ahead of Saturday's 2023 Rural Manitoba Football League championship

rematch against the St. Vital Mustangs.

Both teams enter the game 1-0 on the season and will play each other twice this regular season.

Kick-off will be at 4 p.m. on Saturday, Sept. 21 from the St. Vital Mustangs Field.

# Team East athletics combine for half of region's medals at Games

By Kieran Reimer

Team East Region's athletics competitors found themselves on the podium many times at the 2024 Manitoba Games last week.

Team East won a total of 34 medals in track and field in Dauphin, along with 12 gold medals.

At the top of the list were triple gold medalists Daniel Melnick of Lac Du Bonnet and Quinn Lavoie of West St. Paul in the long-distance runs.

Melnick's golds came in the U16 male 800m, 1200m and cross-country 3km run while Lavoie's came in the U14 female 800m, 1200m and cross-country 2km.

Also winning multiple gold was Pinawa's Mckinnley Boer who won double gold in the U16 male discus and high jump.

Rounding out the gold medals were Oakbank's Mayra Luft in the U14 female standing long jump, Winnipeg Beach's Brayden Zahariuk in the U14 male pentathlon, Team East's U14 female 4x100 relay A-team, and Team East's U14 female medley relay A-team.

Other athletes who made significant contributions to Team East's medal count were Beausejour's Rorie McDonald winning triple silver in the U16 male discus, javelin and shotput, and Beausejour's Alina Wiens also winning triple silver in the U16 female



EXPRESS PHOTO SUBMITTED

Three girls from Arborg competed at the 2024 Manitoba Games last month. Peyton Zubriski won bronze in U14 girls discus, Leah Dudar won gold in the U14 girls cross-country and Molly Timchishen won gold in U14 medley relay and bronze in the 4x100 relay competed.

800m, 1200m and cross-country 3km run.

Rounding out Team East's medallists were East Selkirk's Daniella Paulic, silver in U16 female javelin and bronze in discus; Oakbank's Juliana Reid, bronze in U14 female 1200m and cross-country 2km; Stonewall's Ava Favreau, silver in U16 female high jump; East St. Paul's Anika Ploegman, silver in U14 female standing long jump; St. Andrews' Olivia Sousa, silver in U14 female pentathlon; Arborg's Peyton Zubriski, bronze in U14 female discus; East St. Paul's Violet Kramps, bronze in U16 female javelin; Oakbank's Crew Peters, bronze in U14 female shotput; Beausejour's Scarlett Hyde, bronze in U16 female high jump; Beausejour's Abby Harris, bronze in U14 female 800m; and Winnipeg Beach's Lena Zahariuk, bronze in U16 female pentathlon.

Team East's U16 male medley relay A-team also took silver while the U14 female 4x100 B-team and U16 female medley relay A-team (Adison Kennedy, Alina Wiens, Scarlett Hyde, Annabel Pelletier) both took bronze in their races.

Team East's 12 gold and 34 total medals won in athletics provided half of their medals won at the 2024 Manitoba Games.

Team East finished the Games with 24 gold medals and 68 total medals.



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### NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Gordon Gerry Fedorchuk, late of Silver, Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 28th day of October, 2024. DATED at Stonewall, Manitoba this 13th day of September, 2024. GRANTHAM LAW OFFICES Solicitor for the Executor

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## PUBLIC NOTICE

### BOARD OF REVISION FOR 2025

Public notice is hereby given that the 2025 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 14th, 2024 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 29, 2024 at 4:30 p.m.** The Applications must be sent to the address printed below:

Dated at Moosehorn, Manitoba, this 6th day of September, 2024.

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 PUBLIC NOTICE

### Board of Revision

Public Notice is hereby given that the 2025 assessment rolls for the Town of Winnipeg Beach have been delivered to the Town Office at 29 Robinson Avenue, Winnipeg Beach, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 and 43 of the Assessment Act.

