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EXPRESS PHOTO BY RAYME THOMSON

Members of the community accompanied by cadets, laid wreaths in Gimli in honour of those who sacrificed their lives for Canada.

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Gimli Running Club holding food/toy drive for Evergreen Basic Needs

By Patricia Barrett

Members of the Gimli Running Club will be lacing up their sneakers and breaking out their Christmas sweaters once again to help stock Evergreen Basic Needs' food and toy bank.

The club is holding its second walk/run event for EBN on Nov. 25 and Nov. 26 and is encouraging community members to don their favourite Christmas gear, grab a non-perishable food item, toy or monetary donation and join them in a fun walk or run through town.

Club member Michelle Belanger said the club is hoping to make the fundraiser an annual event to continue to help those who rely on the food bank.

With food inflation at an unprecedented high, the need has never been greater.

"We want to build on the success of last year's event, which was put together on short notice but turned out really well," said Belanger. "We raised a considerable amount: \$840 in cash, 79 pounds of food and a shopping cart full of toys."

Working with Harvest Manitoba, EBN distributes about 10,000 pounds of surplus food a month to people in

Gimli and communities in the eastern half of the Interlake.

Friday night's Dancer Dash event will be geared more towards families with children, she said. It will consist of a one-kilometre walk down Centre and First with an outdoor pit-stop at the Betel Personal Care Home to greet the residents. Then they'll stop near the harbour to watch the lighting of the town's Christmas tree at 7 p.m. The club will be handing out bells to make the walk extra merry.

Saturday morning's Rudolph Run is a five-kilometre run (or walk). Belanger said depending on the weather, the club will pick the best route closer to the day; last year some sidewalks were icy.

Gimli High School art teacher Allyson Giardino, who is also a member of the running club, has put her students to work to design buttons for the event.

"Ally has her art class working on the design for buttons that we want to hand out on Friday night," said Belanger.

Before each event, the club will be leading participants through a spirited warm-up.

The club will be headquartered



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gimli Running Club members collected food, toys and monetary donations for Evergreen Basic Needs during their first walk/run event in 2021.

outdoors at Evergreen Basic Needs, 71 Fourth Ave. in Gimli. The Dancer Dash (walk) takes place on Friday, Nov. 25 at 6 p.m. (meet-up and donation drop) with a 6:30 start. The Rudolph Run (walking is also welcome) is scheduled for Saturday, Nov. 26 at

10 a.m. (meet-up and donation drop) with a 10:30 start.

Visit the Gimli Running Club on Facebook for more information about the event.

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Gimli pays tribute to our fallen comrades

Staff

Every year on Nov. 11, Canadians pause in a moment of silence to honour and remember those who have served, and continue to serve, Canada during times of war, conflict and peace. We remember the more than 2.3 million Canadians who have served throughout our nation's history and the more than 118,000 Canadians who made the ultimate sacrifice.

Let us remember those who fought, those who died and those who were injured. Let us also remember those who carried the scars and memories of war throughout their lives. Let us remember those who have worked for peace, today and throughout our country's history.

Thank you to our military personnel and their families, for their commitment and dedication to a safer world and bright future for all.

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EXPRESS PHOTOS BY RAYME THOMSON

The Remembrance Day ceremony in Gimli recognized the service and sacrifices of veterans on Nov. 11.



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More Manitobans die from COVID; Canada's top doctor recommends masks

By Patricia Barrett

Twenty-four more Manitobans died from COVID in late October and early November, according to the provincial government's weekly COVID surveillance report for the period Oct. 30 to Nov. 5 (reporting Week 44).

Manitoba's death toll from the virus currently stands at 2,256.

There were 110 new hospital admissions for COVID in Week 44, including eight people who required intervention in the intensive care unit. The previous week had 116 hospital admissions with seven people requiring admission to the ICU.

The provincial government doesn't provide in its surveillance report the numbers of people with COVID in hospital and the ICU on any given day or week, making it difficult for the public to assess the virus's impact on the health-care system.

There were 341 new COVID infections confirmed by laboratory testing in Week 44. There were 411 reported the previous week.

Provincial data is an undercount of the true number of infections as the government restricts PCR testing and rapid antigen tests aren't tracked.

The provincial government stopped providing in its report the names of personal care homes and hospitals

across the province experiencing COVID outbreaks.

Other health news:

- The Interlake-Eastern Regional Health Authority said the COVID outbreak at the Arborg hospital was declared over last week.

"General visitation at the hospital can resume," said an IERHA spokesperson.

- The COVID outbreak declared on Nov. 4 at the Selkirk Betel Personal Care Home continues, according to the IERHA's website as of last Sunday.

