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EXPRESS PHOTO BY CARA DESIMPELAERE

Winnipeg Beach students took part in the annual Legion poster contest. Pictured left to right with their submissions: Dawson Desimpelaere-Flood (Grade 4), Mackenzie Zahariuk (Grade 8) and Brayden Zahariuk (Grade 4). The Royal Canadian Legion, in partnership with schools across the country and with The Legion National Foundation, promotes remembrance and supports youth education through the annual poster and literary contests. The school is holding a Remembrance Day assembly Wednesday, Nov. 9 at 11:20 a.m.

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# School of Rock gives high school students creative freedom and practice space



The Interlake School of Rock will hold practice sessions every Friday evening.

By Patricia Barrett

A newly formed free-of-charge rock school is providing high school students from Gimli and other Interlake communities with an opportunity to develop their musical and performance skills.

The Siglavik-based Interlake School of Rock is an informal space where students can get together and choose and learn songs, practise their instruments and singing and hone their public performance skills.

It was created by Anders Kuusselka,

a retired Gimli High School teacher who used to oversee the now-defunct Gimli-based Garage Band. The goal of the rock school is to not only to provide students with space to pursue their musical interests but to also build self-confidence and leadership skills.

With a lack of after-school space where kids can hang out and take part in activities, Kuusselka turned his heated garage in Siglavik into a music studio. He made a stage area with colourful lighting to give it an at-



EXPRESS PHOTOS BY ANDERS KUUSSELKA

The newly formed Interlake School of Rock enables high school students from Interlake communities such as Gimli, Arborg, Riverton and Fraserwood to try out, polish their singing and instrument skills and prepare for performance.

mospheric rock 'n' roll feel, and he'll be bringing in recording equipment so that the students can review and fine-tune their sound.



Continued on page 10



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# Interlake food banks are desperate for donations

## Donations are down while usage is up

By Catherine Strong

Anyone who has shopped for groceries or purchased gasoline recently knows that family budgets are being stretched further than they have been in many years. As a result, inflation is slowing, but that does not mean prices are decreasing, only increasing less rapidly.

While most people sigh and purchase less expensive items or continue as normal while complaining about high prices, for some members of our community, budgets were already pared to the bone, and now there is no alternative but to go without. Although hunger is very real for these families, parents often go without meals so that kids can eat, which is deeply concerning to the people who see the face of hunger every day.

Both Evergreen Basic Needs, based in Gimli, and the food bank operated by the Riverton & District Friendship Centre, are seeing more significant numbers of people asking for help, while at the same time, donations of

both food and money are decreasing. Both cite inflation as the primary cause since almost everyone is experiencing the need to cut back their spending, so they have less to give to others.

Karen Bowman of Evergreen Basic Needs said that while they are still receiving a shipment of food from Manitoba Harvest once a month, they are receiving less food overall. Of their shipment, one pallet of food goes to the Training Centre at the Industrial Park to help support new immigrants fleeing the war in Ukraine. In June, EBN launched an appeal for non-perishables, and the community responded generously. In August, a board member set up a donation station in the Co-op store, collecting 500 pounds of food, which was much needed. EBN provides two hampers per month to registered families in the communities of Gimli, Winnipeg Beach, Fraserwood, Arnes and the smaller communities in between.

Typically, EBN receives most donations in November and December in response to the Christmas Hamper Campaign. All food for this purpose must be purchased. Avoiding



EXPRESS PHOTO SUBMITTED

The Riverton District Friendship Centre shelves are bare and are in need of donations. Volunteers, left to right, Desarae Bilinski, Naila Spigiel and Briaer Mowatt.

using regular contributions for the Christmas hampers leaves food on the shelves to provide for families in January and February. At this time of year, many community groups run fundraising campaigns for EBN.

For example, the Elementary School holds a food drive, and Bowman runs a donation drive to support food purchases. All food for the hampers is

Continued on page 9

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# Endow Manitoba Giving Challenge keeps the community thriving

By Autumn Fehr

Endow Manitoba's Giving Challenge starts on Nov. 14, and two local organizations prove it's a good cause.

The challenge starts on Nov. 14, National Philanthropy Day, and continues until Nov. 20.

The Giving Challenge is an online one-week campaign that "gifts" money to local community foundations. For each gift of \$5, The Winnipeg Foundation and the Government of Manitoba will each add \$1, making it a \$7 donation.

These funds are unrestricted, meaning they can support many different community projects. Again, this year, the Winnipeg Foundation and the Government of Manitoba will continue each stretch any donations by 20 per cent. This means a \$100 gift becomes \$140.

The Westshore Community Foundation (WCF) has been involved with the Giving Challenge since it launched in 2014.

Since its inception in 1998, the WCF has continued to build a permanent capital fund to support not-for-profit organizations through grants that align with the foundation's mission, vision and values. Over the last 24 years, the WCF has grown to more than five million in assets. This asset base has allowed them to provide annual grants and scholarships to organizations and students in and around the communities of Riverton, Gimli, Fraserwood, Winnipeg Beach and Dunnottar.

"At WCF, we recognize that communities are complex and that collaboration between multiple stakeholders is needed to help everyone thrive and

evolve. Every year we fund innovative projects, both large and small, in the areas such as the environment, heritage and culture, sport and recreation, community services and health and education," said David Douglas, president of the Westshore Community Foundation.

In 2021, the foundation provided grants totalling \$47,500 and scholarships totalling \$33,207.

This year, they provided grants totalling \$46,400 and scholarships totalling \$32,171.

"As we move from a post-pandemic period into one of recovery, the needs of not-for-profit organizations within our catchment area have only increased. Your generous donations during the Endow Manitoba Giving Challenge will help us to fulfill our mission of providing grants to these non-profit organizations within our catchment area along the west shore of Lake Winnipeg from Riverton to Dunnottar," said Douglas.

"For those who are including Westshore in their giving decisions, this is a wonderful time to stretch your gift to our Community Endowment Fund," he said.

The foundation has a core group of donors that the WCF has helped in one way or another.

"Perhaps they have been a past donor, a grant or scholarship recipient, a volunteer or simply one who has expressed an interest in learning more about our foundation," said Douglas.

Donations to the WCF can be made through [www.endowMB.org](http://www.endowMB.org). They can also be made by cheque, payable to Westshore Community Foundation and mailed to Westshore Community Foundation, Box 395, Gimli, Man., R0C 1B0.

The Coldwell Lundar Community Foundation has participated in the Giving Challenge since 2015, which has



been a tremendous help in expanding their endowment fund, said Irene Runolfson, treasurer of the foundation.

This year the foundation will resume hosting a homemade soup, sandwich and dessert for the first time since pre-pandemic. The luncheon will be held at the Lutheran Church Hall on Nov. 15 from 11 a.m. to 2 p.m.

All donations receive a tax receipt and help grow the unrestricted endowment fund that supports local projects.

The Giving Challenge has generated \$80,852 for the foundation's unrestricted funds over six years.

Every year, approximately \$22,000 plus is granted back into the community from the interest generated from the endowed funds.

With the funds earned from the challenge, the foundation has recently supported the Lundar Community Resources Council, Lundar Minor Ball, Lundar Community Swimming Pool, Lundar Recreation Park and more.

Endow Manitoba's Giving Challenge runs until Nov. 20. To find out more on how to give, go to [www.endowmb.org](http://www.endowmb.org).



# Water woes dampen spirits at Armstrong farm

By Jennifer McFee

An Armstrong resident is wading through water woes that are creating a ripple effect of challenges on his farmland.

Wayne Spakowski lives in Malonton just north of roads 12E and 106N. He said that after the municipality built up the road south of his house last year, he has experienced flooding on his property.

"My farm is diked to keep the water out so it doesn't wash the manure out into the Willow Creek drain. The road is now higher than my dike," he said.

"I had four weeks of water flowing, and it filled every nook and cranny in my farm. There's not supposed to be water everywhere."

During the summer, Spakowski spoke as a delegation at an RM of Armstrong council meeting to express his concerns.

"There's nothing resolved. I asked for a written response and haven't received it. I have a cow-calf operation with a brand new alfalfa field that was wiped out. There are bulrushes everywhere on my farm that were never here before. I got stuck hauling the hay off with a big front-wheel tractor. I can't cut the rest of the hay on my farm," he said.

"I had 26 hours of pumping water out of my farm across the road because the ditch would not go down. I had to pay people to stay there because the discharge hose was running across the road. I also had to stop the pump and pull the minnows out of the screen, and I was catching baby carp."

Thinking ahead, Spakowski is concerned about what will happen after winter when the snow begins to melt.

"Next spring, there's going to be snow and water and I don't know where the water's going to go. They left gravel in the ditch that hasn't



Overland flooding water still remains trapped on farmland because of plugged drains and culverts.



Culverts and drains remain plugged.

EXPRESS PHOTOS SUBMITTED

been cleaned that out yet. It's going to flood me out," he said.

"My north culvert is also full of gravel and the water can't flow through there. I have spruce trees behind my house, and water and spruce trees don't mix. South of my house, the road was washed out and it's lower than it's supposed to be. It has not been fixed to this day. There's wash-outs all around my house."

Corlie Larsen, chief administrative officer for the RM of Armstrong, confirmed that the municipal Road 106N east of Road 12E was repaired in 2021.

"The road was in really bad shape with frost boils and needed the sub-base to be fixed," she said. "The fix also included a spill-way."

She acknowledged that Spakowski has expressed concern that the road is now higher than the provincial dike that was built to keep water out of his land.

"The elevation was checked and reported the spill-way was at the proper elevation and that the provincial drain east requires a cleanout," she



Screens that were plugged with minnows had to be unplugged every 15 minutes.



said.

"Because the drainage involves both provincial and municipal waters, council had asked of the province to set up a meeting to discuss the issue further. Council is currently waiting to meet with the province on the is-

sue."

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# get informed

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

## Manitoba Conservatives allow cosmetic pesticide use after years-long ban

By Patricia Barrett

The provincial Conservative government reversed last week a long-held ban on cosmetic pesticide use in Manitoba, going against trends across Canada and many European countries that are phasing out or banning the pervasive use of the chemicals.

The provincial government passed Bill 22, The Environment Amendment Act (Pesticide Restrictions), on Nov. 3, reinstating the use of cosmetic pesticides.

Pesticides, a term that encompasses deadly substances such as herbicide, insecticide, rodenticide and fungicide, have been linked to cancer in humans, the death of non-target species and biodiversity loss.

Environment, climate and parks minister Jeff Wharton sponsored the legislation in March. The Manitoba NDP — which had banned cosmetic pesticides in 2014 when it formed government — delayed the legislation in April.

National animal law organization, Animal Justice, and 10 other Manitoba animal protection and rescue organizations, including Wildlife Haven Rehabilitation Centre, said last month that Bill 22 is “dangerous and regressive” and will put both domesticated and wild animals at risk of illness and death.

They had written a letter to Wharton and health minister Audrey Gordon asking them to strengthen restrictions on pesticides rather than scale them back.

Kaitlyn Mitchell, Winnipeg-based staff lawyer for Animal Justice, said the government’s weakening of restrictions on pesticides was a political move and flies in the face of scientific findings on pesticides and their harm-



FILE PHOTO BY PATRICIA BARRETT

American white pelican populations decreased in Canada from pressures such as pesticide use and habitat loss. Cosmetic pesticides were banned in Manitoba in 2014, but they can once again be used on lawns, boulevards, golf courses, grassy areas in non-provincial parks and other locations after the provincial Conservatives reversed the ban on the chemicals last week.

ful effects on humans, animals and the environment.

“The Manitoba Government’s move to weaken restrictions on dangerous pesticides is irresponsible and puts the health and well-being of wildlife and companion animals across the province at risk. It will also harm the environment and health of Manitobans, including children and other particularly vulnerable residents of this province,” said Mitchell after the bill passed. “This decision to put animals, people and the environment at risk was a political one that is at odds with clear and compelling scientific evidence demonstrating that we need to drastically reduce the number of toxic pesticides that are released into the environment.”

Pesticides kill or injure non-target species and lead to declines in plant life, insects and bird populations. Scientific studies on pesticide poisoning

events and deaths in bird populations, for example, found that birds can mistake certain forms of pesticide (e.g., pellets or seeds) for food. They can also absorb pesticide through their feet and skin and ingest it while preening. It accumulates in their body over time and can eventually kill them, according to Canada’s Hinterland Who’s Who website.

The State of Canada’s Birds 2019 report looked at 50 years of data to describe changing bird populations from pressures such as pesticide use and habitat loss. It found grassland birds, shorebirds and aerial insectivores having declined by 57, 40 and 59 per cent respectively since 1970, an indication of a stressed ecosystem.

The Manitoba government said a few weeks ago that cosmetic pesticides are federally approved by Health Canada and that the agency “ensures” they don’t present unacceptable risks to people, their pets and the environment.

Despite that, Bill 22 includes prohibited areas such as dog parks and provincial parks where pesticides can’t be used.

Manitoba NDP leader Wab Kinew said the party was proud to delay the pesticide bill. It heard from parents and health experts concerned about the effects pesticides could have on both human and animal health.

“We heard from so many health experts and parents who are concerned about the potential impacts on children and on animals. It’s disappointing to see the PCs [Progressive Conservatives] take this step backwards,” said Kinew. “The Manitoba NDP is focused on keeping families and communities healthy.”

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# getinformed

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EXPRESS PHOTO BY JACKIE SAURETTE

Mother Nature left a "skiff" of snow on the Gimli beach Monday morning with temperatures hovering just below zero. The beach could still be seen under the light fall of snow. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [weather@expressweeklynews.ca](mailto:weather@expressweeklynews.ca).

## \$1.5 million committed to support first-of-its-kind virtual production training studio

Project will create jobs, establish Manitoba as industry leader

### Submitted by Manitoba government

As part of the Manitoba government's effort to make the province more competitive and spur economic growth, a \$1.5-million investment is being made in the development of StudioLab XR, a 5,000-square-foot virtual production training studio in Winnipeg, Economic Development, Investment and Trade Minister Cliff Cullen announced Monday.

"Our government is proud to make strategic investments to continue supporting the growth of the interactive digital media and film industries, which are among the fastest growing

sectors of the provincial economy," said Cullen. "This project will create good paying jobs, establish Manitoba as an industry leader in Canada, and attract new domestic and international productions to the province."

The Manitoba government is entering into a three-year contribution agreement with New Media Manitoba (NMM) to provide nearly \$1.5 million for the studio to support operating costs, capital purchases, courseware and other learning support, Cullen noted.

Developing StudioLab XR will ensure Manitoba remains competitive in the interactive digital media and film sectors by creating technical jobs, providing specialized training and addressing labour market shortages, said Cullen.

