



NORSEMEN AUCTION

Gimli, MB 204-651-0008

1 mile north and 1 mile west of Chudds Esso

norsemenauction.com

Storage Locker
Auction Sale
Stor-Rite Self Storage
56 Centre St, Gimli
Saturday, OCT 15
12:00 PM

THE EXPRESS

WEEKLY NEWS

www.expressweeklynews.ca

VOLUME 9 EDITION 40 THURSDAY, OCTOBER 6, 2022

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



Honda F501 Tiller **RENT ME**
Easy Start, 36"/24"/12".
Daily, Weekly, Monthly. Call for Details!

\$50/day

HONDA
Power
Equipment

Yard Machine 2x24
24"
208cc e/start
2 yr warranty

\$999⁰⁰

Yard Machine 2x30
30"
357cc e/start
2 yr warranty

\$1599⁰⁰

Cub Cadet 3x30HD
30" 3-stage
420" e/start
Heated handles
3 yr warranty

Cub Cadet
\$2999⁰⁰

SHACHTAY SALES & SERVICE
Arborg, MB
204-376-5233



Celebrating diversity

EXPRESS PHOTO BY RAYME THOMSON

Visitors sampled cuisine and celebrated the cultural and ethnic heritage of people from almost a dozen cultures who have made the Interlake their home at the annual Interlake Culturama festival in Arborg on Sept. 30.

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

Countryside Home

building centre

Lot 1, Hwy 17 S, Fisher Branch, MB
204-372-8501 While supplies last.

H A P P Y

Thanksgiving

FROM THE STAFF OF
COUNTRYSIDE LUMBER

Gimli residents find 3,500-4,500-year-old arrowhead on Lake Winnipeg beach

By Patricia Barrett

A stroll along Lake Winnipeg a few weeks ago resulted in an historic find for residents living in the area near the Gimli Bible Camp, north of Gimli.

Leah Freyer and her son Louw were strolling along the shore when Louw spotted something unusual lying on the beach.

"We go for beach walks all the time and we find glass and lucky stones, but this is the first time we found something of this calibre," said Freyer. "We thought it was so cool. And it turned out to be very, very old. We thought it was just a couple hundred years old but it's thousands of years old."

At first Louw thought the arrowhead was a piece of beach glass, she said, but when they studied it closely, they could see that it was "actually made by someone."

"When we got home, we Googled it and I sent a picture and some details to the Manitoba Museum and then they got back to me with information," said Freyer.

The Manitoba Museum's curator of archaeology Kevin Brownlee told Freyer that what Louw found is a projectile point. He thinks the point would have been attached to a dart used with an atlatl for hunting.

An atlatl is a wooden shaft used by



The Manitoba Museum's estimate puts the projectile between 3,500 to 4,500 years old.

Indigenous people to propel a spear or a dart several hundred feet.

Brownlee also told her the point appears to be made from a stone called Knife River Flint, a prized stone quarried in western North Dakota along the Knife River. Many tools in Manitoba were made with this stone, which was distributed through trading. And based on the point type, he estimates it is between 3,500 and 4,500 years old.

Freyer said they're going to get a shadow box — a frame with a protec-



EXPRESS PHOTOS COURTESY OF LEAH FREYER

Louw Freyer found an arrowhead on the beach north of Gimli.

tive front used for displaying objects — for the arrowhead.

"We keep going for beach walks and

haven't found anything like it since," said Freyer. "But our eyes are peeled for it!"



Baker Law CORPORATION

Do you have a current will?

Protect your family by having a current will, power of attorney and health care directive. Call us or stop in for more information and find out how we can help you.

Grant D. Baker

Barrister, Solicitor and Notary

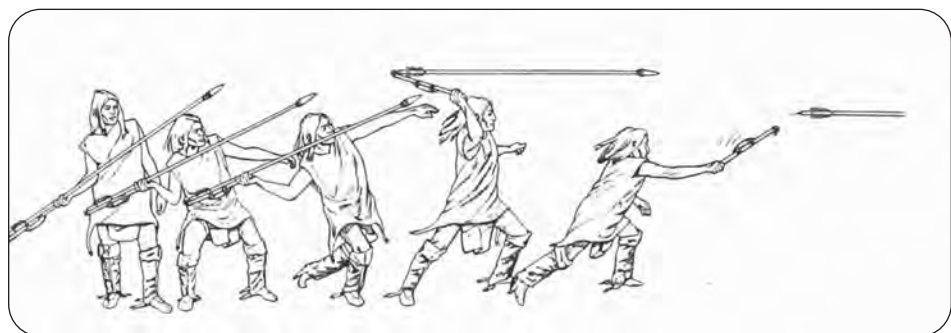
Providing full time legal service to families and small businesses in Gimli and the Interlake.

GIMLI LOCATION

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

RIVERTON LOCATION

33 Main St. Riverton MB
Open Mon & Wed 9:30-4:30
204-378-5427



ILLUSTRATED BY DONALD MONKMAN

Native hunter throwing a dart with an atlatl (dart-thrower).

CAMP ARNES' FALL SUPPER

Sunday, October 16, 2022
4:00 - 6:00 p.m.

Tickets:
Ages 0-4: FREE!
Ages 5-10: \$10
Ages 11+: \$15

Donate a pie for our silent auction!

Tickets available at:
• camparnes.com
• 204-642-7618

We hope to see you there!

Meet me at the *The Red Barn*

October 8, 22
November 18 & 19
December 9 & 10

Fridays 4-9 pm
Saturday 11-4 pm

The Red Barn
Hwy 236 & Rd 75 N
Rockwood, Mb

Vendors Wanted
Contact Darlene
dsmarket@mymts.net
204-782-6339

Manitobans remain Canada's best recyclers

By Autumn Fehr

As our world leans closer to a climate crisis that continues to escalate, simple things like recycling is now more important than ever.

Recycle Everywhere recently announced that in 2021, 72 per cent of all eligible beverage containers in the Canadian Beverage Container Recycling Association (CBCRA) program and 80 per cent of all PET plastic beverage containers sold in Manitoba were recovered.

With that said, Manitoba continues to be one of Canada's best recyclers, and in our current state, that is something to be proud of.

Even more, the Interlake has played a significant role when it comes to recycling in our province.

While regional recycling recovery rates are not available, the CBCRA's Interlake program and outreach initiatives have supported an increase in recycling coming from the region.

Across all jurisdictions, it's very difficult to track materials by region as there are legislative requirements that all beverage producers follow, and it requires them to report aggregate numbers and not regionally specific ones. Unlike Europe where they use UPC tracking codes, beverage container tracking isn't available in North America, said Sheri Moerkerk, the director of marketing and communications at CBCRA.

CBCRA is a not-for-profit, industry-funded organization that implemented and operates the Recycle Everywhere program. Their membership includes beverage brand owners and distributors. Their goal is to educate Manitobans on the recycling of beverage containers and to ensure the convenience of recycling empty beverage containers no matter where they live, work or play.

Continued on page 5



PHOTO SUPPLIED BY CBCRA

These are the "super depot" bins at Jessica Lake are current and approximately two years in existence



PHOTO SUPPLIED BY INTERSTEEL

An example of the "super depot" bins that will be placed at Grindstone Transfer Station through a project that is current and ongoing.

HAPPY Thanksgiving

Derek Johnson
 MLA for Interlake-Gimli
 InterlakeGimliMLA@gmail.com
 204.641.8525 (Gimli) 204.376.3401 (Arborg)

Flight Training
 START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

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

Want to learn to fly?

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

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-642-4799

JILLIAN YORGA
 FOR SCHOOL BOARD TRUSTEE
 EVERGREEN SCHOOL DIVISION - WARD 2

I believe in the value of public education, not only for children but the benefit it has for the community as a whole. I would represent the interests of the constituents because I have the education, the willingness, open-mindedness and the desire to serve the community effectively and transparently.

I KNOW THE VALUE OF EDUCATION

- ◆ Bachelor of Science in Actuarial Science from the University of Regina
- ◆ MBA (Master of Business Administration) from Dalhousie University
- ◆ Have 3 kids (soon to be 4) enrolled in schools in Gimli
- ◆ Work experience in both the public and private sectors
- ◆ Strong willingness to learn

October 26th
VOTE

I KNOW THE VALUE OF HARD WORK

- ◆ Raised on a family owned and operated beef cattle ranch
- ◆ Volunteered on numerous boards in the community, as well as have experience reporting to boards
- ◆ Experience developing and maintaining policy

I KNOW I WOULD BE AN ASSET

- ◆ I will identify the needs and priorities of the community and make decisions that result in practical educational opportunities for students.
- ◆ I am direct, honest and open-minded. I look forward to the opportunity to work closely together with other board trustees while respecting and drawing upon each others' expertise.
- ◆ I believe in meaningfully influencing children's experiences today to expand their opportunities in the future.

Heather Stefanson and caucus meeting in Gimli, visit Ukrainian newcomers' dormitory

By Patricia Barrett

Premier Heather Stefanson held a caucus meeting in Gimli a few weeks ago, spoke with the Gimli Chamber of Commerce and toured the dormitory housing Ukrainian newcomers.

Chamber co-chair Melanie Specula said she was excited to meet with the premier and deputy premier Cliff Cullen, education minister Wayne Ewasko, advanced education, skills

and immigration minister Jon Reyes and MLA Ron Schuler.

The premier and her ministers were interested in "what our chamber of commerce is doing to help our Ukrainian newcomers," said Specula on the chamber's Facebook page. "We toured the dormitory and had some great discussions. Thanks so much for coming."

A spokesperson for agriculture minister Derek Johnson said the Conservative caucus was in Gimli for meetings, and while in town several MLAs and cabinet ministers visited the dormitory to see how the new Ukrainian residents are doing.

"It was a great opportunity to see first-hand how people who have come from such horrible cir-



EXPRESS GIMLI CHAMBER OF COMMERCE FACEBOOK

Premier Heather Stefanson, Deputy Premier Cliff Cullen, Minister Wayne Ewasko, Minister Jon Reyes and MLA Ron Schuler spoke with Gimli Chamber of Commerce co-chair Melanie Specula (third from right) about the chamber's role in helping Ukrainian newcomers settle in Gimli.

cumstances have been adjusting to life in Manitoba," said the spokesperson. "Our government will continue to support them in as many ways as we can."

Johnson and other ministers and MLAs visited other organizations and

locations in the Gimli area.

"Agriculture Minister Derek Johnson was with a group that took a look at some properties that had experienced lakeshore erosion," said the spokesperson.

RE-ELECT

THEODORE (TED)
SUMKA

COUNCILLOR

WARD 3 R.M. OF ARMSTRONG

EXPERIENCED • DEDICATED • RELIABLE & APPROACHABLE

VOTE

Advanced Poll October 13, 2022

WEDNESDAY, OCTOBER 26, 2022



Barbecued Whole Turkey with Paprika & Parsley Rub

- 1 Manitoba Raised Whole Turkey
- 1/4 cup (65 ml) olive oil
- 2 Tbsp (30 ml) garlic, chopped
- 2 Tbsp (30 ml) smoked paprika
- 1/2 cup (125 ml) Italian parsley, chopped
- 1/2 tsp (2.5 ml) black pepper
- 1/2 tsp (2.5 ml) sea salt
- *Do not stuff a barbecued whole turkey.

Preheat BBQ to 350°F (180°C). Remove neck and giblets from turkey. Pat dry with paper towel. Combine all other ingredients and coat turkey. Place turkey in a shallow pan and grill on gas/propane BBQ over indirect heat. Keep BBQ covered while cooking. A meat thermometer should read 170°F (77°C) inside the inner thigh, away from the bone, when fully cooked.

WHOLE TURKEY BBQ TIMES*

Weight	Unstuffed
6-8lbs (3-3.5kgs)	1-1¼ hrs
8-10lbs (3.5-4.5kgs)	1¼-2 hrs
10-12lbs (4.5-5.5kgs)	1½-2¼ hrs
12-16lbs (5.5-7kgs)	2-2¾ hrs
16-20lbs (7-9kgs)	2½-3¼ hrs



*Cooking times are approximate for a gas or propane barbecue only. Visit turkey.mb.ca for approximate oven roasting times. Always use a thermometer to determine doneness.

*Grill a whole turkey at 350°F (175°C) & cook to an internal temperature of 170°F (77°C).

*Allow the turkey to stand/rest for 20 minutes before carving.

Find more recipes and cooking tips at: turkey.mb.ca



Red River

DON'T WAIT FOR LEADERS
BECOME THEM

CALL FOR DIRECTOR NOMINATIONS

At over 320,000 strong, the Red River Co-op membership represent a broad cross-section of our community. We are committed to a **DIVERSE, INCLUSIVE, & EQUITABLE ENVIRONMENT** where all board members, employees, and members feel respected and valued for who they are and the perspective they bring.

For more information and the REQUEST FOR NOMINATION form visit our website, redriverco-op.crs 204.631.4600 to speak with the Elections Officer. Deadline: 4:30pm, November 28, 2022

IERHA shares year's highlights at AGM

By Jennifer McFee

Interlake-Eastern Regional Health Authority representatives shared highlights of the past year at the RHA's recent annual general meeting, while also taking time to acknowledge the impacts of COVID in the Interlake and beyond.

The virtual meeting took place Monday, Oct. 3 with more than 96 participants from across the region joining online and by phone. Robert Maytwayashing, Interlake-Eastern RHA's Indigenous human resources development officer and an Anishinaabe Knowledge Keeper, opened the meeting with a prayer.

CEO Marion Ellis pointed out a number of unplanned influences on health care that needed to be considered for health-care delivery. These influences include increased staff vacancy rates and staff who needed to miss work after testing positive for COVID.

"Our staff have seen us all through a global pandemic and the conflicting demands it presented personally and professionally. Staff vacancies are additionally challenging for a workforce that is stretched thin," she said.

On the flipside, Ellis acknowledged the staff members whose commitment to their work and their communities have maintained delivery

of health-care services through challenging times.

She also said the regional health authority has greatly benefited from community members who value the people in health care and the health services being delivered. Through the global pandemic — as well as other challenges such as flooding, grass fires and snow storms — elected leaders and community members have done all they can to protect the welfare of patients and residents and to ensure health-care providers can continue delivering care.

Glen West, chair of IERHA's board of directors, also shared gratitude for the community's support for staff and physicians, particularly at the start of the pandemic when there were so many unknowns.

"Care for the caregivers has always been a hallmark of life in rural Manitoba, and we thank you for continuing to lift the spirits of health-care workers," West said. "You were there cheering us on during a very difficult time in health care."

On behalf of the board, West extended condolences to the region's residents who lost loved ones during the pandemic. At the same time, he also acknowledged the hard work of health-care workers who answered the call to support the pandemic re-

sponse.

"So many of us were unable to memorialize people in traditional ways of mourning given the restrictions in place at the time. Over 2,000 Manitobans have lost their lives to COVID-19," he said.

"Each and every individual in health care played a role in getting us through the pandemic. And, to the best of their ability, these health-care workers continued to deliver the health-care services we needed. Our staff have continued to make care for patients, residents and clients a priority, regardless of the challenges that COVID-19 presented. For that, we will be eternally grateful."

He noted that COVID testing sites wrapped up in Eriksdale and Powerview-Pine Falls in March 2022, followed by the Selkirk testing site in April.

"The vaccination sites in Selkirk and Gimli both opened and closed over the past year. Almost 150,000 immunizations were delivered at the Selkirk supersite," he said.

"At peak, the site was delivering 1,400 immunizations daily. The Gimli supersite provided almost 13,000 immunizations with a capacity of up to 400 immunizations a day."

In addition, West noted that IERHA introduced a new strategic plan in

2021 through collaborative efforts with stakeholders and staff. The plan features six strategic goals — integrated and co-ordinated health care, primary and community care transformation, Indigenous and vulnerable populations, mental health and addictions, health human resources, and innovation and technology.

Each goal has its own strategic steering committee made up of board members, IERHA representatives and community members. Anyone interested in participating can fill out a strategic steering committee application form at www.ierha.ca under "Publications & Reports" and "Strategic Plan."

Other opportunities exist for community members to contribute through local health involvement groups, which provide assistance, advice and information to the board. To get involved, visit ierha.ca, click on "Community Involvement" and then "Local Health Involvement Groups."

AGM materials are posted on the IERHA website www.ierha.ca under "About Us" and "Annual General Meeting." These include the annual report with financial statements, a recording of the meeting and an evaluation form related to the meeting.

> RECYCLERS, FROM PG. 3

One of the things that are more challenging when it comes to recycling is the availability of recycling bins for people, in areas that are more sparsely populated like the Interlake and more remote communities in Northern Manitoba, it is harder to place recycling infrastructure.

Moerkerk said they have been working with these communities to ensure that there is recycling infrastructure and also distributing recycling bins to single and multi-family dwelling homes.

Within the next few months, Stonewall and Selkirk will be receiving some of these recycling bins.

The CBCRA has implemented recycling super depots through their collaboration with Manitoba Provincial Parks.

A super depot is a centralized location where there are both waste and recycling bins for communities to deposit their waste and recyclables.

Within the Interlake, they are working on the development of a super depot for Grindstone Provincial Park.

The CBCRA is all working directly with private campgrounds and RV parks to implement recycling programs, which has greatly increased the recovery rates of beverage containers.

An ongoing challenge in the Interlake when it comes to recycling is the contamination of recyclables, which means non-accepted items are being placed in recycling bins, said Moerkerk.

To address this issue, the CBCRA is working closely with municipalities through the development of programs,

awareness and educational signage.