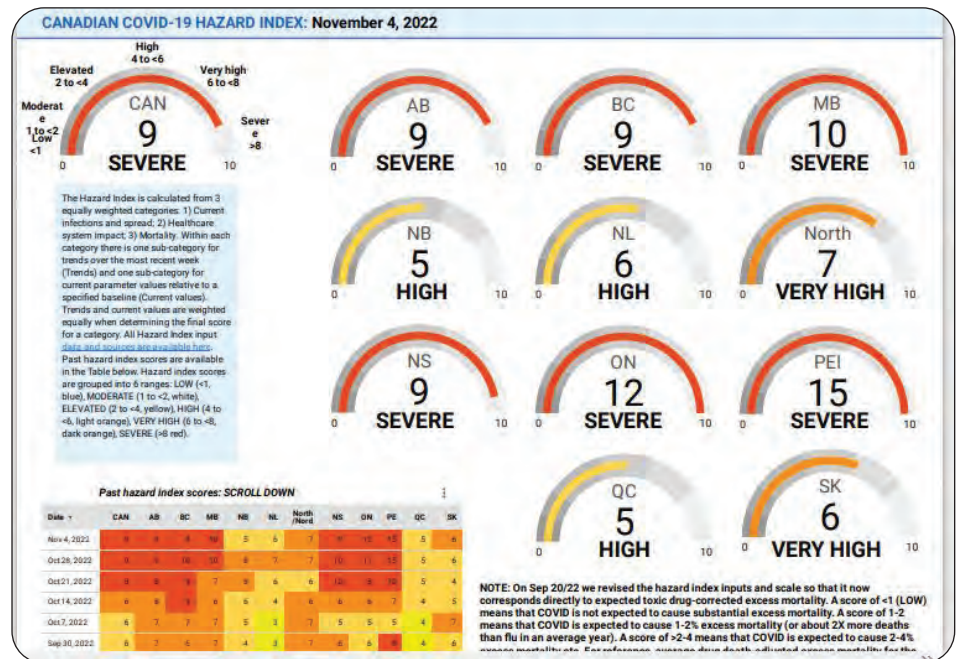
- Canada's chief public health officer Dr. Theresa Tam advised Canadians last week to wear masks indoors to ease the pressure on hospitals, many of which are currently overwhelmed with admissions for COVID, respiratory syncytial virus (RSV) and influenza.

Dr. Tam said it's up to provincial/territorial governments to reinstate mandatory mask use.

Manitoba Premier Heather Stefanson said her government has no plans to reinstate a requirement to wear masks.

- The medical director of the Win-

Continued on page 10



Manitoba's hazard risk score, which corresponds to excess mortality from COVID, is currently at 10 or severe.

Past hazard index scores: SCROLL DOWN

Date	CAN	AB	BC	MB	NB	NL	North/Nord	NS	ON	PE	QC	SK
Nov 4, 2022	9	9	9	10	5	6	7	9	12	15	5	6
Oct 28, 2022	9	9	10	10	8	7	7	10	11	15	5	6
Oct 21, 2022	8	8	9	7	8	6	6	10	8	10	5	4
Oct 14, 2022	6	8	9	6	6	4	6	6	6	7	4	5
Oct 7, 2022	6	7	7	7	5	3	7	5	5	5	4	7
Sep 30, 2022	6	7	6	7	4	3	7	6	6	9	4	6
Sep 23, 2022	7	7	6	8	5	4	6	8	6	9	4	5

Manitoba's weekly hazard scores between Sept. 23 and Nov. 4 show a continuing risk of death from the virus.

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Riverton celebrates Aboriginal Veterans Day



EXPRESS PHOTOS BY SARA URUSKI PHOTOGRAPHY

Riverton Friendship Centre hosted Aboriginal Veterans Day on Nov. 8 at Riverton Hall.



By Government of Canada

Aboriginal Canadians have been part of our proud military history for over 200 years.

During the War of 1812, they were vital allies in the protection of Canada, helping protect the citizens of this emerging country from attacks and invasions of Americans. Since then, thousands served bravely in both World Wars and the Korean War. Without their sacrifices, we might not have the Canada we have today.

Some of these veterans are some of the highest decorated soldiers, aviators and sailors in our military history. Sergeant Tommy Prince was a member of 2nd Battalion, Princess Patricia's Canadian Light Infantry at Kapyong, and was one of the most decorated Aboriginal soldiers in Canada. Some veterans have even been tagged as heroes,

though many didn't think they should be considered heroes because to them they were only doing their duty.

Aboriginal Veterans Day was established in Manitoba in 1994 and has since spread across the country to the other provinces and has been renamed National Aboriginal Veterans Day, recognized annually on Nov. 8. It's a day to recognize and acknowledge the many contributions and

sacrifices of Aboriginals not only to Canada's war efforts but to its peace-keeping reputation.

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Manitoba moves to end mandating overtime, adds 2,000 health-care professionals

By the Manitoba government

The Manitoba government is implementing a health human resource action plan moving to end mandating overtime by adding 2,000 health-care professionals with an investment of \$200 million to retain, train and recruit health-care staff across the province, Premier Heather Stefanson and Health Minister Audrey Gordon announced Thursday.

"Manitobans, and all Canadians, expect their leaders to come together to solve issues that matter most to them. We are listening and we are taking action," said Stefanson. "While all jurisdictions are facing significant human health resources challenges, and while we continue to wait for the federal government to come to the table to increase its share of health funding, we are taking the necessary action here in Manitoba to strengthen our health system now and well into the future."

The premier and minister stressed respect for Manitoba doctors, nurses, allied health professionals and support staff has always been pivotal and will continue to be at the core of this action plan.