Located in 201 Portage, StudioLab XR will be a first-of-its-kind training facility on the Prairies. It will include

production space and a classroom featuring industry-leading technologies and expertise. The minister noted virtual production, which seamlessly combines physical and virtual elements using a suite of software tools, is changing the way content is being produced.

"Manitoba's interactive digital media sector continues to push the boundaries of innovation and is growing exponentially, and New Media Manitoba is excited to launch StudioLab XR, the province's first facility dedicated to providing extended reality technology," said Louie Ghiz, executive director, NMM. "This project is a testament to our belief in the incredible things they will produce with cutting-edge tools and industry-leading training. The future opportunities created by this studio will result in hundreds of new content creation jobs and we are thrilled to be training

Manitobans for the techno-creative careers of the future."

The virtual production training studio will support economic recovery and growth in Manitoba's interactive digital media and film industries, the minister noted, adding it is expected to create 100 net new indirect jobs, provide industry training to over 250 individuals and generate an estimated \$3.1 million in revenue over the three-year project.

"The development of a virtual production studio aligns with our government's Skills, Talent and Knowledge Strategy and reflects our commitment to partnering with post-secondary institutions and industry to address labour market needs," said Cullen.

For more information on NMM, visit <https://newmediamanitoba.com/>.

# Local family raises awareness about diabetes

By Jennifer McFee

November is National Diabetes Awareness Month, and this year marks an important milestone: the 100th anniversary of the discovery of insulin.

According to Diabetes Canada, diabetes or pre-diabetes affects one in three Canadians. It causes blindness, heart attacks, strokes, loss of limbs — and it can take lives, even with help from insulin. Although it can be life-saving, insulin is not a cure.

Stonewall mom Melissa Morden and her husband Jeff didn't know much about the disease until their son Julian was diagnosed with Type 1 diabetes three weeks before his fourth birthday.

"You hear about it, but we really had no idea what the disease entailed and how life-changing it is for the patient as well as the family involved — and, really, the small community around them," she said.

"Our life changed drastically the day he was diagnosed. It felt like we had to become medical professionals to keep our son alive. The first few days, we had to spend eight-hour days at the endocrinologist office to learn how to manage our son's new disease. We found out his pancreas had shut down with no explained reason why and that we would have to provide the insulin his body needs to survive."

A few weeks prior to his diagnosis, Julian had started doing a few things that were out of character for him.

"Julian had started to ask many times a day and night for plain water,

which was very unusual for him as he really enjoyed milk over anything. Then he started wetting the bed many nights, which we couldn't understand as he had been potty-trained for quite a long time already. We assumed at the time he was wetting the bed because we were always giving him so much water every time he asked for it," she said.

"Thankfully, we didn't stop giving him the water as it is extremely dangerous for a diabetic when their blood sugars are high. Water can help bring them down."

Morden felt like she might look silly making a doctor's appointment for him for concerns that felt minor, but she followed her instincts and did it anyway. At the appointment, they discovered Julian had lost quite a lot of weight. The doctor did a blood sugar test and his reading was extremely high.

"After that, the day became quite chaotic. Doctors and an endocrinologist rushed to help us. It was a Friday, late afternoon, and Julian had to visit the emergency room all weekend. He became very sick and doctors were trying to get enough insulin into him before he fully entered into ketoacidosis, which is deadly," Morden said.

"To this day, I am thankful I trusted my gut instinct, even knowing nothing about diabetes, and kept his doctor's appointment. His pediatrician told us one more day and Julian would have been admitted to the ICU. We learned that most parents find out their child has Type 1 diabetes because they've ended up in the ICU close to death. This is so scary as the signs can be so minimal, but the biggest signs are drinking or needing a lot of water, wetting the bed and losing weight."

Everything about diabetes is overwhelming for the entire family, she added.

"There are many ratios involved when figuring out the amount of carbs entering his body and the amount of insulin he will need. In a young child, it is very hard to keep a child's blood sugar stable when they have Type 1 diabetes," Morden said.

"Anything and everything in a child's life can affect their blood sugars, from sports and activities, weather, hormones, growth spurts, cold or flu, and even sleep. All this makes it very hard to stabilize his numbers with insulin. A lot of the time, it's a guessing game what the ratios should be, and they often change many times throughout the year."

They need to figure out every carb that Julian consumes so they can pro-

vide enough insulin to break down those carbs.

"Our days consist of watching how high or low Julian's blood sugars go. He is using the Freestyle Libre 2 currently to help cut down on his finger pokes. It's a sensor that is a continuous glucose-monitoring device that is inserted into his arm with a small needle and stays on him for two weeks, then is replaced with a new one," she explained.

"We have a small scanner that scans the sensor to help us monitor his blood sugars many times throughout the day. It is dangerous for Julian to ever go too low, as this is when he could go unconscious and lead to more serious complications. It's also dangerous for Julian to go too high, as this is when his organs such as his heart, kidneys and eyes are being attacked. Being too high can lead to ketoacidosis, which leads many diabetics into the ICU."

Now that their son lives with Type 1 diabetes, the family's lives revolve around the disease since it's a matter of life or death for him.

"This makes life much trickier for Julian than children living without the disease. Julian cannot just be dropped off anywhere or with anyone. There is so much involved and we count on a small little village to help us when needed as they have learned to manage Julian's diabetes as well," Morden said.

"We try to keep his life as normal as possible, but it is something that cannot be hidden or kept quiet. Each school year, it is a very involved matter with each of his teachers and his classmates who are also educated on his disease."

During sports and other activities, Julian must always have someone with him who is aware of his diabetes and educated about it.

"His numbers can drop drastically and quickly with physical activity. Coaches and others unfortunately must also take on the responsibilities of monitoring his blood sugars, and Julian must always have snacks and fast-acting sugars with him," Morden said.

"We, as his parents, often can feel how overwhelming it can be for teachers, coaches and his friends' parents as we try to give a crash course on this disease and what they need to know when he is in their care. There is nothing easy about living a life with a child who has Type 1 diabetes. Our lives have never been the same since the day we found out, but our lives have become accustomed to doing what we need to do to keep our son healthy and alive."



PHOTO SUBMITTED

Seven-year-old Julian Morden was diagnosed with Type 1 diabetes at four years old.

Nonetheless, Morden said Julian has adjusted well to everything. Now seven years old, Julian is a Grade 2 student at Ecole RW Bobby Bend School.

"The one good thing about being diagnosed at an early age, he doesn't remember not having diabetes. But that doesn't mean he doesn't find it hard leading a different life than his friends. Lots of days are OK, but there are many that he is sad or mad he has to deal with this," Morden said.

"Julian now starts to feel his lows, which is very helpful. As his parents, we can notice things in his appearance and his moods when he's high or low. For lows especially, we'll see sunken eyes and he becomes very emotional. It becomes hard for him to manage his emotions when his blood sugars are too low, and it can become difficult to get the sugars into him that he needs. Thankfully, now that he's starting to feel how different he feels when he's starting to go low, we can catch it even faster than waiting for him to be scanned or finger poked."

Besides his parents, Julian's three sisters have also become educated about what he needs to stay safe.

"Julian has a twin sister who has adapted to her brother not being able to eat whenever he wants or eat whatever he wants. She has done so well supporting her brother, such as helping him at school, being aware and helpful if he's feeling low. If Julian is feeling sad when he can't eat certain things at certain times, she will willingly not eat as well and wait for him, which has been very nice to see," Morden said.

"Our family, including grandparents and his aunt and uncle, have been

Continued on page 23

## Community Support Service

### Al-Anon Gimli and Winnipeg Beach

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

Meetings are Wednesdays  
between 7 and 8 p.m.

Contact 204-389-4777

### AA Winnipeg Beach

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

Meetings are Saturdays  
between 7 and 8 p.m.

Contact Ann J 204-389-3417

### Gimli Group AA

Bldg 18 Municipal Rd  
Industrial Park

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



# Twenty-one more Manitobans die from COVID

By Patricia Barrett

A substantial number of Manitobans died from COVID during the last week of October.

Twenty-one more Manitobans died from the virus over the period Oct. 23-29, bringing the provincial death toll to 2,232, according to the provincial government's COVID surveillance report for Week 43. The previous week's report showed a total of 2,211 fatalities.

Over the space of about a month (Oct. 2 to Oct. 29), 55 Manitobans died from the virus, according to the surveillance reports.

There were 116 people admitted to hospital for COVID during Week 43, including seven who required admission to the intensive care unit. The previous week's report showed 100 people hospitalized with 16 of them requiring ICU intervention.

The provincial government doesn't provide in its surveillance reports the numbers of people with COVID in hospital and in the ICU on any given day or week. It stopped providing in the report the names of personal care homes and hospitals experiencing COVID outbreaks.

There were 411 new lab-confirmed COVID infections reported for the above period, an increase of 49 new cases from the 362 reported the previous week. The corresponding positivity rate increased to 28.7 per cent from 24.0 per cent reported the previous week.

The government's data on new infections are an undercount as lab tests are restricted and rapid antigen tests aren't tracked.

Wastewater surveillance data for the

city of Winnipeg shows increased activity of COVID since early October.

Other health news:

- A COVID outbreak at the Arborg hospital was declared by the Interlake-Eastern Regional Health Authority on Oct. 31.

- A COVID outbreak was declared at the Selkirk Betel Personal Care Home on Nov. 4.

- A COVID outbreak was declared at the Whitemouth Personal Care Home, in the eastern half of the IERHA, on Nov. 3.

- The COVID outbreak at the Stonewall hospital was declared over on Nov. 1.

- There were 21,810 new cases of COVID reported across Canada over the period Oct. 16-22, according to federal government data.

There were over 2.3 million new cases reported worldwide and 9,300 deaths over the period Oct. 24-30, according to the World Health Organization. Globally, over 6.5 million people have died from COVID.

- In a bid to keep health-care workers on the job, the provincial government's Shared Health organization made changes at the end of October to its COVID protocols for staff who may have been exposed to or develop symptoms of the virus.

Health-care staff who live in a household with someone who has tested positive for COVID can continue to work as long as they themselves remain asymptomatic. And health-care workers who've had COVID in the past four months but who develop symptoms of the virus don't have to undergo testing.



WORLD HEALTH ORGANIZATION

The COVID pandemic continues, with the highest number of reported infections coming from Europe, North America and a few other select areas of the globe for the period Oct. 24-30.

"Health-care workers who've had a confirmed case of COVID-19 in the last 120 days (4 months) and who develop symptoms are not required to test for COVID-19," states an Oct. 27 memo.

Staff who've not had COVID in the past four months and develop symptoms are required to take a rapid antigen test. If they test positive, they should stay home for four days, returning to work on Day 5 of the illness. Immunocompromised health-care workers can stay home for 10 days.

The easing of COVID protocols, which took effect Oct. 31, is necessary to maintain staffing.

"These changes are primarily motivated by widespread staffing challenges being experienced across the health system as well as the risk that staff illness may pose to the contin-

ued delivery of vital health services," states the memo.

- Health Canada authorized on Nov. 3 the use of a second bivalent COVID vaccine, Moderna's Spikevax, which targets the original strain of the COVID and the omicron subvariants BA.4 and BA.5.

- The IERHA's hospital emergency room schedule for the period Nov. 16-31 shows significant unavailability at the Eriksdale and Arborg hospital ERs, a situation that has been ongoing for months. The schedule shows only six days on which the Arborg ER is available either for 24 hours or for 10 hours. There are only three days on which the Eriksdale is available either for 24 hours or for five and a half hours. The Pine Falls emergency department remains temporarily suspended.

## > FOOD BANKS, FROM PG. 3

bought locally, each costing around \$150. Last year, 170 Christmas hampers were distributed.

Bowman stated that during the first year of the pandemic, community support was "off the charts," falling off a little in the second year, though still very good; but once inflation set in, donations fell off more sharply. Asked what is most needed, her response was "Food, money and volunteers."

The Riverton and District Friendship Centre food bank also receives a monthly food shipment from Manitoba Harvest. However, with a much smaller community, and few large companies or businesses to provide corporate donations, they are con-

stantly struggling to supply hampers for local families in need. They serve Riverton, Arborg, Morweena and other nearby small communities. Executive director Tanis Gimolfson said that the Town of Arborg donated \$3,000 to help support families in need this year. Though she has requested an annual donation from the Municipality of Bifrost/Riverton for the last four years, they have yet to provide funding.

The need is pressing. During 2020 and 2021, owing to the pandemic, the entitlement for families was reduced from two hampers per month to one. Owing to ongoing financial challenges, RDFC has continued this policy.

Gimolfson expressed particular ap-

preciation to the Interlake Hutterian Community for generous donations of fresh produce throughout the summer and fall. At the same time, Erosion Control Blanket management donated a huge amount of potatoes. She also mentioned a couple in Hnau-sa who plant an entire garden yearly to support the RDFC food bank. Recently RDFC received support from Arborg Co-op, who ran a "Buy a \$10 bag of food" campaign.

However, the shelves are now bare, and there is no money to buy food, so donations are urgently required. Moreover, the need continues to grow, owing to inflation and increased usage, especially since many new people who may not immediately have jobs or other local supports in place are moving into the area.

In tough times, people have always been able to turn to food banks for food, but to continue to feed the disadvantaged, they need help now more than ever.

If you would like to donate to EBN, the top list of donations required is peanut butter/jam, cereal, canned tun/ham/chicken, tinned fruit, tinned vegetables, pork and beans, juice, pasta sauce, pasta and soup.

Donations are accepted Monday, Tuesday, Friday and Saturdays from 10 a.m. to 4 p.m. at 71 - 4th Ave., Gimli.

To donate to the Riverton District Friendship Centre Food Bank, contact Tanis Grimolfson at 204-378-0217 or rdfc@mymts.net.

## New projects under Teachers' Idea Fund invest in the Manitoba education system

### Manitoba government invests \$3.2 million in 38 new projects

By Autumn Fehr

Last month, the Manitoba government's announcement to invest additional funds into the Teachers' Idea Fund was great news for students and educators in the province.

On Oct. 25, Wayne Ewasko, early childhood learning minister for Manitoba, announced that the government would invest \$3.2 million in 38 new projects under the fund.

These projects will support mental health and the well-being of students and educators and help make classrooms and schools places of innovation, discovery, and excitement.

"Manitoba's Teachers' Idea Fund provides teachers, staff and school leaders with the resources needed to develop innovative projects that support high-quality learning and positive outcome for their students," said Ewasko. "Our government is pleased to approve projects that will support the mental health and well-being of students and educators and help make classrooms and schools across the province places of innovation, discovery and excitement."

To date, the Teachers' Idea Fund has

approved 162 projects in 29 school divisions, funding a total of \$11 million in different areas such as learning supports, models of teaching and learning, mental health and well-being, transitions in kindergarten to Grade 12 education and engaging families and parents.

