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## Caring community

EXPRESS PHOTO BY PATRICIA BARRETT

Ernest Stefanson, Claire Gillis and Susie Erickson-Jakobson cut the ribbon during the grand opening celebration of Cimli's Stefanson Hus Assisted Living facility and donor recognition on Oct. 30.

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# Continuity of community care with opening of Gimli's Stefanson Hus Assisted Living

By Patricia Barrett

The Betel Heritage Foundation (BHF) held a grand opening celebration for its Stefanson Hus Assisted Living Facility on Oct. 30, with community donors, local dignitaries and other guests treated to an upscale buffet and tours of the facility, whose breathtaking view over Gimli Harbour and Lake Winnipeg and well-appointed suites are unparalleled in the Interlake.

Stefanson Hus (hus is Icelandic for house) is named after BHF board member Ernest Stefanson, who along with his partner Claire Gillis, donated \$2 million to the \$20-million project. The facility completes Gimli's aging-in-place campus.

About 60 people gathered outside the building where Stefanson, Gillis and BHF board chair Susie Erickson-Jakobson said a few words then cut the ribbon.

Stefanson said a legacy of community care started in 1915 when the Lutheran Ladies Aid of the first Lutheran church in Winnipeg created a care home for the elderly then bought a hotel in Gimli that they converted into a care home. That eventually evolved into the current 80-bed Betel Personal Care Home.

BHF built the Waterfront Centre seniors housing facility next to the Betel



Donors to Stefanson Hus from left: Lorna Tergesen, Harold Bjarnason and Claire Gillis on the seventh-floor balcony overlooking Lake Winnipeg.

PCH and the Landmark Apartments, which is subsidized housing. The assisted living facility will complement a continuity of community care, enabling those who can live on their own but who need a little assistance to remain in Gimli rather than having to move to the city or another community for assisted-living services.

"The completion of this wonderful project is truly a community effort. We have a personal care home, the Waterfront seniors complex and now this phenomenal facility," said Stefanson. "Today we proudly open Stefanson Hus. And I really and truly



Stefanson Hus Assisted Living

have to thank Susie Erickson-Jacobson once again for sharing this vision with me and all of her dedication over the years."

Erickson-Jacobson said that when BHF was building the Waterfront Centre, the board had envisaged building an assisted living project. And in 2020, she and Stefanson began working on the project even though they faced COVID pandemic-related challenges such as high inflation, high interest rates and supply-chain interruptions.

"It wasn't until a few years ago that we realized the significance of that vision when residents of the Waterfront Centre had to make the tough decision to leave Gimli and their families and move to other communities because they needed supports that we could not provide. We knew it was time to pursue an assisted living project," said Erickson-Jacobson.

Betel Heritage Foundation is a non-profit charitable organization that was formed in 1998 to support the Betel Personal Care Home and provide housing options to the community's seniors. It receives no government funding.

The board launched a fundraising campaign in May under the direction of consultant Leona Johnson — whom the board thanked for doing a "fantastic" job — and quickly attracted donations.

Stefanson Hus has 40 units consisting of studio, one-bedroom and two-bedroom suites. Ten suites have special accessibility features, such as lowered kitchen counter tops and appliances, and a seat in a walk-in shower. The board decided to include services such as meals, housekeeping, in-suite laundry and utilities in the

Continued on page 3

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EXPRESS PHOTOS BY PATRICIA BARRETT

From left RM of Gimli CAO DJ Sigmundson, mayor Kevin Chudd and councillors Kurt Reichert and Andy Damm.



Stefanson Hus capital campaign director Leona Johnson (left) and Betel Heritage Foundation board member Melissa Jacobs.



Donors including Raymond and Alma Sigurdson were thanked for their contributions.



Chefs Jeremy and Jen.



Stefanson Hus residence manager Kristin Strachan demonstrates the seating platform in the shower in one of the enhanced accessibility suites.

## > STEFANSON HUS, FROM PG. 2

rent. The suites have a sprinkler system, wheelchair-accessible doorways and storage.

Residence manager Kristin Strachan, who took groups of people on a tour through the stunningly designed building, said more than half the suites have now been spoken for.

"The rent includes all utilities, such as heat, water and hydro except telephone, internet service and television," said Strachan "We also provide entertainment and recreational activities."

The seventh floor has a lounge, a fireplace, a dining room and a balcony with specular views of Gimli Harbour, Lake Winnipeg and Willow Island.

Lorna Tergesen, who made a generous donation to Stefanson Hus, said she heard about the facility's awe-inspiring view and could hardly wait to tour the building.

"I'm very excited about this building," said Tergesen. "We'd hear the workmen coming into the store [HP Tergesen & Sons boutique] and they'd say, 'You should see the view!' So we were dying to get up here."

Gimli Coun. Andy Damm said the

facility keeps aging family members close to home.

"In western societies we tend to squirrel our elderly away whereas other cultures treat aging quite differently. We have a happy medium in Gimli with the assisted living facility and the personal care home where older people can get all the care they require," said Damm. "And it's really unique; I don't think you'll find anything that would beat this."

After a scrumptious buffet featuring charcuterie meats, vegetables, cheeses and desserts — as well as regular menu items such as sliders (little hamburgers) — Stefanson thanked donors who were instrumental in getting the project built.

"This is a \$20-million building and a lot of people have given us help. We've had no grants or assistance from the federal or provincial governments," he said. "This is a community effort and we wish to thank everyone who helped us. We're very proud of this effort."

Some donors contributed money to a specific feature of the building. Westshore Community Foundation donated money for the seventh-floor's fireplace and Carte International supported the balcony. Access Credit Union donated \$50,000. The RM of Gimli's collaboration was "outstanding," providing services

such as water and sewer hookup and "a whole myriad of things" to help BHF's contractors get things done, said Stefanson.

He also thanked individual donors Barrie and Ardith Sigurdson, Alma and Raymond Sigurdson and family, Oli and Marjorie Narfason, Grant and Shannon Stefanson, Lorna Tergesen, Harold Bjarnason, David Filmon and others for their generous support.

Stefanson said the board still welcomes donations. Donors' names are added to a plaque in the lobby.

The facility is located at 86 First Ave. For more information about suites, email [info@stefansonhus.com](mailto:info@stefansonhus.com) or call Kristin Strachan at 431-304-9062.



The view of Gimli Harbour and Lake Winnipeg.

**We Remember**

**Derek Johnson**  
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# Former judge, senator, chair of TRC Murray Sinclair has died

By Lana Meier

Murray Sinclair, a former judge, senator and chair of the Truth and Reconciliation Commission, or TRC, has died.

Sinclair was a member of the Peguis First Nation.

The father of five died peacefully Monday morning in a Winnipeg hospital at the age of 73, according to a statement from his family.

According to his son Niigaan, a sacred fire will be lit on the grounds of the Manitoba legislature.

Sinclair had a long career in public service that started with his appointment to the bench as the first Indigenous judge in Manitoba.

He went on to chair the TRC, a look at Canada's residential school system that heard from survivors nationwide. The groundbreaking report issued 94 calls to action for Canadians to reckon with its past.

Sinclair was appointed to the Senate by Prime Minister Justin Trudeau in 2016. He served until 2021, when he returned to private practice.

According to his family, Sinclair had been sick for some time.

Born in 1951, Sinclair was raised on the former St. Peter's Indian Reserve

north of Winnipeg. He was a member of the Peguis First Nation.

He was raised by his grandparents and graduated from Lord Selkirk High School, where he excelled in athletics.

Some of his earliest childhood memories were published earlier this year in his memoir, *Who We Are: Four Questions for a Life and a Nation*.

In it, Sinclair described the discrimination he experienced being Anishinaabe in a non-Indigenous school.

"While I and others succeeded in that system, it was not without cost to our own humanity and our sense of self-respect. These are the legacies all of us find ourselves in today."

In 1979, Sinclair graduated from law school at the University of Manitoba and later became the first Indigenous judge in Manitoba — the second in Canada.


He served as co-chair of the Aboriginal Justice Inquiry of Manitoba to examine whether the justice system was failing Indigenous people after the murder of Helen Betty Osborne and the police shooting death of J.J. Harper.


Continued on page 7



EXPRESS PHOTO BY JUSTIN TANG/THE CANADIAN PRESS

Justice Murray Sinclair, who was Manitoba's first Indigenous judge, led the Truth and Reconciliation Commission and served as a senator, stands in the ballroom at Rideau Hall after being invested as a companion of the Order of Canada and receiving a Meritorious Service Decoration (Civil Division) in Ottawa on May 26, 2022.

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10th Prize: Reg Dumont

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1,377 Tickets were sold for the Lottery.  
1,869 Tickets were sold for the 50/50 for a payout of over \$18,000  
**To everyone who supported our lottery Thank-You.**

# Coldwell Lundar Community Foundation celebrates 20 years

By Lana Meier, with files from Faye Goranson

What does it take for a small rural community to grow, to prosper and to know independence, longevity and hopefulness?

It takes people who care enough to pull together with their time, talents and treasure to achieve common goals. That happened in the RM of Coldwell through current and former residents, Dave Stevenson, Mary Riddell, Todd Goranson and Henry Sikora of the town of Lundar and the surrounding farm and recreational community.

The journey of the Coldwell Community Foundation Inc. reflects a powerful narrative of community resilience and dedication. From its inception in the early 2000s, this foundation has become a beacon of hope for Lundar and the RM of Coldwell.

By Nov. 12, 2004, persistence paid off — the Coldwell Community Foundation Inc. was officially established.

The first Foundation board of directors was composed of Dave Stevenson, chair; Brian Thomas, vice-chair; Mary Riddell, secretary; and Sandra Pott, Ken Olafson, Wray Youmans and Gerry Haist.

Over the years, donations started to flow into its endowment fund, marking significant milestones for Lundar's future development.

Significant 2010 happenings were the first donations to the asset base. The first, a \$5,000 life insurance policy, was presented by Alvin and Faye Goranson to the Foundation's Endowment Fund on July 10, 2010, to mark their 50th wedding anniversary later that month.

Two weeks later, July 25, a second donation to the same Fund was announced — \$25,000 over five years from Donald Johnson, a business man from Ontario and former Lundarite. This gift was in honour of the 55th wedding anniversary that year of his brother Paul and Paul's wife Ollie. Lundar Pharmacy (Davilyn and Keith Eyolfson) followed up early that fall, (Sept. 10), with a third Endowment Fund donation of \$1,000.

The Coldwell Community Foundation Inc. was moving!

In 2011, the foundation supporters had done some fundraising and were able to make the first back-to-the-community gift by awarding a \$500 scholarship to a graduating Lundar High School student, Kaitlin Flinta.

Today, the Coldwell Lundar Community Foundation showcases what can be achieved when individuals come together with shared values and aspirations.

The CLCF affiliated with the Winnipeg Foundation in 2013, joining other Manitoba community foundations already benefitting from the many opportunities this provincial umbrella entity offered. Having acquired sufficient funds to enable investments, by the next year (2014) the first of what became annual community grants were issued in the RM of Coldwell.