#### Application for Revision:

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

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

#### Application Requirements:

43(1) An application for revision must:

- a) be made in writing;
- b) set out the roll number and legal description of the property or business which a revision is sought;
- c) state the grounds on which the application is based (referred to in subsection 42(1))
- d) be filed by:
  - i. delivering by hand or electronically to the Town of Winnipeg Beach office.
  - ii. serving it upon the Secretary of Board of Revision, at least 15 days before the scheduled sitting date as indicated in the public notice.

The Board of Revision will sit on **Thursday, October 17, 2024, at 7:00 p.m.** in the Council Chambers of the Town of Winnipeg Beach to hear applications.

**The final date on which applications must be received by the Secretary of the Board is Tuesday, October 1, 2024, at 4:30 p.m.**

Dated this 6 Day of September 2024

Sharon Desiatnyk - Secretary  
Board of Revision

Town of Winnipeg Beach  
Box 160, 29 Robinson Avenue  
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Email tender's to fuel@interlakecoop.com or drop off Food Store 253 Main Street Arborg, Mb R0C 0A0

Lowest tender may not necessarily be accepted.

Deadline for tenders is 4:00pm, September 27, 2024.

Interlake Consumers Co-operative Limited  
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fuel@interlakecoop.com  
204-376-5201 - office



## SNOW REMOVAL TENDER

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

-email tender to fuel@interlakecoop.com or drop off in a sealed envelope at our Eriksdale Hardware office at: 18 Railway Ave, Eriksdale, Mb, R0C 0W0.

Lowest tender may not necessarily be accepted.

Deadline for tenders is 4:00pm, September, 27th 2024.

**News Tips?** call the Express 204-467-5836



## RURAL MUNICIPALITY OF GIMLI


# PUBLIC NOTICE

**PUBLIC NOTICE IS HEREBY GIVEN**, pursuant to Section 194 of The Municipal Act, that the report of the Municipal Auditors and related Financial Statements for the year 2023 for the RM of Gimli have been deposited in the office of the Rural Municipality of Gimli at 62 2nd Ave, Gimli, Manitoba and are available for inspection by any person or their agent between the hours of 9:00 a.m. and 5.00 p.m., Monday to Friday, inclusive.

Any person or their agent, at their own expense, may make a copy thereof or extracts therefrom.

Dated at Gimli, Manitoba this 16th day of September 2024

Kelly Cosgrove,  
ACAO  
Rural Municipality of Gimli



## Rural Municipality of FISHER

# PUBLIC HEARING NOTICE

## FOR CONDITIONAL USE ORDER

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING  
Conditional Use Order  
[2024-01]

The Rural Municipality of Fisher, under the authority of The Planning Act, will hold a PUBLIC HEARING, 30 Tache Street in Fisher Branch on October 2, 2024 at 11:00 a.m. at which time and place Council will receive representations from the applicant and any persons who wish to make them in respect to the following application under the RM of Fisher Zoning By-law 1055/00


**Where:** 9 Lilac Street in Fisher Branch Being Lot 2 Plan 23086 WL TO

**Property Owner:** Clinton and Evan Plett

**Proposal:** To allow a Two-Family Dwelling on UR Zoned property

**Zoning:** UR (Urban Residential)

**Area:** 9 Lilac Street in Fisher Branch



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

**For information contact:**  
Kelly Marykuca, Secretary  
Fisher Armstrong Planning District /CAO RM of Fisher  
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**Settlement Facilitator - Interlake Region (0.6 FTE)**

Eastman Immigrant Services is seeking a full-time Settlement Facilitator for its Interlake Division, operating out of Arborg, MB. Reporting to the EIS Program Director, this person will be responsible for managing newcomer client relationships, acting as a community liaison in the Interlake region, and perform a variety of administrative functions.

For a full job description, please visit [www.eastmanimmigrantservices.com/about](http://www.eastmanimmigrantservices.com/about).

Please send your resume and cover letter to Gwen Reimer, EIS Program Director, at [gwen@eastmanis.com](mailto:gwen@eastmanis.com).  
Resumes accepted until position is filled.