For example, every dwelling bin that is distributed to homes in the community includes educational pieces, such as postcards, and visual images of what is recyclable, what is contamination and what isn't. People are also sent out into communities to audit recycling bins to see what types of items are most problematic.

These initiatives help keep the community clean, said Moerkerk.

Other stakeholders that help keep these initiatives running in conjunction with the CBCRA are Multi-Material Stewardship Manitoba (MMSM) to help with at-home recycling collection and sorting and collection services such as GFL.

"CBCRA takes pride in its hands-on and collaborative initiatives, such as those in the Interlake region, to help achieve the government-mandated target of recovering 75 per cent of beverage containers sold in Manitoba," said Moerkerk.

Take care of details so they don't have to. *Just ask Ken.*

KEN LOEHMER
FUNERAL SERVICES

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

All in all, they work together with municipalities to make sure that they are tailoring supports and programs that meet the needs of various areas, as all areas have different needs that need to be met when it comes to recycling.

THE Flicks

CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

FRI-THURS OCT 7-13
CLOSED TUESDAY
at 8:00 pm Each Night

Adult Accompaniment Under 14;
Sexually Suggestive Scenes; Violence **14A**

FRI-THURS OCT 14-20
CLOSED TUESDAY
at 7:30 pm Each Night

LYLE, LYLE, CROCODILE

Subject to Classification

THE EXPRESS WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES AND MARKETING
Laura Platt



REPORTER/PHOTOGRAPHER
Jennifer McFee



SPORTS EDITOR
Brian Bowman



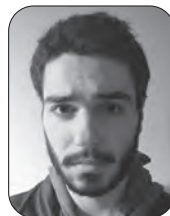
REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



PRINT
Dan Anderson



REPORTER/PHOTOGRAPHER
Ty Dilello



DISTRIBUTION
Christy Brown



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Jo-Anne Procter



ADMINISTRATION
Allana Sawatzky

OUR SISTER PUBLICATIONS



get informed

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



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

Seventeen more Manitobans die from COVID

By Patricia Barrett

The provincial government's weekly COVID surveillance report for the period Sept. 18-24 (reporting Week 38) shows another surge in deaths from the virus.

Seventeen more Manitobans lost their lives, bringing the province's death toll to 2,160. The previous week's report showed a total of 2,143 deaths.

Despite vaccination and omicron variants that are said to be mild, people continue to die from the virus. A few weeks ago, the surveillance report noted 19 deaths from COVID.

There were 73 new hospital admissions for COVID in Week 38, of which 11 people needed admission to the intensive care unit. The previous week's report showed 87 hospital admissions, including 11 ICU admissions.

The provincial government doesn't report data showing the total number of COVID patients in hospital on any given day or week.

There were also 283 new laboratory-confirmed COVID infections in Week 38, a decrease of 94 cases from the previous week's report of 377. The government's data for new infections are an undercount as access to PCR testing is restricted and rapid antigen test

results aren't tracked.

Wastewater surveillance data continue to show an increase in COVID. Data for the city of Winnipeg as of Sept. 15 indicated "ongoing activity" and an "increase in activity level since early September has been observed."

The government used to provide a list of current and historical COVID outbreaks in facilities such as hospitals and personal care homes, but it stopped providing that in Week 37.

Other health news:

- The Interlake-Eastern Regional Health Authority's medical officer of health announced Sept. 26 that the COVID outbreak at Stonewall hospital is over.

"Visitation has resumed within existing infection prevention and control protocols," said an IERHA spokesperson.

- COVID outbreaks continue at the Ashern Personal Care Home, Tudor House PCH in Selkirk and the Teulon hospital (as of Oct 1).

- Health Canada issued a warning last month about certain hand sanitizers that could pose health risks.

The health agency is asking consumers to stop using the affected products, consult a health-care professional if they've used any of the products

and have health concerns, and report adverse events to Health Canada.

Some sanitizers contain impurities such as benzene or methanol or acetaldehyde at elevated levels, have undeclared ingredients such as benzalkonium chloride, have insufficient quality oversight or lack risk statements.

The latest affected product (Sept. 12) is Zero Tolerance Plus Sanitizer, which contains benzene at elevated levels. The company that makes it, Beauty in Bulk, had its licence suspended by Health Canada, according to the agency's Recalls and Safety Alerts webpage.

Other sanitizers added to the list in July by Health Canada include Davey's Hand Sanitizer, Davey's Sanitizing Hand Wipes and Hand Sanitizing Wipes, all from Up On Me Imports, and Nomad Hand Sanitizer Jasmine, Nomad Hand Sanitizer Lemongrass, Nomad Hand Sanitizer Scent Free, Nomad Hand Sanitizer Summertime and Nomad Hand Sanitizer Winter Cheer, all from Rocky Mountain Soap Company.

For a full list of hand sanitizer recalls and licence suspensions, visit the Recalls and Safety Alerts webpage.

Maintenance work underway on Highway 6

By Jennifer McFee

Maintenance work is underway to shoulders in certain locations along Provincial Trunk Highway 6.

Manitoba Transportation and Infrastructure (MTI) began maintenance on shoulders two weeks ago to eliminate drop-offs. This work is expected to be completed in early October.

An MTI spokesperson said the department's regional office has recently received a couple complaints about

the condition of the shoulders on the stretch of highway south of Lundar.

"The department always advises to adjust driving to the existing road conditions," the spokesperson said.

"MTI will also continue to monitor, perform regular maintenance and undertake repairs as needed."

PTH 6 is approximately 732 kilometres in length and extends from Winnipeg at the Perimeter Highway to Thompson, the spokesperson added.

"This route is an important transportation corridor for the movement of people and goods that links northern and southern Manitoba," the spokesperson said.

"MTI is committed to improving road safety on PTH 6 and has invested in active and planned projects that include bituminous rehabilitation."

Updates on these projects can be found online at <https://www.gov.mb.ca/mit/mipmap/map.html>.

ADVERTISING OR PRINT CONTACT INFORMATION

Lana Meier 204-292-2128
ads@expressweeklynews.ca
Laura Platt 204-641-4104
ads@stonewallteulontribune.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca
Autumn Fehr - Reporter/Photographer
204-998-1993

PAPER DELIVERY OR FLYER CONCERNS

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

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

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



> **EMAIL US**

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

ADDRESS

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

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

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



get informed

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



EXPRESS PHOTO BY JO-ANNE PROCTER

Farmers were out in full force over the weekend trying to complete their late harvest. According to Agriculture Manitoba, harvest progress sits at 47 per cent completed across the province, approximately 3.5 weeks behind the five-year average of 79 per cent complete by Week 39. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

Fisher Branch RCMP investigate found skeletal remains

Staff

On Sept. 28, 2022, at approximately 8:55 a.m., Fisher Branch RCMP received a report that someone walking near the water on Jackhead Beach found what appeared to be a human bone. Officers attended and consulted a forensic anthropologist, who confirmed the bone is consistent with human remains.

At this time, there is no evidence of criminality in relation to the bone, but the remains have been sent for further testing and the investigation continues.

Efficiency Manitoba launches deep energy retrofit offers for homes and businesses

Submitted by Manitoba government

Efficiency Manitoba is now offering two new programs for Manitobans who carry out extensive renovation projects that significantly reduce their energy use. Through Home Energy Retrofits and the Commercial Deep Energy Retrofit Program, homeowners and businesses can receive rebates when they plan and complete multiple energy-saving upgrades that result in substantial electricity and/or natural gas savings — often called “deep energy retrofits.”

Efficiency Manitoba’s Home Energy Retrofits offers homeowners a rebate of \$75 to \$150 per gigajoule (GJ) saved as a result of the renovation. Businesses that participate in the Commercial Deep Energy Retrofit Program may be eligible for a rebate of up to \$12,000 for energy modelling as well as an incentive of up to \$6 per square foot for achieved energy savings. While there will be significant variation in projects under these programs, a typical Home Energy Retrofit project could see an incentive between approximately \$10,000 and \$15,000, while a typical Commercial Deep Energy Ret-

rofit project could see an incentive of approximately \$240,000 to \$600,000.

“We are pleased to see Efficiency Manitoba continually launch new programs to support the diverse needs of Manitobans as they relate to energy efficiency,” said Minister of Environment, Climate and Parks and Minister responsible for Efficiency Manitoba Jeff Wharton. “The rebates and assistance provided by their deep energy retrofit programs helps make large renovation projects more affordable and accessible to Manitoba homes and businesses, while also stimulating job growth in the energy efficiency industry to provide support services for these types of projects.”

Deep energy retrofits often involve major upgrades to building envelope components of an existing home or building. These upgrades include adding insulation, undertaking detailed air sealing measures and installing high-performance windows and doors. Many projects also involve replacing or upgrading heating, ventilation and air conditioning (HVAC) systems or adding renewables like solar photovoltaic panels.

Home Energy Retrofits requires participants to have an EnerGuide evaluation performed on their home by a Registered Energy Advisor, who will identify and recommend upgrades to maximize energy savings, home comfort, indoor air quality and resilience. Completing the recommended upgrades can result in energy use reductions between 50 to 100 per cent. Efficiency Manitoba’s rebates can also be stacked with the Canada Greener Homes Grant, Canada Mortgage and Housing Corporation’s Eco Plus program, and other sources of funding and financing to lower the upfront cost of the retrofit project.

With the support of a design professional of their choosing, businesses going through Efficiency Manitoba’s Commercial Deep Energy Retrofit Program will have their entire building’s energy use analyzed with energy modelling software. Energy efficiency enhancements would then be designed specifically for that building to reduce its overall annual energy use by a minimum of 20 per cent upon completing the whole-building renovation.

“Offering programs and rebates for deep energy retrofits is a great way to encourage Manitobans to take a holistic approach and major steps forward on energy efficiency,” said Colleen Kuruluk, chief executive officer of Efficiency Manitoba.

“It’s estimated that approximately 70 per cent of existing buildings will still be in active use by 2050, so it’s vital that we take significant action on existing building stock to contribute to energy use reductions in Manitoba.

“If a homeowner or business owner is looking to significantly reduce their energy use, the technical support and financial incentives we provide ensure they’re able to do so at a reduced cost in a single project. We’re committed to making energy efficiency upgrades easier and more affordable for all Manitobans, and these two new programs will contribute to this commitment.”

To learn more about Home Energy Retrofits and the Commercial Deep Energy Retrofit Program, visit efficiencyMB.ca/retrofits and efficiencyMB.ca/business/deep-energy-retrofit.

The opportunity of a lifetime: The Disney Cultural Exchange Program

By Autumn Fehr

Imagine living and working at Disney World, the entertainment resort complex in Florida covering nearly 25,000 acres and operating theme parks, Disney's Animal Kingdom, water parks, Disney's Typhoon Lagoon and 31 themed resort hotels, nine non-Disney hotels, several golf courses, a camping resort and an outdoor shopping centre.

For many, it's only a dream, but for Balmoral's Robyn Thoresby, it was her reality for two months this past summer.

Thoresby has always loved Disney. Ever since she was young, it was always her birthday wish — she always wanted to go, she said.

Her wish finally came true for her 12th birthday, and she got to go with her family. She became curious about how things ran there and how everything worked.

"I've always wanted to work at Disney World. It was always a little kid dream of mine that I never really thought was going to happen, and then when this opportunity came up, I thought, 'Well, I have to at least try and apply and try and go for it or else I'll be mad at myself forever.'... It was a lot of hoping. It was always something I wanted to do. I just never thought I'd get the chance to," said Thoresby.

The Disney Cultural Exchange Program allows post-secondary students and recent graduates to spend their break from school, working at Walt Disney World Resort. Through this program, participants get the chance to experience different cultures worldwide, connect with professionals from the industry, and build rela-



Robyn Thoresby in front of Cinderella Castle in Magic Kingdom, decked out in the 50th-anniversary decorations.



EXPRESS PHOTO BY ASHLEIGH ALLISON

Robyn Thoresby in front of the Millennium Falcon in Galaxy's Edge which, takes place on the planet of Batuu in the city of Black Spire Outpost.

tionships that will last them a lifetime.

Thoresby's cousin had applied for a job at Disney, and that's how she found out it was even an option, for Canadians to work in Disney World. From that point on, she was hooked.

This year was the first time the program was available since COVID-19, and as soon as Thoresby received the notification it was up and running again, she decided to apply.

Thoresby recently graduated from the University of Manitoba in June with a bachelor of arts degree with a major in sociology and a minor in women's and gender studies.

"It felt like my one shot to try it," said Thoresby.

She said it was a quick and easy process from the moment she applied for the program online on the Disney careers website.

Thoresby applied for the program on the Disney careers website at the beginning of April and went through an information session and an interview. Within less than two weeks, she was accepted into the program.

"I was super nervous to tell anybody I applied because I didn't want to get my hopes up with it," said Thoresby.

When Thoresby got an email on Monday morning that she got into the program, she remembers happy tears and running downstairs to tell

her mom.

From June 20 to Aug. 25, Thoresby embarked on her adventure and dream of a lifetime.

There was a lot to do, from signing lots of paperwork to packing her bags for two months away from home after she accepted the job.

Going to Disney was Thoresby's first time on an airplane and first time travelling alone at all.

"It felt like a really big deal for me," she said.

Though her family had free complimentary tickets, which were included as part of the program, they didn't get a chance to visit, but her family sent care packages with Canadian snacks.

"Everyone on the Disney side of things was super helpful and quick to respond whenever you had questions — they wanted to help you along," she said.

To get the lay of the land before she started working, she arrived a few days before the program start date, on June 17.

She stayed in Flamingo Crossings Villages, which is where housing is provided for all international and college programs, and she shared an apartment with other girls in the program.

Before she went down there, she found out she was going to be in mer-

chandise in Star Wars," said Thoresby.

The first few days of training took place at Flamingo Crossing Villages, and they were focused on the Disney standards and the five keys of service.

Star Wars: Galaxy's Edge was considered a specialized location, so they required special training like learning the history and lore of the land and how it tied in with the existing Star Wars films and characters. There was also lingo they had to learn, like how to say hello and goodbye in that land, and they called guests "travellers" or "off worlders."

Thoresby also took a "Live your story" class where they built backstories for themselves and learned about how to get into their characters. She was also trained to build personalized droids and she sold lightsabres. To get into her character that lived on that planet, she had a special nametag and a costume to match.

Other training included learning the standard merchandising protocols, such as working the cash register and stocking.

When she wasn't working, Thoresby was at the park almost every day, experiencing everything it had to offer for free — another perk of being a part of the program.

Throughout this program, Thoresby experienced a lot of changes, giving her newfound independence and confidence, meeting new people and stepping outside her comfort zone within her workplace.

"It was so fun. There's so much I feel I got out of it — I met so many great people. It was such a good summer. I couldn't recommend it enough to anyone who wants to do it. It was such a good time," said Thoresby.

ing a minimum of 30 hours a week.

"It was kind of exciting and a little bit nerve-racking because I

Community Support Service

Al-Anon Gimli and Winnipeg Beach

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

Meetings are Wednesdays
between 7 and 8 p.m.

Contact 204-389-4777

AA Winnipeg Beach

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

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

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



Fieldstone Ventures Adult Learning Centre
Serving the Interlake

Ashern and Gimli Sites

Ashern open M to F 9 – 3:30
Gimli open Wednesdays 9 to 3:30

Offering High School courses,
you can work on at home!
No formal class time.
Fit learning into your schedule!

Fieldstone
Ventures
Education &
Training Centre Inc.

Contact us for information

mantika@lakeshoresd.mb.ca 1-888-777-1059

Majority of Gimli council approves 30-unit multiplex housing development

By Patricia Barrett

A majority of Gimli council approved a new rental housing development on Centre Avenue West, which runs west of Highway 9.

A company called 10037208 Manitoba Limited wants to build 30 residential units consisting of three eight-plex units and one six-plex unit.

"The units will be designed for long term rental with multi year leases," wrote Joey Werbicki and Chad Palsen in their proposal to council. "The units will all be 1,100 square feet of livable space along with a finished attached garage. All units will be single story."

Seventeen residents who live either on Centre Avenue West or Autumnwood Road provided a joint statement opposing the development.

"As property owners in the RM of Gimli, we know development is inevitable and we welcome well planned and designed development. However, we have serious concerns about the proposal before us," they wrote. "We feel that a development of this density is inconsistent with the neighbourhood and that the development of private homes, one on each of the six 1/2 acre lots, is more in keeping with the esthetics and suggested use of this land."

In addition to concerns about density, the residents said they have concerns with parking, particularly on a street that is "insufficiently wide" and will be too narrow for emergency vehicles, moving vans, delivery trucks, graders, loaders and garbage trucks. The development will also have no sidewalks and no greenspace, and it's unclear whether fencing will be erected. Rental housing could devalue single-family homes.

"Property values — a real estate agent has suggested that rentals may deflate the property values therefore we feel that a development of this density would have a negative impact on the area," the residents wrote.

Mayor Lynn Greenberg and Coun. Peter Holfeuer voted against the development during council's regular meeting on Sept. 28 while councillors Thora Palson, Richard Petrowski and Cody Magnusson voted in favour of it.

Greenberg said he welcomes new development, but the proposal wasn't a good fit for the acreage.

"I want this new housing development, but there are too many units for the size of the lot. I'm all for development, but this proposal would need to be smaller," said Greenberg a day after the meeting.