Board minutes show that in 2015 continuing and renewed efforts to encourage community support and benefits included inviting more people to become "Builders" to help continue the foundation's progress.

And 2024 marks the 20th anniversary of the formal establishment of the Coldwell Community Foundation Inc. Records show that the assets have now reached \$700,000. To date, \$270,022 has been given out in grants to community projects and \$11,000 has been awarded to graduating students in annual scholarships.

Annual granting is made possible from interest earned by the following unrestricted funds held with Coldwell Community Foundation: David and Pat Sigfusson Memorial Fund, Sweetland Family Memorial Fund, Paul and Ollie Johnson Endowment Fund and the Coldwell Community Foundation Endowment Fund.

This year, the Coldwell Lundar Community

Foundation granted \$30,816 in honour of the CLCF's 20th anniversary:

- \$4,400 Lundar Community Resources Council: Phase 2 of enhancing green space south of New Horizons building with walking/wheelchair accessible paths including around garden beds.

- \$2,200 Lundar Lutheran Church: Purchase new fridge and stove for hall kitchen.

- \$4,000 Lundar Gymnastics Club: Renovate their present space to accommodate larger equipment.

- \$3,000 Lundar Agricultural Society: Purchase canopy frame and canvas to cover grandstand; purchase deep fryer and stack oven for kitchen.

- \$4,000 Lundar Community Swimming Pool: Purchase concrete and materials to build a shade structure over green space on east side of pool.

- \$3,900 Lundar Co-op Senior Citizen Home: Purchase fridge, stove and misc. small appliances to upgrade their common area kitchen.

- \$1,000 Lakeshore School Division Hockey Academy: Program assistance.

Interest earned by the following designated funds is paid out to their causes in the form of grants:

- \$4,165 David and Pat Sigfusson: Lundar Memorial Arena Maintenance Fund for rink maintenance.

- \$1,125 Myrtle Smith Memorial Fund: Eriksdale United Church.

- \$1,589 Lundar Museum Society Heritage Fund: museum maintenance.

- \$ 260 Lundar Heritage Park Fund: park maintenance.

- \$ 177 Diane Jacobs Walking Trail

Fund: trail maintenance.

Scholarships:

- \$ 500 Cal and Dorothy Bennett Memorial Fund Scholarship awarded to Mattheus Law, Lundar

- \$ 500 Coldwell Community Foundation Scholarship awarded to Rachel Halldorson, Lundar

The Coldwell Lundar Community Foundation celebrated its 20th anniversary earlier this summer with a supper and program. It was a full house at the Lutheran Church hall with over 70 people in attendance! The event was not just about celebrating the anniversary but also a time of bringing community together to acknowledge and thank the hard working charitable groups, all the many volunteers, the CLCF fund holders and supportive donors — celebrating all the goodness that is happening in our community. Together, we are all helping to build a better future for our community.

Reeve Virgil Johnson wrapped up the evening with supportive comments and reminded everyone of the annual Endow Manitoba Giving Challenge that takes place this fall, Nov. 12-17.

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Community Futures East Interlake

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OUR SISTER PUBLICATIONS



## PC critic for Finance concerned with NDPs new high-cost budget

By Ty Dilello

Manitoba's Premier Wab Kinew and the NDP used their majority government last week to push through a \$24-billion omnibus budget bill and block Opposition amendments aimed at protecting Manitobans from overnight tax hikes and preventing the government from making decisions without public input.

"This budget is the NDP's blueprint for more taxes, fewer services, and less accountability over the next four years," said Midland MLA Lauren Stone, PC critic for Finance. "Manitobans have every reason to demand better than a budget that will cost them jobs, raise their taxes and fund the NDP's partisan agenda. We will continue to hold the NDP accountable and fight for the right of every Manitoban to affordable living and a transparent government."

During debate in the legislature last week, Progressive Conservatives outlined several major concerns with the 2024 budget, emphasizing the new costs it puts on the backs of families, workers and small businesses:

- Fuel and property tax hikes: The budget grants the NDP authority to increase fuel taxes at the cabinet table without legislative oversight and imposes a significant \$150-million property tax increase on all Manitoba homeowners, hitting those with cottages and rental properties the hardest.

- Income tax hikes for skilled workers: Professionals like doctors, engineers and tradespeople will see higher income taxes as the budget eliminates their basic personal exemptions, driving talent out of the province and making it more difficult for key industries to recruit skilled workers to Manitoba.

- Higher energy bills: By elimi-



PHOTO SUBMITTED

Midland Manitoba member of Legislative Assembly Lauren Stone

- nating legislated debt reduction targets for Manitoba Hydro, the NDP are opening the door for annual electricity rate hikes of up to four per cent, raising energy costs for families and businesses, while the NDP's support of the carbon tax will see home heating bills rise by 23 per cent this winter.

- Restrictive labour laws: Banning replacement workers leaves businesses vulnerable to prolonged labour strikes, while eliminating the right to secret ballots undermines the democratic rights of every worker.

- Partisan use of public funds: The budget doubles taxpayer-funded rebates for political parties, funneling more public money into partisan election advertising without voter consent.

Lac du Bonnet MLA Wayne Ewas-

ko, leader of the official Opposition, also highlighted that the 2024 budget failed to allocate funding for new schools, daycares or care homes, and slashed tens of millions in funding for community development and youth employment programs.

Midland MLA Lauren Stone, PC critic for Finance, said that by pushing an omnibus budget bill through the legislature without any chance for public hearings on significant changes to labour and election financing laws, the NDP are making Manitobans pay for a high-cost budget they had no say in.

"It's non-democratic and a non-transparent bill that they're doing," said Stone. "Not only are they introducing tax grabs on Manitobans, but they've stapled these five different pieces of legislation to the back of the budget bill. All of these should be stand-alone legislations as they're not minor changes or amendments. They should all go through a public committee process, and the NDP are undemocratically stapling these to the back of the budget bill, which means that the public does not get a say in it."

Stone noted that the PCs tried to introduce a couple amendments earlier this week that reduce the amount that the NDP can bring the fuel tax back.

"They voted against our amendments, but we'll be asking more questions once we get to third reading, but the NDP are ramming this through. Manitobans are about to see the largest fuel tax increase that they've ever experienced on Jan. 1 once the rate goes from 0 to 14 cents. And other than that, the NDP have no affordability measures, and they are completely eliminating the education property tax rebate that Manitobans have enjoyed over the past few years."

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# letter to the editor

Letters to the Editor: news@expressweeklynews.ca

## Life after the death of loved ones: what happens next?

Recently, I was given a group of letters written by my Uncle Allie during the Second World War. He was 21 when he was killed during the battle of Falaise in France. As I pondered his words, I was struck with their positivity. His letters commenced during his basic training in Canada. Then they continued in his time overseas.

Many of his correspondences focused on two of his brothers that were stationed in his vicinity. He would always relay how they were doing and how pleased he was to hear from them. Sadly, one of them was injured, hospitalized and was waiting to return home. Uncle Allie relished in the opportunity he was given to visit him

## What is a veteran?

Each year, on the 11th hour of the 11th day of the 11th month, Canada pauses to honour those who gave their lives during the wars.

Veteran Canadian Legion members conduct these sombre ceremonies, and as the years pass, they become fewer and fewer.

and how glad he was that he was recovering from his injuries.

He spoke about his home in Saskatchewan and he was looking forward to seeing a new chesterfield that his family had purchased.

The one comment he made that stuck in my mind was very positive.

He said, "I wonder what will happen now that I'm at the front?"

Uncle Allie didn't express any fear about the impending battles. In fact, all of his letters were written expressing love for his family and hope for his future.

I really admired my Uncle Allie and wished I could have met him.

After the Second World War, the government named lakes after fallen soldiers. My Uncle Allie has one named after him. His oldest brother, Leslie flew in his own airplane and

However, the number of veterans who are still with us is seldom mentioned. Webster's Dictionary defines a veteran as someone who has served in the military. What is seldom mentioned during these ceremonies are the thousands who retired from the Armed Forces.

Are they not worthy of mention? Should they not be recognized as well?

put a plaque on an island in the lake. A touching memorial from our family.

I recently lost my husband and mother in January. Dealing with my grief has been challenging, at times. After reading Uncle Allie's letters, I want to embrace his positive attitude. Even when he knew his life was in peril, he always maintained a cheerful rapport with his family.

As I move forward in my life, I will look to my Uncle Allie as a role model. I will especially cherish his philosophy of life.

Embracing his words of wisdom when he said, I wonder what will happen next? I will bravely face the future. The possibilities are endless.

- By Patricia Witzke



Second World War Veteran  
Uncle Allie

South of the border, during most public functions, there is a practice that veterans are recognized and thanked for their service. Would it

not be an acceptable practice to adopt in this country as well?

Just a thought.

- P. Parent, Gimli

## > MURRAY SINCLAIR, FROM PG. 4

In leading the Truth and Reconciliation Commission, he participated in hundreds of hearings across Canada and heard testimony from thousands of residential school survivors.

The commissioners released their widely influential final report in 2015, which described what took place at the institutions as cultural genocide and included 94 calls to action.

"Education is the key to reconciliation," Sinclair said. "Education got us into this mess and education will get us out of it."

Two years later, he and the other commissioners received the Meritorious Service Cross for their work.

It was one of many recognitions Sinclair received over his career.

In 1994, he received a National Aboriginal Achievement Award, now the Indspire Awards, for his work in justice. In 2017, the organization awarded him a lifetime achievement award.

In 2016, Sinclair was appointed to the Senate. He retired from that role in 2021.

The following year, he received the Order of Canada for dedicating his life to championing Indigenous Peoples' rights and freedoms.

In accepting that honour, Sinclair said he wanted to show the country that working on Indigenous issues requires a national effort.

"When I speak to young people, I always tell them that we all have a responsibility to do the best that we can and to be the best that we can be," he said.

Sinclair limited his public engagements in recent years due to declining health.

In his memoir, Sinclair described living with congestive heart failure. Nerve damage led to him relying on a wheelchair.

Sinclair's memoir was released in September. In it, he continued to challenge Canadians to take action.

"We know that making things better will not happen overnight. It will take generations. That's how the damage was created, and that's how the damage will be fixed," Sinclair wrote.

"But if we agree on the objective of reconciliation and agree to work together, the work we do today will immeasurably strengthen the social fabric of Canada tomorrow."

This report by The Canadian Press was first published Nov. 4, 2024.

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# Minerva Hall's expansion with mobility accessible features well underway

By Patricia Barrett

Enhancements at the Minerva Hall in the RM of Gimli are well underway and nearing completion with the construction of an addition with a wheelchair ramp and mobility-accessible washrooms.

The Minerva Ladies Aid is overseeing the project and are grateful for the support they've received thus far to help make the hall accessible to people with mobility challenges and to meet code requirements set out by the Eastern Interlake Planning District.