The initiative was launched in March 2021, as institutions were slowly returning to a "new" normal after the COVID-19 pandemic.

The proposals in the spring 2022-23 intake received for the five-year, \$25-million Teachers' Idea Fund focused on one or more of these strategies: talking about mental health, training for teachers, incorporating mental health into teaching, providing appropriate tools and supports for students, and taking care of teachers and staff.

"With staff and students back to school full time in Manitoba and in person, it is fulfilling to see school divisions, principals and teachers working together to implement innovative ideas to improve their mental health and well-being and that of their students," said Mental Health and Community Wellness Minister Sarah Guillemard. "Open discussions about mental health in our educational system can help students and staff overcome barriers and reach their full potential."

Post-secondary institutions, the innovation sector, industry and business, mental health, government and

kindergarten to Grade 12 education specialists make up the Teachers' Idea Fund Advisory Panel reviews and supports the implementation of these projects, said Ewasko.

The Lakeshore School is one of the schools in the division that benefited from this announcement, receiving \$149,698 for their "On the Land" project.

"'On the Land in Lakeshore School Division' is a division-wide, land-based learning project that focuses on improving mental health and well-being through land-based practices that affirm Indigenous ways of knowing. Over the next year, the project team will work to weave land-based learning into the fabric of the school day and to create the conditions that promote students' mental health and well-being," said a provincial spokesperson.

This funding will have a huge impact on our kids, said Donald Nikkel, superintendent of human resources and policy.

"When it comes down to it, all our staff are busy. This is a way to have some other minds focus on something a little bit different," he said.

Last year, when the process put out a call for proposals, a number of the schools in the Lakeshore division got together and thought about some of their divisional priorities.

One of the things that stuck out to all of them that they want to focus on in the coming years was truth and

reconciliation and promoting Indigenous ways of knowing.

"Moving forward, in terms of how to implement that, the concept is to help our students connect with the land around them," said Nikkel.

"This is a really important component of gaining a better appreciation of the knowledge and wisdom of those who have been on the land for tens of thousands of years. It also helps us connect with lots of our students and things they're already doing," said Nikkel.

In terms of the nuts and bolts to make this happen, the division is looking to hire a land-based co-ordinator. The co-ordinator would help the schools connect with elders and knowledge keepers in the area, and they would facilitate some programming directing with the staff, to get kids out on the land and thinking about ways to do that.

"We are really excited about this as a division and what it will mean to our kids," said Nikkel.

He said a progress report from the fund showcases increased literacy and numeracy outcomes, attendance and engagement, and student mental health and well-being.

With the initiative not even around for an entire year, it's hopeful that more improvements for students and educators in provincial institutions will continue to improve.

### > SCHOOL OF ROCK, FROM PG. 2

The first session was held last Friday night. It turned out to be primarily a girls' school of rock as girls vastly outnumbered the two or so boys who showed up.

"This year we thought we'd call the group the Interlake School of Rock because it's a cool name and because we've got students coming from quite a large area including Gimli, Fraserwood, Arborg and Riverton," said Kuusselka, who is the current director of the Gimli Wave Youth Club. "We also had some of our Ukrainian newcomers join us. The former Garage Band group was made up of students who are now in Grade 12 and they just have no time, so I wanted to get a new group going. We've got a lot of Grade 9 and 10 kids. They're really excited about this."

The few boys who showed up eventually joined in with the girls, but Kuusselka said they'll be creating three sub-schools to meet everyone's needs: an all-girls' school will take to the stage from 6 p.m. to 7:30 p.m., an

all-boys' school will play from 7:30 p.m. to 9 p.m., and a mixed school will run from 9 p.m. to 10:30 p.m. The sessions will be held every Friday night.

Kuusselka said the students are essentially free to choose what songs they want to play but he'll ensure no inappropriate material is chosen. Students of any musical ability are welcome to join the school.

"We want to give students a really good experience in a non-intimidating environment. Whatever musical level they're at, we'll encourage them to work on that. Some are beginners but we want them to feel that they belong," he said. "We also want to give all the students an opportunity to find new friends."

There are a range of instruments students can use, including a flute and a trumpet that people donated, said Kuusselka.

After receiving a lot of positive feedback, Kuusselka said he'll be holding a meeting this week at Gimli High School to get the word out about the

rock school. And he and the students are planning to hold a coffee house where they can perform for the public.

"Since we just started, we'll probably hold a coffee house in the new year," he said. "I'm looking forward to the kids having the experience of performing in public because that's where they really develop their skills."

In addition to running the rock school, Kuusselka and his volunteers run the Wave Youth Club (for kids in middle school), which is currently operating a free drop-in centre on Tuesdays and Thursdays at Dr. George

Johnson Middle School in Gimli.

Many of the Gimli High School students who've joined the Interlake School of Rock are also part of the Gimli Rotary service club's Interact Club [a leadership-building club for students]. They also volunteer their time organizing activities for younger students who participate in the Wave.

"Both the Wave and the rock school are in need of a dedicated public space," said Kuusselka. "Using my garage for music practice is not ideal. It would be nice to have a central place in downtown Gimli."

Students can follow the Interlake School of Rock on Instagram.

**"WE WANT TO GIVE STUDENTS A REALLY GOOD EXPERIENCE IN A NON-INTIMIDATING ENVIRONMENT. WHATEVER MUSICAL LEVEL THEY'RE AT, WE'LL ENCOURAGE THEM TO WORK ON THAT. SOME ARE BEGINNERS BUT WE WANT THEM TO FEEL THAT THEY BELONG."**

# Gimli Chamber of Commerce co-chairs reflect on three years of service

By Patricia Barrett

The Gimli Chamber of Commerce's co-chairs bid a fond farewell to the executive and business members last month after three years of service to the business community and a number of major accomplishments.

Melanie Specula, who owns Gimli's Chicken Chef, and Cheryl Buhler, who owns Robin's Donuts, undertook several initiatives to improve the local economy, promote tourism, create partnerships with local and external organizations and, most notably, help facilitate the settlement of Ukrainian newcomers to the community.

The chair's term of service is normally two years, but Specula and Buhler agreed to serve an extra year to help transition through the COVID pandemic.

At the chamber's annual general meeting on Oct. 27, the co-chairs provided highlights of their term on the executive and the chamber's achievements.

The chamber hired a "stellar administrator," Pat McCallum, to organize and facilitate the flow of information and keep the membership up to date.

"Pat came on in March and has made sure pertinent emails such as granting opportunities for businesses, training opportunities, member benefits such as discounts on tickets, insurance changes and other important information was disseminated to all members, among many other duties," said Specula.

The chamber undertook membership surveys to keep abreast of issues of importance to the business community and determine ways to tackle those issues, hosted an all-candidate forum to help residents assess prospective municipal leaders, addressed the acute labour shortage by creating a job board and spoke with the media to get the word out, and applied for and received several grants.

In 2022 the chamber received \$48,000 in grant money for current and future projects. Travel Manitoba provided \$30,000, the RM of Gimli provided \$10,000 and the Westshore Community Foundation provided \$1,800.

To address the labour shortage, they also met with provincial leaders including Premier Heather Stefanson and several ministers.

"We discussed the labour shortage over the last two years and how that hurt businesses in Gimli,

along with other concerns brought on by COVID," said Specula. "We also discussed the Ukrainian Task Force project and how we brought in new residents to Gimli; they're now gainfully employed and filling job vacancies."

Chamber members identified over 100 job vacancies this past June, and Specula and Buhler set to work to address the issue. They reached out to Ukrainian aid organizations in Winnipeg to promote Gimli, found housing for Ukrainians interested in settling in the community and co-ordinated job offers for them.

"The chamber fundraised close to \$50,000 to feed Ukrainian newcomers and offered them employment opportunities while assisting with finding jobs for them in our community," said Specula. "The [Gimli] Community Development Corporation offered free accommodations at the Gimli Training Centre for three months. As a result, over 20 Ukrainians are now residing in their own homes in the community. Many more continue to live at the Training Centre."

To promote Gimli as a year-round tourism destination, Buhler, who chairs the chamber's Destination Branding Committee, co-ordinated a June meeting with the RM's tourism clerk and economic development officer, the Canada Day Committee, the Gimli International Film Festival, the Gimli Glider Museum and local businesses. The chamber also hired a contractor to enhance the Explore Gimli website.

"I met with Travel Manitoba, the RM of Gimli's chief administrative officer, the RM's tourism clerk, parks and recreation staff and other key stakeholders to discuss promoting the shoulder season and winter season tourism," said Buhler.

To further beautify the community, the chamber collaborated with the municipality to enhance the walkway connecting the town's public parking lot on Second Avenue to First Avenue, which fronts the harbour and the beach.

"We have completed a fence and received a grant from Westshore to add lights around the fence to further beautify the [walkway] area," said Buhler. "The Beautification Committee would like to continue working with the RM on projects that beautify our community."

The chamber also engaged businesses this spring



EXPRESS PHOTO SUBMITTED

Melanie Specula (right) and Cheryl Buhler provided highlights of their three-year tenure as co-chairs of the Gimli Chamber of Commerce during the chamber's AGM on Oct. 27.

to keep the town's central business hub and tourist areas clean through a Clean-up Day.

Specula said she enjoyed serving as co-chair with Buhler. They were able to get a lot accomplished by dividing up chamber initiatives while running their respective businesses.

"Of all the good things that came out of serving as chamber co-chair, the best part was the friendship I made with Cheryl," said Specula.

Buhler said it was great working with Specula over the three years.

"We have complementing skills, which really helped lighten the load," said Buhler. "And it was fun and inspirational to work with Mel."

The chamber's new executive will be announced shortly.

## Governments invest in infrastructure projects in Berens River First Nation

Submitted

The Honourable Dan Vandal, federal Minister of Northern Affairs, Minister for PrairiesCan, Minister for CanNor, on behalf of the Honourable Dominic LeBlanc, federal Minister of Intergovernmental Affairs, Infrastructure and Communities, and Manitoba Labour, Consumer Protection and Government Services Minister Reg Helwer, announced more than \$31.6 million in funding for four infrastructure projects in the Berens River area last week.

More than \$20.4 million in joint

federal and provincial funding will be allocated to two projects to repair and rebuild primary and secondary roads in the Berens River area. Most of the road network will be rehabilitated, including approximately 20 kilometres of on-reserve roads and 13 kilometres of provincial roads. These investments will improve road quality, driver safety, and facilitate the delivery of goods and services.

Berens River First Nation will also benefit from more than \$5.6 million in federal funding to construct an arena/multiplex in the community.

The new infrastructure, designed to be energy-efficient, will house a 37,200-square-foot hockey rink and 5,500 square feet of multi-purpose space. It will offer community members a place to gather, be active and play sports.

A federal investment of more than \$5.5 million will also go toward upgrading the Berens River First Nation water treatment plant. The infrastructure upgrades include the extension of the electrical system, mechanical equipment and reservoir and the replacement of the water intake. These

upgrades will increase access to potable water and accommodate the long-term growth of the community.

The Government of Canada is investing over \$26.7 million in these four projects. The Manitoba government is contributing more than \$4.9 million toward the restoration of provincial roads. Berens River First Nation is contributing over \$7.2 million.

By investing in infrastructure, the Government of Canada is growing the country's economy, increasing the resiliency of communities and improving the lives of Canadians.

# Autumn-themed photo contest captures Interlake beauty

## Staff

The Sandy Hook Soap Factory announced the Top 3 winners of its Truly Awesome Autumn Photo Contest last week after receiving 26 entries.

The soap factory has been running photo contests on Facebook to encourage Interlake residents to capture and highlight the beauty of the region. The photos in the autumn-themed contest received 875 votes from the public, who were allowed to select their three favourite photos.

"With all of the exceptional entries, many [voters] commented on how very difficult it was to narrow it down

to just three," said Sandy Hook Soap Factory owner Pat Nuspl.

The winners received gift certificates for the Sandy Hook Soap Factory's handmade, natural products that include soaps, shampoos, lip balms and bath salts.

Pat Payjack of Winnipeg Beach won first place (\$100 gift certificate) for her spectacular photo *Life's a Beach*. Kathy Magnusson was awarded second place (\$65 gift certificate) for her beautiful submission *The Hidden Bridge* taken at Tugela Creek in Whytefold, said Nuspl. And third place (\$35 gift certificate) went to

Liz Hibbert of Winnipeg Beach for her mystical *Foggy Day*. The Judges Draw prize (\$50 gift certificate) went to Wendy Eade.

The contest opened in September

and closed Oct. 31. The photos had to be taken by Interlake residents and couldn't be altered. The winners were announced Nov. 4 after three days of judging.

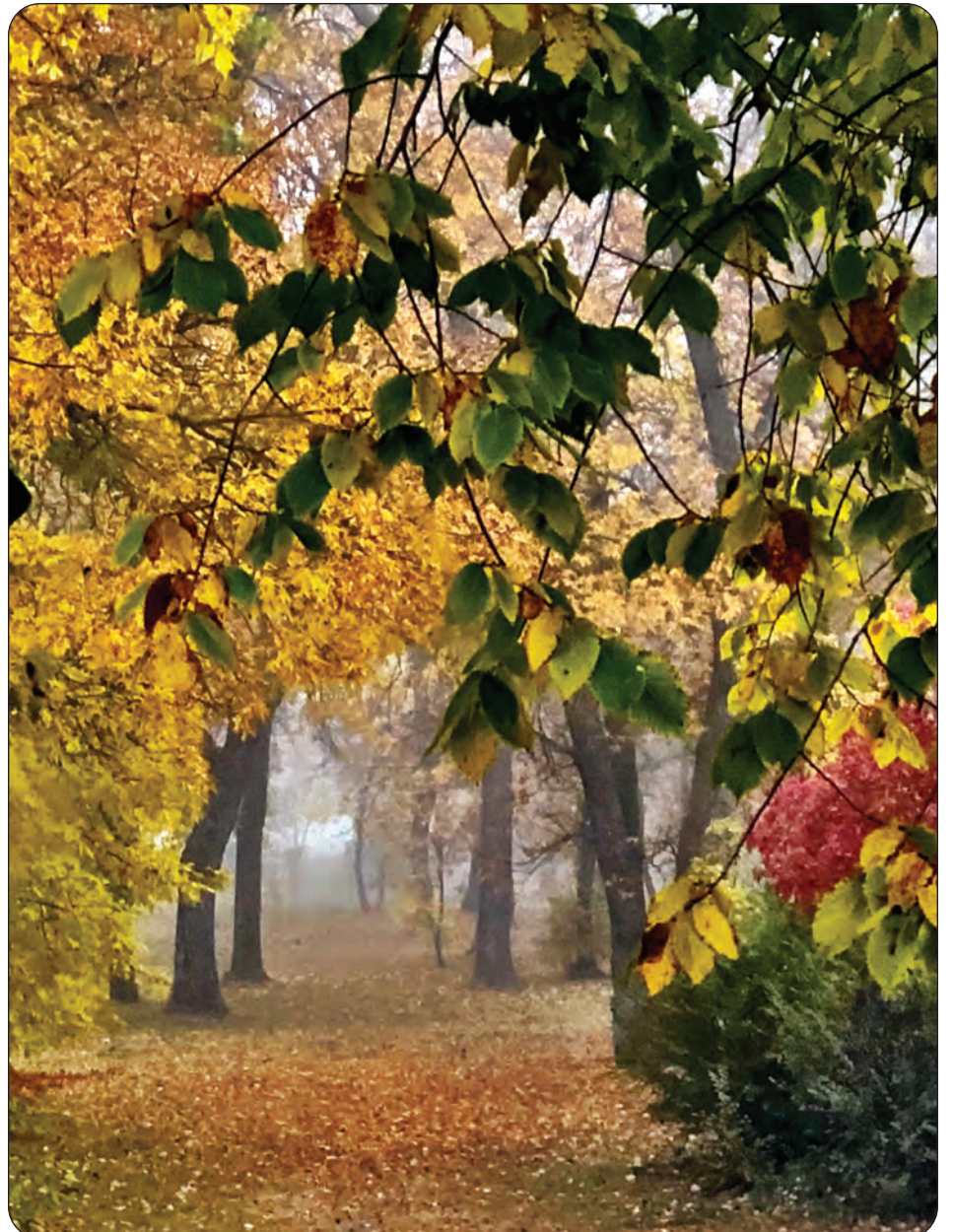


The Hidden Bridge by Kathy Magnusson placed second.