Previous councils had discussed the issue of having developers build side-

walks wherever new housing is built. A lack of sidewalks in the Vesturland subdivision just north of Centre Street West, for example, was built without sidewalks, forcing residents and children to walk on the road with traffic.

Greenberg said sidewalks weren't discussed with regard to the new multi-family complex.

Other council news:

- Council approved a massage therapy business that will be operated in a residential neighbourhood in Silver Harbour.

Jennifer Desrosiers, who says she has been a licensed and insured member of the Massage Therapy Association of Manitoba for 13 years, asked council for permission to set up a massage therapy business in a structure she proposes to build on her property.

"Considering concerns from neighbours, I propose to construct the new building facility behind our existing detached garage in compliance with all applicable building codes and by-laws," Desrosiers wrote in her proposal to council.

The building would not be visible from the front street and she will provide parking for patrons on her existing driveway.

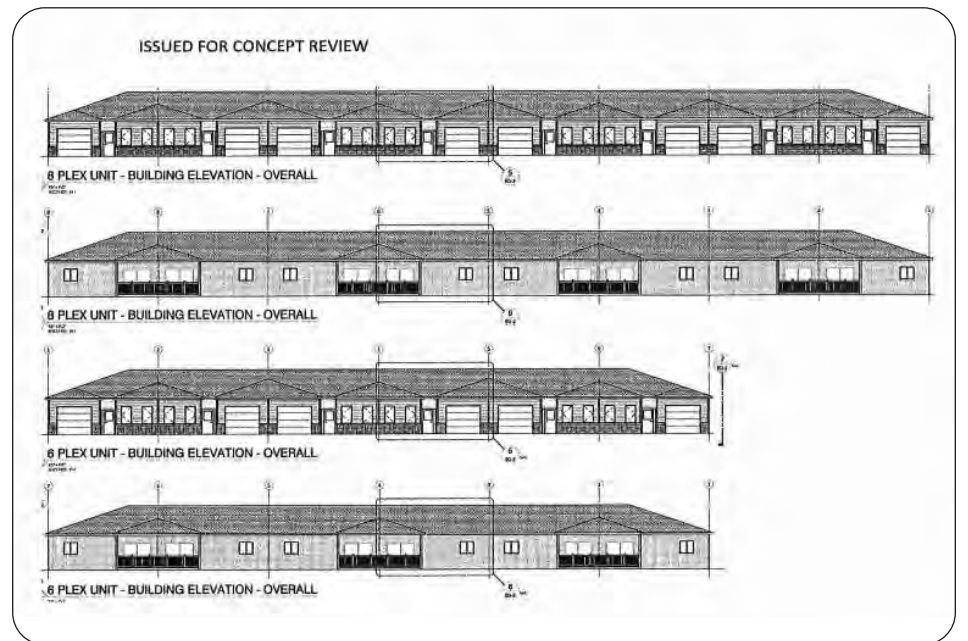
Treatments will include myofascial and scar release, cupping massage, relaxation and craniosacral therapy, and Desrosiers said she proposes to be open year-round on three weekdays and Saturday, with a maximum of 20 single patient appointments a week.

A few residents objected to the proposal. They expressed concern with the operation of a standalone clinic in a "quiet residential environment," increased traffic on the street, potentially growing the business to become a multi-practitioner clinic and devaluation of neighbouring properties.

"The zoning for this neighbourhood and this property is residential resort, intended for single family residential use as described in Gimli Zoning By-law (4.2.2.) - not business," wrote one person in a letter to the Eastern Interlake Planning District. "People have chosen to live [in] this neighbourhood with that knowledge and with the expectation that the current zoning rules will be maintained and our quiet residential neighbourhood will continue to be quiet. By-laws are there to protect the environment, the residents and their investment."

Greenberg said he and council were unanimous in their support for the new business.

- Council heard a presentation from Odin Green residents who have concerns about the operation of an Airbnb in the residential subdivision



EXPRESS EASTERN INTERLAKE PLANNING DISTRICT

Back and front views of the new eight-plex and six-plex housing complexes that will be built on Centre Avenue West.

south of Gimli.

Airbnb is an online accommodation service that charges property owners advertise a property for rent. There a number of issues with Airbnb, including loud partying by guests, neighbouring property devaluation and the reduction of available housing for local people or for those who want to move to a community.

"The Airbnb issue will be carried over. The administration and a law-

yer are checking into this. That will get worked on over the winter to get something in place for next spring," said Greenberg. "We're going to have to have some regulations put forward and enforcement."

- Council intends to beef up bylaw enforcement after it passed first reading of Bylaw No. 22-0013 to establish an administrative framework for by-

Continued on page 11



With **Efficiency Manitoba's Appliance Recycling Program**, we'll pick up, recycle, and give you \$30 for your old working fridge or freezer.

There are lots of benefits to participating:

- ✔ You'll save on your monthly energy bill.
- ✔ You'll get \$30 for each working fridge or freezer you recycle.
- ✔ We'll recycle up to 95% of your appliance and you'll feel good knowing it doesn't end up in the landfill.
- ✔ While we're at your home, we can also haul away your old dehumidifier, window air conditioner, bar fridge, or bar freezer for free.

Book your pick-up today.
efficiencyMB.ca/appliancerecycling
 1-844-944-8181



Interlake-Eastern RHA welcomes new medical residents

By Jennifer McFee

A pair of medical residents is embracing the opportunity to gain hands-on experience in rural medicine.

Dr. Luis Castro and Dr. Stewart Nadurak have embarked on a two-year residency through Interlake-Eastern Regional Health Authority's Family Medicine Residency Program.

Through this program, medical residents learn about the needs of rural patients as well as the opportunity to practise in a rural community after their training is complete. Residency is the final training stage for doctors after they graduate from medical school.

It's familiar territory for both Castro and Nadurak, since they both spent time in the region as medical students through the Home for the Summer program. Offered jointly by IERHA and Manitoba Healthcare Providers Network, the Home for the Summer program provides summer work placements for students pursuing a health-care career.

For Castro, he said it was a pleasure to complete his core rotation and Home for the Summer placement in Teulon. In addition, he spent a week in Beausejour and completed an elective in Selkirk. These positive local experiences helped shape his choice to return to the Interlake region for his medical residency.

"I have always felt welcome by the communities across the region, which made a tremendous impact on my decision," he said.

"The need for physicians and the ability to practise a wide scope made it a perfect choice. I am very happy with my decision."

Born in a small town in the Mexican desert, Castro grew up in Guadalajara and moved to Winnipeg in his teens.

"I have always been fascinated by the human body and mind and, as such, studied psychology and physiotherapy before realizing that my calling was in medicine," he said.

"Now, it's the connection with patients that fuels my passion."

When he's not busy pursuing his medical career, Castro enjoys spending time with his young family.

"I am a family man, which takes most of my leisure time," he said. "I like to take my two toddlers to parks and go for hikes with my wife. When there is time, I try to golf."

Looking ahead, Castro is considering his career aspirations for the future.

"I am generalist at heart. I hope to have a mixed practice of clinic and hospital work. My goal is to find a

place in the region where I can achieve this and thus fill the needs of the community," he said.

"I am honoured to train in the region and look forward to contributing in any capacity that I can, both as a physician and society member."

For Nadurak, he hit a high note when his career path meandered from music to medicine.

"I grew up in a very musical household, which led me to pursue a bachelor's of music at the University of Manitoba in classical French horn performance. My combined interest in the sciences, with the desire for a career having the potential to make a profound impact on patients' lives while walking with them through some of the most vulnerable stages of life, drew me to pursue pre-med electives to prepare for applying to medicine while completing my music degree," said Nadurak, who grew up in North Kildonan.

"I ended up taking time to backpack around New Zealand for half a year, married my wonderful partner Laura, and also worked as a research co-ordinator at the Chronic Disease Innovation Centre out of Seven Oaks Hospital, working with patients on dialysis. I completed my MD training at the University of Manitoba between 2018 and 2022 and was fortunate to receive the news that I matched to the Interlake-Eastern region to pursue my dream of being a family physician, particularly in the rural setting."

It was a perfect fit for Nadurak, who said he's always been drawn to the Interlake and also enjoyed many summers at family cabins in the Whiteshell. Through the Home for the Summer program, he spent his first two summers of medical school in Pinawa and Beausejour.

"I had a great experience working with the docs in those areas and getting first-hand experience of the breadth of knowledge and variety of practice being a rural family physician entailed, which drew me in," Nadurak said.

"The Home for the Summer program definitely influenced me to apply to complete my residency training in the same region I'd already experienced and loved. Although not from the region, I spend lots of time in the region and have family who live in Selkirk so am familiar with the region and have a passion for spending time hiking and exploring the surrounding provincial parks."

Whenever he has a spare moment, Nadurak pursues a multitude of active hobbies, including hiking in Manitoba and beyond.



Dr. Luis Castro



Dr. Stewart Nadurak

"Any chance Laura and I get, we love to travel. We've backpacked, hiked and road-tripped through South America, Spain and many parts of North America together. I have a passion for being outdoors in nature. I do a lot of canoe tripping in Nopiming, northwestern Ontario and the Whiteshell," he said.

"I love to backcountry hike and do multi-day hikes in the Rockies. This has led to a side interest of wilderness medicine and emergency management in low-resource settings. I also play on soccer teams, enjoy trail and long-distance running, and try to keep singing, playing the piano and horn when I can."

The future is bright for Nadurak, who is keeping his options open.

"While nothing is set in stone at this point, I hope to follow the pursuits of my teachers and mentors and be the classic rural generalist physician — one who has a family clinic practice to follow patients long-term along with hospital and emergency department work," he said.

"I do hope to potentially continue work in the Interlake-Eastern region post-residency training, but we'll see where life takes me and opportunities arise."

To start their residency experience, both Nadurak and Castro will primarily be based out of Selkirk. In addition, they're looking forward to completing their family medicine rotation in a smaller community within the IERHA during their second year.

While Nadurak and Castro are embarking on the early stages of their residency experience, the Interlake-Eastern Family Medicine Residency Program also has two residents who are currently in their second year of the program.

Dr. Matthew Genung and Dr. Anita

Gray are the second-year family medicine residents in the Interlake-Eastern program, and they have already completed a number of rotations in Selkirk. They will both be spending time this year in Lac du Bonnet and at the Pinawa Hospital with Dr. Bruneau and his team.

"We are incredibly thankful to Dr. Bruneau in Lac du Bonnet for his commitment to helping train well-rounded rural family physicians. The input of Dr. Bruneau and his team has been invaluable in providing a strong residency experience for our learners. We know that this more rural experience has been a draw to those learners who are considering the Interlake-Eastern training program," said Dr. Ian Alexander, site lead for the residency program.

"We have also had a resident spend time in Gimli with Dr. Jonah Fulmore and look forward to engaging other communities in this important piece of our learners' training."

To date, the Interlake-Eastern Family Medicine Residency Program has trained and graduated four residents since the program launched in the region in 2019.

"We are excited to say that all of our graduates have been successful in completing their training and passing all their examinations. Three of our four graduates are working in the IERHA at this time — one in Selkirk, two in Oakbank," Alexander said.

"We also feel that the program is successful because we are a popular choice for graduating medical students from the University of Manitoba. This means that they want to spend time in the region and train in this area — and that's a good thing for providers, patients and communities."

Manitoba Renal Program's Nickie Cool saves golfer's life with CPR and AED

Submitted by Shared Health

After battling poor weather and the challenges posed by a broken driver on just the third hole, Nickie Cool was more than ready to call it a day and head back to the clubhouse at Teulon Golf & Country Club. Assured by her husband that the weather would soon improve, Nickie carried on, a decision that would prove vital in later efforts to save a fellow golfer's life.

As Cool and her husband approached the sixth hole, they saw a commotion with a group of golfers at the thirteenth.

"It was difficult to see from so far away, but once we turned off the music playing on our portable speaker, we could hear someone yelling," said Cool, the nurse transition co-ordinator for the Manitoba Renal Program. "I turned to my husband and said, 'Drive there now!'"

As their cart pulled up to the 13th hole, Cool could see a man laying down on the cart path. He had blue lips, and another man was blowing into his mouth. Cool recognized that her training and experience as a nurse were needed, and she quickly took charge.

"They weren't performing CPR, so I immediately checked for a pulse and then initiated CPR," said Cool. "I yelled at his friends to call 911 and told them to call the clubhouse to see

if there was an automated external defibrillator (AED) available."

In Cool's day-to-day role with the Manitoba Renal Program, she coordinates patient movement, education and capacity for kidney disease patients across the province. To keep up her clinical skills and because she enjoys bedside nursing, Cool also maintains a casual nursing position at Seven Oaks General Hospital.

"I tried not to panic. In 20 years of nursing, I had never had to give compressions to a patient, but fortunately I had just completed a Code Blue refresher training in May."

Cool's quick thinking paid off.

There was an AED on site at the Teulon Golf & Country Club, but it had never needed to be used before the incident on July 10. Cool and her husband followed the instructions of the 911 operator, performing CPR while a golf course employee picked up the AED from the club and drove it out to the group.

Anyone can safely use an AED without training, according to guidance posted by the Province of Manitoba, as long as the user can read the AED's text and follow its voice-prompt instructions.

On that July day, the club employee closely followed the AED's instructions, lifting the man's shirt, placing the leads on his chest and waiting for



EXPRESS PHOTO SUBMITTED

Stonewall's Nickie Cool was in the right place at the right time to save the life of a 57-year-old man who was participating in a casual golf tournament at Teulon Golf & Country Club.

the machine to deliver an electrical shock to his heart.

"The AED got him back into rhythm and somewhat stabilized until the ambulance arrived," said Cool. "It was the shock of the AED that definitely saved him as we were having a heck of a time keeping him with just compressions."

Cool's golf course "patient" is a 57-year-old Filipino man (who has

asked to remain anonymous). He was participating in a casual golf tournament with his friends from the Filipino Golf Association. This was his third golf tournament of the year, and he expressed surprise that he was affected by cardiac arrest.

"My wife and I lead active lives," he said. "We've gone camping nine

Continued on page 12

> 30-UNIT, FROM PG. 9

law enforcement and a designated officer position to enforce municipal bylaws, the Municipal Act and permits, approvals, orders and agreements made or issued under the Municipal Act or the bylaws.

The RM already employs a bylaw officer.

"It's a bylaw to bring more authority to the bylaw officer," said Greenberg. "The administration is working on this. The next council will deal with it."

-Council gave first reading to Bylaw No. 22-0012 to establish an administrative penalty scheme for the enforcement of parking and other bylaw contraventions, and an adjudication scheme to review screening officer decisions.

Council would have to appoint by resolution one or more screening officers.

Parking infractions include angle parking, parking in a lane or at an entrance to a lane, parking on a sidewalk or boulevard, parking on the street for more than seven consecutive days, parking within 10 feet of an intersection, fire hydrant or cross-

walk, parking in [others'] designated parking spots, parking a truck or truck trailer or semitrailer detached from the truck tractor on a road or street or public parking lot, and parking on private property.

- The Gimli Community Development Corporation (CDC) lost its new economic development officer Jennifer Rutkair, who had been hired earlier this year, after she took a position as accounts payable/payroll clerk with the municipality.

The CDC's mission is to promote and enhance economic development in the RM of Gimli.

The CDC, on which Greenberg and Councillor Richard Petrowski sit as vice-chair and chair respectively, also added Samantha Hampton as a board member at some point this summer.

Typically, recommendations to appoint members to boards — as well as the resignations of board members — come before council for approval.

The RM's chief administrative officer Kelly Cosgrove said the appointment has not been before council.

"To date, the appointment of the board member has not come before council," said Cosgrove.

Helping Families Make Ends Meet



Manitoba's Affordability Package

To help ease the burden of rising costs and high inflation, the Manitoba government is providing much needed support to help Manitobans make ends meet.

This new Affordability package will help families with children, seniors living on a fixed income and vulnerable Manitobans.

The Manitoba government is standing up for families that need it most.

For more information, visit manitoba.ca/familyaffordability

Lakeshore School Division welcomes new voices to board of trustees

By Autumn Fehr

As town members and candidates prepare for the upcoming municipal election, the Lakeshore School Division prepares for the trustee election.

On Oct. 26, the Lakeshore School Division will have its trustee election.

This year, the division is saying goodbye to three long-standing board members and welcoming new voices and perspectives to the team by acclamation.

In this year's election, six of the seven seats were acclaimed, with one seat remaining vacant.

Lakeshore School Division Supt. Don Nikkel said our trustees play an incredibly important role in helping set a vision for the school division. They play a key role in governance policy, in terms of setting regulations and procedures and helping the division know where it's going in the future with education.

Helen Jermey of Ward 5, Moosehorn area, is the longest-standing member stepping down from the board after serving four terms, a total of 16 years.

Jim Cooper served three terms and will also be stepping down from a vice-chair position as the representative of Ward 2, Eriksdale and area.

Darcy Plett of Ward 5, Fisher Branch area, will also leave this year after serving one term.

"There's a healthy piece as well with having that opportunity for renewal and new perspectives to be brought



Allison Moman



Darcy Plett



Donny Thorkelsson



Helen Jermey

in," said Nikkel.

This year's new board members are Allison Moman, representing Ward 2 for Eriksdale/Mulvihill area, and Tetiana Vasylieva, for Moosehorn/Grahamdale area.

The following candidates have been elected by acclamation: Donny Thorkelson for Ward 1, Lundar and area; Teresa Johnson for Ward 3, Ashern and area; Kelly Webb for Ward 5, Fisher Branch and area; and Marvin Coverdale for Ward 6, Inwood and area.