Charlotte Douglas of the Minerva Ladies Aid said the addition and the wheelchair ramp has been built. The insulation, electrical hook-up, plumbing and interior work in the addition where the washrooms will be located have yet to be completed.

"The work done to date includes the shell of the addition, with the washroom areas sectioned off according to the blueprint design. The new exit door from the addition leads to a platform followed by a very sturdy wheelchair ramp," said Douglas. "The wheelchair accessible washroom is accessible directly from the original south exit, facilitating ease of entering the washroom. Additional gender-neutral washrooms follow in line down the hallway."

The addition and the original building have had new shingles installed that will protect the structure for years to come.

The Minerva Ladies Aid has been tireless in raising money to upgrade

the hall. The organization has held teas, raffles, bake sales, paint nights, garage sales, craft sales, ladies' nights and farmers markets. It has also applied for and received grants for the upgrades from the Westshore Community Foundation, the RM of Gimli and Access Credit Union.

The ladies aid organization was formed in 1920 and originally called the United Farm Women of Gimli. It had a mandate to provide community programs, education and support for youth, among other activities. The organization changed its name to Minerva Ladies Aid in 1939.

Minerva Hall was built in circa 1916 by the Young People's Society of Minerva. When the building started to deteriorate, the community built a new hall in 1972.

Douglas said there is a need to accommodate older adults' mobility needs to ensure they can continue to have opportunities to socialize and take part in community events.

"As our population ages, there is increased need for wheelchair and other mobility aids for our seniors. Minerva Ladies Aid ... looks forward to continue to serve the needs of our community by providing a rental facility where citizens can gather to enjoy celebrations such as showers, birthdays, weddings and business meetings," said Douglas. "The Minerva 4-H Club uses our hall free of charge to hold meetings, public speaking competitions and achievement days. Our plan is to make Minerva Hall accessible to



EXPRESS PHOTOS COURTESY OF CHARLOTTE DOUGLAS

The wheelchair ramp leads into the addition.



The main entrance to Minerva Hall along with the wheelchair ramp leading into the addition.

all who have mobility issues so that they can enjoy social interaction within their community."

Anyone interested in donating funds to upgrading of the hall are welcome to contact members of the Minerva Hall Ladies Aid. Monetary donations can be made by cheque payable to Minerva Ladies Aid and mailed to: Minerva Ladies Aid, Box 2082, Gimli R0C 1B0.

"It goes without saying that individual donations have been most appreciated and we continue to welcome your support," said Douglas.

The hall is located on Highway 8 and Minerva Road (109N).



The wheelchair- and walker-accessible washroom is still being completed.

 Interlake-Eastern  
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# Gimli Betel Home hosts first-ever talent show

By Becca Myskiw

Betel Home residents recently had the chance to share their talents with the home's first-ever talent show.

Organized by volunteers, the show featured residents, staff, friends and family members showing off their talents, whether singing, dancing, playing an instrument or doing something else entirely. On the evening of Oct. 1, everyone gathered to have some musical fun.

Pat Nuspl volunteered to help organize the event with Friends of Gimli Betel, an organization of volunteers who help improve the quality of life for residents through recreation. She said Betel Home has wanted to put on a talent show for some time now, but with COVID-19, it just wasn't possible.

"We have a lot of people at Betel that are quite talented," she said, adding some residents used to sing in choirs, while others were lifelong musicians.

And the talents don't just come from the residents — various staff members got involved too, making the show fun for everyone in the building. In total, the talent show had nine acts and 10 performers. Nuspl said there were more staff members who wanted to partake in it, but they had to work shifts while it happened.

Nuspl herself closed the show with resident Barry, the duo performing their usual sing-along songs the crowd already knows. She said everyone watching was clapping and singing along as they played their way through the medley, making the final act one everyone performed together.

The talent show judges had cards with the numbers nine and 10 on them, and Nuspl said that as the talent show went on, they got more creative with their scores, throwing up 19s and 910s. The crowd of about 25 had smiles on their faces all evening long, and some of their favourite per-



Resident Barry closed out the show with a medley performed by him and Friends of Betel Home volunteer Pat Nuspl.

formances were by the four children who came out. After Nuspl asked community members to join in the fun, a local vocal coach answered, sending four of her students.

"It's important for the recreation department to be creative, and they are at Betel," said Nuspl. "They're always coming up with new ideas to keep the residents engaged. Recreation is therapeutic now; it helps their quality of life."

She added that events like the talent show get the residents out of their rooms, mingling and socializing with each other. The morning before the talent show, Betel Home also put on its own Octoberfest for the residents, making Oct. 16 a busy day for everyone there.

"It's not just about entertaining the residents," said Nuspl. "It's so much more than that."

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**East Interlake Watershed District**



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# Sidewalk desert south of Centre an accident waiting to happen

By Patricia Barrett

On a narrow street that can just about fit two passing SUVs comfortably, older adults with mobility issues, moms with baby strollers and other pedestrians are literally driven to the edge of uneven pavement or on to rut-strewn muddy earth or loose patches of gravel.

South of Gimli's Centre Street, Fifth Avenue has no sidewalks even though hundreds of residents live there in apartment-style housing or in bungalows and pay taxes the way residents north of Centre Street do.

There are 53 people who currently live at Rotary Towers at the corner of Fifth Avenue and Lady of the Lake Drive. They've been without sidewalks since 1997 when the life-lease building was constructed.

Maybe it was quieter back then, but things have changed. Gimli has a growing population, is a popular tourist destination and has an inordinately high number of older residents. It also has drivers who boot it down some streets, including Lady of the Lake, which has few four-way stops, rather than endure a long succession of four-way stops on Centre between Highway 9 and the lake.

Rotary Towers residents say traffic is a real concern on Fifth and the simple solution to their safety concerns is a sidewalk.

"It's one block past Centre Street to Rotary Towers and it's a very well used block. And trucks and cars park on both sides of the street, which makes it very narrow," said Beverly Einarson, who was joined by about 35 other Towers residents during a meeting last Wednesday to discuss their concerns about danger to pedestrians and failed attempts to get council to build a sidewalk.

"If you've got oncoming traffic in both directions when you're walking, you have no place to go. You have to stand in the middle of the road and stop the traffic so that you can safely get to the side of the road. This section of road is absolutely deplorable. There's gravel on the road. The edge of the pavement falls off and there are ruts. I walk it every day and I know what it's like."

Einarson has lived her whole life in Gimli and is "mystified" as to why residents living on many streets south of Centre never got sidewalks.

"We have houses all the way down to the government ditch [large drainage ditch that divides Gimli south of Centre from the South Beach neighbourhood] and no sidewalks," said Einarson.

Residents who have suites fronting Lady of the Lake can hear vehicles



Older adults who need walkers or canes or who have low vision have difficulties navigating sections of uneven pavement that slopes off into a ditch and has gravel and ruts.

turning on to the street from Highway 9 "accelerate" because there are no stop signs on several streets heading towards the lake.

The average age of residents in Rotary Towers is 75, but they have younger residents in their seventies and older residents — two of whom are 101. Some need walkers and canes to get to the shops on Centre or when they want to stroll around the neighbourhood. Some own cars but they like to walk. They are active older adults; they've got a fancy dance floor in the centre of their massive entertainment room where they take line-dancing lessons and participate in other health-promoting activities. They don't want to be shut inside because it's too dangerous to walk outside.

"The big problem I have is in the spring when the snow melts and there's sand left behind on the road. There are tons of little stones, too, and as you walk, you slide," said Doris Jackson. "With a walker or grocery cart, it's tough going."

Even though the Co-op grocery store is only a block away, residents feel their safety is compromised by having to navigate a vehicle-heavy street. There are also no sidewalks on Sixth Avenue or on Lady of the Lake.

The previous iteration of council seemed amenable to constructing their requested sidewalk, but it never happened. Beverly Einarson said she had organized a petition about five years ago and everybody in Rotary Towers signed it.

"I presented it to the mayor at the time [Lynn Greenberg] and he thought it was a good idea. But nothing happened," said Einarson.

Current council promised sidewalks to Towers residents in 2023, but they weren't built, and Einarson said she feels the sidewalks were promised in order to "humour us and shut us up."

Carol Gillespie had written to council in August 2023, requesting the RM



EXPRESS PHOTOS BY PATRICIA BARRETT

Rotary Towers residents can't always compete with cars using Fifth Ave between Centre Street and Lady of the Lake Drive.

build a sidewalk on Fifth between Centre and Lady of the Lake, and a sidewalk along Lady of the Lake so that Towers residents can safely walk to Viking Park.

"To avoid the stop signs on Cent[re] Street, many trucks and cars use Lady of the Lake going east and west. Then they use the Avenues to get downtown," Gillespie had written. "The shoulders of Fifth and Lady of the Lake are full of gravel, ruts and often mud and parked cars; so seniors usually have to walk on the pavement where the cars drive. The pavement is not wide. I have experienced many non-responsive drivers who do not pull over ...."

Gillespie received a response on Aug. 31, 2023, from the RM, saying council had reviewed her letter and "wanted me to advise you that they

have the area(s) you were concerned about included in the budget for 2024 sidewalk project."

But with no sidewalk having materialized this year, Gillespie said during the meeting that there's no point in council waiting for an accident to happen on Fifth before they decide to build one.

"It's a nightmare during the festivals," said Gillespie, referring to summer festivals such as the Gimli International Film Festival and the Icelandic Festival that bring thousands of people to town. "There are cars and parking all over the place."

And during the winter there's "great difficulty" walking, especially when the roads aren't plowed or sanded

Continued on page 12

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12 *The Express Weekly News*  
> DESERT, FROM PG. 11

and people have to take "baby steps" so that they don't slip and fall.

Towers residents formed a delegation at council's Sept. 11 meeting after it became clear there was no sidewalk on the way. They presented their case but did not receive any indication that council would build the sidewalk.

Mavis Hannesson said she pored over council's 2024 budget, looking for their promised sidewalk but could not find any reference to it.

"I read the five-year plan, too, and our sidewalk is not in there," said Hannesson. "I read everything."

According to the 2024 budget, council spent \$300,000 on sidewalks in the tourism-heavy district: \$100,000 on First Avenue for sidewalk "renewal" and \$200,000 on the Beach Walkway.

"There are a lot of young mothers with strollers who use the same route as we do, but they come from farther south down Fifth," said Hannesson. "They have to walk down the middle of the road or walk on the lawns."

Towers residents are year-round supporters of the local economy, said Bob Munroe, and if they have a hard time getting to the businesses on Centre, they can't support the business community.

"Council's attitude is that they have to look after the tourists. But tourists

Thursday, November 7, 2024

are only here for four or five months. They have better [sidewalk] access to businesses than we have," said Munroe. "They [council] need to show some fairness to the people who live here all year. When we have to walk on streets, that's when we need to have sidewalks. And the RM is very good about cleaning sidewalks for ice and snow."

Building a sidewalk on Fifth up to Centre will pose no problems for the RM as there's a wide swathe of municipally owned land (grassy boulevard) that lies adjacent to the front lawns of a couple of houses beside Rotary Towers, he said.