EXPRESS PHOTOS COURTESY OF PAT NUSPL

*Life's a Beach* by Pat Payjack placed first.



*Foggy Day* by Liz Hibbert placed third.

## What's *Your* story?

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The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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THE **EXPRESS**  
WEEKLY NEWS

# Get a free brain tune-up with each Toastmasters in The Arts meeting

By Patricia Barrett

The Toastmasters in the Arts (TMIA) club is inviting new members to join their fun-loving, easy-going group for a weekly dose of brain stimulation.

The group is currently holding its Wednesday morning meetings through Zoom while COVID continues to widely circulate in Manitoba.

TMIA club founder and current president Doreen Pendgracs said with winter on its way, people are starting to look for stimulating activities and Toastmasters just might fit the bill.

The TMIA club focuses on storytelling and the “fun side” of public speaking as opposed to rigid, formal sessions where some people new to or nervous about public speaking might feel intimidated.

“We have a very vibrant group of members ranging from age 50 up to 80-something. That’s a good cross-section of ages and experience. By sharing a story about our lives, we always learn something new about each other. Not only do we learn about each another, but we also learn about the human experience,” said Pendgracs. “And everybody is blown away by the friendliness of our group and how welcoming and supportive we are.”

Pendgracs founded TMIA in 2012. She was also one of the founding members of the Prairie Voices Toastmasters club in Oakbank in 2001.

Although COVID has taken its toll on volunteers and membership numbers within many clubs and organizations in the Interlake and beyond, TMIA has maintained a core group of

eight people who “hardly ever miss a meeting” and currently has 11 members in total. New members join from time to time and some people ask to drop-in to see what it’s all about.

Holding meetings on Zoom has, in fact, broadened the group’s reach beyond the Gimli-Winnipeg Beach-Matlock corridor.

“Zoom has worked really well for us as it has enabled members from Brandon and Ontario to join us,” said Pendgracs.

Two long-time members say the meetings are the highlight of their week. The meetings always generate a laugh or two and help with feelings of isolation that COVID has imposed on so many people concerned about their health.

TMIA member Christine Smith, who lives in Gimli, says the weekly meetings keep her brain tuned up.

“Nowhere else would we get such a variety of fascinating information,” said Smith. “The meetings are a highlight of my week.”

TMIA charter member Betty Jackson, who lives in Ponemah, said the creativity keeps each meeting interesting.

“Our creativity is what makes us unique and interesting,” said Jackson. “And that creativity is always reflected and represented in our meetings.”

To join a meeting or request a membership, contact Doreen Pendgracs by direct message through the club’s Toastmasters in the Arts Facebook page or email her: [pendor@mts.net](mailto:pendor@mts.net)



EXPRESS PHOTOS COURTESY OF DOREEN PENDGRACS

The Toastmasters in the Arts club makes good use of Zoom, enabling people from around the country and the province to tune in.



The fun-loving, easy-going club is led by founder Doreen Pendgracs.

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↑ **Thermëa by Nordik Spa-Nature**

**EXPLORE CULTURE IN SOUTHWESTERN MANITOBA**

In Brandon, check out the Gallery of Southwestern Manitoba—a cultural hub which regularly features works of regional and national artists. Free and open to the public, it’s worth the visit to Manitoba’s second largest urban centre to view contemporary and local art. After, pop in at Chez Angela for fresh baked goods.

**VISIT TWO UNIQUE ATTRACTIONS IN ONE CITY**

Winnipeg Art Gallery’s new addition, Qaumajuq, houses more than 14,000 pieces of contemporary Inuit art and is the first art centre of its kind in the world. Nearby is another world’s first; the Canadian Museum for Human Rights stands alone as the only museum in the world dedicated to the topic of global human rights issues. Cap off your day with a stop at The Forks for a local brew and lunch.

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Looking for a little R&R? Relax and unwind at Thermëa, an outdoor oasis enjoyable any season of the year. The signature Thermal Experience is the ultimate way to relax and follows a hot-cold-rest cycle. Or try Ten Spa for their popular hamam ritual, purifying and cleansing the body and skin from toxins. Extend your relaxing retreat with an overnight stay at the nearby The Fort Garry Hotel, Spa and Conference Centre.



PHOTO: JP MEDIA WORKS

# Incredible Creatures: Summit Disease: A behaviour-modifying, grasshopper-killing fungus

By John Gavloski

One of my more interesting insect encounters this summer was witnessing a canola field where lots of dead grasshoppers were at the tops of the plants with their legs grabbing tightly around the stems. The corpses of the grasshoppers were so thick that in some areas of the field, everywhere you looked, the field seemed covered with them, and at times there were dead grasshoppers clinging to other dead grasshoppers. This phenomenon is called summit disease and caused by a fungal pathogen specific to grasshoppers. It occurs when grasshopper populations are high and the right environmental conditions are present. This article explores this pathogen and how it alters grasshopper behaviour to help it spread.

## Summit Symptoms

Summit disease is caused by a naturally occurring fungal pathogen called *Entomophaga grylli*. The genus name *Entomophaga* describes the focus of these fungi: "entomo" refers to

insects and "phaga" means "to eat." Different species of *Entomophaga* are pathogens of aphids, grasshopper and moths. Grasshoppers infected with *Entomophaga grylli* exhibit a peculiar behaviour of climbing to the top of the plant canopy and firmly holding the plant before they die, giving the name summit disease to this infection. This ensures widespread dispersal of the fungal spores.

Grasshoppers become infected from spores, which stick to the bodies as they seek food. These spores germinate and penetrate the insect cuticle. The fungus then multiplies in the blood and grows on internal organs.

Disease symptoms normally do not appear until the disease is in its advanced stages. Prior to death there may be a general restlessness, feeding may stop and co-ordination may be reduced. Infected individuals tend to climb upwards on vegetation just before death and die with their heads pointing upward and with their legs wrapped tightly around the plant. At about the time the grasshopper dies, its body is full of several million resting spores.

Following death there may be a swelling of the abdomen to almost twice its original size. The grasshop-

per body becomes soft and pulpy and is easily broken up if disturbed. At this time, the abdomen often curls upwards and forwards to the extent that it almost touches the thorax (middle segment in insects). About one hour after death, there may appear a white, furry growth covering the insect's body. The corpse remains attached to the plants for several days until their bodies dry out and fall apart after having been digested and consumed by the fungus. As the grasshopper disintegrates, millions of fungal spores are spread on the ground, germinate and produce more sticky spores, thus spreading the disease.

## Different Summits for Different Grasshoppers

Not all species of grasshoppers are equally susceptible to *Entomophaga grylli*, and different groups of this species of fungus, called pathotypes, are known. One of these pathotypes infects grasshoppers belonging to a group called the band-winged grasshoppers. Another specifically infects grasshoppers belonging to a genus of grasshoppers called *Melanoplus*, which includes many of our pest species of grasshoppers. A third pathotype was introduced from Australia into North America and infects both groups of grasshoppers. The pathotype that infects *Melanoplus* species only has one cycle of summit disease per year. The other two pathotypes can have multiple summit disease cycles per year. With all pathotypes, overwintering resting spores are produced at the end of the season.



PHOTO SUBMITTED  
Grasshoppers infected with summit disease.

Summit disease can help control grasshoppers under warm, humid conditions. It is capable of causing high mortality in grasshopper populations, but these outbreaks of the disease are usually sporadic and localized and generally occur late in the season after economic damage from grasshoppers has occurred. Regardless, the reduced grasshoppers, and reduced grasshopper egg-laying caused by summit disease, can be an important component reducing high populations of grasshoppers.

You may wonder, could this fungal pathogen of grasshoppers be mass produced and used as a biological insecticide. Unfortunately, it cannot be mass produced, and it is weather-dependent. But nature has its way of regulating outbreaks of grasshoppers and other animals when populations get too high.



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REMEMBRANCE DAY

NOVEMBER 11

# Remembrance Day *Tribute*

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Honouring those  
who served and  
sacrificed

# Remem Day

## Teulon Remembrance Day service to include special

By Jennifer McFee

Remembrance Day services always tend to tug at the heartstrings, and a candle-lighting observance in Teulon this year will make the event even more poignant.

In 2022, the Teulon community lost two people who were integral to the town's annual Remembrance Day service.

Bill Neely, Teulon's last Second World War veteran, died peacefully on May 17 at Stonewall Hospital at 100 years old.

Neely joined the service at age 21 and was deployed to Europe between 1942 and 1945, engaging in more than 11 months of active combat. As a trooper with the Canadian Army in the Second World War, Neely operated the guns of a Staghound armoured car. After the war, he returned home to his wife and children on their Erksdale farm.

Although their age difference

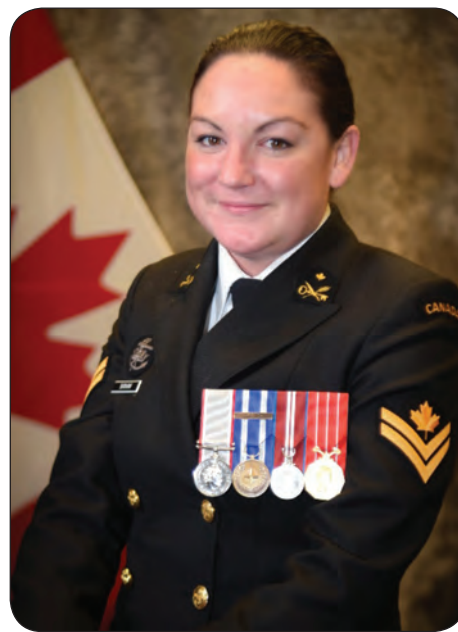
spanned decades, Neely developed a friendship with Petty Officer 2nd class (PO2) Whitney Barham, whose military career brought her to 36 countries from South America to Northern Africa and countless points in between.

After sailing the high seas for many years Whitney wanted to be closer to her family. When offered a position in Winnipeg with the military, she was happy to move back home.

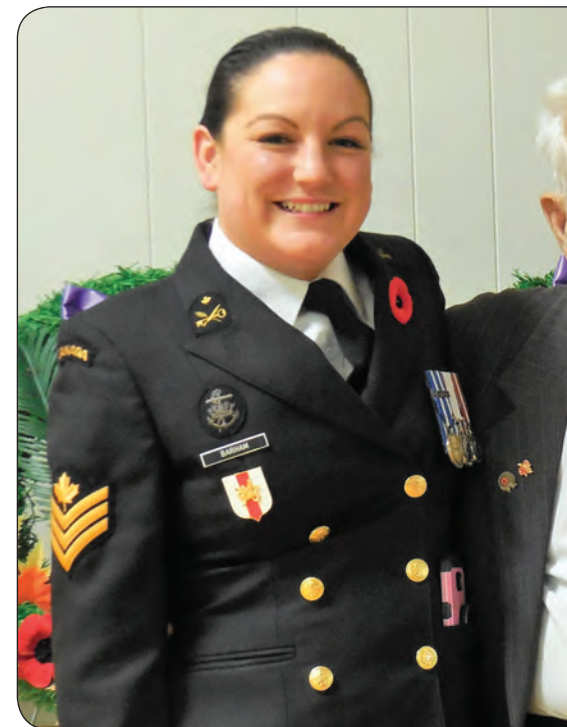
Barham died on Sept. 11 at the age of 35 after battling a brief illness.

A skilled trumpet player, Barham was well known for performing *The Last Post* and *Reveille* during Teulon's annual Remembrance Day services.

In 2020, as a special tribute to Neely, Barham phoned him just before 11 a.m. on Remembrance Day since services were cancelled due to the pandemic. She played *The Last Post* and *Reveille* on her trumpet just for him while he hummed along.



Petty Officer 2nd class Whitney Barham passed away Sept. 11, 2022.



Serving member PO2 Whitney Barham with William Neely. Neely passed away May 17,

This year, the community will honour both Neely and Barham through a special candle-lighting ceremony during the Remembrance Day service.

The Remembrance Day service takes place Nov. 11 at Teulon-Rockwood

Centennial Centre. Teulon Lions Club will offer a pancake breakfast from 8:30 a.m. to 10 a.m. Breakfast is free

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# Remembrance Tribute

REMEMBRANCE DAY

NOVEMBER 11

## Local honours



PHOTOS SUBMITTED with Second World War veteran Charlie Jefferson, 98, on November 7, 2022.

for young cadets and veterans. The Remembrance Day service begins at 10:30 a.m.

## Child amputee finds inspiration from Second World War veteran

By Martine Lepine, War Amps

Eight-year-old Isla McCallum is an energetic young girl with a big smile, and Charlie Jefferson, 98, is a veteran of the Second World War. At first glance, these two appear to have little in common, yet they share something special: They are both amputees.

Mr. Jefferson served as a Lieutenant with the Queen's Own Rifles Regiment. In 1945, in the Rhine Valley, Germany, he was injured by an anti-personnel mine explosion, resulting in the loss of his left leg below the knee.