The new board will start meeting in November.

Once the new board is formed, they will go through a process of appointing a trustee for the vacant Ward 5 position.

All the individuals that make up the board of trustees are members of the local communities.

"What we are looking for in a good trustee is somebody who can represent their community and can have that interest in education and bring in that perspective," Nikkel said.

The board is responsible for



Jim Cooper



Kelly Webb



Marvin Coverdale

governance in the school division, so they create policy and vision moving forward for the division.

"That's going to be one of the main priorities for our new board going forward," Nikkel said.

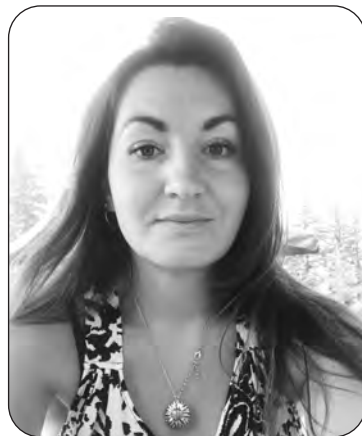
The division is currently starting a new strategic planning session.

The board is going to be responsible for deciding what their priorities are for education as they go into a new four-year term together, Nikkel said.

With a new term, the new board can look at what they



Teresa Johnson



Tetiana Vasylieva

want to prioritize in the region.

Nikkel said he looks forward to the future with the

new trustees.

> CPR AND AED, FROM PG. 11

times this year so far, and we like to go biking, hiking and swimming, so I am surprised this happened."

Once the ambulance arrived, the patient's journey to recovery began, with a stop at the Stonewall and District Health Centre before being transferred to St. Boniface Hospital. Once stabilized, he received a triple cardiac bypass surgery and had an implantable cardioverter defibrillator (ICD) inserted. He is recovering and is grateful to

all those involved in his care.

"I told Nickie, 'You're one of my guardian angels.' I am very blessed that she was there, and I am grateful that the golf course had an AED. After this experience, I think any business where you do a lot of physical activity should have one," he said.

Shawn Coe, director of golf at the Teulon Golf & Country Club, agrees. He is grateful the club purchased their AED in 2016, and after this experience, they have purchased a

second unit.

"We had our AED in the clubhouse, and after this incident we saw that timing is everything and felt it would be better if we had an AED on the beverage cart, which drives around the golf course all day long," said Coe.

While Coe hopes they never have to use either AED again, he is comforted knowing they are available. Since the incident in July, many staff at the golf club have expressed an interest in learning CPR, so Coe is researching opportunities to have an annual CPR training day. If you or some-

one you know is interested in learning the life-saving skill of CPR, courses are offered by a variety of organizations including the Canadian Red Cross, St. John Ambulance and the Lifesaving Society Manitoba. Information about AEDs and where to purchase them can be found on the St. John Ambulance website at www.sja.ca/en/shop/aed-and-supplies.

World Heart Day is Sept. 29

According to the Heart and Stroke Foundation of Canada, "an estimated 35,000 cardiac arrests happen each

year in Canada. This means, on average, one person living in Canada suffers a sudden cardiac arrest every 15 minutes. Cardiac arrest can strike anyone, anywhere, anytime, at any age, without warning. Currently, 80 per cent of cardiac arrests occur outside of a hospital setting and nine in 10 of these people do not survive. If you perform CPR and use an AED on a person experiencing cardiac arrest, you have doubled their chance for survival." Learn more at <https://www.heartandstroke.ca/how-you-can-help/learn-cpr/aeds>.

Arborg celebrates diversity at 2022 Culturama festival

Staff

Arborg hosted its annual Culturama festival on Sept. 30 to celebrate the Interlake's cultural diversity. The festival connects local people and newcomers through the sharing of cultural practices.

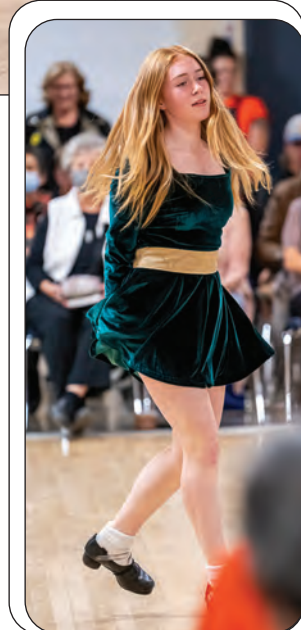
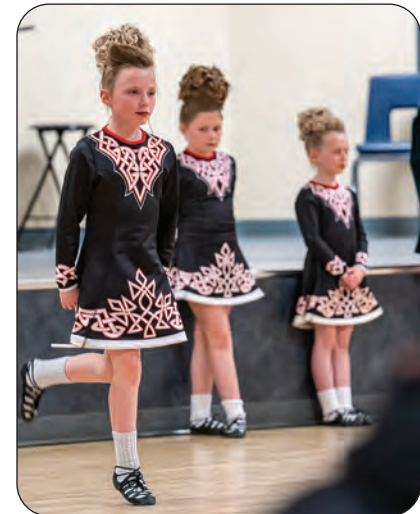
Held at the Arborg Community Hall, the festival showcases traditional food, dance, music and costume from nations such as Iceland, India, Mexico, Syria, Ukraine, the Philippines and Indigenous Manitobans.

Participants are issued a passport, which entitles them to samples of ethnic food at the booths of the participating countries. Ethnic dance performances are a highlight of the evening.

The popular festival, which can draw up to 400 visitors, is sponsored by the Arborg & District Multicultural Heritage Village.



EXPRESS PHOTOS BY RAYME THOMSON



E-book launched celebrating 150 years of agricultural history

Scenic Flight Tour

\$119 FOR A 3 PERSON FLIGHT TOUR
Book Today!

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-642-4799

ELECT Donald VIGFUSSON

for Councillor Bifrost-Riverton

- Resident of Ward 2
- Experienced, dependable, trustworthy
- Dedicated to economic growth
- Committed to addressing taxpayer's concerns

On Wednesday, October 26

VOTE:
DONALD VIGFUSSON

By Agriculture MB150

The governments of Canada and Manitoba have launched *150 Years of Farming in Manitoba*, an e-book developed in partnership with Keystone Agricultural Producers (KAP) that shares the 150-year evolution of the agriculture and agri-food sector in Manitoba, federal Agriculture and Agri-Food Minister Marie-Claude Bibeau and Manitoba Agriculture Minister Derek Johnson announced.

"The *150 Years of Farming in Manitoba* e-book acknowledges the hard work and dedication of our farmers and is an outstanding tribute to all the farming communities in Manitoba," said Bibeau. "The agricultural sector is a pillar of our economy and our farmers are sustainably producing food of internationally recognized quality — a true success story over 150 years in the making."

Continued on page 16

BONEYARD GENERAL REPAIR BOYZ AND BULLS

ERIKSDALE, MB
OCTOBER 15TH 2022

Watch the final Crossfire Bullriding event of 2022 live online!

The Boneyard General Repair Boyz & Bullz presented by CommStream is happening October 15th and will be Crossfire's last show of the year as well as the final BRC event before the finals.

If you can't make it in person, you can still catch all the chills and spills live from your computer, tablet, or smartphone!

Purchase your tickets at:
<https://viewstub.com/BoyzAndBullz2022>

Commstream
Bull Riders Canada Inc.
#cowboytothecore

Welcome to Eriksdale's Boyz & Bulls Day

RURAL MUNICIPALITY OF WEST INTERLAKE

ERIKSDALE OFFICE: 204-739-2666 • 10 Main St.
ASHERN OFFICE: 204-768-2641 • 38 Main St.

Welcome to Eriksdale's Boyz & Bulls Day

WIWD
204-762-5850
manager@wiwd.ca

Attn: Producers funding available

Enjoy Boyz & Bulls

October 15th in Eriksdale

Derek Johnson
MLA for Interlake-Gimli
InterlakeGimliMLA@gmail.com
204.641.8525 (Gimli) 204.376.3401 (Arborg)

Fisher Branch RCMP respond to report of a shot fired at residence

Staff

At 8 a.m. on Sept. 29, Fisher Branch RCMP received a report that a shot had been fired towards a residence located in close proximity to the Fisher River Cree Nation school.

Upon arrival, officers located a bullet hole on the exterior of the residence. The school was placed in lockdown and later closed by school officials.

Further investigation determined that four males in a car drove up to the residence at approximately 4:30 a.m. One male exited the vehicle and shot towards the home before returning to the car and driving away.

Residents, including children, who were in the home at the time of the shooting were not injured.

Fisher Branch RCMP is requesting assistance from the public in identifying the vehicle and the suspects



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP is requesting assistance from the public in identifying the vehicle and the suspects captured on video surveillance

captured on video surveillance. Anyone with information is asked to call Fisher Branch RCMP at: 204-372-6329.

> E-BOOK, FROM PG. 14

The e-book's publication came on the last day of Manitoba Agriculture's Food and Farm Awareness Week, an annual occasion for celebrating the province's diverse, vibrant and sustainable agri-food system. The e-book highlights the economic, societal and environmental benefits of agriculture in Manitoba with a particular focus on the innovations of the last 50 years including those related to animal care, crop production, soil research and food safety.

"Our government is proud to support the province's dynamic and modern agriculture sector and to celebrate Manitoba's farmers who work tirelessly to sustainably meet the growing local, national and global demands for food in an environmentally conscious way," said Johnson. "Our province was founded on agriculture and this e-book provides an important opportunity for our agricultural producers to showcase their ongoing dedication to a safe and reliable food supply."

Support for the e-book initiative has been shared between the federal and Manitoba governments using funds through the Canadian Agricultural Partnership, developed in partnership with KAP.

"Agriculture in Manitoba has evolved through the hard work and innovation of those who have come before us and by those who continue to lead us today, and being able to reflect on the previous 150 years gives us an opportunity to bring forward the lessons of history," said Bill Campbell, president of KAP.

"Throughout the past 150 years, agriculture has defined Manitoba's people and has been the backbone of the province's economy. This story pays tribute to the voices and forces that have shaped Manitoba itself."

The e-book can be viewed online at www.AgricultureMB150.ca.

VOTE

Danny Luprypa
Lifetime resident of Gimli area.

I WILL

- Be available to ALL R.M. residents
- Establish long-range planning for: services & infrastructure
- Develop more local employment ops.
- Develop R.M. properties for growth
- Develop more year-round local, affordable housing
- Work on beautification of downtown

Vote for change.

Councillor

R.M. of Gimli

Volunteerism

- Kinsmen Club Life Member
- Royal Canadian Legion Br# 182
- Gimli Car Club Member
- Heima Er Best Board Member

Education

- Bachelor of Phys. Ed.
- Bachelor of Ed.
- Masters in Ed. Psych.
- Special Ed. Certificate
- Journeyman Gasfitter's Lic.
- Commercial Fisher

Experience

- Over 20 years R.M. Council experience.
- 20 years Public Works & Operations Chairman
- Teacher & Guidance Counsellor 36 years -Evergreen Sch. Division

Election Day: October 26th, 2022

WOMEN'S ENTERPRISE CENTRE
CENTRE D'ENTREPRISE DES FEMMES

Are you ready to grow?

Strength in Community Workshops

If you are a female entrepreneur in Rural or Northern Manitoba looking to build your business network and get practical tools to support your personal and entrepreneurial journey---then this program is for you!

Register early – Space is limited!

VISIT: wecm.ca/events/virtual-strength-in-community-workshops-fall-2022

6-Week VIRTUAL: Tuesday Oct 11 | Oct 18 | Oct 25 | Nov 1 | Nov 8 | Nov 15

Arts, Culture and Sport in Community fund makes a difference

By Autumn Fehr

Non-profit organizations in the community are benefitting from the provincial government's new Arts, Culture and Sport in the Community fund (ACSC).

These outlets are essential in the community, but sometimes the funds are unavailable to bring them to life.

This fund ensures that non-profit community organizations can thrive and provide creative, cultural and active spaces for everyone.

Pat Eyolfson, the co-chair of the Arborg and District Multicultural Heritage Village since its inception 23 years ago, stayed on the board to see the village she helped start come to fruition — and opportunities like these are exactly what she's stayed for.

"We were very excited to have this opportunity because for the last almost three years, we haven't been able to do any large fundraisers so we've had a lot of projects on the back burner, so this would be a huge help if we are successful," she said.

The fund will be distributed over three years, with up to \$100 million in funding supporting two overarching categories: small capital projects and special initiatives and community celebrations.

The first tier of the fund can receive requests for up to \$300,000. Projects can receive between 50 and 100 per cent of the eligible expenses, depending on the project's overall cost. This stream supports initiatives such as organizational development opportunities, training, technology, volunteer and

equipment development, and others to enhance the organization's ability to increase participation and engagement within arts, culture or sports programs. The deadline to apply for this tier was Sept. 26, 2022.

The other funding category is community celebrations, which review requests up to \$5,000. This includes events, festivals and celebrations, both recurring and one-time events, that aim to promote cultural exchanges rooted in inclusion and belonging. This category has quarterly deadlines every three months, on the 15th of that month. The next deadline will be Dec. 15.

"It creates a feeling of excitement because there's this possibility that you can receive this funding and get these things accomplished that you maybe wouldn't have been able to get accomplished for several more years until you would fundraise enough money to complete that project. This encourages the community to act on things that they've wanted to do for years but they didn't have the funding," said Eyolfson.

Even though it's only the first year since the fund has been available, and they haven't been approved for it yet, Eyolfson knows it will make a difference if they receive it.

"It will enhance the community and make it a stronger community. And a lot of things that communities would like to do are larger in money so if you're able to get a portion of that money, then it's not as daunting a task to do something like that. I think it will create more tourism. Sports is also included in there, so a lot of those buildings need tender love and care as they get older, so I think it's a win-win situation for us anyway," said Eyolfson.

Eyolfson hopes to hear



EXPRESS PHOTO SUBMITTED

The Arborg and District Multicultural Heritage Village benefits from the fund to improve its festivities in its cultural centre.

back if they received the funding they applied for by Nov. 11. The program is supposed to have a quick turnaround for applicants, they told her.

"I've got my fingers crossed for Nov. 11," she said.

If the heritage village receives the funding, there are many things they'd like to do that the funding would make possible and would help them do in a shorter period.

HAPPY
Thanksgiving

Let us pause and give thanks
for our many blessings.

JAMES BEZAN MP
SELKIRK—INTERLAKE—EASTMAN

228 MANITOBA AVE, SELKIRK, MB R1A 0Y5 | 204-785-6151
WWW.JAMESBEZAN.COM | OFFICE@JAMESBEZAN.COM

Truth, brought to you by real-life superheroes, the people behind your local press.

Celebrate the power of words with the new "Champions" font inspired by the essential service newspapers provide.

Download it for free at nationalnewspaperweek.ca

Truth

News Media Canada / Médias d'Info Canada

CANADA'S NEWS MEDIA CHAMPIONS OF THE TRUTH

FIRE Prevention Week

October 9-15, 2022

100 YEARS OF FIRE SAFETY
1922 - 2022

What to do if a fire breaks out

It's impossible to predict when a fire will break out. Here are a few steps to take if you ever find yourself in a fire.

- Head for the exit. Get away from the fire immediately. If you're at home, follow your evacuation plan. If you're in a public place, go to the nearest emergency exit and move away from the building. If it's safe to do so, activate the alarm system.

- Don't stop. Fires spread very quickly and can burn through an entire room in less than three minutes. Don't attempt to retrieve your belongings, and don't linger.

- Correct your route. If the room is full of smoke, get low to the ground and crawl under it. Inspect any doors before opening them. Start by checking to see if the door or door handle is hot. If it is, find another way in. If not, open the door slowly and ensure the space is safe before going inside. Never use the elevator.

- Think about your safety. If you can't reach an exit, stay where you are and close the doors. If possible, place a damp towel at the base of the door to block out smoke. Contact the fire department and announce your presence by waving a light or brightly coloured cloth through a window.

Fire prevention tools like smoke alarms, portable fire extinguishers and evacuation plans can minimize the danger when a fire breaks out. Make sure to follow the recommendations of your local fire department.

Learn the Sounds of Fire Safety

Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single "chirp" every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have "end of life" sounds that vary by manufacturer. This means it's time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!

PROROOF BUILDERS 204-963-5302
INTERLAKE

Interlake REAL ESTATE & INSURANCE

Rural Municipality of **GRAHAMDALE**
www.Grahamdale.ca
23 Government Rd. Moosehorn 204-768-2858
Email: info@grahamdale.ca www.grahamdale.ca

KC TIMBER MART 204-642-5111
Gimli, MB

Rural Municipality of Gimli Council and Staff

CAST OFF We make great wine.
WINERY + BREWING SUPPLIES 204-642-3779
GIMLI, MANITOBA

LAKESIDE AUTO & TIRE NAPA AUTOPRO
204-642-5519
5 7th Ave, Gimli
Red Seal Mechanic Nic Turkewich

NORSEMEN AUCTION
204-651-0008

329 River Road,
P.O. Box 70, Arborg,
MB R0C 0A0
1-204-376-2391

QUARRY PHYSIOTHERAPY Gimli 204.642.5353
Arborg 204.376.2406
AN inMotion CLINIC inmotionnetwork.ca

Lundar MANITOBA
The Rural Municipality of Coldwell
Lundar, Manitoba R0C 1Y0
Phone: (204) 762-5421 Fax: (204) 762-5177

Gimli resident receives Queen Elizabeth II Platinum Jubilee Medal

By Patricia Barrett

Select Canadians received a Queen Elizabeth II Platinum Jubilee Medal and certificate to honour their service and contributions to their communities.