Along with a dense resident population in Rotary Towers, there's also an assisted living facility farther south down Fifth, plus all the taxpayers who live in detached housing.

"The Rotary building has been here for 27 years and there's been no consideration for the residents. There are a lot of people for one street and they all walk on this road. That's a lot of years ignoring this many people," said Munroe. "We have New Harbour Lodge that has quite a number of people in it, too. There are folks there with mobility issues that walk down this street regularly. They don't have a car."

Towers residents agreed that they don't want a fancy sidewalk, just a

smooth slab of concrete that will get them off the road.

"We don't want anything like Solvin Road where they [council] attached extra pavement to the existing road because that's useless," said Gillespie. "That just expands the road. And there's no one enforcing it when people use the sidewalk for parking."

The *Express* asked for comment from Mayor Kevin Chudd as to why there was no sidewalk for Fifth as promised in 2023. It also asked council members whether they're considering a sidewalk for Sixth and how far south the sidewalks could run, council's view on providing sidewalks for year-round residents versus providing sidewalks for tourists, whether council committed to fund the sidewalk on Fifth, and how the RM is showing its commitment to upholding its status as an Age Friendly community (council's Age Friendly Committee is defunct).

Interim chief administrative officer DJ Sigmundson said the Fifth Avenue sidewalk was included in the 2024 budget, but council put it on pause.

"The council is in full agreement on the importance of this project, and it was indeed included in the 2024 budget. However, we took a thoughtful pause to ensure we determine the best location and standard for the sidewalk, considering the diverse needs



The leaning pole (middle and left of the photo) before the tree marks the boundary between a few houses and municipal property, with lots of room for a sidewalk.

of our community," said Sigmundson. "We aim to provide a pathway that is not only friendly to walkers, but also accessible to individuals using medical scooters. Our prototype, located off First Avenue on Keenora [Drive, north of Centre], reflects this commitment by offering a smooth, wide path that allows for easy passing and accommodates at least two people walking abreast."

Council's next step will be to consult with property owners who will be impacted by the "development of this pathway system," said Sigmundson. "Their feedback is crucial to properly siting the sidewalk and ensuring it meets the community's needs. We plan to include this project in our 2025 initiatives, demonstrating our dedication to thoughtful urban planning and accessibility."

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**2024 Remembrance Day Ceremonies**  
**Monday, November 11**

**Arborg Legion Branch #161** – Arborg-Bifrost Community Centre  
Doors open 9:30am service begins at 10:30am

**Ashern Legion Branch #57** – Ashern Legion Hall  
Service begins at 10:45am

**Eriksdale Legion Branch #140** – Eriksdale Recreation Centre  
Doors open at 9:30am followed by march to the Cenotaph to lay wreaths. Service will begin at 10:50am at rec centre followed by Honours & Awards presentation. Light lunch to follow.

**Gimli Legion Branch #182** – Gimli High School Gymnasium  
Please be seated by 10:30am, service will start at 10:45am.  
Light lunch served at Legion following service.

**Lundar Legion Branch #185** – Lundar Legion Hall  
Laying of wreaths at Cenotaph at 10:30am. Light lunch to follow.

**Winnipeg Beach Legion Branch #61** – Doors open at 10:00am and close at 10:45 for service. Light lunch to follow.

**Camp Morton Outdoor Remembrance Day Service.**  
Service begins at 10:45am Free hot beverages and cookies served following the service.

# Custom meat shop on schedule to open in Eriksdale

By Jeremiah Knight

Exciting news is growing in Eriksdale as the community eagerly awaits the grand opening of The Meat Station.

The final pieces of Eriksdale's custom meat shop are quickly being put together in time for peak hunting season and is expected to open for business in early November.

Located on Lot 4 Station Lane, across the street from the former railway station, The Meat Station will be a full-service custom-cutting butcher shop, offering domestic and wild game products, including sausages, pepperettes and smokies.

Co-owners Evan Proctor and Randy Dreger have been rushing to get their business up and running for the last four months. Builders broke ground at the end of August, and what would usually take upwards of a year to construct is already receiving the final touches.

"For us to have gotten to where we are now, I mean, it's no small feat. It's been battle, for sure," said Proctor.

"To be honest with you, it's been all positive from all the community, and without them ... I'm not saying we could have never done it, but to do it in as quickly as we have, we would have never done it without the help of friends and community members. It's been a team effort."

The shop will include a retail space where customers can quickly purchase steaks, hamburgers and sausage.

Proctor is confident his business fills a pressing need in the area. The closest commercial meat shop is in St. Laurent, about a 45-minute drive. Following discussions with area residents, farmers and hunters, it became clear that this would be a wel-



EXPRESS PHOTOS SUBMITTED

As the prime hunting season draws near, co-owners Evan Proctor and Randy Dreger of Eriksdale's The Meat Station are in a hurry to finalize their custom meat shop ahead of the upcoming hunting festivities.

comed addition to the community.

"We've heard it for a long time. In order to get into this business, we surveyed hundreds and hundreds of people in different areas just to find out ... if it was feasible to turn a profit. It's not a very cheap venture to get into," said Proctor.

"It just made sense."

Proctor said he and Dreger had pondered the idea of a local butcher shop for years, but it wasn't until last Christmas that they finally decided to implement their plans.

"It was one of those, 'Well, I've wanted to do this for a long time; you've wanted to do this for a long time,' and so we just finally, over dinner one night, we just said let's do it," said Proctor.

What also made sense was that the business part-

ners have plenty of experience in the field. Proctor continues to own and operate Sleeve Lake Outfitters, a hunting outfitter in the Interlake, while Dreger previously worked in a butcher shop for five years.

"To be honest, we both worked on the road our entire lives, and I have a little girl now, and we were just trying to come up with a good plan to stay home and work from home," said Proctor. "In our specific area, it's just something that the community needed, so that's kind of where this all came about."

Like the start of any business venture, the last year hasn't been easy. Navigating the butchering industry, where specialty equipment can force owners to shell out hefty amounts of cash, has been a particular challenge.

Proctor said the road has been long and winding and filled with plenty of learning experiences, but he is somewhat satisfied that his long-time business plan is about to come to fruition.

"I would say the biggest challenge we had was pricing together the equipment. Butchering equipment, as far as smokehouses, saws, grinders, stuffers, Cyrovac machines — very, very expensive. And to find good used equipment is very difficult," he said.

"We've got our equipment now but it took us months and months to piece it together and to try and keep it within a budget. Our equipment is essentially from all across Canada."

The final step will be launching a website after the shop opens, which is already in the works. In the meantime, those interested in being updated are encouraged to check out The Meat Station on Facebook.

## The second phase of government denture funding for seniors started November 1st.

BY ELISHA VANDOR

Now is the time to schedule your appointment if you are requiring new partial dentures or new complete denture(s) with permanent soft-lining. These procedures are now available through your Canadian Dental Care Plan (CDCP) government benefits and do require us to submit a predetermination for approval. The standard time for insurance companies to respond with benefit information is approximately 10 business days. However, we are expecting the Sunlife/CDCP response time to be within 48 hours or 2 business, which means we can have your new partial dentures ready for you before the Holiday season this year!

At Vandor Denture Centre, we offer a variety of different materials for partial dentures, each with different benefits depending on your unique situation. For example, a common issue patients come in with is that their partial feels too big and uncomfortable in their

mouth. A good solution for them is to choose a very thin Titanium material, which will feel much smaller and more comfortable. Another common issue is a partial that's too loose. The problem with a loose partial denture is that patients can't eat with them. The reason for being too loose could be because the metal clasps aren't shaped in the most ideal way around the natural teeth. The solution for this particular situation is to make a new partial denture with clasps that are designed to be much more effective at keeping the denture stable. Alternatively, the clasps can be made out of an entirely different material altogether to get that tight fit.

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ly staff, when I walked in there for every appointment, always greeted me by name, and took me into the room right away, and from there, the Denturist Greg took over, with his smiling face Greg was always very polite, always asked how I was doing!!! And he was making sure the dentures he was making for me were going to fit. Greg is a miracle worker!!! I was struggling for years, and in the matter of a couple of weeks he made the dentures that actually fit me that I can wear with no problem. I cannot believe that this actually happened. I am trying to say this in the most positive way, Vandor Denture Centre and especially Greg have given me my life back."

We want you to have a life changing denture experience, like Peggy did, too. Call us today to schedule your free consultation and learn how your government denture insurance can save you thousands of dollars for new dentures. We look forward to hearing from you!



The Canadian Dental Care Plan's second roll out for partial denture funding and other denture services started on November 1st.

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# Gypsumville RCMP investigating found human remains of infant

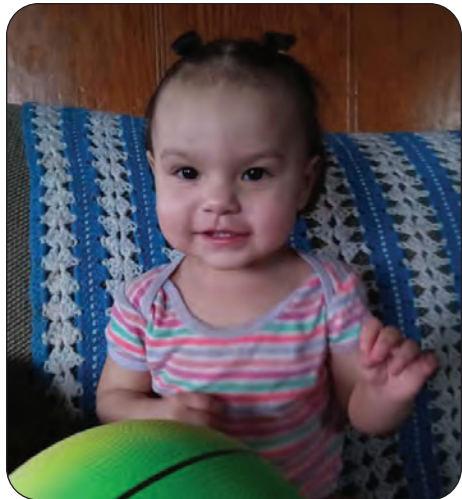


PHOTO SUBMITTED

The remains found on June 3, 2024, have been identified of Xavia Skye Lynn Butler.

By Lana Meier

The remains located on a property located off of PTH 6 in the RM of Grahamdale on June 3 of this year have been identified as Xavia Skye Lynn Butler. The young girl would have been between one and two years old at the time of her death. She was found in a barn on the property.

Xavia's death is being investigated as a homicide.

The last time RCMP investigators have been able to physically place Xavia was approximately a year before she was located deceased. RCMP are looking for the public to help them further identify her whereabouts during that time. No missing person reports were filed regarding Xavia.

"We are looking for any photos taken of Xavia after March 2022," said RCMP Major Crime Services investigator Cpl. Jill Slobodzian. "We are hoping those photos will have date and time stamps on them to help us build a better timeline of her life. We also ask anyone who physically saw Xavia after March 2022 to reach out to us as well to provide that information."

Anyone with information about Xavia or who has photos to share is asked to call the RCMP Major Crime Services tip line at 431-489-8112.

## Community Support Service

### A.A Meeting in Ashern

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

### AA Arborg

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

### AA Eriksdale

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

### AA Winnipeg Beach

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

### Gimli Group AA

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

### AI-Anon

#### Gimli and Winnipeg Beach

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

### AA Riverton Group

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

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**Giving Challenge**  
Nov. 12-17, 2024



## Giving Challenge Week November 12 - 17

Give to Icelandic River Community Foundation between November 12-17 to help us reach our Giving Challenge Goal. Every gift made during this week will be stretched by The Winnipeg Foundation and the Manitoba government — Every \$10 donation becomes \$14!