"Our government has met with all levels of the health-care system and our message is clear — we hear you and we are here for you," said Gordon. "We will continue to work with all levels of health care from leadership to front-line workers to gather feedback and ideas to improve the health-care system for those employed within it and for all Manitobans."

The health human resource action plan is made up of three pillars: re-

tain, train and recruit.

Retain:

This pillar will ensure those working in the system are supported and continue to provide safe, reliable and accessible services Manitobans have come to rely on including:

- weekend premium: an additional hourly premium for weekend hours worked as well as a new "weekend worker" position for individuals who work straight weekends;
- wellness incentive: additional support for mental-health counselling;
- full-time incentive: additional compensation for nurses who occupy a full-time equivalent position;
- reimbursing licensing fees: reimbursement for health-care professionals employed within the Manitoba public system for their annual professional licensing fees;
- activate a joint nursing council with a focus on working conditions, work life, and recruitment and retention of nurses;
- provincial float pool: creation of a provincial float pool, which was agreed to under the 2021 Manitoba Nurses Union collective agreement;
- institutional safety officers: increasing the number of peace officers for large emergency departments across Manitoba;
- establishing a centralized service, called Virtual Emergency Care and Transfer Resource Service (VECTRS), to support rural and northern physicians and other health-care providers to obtain specialist consultative advice, locate the most appropriate bed available in another hospital when needed, and co-ordinate inter-facility

medical transportation to the most appropriate facility when required;

- practice stabilization support: financial support for increased personal protective equipment costs due to the pandemic;
- primary care hours: incentive for doctor's offices to extend hours so patients can access primary care when more appropriate than an emergency department visit;
- community health clinic incentive: incentives for community clinics to extend hours;
- physician collaboration tool expansion: to improve patient care by allowing better rapid consultation with specialists and streamlining consultations;
- psychotherapy virtual care: expanding virtual care to group psychotherapy visits;
- reduce physician administration: establishing a joint task force to reduce administrative burden for physicians;
- remote location incentive: working to incentivize extremely remote sites;
- mental health supports: working with health-care professions, their associations and representatives to provide mental health and burnout supports for physicians, nurses and allied health professionals;
- enhanced security for emergency departments: working to implement actions to promote staff safety;
- emergency department incentives: working to provide incentives for emergency departments.

Continued on page 7

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EXPRESS PHOTO BY MARCEL LAFERRIERE

Keevin Erikson bugling for elk during rut season. Rut is when bull elk are looking to mate with a cow, which occurs mid-September through mid-October. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

> HEALTH-CARE, FROM PG. 6

Train:
This pillar will provide training for health-care staff at all levels as well as those entering the system including:

- Undergraduate Nurse Employee (UNE) program expansion: expanding current program to include returning nurses from retirement and internationally educated nurses;
- psychiatry career program: creating a resident retention program for psychiatry;
- psychology positions: increasing the number of publicly funded psychology positions;
- psychiatry positions: increasing the number of publicly funded psychiatry positions;
- increasing intake for nurse education: added an additional class intake at University of Manitoba college of nursing and added 400 seats across multiple training institutions; and
- increasing intake for doctor education: working to increase class intake positions for doctors.

Recruit:
This pillar will recruit those who are

currently qualified and wish to practise in Manitoba by reducing barriers and making it easier to do so through:

- nurse referral program: financial incentive for publicly funded nurses who refer a returning agency nurse;
- returning nurse program: financial incentive for returning nurses;
- tuition rebate: tuition incentive for nurses holding full-time positions;
- eligible retiree program: financial incentive for retired nurses to return in a coaching, mentoring or support role for newer nurses;
- modernizing MOU with the Philippines: enabling recruitment from Philippines; and
- professional testing, addressing testing costs and remedial training for returning, retired and international nurses.

These initiatives will be rolled out as they are finalized and are in addition to many initiatives and incentives that are already in effect to increase health human resource capacity across the province and therefore reducing the requirement to mandate overtime, the premier noted.

“We are encouraged to see the Manitoba government adopting several of the recommendations we have submitted to recruit and retain more doctors,” said Dr. Candace Bradshaw, president, Doctors Manitoba. “Our team is ready to work together with provincial officials to support the rapid implementation of these actions. This will mean physicians get more support and resources and, in turn, more patients can access the care they need.”

The Manitoba government recognizes the significant contributions of allied health and support workers and that conversations related to recruitment and retention in these important areas of the health system will occur in the near future, the premier added.

The minister noted that this is only the beginning and collaboration with all levels of the health-care system and stakeholders will continue including ongoing work with Doctors Manitoba, Manitoba Nurses Union, health-care leadership and front-line workers.

Moosehorn Christmas craft sale welcomes shoppers on Dec. 3

By Autumn Fehr

The Moosehorn craft sale is back this year after a two-year COVID-19 hiatus.

On Saturday, Dec. 3, from 10 a.m. to 3 p.m., shoppers can browse and shop at the Moosehorn Community Club and get a head start on their Christmas gift giving while supporting local makers and crafters.

The Moosehorn Co-op usually sponsors the craft sale and has been for about three to four years.

“Our goal for this event is just to create a space where crafters can rent tables to sell their stuff and for the community to come for a pre-Christmas get-together,” said Andy Friesen, one of the managers/organizers of Moosehorn Co-op.