Among the Manitoban recipients was Gimli resident Tammy Axelsson, who was recognized last week for her service to the Icelandic community and the consular corps.

Axelsson, who is an honorary consul for Iceland, received the medal from Lt.-Gov. Janice Filmon and Manitoba Premier Heather Stefanson on Sept. 26 during a special presentation at Government House, the residence of Manitoba's lieutenant governors.

"It's very humbling to receive this medal and I'm very honoured. It makes me very proud. I do love my community and always have," said Axelsson by phone. "But there are so many others who make our community what it is, and I always appreciate working with them. You can't do things without working with great people, and Gimli has a whole lot of great people who make things happen here."

Axelsson said her medal came in recognition of her service to and involvement with the Icelandic community and for work with the consular corps.

Corps members act as a point of contact for foreign countries and familiarize their diplomats with local or regional social, cultural and economic matters.

The jubilee medal marks the 70th anniversary (in February) of Queen Elizabeth II on the throne. Recipients received a circular medal suspended from a ribbon and a certificate, according to the jubilee medal website. Criteria include people who have made a contribution to society either in Manitoba or Canada or to a particular region or community and demonstrated strong community-mindedness, service and reconciliation.

The medal recipients were chosen by MLAs, Indigenous leadership organizations, the lieutenant-governor, the premier, the leader of the opposition, the City of Winnipeg, the City of Brandon, the RCMP, Winnipeg Police Service, Winnipeg Fire and Paramedic



The Queen Elizabeth II Platinum Jubilee Medal.

Service, the Winnipeg Foundation, 17 Wing Winnipeg, 38 Canadian Brigade Group, HMCS Chippewa, according to a Sept. 26 provincial news release. A list of recipient names wasn't provided.

Axelsson, who is former executive director of the New Iceland Heritage Museum, was congratulated by the museum's board and staff for her contributions to the community.

"Tammy's work as executive director of the museum from its inception to 2016 was a significant part of her contribution to the strengthening of the community of Canadians of Icelandic descent in Manitoba. Congratulations and well deserved."



EXPRESS PHOTOS SUBMITTED
Tammy Axelsson (left) received a Queen Elizabeth II Platinum Jubilee Medal and certificate from Lt.-Gov. Janice Filmon and Premier Heather Stefanson.



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Tammy Axelsson participated in a Gimli fundraising walk a few years ago.

UNLOCKING THE MYSTERIES OF THE PELVIC FLOOR

DO YOU LEAK WHEN YOU COUGH OR SNEEZE?
DO YOU HAVE PAIN OR PRESSURE "DOWN THERE"?

COME LEARN HOW YOUR PELVIC FLOOR WORKS, AND HOW IT CAN WORK BETTER FOR YOU!

WHEN: Thursday October 6th
TIME: 7:30 pm
WHERE: Quarry Physiotherapy Stonewall
3-347 Main Street

Light refreshments will be available

LIMITED SEATING SO PLEASE CALL TO REGISTER!
Virtual option available for those that are not able to attend

QUARRY PHYSIOTHERAPY
AN inMotion CLINIC

(204) 467-9101
quarrystw@inmotionnetwork.ca

FRASERWOOD HALL ANNUAL FALL SUPPER & DANCE

Saturday, October 15, 2022
Cocktails 5:30 pm
Supper 6:00pm
Dance to "Country Pride"

Tickets \$35 Adults, \$20 Children (6-12), Free (5 & under)

Call Brandy 204-643-5230
Lois 204-643-5541

RE-ELECT Susan Smerchanski
for Reeve of Armstrong on October 26

Strong community commitment and support.
Working together for positive change and a better tomorrow!

Phone 204-886-2205

VOTE Smerchanski, Susan

50th Anniversary 50/50 Draw

MARINE MUSEUM OF MANITOBA

Deadline for Ticket Sales is Nov. 1, 2022

Draw will be held Saturday, Nov. 5, 2022

Tickets starting at \$10!

Buy tickets online:
<https://marinemuseum.ca/2021-boat-load-o-cash-50-50-draw/>
Or phone 204-482-7761

Jackpot at \$9,125.00 and growing!

License #: LCGA 8140-RF-37558

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder tame Neepawa Tigers

By Brian Bowman

The Interlake Thunder must really like playing at home.

Interlake won its third consecutive game — all played in Stonewall — after a dominating 48-14 win over the Neepawa Tigers in Rural Manitoba Football League action last Thursday.

“It was easily the most complete game that we’ve played on offence, defence, special teams and all four quarters,” said Thunder head coach Mitch Obach. “We’ve sort of had trouble putting the pieces together on the same day but we definitely did it last Thursday so it was a big win for us.”

The Thunder are definitely playing with confidence as the wins pile up.

“Those first three games on the road (was tough) but now being at home and getting on a bit of a roll guys are starting to feel it. It’s coming together at the right time of the year now that we’re in the second half.”

Thunder quarterback Ben Cook was, once again, effective as he finished 11-for-18 passing for 179 yards. He threw three touchdown passes and had no interceptions.

On the ground, Interlake gashed the Tigers all day.

“It’s a really good balanced attack and that’s what’s helping us,” Obach said. “It’s the big guys up front. We have three Grade 12s on our offensive line, starters in the middle of that offensive line. Two of them have tons of experience. When they can take care of a defensive line and our running backs are hitting the hole with some good speed it really develops a good running game for us.”

The Thunder’s Lucas Kmet had 12 carries for 161 yards and a touchdown while Dwight Bell added six carries for 103 yards and a pair of TDs. Bell also had two receptions for 70 yards.

Other Thunder players with strong offensive games included Matthew Huston (six carries for 74 yards and a touchdown/two receptions for 21 yards and a touchdown), Jessie Batenchuk (four receptions for 62 yards and a major) and Cayden Storozuk (21-yard touchdown reception).

On defence, Interlake forced a lot of incomplete passes while Jackson



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Thunder's Lucas Kmet had a nice run against Neepawa during RMFL action last Thursday in Stonewall. Interlake won the game 48-14.

Nichol blocked a punt.

The Thunder, 2-2 in league play, will host the Park West Outlaws (1-3) on

Friday at Stonewall Collegiate. Kick-off is 4:30 p.m.

Tournament champions



EXPRESS PHOTO SUBMITTED

Riverton Collegiate hosted a six-team varsity boys' volleyball tournament last Saturday. The teams in the tournament were the Riverton Patriots, Lundar Kodiaks, St. Laurent Hawks, Gimli Lakers, Morweena Raptors and the Ashern Cobras. This was the first tournament of the Zone 5 volleyball season for the teams. In the gold-medal match, Riverton defeated Gimli 25-14, 25-15 while Morweena beat Lundar 18-25, 26-24, 15-11 in the bronze-medal game.

U15, U17 AAA Lightning teams begin regular season

Staff

The Interlake Lightning were edged 4-3 by the Central Plains Capitals in U15 AAA action last Sunday in Warren.

Interlake goals were scored by Ryder Kirk, Jacob Keck and Layne Stuart.

Lightning goaltender Owen Coe made 25 saves.

On Saturday, Interlake lost 16-1 to

the Brandon Wheat Kings.

Mason Bernier scored for Interlake in the second period.

Coe and Tristan Klatt split the goaltending duties for the Lightning.

In U17 action, Interlake was beaten 8-2 by the Brandon Wheat Kings on Saturday.

No goal scorers were posted on the league website at press time.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake's Johnson hoping to play in the AHL this season

By Ty Dilello

Gimli's Carter Johnson is ready for his second season of professional hockey. The 6'3" 26-year-old forward is coming off an excellent campaign with the East Coast Hockey League's (ECHL) Wichita Thunder, where he scored 45 points in 69 games.

It's been a long road since Johnson first got into hockey as a four-year-old. At the time, his dad shovelled off an outdoor rink near the family house and, from there, the young Johnson fell in love with the game.

"It was always a dream of mine to make it to the professional ranks, and I believed in myself from a young age, but felt I could really make it a reality when I made it to junior hockey," said Johnson.

"I believe growing up in the Interlake helped because of the strong hockey community it has. There was always a lot of hockey around, and its fairly tight-knit throughout the Interlake, so I made a lot of close friends along the way."

It just so happens that Johnson's grandfather is former NHLer Bob Leiter, who certainly played a role in shaping Johnson into a budding hockey star.

"My grandpa definitely has had a big impact on my hockey career as he has shared countless stories and advice. He and my nana Judy have always supported me throughout the various stages of my career. My whole family has been such a big inspiration for me in regard to hockey."

Johnson played in the Interlake Lightning's AAA program and spent a couple of seasons with the MJHL's



Carter Johnson

Swan Valley Stampeders before heading to Texas for the 2015-16 season to play with the Corpus Christi Ice Rays of the NAHL.

Johnson spent four years playing college hockey with the University of Miami (Ohio) while earning a major in Sport Leadership and Management.

"I enjoyed my time at Miami as it helped me to build a lot of character and perseverance. It was a very cool and fun experience to play in various places against top college teams across the nation, and that was something that will stick with me throughout my life."

Johnson also enjoyed his first year of professional hockey last season as he felt like he learned a lot and developed a bunch as a player. He scored 45 points in 69 games with the Wichita Thunder of the ECHL. Interestingly enough, Johnson's uncle Jeff Leiter



EXPRESS PHOTOS SUBMITTED

Gimli's Carter Johnson earned 45 points in 69 games in his first season of professional hockey with the ECHL's Wichita Thunder.

also played for the Wichita Thunder for five seasons in the early 2000s.

"I was able to be relied upon in a producing role again and embraced that challenge. I made a lot of good connections and felt like Wichita was a great place to kickstart my pro career."

For the upcoming 2022-23 season, Johnson is currently en route to California, heading to the AHL's San Jose Barracuda training camp to try and crack that roster. If it doesn't work out, he will head back to Wichita for his second season in the ECHL.

"I'm excited for that challenge and feel like I have prepared myself all

summer to take the next step in my hockey career. I look forward to the challenge and the excitement of climbing the hockey ladder."

Johnson's goals for the upcoming year in hockey are to keep getting better every day and to do everything in his power to bring his game up to the next level, with the ultimate goal of becoming a National Hockey League player.

"A life goal of mine is to try and become not only a better person every day but inspire the next generation of hockey players and athletes in my area to pursue their dreams and follow their passions wherever it may lead to."

U18 AAA male Lightning win pair of weekend games

By Brian Bowman

The Interlake Lightning started their Manitoba AAA U18 Hockey League season with a 2-1 record last weekend.

Interlake beat the Norman Northstars 7-2 on Sunday afternoon.

Adam Vigfusson (two), Darian Sinclair (two), Ian Buors, Kai Smith and Brandon Burak scored for the Lightning.

Gregory Wiseman and Cayden

Nychporuk replied for Norman.

Lightning goaltender Dylan LeClair made 25 saves for the victory.

On Saturday afternoon, the Lightning lost 4-3 to the Parkland Rangers.

Tyrell Leaske and Conner McKay gave Parkland a 2-0 first-period lead and then the Rangers' Madden Murray and Hayden Seib, on the power play, tallied in the second.

Interlake's Morgan Mantik, Joel

MacMillan and Vigfusson scored in a 4:30 stretch early in the third.

Lightning goaltender Alex Myers made 44 saves.

Interlake started its regular season with an impressive 7-2 victory on Friday.

Vigfusson had a great game with three goals and two assists while Mantik, MacMillan, Blake Farthing and Buors also tallied for the Light-

ning.

Parkland goals were scored by Seib and Murray.

LeClair stopped 29 Rangers' shots for the win.

The Lightning will host the Pembina Valley Hawks on Friday (7:30 p.m.) in Teulon and then the two teams will hook up Saturday (8 p.m.) in Morden.

Halldorson enjoying time with Team Manitoba

By Brian Bowman

Team Manitoba posted a 3-0 record at a Female U18 POE Series in Saskatoon on Sept. 23-25.

And a big part of that success was Lundar goaltender Rachel Halldorson.

Manitoba defeated the University of Regina 5-1, the Barrie Sharks 4-2, and Team Saskatchewan 5-3.

Halldorson played in the second half of the game against Barrie and the entire game against Team Saskatchewan.

"I feel that I got really used to that level and I got to have a really good experience with such a great team in front of me," said the talented 16 year old.

Halldorson plays for the Interlake Lightning in the Manitoba U18 AAA Female Hockey League. The level of play was much higher in Saskatoon.

"The shots were way more accurate and a lot harder," Halldorson said.

This is Halldorson's first time with Team Manitoba. She is really enjoy-

ing the experience of representing our province.

"It's nice to play with the group of girls that I'm with," she said. "They're all very welcoming and they're all very talented. It's quite fun and quite an honour."

Manitoba will be competing at the Canada Winter Games in February, 2023 in Prince Edward Island.

"Once I heard that I (made Team Manitoba) I knew that's what I wanted to play for," Halldorson said. "It's going to be quite a journey to go there."

In the meantime, Halldorson will be busy playing for the Lightning. Interlake started its season last weekend and suffered a pair of close losses.

"Our team is going to do very well," Halldorson predicted. "Our speed is going to be there and our compete. I think we have quite a good chance this year."



EXPRESS FILE PHOTO

Lundar's Rachel Halldorson, who plays for the Interlake Lightning, is a member of Team Manitoba that will compete at the Canada Winter Games.

U18 AAA female Lightning lose pair of games



EXPRESS PHOTO BY RICK HIEBERT

The Interlake Lightning's Kylee Emms-Finnsson battles a Pembina Valley Hawks' player for the puck during U18 AAA Female Hockey League action Saturday in Morden.

Staff

The Interlake Lightning U18 AAA female hockey team lost a pair of close games last weekend.

Interlake started its regular season with a tough 1-0 shootout loss to the Pembina Valley Hawks on Saturday in Morden.

Lightning goaltender Rachel Halldorson made 28 saves in the game.

On Sunday afternoon, Interlake was defeated 3-1 by the Yellowhead Chiefs in Stonewall.

Tessa Stewart scored a third-period goal for the Lightning, assisted by Veronica Asquith and Kylee Emms-Finnsson.

Mia McGregor, with a pair, and Kennedy Wood tallied for the Chiefs.

Interlake netminder Jane Sugimoto stopped 27 Yellowhead shots.

The Lightning will host the Central Plains Capitals on Saturday (7:30 p.m.) and the Yellowhead Chiefs Sunday (2 p.m.). Both games will be played in Stonewall.

Lundar wins regular-season home opener

Staff

The Lundar Falcons had a good start to their Capital Region Junior Hockey League regular season.

Ryan Benson scored twice and had an assist while Riley Wirgau also tallied twice as Lundar defeated the Arborg Ice Dawgs 5-4.

Jonathan Compeau scored the Falcons' other goal.

Arborg goals came from Cadrick

Dueck, Ben Danielson, Ashton Fisher and Kaydyn McMahon.

Michel Merpaw made 26 saves for the win.

Arborg will host the North Winnipeg Satellites on Saturday (7:30 p.m.) and then visit the Selkirk Fishermen Sunday (3 p.m.).

Lundar will travel to Beausejour to take on the Comets on Friday. Puck drop is 8 p.m.

Cvar enters senior year at St. Cloud State

By Ty Dilello

Olivia Cvar, formerly of Gimli, is gearing up for her senior year of college hockey at St. Cloud State.

The 21-year-old phenom is coming off a season of scoring 14 points in 30 games for St. Cloud, a top NCAA Division 1 hockey program in Minnesota.

Cvar comes from a hockey family as both her sister and brother played. Her parents decided to put her into hockey when she was in Grade 2, and Cvar hasn't looked back since.

"My family and I started to realize I could make something out of the sport around Grade 6-7," said Cvar. "I was very competitive, and I loved to be challenged. I played with the boys until Grade 7 because I loved the physical toughness I gained from playing with them."

Cvar also credits her development to growing up in the Interlake region of the province, where she regularly went up against the top boys' players in her age categories.

"Growing up in the Interlake is something I am proud of, and I always like to remind people I'm from Gimli. Growing up in an area where it was hard to find female teams to play on made me mentally and physically tougher as a hockey player and as a person."

She played for the Interlake Ice in Grade 8 and then decided to try the Prep program at Shaftesbury High School in Winnipeg. Once Cvar understood that she could further her hockey career and schooling, she transferred schools to Balmoral Hall in Winnipeg. There she was able to develop her skills, work ethic and ability to overcome obstacles.

"I committed to play Division 1 college hockey in Grade 10. It was like a dream come true."

During her time at Balmoral Hall, Cvar was a member of Canada's U18 national program and Team Manitoba, which played at the National U18 Women's Hockey Championships in 2016 and 2017. She was also co-captain of Manitoba at the 2019 Canada Winter Games.

Cvar has greatly enjoyed her time so far at St. Cloud State, where she is majoring in elementary education.

"The atmosphere here is amazing. The professors are great and understanding of our busy schedules, my teammates are so much fun to be around, and the friends I have made here outside of hockey are great. I'm super excited to get my senior year started as I have worked hard my past three years here, and I am ready to compete at my best for my senior year."



EXPRESS PHOTO SUBMITTED

Olivia Cvar is gearing up for her senior year of college hockey at St. Cloud State.

This past 2021-22 season, Cvar appeared in all 35 games for St. Cloud and was a key scoring threat every time she stepped onto the ice, spending time throughout the year as both a center and on the wing. She was a WCHA Scholar Athlete and named to the WCHA All-Academic Team.