Go to [endowMB.org](http://endowMB.org) or [ircf.ca](http://ircf.ca) to donate! We will be in person at the Riverton Coop on Wednesday, November 14 and on Thursday, November 15th at the Coop grocery store in Arborg.

# ANNUAL GENERAL MEETING

for  
**MOOSEHORN CONSUMERS CO-OPERATIVE LTD.**

**Thursday, November 28, 2024**  
**7:00 p.m.**

**Moosehorn Community Hall**

**Refreshments will be available**



- Financial Report
- General Manager Report
- Election of Directors
- Appointment of Auditors
- Door Prizes

## RM of Gimli hires community engagement manager



PHOTO SUBMITTED

Christine Payne will be joining the RM of Gimli as its manager of community engagement.

By Patricia Barrett

The RM of Gimli has hired a manager of community engagement to contribute to the municipality's strategic vision and communication initiatives.

Christine Payne, who lives in Sandy Hook, will be starting her position on Nov. 27.

Payne has a background in media relations, marketing and engagement and has worked in a number of different sectors.

"Christine brings extensive experience in marketing, communications, media relations and government engagement. Most recently, she served as Vice-President of Strategic Initiatives with the Winnipeg Regional Real Estate Board, where she led communications, media relations, and stakeholder engagement initiatives aligned with the Board's strategic goals," states a Nov. 1 news release from the RM. "She also served as publisher of the *Winnipeg Regional Real Estate News*, overseeing its editorial vision and strategic direction."

Payne also worked for a decade as the Winnipeg Airports Authority's director of marketing, communication and public affairs, as Red River College's director of college and public relations and as BellMTS's director of corporate communications.

She's currently a board member of the Manitoba Institute of Trades and Technology (MITT).

"As a resident of Sandy Hook, she looks forward to contributing to the RM of Gimli's strategic vision and communications initiatives," states the news release.

# Arborg's 2025 grad class and Arborg-Bifrost PRC score big on Halloween

\$900 raised for graduation and donations of food for struggling community members

Submitted by Madison Howell, Arborg Collegiate graduate

On Halloween night, the ghosts and demons of old neighbouring hockey teams banded together in hopes of settling their losses in the Arborg Recreation Centre.

In the four change rooms stood an angry pumpkin witch, a group of disco monsters that wouldn't let you leave until you busted a move, a vengeful goalie and the distraught spirits of rival players. The bathrooms were haunted with the demons that called themselves "dirty things" and

stopped at nothing to pull children and adults alike into their gore-filled labyrinth. On the ice surface, cursed zombies were eager for fresh blood, while the evil clown waited for you at the end, luring you with bubbles and circus music.

The Arborg grad class, partnering with the Arborg-Bifrost Parks and Recreation Commission, threw open the doors to let the public brave the atrocities of the haunted arena. The event was a hit, raising over \$900 for the grad fundraiser as well as collecting non-perishable food items for Halloween for Hunger.

Everyone did a fantastic job playing their role, so much so that there were compliments from families as far as Gimli and Riverton.

But this event couldn't have happened without the help of everyone involved. A special thanks is in order for Tom Chwaliboga and Scott Votour. Without their help and guidance, this

event wouldn't have happened. On behalf of the grad class, we are all extremely grateful for the opportunity they gave us and the support we needed.

Our gratitude also goes out to all businesses, families and individuals who donated candy for this special night as we made and gave away over 200 candy bags. The grad class is thankful for the help of everyone that participated, as well as those who aren't part of the class, including Connolly Bardarson, Crystal Hjørleifson and a few Grade 11 students who volunteered to act.

In the future, the Grade 12 class is planning to throw a few more community events and are remaining op-

timistic that those will be as big as a hit as this was. They hope to have set an example for other classes to follow in the years to come, using their unique idea and continuing to involve the Interlake community.

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Every \$5 donation becomes \$7!

Go to [endowMB.org](http://endowMB.org) or [westshorefoundation.ca](http://westshorefoundation.ca) to give!

  
**KICK OFF EVENT!**

Please join us as we kick off our 2024 Endow Manitoba Giving Challenge at Interlake Brewing Co.!

Tuesday, November 12, 2024, 7:00—9:00 pm



## Iceland: Land of Fire & Ice

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For more information, click on this link: <https://gateway.gocollette.com/link/1241501> or contact: [Christine-GreatEscapes@mymts.net](mailto:Christine-GreatEscapes@mymts.net)

Presentation will be held on November 14, 2024, 1 p.m. at 70 Woodchester Bay, Winnipeg

RSVP 204-885-7261 if you wish to attend.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## RM of Gimli resident riding high after bikejoring bronze medal win with underdog

By Patricia Barrett

An RM of Gimli resident with a talent and passion for racing brought home the hardware in October after she and her dog earned Canada a podium finish in bikejoring at an international competition.

Muriel Smith and her dog Jake were part of Team Canada, earning a bronze medal in the masters competition at the International Federation of Sleddog Sports Continental Championships and Masters on Oct. 25-27 in Minocqua, Wis.

"We were thrilled to be chosen by Team Canada," said Smith, "and we managed to get a bronze medal in our class."

Mikki Douglass from the U.S. earned gold and Edie Fisher from Kenora, Ont., earned silver.

Smith said she and Fisher have been friends for years and they travelled to Wisconsin together. They are in their sixties and have proven that age knows no bounds.

"Who would have thought that we would be competing internationally in an extreme sport at our age?" said Smith. "Life has its ways of surprising us, and, certainly, this sport really does make us feel alive."

Gold medal winner Douglass has for the past 13 years organized a six-week winter race which starts on New Year's Eve and goes until mid-February and has participants logging their



Muriel and Jake congratulate each other after their bronze-medal win.

distances online. Smith has been part of that for the past five years.

"Last year there were over 250 participants across North America, Europe and beyond," said Smith. "It's a blast and gets us out with our dogs during the coldest and darkest months of the year."

The International Federation of Sleddog Sports (IFSS) was formed in 1985 with founding members from the U.S., Canada, Norway, France, Germany and Austria. It is now headquartered in Belgium. It organizes bikejoring and skijoring competitions worldwide. The North American



EXPRESS PHOTOS BY RICH BESLER

Muriel Smith and her dog Jake competing in the bikejoring competition in Wisconsin last month.

games in Wisconsin attracted bikejoring competitors from Canada, the U.S. and Mexico.

Bikejoring was initially a form of training for cyclists and their dogs when there was no snow for skijoring (a dog pulls a skier), but it became a competitive sport in its own right, ac-

ording to IFSS. One dog is attached to the front of a bike and runs ahead of the cyclist. The team can reach speeds of up to 35 kilometres an hour. In countries without snow, it is a very popular sport.

Jake is a eurohound, a dog bred specifically for racing. There are different crosses of eurohounds. Jake is a cross-bred German short-haired pointer, saluki and Alaskan husky.

"He is bred specifically for sprint racing, and he just loves to run," said Smith. "It is his happy place."

Jake comes from a very good lineage but was essentially an underdog. Had Smith not taken him in, he might not have survived.

"He came last November, terrified

Continued on page 17

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## > BIKEJORING, FROM PG. 13

and almost like he had some sort of PTSD. It took 37 days before he would come to us to be touched, and even longer before he would climb into a vehicle on his own," said Smith. "Every step we have taken has been on his terms. It has been a long haul and there is much to do still."

Smith said bikejoring requires "a trusted relationship" between the cyclist and the dog which is out in front pulling with both "moving at break-neck speeds through wooded trails."

Anyone can learn the sport if they have the time and can commit to a consistent training schedule. They also need a dog that loves to pull.

"Anyone who has a dog that loves to pull can teach the dog the commands and be part of the mushing community. Like any dog training, it takes time and consistency," said Smith. "Patricia Tschanen of Crazy Jumpers [in Fraserwood] offered a pulling class for years ... and Snow Motion [a Winnipeg-based dog sports club] holds two to three introductions to pulling courses each autumn. You have to complete this course, or show proficiency, before being able to go on club runs."

Dogs wear a harness designed for pulling and are attached to a two-metre-long cord that's fixed to a bike below the handlebars. The cord is threaded through a special antenna so that it won't get wrapped into the front tire if the dog stops. Athletes have to wear a helmet as they can reach high speeds.

"I've misjudged a low branch and have been cracked on the head," said Smith. "In the winter, people skijor, fat bike or sled. And of course you can still run with your dog. What is

important is that the dog is out in front of you, not beside you. And you can't 'drag' the dog along. At IFSS races, the dog must cross the finish line in front of the human or disqualification ensues."

Smith, Jake and her other dogs train in various locations in the Gimli area and in Birds Hill Provincial Park.

In the RM of Gimli, they use the walking/skiing trails in Camp Morton Provincial Park and the Rail Trail north of Camp Morton. The dogs are taught a number of verbal commands.

"The west side ski trail that is groomed in winter for skate-skiing is nice and wide, and it has lots of options for teaching the dog directions such as 'gee' for right, 'haw' for left, 'ahead' for going straight if there's a three-way junction, and 'easy' for slow down," said Smith. "We often see deer and other animals on the trail, so the trails are also good for teaching the dog to ignore these critters with the words being either 'on by' or 'leave it.' And the trail also accommodates many side trips into the trees!"

Training the dogs to "wait patiently" is something that she currently needs work on as they just want to run.

The Rail Trail, a former rail line, is an "exceptional trail to train on" as it's fast and safe when there are no off-road vehicles driving on it, she said. She can't use the Rail Trail in the winter, though, because snowmobiles go too fast and there are blind corners.

"In the winter, I train weekly with Snow Motion at Birds Hill Park, as well as on Willow Creek," said Smith. "I have a few lovely neighbours that will lay down snowmobile trails for me that I can run on. I will go out toward the fishing shacks [on Lake Winnipeg] and run the snowmobile

trail back towards Odin's Green and then home."

This winter they'll also be training in Falcon Lake as they need some hills to train on.

Preparing for competition is serious business, almost akin to Olympic training.

Smith said consistent training is required, daily or every second day as well as increasing the distance little by little. She also keeps a log of trails she's used, the time of day, temperature, running time, how much the dog has eaten — all of which factors into improving performance.

"I am new at this level of competition, but my mentor Marcel Marin of Underdog Kennels in Fort St. James, B.C., offers a lot of sound advice which I follow," she said. "The dogs have to know commands and be pretty consistent. But after all, they have a mind of their own so one never knows what might happen."

Smith said a group of harness dog athletes are starting a regional organization for Manitoba and Northwest Ontario that will be called Mantario. It will fall under the Canadian Association of Harness Dog Sports (CAHDS), which currently has regional organizations in Alberta, Ontario and the Maritimes.

"A small group of us are in the very early stages of organizing the regional organization for Mantario. The organization must have non-profit status, and the process of starting it is quite complicated. Once the regional organization is up and running, other groups in the province, such as Snow Motion can become affiliated members," said Smith. "CAHDS was approached by the Flin Flon winter festival to help them gain IFSS sanction for their dog-sled race."