**Rural Municipality of FISHER**

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

**INVITATION TO TENDER**

**SNOW REMOVAL**

For the Hamlets of Hodgson, Broad Valley and Poplarfield

Please state what equipment will be used  
Interested applicants must have liability insurance and registered with Workers Compensation Board  
Equipment must be available upon request  
Tenders to be dropped off at the Municipal Office, 30 Tache, Fisher Branch, no later than October 1, 2024 at 4:00 p.m.

**Hodgson**  
17.7km from the town of Fisher Branch.  
Approximately 1.91 KM Road to be cleaned

**Broad Valley**  
15.4 km from the town of Fisher Branch  
Approximately .9 km of Road to be cleaned

**Poplarfield**  
22.5 KM from the town of Fisher Branch  
Approximately 1.9 km of Road to be cleaned

Kelly Marykuca, CMMA  
Chief Administrative Officer  
Rural Municipality of Fisher



**Rural Municipality of FISHER**

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

**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 town 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.

Snow clearing must be done in a timely fashion after snow accumulation. Priority routes to be completed first.

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 **4:00 p.m. September 30, 2024.**

**Tenders to be dropped off at:** Local Urban District of Fisher Branch  
c/o RM of Fisher  
30 Tache Street, Fisher Branch, MB

**NOTICE OF PUBLIC AUCTION**  
**SALE OF LANDS FOR ARREARS OF TAXES**  
**TOWN OF TEULON**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **16th day of October, 2024**, at the hour of **11:00 AM**, at Town of Teulon, 44 - 4th Avenue SE, Teulon, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
6600	LOT 3 BLOCK 5 PLAN 1155 WLTO IN E 1/2 21-16-2 EPM - 146 MAIN ST., TEULON	L - \$18,200	\$2,781.27
6700	LOTS 4 AND 5 BLOCK 5 PLAN 1155 WLTO EXC OUT OF BOTH OF SAID LOTS ALL MINES AND MINERALS AND THE RIGHT TO WORK SAME AS MORE FULLY SET FORTH IN INSTRUMENT NO. 460015 WLTO IN E 1/2 21-16-2 EPM - 152 MAIN ST., TEULON	L - \$36,300 B - \$165,600	\$9,378.01
34900	LOT 1 PLAN 2371 WLTO EXC ELY 60 FEET IN NE 1/4 21-16-2 EPM - 55 FIFTH AVE SE, TEULON	L - \$30,900	\$3,504.42

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Town of Teulon as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 10<sup>th</sup> day of September, 2024.

Managed by:



Chris Yuen  
Chief Administrative Officer  
Town Of Teulon  
Phone: (204) 886-2314  
Fax: (204) 886-3918

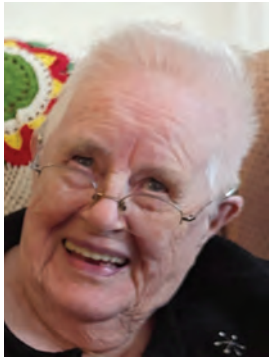


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## CELEBRATION OF LIFE



**Correction**  
Date and time for Celebration of Life of  
Thelma Lillian Sigfusson

The Celebration of Life for Thelma Lillian Sigfusson will be held on Friday, October 4 at 1 p.m. at the Lundar Legion Hall. Everyone welcome.

*Your memory will live forever  
Engraved within our hearts*

## OBITUARY



**Dennis Walter Cameron (Harper)**  
February 14, 1948 - August 30, 2024

It is with great sadness that the family of Dennis Walter Cameron (Harper) announces his passing on August 30, 2024 at the Percy Moore Hospital in Hodgson, Manitoba after a courageous battle with cancer.

Dennis was born to Donald and Hazel Harper on February 14, 1948 and was the youngest of eight children. Due to the unfortunate passing of his mother, he was raised by his grandparents, Edward and Lucy Cameron. Dennis later had two sons, Darren and Brad Cameron.

Over the years Dennis did many things, from mining, construction, cabinet making to teaching carpentry. Wherever he traveled, he not only made friends but maintained friendships throughout the years regardless of the distance between them.