There will be various items to gift for the holiday season at the craft sale, such as crafts, baking, jewellery, honey, and soaps.

They are hoping to have 15 to 20 different tables at the sale, said Carmen Anderson and Friesen, managers at the Moosehorn Co-op and event organizers.

A local gymnastics group, the Moosehorn Tumblers, will also run a canteen throughout the day as a fundraiser.

“It gets people altogether that haven’t been able to get together for a while now. It’s just bringing friends and families together to visit before Christmas,” said Anderson.

Tables are still available for crafters and sellers to rent for the day of the sale.

If you are interested in renting a table for the day, contact Carmen at Moosehorn Co-op at 204-768-2770.

The deadline to register to rent a table is Dec. 2.

Teulon's Winterfest Craft Sale features 50 artisans and Santa

By Patricia Barrett

After a two-year hiatus, the Teulon Winterfest Craft Sale is gearing up for business and may prove to be Christmas shoppers' one-stop shop for all their holiday needs.

The event will be held at the Teulon Hall and feature 50 artisans.

Darci Loehmer, who organizes the event, said the pandemic put a damper on the event for the past two years. But this year people are sure to find something for everyone on their list while supporting the local economy.

"This year will be our 24th annual sale. It's a tradition we've kept going year after year," said Loehmer. "With 50 craft vendors, our hall is full. For the past 10 years, we've had Santa join us for photos with the kids. People come from all over the Interlake for this sale, including Winnipeg."

While there are mostly area craftspeople taking part in the event, Loehmer said some artisans are coming from other parts of the province such as Portage la Prairie and La Riviere.

"We try to have a good mix of craft-makers. Some have been doing this craft sale for 20 years and some are doing it for the first time ever," she said.

There will be a good variety of hand-made items to choose from including knitwear, leather goods, quilted items, ceramics, candles, artwork and jewelry. For the foodie in your life, you can tempt their palate with homemade jams, honey, baked goods and spice mixes.

Hungry shoppers can stop at the canteen to grab a bite to eat and help

support those less fortunate; proceeds from the canteen will go to the local cheer board.

"This year the canteen is going to be run by the Teulon Christmas Cheer Board. Their volunteers are doing all the food for the canteen. People will be able to support the community. We're so happy to join with them," said Loehmer. "We'll also have other community groups on hand such as the Green Acres Art Centre and the Vitretz Ukrainian Dancers either working the door or selling raffle or 50-50 tickets."

The craft sale takes place on Friday, Nov. 18 from 2 p.m. to 8 p.m., and Saturday, Nov. 19 from 10 a.m. to 3 p.m. at the Teulon Hall (14 Main St.). For more information, visit www.winterfestcraftsale.net



EXPRESS PHOTO SUBMITTED
Special guest Santa will be available for photos.

Manitoba Government opens applications for youth advisory council on climate

By the Manitoba government

Reaffirming its commitment to engage the next generation in the collective fight against climate change, the Manitoba government is inviting youth across the province to apply to the next cohort of the Youth Advisory Council on the Climate and Green Plan, Environment, Climate and Parks Minister Jeff Wharton announced Monday.

"Young people have valuable ideas on mitigating climate change and our government recognizes the tremendous value of their forward-thinking perspectives," said Wharton. "On Youth and Future Generations Day at COP27 — the United Nations conference on climate change — the Mani-

toba government is pleased to announce applications are now open for the next cohort of the Youth Advisory Council."

Applications are open to Manitoba youth who:

- are between 15 and 29 years of age on Jan. 1, 2023;
- represent the diversity of Manitoba;
- are knowledgeable about issues related to the Made-in-Manitoba Climate and Green Plan;
- demonstrate a proven interest in environmental issues and community engagement;
- are able to engage in respectful, open discussion and be tolerant of conflicting viewpoints; and

- are not employed by the Manitoba government.

The minister noted applications are due at midnight on Nov. 30. The new cohort is expected to be in place in January 2023. Members will serve a one-year term until January 2024.

The Youth Advisory Council receives its mandate from, and reports to the minister's Expert Advisory Council on the Climate and Green Plan. This independent group of experts has a mandate to provide advice and recommendations to the minister on implementing the climate and green plan in such areas as climate mitigation and adaptation, low-carbon economy, transportation and energy.

The minister noted the youth council was first established in September 2019, adding the two past cohorts provided critical forward-thinking input into several key strategies and recommendations on Manitoba youth's perspective on climate change, as well as providing input into the Expert Advisory Council's recommendations on green transportation and a provincial water strategy.

For more information on the Made-in-Manitoba Climate and Green Plan and to apply for the Youth Advisory Council visit <https://manitoba.ca/climateandgreenplan/yac.html>.

Sheepish about poetry? Not for long with Holiday Alley's new event

Submitted

Holiday Alley presents Sheep Poetry. It's poetry with real sheep and "ewe" won't be disappointed.

With a nod to Selkirk's agriculture roots, Holiday Alley is combining sheep and poetry in a creative move that brings wool and words to life. Originating in England, a poet painted words on the back of sheep and people were invited to write poems based on the random order of the sheep as they were milling around. It made international news and inspired Holiday Alley organizers in Selkirk.