Mikki Douglass (centre) from the U.S. earned gold, Edie Fisher (left) from Kenora, Ont., earned silver, and Muriel Smith (right) from the RM of Gimli, earned a bronze medal in bikejoring at the International Federation of Sleddog Sports Continental Championships and Masters on Oct. 25-27 in Minocqua, Wis.

A regional organization is required for holding IFSS-sanctioned races. As IFSS is under the umbrella of the World Anti-Doping Association, both dogs and athletes can have their urine and blood checked for substances at races, she said.

The group Smith is part of is hoping to attract individuals who want to know more about various dog sports such as canicross, which is cross-country running with your dog, scooter, which is a specialized scooter pulled by a dog, bikejoring, skijoring and kick-sledding.

Reach out to Muriel Smith on Facebook for more information about the sport and the regional organization.

# Ice Dawgs give up 12 in fifth consecutive loss

By Kieran Reimer

The Arborg Ice Dawgs had the unfortunate task of playing the red-hot St. Malo Warriors amid their four-game losing streak on Friday night in St. Malo.

While the Ice Dawgs have sputtered recently, the Warriors, who got off to a slow start, are now heating up again

and showing flashes of the team that won the Capital Region Junior Hockey League last March. On Friday, the Warriors did just that.

Five unanswered goals in the first period and 19 shots put the Warriors up 5-0 after 20 minutes.

Despite a second-period goal from Brandon Burak, the Warriors contin-

ued their offensive beating with seven more goals and two hat tricks from Logan Fillion and Damon Johnson to pick up the 12-1 win.

The Ice Dawgs have now lost five consecutive games, moving to 1-7-0-1-0 and remaining sixth in the CRJHL.

Their hopes of ending the skid are on hold until next weekend's games

against the Selkirk Fishermen and La Broquerie Habs.

The Ice Dawgs host the Fishermen on Friday at 8 p.m. at Arborg & District Arena. On Saturday, they head to the Hylife Centre for a 7:30 p.m. puck drop against the Habs.

**What's *Your* story?**

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

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# Lightning Report: U18s establishing identity heading into November

By Kieran Reimer

It was a productive two games for the U18 AAA Interlake Lightning who picked up two wins on Wednesday and Thursday to wrap up the month of October.

On Wednesday the Lightning battled back from an early 1-0 deficit to the Pembina Valley Hawks in Teulon to win the game 3-2 in a shootout on a winner from Blake Farthing.

Then the following evening the Lightning were the ones getting out to the early lead against the Eastman Selects in Beausejour and hung on for the 6-4 win in part by two goals from Cole Swanson.

Head coach Aaron Kaatz was happy with how his team ended the month after not playing for 11 days and the team now sits eighth in the Manitoba U18 AAA Hockey League with a 4-3-1-1-1 record.

"The players bought in and committed to the process we were going through and the results showed in the games because we established our identity in the games," said Kaatz. "Whether it was no quit, it was always competing for a full 60 minutes no matter what comes at us and to stay positive and take it shift by shift. It ended up resulting in the two wins."

The Lightning now look ahead to a busy November with 10 games ahead and four on home ice at Teulon-Rockwood Arena.

Having played the league's fewest games so far this season with nine, the Lightning have an opportunity to use the next 10 games to separate themselves from the six-team logjam in the middle of the standings that is only separated by six points.

"This is where we look at our schedule here after we've had a little bit of a break and seen two games that we're playing, we're on track to playing the right way," said Kaatz. "We're looking at November to be a very positive month for us as long as we continue to compete and play the right way and the way we should be playing every game. We hope to be able to get some key victories. It won't be easy but if we're committed to the grind and understanding it's going to take work, we hope that it's favourable for



Lightning goaltender Dylan McFadyen made 43 saves on 45 shots against the Hawks.

us."

And with their recent two wins over the Hawks and Selects, two teams also fighting in the middle of the pack, the Lightning feel they have what it takes to get past some of the league's better teams.

Their greatest test of November will likely come early on with three of their first four games against the second place Southwest Cougars and the other against the fourth place Winnipeg Wild.

Heading into the games, Kaatz said the team has the ability to do it, they just need to execute.

"Now we've had two back-to-back, hard competing wins where they had to play a full sixty, they see that they can win these games and compete with upper teams here. That gives them a confidence and energy boost to be able to take on these teams and rise to the challenge."

The Lightning take the ice this Wednesday at 7:15 p.m. against the Winnipeg Wild at Hockey For All Centre.

Then on the weekend they play a pair against the Southwest Cougars at Souris/Glenwood Memorial Complex.

Puck drop in those go Saturday at 7:30 p.m. and Sunday at 2 p.m.

The U13 AA Female Interlake Lightning were defeated 11-0 by the undefeated Winnipeg East Saints on Saturday. They currently sit sixth with a 2-2 record.

Next game: Friday, Nov. 8 at Bran-



EXPRESS PHOTOS BY TANYA SWANSON

The Interlake Lightning's Blake Farthing had two goals and an assist to give the Lightning the win against the Pembina Valley Hawks on Oct. 30.

don, 6:30 p.m. at Westoba Place

& District Arena

The U13 AA Male Interlake Lightning had the week off games following last Friday's 5-2 win over Central Plains. The Lightning currently sit 12th with a 2-1 record.

Next game: Friday, Nov. 8 vs Selects Grey, 6 p.m. at Veterans Memorial Sports Complex

The U15 AA Male Interlake Lightning went 1-1 this week with a 3-1 win on Tuesday over the Winnipeg Bruins Brown and a 5-1 loss on Friday to the Winnipeg Bruins Gold. They now sit eighth with a 2-3-0-1 record.

Next game: Saturday, Nov. 9 at Winnipeg Bruins White, 4:15 p.m. at East End Arena

The U15 AAA Male Interlake Lightning went 0-2 this weekend with a 13-1 loss on Friday to the Eastman Selects and a 13-0 loss on Sunday to the Winnipeg Bruins Gold. They now sit fifth in the Central Division with a 3-0-0-7 record.

Next game: Saturday, Nov. 9 vs Yellowhead Chiefs, 7:30 p.m. at Arborg

The U15 AAA Female Interlake Lightning were shutout 8-0 by the Yellowhead Chiefs on Saturday night in Stonewall. They currently sit seventh with a 1-7 record.

Next game: Saturday, Nov. 9 vs Westman Wildcats, 1:45 p.m. at Veterans Memorial Sports Complex

The U17 AAA Male Interlake Lightning collected three of a possible six points over the weekend by going 1-1-1 in games against the Hawks, Bruins, and Selects. They now sit seventh with a 2-3-0-7 record.

Next game: Saturday, Nov. 9 vs Westman Ice Bandits, 4:15 p.m. at Arborg & District Arena

The U18 AAA Female Interlake Lightning had the week off of games after losing their previous three games last weekend. They currently sit ninth with a 0-8-0-0-1 record.

Next game: Saturday, Nov. 16 at Pilot Mound Buffaloes, 11:30 a.m. at Pilot Mound Millennium Recreation Complex

# Falcons sink Fishermen with second-period eruption

By Kieran Reimer

The Lundar Falcons made it back-to-back wins on Saturday with a 4-2 triumph over the Selkirk Fishermen.

After a scoreless first period, the Falcons opened the game with three unanswered goals from Ryan Benson,

Riley Zdan and Liam Russell.

The Falcons tallied again in the third as they skated away with their second consecutive victory.

Kennedy Kerr stopped 30 of the 32 shots he faced in the game, and the Falcons are now up to 7-2-0-0-0 to

start the season.

They are tied for second in the Capital Region Junior Hockey League with the St. Malo Warriors and will play two games next weekend against the La Broquerie Habs and the Warriors.

The Falcons head to La Broquerie on

Friday night for an 8 p.m. matchup against the Habs at the Hylife Centre.

Then, on Saturday, the Falcons return home to Lundar Arena to host the Warriors at 7 p.m.

# Lakeside Spin, ride together, thrive together

By E Antonio

There is a new fitness class option for adults in Gimli. Lakeside Spin, now open at 96 B 3rd Ave., is Gimli's first fitness facility dedicated to spin workouts.

LiAnne Snow, owner of Lakeside Spin was inspired to bring spin classes to Gimli after falling in love with the activity in Selkirk.

"It sparked my passion again for being active and living a healthier lifestyle," said Snow.

Since Snow is a Gimli local, she knew the community needed a fun, new and unique workout option.

"Spin classes are an inclusive and low-impact workout for people of all ages and sizes," said Snow. "It is for people who want to come out and feel a sense of community. It is something new for everyone and is a great way to get back into that healthy lifestyle."

Spin classes are recommended for adults who can sit unassisted on a bike. She noted that the first spin class is always challenging, but it gets easier as you become more comfortable on the bike.

Lakeside Spin's grand opening was on Nov. 2. Cyclers met the staff, asked questions about the classes and tried out the new bikes.

"We had a great turnout. Lots of questions answered, bike set up shown and passes bought. We're so thrilled to be able to offer this to Gimli and surrounding communities."

Before opening Lakeside Spin, Snow obtained her recreation coordinator diploma with a specialization in recreation facilities from Robertson College and she completed her spin cycle instructor training. There are also six other certified spin instructors ready to lead a class for you and your friends at Lakeside Spin.

"We are always looking to add more instructors to our team so we can offer more classes."

If you are interested in instructing a spin class of your own, you can contact Lakeside Spin directly.

Come December, Lakeside Spin will offer four different spin classes, all of varying length and difficulty. For a quicker workout, you can pick from three 30-minute-long spin classes: Intro, Express and Light. There is also a 45-minute spin class, which would be considered their standard spin session. As for now, only their Intro to spin classes are being offered to allow everyone to get a simple introduction to the new workout option.

A full description of all Lakeside Spin's classes can be found on their website, [www.lakesidespin.com](http://www.lakesidespin.com).

You can also find a full schedule of classes on their webpage.

"To view our schedule, you will need to click 'Book a Ride' and make an account, and then it will show you a full schedule of classes," Snow explained.

She also added that you must book your class online in advance in order to participate in one of the spin sessions.

Lakeside Spin offers several fee options. You can pay a \$20 drop-in fee per class or opt for a membership package. Membership packages vary in class amounts so that you can pick an option best suited to your needs. All fees must be paid online before arriving at your scheduled class.

Once you have booked your spin class, all you need to bring is your workout gear, indoor runners and a water bottle. Small cubbies are located right by the bikes, where you can safely store your personal items.

The team at Lakeside Spin is excited



EXPRESS PHOTOS BY LIANNE SNOW

Gimli's first spin studio is now open. Pictured above: Lakeside Spin instructors.



to guide you through your spin journey. If you have any questions about Lakeside Spin before joining your

first class, you can call the studio at 204-407-8028 or email [lakesidespin@gmail.com](mailto:lakesidespin@gmail.com).

## get inspired

> MEAL IDEAS



### Green Bean Casserole

1/4 teaspoon ground black pepper  
8 cups cooked cut green beans  
2 2/3 cups French's Fried Onions, divided

Heat oven 350°F.