Sincere thanks to the Peguis Chief and Council as well as all the staff at the Percy Moore Hospital who provided above and beyond care of Dennis during his final month. Thanks also to the many visitors who brightened his days.

A Celebration of Life will take place on Saturday, October 19, 2024 at 1:00 p.m. at the Hodgson Community Hall.

In honor Dennis, call a friend or meet up over a cup of coffee.

## OBITUARY



**Norma Merle Perry**

It is with heavy hearts that we announce the passing of our mother, grandmother, great-grandmother and great-great-grandmother, Norma Perry, on July 8, 2024 with her children by her side.

Mom was born third of nine children to William and Elsie Ditchfield of Ashern, MB on November 12, 1927.

Norma was predeceased by her parents and in-laws, her great-granddaughter Jasmyn, her husband Harold of 65 years, her brothers William (Betty), Gordon (Anne), Loyd and Jim Ditchfield, her brothers-in-law Norman Richter and Lloyd Jersak. She was also predeceased by Harold's siblings Fred (Jessie), Pat (Isabel), Helen Thorlacius (Arnie) and Dora.

Norma will be remembered by her children Dianne, Reg (Arlene), and Rob (Trish); her grandchildren, Carey Shelby, Kyle (Candice), Arlee Jones (Morgan), Jesse (Tiffany), and Alicia Giesbrecht

(Travis); her great-grandchildren Nathan, Zane (Serra), Quinn Shelby, Malakai and Tristan Perry, Calla and Sabine Jones, Luke and Neil Geisbrecht and Ava Perry; also her great-great grandsons Mateus and Elias Shelby. She will also be missed by her sisters Loraine Richter, Merle Hurdle, Irene Jersek and brother Gary Ditchfield (Shannon) and many nieces, nephews, and friends.

She married Harold Perry in June of 1948 and began their life on a small farm in Ashern, MB. They later moved to Winnipeg to achieve the best opportunities for their children where they lived until retirement. Mom was very resourceful, had part time jobs and found ways to help support the family income, yet be home for her children. Mom will be remembered for her delicious cooking and baking, landscaping and decorating talents. She was an avid curler and a lifetime curling fan. In the last eight years she became a Jets and Bomber fan.

Norma and Harold retired to the Winnipeg Beach area where they bought, renovated and sold several cottages. In the later years they moved to Gimli living at Shore Point, Aspen Park and Waterfront Center. Her last move was to the Assisted Living in Arborg. She enjoyed her eight years there as well as the residents and staff.

Norma and Harold travelled extensively though Canada, United States, Mexico and Europe. They spent 24 years at the Pine to Palm trailer park in Texas during the winter months.

Mom was happiest when surrounded by her family and especially the little children. She was well loved and has profoundly impacted the lives of her family and will be sorely missed.

The family would like to thank the wonderful staff at the Arborg Assisted Living for their kind and compassionate care and friendship. We would also like to thank the staff at the Percy E. Moore Hospital in Hodgson, MB, for their compassionate care in her final days.

If people choose, donations can be made in Norma's memory to the Arborg Assisted Living, Box 935, Arborg, MB, R0C 0A0; the Ardal-Geyser Lutheran Church, Box 160, Arborg, MB, R0C 0A0 or a charity of their choice.

A Celebration of Life service will be held at the Ardal-Geyser Lutheran Church, Arborg, MB on Saturday, September 28, 2024 at 1:00 p.m.

MACKENZIE FUNERAL HOME ARBORG  
(204) 467-0024 • info@mackenziefh.com



## OBITUARY



**Larry Markie Black**

November 17, 1954 - September 9, 2024

It's with broken hearts that we had to say goodbye to our loving husband, father, and grandfather, Larry Black, on September 9th. After a courageous battle of cancer, Larry passed away peacefully with his family by his side at the farm as per his wishes.