When he returned home, Charlie joined The War Amps, which was started by First World War amputee veterans to help each other adapt to their new reality. Years later, these veterans established the Child Amputee (CHAMP) Program, which provides young amputees, like Isla, who was born a left arm amputee, with financial assistance for artificial limbs and the peer support of fellow amputees.

It was through The War Amps that Isla and her family heard about Mr. Jefferson. With Remembrance Day coming up, they visited him at his Ottawa residence.

Isla was interested to learn about Mr. Jefferson and the medals he earned for his service. She was also intrigued that he too was missing a limb. Isla described Mr. Jefferson as a role model who made her feel proud to be an amputee.

Isla's mom, Jamie, says it is important that her daughter understands



PHOTO SUBMITTED

Charlie Jefferson, a Second World War amputee veteran and Isla McCallum, a member of The War Amps Child Amputee (CHAMP) Program.

the sacrifices that many Canadians made for our freedom. "Mr. Jefferson and others risked their lives so that we could live in a better world."

Through The War Amps "Operation Legacy," Isla and young amputees across the country pay tribute to the veteran members of the Association who laid the foundation for programs that continue to make a difference in the lives of amputees today.

"Because of their work, child amputees have the tools and resources they

need to be active, independent, and confident," says Jamie.

But Charlie says he also takes comfort in knowing that Isla and other "champs" will continue spreading the message of remembrance, even when he no longer can.

Adds Jamie, "They [veterans] passed this legacy to younger amputees, and now it's their turn to share these stories so that the sacrifices of veterans and all those who served are never forgotten. It's a wonderful legacy!"

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## Remembrance Day *Tribute*

# Indigenous war veteran Tommy Prince honoured with new stamp

Prince received 11 medals for his service in the Second World War and Korean War

### Submitted by Canada Post

Tommy Prince travelled to Buckingham Palace in 1945, where King George VI presented him with the Military Medal. Two months later, he received the Silver Star (a U.S. medal) from Brigadier-General E. F. Koenig. He just was one of three Canadians to receive both honours during the Second World War.

The awards recognized Prince's courageous service – and set him on course to be one of Canada's most decorated Indigenous war veterans and a prominent Anishinaabe activist.

"All my life I had wanted to do something to help my people recover their good name. I wanted to show they were as good as any white man," he once remarked.

### Marksman and tracker

Born on St. Peter's Reserve, Manitoba, into the Brokenhead Ojibway Nation, Prince first learned shooting, hunting and tracking skills from his father. After attending residential school, he took an interest in the military, but was initially rejected in his attempts to join. He later enlisted with the Royal Canadian Engineers after the start of the Second World War.

In 1942, Prince joined the 1st Special Service Force (FSSF), a joint Canadian-U.S. reconnaissance and raiding unit that became known as the Devil's Brigade. Prince also established himself as a top soldier known for his marksmanship, stealth and scouting skills – not to mention sheer nerve.

### Farmhouse scout

A reconnaissance sergeant (or scout) in the FSSF, Prince spent 24 hours in February 1944 observing and reporting from an abandoned farmhouse near Latina, Italy. Situated just 200 metres from enemy lines, he communicated with his unit about German movements and their artillery positions.

When his 1,400-metre telephone



Thomas Prince

line was severed by shelling, Prince stepped out from the house disguised as a farmer tending the land. In full view of German soldiers, he stooped as if to tie his shoelace, fixed the wire, and made his way back to the house to resume reporting. Prince's reports resulted in the destruction of four German posts.

### Behind enemy lines

In September 1944, Prince and a private scouted deep behind enemy lines near L'Escarène, France, spending as many as 72 hours without food, water or sleep, and walking between 70 and 80 kilometers across rugged, mountainous terrain. Their efforts paid off. They located the encampment of a German reserve battalion, along with its gun sites.

On their way back to report to their unit, Prince and his fellow soldier came across a squad of the French resistance surrounded by Germans. The two men joined the fighting, killing and wounding so many that the Germans withdrew. After returning to the FSSF, Prince led the unit back to the German encampment. The ensuing battle resulted in the capture of the entire German battalion of some 1,000 soldiers.

### After the war

Prince, a decorated soldier, returned home after the Second World War to face stark racism and discrimination. As an Indigenous person he did not have the right to vote in federal elections. He also did not have access to many of the generous benefits afforded to white veterans.

To speak for the rights of his people, Prince took on the role of vice-president of the Manitoba Indian Association. A spokesperson for the group, he testified before a special parliamen-



PHOTOS SUBMITTED

One of Canada's most decorated Indigenous war veterans Tommy Prince was honoured on Oct. 17 as Canada Post unveiled a new stamp to commemorate his life.



In 1942, Prince joined the 1st Special Service Force (FSSF), a joint Canadian-U.S. reconnaissance and raiding unit that became known as the Devil's Brigade.

tary committee in 1947, where he advocated for the abolition of the Indian Act and respecting existing treaties.

### Re-enlistment

After the start of the Korean War in 1950, Prince re-enlisted, serving with the 2nd Battalion, Princess Patricia's Canadian Light Infantry. He and his battalion took part in the Battle of Kapyong, holding a defensive position on Hill 677 against Chinese and North Korean forces. He volunteered for a second tour of duty in 1952.

"He was fiercely proud of his people," says Bill Shead, a Cree member of the Peguis First Nation and a retired Lieutenant-Commander in the Royal Canadian Navy. "He was fiercely proud of his service to his people and to the country as a soldier. Here was a man who was virtually

a combatant all his military career, through two wars."

Prince faced illness and poverty later in life, and died at age 62 at the Deer Lodge Centre in Winnipeg in 1977. At his funeral, a delegation of the Princess Patricia's Canadian Light Infantry served as his pallbearers, and members from his reserve chanted the song "Death of a Warrior" as his casket was lowered into the ground.

Prince was awarded a total of 11 medals, including one posthumously, for his service during the Second World War and the Korean War. The Canadian Forces named several buildings and units after him. Among other honours in his name, a statue was erected in the Brokenhead Ojibway Nation and a monument was built in Winnipeg's Kildonan Park.

# Learn the art of paverpol

By Jennifer McFee

Are you looking for a new creative outlet? If so, perhaps you'll want to give paverpoling a try.

Judi Braid became a certified paverpol instructor in May after becoming fascinated with the art form. Now she's offering classes to teach others from her Stony Mountain home.

"Paverpol is a textile hardener that was developed in the 1990s by a group of artists in the Netherlands to make large outdoor objects for amusement parks and carnival floats," she explained.

"It was immediately popular because of its rock-like hardness when cured. It is non-toxic and water-based. Paverpol has encouraged many individuals to express themselves in a creative way in over 22 countries around the world. These pieces, when properly sealed and cured, can be left outside through all of our weather elements."

For Braid, this fascination started after some paverpol pieces caught her eye, adding an artistic element to flower gardens.

"I loved how this brought a uniqueness to each person's creativity. After retiring, I decided to give this a try. I ordered a bucket of the product, watched a couple of tutorials and tried it — but I really didn't know what I was doing. I decided I needed to take a couple of classes and fell in love," said Braid, who has also dabbled in acrylic painting and all sorts of crafts.

"I like working with this product because it allows me to make all sorts of sculptures that can sit in my garden, hang on my fence or I can keep them inside. They are all different and unique to my creativeness. That is what one will see in a class. Although students will work on the same project, they will all be different and unique to their creativeness."

Following her new passion, Braid completed the requirements to teach the art form by taking classes with a certified paverpol instructor, followed by a two-day course in Saskatoon with a master certified instructor.

"I knew that there wasn't anything like this offered in the Interlake," she said, "so I decided that I wanted to share this art form with others."

She offered a beginner's course at her home on Nov. 5, followed by another one on Nov. 12 from 9:30 a.m. to about 4 p.m. The cost is \$100, which includes all supplies.

"Participants can expect to bring out their inner creativity, have fun and create something very unique to en-



joy in their garden for years to come. Anyone can do this," she said.

"They will be building an armature from wire, building up the body with tin foil, mummifying it with masking tape and finally wrapping and dressing it with 100 per cent cotton T-shirt material dipped in paverpol."

In the new year, she plans to offer intermediate classes for participants who have completed the beginner level. Costs will vary and will be posted on her website at [www.jbraid3.wixsite.com/comepaverpolwithme](http://www.jbraid3.wixsite.com/comepaverpolwithme), which will also be updated with information about dates and times in early 2023.

In addition, she's hoping to participate in some local craft sales, and might also sell her wares at the Pineridge Hollow market and at Birds Hill Park in the future.

Stay tuned for Sip and Sculpt classes and Girls' Nite Out events, which will likely run for two to three hours in upcoming months.



EXPRESS PHOTOS SUBMITTED

Judi Braid of Stony Mountain teaches the art of paverpol.



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# Federal government grants \$51,000 to Arborg Heritage Village for stage

By Patricia Barrett

The federal Liberal government provided over \$11 million to rural businesses and organizations across Manitoba last month ago in order to help strengthen and develop rural economies.

And Interlake communities such as Arborg and Stony Mountain and municipalities such as St. Clements and West St. Paul are receiving a chunk of the \$11,796,593 the government is allocating to 24 projects.

Liberal MP Dan Minister Vandal (Saint Boniface), minister for Prairies Economic Development Canada, northern affairs and northern development, said rural communities play a vital role in the country's economic recovery.

"The Government of Canada understands the unique needs of rural businesses and the vital role they play in Canada's economic recovery, and is assisting them to ensure that innovative businesses can continue to thrive and grow in rural and remote communities so they can create good-paying jobs, attract new residents and build an economy that benefits everyone," said Vandal Oct. 11 during a visit to Portage la Prairie.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Arborg & District Multicultural Heritage Village site, seen from across the Icelandic River, received \$51,000 in federal government funding last month to build an outdoor stage by the river. The museum preserves historic Interlake buildings and artefacts, runs a campground and hosts events. It is one of Manitoba's Star Attractions.

Interlake projects funded by the federal government are as follows:

- The Arborg & District Multicultural Heritage Village received \$51,000 to construct an outdoor stage

along the Icelandic River.

- The Stony Mountain Community Centre received \$222,000 to renovate its community centre.
- The Stony Mountain Community Association received \$27,849 to revitalise Centennial Park.
- The Rural Municipality of St. Clements received \$188,063 to build

outdoor covered gathering areas and plant trees in Narol, a community about 7 kilometres south of Lockport.

- The Rural Municipality of West St. Paul received \$137,250 to build a playground and walking trail.
- The *Express* reached out to a few recipients for comment but didn't hear back by press time.



## Each \$5 gift is worth \$7 during the Endow Manitoba Giving Challenge, November 14 – 20

There's never been a better time to help our community flourish forever! Westshore Community Foundation encourages residents along the west side of Lake Winnipeg from Dunnottar to Riverton to make a gift between November 14 – 20 as part of the Endow Manitoba Giving Challenge. For this week only, every gift will be stretched by The Winnipeg Foundation and the Manitoba government – increasing the amount Westshore Community foundation receives. Therefore, each \$5 gift you make becomes \$7!

The Winnipeg Foundation and the Manitoba government are committed to the growth of community foundations across Manitoba, each providing a maximum stretch of \$2000 per foundation. Westshore Community Foundation can receive up to \$4000 in stretch funding.

Online gifts can be made securely through [www.endowMB.org](http://www.endowMB.org). Gifts during the 2022 Endow Manitoba Challenge can also be made by cheque payable to Westshore Community Foundation and mailed to Westshore Community Foundation, Box 395, Gimli, Manitoba R0C 1B0.

"This is a great opportunity to support Westshore Community Foundation," says David Douglas, President of Westshore Community Foundation. "Of course, we welcome gifts at any time, but giving between November 14 – 20 means extra support. We're so excited to see what our community can accomplish!"

Your gift during the 2022 Endow Manitoba Giving Challenge will help grow Westshore Community Foundation's capacity to support a wide range of charitable projects in our catchment area for generations to come.

Manitoba is home to 56 community foundations – more than any other area of the country. Donations to a community foundation are pooled and permanently invested. Gifts are never spent and the money will always stay in the community. Every year, these investments generate money that is distributed to support local charitable needs and allows our Foundation to continue "Building a Lasting Legacy" within our communities.

For further information, please visit us at [www.westshorefoundation.ca](http://www.westshorefoundation.ca) or e-mail us at [admin@wcf-foundation.ca](mailto:admin@wcf-foundation.ca) or call us at 204-642-9796.

# Remembrance DAY november 11th SERVICES

## 2022 Remembrance Day Ceremonies

Legion	Location	Date	Time
Gimli BR 182	Gimli High School Gym	Fri. Nov. 11	10:30 AM
Winnipeg Beach BR 061	Legion - 20 Hamilton Ave	Fri. Nov. 11	Seating at 10:30 AM Service at 10:45 AM
Eriksdale BR 140	Eriksdale Recreation Centre	Fri. Nov. 11	10:45 AM
Ashern Legion BR 057	Ashern Legion Hall	Fri. Nov. 11	10:45 AM
Arborg Legion BR 161	Arborg-Bifrost Community Centre	Fri. Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Mon. Nov. 11	10:30 AM

Camp Morton - Friday, November 11 at 10:45 a.m.  
Genotaph at main entrance of Camp Morton Provincial Park.

The public is welcome to join past and current serving members at the only outdoor service in the Interlake. Free hot chocolate/coffee and cookies served following service.



# Urban Stable offers equine-assisted program for youth

By Jennifer McFee

In a unique education initiative, horses take the lead to help youth reach their unbridled potential.

Urban Stable is a registered charity founded in 2001 to offer an equine-assisted program that facilitates social and emotional well-being for its young participants.

"We partner with school divisions, schools and community youth-serving groups in Winnipeg and the surrounding area who refer students to our programs from grades 5 to 8 that are struggling in school, facing obstacles and adversity," explained executive director Hayley Edwards.

"The students work hands-on with the horses to develop critical life skills — such as teamwork, communication, leadership, self-awareness and self-control — that empower the students to re-engage with their education, home life and community."

Urban Stable is an Accredited Canadian Therapeutic Riding Association (CanTRA) Centre, she added.

"Our team of CanTRA-certified instructors, therapy horses and well-trained volunteers work together to ensure Urban Stable programs are safe and fun for all participants to step outside of their comfort zone to try new tasks, develop new friendships and engage with their peers," she said.

The organization is inclusive of all ethnicities and genders, with many students coming from newcomer, Indigenous and BIPOC communities, Edwards added. And the impacts of the program are clear to see.

"The benefits that students gain from the program are diverse and long-lasting such as leadership, communication, relationship-building, self-awareness, self-regulation, balance, co-ordination and stability," Edwards said.