After her senior year of college, Cvar has a couple of options that she's un-

decided on for the future.

"I was given a COVID year, so I would be able to come back and be eligible for a fifth year of hockey at St. Cloud. I'm also interested in playing in a women's league down in the United States or in Europe, where I could be employed as an elementary school teacher as well. I'm in no rush to decide, though, as I'm just enjoying this experience and taking it all in."

Murdock named Interlake 2021-22 regional volunteer recognition award winner

Hockey Manitoba

Hockey Manitoba identifies 10 recipients annually for the Regional Volunteer Recognition Awards from each of its 10 regions as nominated by representatives from those regions.

The purpose of these awards is to recognize outstanding commitment and significant contributions to the game of hockey in Manitoba.

Kristin Murdock was the winner for the Interlake region.

Kristin Murdock has been volunteering as a board member and coach with Fisher River Minor Hockey for the past 10 years. Even though she doesn't skate, she is on the bench helping the kids and designing drills for them.

Kristin has also been an Interlake Minor Hockey board member for the last four seasons. During the COVID-19 pandemic, she helped the board

navigate through a return to play and was a calming presence in her region.

Helping in her community is very near and dear to Kristin's heart. She helps with Treaty Days, baseball and anything else that might need a helping hand. With her limited time outside of volunteering and work Kristin has taken up the traditional First Nations craft of making Star Blankets and Ribbon Shirts by hand.

Kristin makes all this happen while raising her children Xander, 13, and Shayna, 14.



EXPRESS PHOTO HOCKEY MANITOBA

Fisher River's Kristin Murdock was named the Interlake 2021-22 regional volunteer recognition award winner.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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



get inspired

> MEAL IDEAS



Blended Crunchy Mushroom Wraps

heat olive oil. Cook onions 1-2 minutes until translucent. Add mushrooms and ground beef. Cook about 5 minutes, or until beef is no longer pink. Stir in taco seasoning. Cook 2-3 minutes. Set aside.

Lay one large flour tortilla on flat surface. Spread 2 tablespoons mushroom-meat mixture on center of tortilla.

Drizzle dollop of nacho cheese over mushroom-meat mixture. Top meat with one tostada shell then spread thin layer of sour cream over tostada shell.

Top with shredded lettuce, diced tomatoes and shredded Mexican cheese then one small tortilla. Make sure not to overstuff so wrap doesn't break apart while cooking.

Fold edges of large tortilla toward center until completely covered.

In hot skillet, generously spray with nonstick cooking spray. Carefully place wrap seam side down on skillet. Cook 2-3 minutes until golden brown.

Flip and cook other side until golden brown. Repeat with remaining mushroom-meat mixture, tortillas and toppings.

Cut wraps half and serve.

Recipe courtesy of the Mushroom Council

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 6

2 tablespoons olive oil

1/2 cup finely chopped yellow onion

8 ounces mushrooms, such as white button, crimini or portabella, finely chopped

1/2 pound lean ground beef

1 tablespoon taco seasoning

6 burrito-size flour tortillas (about 10 inches each)

1/3 cup nacho cheese sauce

6 tostada shells

sour cream

6 mini soft taco-size flour tortillas (about 4 1/2 inches each)

shredded lettuce

diced tomatoes

shredded Mexican cheese blend

nonstick cooking spray

In large skillet over medium-high heat,



Plant-Based Meatloaf Sandwiches

mixing. Shape mixture into loaf on baking sheet. Spread barbecue sauce over meatloaf.

Bake 1 hour, or until internal temperature reaches 160 F.

Slice meatloaf into six pieces and place each piece on bread. Top each meatloaf slice with vegan cheddar cheese and sauteed onions then close sandwiches with top bread slices. Using panini press, griddle or frying pan, cook sandwiches until golden brown and cheese is melted.

Tip: Pairs well with potato salad.

Recipe courtesy of Aramark

Servings: 6

Nonstick cooking spray

1 1/2 pounds plant-based ground burger, thawed

1 1/2 cups cooked wild rice, chilled

1 cup diced onion

1 cup diced red bell pepper

2 teaspoons paprika

1 teaspoon granulated garlic

1 teaspoon rubbed sage

1/2 teaspoon dried thyme leaves

1/2 teaspoon kosher salt

1/4 teaspoon ground white pepper

2/3 cup barbecue sauce

bread

vegan cheddar cheese

sauteed onions

Heat oven to 375 F. Spray rimmed baking sheet with nonstick cooking spray.

In bowl, thoroughly mix ground burger, cooked rice, onion, bell pepper, paprika, garlic, sage, thyme, salt and white pepper until well blended without over-

Chicken Souse



The mother-in-law question

Submitted

Mothers in law are often maligned. Most of these women are genuinely concerned about their children and are really well-meaning. When children marry, it can be an awkward time for parents as they try to re-define their role in their children's lives. They often get mixed messages: children may, on the one hand project that they want help (e.g., financial, or with babysitting or fixing things), but other times be offended by help freely given (i.e., advice). Parents may often feel like they are walking on eggshells, wanting to be seen as neither as intrusive, nor neglectful.

No matter how you look at it though, a mother who as spent 18+ years raising a child, wants to be important in his/her life. But the child has his/her own home now and doesn't need parents in the same way. The young couple want to create their own lives, to make their own decisions, and may have two mothers and two fathers (or more if parents have remarried) coaching from the sidelines, all with different advice.

If parents are critical of a child's spouse, the spouse will pick up on that energy, and it may trigger memories of battles with parents during the teenage years. This in turn may bring out the rebellious side of the young person, setting the stage for more disharmony.

The key to healthy relationships with in-laws is to understand that once children are married, they don't need mothering. A mother

can be a friend, a coach, a bringer of support, but adult children do not want to be treated like children.

Recognize, in most cases, the good intent of the mother-in-law. You can let her advice float by if you don't need it. If she continues to push it, or to criticize, tell her gently that you want her friendship, but these behaviors may spoil that.

If you are the mother-in-law, ask the children to tell you honestly what kind of role they would like you to play in their adult lives. Do not expect to be treated in any certain way, for that would be getting into co-dependency and using guilt on them. If you expect that they will be with you every Christmas, or always take you to dinner on Mother's Day, and act hurt if they don't, you make them feel like it's a duty. This serves only to take the fun out of celebrations. Prepare to be flexible and not compete with your child's in-laws.

Count your blessings (they've left home!), let them know they have your love and support, be pleasant to be around, and don't take things too seriously or personally. If you are the child, try to see your in-laws through compassionate eyes, and treat them the way you will surely, one day, want to be treated. What goes around does, persistently, come around.

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

Recipe courtesy of Aramark

Servings: 6

8 ounces boneless, skinless chicken thighs, cut into 1-inch pieces

1/8 teaspoon ground black pepper, plus additional, to taste, divided

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

1 tablespoon vegetable oil

1/4 cup diced onion

1/4 cup diced celery

2 teaspoons minced garlic

2 cups chicken broth

1 cup peeled potatoes, cut into 1/2-inch pieces

2/3 cup canned diced tomatoes, undrained

1/4 cup tomato paste

3 tablespoons cider vinegar

2 tablespoons minced, seeded jalapeno pepper

1 1/2 tablespoons lemon juice

1 1/2 teaspoons minced, peeled ginger root

1 teaspoon kosher salt, plus additional, to taste, divided

2 pinches dried thyme leaves

1 small bay leaf

1 1/2 cups thawed mixed vegetables, drained

Season chicken with 1/8 teaspoon black pepper, garlic powder and onion powder. Cover and chill 2 hours, or overnight.

In saucepan over medium-high heat, heat oil. Add onion and celery; saute 2 minutes, or until tender-crisp. Add garlic and saute 30 seconds.

Add chicken and saute until browned.

Stir in broth, potatoes, tomatoes, tomato paste, vinegar, jalapeno pepper, lemon juice, ginger, 1 teaspoon salt, thyme and bay leaf; heat to boil. Reduce heat. Cover and simmer 1 hour, or until potatoes are tender.

Stir in mixed vegetables and simmer 10 minutes. Remove and discard bay leaf. Season with additional salt and pepper, to taste.

Tips: Serve souse with griddled corn cakes and saltine crackers. Make vegetarian by replacing chicken with canned drained and rinsed black-eyed peas or red or white beans.



NOTICE OF ELECTION EVERGREEN SCHOOL DIVISION

NOTICE is hereby given that the voters of the Evergreen School Division will be taken to elect School Trustees from the following duly nominated candidates:

WARD 1 (Riverton/Arborg Area) – 2 to be elected

Hardy, Jahna
Helgason, Penny
Davies, Sandra

WARD 2 (Gimli/Fraserwood Area) – 3 to be elected

Kohler, Gladys
Nelson, Baldur
Jones, Aaron
Johnson, Brent
Auer, Dianna
Yorga, Jillian

WARD 3 (Winnipeg Beach/Dunnottar Area) – 2 to be elected

Durant, Matthew
Banks, Colette
Pona, Colleen
Mosher, Amanda

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the following, 8 a.m. to 8 p.m. except for Ward 1 on October 18th and Ward 3 on October 7th.

- Ward 3 – October 7, 2022 Winnipeg Beach Municipal office – 29 Robinson Ave Wpg Beach from 8:30 am to 8:30 pm
- Ward 2 – October 9, 2022 Gimli New Horizon 55+ building – 17 N Colonization Rd. Gimli
- Ward 2 – October 13, 2022 Fraserwood Hall – 10140 PR 231 Fraserwood
- Ward 1 – October 15, 2022 Riverton Community – 175 Reggie Leach Drive, Riverton
- Ward 1 – October 18, 2022 Bifrost Riverton Municipal offices – 329 River Rd. Arborg from 9 a.m. to 4 p.m.

VOTING PLACES

Voting places will be open for voting on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at the following locations:

- Ward 1 – Riverton Community Hall – 175 Reggie Leach Drive, Riverton
- Arborg Bifrost Community Hall – 409 Recreation Centre, Arborg
- Ward 2 – Arnes Community Hall – 20005 Arnes Rd, Arnes
- Gimli New Horizons 55+ Centre – 17N Colonization Rd, Gimli
- Fraserwood Hall – 10140 PR 231, Fraserwood
- Ward 3 – Winnipeg Beach Community Centre – 32 Hamilton Ave, Wpg Beach
- Matlock Recreation Hall – 77 Matlock Rd, Matlock

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

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile voting station will be available.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply by email to the SEO (Senior Election Official) Evergreen School Division, Debbie.thorsteinson@esd.ca A voter may apply between September 28, 2022, and October 23, 2022

** A voter applying by email will receive a sealed envelope ballot package by regular post (if received before October 14, 2022), or by making alternate arrangements with the senior election official. For applications received after October, 14 2022, ballot packages will need to be picked up in person.

Dated at Gimli, in the Province of Manitoba, this 21st day of September 2022

Deb Thorsteinson, Senior Election Official
Evergreen School Division
Phone: (204) 671-0618
Email Debbie.thorsteinson@esd.ca

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

Classifieds



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

SCRAP METAL

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

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

PROPERTY MANAGEMENT

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

EXPRESS
WEEKLY NEWS
204-467-5836

LOT FOR SALE

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

CONDO FOR SALE

Aspen Park 2 bdrm condo. Sunroom, many upgrades, 4 appliances. \$165,000. Cathy 204-955-5810.

BUILDING FOR SALE

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

MOBILE HOME FOR SALE

4 bdrm., air conditioning, to be moved. \$79,500 obo. Ph. 204-641-8137.

HOUSE FOR RENT

For rent - 2 bdrm. house for rent in Ledwyn, all appliances, no pets. Available immediately. \$600/month. Phone 204-641-3615.

Cozy 2 bdrm. furnished house in Gimli. Available Nov. 1st – May 31st. \$950/mo. includes water. Gas & hydro not included. No pets, smoking or vaping. Suitable for 3 people. Ph 204-885-9646 or text 431-374-0116.

INVITATION TO TENDER FOR SNOW CLEARING

Ukrainian Farmers Co-operative Ltd.



- Contract from November 2022 to March 2023
- Front ½ of lot must be cleared before 7:00am
- Snow to be stored on site
- Must provide proof of 3 million liability insurance

The job application can be printed from our facebook page at Ukrainian Farmers Co-operative Ltd.

**Application deadline is October 26th.
Lowest or any tender not necessarily accepted.**

For additional information or questions, please contact Kyle Yaciuk at **Ukrainian Farmers Co-operative Ltd.**
Box 160, Fisher Branch, Mb, R0C-0Z0
Ph# (204) 372-6202 Cell# (204) 739-8018
Kyle.Yaciuk@ukfarmerscoop.com



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES MUNICIPALITY OF BIFROST-RIVERTON

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 2nd day of **November, 2022**, at the hour of **10:00 AM**, at 329 River Road, Arborg, 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
403300	LOT 1 BLOCK 5 PLAN 2212 WLTO EXC ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL 6 OF 20-23-4 EPM - 71 RIVER ST., RIVERTON	L -\$3,400 B -\$6,700	\$3,548.30
416900	LOT 4 PLAN 4513 WLTO IN RL 6 WEST OF THE ICELANDIC RIVER IN 23-4 EPM - 283 THOMPSON DR., RIVERTON	L -\$12,900 B -\$54,000	\$5,052.58

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 Municipality of Bifrost-Riverton 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 \$367.50 (\$350 + 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 6th day of October, 2022.

Managed by:



Jordan Willner
Chief Administrative Officer
Municipality of Bifrost-Riverton
Phone: (204) 376-2391
Fax: (204) 376-2742

Everything you need to promote your business



ECE CHILDCARE EDUCATOR EMPLOYMENT

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

casual position, based out of the Arborg Elementary school.

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

Applicants to respond to Stephanie
arborgschoolage@yahoo.ca

RIVERTON CO-OPERATIVE ASSOCIATION LTD.



Riverton Co-op located at 39 Reggie Leach Drive in Riverton is requesting Snow Clearing Tenders for 2022 – 2024 winter seasons. Snow clearing is required for front customer parking lot, back parking lot, west side of store for deliveries, and for sidewalk entrance directly in front of our store. Snow Clearing must be done in a timely manner to ensure snow cleared parking and for customer and employee access.

Please provide tenders based on clearing and removal if necessary.

Proof of insurance must accompany tender.

Lowest Tender not necessarily accepted.

Contact Darlene Yaremus/Retail Manager at 204 378-2251 for further details if required.

Deadline for tender submission is 5:00 PM, October 24, 2022.

Submit tenders to
Riverton Coop
Box 160, Riverton MB, R0C 2R0

204 378-2251
rivertoncoop@mymts.net

Classifieds



HELP WANTED

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

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Lakeside Flight Academy is the most affordable in Canada. Recreational, private and commercial certifies. We offer flight training and ground school (air law, meteorology, aeronautics general knowledge) Call 204-642-4799.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to es-

tates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

LOOKING FOR - new or used transmission for 2005 Buick Le Sabre Ltd. Phone 431-345-0441.

NOTICES

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

CONT. ON NEXT COL.

ADVERTISE YOUR UPCOMING EVENTS IN THE EXPRESS

The Winnipeg Beach Curling Club invites applications for:

1. Canteen Operator / Lessee for the 2022 - 2023 Season

(Oct. 15, 2022 – March 31, 2023)

Lessee fee is \$150.00 / month

2. Bar Manager / Cleaner for the 2022-2023 Season

(Oct. 15, 2022 – March 31, 2023)

Position pays contract wage of \$1025.00/month.

Please contact Shawna Johnson

204-641-1721

Curling days are:

- Ladies' – Monday evenings
- Men – Tuesday evenings
- Men – Thursday evenings
- Doubles – every second Wednesday evenings
- Mixed – Friday evenings

To register your team or for further information, please contact: Shawna Johnson 641-1721

FULL TIME COOK REQUIRED

Full time Cook Position Available Immediately to provide homestyle meals cooked on site in a commercial kitchen for Seniors and people living with ability challenges.

Wages Starting at \$18.00/hr with a premium for working weekends

Must be able to work up to 2 weekends per month

30-40 hrs/week

Qualifications:

- Cooking Experience
- Ability to follow and adjust recipes
- Reliable and efficient
- Ability to work independently
- Competency in keeping basic records
- Friendly and effective communication skills
- Knowledge of safe food handling (certification is an asset but not required)
- Background check required to start

Expected start date: A.S.A.P.

Deadline for Applications

Monday, October 24 @ 12 Noon

Phone 204-378-3103 or 204-378-0506 for more information.

Applications can be mailed to : Bifrost Riverton Seniors Resource Inc PO Box 206 Riverton MB R0C 2R0 or email to: brseniorsresource@gmail.com



NOTICE IN RESPECT OF AN AMALGAMATION TO MEMBERS OF ACCESS CREDIT UNION LIMITED

(the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

TAKE NOTICE THAT the Board of Directors of the Credit Union have, in accordance with the Act, resolved at its September 28, 2022 meeting to approve the Amalgamation Agreement and unchanged Articles and Bylaws for a proposed amalgamation of the Credit Union with Amaranth Credit Union Limited ("Amaranth"). Amaranth's members will have the opportunity to vote on this proposed amalgamation at a Special Meeting called by its Board of Directors. Access' members will not have the opportunity to vote on this proposed amalgamation because the assets of Access, as valued at the end of its most recent fiscal year, represent 90% or more of the total assets of the proposed amalgamated credit union.

Questions from members regarding the amalgamation resolution can be submitted to Myrna Wiebe, Corporate Secretary at myrna.wiebe@accesscu.ca.