Working together with Arborg shepherd Arik Lindal, Holiday Alley is bringing eight charming sheep to downtown Selkirk in the parking lot next to Wishme at 377 Eveline St. on Sat. Nov. 26 from noon to 4 p.m.

"I'm 24 years old from the north Interlake. My family has been farming for multiple generations with cattle; however, I started with sheep about six

years ago. I chose to participate in this event out of pure curiosity. I had never heard about sheep poetry, and I knew I had to see what it was about. I hope myself and others will learn something new. ... This is a totally new ballpark for me," said Lindal.

Visitors to the sheep's cozy pen will see that each furry friend is adorned with a wintery word. With just eight simple words (one word per sheep), over 40,000 different combinations of words are possible, leaving the budding poet with boundless opportunities for creativity.

"This seems weird enough to be interesting," poet Steve Locke said of the event when he signed up to host. Locke first joined Holiday Alley four years ago and led local students in a poetry slam.

"As soon as I heard about this idea I thought 'this is not a baaaaaaad idea,'" adds Shirley Muir, who's wordsmithing company The PRHouse is sponsoring Sheep Poetry.



EXPRESS PHOTO SUBMITTED
Some of the sheep that will be wearing word bandanas at Holiday Alley's Sheep Poetry event.

"And unless I'm having the wool pulled over my eyes, I think it is a good thing to sponsor. I don't feel the least bit fleeced," said Muir, who admits puns are not her gift.

Visit holidayalley.ca for more information and for the full event calendar.

A recipe for success

By Jennifer McFee

A local chef with Ugandan roots is cooking up appreciation for his unique approach to cuisine.

Zachary Ssenkungu moved to Canada from Uganda four years ago and has been cooking at Something Beautiful in Stonewall since July.

Last month, the *Globe and Mail* named him as one of Canada's rising chefs. For Ssenkungu, it's a good feeling to be recognized for the culinary skills he learned from his mom back home as well as on the job.

"For me, when it comes to cooking, I look at it as a way to expose people to different cultures," he said.

"I feel like culture is the basis for connecting people. Through food, you can make people interested in your culture."

By sharing his creative approach to cooking, Ssenkungu hopes to foster greater cultural understanding.

"I just want to spread my culture and understand people more. I want to explore what's out there for other people too," he said.

"And maybe people are interested and eager to learn and understand more about my culture because I feel there is a lot of assumptions that go on."

At the same time as sharing his culture, Ssenkungu also hopes to share the benefits of healthy eating habits.

"There are very many options," he said. "Through exploring other peo-

ple's cultures, especially food habits, you'd be surprised how many options you can find out there."

Most foods in Uganda are plant-based with healthy organic ingredients, Ssenkungu added.

"Our food is all about flavour. In Uganda, we do not use a lot of hot spices. It's all about tasting good and getting all the flavour and nutrients in," he said.

"We steam using fresh foods, and we sometimes use banana peelings to steam cassava or sweet potatoes to add a second flavour. It's all about those natural flavours."

When cooking meat, they often use a similar method.

"We prefer to cook our meats really, really slowly, like steam them. We have dishes that take six hours to cook the meat," he said. "It's steamed in banana leaf, which also adds flavour to the meat."

Looking ahead, Ssenkungu hopes to offer some Ugandan fare at Something Beautiful sometime soon.

"Hopefully we'll have a few dishes coming up. We might have a breakfast or brunch dish," he said.

"I'd also like to make a plant-based plantain stew with beans. It would be 100 per cent vegetarian and as organic as possible. Hopefully people will come to check out our food."

In Uganda, "rolex wraps" are popular street food. Made with eggs and

vegetables wrapped in chapati or other flatbread, they are ideal for a quick on-the-go meal. Ssenkungu shared this recipe with the *Globe and Mail*.

DOUGH:

- 1/2 red onion, finely diced
- 1/2 green pepper, finely diced
- 6 cups all purpose flour
- 2 eggs, lightly beaten with a fork
- 1 3/4 cups warm water
- 1 1/2 tbsp vegetable oil
- 1 tsp salt

FILLING (FOR A SINGLE WRAP):

- 1 tsp vegetable oil
- 1/4 cup shredded carrot
- 2 eggs
- 2 Tbsp sliced green onion
- 1/2 cup shredded cabbage
- 1/4 cup diced tomato
- 4 Tbsp mayo

DIRECTIONS:

To make the dough, combine red onion and green pepper in a large bowl. Add the flour and toss well. Add the eggs, water, oil and salt. Mix until a soft dough forms. Roll into ball, cover and refrigerate for 30 minutes.

When you're ready to cook, divide the dough into 10 equal portions. Roll each into a ball, and on a lightly floured surface, roll each into a flat circle about 10-12 inches in diameter. Heat a skillet over medium heat for five to six minutes and cook each flatbread for two to three minutes a side, or until just beginning to brown. Set aside.



EXPRESS PHOTO BY LANA MEIER

Zachary Ssenkungu is a chef at Something Beautiful and looks forward to preparing Ugandan fare soon.