"These benefits are magnified when we invite their school teachers and parents for the program end celebration of their child's achievements, as the horses in turn touch and impact their lives too. These positive connections and experiences made at Urban Stable ripple out — reaching the students' peers, their families and their wider community — and last a lifetime."

In August, the program relocated to Stone Hurst Stable on Highway 7 near Stonewall.

"Our students are referred to the program from our school and youth-serving community partners because of social, emotional, neurological or academic challenges they are facing," Edwards said.

"Students come from all walks of life, based on a variety of situations,



PHOTO BY WANDA ERICKSON-BRANDSON

Attendees enjoyed line dancing at a recent fundraiser for Urban Stable.

backgrounds or diagnoses."

Some reasons for referral include anxiety, depression, ADHD, FASD, autism spectrum disorder and cognitive challenges. They might also be referred due to learning disabilities, trauma, physical disabilities and family difficulties.

"Our horses are the real teachers in our experiential learning program, as

they are inclusive, accepting animals who do not see age, background, culture, abilities or limitations," said Edwards, adding that the students build reciprocal relationships with their horses.

"Our students also experience the relaxed, natural, rural setting in

Continued on page 23

## Patients are raving about their dentures, thanks to Denturist Matthew

BY ELISHA VANDOR

Matthew is a creative and compassionate Denturist who values all his patients and believes they deserve the very best quality denture care that he can give, with a whatever-it-takes attitude. Striving for excellence, attention to detail, and most of all making sure every patient he sees leaves with a smile on their face. Matthew is people focused and you can often find him striking up conversations with ease and enthusiasm.

Born and raised in Winnipeg to a Filipino and Hungarian family, Matthew and his brother were introduced to the dental world early on, as their father built his own family operated dental laboratory. With that experience, both Matthew and his brother, Andrew, went on to pursue careers in Dentistry. Andrew became a Dentist and Matthew decided to become a Denturist. Even before graduat-

ing, Matthew interned at Vandor Denture Centre, and now after graduating NAIT (Denturist) college in 2019, Matthew enjoys getting to make his patients smile every single day.

Some of those smiling patients are Reg and Diane who are featured with Matthew in the photo! Reg received his new partial dentures a few weeks ago and he told us at his follow-up appointment that the dentures are the best fitting dentures he's ever had! The next day, after his appointment he emailed us saying, "Woo, so happy with the fitting ... both fit like a glove. I'm very happy!" Wow, what a compliment! We can't forget about Reg's wife Diane who also received her new upper denture and soon her partial lower denture and is smiling from ear-to-ear.

After having teeth removed almost a year ago, Kelly came to

see us to get her smile back. She explains, "There is not enough room to express how impressed I am with Matthew at Vandor Denture Centre. He is amazing. I feel like he genuinely cares about people. He listened to everything I had to say, didn't make me feel bad about my reasons for being there, understood what I wanted, explained everything to me, and didn't rush me. He's extremely personable and has a great sense of humour. He made this experience for me something to look forward to. I am smiling again and if I make it to the real senior years and require his services, then there is zero question that I will be going to him! Thank you again Matthew!!"

If you're ready to rave about your dentures too, then don't hesitate to contact us for an appointment. Consultations are free and Matthew is always ready to help.



- supplied photo -

Diane and Reg are all smiles after receiving their new dentures from Matthew at Vandor Denture Centre.

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# Lifelong friends launch nursing careers in Ashern

By Jennifer McFee

A pair of lifelong friends has already marked many milestones over the years and they've just embarked on a new adventure together — a career in nursing.

Kaylee Smith and Taylor Buors, who grew up together in St. Laurent, both completed their first day as full-time nurses at Ashern Hospital on Sept. 12. Although they've ended up on the same career path, they took different routes to arrive at their destination.

Smith, a registered nurse, graduated in October from the bachelor of nursing program at the University of Manitoba. But her journey started even earlier with summer employment as a health-care aide at Stonewall Hospital.

"Here I was able to hone some of my clinical and professional skills," she said. "I also met some of the most helpful and kind health-care professionals who took the time to teach me how to care for patients at the bedside."

Then for her internship, Smith gained experience in primary care throughout the region.

"In this position, I was able to work within my home community of St. Laurent where I got to better understand the challenges in delivery of primary care to an underserved community and how the health-care team works so hard to provide the best care possible, including prioritizing the French language program," she said.

"I also had the privilege of experiencing the leadership side of primary care. It gave me an appreciation of how hard our leadership teams work to serve our communities in the best possible way."

Smith expressed gratitude for these foundational work experiences, as well as for resources that helped along the way, such as the Home for the Summer program offered by Interlake-Eastern Regional Health Authority.

"I also had the opportunity to work as a health-care aide full-time for several summers through generous funding from the Manitoba Métis Federation (MMF) in collaboration with Indigenous Human Resources at IERHA. The Grow Your Own Bursary program was essential for funding my education but also in ensuring that I would work within my communities and give back some day," she said.

"These resources were so impactful throughout my education in preparing me for my career every step of the way. I was able to gain valuable clinical and leadership experiences as a student through the various positions, and the funding allowed me to worry less about tuition and more about focusing on my courses and eventually giving back to my communities."

Looking back, Smith always knew she wanted to work in health care but was particularly drawn to nursing.

"Nursing is very hands-on and you get to be personable with patients and clients," she said.

"There is also so much opportunity for growth, whether that be moving into leadership or there is always an opportunity to continue learning as you move into different fields of nursing."

At the same time, she is also grateful for the chance to work in the Interlake.

"As a new nurse, I wanted the feeling of working



PHOTO SUBMITTED

Taylor Buors and Kaylee Smith, who grew up together in St. Laurent, completed their first day as full-time nurses at Ashern Hospital in September.

close to home while still gaining a wide variety of clinical experiences. Here at Ashern, I get the opportunity to work closely with a large Indigenous population and serve the surrounding communities, including my own," said Smith, who now lives in Eriksdale.

"I feel proud to be a part of the growing number of Indigenous health-care professionals within our region and to feel supported."

Similar to Smith, Buors always knew she wanted to pursue a career that would allow her to make a positive impact on other people's lives.

"Nursing is a profession where you are able to do that every day — this is what initially drew me to the career. I enjoy nursing because you get to meet people from all walks of life and are able to be there and help them during a time of need," said Buors, who graduated in June from the University College of the North in Selkirk.

"In addition, I like that it is very hands-on and that every day brings a new challenge. I like that there is so much opportunity for continuous learning and growth within the profession."

Ashern Hospital is already familiar ground for Buors, who completed a three-month senior practicum placement there, with the majority of her shifts in the emergency room.

"This is integral to me as a new nurse because I am able to continue to enhance my clinical knowledge, critical thinking skills and gain more hands-on experience, all while being in a rural hospital close to home. Working at Ashern Hospital gives me the opportunity to provide health care to a large Indigenous population and many surrounding communities within the Interlake-Eastern region, including my own," said Buors, who continues to reside in St. Laurent.

"It felt really good to obtain full-time permanent employment within the IERHA as a new grad

nurse. I am proud to work at a hospital that serves so many communities within the Interlake-Eastern region."

In addition, Buors expressed gratitude for the help she received from the Manitoba Métis Federation throughout her post-secondary education.

"The MMF partnered with the University College of the North to deliver the nursing program in Selkirk. They funded myself and 13 other Métis students throughout the entirety of the program. This resource meant a lot to me and was crucial during my education, as it allowed me to focus solely on my studies and excel within the program," she said.

"I strongly encourage others to utilize available programs and funding that is offered to post-secondary students pursuing a career in health care. All of the support that is out there truly helps in being successful throughout your program and chosen career path."

Adding to the excitement of embarking on her new career, Buors is energized by the opportunity to work with her long-time friend.

"It feels great to work in the same hospital as Kaylee, especially since we grew up together. I feel proud to work alongside her since we share similar values to provide holistic, ethical and compassionate care to our patients," she said.

"It is also nice to have someone that is new to the profession that I can go to for support, especially with all the challenges working in health care brings."

Similarly, Smith shared her excitement about starting her nursing career alongside Buors.

"It feels amazing that even though we took different paths after high school, we still ended up in the same career — let alone at the same facility," she said.

"I'm glad I have a friend, a colleague and a car-pool buddy to share these new experiences with as we begin our careers."

## Opportunities for nursing education in the Interlake

Tanya Cheetham, chief nursing officer and regional lead for acute care and public health for Interlake-Eastern RHA, draws attention to opportunities in the Interlake to obtain nursing education close to home.

The recent Assiniboine Community College course in Arborg, held in conjunction with Fieldstone Ventures and IERHA, brought 25 nursing students to the region.

"They were able to complete their senior practicums — and for those who reside in the region, they were able to obtain positions in their communities, whether it was acute care, home care, long-term care or dialysis," Cheetham said.

"To date, IERHA has hired 16 students from the Arborg program. We have also hired two licensed practical nurses students from the University College of the North program and six registered nurses from either University of Manitoba or Red River College."

A recent communication from the University of Manitoba suggests that 86 per cent of students ob-

> **STABLE, FROM PG. 21**

which we do our work.”

Horses are effective at teaching these lessons because they act as a mirror that reflects back behaviour and emotion.

“If a student has high energy and acts excitedly around the horse when grooming, the horse will mirror this behaviour and start moving in the grooming station or area. If the student takes a few minutes to calm their energy then re-approaches the task with quieter energy and actions, the horse responds immediately, standing still in the grooming station,” Edwards said.

“Receiving this in-the-moment feedback from their horse to calm their energy is often more readily received than hearing it from their teacher or peer. Horses provide these great teaching moments naturally where the students learn self-awareness and self-control all while providing

a relaxed, safe environment that can lower stress levels. Our certified instructors help the students to transfer these vital life skills and knowledge back to their school, home life and community.”

On Oct. 1, Urban Stable hosted a barn dance fundraiser, which drew a crowd from the Interlake and beyond.

“We had live music from the Dust Rhinos where people got up and enjoyed dancing. Food was catered from Danny’s Whole Hog,” Edwards said.

“A massive thank you to our event sponsors and our prize donors. We couldn’t have done it without you.”

In particular, Edwards shares gratitude for Dez Daniels, who acted as the master of ceremonies and auctioneer for the night. She also thanks event volunteers, board of directors and staff members, as well as anyone who purchased a ticket and all those who attended in person.

“And a special thank you to Stone Hurst Stable for hosting our event. We had a great time celebrating

with everyone that attended, raising awareness and sponsorship for our program and program horses,” she said.

“The comments we’ve received have been very positive. People had a fun night.”

Funds raised will go towards the cost of caring for the program’s horses, as well as horse sponsorship.

“One Urban Stable horse touches the lives of countless people over the course of one year, bringing hope, growth, learning and connection to our students and their families,” Edwards said.

“Horse sponsorship provides funding to support the annual cost of horse care requirements including feed, bedding, farrier, veterinary care, tack, stall and turnout management, and ongoing training to keep our horses fit to do their job of unbridling youth potential.”

For those who couldn’t make it to the event, they can still support Urban Stable’s horse sponsorship cam-

aign by donating online through the link on the home page of their website at [www.urbanstable.ca](http://www.urbanstable.ca).

For anyone interested in getting involved, Urban Stable offers a variety of volunteer opportunities on the board of directors or to help with marketing, fundraising and planning for a sustainable future for the organization.

“Fundraising event volunteers help plan, organize and execute fundraising events. Program volunteers consist of youth assistant volunteers whose role is to assist our students to groom and tack their horse and assist leading classroom activities,” Edwards said.

“Horse handler volunteers have horse experience and their role is to lead the horses while the students are in the saddle learning to ride.”

If you are interested in volunteering for Urban Stable, email [info@urbanstable.ca](mailto:info@urbanstable.ca).

> **DIABETES, FROM PG. 8**

very supportive and have learned to give needles when he is in their care. For the first year, it was all so overwhelming. We weren’t sure how we could do this every day for the rest of our lives, but we’ve adjusted and adapted to our new lifestyle. It’s definitely not easy managing diabetes and it’s hard not being able to lead a normal life like we use to, but this has become our new normal.”

At the same time, Morden hopes to counter some of the misconceptions about diabetes.

“A lot of people associate diabetes with having an unhealthy lifestyle.

Type 1 diabetes has nothing to do with that. People often need to be told that it has nothing to do with their diet they had prior to being diagnosed. There is no known cause for Type 1 diabetes. A patient’s pancreas just shuts down and will never work again,” she said.

“There is nothing to do to prevent Type 1 diabetes. So even though the stigma is out there around diabetes, there are differences between certain diabetes — and no diet, exercise or medication can take Type 1 diabetes away. People with Type 1 diabetes will be insulin-dependant for the rest of their lives until a cure is found.”

That’s why National Diabetes Awareness Month is so important.

Throughout this month, the Mordens plan to actively post on social media to help raise awareness about people living with diabetes. They will also wear shirts stating that they’re parents of a Type 1 child.

“Often, we’ll have strangers come up to us asking questions about Type 1 diabetes, which can lead to us helping inform more people about the disease,” Morden said.

“Raising awareness for diabetes and raising money to find a cure is the most important thing in our lives and should be so important to many people.”

The cost of diabetic supplies is astronomical, she added.

“These supplies are life-saving sup-

plies. People living with Type 1 or Type 2 diabetes depend on these supplies to stay alive, yet many people can’t afford them, which can cost them their lives. A cure is our biggest wish and dream in life. People need to be aware of how important it is for diabetics to have their supplies, as well as how people are truly affected by this disease,” she said.

“We’re so thankful that, over the years, technology has evolved to make it easier to live with the disease. This has only happened because of the funds raised to come out with these new things to make life easier. We’re hoping, as the years go on, things will just keep getting better — and one day there will be a cure.”

> **LIFELONG, FROM PG. 22**

tain employment where they have completed their senior practicums, she added.

“Evidence indicates that people never

know something as thoroughly as when they have to coach or teach others; therefore, having students in the work environment strengthens the knowledge and professionalism of the existing workforce. Coaching

and mentoring junior staff and students is a professional expectation of all nurses by their regulatory bodies. We thank the nurses and care teams that welcomed students and supported them in their learning journey,”

Cheetham said.

“We welcome nursing students to the IERHA and will provide safe environments that foster learning and growth. Once the students complete their practicums, we want them to begin their nursing careers in the IERHA.”

To learn more about education opportunities in health care, visit [www.ierha.ca/careers](http://www.ierha.ca/careers).

**To see more photos of your favourite Interlake Athletes**

**GO TO Stonewall Teulon Tribune | flickr**



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ice Dawgs, Falcons lose to Fishermen

By Brian Bowman

The Arborg Ice Dawgs were edged 2-1 by the Selkirk Fishermen in Capital Region Junior Hockey League action on Saturday.