Larry leaves to cherish his memory, his loving wife of almost 50 years, Roswitha "Rose" (nee Buhle); children, Sabrina (Daryl) Fuz, Savannah (Dan), Lee (Lacey); grandchildren, Cody, Summer, Tucker, Chloe, Racquelle, Rilee; brothers, Eugene, Daniel (Mel), Ray (Ingrid), and brother-in-law, Ralph Buhle.

Larry was predeceased by his mother, Audrey Black (nee Delong), father, Bill Black, father-in-law, Willi Buhle, mother-in-law, Anni (nee Schapitz), brother, Gilbert and sister-in-law, Diane.

Larry met his first love, Rose when he was 18 and married her after only two weeks; Larry just had that kind of charm. Larry and Rose bought their farm sight-unseen in Komarno, Mb in 1988 where they started a hobby farm with their children. This was followed by years of work on the house and projects around the yard. Dad loved working on the farm, over the years there were many animals, but his passion was working with the horses. In his later years, Dad had an abundant garden that became one to envy.

Larry left home (Woodstock, NB) at the age of 16 when he went to B.C. to work, shortly after he got his Class 1 license. This turned out to be his second love and was the start of his lifelong career. For the next 53 years he was behind the wheel of a big rig.

Larry worked for many companies throughout the years; Day and Ross, Burns Meats, Trimac, Bochurka Brothers, Central Freight, Ter Mat, and lastly Armstrong Construction. Recently it was calculated that Larry put on over five million miles throughout his journey's on the highways. In 2001, Larry was proud to have purchased his custom built flat top Peterbilt with straight pipes with a train horn. We could hear that thing a coming from miles away and knew that Dad would soon be home.

As per Larry's wishes cremation has taken place and a private family celebration will take place at a later date.

The family would like to thank everyone for their kindness and comforting thoughts. A special thank you to Dr. Graham, the nurses of the palliative care team and the home care staff that supported him so he could stay at home.

Dad touched so many people's hearts throughout his lifetime which has significantly shown in the past several months. We have been truly lucky and honoured to call him our husband, father, grandfather and true friend. Dad will forever be in our hearts.

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**OBITUARY**



**Norman Jack Kirby**  
June 20, 1939 – September 13, 2024

Norman Jack Kirby, beloved father, grandfather, great-grandfather and friend, passed away peacefully on September 13, 2024, at the age of 85.

Norman is survived by his children, Valerie (Wade), Doug (Lorette), and Ron; his grandchildren, Paul, Sydney (Mack), Shawn (Laura), Brandy (Jesse), Devan (Kaylee), and Dexter; and his great-grandchildren, Breckin, Kade, and Naz. He also leaves behind his siblings, Lillian, Edna, and Leslie.

Norman was predeceased by his parents, Jack and Jenny, and his siblings Mabel, Arnold, and Kenneth.

Norman's passion for fishing defined much of his life. He spent his winters as a commercial fisherman, co-founder of the Lundar Coop Fisheries, and took great pleasure in northern fishing trips during the summer and deep-sea adventures in Texas.

His commitment to his community was evident in his roles as one of the original members of the Lundar Snowmobile Club and a long-term volunteer with the Lundar Elks at many community events.

A man who embraced hard work, Norman spent countless winters ice fishing and summers working in road construction. Even after retirement, he continued his winter fishing and took immense pride in his summer garden, tending it with love until his final days.

The family extends their heartfelt gratitude to the dedicated staff at the Eriksdale E.M. Crowe Memorial Hospital, Shared Health EMS, Stonewall & District Health Centre, Health Sciences Centre and Arnason Funeral Home for their compassionate care.

In accordance with Norman's wishes, cremation has taken place and a private family burial will be held at the Lundar Municipal Cemetery.

In lieu of flowers, the family kindly request that donations be made in Norman's memory to CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON 1160, Winnipeg, MB R3E 0V9.

Arrangements by:  
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**OBITUARY**



**Lawrence 'Larry' August Jeffery**  
May 2, 1945 – September 14, 2024

Peacefully on September 14, 2024, Larry Jeffery, aged 79 years of Oak Point, MB passed away at the Stonewall Hospital with family by his side.