To make the filling for a single wrap, drizzle the oil in a hot skillet and sauté the carrots for about a minute. Lightly beat the eggs with a fork and pour over the carrots, sprinkle with green onion and cook for one to two minutes, then flip and cook one to two minutes longer. Top with cabbage and tomato. When the eggs are cooked, slide onto a warm wrap. Add mayo, fold the side edges over, then roll the wrap around the filling. Press the crease against the hot skillet to seal it shut. Slice diagonally in half and enjoy.



Care Possible connecting people with disabilities to home-care workers

By Patricia Barrett

People with disabilities and seniors now have the option of connecting to and selecting their own home care worker after Manitoba Possible (formerly called the Society for Manitobans with Disabilities) developed and launched a new self-care service a few weeks ago.

The service consists of a mobile-friendly website called Care Possible. It allows those with disabilities the freedom of managing their respite and home care services and provides an opportunity to expand the caregiver workforce by giving people an opportunity to consider support work.

Manitoba Possible's director of provincial services Lindsey Cooke said people who require a care worker in their home want the freedom of choosing them and managing their own care.

"Clients want to feel agency over

their care and be the decision-maker of who they have in their home. Compassion, connection and personalized care is vital for seniors and persons with disabilities," said Cooke in a media release. "We're very proud to offer Care Possible as an alternative for Manitobans who want more control over their care plan."

Manitoba Possible is a non-profit organization that helps eliminate barriers to equal participation by offering a variety of programs and services to people with disabilities, including deaf and hard of hearing services, employment preparation and recreation and leisure activities.

According to the media release, the Care Possible service has a number of features, including interactive maps, an ability to limit a search for a care worker by language, skills and avail-

Continued on page 11

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Manitoba

Gimli Pharmasave supports Ukrainian refugees

Submitted by Tim Arnason

It has been over six months since Gimli welcomed its first group of Ukrainians who were forced to flee their country following the Russian invasion. Since that time, dozens more have arrived, and more are expected. Within this group, Gimli has been identified as a community that cares and has provided much-needed short-term transitional support.

This support has been a complex task involving significant efforts of accommodations, food, transportation logistics, employment opportunities, longer-term housing and addressing day-to-day needs.

Under the leadership of the Gimli Chamber of Commerce, Gimli Community Development Corporation, Gimli Stands With Ukraine Task Force and countless volunteers, our community has met this challenge and will continue to provide needed support.

This support does not come without a cost. Fundraising efforts have been successful in meeting these costs, and ongoing fundraising will continue. Partnerships with local area businesses and organizations have been critically important, and Pharmasave Gimli has recently added their support.

Pharmasave Gimli has a long history of supporting various initiatives that add to our community's quality of life and address broader humanitarian needs. For example, a recent store campaign has raised \$6,148.37, which will go directly to offset ongoing costs for the local Ukrainian refugee efforts.

Pharmasave's Melissa Jacobs said they started the Ukrainian Humanitarian Crisis Appeal in March and the campaign ran until September. Originally, the funds were for Ukrainian refugees through the Red Cross. Customers rounded up purchases and made donations to the sum of \$6,148.37. Pharmasave store manager Ryan Loos had the idea to help locally if we could and reached out to Melanie Specula through the Chamber of Commerce.

Through Specula and The Westshore Community Foundation (WCF) the funds raised by our community can be used locally in our community. Jacobs would like to thank their customers who graciously donated towards this worthwhile effort.

This assistance comes at a critically important time as the Chamber of Commerce continues to provide transitional assistance. Specula adds, "While many of those in need have found employment and have been able to move into a more permanent presence in our community, many that have arrived more recently have immediate needs, and we will continue to provide this help. The costs have not gone away, and this support from Pharmasave and their customers is so appreciated."

Specula reminds us that "many of these people have fled their homes with little more than the clothes on their backs, often having to be separated from family members. This is an epic humanitarian need and, on our local level, we are humbled and honoured to be able to help."

The Westshore Community Foundation has accepted and will continue to accept donations toward this local effort.

Charitable receipts are issued, and 100 per cent of all donations go directly to meeting these needs. This effort is consistent with Westshore's mandate and WCF's Dave Douglas adds that, "Since its inception, Westshore Community Foundation has continued to recognize that communities are complex and that collaboration between multiple stakeholders is needed to help everyone thrive and evolve. This initiative, in support of the Ukrainian refugees, is an example of community collaboration and assisting newcomers to our country is at the heart of every community foundation."

Those looking for more information are invited to contact the Gimli Chamber of Commerce at Gimli Chamber of Commerce | Chamber of Commerce



EXPRESS PHOTO BY TIM ARNASON

Melissa Jacobs of Gimli Pharmasave presents a cheque in the amount of \$6,148.37 to Melanie Specula of the Gimli Chamber of Commerce and Dave Douglas of the Westshore Community Foundation to assist Ukrainian refugees living in Gimli.

- Manitoba Chambers of Commerce (mbchamber.mb.ca) or Westshore Community Foundation at Home - Westshore Community Foundation Inc. (westshorefoundation.ca)

> HEALTH UPDATE, FROM PG. 4

nipeg Children's Hospital told media last week the hospital's emergency department is "in crisis" from a surge in the numbers of children needing treatment for respiratory infections. Without simple safeguards such as masks, a greater number of viruses have been allowed to circulate in the community.