Carter Courchene scored both Fishermen goals, including the game winner on the power play midway in the third period.

Arborg's goal was scored by Jake Plett in the second period.

Tre Strachan made 43 saves in the losing cause.

Last Friday, Arborg defeated the Beausejour Comets 5-4.

Ice Dawgs' goals were scored by Plett, Cadrick Dueck, Harris Dankochik, Tyson Barylski and Jordan Einarson.

Dixon Moneas (two), Luke Tyslau and Aidan Ticknor replied for the Comets.

Dylan Johnson made 34 saves for the win.

The Ice Dawgs' next action is Thursday (8 p.m.) when they host the Lundar Falcons. Selkirk will then visit Arborg on Saturday for a 7:30 p.m. game.

Lundar, meanwhile, lost 5-0 to the Fishermen in Selkirk on Sunday afternoon.

Guy Rozin led the Fishermen with a goal and two assists while Matt Brooks, Carter Courchene and

Peyton Moneyas each scored once and had an assist.

Julius Guimond scored Selkirk's other goal.

Falcons' goalie Jordan Armstrong stopped 33 Selkirk shots.

Saturday saw Lundar pound the North Winnipeg Satelites 5-1.

The Falcons' Liam Russell had a great game with a hat trick and an assist while Andrew Henry added a goal and two helpers.

Riley Wirgau scored Lundar's other goal.

Darien Meyer was the lone Satelites' player to beat Armstrong, who finished the game with 17 saves.

Last Friday, Lundar lost 5-4 in overtime to the St. Malo Warriors.

Thomas Maynard scored the game winner in OT.

Russell led Lundar with two goals and an assist while Jayden Timlick and Christian Ali also tallied.

Ryan Benson had two assists in the game.

St. Malo's other goals were scored by Teagan Filion, Aiden Peters, Damon Johnson and Ashton DuBois.

Falcons' netminder Gabe Mondry made 30 saves.

Lundar will host St. Malo on Saturday at 7 p.m.



EXPRESS PHOTO BRETT MITCHELL

Lundar Falcons' defenceman Slater Farthing fights off a Selkirk Fishermen player during CRJHL action on Sunday.

## U15, U17 Interlake Lightning in action

Staff

The Interlake Lightning were defeated 7-2 by the Winnipeg Bruins in U15 AAA action last Thursday in Stonewall.

Layne Stewart scored late in the second period for the Lightning and then Grayson Artimowich tallied in the third.

Bruins' goals were scored by Triton Jourdy (two), Mason Chubey (two), Peyton Vieira (two) and Alexandre Andre.

Lightning goaltender Tristan Klatt made 49 saves.

Interlake will be busy this week with three games in three days.

The Lightning will play Bruins Gold on Wednesday (6:15 p.m.) at Southdale West, the Selects on Thursday (7:30 p.m.) in Stonewall, and the Hawks on Friday (7 p.m.) in Winkler.

In U17 AAA action, Interlake was defeated 5-2 by the Eastman Selects on Saturday in Ste. Anne.

Eastman, which scored three times in the second period, received goals from Cameron Sylvester (two), Calyb Moore, Hayden Kochen and Jett Labossiere.

Cole Swanson and Justin Braid replied for the Lightning.

Interlake will play the Thrashers on Wednesday (8:30 pm.) at Gateway Arena and then battle the Ice Bandits on Sunday (2 p.m.) in Elkhorn.



EXPRESS PHOTO BY LANA MEIER

Interlake Lightning goaltender Tristan Klatt made 49 saves against the Winnipeg Bruins last Thursday. Winnipeg won the U15 AAA game 7-2.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Riverton wins junior varsity girls' home volleyball tournament

**Submitted**

On Nov. 5, Riverton Collegiate hosted an eight-team junior varsity girls' volleyball tournament, held in two gymnasiums: Riverton Collegiate and Riverton Early Middle Years School.

Teams came from both the Interlake and from several hours away to play in the tournament. The teams were Riverton Patriots, Ashern Cobras, Winnipegosis Lakers, Lac du Bonnet Chargers, Fisher Branch Cougars, Morweena Raptors, Peguis Wolverines and St. Joachim Braves (La Broquerie).

The eight teams were in two pools of four for round-robin play. All teams played three round-robin matches and then the playoffs began.

The playoff format was an elimination bracket based on the round-robin standings.

Riverton defeated Ashern in the best-of-three championship final by scores of 25-20, 9-25 and 16-14 in the deciding game.

To get to the final, Riverton got by St. Joachim in a match that also went to the deciding third set 25-13, 21-25, 15-6 while Ashern downed Winnipegosis in two close games, 25-23, 25-21.

The spectators in the gym were treated to exciting volleyball, with lots of extended rallies featuring top-effort digs that kept the ball off the floor.



EXPRESS PHOTO SUBMITTED

Riverton won its junior varsity girls' home volleyball tournament on Saturday.

## U18 male Lightning whip Eastman

**By Brian Bowman**

The Interlake Lightning's offence came alive in an impressive 6-2 road victory over the Eastman Selects in Manitoba U18 AAA Hockey League action Saturday in Beausejour.

Mason Hooper gave Eastman a 1-0 first-period lead but Interlake came back with goals from Ian Buors, Kai Smith and Aiden Miller in the middle frame.

Buors finished the game with three points and now has a team-leading 20 on the season.

The Selects' Ryder Miller made it a one-goal game early in the third but the Lightning stormed back with tallies from Adam Vigfusson, Brandon Burak and Blake Farthing.

Dylan LeClair made 31 saves for the win.

On Friday, Interlake was defeated 6-1 by the Winnipeg Wild in Teulon.

Noah Oughton scored Interlake's goal early in the second period to tie the score at 1-1.

Wild goals came from Aidan Wuerfel (two), Cole Robertson, Tyson Sperber, Olivier Chenier and Campbell Epp.

Alex Myers stopped 39 Winnipeg shots.

Interlake (5-9) will host the Yellowhead Chiefs this Friday (7:30 p.m.) and Saturday (1 p.m.) before the Norman Northstars visit Teulon on Sunday (1 p.m.).



EXPRESS PHOTO BY LANA MEIER

Noah Oughton scored a second-period goal in the Interlake Lightning's 6-1 home loss to the Winnipeg Wild in Manitoba U18 AAA Hockey League action last Friday.

## Thunder lose in RMFL championship game

**Staff**

The Interlake Thunder's offence was potent all season.

But the Moosomin Generals had an

answer to stopping that great offence last Saturday afternoon.

Moosomin shut down Interlake in a 16-12 comeback victory to cap-

ture the Rural Manitoba Football League's Doug Steeves Trophy.

Interlake led 6-0 after the first quarter and 12-8 at halftime. But Moosomin

shut out the Thunder in the second half while scoring two points in the third quarter and six more in the fourth.

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email [riverdalew@mymts.net](mailto:riverdalew@mymts.net)



## EVERGREEN SCHOOL DIVISION

Invites applications for the following regular position, effective ASAP:

22.OP.13 **Head Mechanic** (8.0hr/day),  
Gimli Bus Garage, 234 Anson St.

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

**CLOSING DATE: November 15, 2022 (3:30 pm)**

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

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



## EVERGREEN SCHOOL DIVISION

Invites applications for the following regular position, effective ASAP:

22.OP.14 **Bus Driver – Gimli/Winnipeg Beach Area**  
(approx. 4hr/day)

No experience required. Training and assistance with bus certificate provided.

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

**CLOSING DATE: OPEN UNTIL FILLED**

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

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

## SAVE THE DATE!!!

*Where & When:*

**Moosehorn hall on November 16th, 2022 from 6 PM to 9 PM**

Moosehorn Co-op will be hosting an information session in Cooperation with Masterfeeds and Ridley Block Operations.

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Sandwiches and coffee to be provided.



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## HELP WANTED

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

F/T position available at Teulon Esso. Contact Dave or Ann in person or send resume to [7service@mts.net](mailto:7service@mts.net)

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Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Wage \$18-\$20/hr depending on experience. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

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Plan to attend the following bred cow & heifer sales At the Ashern Auction Mart

**Saturday, November 19, 2022**

**Complete dispersal for Mitch Miller**  
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**Complete dispersal Edmund L Russel**  
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**Saturday, December 3, 2022**

**Complete dispersal Art & Jackie Jonasson**  
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## MANITOBA ANTIQUE ASSOCIATION'S

### FALL/CHRISTMAS SALE!

Antiques & Collectables

**Sunday, Nov 13 10 AM - 4 PM**

Viscount Gort Hotel  
1670 Portage Ave., Wpg.

Pyrex, Art Glass, Mid-Century Decor, Christmas Decorations, Jewelry, Farmhouse Antiques, Tea Cups, Tins, Toys & more!

Admission \$5  
Children 12 & under FREE  
FREE parking at hotel  
Info **204-981-9616**

## McSherry Auctions

12 Patterson Dr., Stonewall, MB  
**Online Timed Auctions @ iCollector.com**

**Estate & Moving**  
Closes Wed Nov 16 @ 7:00PM

**Estate & Moving**  
Closes Wed Nov 23 @ 7:00PM

**Premium Gun Online**  
Featuring Henry 1860 & Over 50 Vintage Winchester Rifles  
Closes Sat Nov 26 @ 10am

Moving & Estate Sales  
Every Wednesday!

**McSherryauction.com**  
Consignments Welcome!

## EMPLOYMENT OPPORTUNITY

**Elskamp Farms, Woodlands MB is Looking for:**  
**Full Time Class 1 Truck Driver**  
**Full Time Heavy Duty Mechanic**  
If interested please send your resume to [elskampfarmsjobs@gmail.com](mailto:elskampfarmsjobs@gmail.com)



## EMPLOYMENT OPPORTUNITY Driving Position

We have an opening for a long-haul driver. No waiting for back-hauls.

Our customers are located in BC, Alberta, Saskatchewan, Manitoba, Iowa, South Dakota and Minnesota. Compensation is paid on an hourly basis. We have a health package including dental, a deferred profit sharing plan, and paid meals while outside of the province

For further information call **Shaunne at 204-886-2922 ext 205** or email resume to [shaunne@charisons.ca](mailto:shaunne@charisons.ca)



## ICE TIMES AVAILABLE

### Teulon-Rockwood Recreation Department LET'S GET PHYSICAL: ICE TIMES AVAILABLE!!

Ice Times are available on Fridays, Saturdays and Sundays. The cost is \$125.00 per hour + GST. Which must be pre-paid.

If you are interested, please contact the Recreation Office Monday - Friday from 9:00 AM - 1:00 PM. Via phone at 204-886-0505 or email: [teulonrockwoodrec@gmail.com](mailto:teulonrockwoodrec@gmail.com).

## RM OF COLDWELL PUBLIC NOTICE

Public Notice is hereby given under Section 194 of the Municipal Act, that the Auditors Consolidated Financial Report, for the year ended December 31st, 2021 together with related Financial Statements have been deposited in the Municipal Office; and are available for inspection by any person or their agent, during office hours, and that any person or their agent at their own expense may make copies of or extract information from.

Dated this 28th day of October, 2022  
Reeve, Virgil Johnson  
RM of Coldwell

## FISHER ARMSTRONG PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

**RM of Armstrong Zoning By-law No. 5/2022 Being an AMENDMENT to the RM of Armstrong ZONING BY-LAW NO. 6/04 (AS AMENDED)**

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

**DATE & TIME:** Tuesday, December 13, 2022,  
at 1:00 PM

**GENERAL INTENT:**  
**\*AMENDED\***

- To:
1. Add definition for "Ecovillage"; and
  2. Add regulations for "Ecovillage"; and
  3. Allow "Ecovillage" as a Conditional Use in the "A1" Agricultural Intensive Zoning District.

**FOR INFORMATION CONTACT:** Corlie Larsen, CAO  
RM of Armstrong  
Lot 55 Hwy 17 Inwood, MB  
ROC 1PO  
Phone: 204-278-3377  
Email: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)

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

Note : Property owners are responsible for notifying lessee.

## JOB OPPORTUNITY

(due to retirement)  
**SENIOR RESOURCE COORDINATOR IF YOU POSSESS:**

- Excellent interpersonal skills
- Administrative organizational skills
- Problem solving skills
- Written and verbal communications skills
- Interest and/or experience in working with older adults
- Ability to work independently and as an integral member of the team

**WE WOULD LOVE FOR YOU TO APPLY!!**

The Senior Resource Coordinator works under the direction of The Lundar Community Resource Council, Inc. (LCRC) which is a community, not for profit organization established in 1995 to serve citizens in the RM of Coldwell and the communities of Lundar and Oak Point. Our clients are community older adults/seniors with different abilities and those needing support to remain living in the community.

Start Date: as soon as possible  
Start Wage: \$15.00 per hour  
Hours: Full-Time equivalent 8 hours/day; 40 hrs/week

Cover letter and resume may be submitted by email, dropped off at the office or mailed by post to:

ATTN: Hiring Committee  
Lundar Community Resource Council, Inc  
35 Main Street, PO BOX 430  
Lundar, MB ROC 1Y0

Deadline for applications: Open until filled.  
For questions, please contact the LCRC, Inc @ (204)762-5378 or email [lrcr@mymts.net](mailto:lrcr@mymts.net)



## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF GIMLI

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 29th day of November, 2022, at the hour of 10:00 AM, at Rural Municipality of Gimli, 62 - 2nd Avenue, Gimli, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
233574	LOT 25 BLOCK 1 PLAN 51596 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN SW 1/4 33-20-4 EPM - 76 MULBERRY RD	L -\$32,100	\$1,458.88

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of Gimli as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$367.50 (\$350 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 3rd day of November, 2022.

Managed by:



Cindy Makowsky  
Tax/Revenue Clerk  
Rural Municipality of Gimli  
Phone: (204) 642-6666  
Fax: (204) 642-6660

# Classifieds



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## MORTGAGE SALE ADVERTISEMENT

The land and as identified below will be sold at auction on Thursday, the 8th day of December, 2022 at 10 a.m. The auction will be held by way of video and/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 Maria L. Grande at either 204-934-2573 or [mlg@tdslaw.com](mailto:mlg@tdslaw.com).

### Certificate of Title No. 2342657/1 – Parcel 1

The land known as NE 1/4 of Section 36-23-10 WPM, in the Rural Municipality of West Interlake, Manitoba. The vendor is informed that this parcel of land consists of about 160 acres made up of 46.84 acres of Garson/Fine Sandy Clay Loam; 54.43 acres of Slough (conservation land); 34.65 acres of Native Hay and Pasture; 16.08 of Slough, Hay; and 8.00 acres of Bush and Scrub (conservation land).