In 3-quart casserole dish, stir soup, milk, soy sauce, black pepper, green beans and 1 1/3 cups fried onions.

Bake 25 minutes. Stir green bean mixture. Sprinkle remaining fried onions over casserole.

Bake 5 minutes, or until fried onions are golden brown.

Recipe courtesy of Campbell's.

2 cans (10 3/4 ounces each) Campbell's Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)

1 cup milk  
2 teaspoons soy sauce



## Shepherd's Pie

1 tablespoon garlic powder  
1/4 cup heavy cream  
1 bag (12 ounces) frozen mixed veggies

Heat oven to 350 F.

In Dutch oven, brown ground beef and drain fat.

Boil potatoes until fork tender and mash them. Add 1 teaspoon thyme, salt and pepper, to taste, and set aside.

Place ground beef back in Dutch oven and mix in onion powder, tomato paste, beef broth, garlic powder, cream and remaining thyme. Season with salt and pepper, to taste. Mix in frozen veggies.

Cover meat mixture with potatoes and bake 25-30 minutes.

Recipe courtesy of "Cookin' Savvy"

Servings: 8-12

1 pound ground beef  
6 medium potatoes, peeled  
2 teaspoons thyme, divided  
salt, to taste  
pepper, to taste  
1 tablespoon onion powder  
1 can (6 ounces) tomato paste  
1/2 cup beef broth

## MORTGAGE SALE

The land and building known as 111028 Road 12E, R.M. of Armstrong, Manitoba, as described in Certificate of Title No. 2495320/1, will be sold by public auction by a Licensed Auctioneer on November 27, 2024, at 10:30 a.m.

The auction sale will be held by way of video or teleconference.

There will be no in-person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Mickey L. Rosenberg at either (204) 957-8382 or [auctions@fillmoreriley.com](mailto:auctions@fillmoreriley.com)

The Vendor is informed that the property consists of a one storey dwelling approximately 1,097 square feet, with living room, kitchen, 3 bedrooms, 1 bathroom, cinder block foundation, single detached garage on a lot of approximately 77.25 acres. The property is serviced by a well and septic system, particulars unknown. The property is located approximately 2 kilometres East of Fraserwood at the intersection of Road 12E and Road 231.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2022.

Prior Charges: Caveat No. 82-85576/1.

### TERMS OF SALE

A deposit of \$15,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00), and the balance according to conditions which will be available electronically by contacting the individual below prior to the auction. The property will be sold subject to a **Reserve Bid** of \$122,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 31st day of October, 2024 to the date of auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: [www.teranetmanitoba.ca](http://www.teranetmanitoba.ca)

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

GST will be payable on amount equal to 32% of the purchase price at the time of closing unless the purchaser is a registrant under the Excise Tax Act for GST and, on or before the closing date, provides a Declaration and Indemnity to that effect, satisfactory to the vendor's solicitor. No GST will be payable on 68% of the purchase price.

Further information may be obtained from:

FILLMORE RILEY LLP  
Barristers and Solicitors  
1700 - 360 Main Street  
Winnipeg, MB R3C 3Z3

File No. 406132-1430/MLR/sw(zol)  
Attention: MICKEY L. ROSENBERG  
Phone: 204-957-8382  
[auctions@fillmoreriley.com](mailto:auctions@fillmoreriley.com)

# Classifieds

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### HEALTH

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



JOIN OUR TEAM AT  
TRIA PRODUCTS

### EMPLOYMENT OPPORTUNITY for Tria's mechanic shop at the Broad Valley Colony.

- Red Seal Mechanic and Mechanic**
- Full time • Competitive wages • Benefits
- Service Shop Manager**
- Full time position • Benefits
- Apply at [triaproducts.com/careers](http://triaproducts.com/careers)



## TOWN OF ARBORG EMPLOYMENT OPPORTUNITY

### FULL-TIME, PERMANENT PUBLIC WORKS EMPLOYEE / WATER TREATMENT I

The Town of Arborg is seeking a highly motivated individual with strong organizational and problem-solving skills to fill the full-time, permanent position of Public Works Employee. Under the direction of the Public Works Supervisor, a Public Works Employee assists in the construction and maintenance of roads and sidewalks, maintenance of sewer and water installations, operation of public works equipment and other duties as assigned.

#### QUALIFICATIONS:

- Ability to operate various vehicles and heavy equipment. Prior experience in the operation of grader and excavator would be considered an asset;
- Possess basic electrical, plumbing and mechanical knowledge;
- Ability to attend necessary training in variety of topics, eg: Confined Spaces, CPR, WHIMIS, etc.;
- Familiarity with Manitoba Workplace Health & Safety requirements and procedures;
- Minimum Grade 12 Education, or equivalent;
- Valid Drivers License;
- Physically capable of performing all work tasks;
- Good communication and interpersonal skills;
- Ability to work independently or in a team environment;
- Province of Manitoba Sustainable Development Certification in
  - o Class 1 Water Treatment & Distribution
  - o Class 1 Wastewater Treatment & Collection**OR** willingness to obtain within 1 year of employment date.

This position requires standby and on call duties with responses after hours when necessary.

The Town of Arborg will be offering competitive salary compensation with experience and qualifications as well as a comprehensive benefits package.

Qualified candidates are asked to submit a detailed resume marked **Public Works Employee**, with salary expectations, as soon as possible.

Town of Arborg CAO  
PO Box 159, 337 River Road  
Arborg, MB R0C 0A0  
[caoarborg@mymts.net](mailto:caoarborg@mymts.net)  
Fax 204-376-5379

*The Town of Arborg thanks all who apply, however only those selected for interview will be contacted.*

### SCRAP METAL

Buyer for all farm-yard 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.

### SNOWMOBILES WANTED

Buying older snowmobiles from the 1970s. Ski Doo RV, Moto ski Sonic/Super Sonic, Yamaha SRX, Merc Snow Twister/Trail Twister 204-793-6100.

### STRAW FOR SALE

Flax straw for sale, Stonewall. \$4/bale. Call Nick at 204-461-0706 or Bill at 204-461-1906, Monday - Saturday.

### HAY FOR SALE

Round hardcore bales, 1st & 2nd cut, alfalfa & brome grass. Call 204-461-0722.

### FIREWOOD

Birch, Tamarack, Ash, Poplar, Pine and Oak for sale. Call or text 204-904-8441.

Firewood for sale. Spruce, Poplar, and Pine available starting at \$260 a cord. Contact me at 204-641-8651.

**EXPRESS**  
204-467-5836

### MOVING SALE

Saturday, November 9, 9 a.m. to 4 p.m., 3 1/2 miles south of Fisher Branch on Highway 17. Household items, Honda tiller, gas pressure washer, Honda Civic car and more!!!

### FOR RENT

Selkirk - 2 bdrm. side by side for rent. Fridge & stove, laundry room, private patio, backyard, 2 car parking, quiet neighborhood. \$1400/month plus hydro. Ph. 204-791-3821.

### APARTMENT FOR RENT

1 bdrm., 1 bath apartment for rent. Fully furnished. Appliances, parking (with plug) & some utilities included. Quiet corner in Winnipeg Beach. Available Nov. 15th. Call 2045-886-2774.



## EMPLOYMENT OPPORTUNITY GENERAL LABOURER

*Charisons Turkey Hatchery is currently hiring for general labourer type positions.*

- Full time and part-time positions available with competitive compensation and benefits package which includes health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to [shaunne@charisons.ca](mailto:shaunne@charisons.ca) or call 204-886-2922 for further information.



Rural Municipality of  
**FISHER**

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 **4:00 p.m. November 12, 2024**

Written sealed tenders to be dropped off at:

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

# Classifieds



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Contact this newspaper NOW or MCNA at **204.947.1691** or email [classified@mcna.com](mailto:classified@mcna.com)  
[www.mcna.com](http://www.mcna.com)

Manitoba Lung Association  
**BREATHE**

## GUARD YOUR HEALTH

**HEALTHY LUNGS HELP YOU LIVE LIFE TO THE FULLEST!**

TAKE A MOMENT TO LEARN HOW TO KEEP THEM IN TOP SHAPE THIS SEASON.

TALK TO YOUR DOCTOR OR PHARMACIST TODAY ABOUT SEASONAL IMMUNIZATION.

[Protectyourbreath.ca](http://Protectyourbreath.ca)

### APARTMENT FOR RENT

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

### HELP WANTED

Full time cashier needed at Teulon Esso. Apply within or email resume to [7service@mymts.net](mailto:7service@mymts.net) attn: Dave or Ann.

### FLIGHT ACADEMY

Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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### WANTED

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

### NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? 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](http://www.mcna.com) under the "Types of Advertising" tab for more details.



### NOTICES

BOOK YOUR CHRISTMAS ADS RIGHT NOW! Do you take on-line orders in your business? Use the classifieds to your advantage! Let us help you advertise! Now booking advertising for the remainder of 2024. Plan your success! Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

News Tips? call the Express 204-467-5836

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

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Arden, MB

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### WANTED

### COIN COLLECTIONS



CASH FOR COIN COLLECTIONS & ACCUMULATIONS OF COINS! ROYAL CANADIAN MINT COINS, OLD COINS, OLD PAPER MONEY, SILVER COINS, GOLD COINS, RARE COINS ETC.

Also buying all Silver, Gold, Nuggets, Scrap, Coins, Old Jewelry, Bullion, Ingots, Sterling Silver, Old Quality Watches working or not, Rolex, Omega ++

Todd

204-904-9705

## FARMLAND SALE BY TENDER

Pt SW 19-24-1W  
approx. 128 acres  
Hwy 17 and PR 233  
(Fisher Branch Corner)

Owner Woloshyn invites offers submitted in person or by mail to Pitblado Law, 349 Main Street, Box 4045, Arborg, MB R0C 0A0 by November 30, 2024. Offers must include a deposit of not less than 2% of the tendered amount (to be returned if not accepted). The highest or any offer may not be accepted. Successful offeror to be notified upon acceptance. If interested please call 204-376-5156 for info package.

## INTERLAKE WOMEN'S RESOURCE CENTRE EMPLOYMENT OPPORTUNITY

### Full Time Permanent Executive Director Position

Interlake Women's Resource Centre is looking for an Executive Director for the overall management and direction of the Centre.

#### Responsibilities

- Maintain monthly financial records including payroll. Complete and submit budgets and grant applications.
- Ensure accurate records are collected and submitted to the funders as per Service Purchase Agreement.
- Ensures the adherence of Constitution, Policies and Procedures.
- Provide the main communication link between the Board and staff.
- Provide overall direction and management of staff and volunteers.
- Promote the Centre at the local, regional and provincial level.

#### Qualifications

- Diploma or Certificate in Administration and Management and/or equivalent training and experience.
- Management Experience
- Experience in the Social Service Field would be considered an asset.
- Compassion and an understanding of the complex nature of gender based/family violence.
- Excellent organization skills.
- Excellent written/verbal communication skills.
- Good interpersonal skills and the ability to work within a multidisciplinary team setting
- Current and clear criminal/vulnerable sector record check
- Current and clear child abuse registry check
- Current and clear adult abuse registry check
- Vehicle and valid driver's license

Please submit resume and 3 references to Interlake Women's Resource Centre Inc.