BOARD-APPROVED SPECIAL RESOLUTION

The following Special Resolution was approved by the Board of Directors of Access on September 28, 2022:

"WHEREAS the Board of Directors of the Credit Union has recommended that the Credit Union amalgamate with Amaranth Credit Union Limited ("Amaranth") in accordance with the provisions of the Amalgamation Agreement made between the Credit Union and Amaranth, dated September 28, 2022 (the "Amalgamation Agreement");

AND WHEREAS it is in the Credit Union's best interests to enter into the Amalgamation Agreement and to amalgamate with Amaranth on the terms and conditions set out therein;

NOW THEREFORE BE IT RESOLVED AS A SPECIAL RESOLUTION OF THE CREDIT UNION THAT:

1. The execution of the Amalgamation Agreement by the Credit Union be and it is hereby ratified and confirmed;
2. The amalgamation of the Credit Union with Amaranth on the terms and conditions set out in the Amalgamation Agreement be and it is hereby approved."

SUMMARY OF THE AMALGAMATION AGREEMENT

An Amalgamation Agreement, dated September 28, 2022, has been approved by the Boards of Directors of the Credit Union and Amaranth. The agreement provides for the amalgamation of the Credit Union and Amaranth into one credit union, to be effective on January 1, 2023. The credit union resulting from the amalgamation will be called Access Credit Union Limited and will have its registered office in the Rural Municipality of Stanley, Manitoba.

Following amalgamation, all members of the Credit Union and Amaranth will be members of the amalgamated credit union and all deposits and shares of or loans owing to either of the predecessor credit unions will be deposits or shares of or loans owing to the amalgamated credit union. The common shares and surplus shares of each of the Credit Union and Amaranth will become the common shares and surplus shares of the amalgamated credit union on a one for one basis.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of *The Credit Unions and Caisses Populaires Act*, members have the right to dissent to the proposed amalgamation. To dissent, a written objection to the amalgamation must be submitted to the Registrar (Financial Institutions Regulation Branch) within 15 days following this notice.

DATED this 6th day of October, 2022
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors

EMPLOYMENT OPPORTUNITY

TDM SPORTS is currently seeking

1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

Duties include scheduling, daily cashouts, inventories, ordering and paperwork for Bell MTS Services

Must be energetic, self-motivated, an effective problem solver & have good communication skills

Send resume to:
Box 38, Arborg, MB R0C 0A0
Fax to: 204-376-5836 or
Email to: tdmports@hotmail.com or
Apply in person at 279 Main St., Arborg

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca
Deadline to apply is Friday, October 14, 2022.

The Carman-Dufferin
STANDARD

Classifieds



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



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES MUNICIPALITY OF WEST INTERLAKE

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 **3rd day of November, 2022**, at the hour of **2:00 PM**, at MUNICIPALITY OF WEST INTERLAKE, ASHERN CENTENNIAL HALL, #1 PR 325 E, ASHERN, MB, 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
48300	SECONDLY: FRAC NW 1/4 OF SECTION 22-23-9 WPM EXC: PUBLIC ROAD PLAN 7235 WLTO	L -\$46,500 B -\$59,000	\$5,877.49
48400	FIRSTLY: FRAC SE 1/4 22-23-9 WPM	L -\$12,500	\$1,763.62
48500	FIRSTLY: FRAC SW 1/4 22-23-9 WPM	L -\$17,100	\$1,921.84
52850	NE 1/4 OF SECTION 13-23-10 WPM EXC FIRSTLY: NLY 1070 FEET PERP AND SECONDLY: ROAD PLAN 704 WLTO (P DIV) SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$27,200 B -\$230,300	\$14,121.48
53000	LEGAL SUBDIVISIONS 1, 2 AND 7 OF SECTION 13-23-10 WPM EXC OUT OF SAID LEGAL SUBDIVISION 1 THAT PORTION TAKEN FOR ROAD PLAN 704 WLTO (P DIV) SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$29,500	\$2,346.07
66800	THIRDLY: LEGAL SUBDIVISION 4 AND THE S 1/2 AND NW 1/4 OF LEGAL SUBDIVISION 3 IN SECTION 27-23-9 WPM EXC OUT OF SAID LEGAL SUBDIVISION 4 PUBLIC ROAD PLAN 7235 WLTO	L -\$16,600	\$1,904.65
200200	LOT 1 PLAN 45709 WLTO IN NW 1/4 23-25-7 WPM - 5A WALMORE DR	L -\$8,300 B -\$77,300	\$5,451.94
307300	LEGAL SUBDIVISIONS 11, 12 AND 13 IN 16-21-4 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$21,600	\$3,655.47
307310	LEGAL SUBDIVISION 14 IN 16-21-4 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$5,900	\$3,124.54

- 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 Municipality of West Interlake as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - 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
 - A fee in the amount \$367.50 (\$350 + 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 6th day of October, 2022.

Managed by:



Courtney Roehl
Chief Administrative Officer
Municipality of West Interlake
Phone: (204) 768-2641
Fax: (204) 739-2073

NOTICES

Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Grand Opening? Hiring? Selling something? Have an online store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FINANCIAL SERVICES

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

HEALTH

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

FARM MACHINERY

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

HAY/FEED

Small square grass bales for sale. Balmoral. \$5/bale, no rain. Ph 204-471-9634.

STRAW FOR SALE

FLAX STRAW BALES for sale. \$4 per bale. Pickup RM of Rosser. 204-995-0399.

GRAINLAND FOR SALE

151 acres cultivated cropland in the RM of Bifrost-Riverton, SW29-22-4E. Land location runs along east side of PTH 8 and RD 130NE. Interested parties call 1-204-376-5206.

HAY/FEED

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

GRAND TRUNK NOSTALGIA ANTIQUE SHOW OCT 8 & 9 2022

SAT: 12 PM – 6 PM
SUN: 10 AM – 3 PM
Manitoba's big Fall Antiques, Vintage and Collectables Sale.
Admission: \$5.00 Each 12 and under FREE
Assiniboia Downs
3975 Portage Avenue, Winnipeg
FREE Parking
For info:
204-255-3463 or 431-374-6925

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



RURAL MUNICIPALITY OF GIMLI BOARD OF REVISION 2023 & ADJUSTED ASSESSMENTS 2022

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:

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

APPLICATION REQUIREMENTS

43(1) An Application for revision **must**

- be made in writing;**
- set out the roll number and legal description of the assessable property for which a revision is sought;**
- state the grounds on which the application is based; and**
- be filed by**
 - delivering it or causing it to be delivered to the office of the RM of Gimli in the RM of Gimli, Manitoba, or**
 - servicing it upon the Secretary, at least 15 days before the scheduled sitting of the Board of Revision.**
- provide a daytime contact telephone number**

The Board of Revision will sit on **November 17th, 2022**, in the Council Chambers of the Municipal Office of the Rural Municipality of Gimli, 62 2nd Avenue, Gimli, Manitoba.

**ADJUSTED PROPERTY TAXES
must be appealed within 30 days after mailing.**

The final date on which all other applications must be received by the Secretary of the Board is **Tuesday, November 1st, 2022 no later than 4:30PM.**

APPLICATIONS RECEIVED AFTER THIS TIME WILL NOT BE ACCEPTED.

Dated at RM of Gimli Office, in Manitoba, this 27th of June, 2022.

Cindy Makowsky
Board of Revision
Rural Municipality of Gimli
Box 1246
Gimli, MB R0C 1B0
Telephone (204) 642-6666
Fax (204) 642-6660

Everything you need to promote your business



**Call Today!
467-5836**

For all your printing and publishing needs

EMPLOYMENT OPPORTUNITY

Riverdale Place Homes Inc. Direct Support Worker Evening/Weekend Hours

We have an opening for a full-time or part-time Direct Support Worker to work at one of our community residences, providing support to adults with a developmental disability. The responsibilities of the position include assisting in all activities of daily living, accompanying people on outings in the community and participating in meal preparation and upkeep of the residence. The ideal candidate will enjoy working with people, appreciate new learning experiences and be open to the variety and rewards of this service-oriented position.

Experience providing care to others in a variety of settings is an asset but not a requirement. Training will be provided on the job. We offer full benefits and pension, a flexible schedule and a relaxed working atmosphere.

Please apply in writing to:
Executive Director
Riverdale Place Homes Inc.
Box 968, Arborg MB R0C 0a0
or email: kfinnson_rph@outlook.com

Application Deadline: October 17, 2022
For more info contact:
Kathy Finnson, Exec. Director
204-376-2940 ext. 1

Classifieds

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



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

The Local Urban District of Fisher Branch

SNOW CLEARING SIDEWALKS

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

Snowblower is required.
Equipment must be available upon request.

Lowest bid may not necessarily be accepted.

Sealed envelope to be marked "Snow Clearing Sidewalks".

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

Deadline for proposals is **12:00 p.m. October 17, 2022.**

Tenders to be dropped off at:

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



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

PROPOSALS

SNOW CLEARING RM OF FISHER OFFICE 30 TACHE STREET

The Rural Municipality of Fisher is inviting proposals for snow clearing of sidewalks and rear office building entrance at the RM Office and Fire Hall located at 30 Tache Street.

- Clearing to be completed prior to weekday office hours of 8:30 a.m.
- Snow removal equipment to be provided by the applicant.

Sealed envelope to be marked:

"Snow Clearing – RM of Fisher Office & Fire Hall Sidewalks"

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

Lowest tender not necessarily accepted. Renewal for future seasons a possibility.

Deadline for proposals is **12:00 p.m. October 17, 2022**

Written sealed tenders to be dropped off at:

Rural Municipality of Fisher
30 Tache Street, Fisher Branch, MB
Fisher Branch, MB R0C 0Z0



RURAL MUNICIPALITY OF GIMLI APPLICATION TO VOTE BY SEALED ENVELOPE

Date of Election – October 26th, 2022

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

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

Email: elections@rmgimli.com

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

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

To qualify to vote, you must be:

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

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

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

Name: _____

Mailing Address: _____

Phone No: _____

Declaration: I am qualified to vote in this Election as I am a Canadian citizen, at least 18 years of age on the day of the Election, and have been either a resident or owner of the following lands in the RM of Gimli (_____) for at least six (6) months on the day of the Election.

I am unable to go in person to a voting station on the day of the Election or on advance voting days. I have not otherwise already voted in this Election.

Signature: _____

Remember Your Loved Ones with an Announcement in the



Call 204-467-5836 or classifieds@expressweeklynews.ca



NOTICE OF ELECTION RURAL MUNICIPALITY OF GIMLI

NOTICE IS HEREBY GIVEN that a vote of the Rural Municipality of Gimli will be taken to elect:

1 Mayor and 4 Councillors

from the following duly nominated candidates:

- | | |
|--------------------------|--------------------------------|
| For the office of Mayor: | For the offices of Councillor: |
| 1. CHUDD, Kevin | 1. MARTIN, Barry |
| 2. GREENBERG, Lynn | 2. REICHERT, Kurt |
| | 3. PETROWSKI, Richard |
| | 4. MARKUSSON, Daphne |
| | 5. ISFELD, Brittany |
| | 6. LUPRYPA, Danny |
| | 7. DAMM, Andy |
| | 8. PALSON, Thora |

VOTING PLACES

Voting places will be open for voting on:
Wednesday, the 26th day of October, 2022
between 8:00 a.m. and 8:00 p.m. at:

- Arnes Community Hall, 20005 Arnes Road 122N, Arnes
- Gimli New Horizon 55 Plus Centre, 17 North Colonization Road, Gimli
- Winnipeg Beach Community Centre, 32 Hamilton Avenue, Winnipeg Beach
- St. James Collegiate, 1900 Portage Avenue, Winnipeg

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on Election Day, an advance voting opportunity will be located at:

Gimli New Horizon 55 Plus Centre, 17 North Colonization Road, Gimli on

- Friday, the 7th of October, 2022 between 3:00 p.m. and 8:00 p.m.**
- Saturday, the 8th of October, 2022 between 12:00 p.m. and 8:00 p.m.**
- Sunday, the 9th of October, 2022 between 8:00 a.m. and 8:00 p.m.**
- Friday, the 14th of October, 2022 between 3:00 p.m. and 8:00 p.m.**
- Saturday, the 22nd of October, 2022 between 12:00 p.m. and 8:00 p.m.**

IDENTIFICATION MAY BE REQUIRED PRIOR TO VOTING.

A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility or a residential senior's facility, a mobile voting station will be set up at the following facilities on the date and time identified:

- Gimli Community Health Centre, October 12th, 2022 – 1 p.m. to 3 p.m.
- Betel Personal Care Home, date to be determined prior to October 26th, 2022
- Waterfront Centre, October 11th, 2022 – 10 a.m. to 2 p.m.

APPLICATION TO VOTE BY SEALED ENVELOPE (Vote by Mail)

A voter who is unable to go in person to the voting place or vote in advance may apply in person, in writing, or by e-mail to the Senior Election Official at:

Robert Potter, Senior Election Official (SEO)
RM of Gimli,
P.O. Box 1246, 62 2nd Avenue, Gimli MB R0C 1B0
Phone: 204-642-6650 / 204-461-1664 cell
Email: elections@rmgimli.com

If applying in person*, a voter may apply between **September 28th, 2022** and **October 23rd, 2022.** (*A voter applying in person may pick up a sealed envelope ballot package at the time of application)

If applying by mail or email**, a voter may apply between **September 21st, 2022** and **October 23rd, 2022.** (**A voter applying by mail or e-mail will receive a sealed envelope ballot package by regular post, or by making alternate arrangements with the Senior Election Official)

Written applications must be accompanied by legible photocopies of official identification, including a photograph of the voter. If the application is received less than 12 days before the election, the voter may have to make alternate arrangements to have the ballot package delivered to them and to ensure the ballot is returned to the SEO by 8:00 p.m. October 26th, 2022. Ballots received after 8:00 p.m. on October 26th, 2022 will not be accepted.

Dated this 21st day of September, 2022

Robert Potter, Senior Election Official
Rural Municipality of Gimli
PO Box 1246, 62 2nd Ave, Gimli MB. R0C 1B0
Phone: 204-642-6650 Cell: 204-461-1664 E-mail: elections@rmgimli.com

Classifieds



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



RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the position of Public Works Heavy Equipment Operator. This is a full-time, permanent position.

Under the direction of the Public Works Foreman, the position will be required to assist the Public Works Department and perform general municipal related work.

Qualifications – Public Works Heavy Equipment Operator

- Valid Manitoba Drivers Class 3 license would be an asset
- Experience in operating heavy equipment
- Mechanically inclined
- Knowledge in the operation and maintenance of different equipment (tractor/mower, compact track loader, grader, loader, tandem)
- Ability to work with minimal supervision
- Ability to do some physical labor

Please submit a cover letter and full resume, and three references, marked "Application for Public Works Employment" to Ken McMahon, Public Works Manager.

Posting will remain open until a successful candidate is found.

RM of Rosser
Box 131
Rosser, Manitoba R0H 1E0
fax: 204-467-5958
e-mail: admin@rmofrosser.com

If you have any questions, please call the Municipal Office at 204-467-5711.



RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the position of Public Works Maintenance/Equipment Operator. This is a full-time permanent position.

Under the direction of the Public Works Foreman, the position will be required to assist the Public Works Department and perform general municipal related work.

Qualifications – Transportation Maintenance / Equipment Operator

- Valid Province Manitoba Drivers Class 3 with air
- Experience in Public Works and dealing with the public would be an asset
- Mechanically inclined with general equipment maintenance skills
- Knowledge in the operation of equipment such as tractor/mower, wheel loader, compact track loader, tandem, excavator
- Must have grader experience (winter & summer),
- Ability to work under minimal supervision
- Ability to work extended hours
- Ability to do some physical labor
- Basic Computer skills required
- Forklift license, first aid and WHIMIS training an asset

Please submit a cover letter and full resume, and three references, marked "Application for Public Works Employment" to Ken McMahon, Public Works Manager.

Posting will remain open until a successful candidate is found.

RM of Rosser
Box 131
Rosser, Manitoba R0H 1E0
fax: 204-467-5958
e-mail: admin@rmofrosser.com

If you have any questions, please call the Municipal Office at 204-467-5711.

Trucks, Trailers, Truckbeds & Tires

- Full Repair & Safeties
- Vehicle Parts, Tires & Wheels
- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

EBY Aluminum:

- Gooseneck and Bumper Pull Cattle & Equipment Trailers
- Truck & Service Bodies
- Generation Grain Trailers

KALDECK TRUCK & TRAILER INC.

Hwy #1, MacGregor, MB
1-888-685-3127
www.kaldecktrailers.com

BATTERIES FOR EVERYTHING!

50,000 BATTERIES IN STOCK

- *Auto *Farm *Marine
- *Construction *ATV
- *Motorcycle *Golf Carts
- *Rechargeables *Tools
- *Phones *Computers
- *Solar Systems & design
- * Everything Else!