Larry is predeceased by his wife Shirley, parents Walter and Johanna and brothers Lindy, Roy, Ted and Lesley.

He will be greatly missed by his sister Patsy, stepson Terry along with many nieces, nephews and friends.

Cremation has taken place and a Graveside Memorial Service will be held at 1:00 p.m. on Saturday, September 21, 2024 in the Clarkleigh Cemetery with Rev. David Fielder officiating. A luncheon will follow in the Oak Point Community Hall.

Thank you to the staff of the Stonewall Hospital for the care given to him. Also, many thanks to his family and friends for all the help given to Larry over the years.

In lieu of flowers, donations may be made to the Clarkleigh United Church, c/o Alison King, PO Box 214, Lundar, MB R0C 1Y0.

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Mike & Thelma Blahay, Arborg.....\$557.00	Evelyn Wallach, Poplarfield.....\$899.00	Maureen Blandford - Arborg.....\$79.00
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Judy Wells, GrandePointe.....\$119.00	Christina Asham - Peguis.....\$2,007.00
Karen Dzaid, Arborg.....\$499.00	Lynn Bear, Peguis.....\$239.00	Julia Penny - Winnipeg.....\$549.00
Natalia & Roger Eyoifsson, Riverton.....\$1,638.00	Hazel Brunen, Eriksdale.....\$729.00	Rita Kirkness - Koostatak.....\$2,897.00
Randy & Glenda Forster, Hodgson.....\$1,898.00	David Chudy, FisherBranch.....\$1,499.00	Kassidy Brooks - Peguis.....\$668.00
Perry & Genni Hibbert, Arborg.....\$479.00	Susie and Brian Eyoifsson, Riverton.....\$528.00	Crystal & Aaron Magnusson - Riverton.....\$999.00
Kris & Begga Johannesson, Riverton.....\$939.00	Nelson Hudson, Koostatak.....\$629.00	Barry McKay - Fisher River.....\$399.00
Rick & Sheila Johnston, Arborg.....\$349.00	Larry and Valerie Kornelsen, Arborg.....\$799.00	Oliver & Florence Flett - Peguis.....\$498.00
Donna Jonasson, Arnes.....\$399.00	Rita Milne, Gimli.....\$1,327.43	Leonard & Donna Gulay - Arborg.....\$669.00
Jeanette Kist, Gimli.....\$1,217.87	Minerva Ladies Aid, Gimli.....\$659.00	John & Carol Petkau - Arborg.....\$49.99
Kevin & Lisa Klyn, Arborg.....\$774.00	Sheila Murdoch, Koostatak.....\$1,018.00	John & Carol Petkau - Arborg.....\$49.99
John & Tina Kornelson, Arborg.....\$689.00	Ruth Otto, Ashern.....\$1,829.00	John & Carol Petkau - Arborg.....\$49.99
Kent & Helena Kostshyn, Lundar.....\$639.80	Gwen Adams, Matlock.....\$1,499.00	Adrian & Allan Koblen - Arborg.....\$53.00
Thomas Kowalchuk, Fraserwood.....\$499.00	Buddy Chudy, Fisher Branch.....\$1,298.00	Linda Arnason - Gimli.....\$69.99
Edward Penner, Arborg.....\$619.00	Dave Crate, Koostatak.....\$529.00	Olga Persage - Teulon.....\$54.99
Keith Poleschuk, Arborg.....\$2,082.00	Frank Dziedzic, Stonewall.....\$859.00	Donna Kirby - Eriksdale.....\$728.00
Curtis Spence, Hodgson.....\$479.00	Heather Fedorchuk, Gimli.....\$1,119.00	Daphne Grier - Riverton.....\$949.00
Tanya & Lyle Thorngilsson, Lundar.....\$329.00	Ilean Halidane, Winnipeg Beach.....\$1,979.00	William Whiteway - Arnes.....\$1,899.00
Nancy Woychyszyn, Arborg.....\$766.00	Susan & Greg Brown, Lundar.....\$1,713.00	Fred Finson - Rinausa.....\$319.00