Some hospitals in Ontario scaled back surgeries last weekend to deal with a surge of pediatric patients infected with COVID, influenza and RSV, and many doctors are calling for mandatory indoor masking.

- The federally funded COVID-19 Resources Canada group, made up of health experts, scientists and data specialists, release a weekly update on the COVID situation across the country. Its Canadian COVID Hazard Index shows excess mortality from

the virus and is compiled from data on COVID infections, deaths and health-care system impacts.

Manitoba's hazard scores since Sept. 23 have remained in the very high (6 to <8) to severe (>8) range. As of Nov. 4, it is currently at severe, with a score of 10. Canada, overall, has a severe risk of excess deaths from COVID with a score of 9.

- Canadian Medical Association (CMA) president Dr. Alike Lafontaine said in a news release last week that the "deterioration" of Canada's 13 provincial and territorial health-care systems continues, with health-care workers burning out at "accelerated" rates and patients suffering from delayed access to care.

Provincial and territorial health ministers met with their federal counterparts on Nov. 8 to discuss strategies to

improve system failings.

"Despite health ministers leaving Vancouver this week without an agreement between the federal and provincial/territorial governments regarding funding and without the announcement of a commitment to collaborate on solutions to address critical issues plaguing our health systems, the CMA and other health stakeholders will continue to advocate for actions that will stabilize health systems and ease the painful challenges that providers and patients are struggling with," said Dr. Lafontaine. "Unless we work through funding discussions toward common priorities and actionable solutions, burned-out health-care workers, delayed health services and overwhelmed emergency departments will continue to be a reality for providers and patients across Canada."

The federal government said in Nov.

8 statement it was disappointed by the outcome of the meeting and by a statement made by provincial and territorial premiers that "no progress" has been made regarding additional funding. Premiers want the federal government to increase its share of health funding from 22 per cent to 35 per cent.

The federal government has provided provinces and territories with "record federal investments," says the statement, including \$18.1 billion through the Canada Health Transfer program over the next five years.

"When it comes to the priorities discussed at our meeting today, our health system is experiencing significant challenges and it's important that we work together to support better health care for Canadians," said federal health minister Jean-Yves Duclos and associate health minister Carolyn Bennett.

New child-care spaces in rural communities announced

By the Manitoba government

The governments of Canada and Manitoba are allocating up to \$70 million in capital funding for new child-care facilities, creating more than 1,200 new, regulated non-profit child-care spaces across the province with a focus on rural and First Nations communities, Premier Heather Stefanson, Education and Early Childhood Learning Minister Wayne Ewasko and federal parliamentary secretary Ya'ara Saks, on behalf of federal Minister of Families, Children and Social Development Karina Gould, announced Monday.

"Today's significant announcement is another example of what we can accomplish when we work together with other levels of government and community partners," said Stefanson. "Access to high-quality child-care services closer to home is essential for Manitobans to be able to enter or re-enter the workforce, upgrade their skills and training, support their families and play an active role in the growth of our communities and economy. Our government is proud to partner on this unique and collaborative project that will quickly create new child-care facilities in communities of great need."

"Funding for this project is being provided through the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement and is a collaborative approach with communities to support the development of and need for child-care spaces in Manitoba," said Ewasko.

In exchange, local partners will provide a minimum of two acres of serviced land with 15 years of free rent and support services including snow removal, landscape maintenance and

repairs. These support services reduce costs for child-care operators, ensuring long-term sustainability of centres.

"Families living in rural areas face unique child-care challenges, especially if the nearest child-care centre is far from their home or there aren't enough children nearby to make a full-time care centre sustainable," said Saks. "This initiative will help more Manitoban families find child care that meets their needs in their communities."

Initially, more than 650 new spaces will be created in nine communities with demonstrated child-care needs in partnership with the Winnipeg Metropolitan Region, rural municipalities and First Nations communities including Rural Municipality (RM) of Portage la Prairie/City of Portage la Prairie; RM of Headingley; RM of Macdonald; Town of Stonewall; RM of Ritchot; RM of St. Clements; RM of Morris; RM of Whitemouth; and Peguis First Nation.

The projects are part of a new partnership between government and local municipalities. This is the first time the Manitoba government has expanded eligibility for capital funding beyond child-care providers.

Working with the Manitoba government's Early Learning and Child Care Program and Social Innovation Office, John Q Public designed a hybrid-construction pilot project using modular building, prefabricated construction process and an innovative building design that can be replicated, readily transported and built in communities across Manitoba.

"Through the John Q daycare pilot project local leaders, administration,

provincial experts and child-care providers have taken a team approach to developing a new process that supports the delivery of critical infrastructure faster and more efficiently. We are excited to share this process so more communities large, small, rural, urban and northern across Manitoba can participate," said Brad Erb, chair of JQ Built Inc. and reeve, Rural Municipality of Macdonald.

This innovative hybrid-construction process allows the development of high-quality facilities by leveraging the benefits of economies of scale to reduce costs, material waste and project delays, the premier said. This allows the buildings to be developed off-site under controlled conditions before facilities are moved to the final site and placed on a permanent foundation.

The buildings are expected to be moved to community sites this winter, the premier noted, adding the new child-care centres are anticipated to be fully open by summer of 2023.