THE BATTERY MAN

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

DANNY'S MOVING & DISPOSAL

- Local/Long Distance Winnipeg/Manitoba BC to Ontario
- In house moving Furniture/Appliances
- Deliveries

Affordable Prices Seniors Discounts Free Estimates Courteous/Dependable Locally Owned

204 298-7578



Municipality of Bifrost-Riverton NOTICE OF ELECTION

Notice is hereby given that a vote of the Municipality of Bifrost-Riverton will be taken to elect Reeve and Councillors from the following duly nominated candidates:

For the Office of Reeve:

1. Shott, David
2. Johnson, Brian N.

For the Offices of Councillor:

- | | |
|---|--|
| WARD 1
Magnusson, Shawn - Acclaimed | WARD 2
1. Vigfusson, Donald
2. Johnson, Chad A. |
| WARD 3
Stadnek, Ken - Acclaimed | WARD 4
King, David - Acclaimed |
| WARD 5
Klym, Gordon - Acclaimed | WARD 6
1. Palsson, Corey
2. Bjarnason, Colin |

VOTING PLACES

Voting places will be open for voting on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at:
Riverton Community Hall - 175 Reggie Leach Drive, Riverton
Arborg Bifrost Community Centre - 409 Recreation Centre, Arborg

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

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at: Riverton Community Hall – 175 Reggie Leach Drive, Riverton on **Saturday October 15th**, between 8:00 a.m. and 8:00 p.m. **and** at Municipality of Bifrost-Riverton Office – 329 River Road, Arborg on **Tuesday, October 18th**, between 9:00 a.m. and 4:00 p.m.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at 329 River Road, Box 70 Arborg, MB R0C 0A0 fax -204-376-2742 or email bifrostriverton@mymts.net.

If applying in person*, a voter may apply between September 28, 2022 and October 23, 2022.

* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or fax**, a voter may apply between September 28, and October 23, 2022.

** A voter applying by mail or fax will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Jan Larkin
Senior Election Official
Municipality of Bifrost-Riverton
204-376-2391



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

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

www.mcna.com

McSherry Auction
12 Patterson Dr.
Stonewall, MB

Online Timed Auctions
@ iCollector.com

Estate & Moving Auction
Closes Wed Oct. 12th @ 7:00PM

Estate & Moving Auction
Closes Wed Oct. 19th @ 7:00PM

Consignments Welcome!

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

SAY NO TO A RETIREMENT HOME



A Medical Alert Device can help keep you safe in the event of:

- Falls
- Intruders
- Fires
- Carbon Monoxide Leaks
- and any other emergency!



EMERGENCY PROTECTION 24/7

Call now for FREE information
1-888-333-7660
Local Toll Free

OPERATORS WANTED

Skidsteer & Loader Operators wanted along with Owner/Operators with skidsteers for commercial snow clearing in Selkirk. Part-time and casual employment also available.

Send resumes or contact information to:
mikespropertygroup@gmail.com

FIND THE RIGHT PERSON FOR THE POSITION with an

EMPLOYMENT/ CAREERS AD in



204-467-5836

Classifieds Announcements

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



BIRTHDAY



If you see this person on October 7 be sure you wish him Happy 75th Birthday!

ANNIVERSARY



HAPPY ANNIVERSARY
Jodi and Albert Sutyla
Married October 3, 1987
Celebrating 35 years

BRIDAL SHOWER



Please join us for the Bridal Shower of Madison Reznik, bride-elect of Orrin Hogue, on Saturday, October 15th at 1 p.m. at the Arborg Community Hall. Donations are being taken at Arborg Co-op Grocery and Arborg Home Hardware. The happy couple is registered at Arborg Home Hardware and Amazon.ca!

IN MEMORIAM



Augustine Konopetcki
In loving memory of our precious Mom and Baba who gained her wings October 9, 2020
I'm sending a Dove to Heaven,
With a parcel on its wings;
Be careful when you open it,
It's full of beautiful things.
Inside are a million kisses,
Wrapped up in a million hugs;
To say how much I miss you,
And to send you all my love.
I hold you close within my heart,
And there you will remain;
To walk with me throughout my life,
Until we meet again.

-Love you forever
Connie, Darrell, Megan and Ryan



Would you like to join our team?
Evergreen School Division
is looking for bus drivers!
We require caring, safe drivers to be bus drivers for our students.

FREE 3-day Training Session
held on October 17-19, 2022
from 9:30 a.m. to 2:30 p.m.

234 Tudor Lane, Gimli Industrial Park
Contact the Transportation Department at 204-642-6263 to register today!

OBITUARY

Michael Ostryzniuk

Michael Ostryzniuk was born on July 27, 1952, and passed away suddenly on September 29, 2022 at the age of 70 years old.

Michael was predeceased by his Mom, Dad and brother Danny. He leaves to mourn his brother Ronald (Joanna) and numerous friends and family. Memorial service will be held on Tuesday, October 11, 2022 at 11:30 a.m. at the Poplarfield Hall.

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



RANCH AND FARM FOR SALE

1110 ACRE RANCH FOR SALE



- * 7 quarters of quality land
- * Recently renovated bungalow
- * Near Arborg & Fisher Branch
- * Pasture & cultivated acres
- * Calving facilities & heated waterers
- * 3 wire high tensile & cross fencing

1830.92 ACRE GRAIN FARM



- * Near Arborg
- * 318,000 bu of grain storage
- * Well treed & established yard site
- * 1623 workable acres
- * 1 1/2 storey home with heated shop





CONTACT LISTING AGENTS
Sheldon Froese at 204.371.5131 or
Stacey Hiebert at 204.371.5930

ALL CANDIDATES FORUM

RM OF GIMLI COUNCILLORS & MAYORS

THURSDAY
06 OCTOBER 2022

SIGURBJORG STEFANSON
EARLY SCHOOL

7:00-9:30 PM

EVERYONE WELCOME







Classifieds Announcements



Book Your Classified Ad Today - Call 467-5836

IN MEMORIAM



Olga Boychuk

March 8, 1921 – September 30, 2012

My mind still talks to you
And my heart still looks for you,
Buy my soul knows you're at Peace.

-Forever missed,
Donna and Lorne

Sudoku Answer

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

Crossword Answer

I	S	V	I	E	E	N	E	H	S	V	H
B	V	L	B	E	T	V	L	S	O	O	C
V	R	O	B	S	G	V	S	V	H	G	V
R	E	R	E	S	A	T	E	D	E	R	V
T	D	D	R	E	T	E	M	T	E	R	E
S	E	T	G	V	E	C	E	E	E	B	V
E	D	E	U	S	C	V	A	S	V	O	N
G	N	I	M	D	M	A	R	R	A	V	E
E	R	E	B	E	D	M	A	R	A	V	E
S	A	V	U	L	T	H	A	L	R	L	E
E	K	U	N	N	I	M	A	R	E	M	T
L	I	V	N	O	V	A	O	D	O	D	E
A	D	A	E	D	E	H	A	N	C	A	V

OBITUARY



Dexter Miranda

Dexter Miranda, age 44, passed away peacefully at Percy E. Moore Hospital due to cancer last September 30, 2022, beside his family and friends. He was born September 18, 1978 in Cabanatuan City, Nueva Ecija, Philippines to Asterio and Norma. He married his loving honey, Tess Miranda, in June of 2004. They have three wonderful children named Myx, Klyd, and Sky.

Dexter loved sports, music, cooking and camping. He was a baseball player in elementary, a volleyball player in high school and an MVP basketball player during his college days. He was a choir tenor in his church, where he met his loving wife, Tess. Singing was one of his passions. He was always sure to belt out a Gary V song or an Eraserheads classic during a karaoke session. He sure was also an awesome cook. He has the best Mung Beans Soup and Pork Sisig recipes, which his family loves. He loved to enjoy

Manitoba summer by going out camping with family and friends. The summer was not complete for him without hanging out at a bonfire with friends as they sang with guitar accompaniment, grilling the gang's favorite seasoned pork barbecue, laughing and telling their funny stories while enjoying the zest of their favorite drinks.

Even back in the Philippines, Dexter was a very hard worker. He was a Disaster Response and Management Division staff under the Department of Social Works and Development. In 2008, he decided to pursue a new career in Canada. For many years Dexter worked at Excel Genetics. It wasn't easy to be apart from his family, but he persevered to bring his family to Canada in 2010. Dexter always reminded his children to help each other and love each other. He would always tell his kids, "Kailangang alamin mo kung ang kapatid mo ay walang asin". In English, "Make sure to know if your siblings run out of salt," which means, make sure to always check on your brother or sister if they are doing okay or if they are having difficulties financially, physically, mentally, emotionally, and spiritually.

His life was a living example of his favorite Bible verse, 2 Timothy 4:7— "I have fought the good fight, I have finished the race, I have kept the faith." All his friends and family knew him as a very strong person, always saying these words... "Hinay-hinay lang, mahaba pa ang laban." Or, in English, "Take it easy, we still have a long journey ahead".

Dexter was predeceased by his grandparents Lolo Indo Miranda, Lola Intang Miranda, and Lolo Pireng Santos.

Dexter is survived by his wife Tess, his children Myx, Klyd, and Sky, father Asterio and mother Norma, grandmother Lola Ana Santos, elder brother Tristan and wife Elvira, younger brother Louie and wife Maricel, nieces Trisha and Loucel Anne, nephews, Ryne, Marc, Jace, and his uncles, aunties, and cousins. All of them he loved and touched deeply.

With a grateful heart, the whole family would like to thank the Filipino Community of Fisher Branch, Arborg, Winnipeg and Steinbach, Brothers in Masonry, Percy E. Moore Hospital staff, CancerCare Manitoba, Fisher PCH staff, the whole Fisher Branch community, and everyone who extended their love and support.

Please join us in celebrating his life this coming Sunday afternoon, October 9, 2022, between 1:00 p.m. — 6:00 p.m. at Ukrainian Hall in Fisher Branch, MB.

FISHER FUNERAL HOME INC.
In care of arrangements.
204-372-6803 or 204-372-6271

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

CLUES ACROSS

- Bay Area humorist
- Hurt
- Icelandic poems
- A taro corm
- Metaphorical use of a word
- It fears the hammer
- Excessively quaint (British)
- Laid-back California county
- Cook in a microwave oven
- Not late
- Go from one place to another
- Peoples living in the Congo
- Popular pasta
- Available engine power (abbr.)
- Popular musician Charles
- Angry
- Spelling is one type
- One who makes a living
- Indicates location
- Imperial Chinese dynasty
- Small water buffaloes
- Hungarian city
- Fabric
- Ancient kingdom near Dead Sea
- Precursor to the EU
- Philly footballers
- Female sibling
- "When Harry Met Sally" actress
- Magnetic tape of high quality
- Insecticide
- Apparatus to record and transmit
- Some is considered "dog"
- Israeli city ___ Aviv
- Fencing sword
- Ottoman military title
- Wise people
- Cold wind
- Popular type of shoe
- Administrative district

CROSSWORD

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

- A way to reveal
- Cooked meat cut into small pieces
- Actress Zellweger
- Romanian city

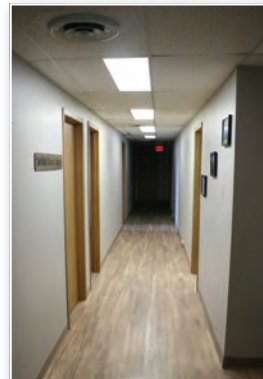
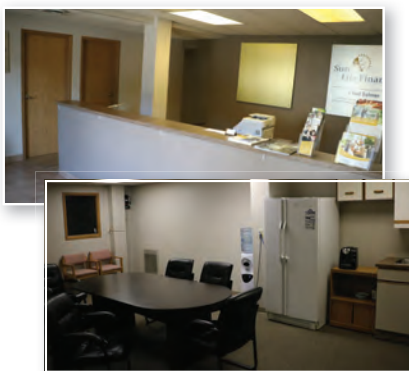
CLUES DOWN

- Small town in Portugal
- Site of famed Ethiopian battle
- German river
- Christmas carols
- Cash machine
- Rough and uneven
- Rumanian round dance
- Widespread occurrence of disease
- A place to relax
- Feeling of listlessness
- Coat or smear a substance
- Wild mango
- Brews
- Belgian city
- Confined condition (abbr.)
- Swiss river
- Small amount
- Part of buildings
- Vietnamese capital
- Sailboats
- Shelter
- Terminated
- Discharge
- Snag
- Partner to cheese
- A container for coffee
- Spend time dully
- Satisfies
- Snakelike fish
- Consume
- Type of student
- Erase
- Instruct
- Girl's given name
- Jewish spiritual leader
- "To ___ his own"
- North-central Indian city
- Greek alphabet characters
- Weapon
- Amounts of time
- American Nobel physicist vital to MRIs
- Soviet Socialist Republic
- Witness

CLANDEBOYE AVE in Selkirk Executive Mall

OFFICE SPACE FOR LEASE

For information please contact: BIG Real Estate
204-485-0010 email bigandcolourful@mts.net



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



Biz Cards

To Book A
Biz Card Call
204-467-5836

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

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

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience
Vince 861-0487
Darren 861-0028

RV REPAIRS
Winterization / Winter Repairs /
Parts Accessories

43 Main St., Selkirk 204-785-8000

JEFF'S PLUMBING SERVICES INC.
• RESIDENTIAL • COMMERCIAL
HNAUSA, MANITOBA
For All Your Plumbing & Repair Needs
- ROTOR ROOTER SERVICES -
• Sewer Camera Cell: 204-485-4227
JEFF FLETT jeffsplumbing1@gmail.com

SOUTH BASIN PROPERTY EXPERTS
204-894-0264

• Lawn care • Landscape
• Power Washing • Gutter Cleaning
• Skidsteer Services • Power Raking
• Window Cleaning • Aeration
• Hedge Trimming • Spring & Fall Cleanup

M DRIEDGER HANDYMAN
• Decks • Stairs • Railings • Windows and Doors
• Sheds • Painting • Cabinets
• Home Repair • Assembly • Blinds
• Laminate Flooring Repairs
Serving Gimli and area 204-641-4679
mdriedg@gmail.com

CONVENIENCE
Grocery • Drinks • Snacks
• Coffee to Go • Ice • Firewood
• Fireworks • ATM • Greeting Cards
• Newspapers • Books • Pet Food
• Toys & more
SNAXS • LOTTO
2088 First Ave,
Sandy Hook
OPEN YEAR ROUND 10AM - 6PM
7 DAYS A WEEK

PharmaChoice LUNDAR
You have QUESTIONS, We have ANSWERS!
• Prescriptions • Liquor Store
• Home Health Care Aids
• Snacks and more!
Advice for Life
LUNDAR PHARMACY 204-762-5431
18 Main St., Lundar

Glass Specialists Construction
• Sealed Units • Windows & Doors
• Flat Glass • Siding
• Mirrors • Custom Cladding
• Laminated • Decks
• Tempered • Construction/
• Plexi/Lexan Renovations
Interlake Glass 19046 Ukrainian Park Road
Camp Morton, MB 204 376 5177
204 642 2980
Intglass@mymts.net

the Water Shop 272 Main St.
Selkirk, MB
204-482-2277
WE DELIVER
The Water Shop delivers to communities up
Highway 9 up to and including the Gimli area.
Call today for water that is
"Clearly made for You!"

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

pampered chef
INDEPENDENT CONSULTANT
• Cooking Shows • Meal Prep Solutions
• Fundraisers • Individual Orders
204-485-4272 call or text
stoneware444@gmail.com
www.pamperedchef.biz/michellebalharry



NEW VALLEY ROOFING & RENOVATIONS
Serving The Interlake
Henry Reimer 204-642-2551
henry.reimer@newvalleyroofing.com
BP & IKO Certified Roofer newvalleyroofing.com

What's Bugging You?
Mice, rats, bed bugs, cockroaches,
carpenter ants, wasps, spiders.
Guaranteed Results - Licensed & Insured
- Safe & effective total pest control
Commercial and Residential

Suzy Rayner, Owner/Operator
Interlake Region 204-914-4515
SuzyRayner@ValkyriePest.ca www.ValkyriePest.ca

FUTURE MECHANICAL Heating & Cooling
Commercial & Residential
• Electric & Gas Furnaces
• Air Conditioning & Refrigeration
• Heat Recovery Ventilators • Geothermal Heat Pumps
• Custom Sheet Metal • Electrical
Serving the Interlake for Over 25 Years!
• 24 Hour Service • 1.204.642.5600
futuremechanicalsystems@hotmail.com

BESMAN
Industrial & Automotive Coatings

email: info@besman.ca 1000 Dugald Road
www.besman.ca 204-615-3050 (One block west of Lagimodiere)

ALICEROOFING LTD.
Complete Roofing Service
• Residential
• Agricultural
Licensed & Insured
www.aliceroofing.ca 204-757-9092

BNS EXCAVATING
• Design Services • Soil Analysis • Well & Septic Repairs
• Frozen Lines • Driveways • Culverts • Trenching
• Auger Drilling • Ice Dam Steaming • Septic Fields
Residential, Commercial & Industrial
Member of Manitoba Onsite Wastewater Management Assoc
BNSexcavating@hotmail.com (204)461-2856

Vote for change.
& Experience
Danny Luprypa
Councillor R.M. of Gimli
Public Works chair for over 20 years

POWER UP.



EU1000i

EU2000i

EU3000iK

EU3000is

EU7000is

A back-up plan you can count on.

Don't worry about getting left in the dark when you've got a Honda EU series generator. Easy to use, portable and with long running times, they are a back-up power source you can count on. From the lights to the fridge or even your air conditioning, we have a generator with the wattage to meet your needs. And with very little operating noise, you'll enjoy peace and quiet as well as peace of mind.

HONDA

honda.ca

Make your life easier. Visit honda.ca

  Honda ATVs & Power Equipment Canada   @HondaATVPECA

For optimum performance and safety, please read your owner's manual carefully before operating your Honda Power Equipment

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
Arborg, Manitoba
Family Owned
Servicing the Interlake for 54 Years!