Directions: From Vogar travel 2 miles north on Highway 68 to Hayland Line Road. Turn west on Hayland Line Road and travel 3 miles. Turn north and travel 2.5 miles to arrive on the south-east corner of the quarter.

Prior Encumbrances: Caveat No. 233651/1 and Tax Sale Notice No. 5424677/1.

Property taxes regarding Parcel 1 are paid up to the 31st day of December, 2021. Parcel 1 is sold subject to taxes and penalties accruing after that date. Any outstanding water, sewer and utility account(s) for the current and prior years, whether or not added to the tax account at any time, are the responsibility of the purchaser.

### Certificate of Title No. 2342658/1 – Parcel 2

The land known as E 1/2 of Section 31-23-9 WPM, in the Rural Municipality of West Interlake, Manitoba. The vendor is informed that this parcel of land consist of about 320 acres made up of 251.48 acres of Native Hay and Pasture; 18.25 acres of Bush and Scrub (conservation land); 24.56 acres of Slough/Hay; and 25.71 acres of Slough (conservation land).

Directions: From Vogar travel 2 miles north on Highway 68 to Hayland Line Road. Turn west on Hayland Line Road and travel a 1/2 mile to Podlaski Road. Turn north on Podlaski Road and travel 2.5 miles to arrive on the south end of the half section.

Prior Encumbrances: Caveat No. 233650/1 and Tax Sale Notice No. 5424677/1.

Property taxes regarding Parcel 2 are paid up to the 31st day of December, 2021 and there are arrears of \$29.75 which are due and owing as at September 26, 2022. Parcel 2 is sold subject to outstanding arrears, taxes and penalties accruing after that date. Any outstanding water, sewer and utility account(s) for the current and prior years, whether or not added to the tax account at any time, are the responsibility of the purchaser.

TERMS – A \$5,000 deposit is required in form of cash, certified cheque or bank draft payable to Thompson Dorfman Sweatman LLP for each Parcel and the balance of the purchase price is to be paid according to the auction sale conditions.

The sale of each Parcel is subject to a Reserve Bid to be announced at the sale.

Parcel 1 and 2 are offered for sale independently.

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, the 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). The winning bidder will have 24 hours to provide the deposit to our office, along with a signed copy of the mortgage sale conditions. Should the successful bidder fail to do so, the auction will be considered abortive.

Further information or a copy of the sale conditions may be obtained from:

**THOMPSON DORFMAN SWEATMAN LLP**  
Barristers and Solicitors  
1700 – 242 Hargrave Street  
Winnipeg MB R3C 0V1  
Matter No. 0172234 MLG  
ATTENTION: MARIA L. GRANDE  
Telephone No. (204) 934-2573



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Nov. 16 2022

7:30 AM - 4 PM  
Victoria Inn Hotel & Conf. Centre, Wpg, MB

Register or for Info:  
[mbcsc.com](http://mbcsc.com)

UNDER THE AUTHORITY OF THE PLANNING ACT

## NOTICE OF PUBLIC HEARING

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

**APPROVAL OF A REVISED ZONING BY-LAW FOR THE RURAL MUNICIPALITY OF GRAHAMDALE - BY-LAW NO. 1065-2022 AND REPEAL OF RURAL MUNICIPALITY OF GRAHAMDALE ZONING BY-LAW NO. 937-2005**

**LOCATION:** R.M. of Grahamdale Municipal Office  
23 Government Road,  
Moosehorn, MB ROC 2E0

**DATE & TIME:** Tuesday, December 6, 2022 at 7:00 p.m.

**GENERAL INTENT:** To adopt a new Zoning By-Law for the Rural Municipality of Grahamdale to manage land use and development as per Section 68 of The Planning Act.

**AREA AFFECTED:** The Zoning By-Law applies to all lands within the Rural Municipality of Grahamdale.

**DOCUMENTS:** The Zoning By-Law and all associated maps are available on the R.M. of Grahamdale's website at [www.grahamdale.ca](http://www.grahamdale.ca). Copies can be made at the R.M. of Grahamdale Municipal Office and extracts taken by request during normal office hours.

**FOR INFORMATION CONTACT:** Shelly Schwitek, Chief Administrative Officer  
Rural Municipality of Grahamdale  
Box 160, 23 Government Road,  
Moosehorn, MB ROC 2E0  
Phone: 204-768-2858  
Email: [rm606@grahamdale.ca](mailto:rm606@grahamdale.ca)

To participate via phone or videoconferencing, please contact the R.M. of Grahamdale Municipal Office at least 24 hours prior to the beginning of the hearing.

## Reporter/Photographer Wanted

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

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

### Qualifications:

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

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

Lana Meier  
Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)  
Deadline to apply is Friday, November 25, 2022.



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# Announcements Classifieds

## CARD OF THANKS

The family of Jon Bergman would like to thank everyone for all the calls, texts, emails, food, flowers cards and gifts we received at the time of his passing. Jon lived his whole life in this community, and we are truly blessed for all the support we have received during this difficult time.

## BIRTHDAY



Happy 5th Birthday Aubrey!  
-Love Mom, Dad and Jase

## BIRTHDAY



Happy 85th Birthday on November 13th to our precious gem, Elma Kozub

We are all so proud to call you our amazing wife and mother, and our dearest sweet granny! You are so loved!

-Love from your children, grandchildren and great-grandchildren  
XXOO

## IN MEMORIAM



In loving memory of Janice Elaine Dey

October 7, 1965 to November 10, 2021

I thought of you with love today,  
But that is nothing new;  
I thought about you yesterday,  
And days before that too.  
I thought of you in silence,  
I often speak your name;  
All I have are memories,  
And your picture in a frame.  
Your memory is my keepsake,  
With which I will never part;  
God has you in his keeping,  
I have you in my heart.

-Love from your family

## take a break > GAMES

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

### Sudoku Answer

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

### Crossword Answer

## CROSSWORD

### CLUES ACROSS

- Clip a small piece
- Enter forcibly
- Southwestern Native American tribe
- Helps you smell better
- Sun or solar disk
- Low frequency
- Former Houston football player
- Federal crime
- Home to Boston (abbr.)
- Approval
- Those who fight an establishment (abbr.)
- \_\_\_ student, learns healing
- Indian groomer of horses
- Line where two pieces meet
- One might be brief
- Type of sword
- Knife for fruits or vegetables
- Stinkhorns
- Stroke
- Industrial process for producing ammonia
- Sir \_\_\_ Newton
- Wild goat
- Muslim ruler
- Scottish ancestor
- Hat
- Horse mackerel
- Alcoholic accompaniment
- Tech department
- Manifesting approval
- Upper bract of grass
- Of I
- Large wading bird
- Military prisons
- Famed American cartoonist
- Rise
- Greek God of war and courage

### CLUES DOWN

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

- Sewing needles
- Functionary
- Induces vomiting
- The finger farthest from the thumb
- Not moving
- Sports official
- Water purification process (abbr.)
- University of Dayton
- Indo-Malaysian evergreens
- High schoolers' math course
- Yankovic is a weird one
- Adversaries
- Merchandisers
- Radioactive metal (abbr.)
- Atomic #52
- The back
- One-time computer giant
- Female of a horse
- Football's big game (abbr.)
- Vehicle
- Single Lens Reflex
- It's becoming more prevalent
- Political action committee
- Makes lightbulbs
- Natural home of an animal
- In bed
- Superman villain
- The Golden State
- One who leads prayers in a mosque
- They accompany a leader
- Atomic #18
- Electronic countermeasures

## take a break > GAMES

### SUDOKU

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

Level: Advanced

### Here's How It Works:

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

### Fun By The Numbers

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

- The appearance of something
- Connecting line on a map
- Deep red color
- Secret affairs
- Drenches
- Contains music
- Expression of surprise
- Intestinal pouches
- Where birds are born
- \_\_\_ and behold
- Cools your home
- The First State

# Announcements



# Classifieds

## OBITUARY



**Richard Elmer Foster**  
1942 – 2022

Peacefully, on October 25th, 2022, Richard Foster passed away at the age of 80, at the Arborg and District Health Center.

He will be forever missed by his son Curtis; daughter-in-law Sandra; and granddaughter Katalaya. His brother Harold (Alda), Ken (Linda), Albert, and numerous nieces and nephews.

Richard was predeceased by his mother Addie; father Bud; and sisters-in-law Trudy and Elaine.

Richard was born in 1942 in Framnes. He spent his childhood on the farm and attended Vestri School until grade 8. After school he worked at various farms in the area before he went to work for Parish Farms in Parkdale. Richard spent several years trucking before joining York Tire in Transcona. In 1985 Richard left Winnipeg to partner with his brother Albert in Foster Tire in Arborg. During this time Richard cultivated relationships with farmers all throughout the area. Richard retired onto the farm in the early 2000's where he lived until 2021 when he moved into town.

Richard was known for his hardworking spirit, generosity, and friendly demeanor.

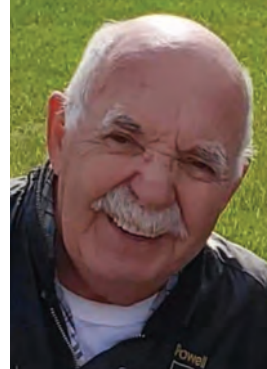
The family would like to thank Dr. Donnelly and the staff at the Arborg and District Health Center for the care he received.

A Memorial Service was held on Thursday, November 3 at 12:00 p.m. at the Ardal -Geysir Lutheran Church.

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



## OBITUARY



**Albert Kshywiecki**

August 4, 1941 - October 31, 2022

It is with a heavy heart we announce the passing of Albert Kshywiecki.

He leaves behind his wife Eleanor of 49 years; step children David (Natalie), Lianne (Neil and Kate), Suzanne (Mike), daughters Lisa (Rob), Jill (Chris Andrew and Jocelyn); sisters Anne, Jean, Joanne and Frances; and many other nieces and nephews.

Albert grew up in Pulp River and he will be going home to get buried with a small family gathering. No service will be held.

In lieu of flowers you can make a donation to the Gimli Humane Society <https://www.canadahelps.org/en/charities/the-gimli-humane-society-inc/>

Also, an obituary will be at [www.sneathstrilchuk.com](http://www.sneathstrilchuk.com) and [www.korbanchapel.com](http://www.korbanchapel.com) for viewing and messages.

## OBITUARY



**Valarie Anne Jones (Hall)**

February 21, 1956 to October 31, 2022

After a long battle with pulmonary fibrosis, Val passed away peacefully with her loving family by her side at Selkirk Regional Health Centre on Monday, October 31, 2022.

She will be sadly missed by her husband Herb of 42 years; children Carlyle (Mika) and Tyler (Carly) and her precious granddaughter Ainsley; brothers, Glen (Sharon) and Gary; sisters Donna (Elwin) and Judy (Malcolm); sisters-in-law Debby, Dianne and Darlene and brother-in-law Bob as well as numerous nieces, nephews, cousins and friends.

Val was predeceased by her parents Gilbert and Annie Hall and her brother Ray.

A Celebration of Life will take place on Saturday, November 12, 2022 at 2:00 p.m. at the Clandeboye Community Club. Interment

will be held at a later date.

In lieu of flowers, a donation can be made in Val's name to the Palliative Care Wing at the Selkirk Regional Health Centre.

Friends and family are invited to visit Val's memorial page @interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



## OBITUARY

**Lawrence Russell Olafson**

March 17, 1932 – November 4, 2022

Suddenly at his residence, Lawrence Olafson, aged 90 years of Lundar, MB, passed away.

Lawrence is survived by his sons Jason (Vicki) and grandchildren Jared, Deidra and Madison; Justin; Jamie (Brandi) and grandchildren Aaron, Aiden, Annika and Ashlyn; siblings Joyce Beckman; Ken (Paula) Olafson, Sylvia (Ken) Mason and Mary Anne (Jim) Jobling; sister-in-law Doris Johnson along with other family members.

He is predeceased by his wife Eileen; parents Sveinbjorn and Mary Anne; brothers-in-law Phillip Beckman and Benny Johnson and other family members.

A funeral service will be held at 2:00 p.m. on Saturday, November 12, 2022 in the Lundar Legion Hall with James McGillan officiating. Interment to be held in the Lundar Municipal Cemetery with a luncheon to follow in the Legion.

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern – Lundar  
1-204-768-2072  
1-866-323-3593

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### Online Patient Support Group

Sat. Nov. 26, 2022  
10:30 a.m. CST

Topic  
Diet and Nutrition –  
What Works,  
What Doesn't

To register:  
[sclerodermamanitoba.com](http://sclerodermamanitoba.com)  
204 510-2855

## OBITUARY



**William Chuckry**

It is with great sadness the family announces the passing of Bill on October 29, 2022.

Dad was born on February 7, 1933, in Meleb to John and Tena Chuckry and grew up in Rembrandt.

Bill was a devoted husband, father, grandfather, and great-grandfather. He will be forever missed by his wife of 64 years, Jean; son David; daughters Margaret (Fern), Mary-ann, Marilyn (Rod), Loraine, Darlene (Jason); grandchildren Francois, Christine, Joshua (Tianah), Jacob, Linden (Coreen); great-grandchildren Levi, Callina, Bryden; siblings Harry (Joan), Ann, Elizabeth (Carl), Eddie (Tina), Roy (Margaret); brother-in-law Alfred Hurak; as well as numerous nieces, nephews and cousins.

Dad is reunited with his siblings that passed before him, Mary, Steve, and Joanne.

He enjoyed farming, mechanical, and construction work. Dad's faith as an alter server in the Church was very important to him.

Prayers will be said on Wednesday, November 9 at 7:00 p.m. at the Sacred Heart of Jesus Ukrainian Catholic Church, Arborg. Funeral Mass will be held on Thursday November 10 at 11:00 a.m. also at the Sacred Heart of Jesus Ukrainian Catholic Church, Arborg.

Until we meet again, Rest in peace.  
Vichnaya Pamyat.

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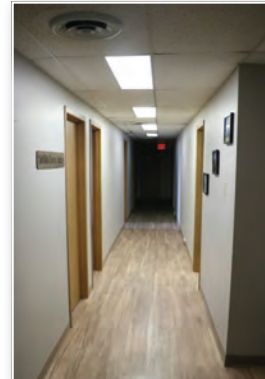
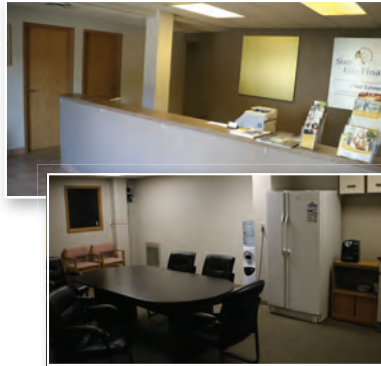


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