Mathew & Gemma Avison, Arborg.....\$399.00	Joan Krulicki, Arborg.....\$1,269.99	Dawn & David Sul - Arborg.....\$2,118.00
Raymond Bazinet, Eriksdale.....\$389.00	John Logan, Teulon.....\$439.00	Oliver & Florence Flett - Peguis.....\$759.00
Lynn Bear, Peguis.....\$1,044.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40	Leonard & Dorianne Jones - Arborg.....\$1,189.00
Ken & Linda Cherepak, Arborg.....\$49.01	Peter and Sarah Naylor, Arborg.....\$1,328.99	Leonard Kiesman - Ashern.....\$3,096.00
Debbie Deveau, Eriksdale.....\$249.00	John and Lisa Sawatzky, Arborg.....\$249.00	Gwen McDougall - Ashern.....\$1,399.00
Dorothy Duchack, Gimli.....\$899.00	Donna Skinner, Arborg.....\$50.94	Allan Spence - Hodgson.....\$719.00
Sid & Beatrice Dueck, Arborg.....\$569.00	Allen Spence, Hodgson.....\$1,199.00	Delores Steg - Gimli.....\$2,567.00
Don Firman, Arborg.....\$529.00	John and Mary Troyan, Arborg.....\$868.99	Steve Taylor - Riverton.....\$1,148.00
Heather Hamberg, Teulon.....\$749.00	Boyd Abas, Hodgson.....\$338.99	Victor Unruh - Arborg.....\$2,898.00
Mathew Hamberg, Winnipeg.....\$399.00	Sharon J. Bear, Peguis.....\$39.99	Greg & Karen Chic - Komarno.....\$3,367.99
Star Johnson, Arborg.....\$548.00	Sophie Bristow, Gimli.....\$49.00	Kevin Gross - Arborg.....\$45.87
Allan & Janie Johnson, Riverton.....\$1,039.00	Susan & Greg Brown, Lundar.....\$1,713.00	Rachael Hawrysh - Winnipeg Beach.....\$994.00
Brenda Kayer, Teulon.....\$399.00	Elaine Foster, Ashern.....\$449.00	Gwen McDougall - Ashern.....\$1,999.00
Wayne & Kathy Kristinsson, Arborg.....\$499.00	Linda Bruce, Matlock.....\$408.00	Gerry & Anne Plett - Arborg.....\$1,518.00
Jeff Meisted, Gimli.....\$120.00	Dan & Nyla Klatt, Grahamdale.....\$649.00	Pauline & Clarence Sinclair - Hodgson.....\$2,097.00
Beverly & Bryan Plett, Arborg.....\$2,148.00	Rosemarie Kawalenko, Arnes.....\$1,929.00	Phyllis Sinclair - Koostatak.....\$999.00
Bruce Reimer, Arborg.....\$1,308.00		Elma & Ron White - Arborg.....\$799.00

**A NOTE TO OUR CUSTOMERS**  
Due to the nature of this sale, we felt a brief explanation is essential.  
At closing, 5 p.m. Sat. Sept. 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.  
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.  
Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.  
We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.  
Larry Kornelsen  
Smitty's

**SOLID WOOD CANADIAN MADE BEDROOM FURNITURE AVAILABLE**

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

**Recliners starting as low as \$579**

**Sofas STARTING AS LOW AS \$699**

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

**Fridge 17.6 cu. ft. \$899**

**BEDS, BEDS, BEDS, 17 Models on Display From \$389-\$2899**

**SALE RULES**  
• All sales must be paid in full to qualify for this sale.  
• Visa, Mastercard or Smitty's Credit Cards accepted.  
• Sale Starts 9 a.m. Tues., Sept. 3rd and ends Sat., Sept. 28th, 5p.m.  
• All purchasers on free day will be notified and receive their full refund by Friday, Oct. 4, 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.

**GRAND TOTAL TO DATE \$323,765.66**



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Tuesday-Friday 9-6  
/ Saturday 9-5