P.O. Box 1991 Gimli, Manitoba R0C 1B0 or to [infereferral@iwrc.ca](mailto:infereferral@iwrc.ca)

**CLOSING DATE: OPEN UNTIL FILLED**

Only applicants considered for an interview will be contacted.  
Thank you for your interest.

NOW HIRING

## Countryside Lumber is now hiring for a LUMBERYARD MANAGER

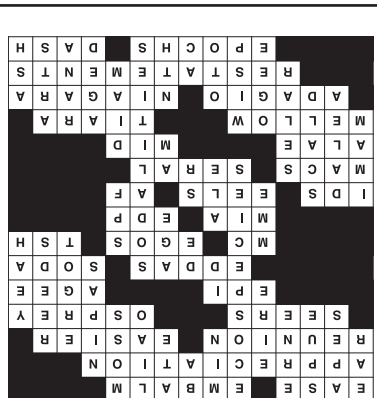
The ideal candidate will have the following qualifications:

- Motivated • Punctual
- Class 3 driver's license with clean drivers abstract preferred
- Reasonable expertise with Microsoft programs, Outlook, Excel, Word
- Able to lift 40 pounds

Please submit your resume in person or email [info@cslumber.com](mailto:info@cslumber.com)

**Countryside Home**  
building centre

Lot 1, Hwy 17 S,  
Fisher Branch, MB  
204-372-8501



Crossword Answer

**Classified booking deadline is Monday at NOON prior to Thursday's publication Please Call 204-467-5836**

# Classifieds Announcements



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

## IN MEMORIAM



Anne Penziwol

July 25, 1929 to November 11, 2023

A light from our lives has gone a year ago,  
A voice we loved is still;  
A place is vacant within our hearts,  
Which can never be filled.  
We hold you close within our hearts,  
And there you will remain;  
To walk with us through our lives,  
Until we meet again.

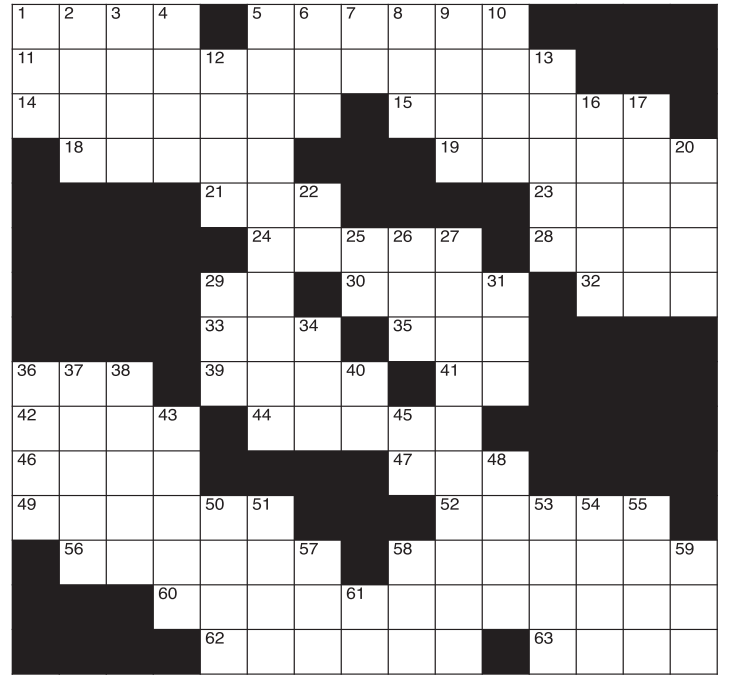
-In loving memory,  
Mike and family

### CLUES ACROSS

1. Absence of effort
5. Preserve a dead body
11. Gratitude
14. The act of coming together again
15. Simpler
18. Visionaries
19. Large, fish-eating bird
21. Indicates near
23. Former CIA agent and critic
24. Icelandic poems
28. Pop
29. "Hammer" is one
30. Senses of self-importance
32. Thyrotrophic hormone
33. Not around
35. Electronic data processing
36. Licenses and passports are two types
39. Snakelike fish
41. Air Force
42. Popular computers
44. Of a withered nature
46. Wings
47. Used in combination
49. Laid back
52. Jeweled headdress
56. In slow tempo
58. \_\_\_ Falls
60. Assertions made again
62. Periods of history
63. Hyphen

### CLUES DOWN

1. Body part
2. Mimics
3. Expel large quantities rapidly
4. Sea eagle
5. A type of subdivision
6. Variety of Chinese
7. Mr. T's name on "The A-Team"
8. Consumed
9. Chinese dynasty
10. NFL great Randy
12. Ireland
13. Palm trees with creeping roots
16. Fungal disease
17. Impressionable persons
20. Affirmative! (slang)
22. Instinctive part of the mind
25. "The First State"
26. A way to develop
27. Fraternities
29. Woman (French)
31. Sunscreen rating
34. Beer
36. Spiritual leader
37. Indigo bush
38. Burn with a hot liquid
40. Junior's father
43. Ray-finned fishes
45. Morning
48. Line passing side to side



50. Double curve
51. A small bundle of straw or hay
53. Got older
54. Crater on Mars

55. Humanities
57. Relating to the ears
58. "To the \_\_\_ degree..."
59. Residue of a burned product
61. It cools a home

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204-467-8510 jackfishcreekfarm@gmail.com

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Email: matthew@innovativeelectric-mb.ca

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November 14-17, 2024 Selkirk, MB

holidayalley.ca

# ART | LIGHT | SOUND CREATIVITY AND CULTURE IN DOWNTOWN SELKIRK



## THURS NOV 14

**AMERO LITTLE CHRISTMAS | \$25**  
8-10PM | Selkirk United Church | 202 McLean Ave. | Presented by Métis N4 Construction

## FRI NOV 15-SUN NOV 17

**ORANGE UMBRELLA ART PROJECT**  
By École Selkirk Junior High School Students & Staff, Promoting Aboriginal Student Success Junior Council and Manidooo Mai'iigan Shkaabewaag Spirit Wolf Helpers. Originally funded by Anish Healing Centre. | Sponsored by Johnston Group Inc.

## FRI NOV 15

**STREET PARTY ON MANITOBA AVENUE HOSTED BY ACE BURPEE 6-9PM**  
Manitoba Avenue between Main and Eveline

- Glow Hula | Sponsored by Meridian Chiropractic
- Gidoojjaakominaan onjii dibaajimowinan – From Our Spirits Come Stories | Presented by Selkirk & District Community Foundation & Selkirk Community Renewal Corporation | Coordinated by Jeannie Whitebird, Jacqueline Bercier and Kat Marsch
- LIVE MUSIC!
- Giant Connect Four | Sponsored by CUPE Local 1522
- One Trunk Puppet Theatre | Sponsored by Gerdau
- Crafts | 383 Eveline St. | Facilitated by the Interlake Arts Board
- Open House and Hot Chocolate | Facilitated by The City of Selkirk
- Street Hockey | Sponsored by Fort Distributors
- Selfies with Santa | Sponsored by Selkirk Auto Dealers | Supported by Brad Hirst, Royal LePage Prime Real Estate
- Family Yoga Class with Glow Fitness
- Family Movie Night | 397 Eveline St. | Facilitated by Total Look Salon & Spa | Sponsored by Canadian Tire
- Beer & Wine Tasting | Roxi's / On The Rocks Bar Also on tap Selkirk's Tower Tap Lager by Torque Brewing.
- Chainsaw Carving Demonstrations & Display | Sponsored by Black Cat Wear Parts
- Free sparklers | from Red Bomb
- Food Trucks: Cochrane Creek Farms and Blue Haze Barbecue
- And more!

**ANVIL TREE'S STRAW SCULPTURE OPEN HOUSE | FREE**  
10AM-12PM | Selkirk's Ag Building | 490 Eveline St. | Selkirk Park

## SAT NOV 16

**BREAKFAST WITH SANTA | \$7 kids, \$14 adults**  
9-11AM | The Mighty Kiwi | 386 Eveline St.  
Hosted by The Mighty Kiwi | Supported by Brad Hirst of Royal LePage Prime Real Estate

### OPEN STREET

12-4PM | Manitoba Avenue between Main and Eveline

- LIVE MUSIC!
- Giant Games
- Gidoojjaakominaan onjii dibaajimowinan – From Our Spirits Come Stories | Presented by Selkirk & District Community Foundation & Selkirk Community Renewal Corporation | Coordinated by Jeannie Whitebird, Jacqueline Bercier and Kat Marsch
- Street Hockey | Sponsored by Fort Distributors
- Sheep Poetry | Presented by The RM of St. Clements
- Chainsaw Carving Demonstrations | Sponsored by Black Cat Wear Parts
- Easel Wars | FREE | Gwen Fox Gallery | 250 Manitoba Ave.
- Warm-Up Open House | FREE | 12-4PM | Glow Fitness | 217 Clandeboye Ave.
- Crafternoon For Kids (and the young at heart) | FREE | Aboriginal Head Start | 222 Manitoba Ave. | Sponsored by Geller's Design Build Landscape | Facilitated by the Interlake Arts Board, Angel the Angel & Cheryl Alexander
- Food Trucks: Cochrane Creek Farms and Blue Haze Barbecue

**NEW!** **FIRST ANNUAL BANNOCK COMPETITION | FREE**  
12PM - entries | 2PM - tasting | The Merch | 383 Eveline St. | Facilitated by Interlake Arts Board

**SOUP COOK-OFF | Tickets: \$20 advance, \$25 day of**  
12-4PM | See locations on your ticket  
Sponsored by Red River Co-op | Coordinated by Inclusion Selkirk

TIP: This is a fan favourite, so get your tickets today!!

**WELCOME WINTER CONCERT | Suggested donation \$10**  
4PM | Selkirk United Church | 202 McLean Ave.



**ANVIL TREE'S STRAW SCULPTURE BURN**  
7PM | On the Selkirk Waterfront

holidayalley.ca



SCAN ME

For more info.

## SUN NOV 17

**CRAFTERNOON ON CAMPUS | \$25/person**  
11AM-1PM | Red River College Polytech | 825 Manitoba Ave. | Sponsored by RRC Polytech

**NEWCOMERS' STORYTELLING CAFE | FREE**  
1:30-3PM | Selkirk United Church | 202 McLean Ave. | Sponsored by the PRHouse

**WREATH MAKING WORKSHOP WITH FLORA CULTURE | \$68/person**  
3:30PM and 5PM | Gwen Fox Gallery | 250 Manitoba Ave.

**KARAOKE FREE (18+)**  
9PM-1AM | Saturday Night | The Merch | 383 Eveline Street

**ON YOUR OWN TIME**  
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Manitoba Avenue East | Sponsored by Canadian Tire Selkirk

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