The Manitoba government is also soliciting proposals to develop up to eight more facilities in communities throughout the province with close to 600 additional child-care spaces to be identified by the spring. More information on the expression of interest is available at www.gov.mb.ca/education/childcare/resources/rtn.html.

The child-care spaces being developed with this investment are part of the Manitoba government's commitment to develop 23,000 new, regulated not-for-profit child-care spaces for children under aged seven across the province by 2026. The investment builds on other recent provincial investments in child-care projects and



EXPRESS PHOTO BY JO-ANNE PROCTER
Manitoba Premier Heather Stefanson

the creation of new spaces including:

- capital investment to create 40 new child-care spaces in Oakville;
- a 48-space expansion at the YMCA of Brandon's Y Downtown Early Learning Centre; and
- a \$1-million investment to add additional child-care spaces for newcomers in Winnipeg.

> CARE, FROM PG. 9

ability, communication tools, scheduling, a secure online payment system and reviews of care providers. Service and payment records can be downloaded so that clients have a record. And care workers who join the service can set their own wages and work schedules.

Self- or family-managed home care expenses can be reimbursed by Manitoba Health. After an assessment by a regional health authority, a client will receive a care plan outlining service eligibility and a reimbursement budget.

Home care and respite workers who join Care Possible either complete an education program or learn caregiving on the job.

"Home Care Workers do not have to be licensed by the province. Some

workers choose to complete a 20-week certification program while others learn through on-the-job experience," said Cooke by email. "Care for others, a kind, approachable attitude and being reliable and responsive are the most important qualifications. Many clients provide training on-the-job that is unique to their specific needs."

Care providers working with the service will be subject to a background check, said Cooke. Identity is first verified in three ways: by email, telephone number and physical address. Once verified, a child and adult abuse registry is checked, as well as a criminal record check.

Cooke said clients can pay for their home care services through a secure online payment gateway. They pay Care Possible then Care Possible pays

the care providers. While credit cards are the easiest and fastest method of payment, Care Possible accepts bank transfers and payments via cheque.

A customer support team is also available for those needing help with the service, and loved ones can participate in the management of the care.

"While Care Possible is an online platform, we know that respite and home care services are all about connection and relationships. We have a customer support team ready to support both the care providers and clients using the platform," said Cooke. "Additionally, the platform has a 'Circles of Support' feature, that allows a loved one to seamlessly manage care on behalf of another individual."

For more information about the Care Possible service, visit CarePossible.ca or call 204-975-3080.

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Nature Conservancy Canada Conservation Project Protects Grasslands

By Autumn Fehr

In Manitoba, we are known for our iconic tall-grass prairies.

However, nearly 90 per cent of Manitoba's prairie native grasslands have been lost to other land uses.

Our grasslands are disappearing quickly.

To fight this and protect Manitoba's endangered grasslands, the Nature Conservancy of Canada (NCC) announced Thursday, Nov. 10 that they would be starting a \$25-million campaign to protect these endangered habitats.

NCC's project started with conserving a 6,671-acre site called Lake Ranch, located north of Winnipeg in the Interlake region.

To illustrate how significant this project is, let's put it into context.

Lake Ranch is almost 10 times larger than Winnipeg's Assiniboine Forest, three-quarters the size of Birds Hill Provincial Park, one-third the size of Brandon and two-thirds the size of Steinbach.

This is one of Manitoba's largest privately owned tracts of land to support endangered ecosystems.

The Lake Ranch project is the start of NCC's grasslands campaign in Manitoba.

"Every single project that we do, big or small, is an act of hope and personally reminds me that we're not in this alone. It's not just one ecologist against the world. It's not the Nature Conservancy of Canada against the world. It's the world with us wanting these prairie landscapes as part of its future. It's just a matter of connecting people to the opportunities to support us," said Cary Hamel, director of conservation at the NCC Manitoba Region.

With grasslands at risk and disappearing, the species that call that space home are also at risk. Some grassland birds threatened under Canada's Species at Risk Act are the Sprague's pipit and bobolink breed in



Cary Hamel, Manitoba director of conservation, Nature Conservancy of Canada at the news conference on Thursday, Nov. 10.

the large expanses of grasslands.

By conserving this land, the NCC is putting effort towards ensuring that grasslands can thrive by fostering the prairie lives that depend on it.

Lake Ranch contains intact prairie, forest, wetlands and portions of the East Shoal Lake complex.

There are 112 bird species on this land, including 11 shorebird species, and it is home to eight federally and/or provincially listed species, such as the barn swallow, bobolink and the western grebe.

This project is an essential step to preserving these grasslands that we too quickly take advantage of for what they can do, such as store carbon, slow flooding, help filter groundwater and grow nature-based solutions to some of the impacts of climate change and biodiversity loss.

"It's an opportunity to connect with Indigenous and agricultural communities in working landscapes. The East Shoal Lakes is an ecological gem of the Interlake and will go a long way towards sustaining a special part of the Interlake. Livestock grazing is a major part of the Interlake



EXPRESS PHOTOS SUBMITTED

From left to right: Cary Hamel, director of conservation, Nature Conservancy of Canada, Dr. Nicola Koper, University of Manitoba, Terry Duguid, MP for Winnipeg South and Parliamentary Secretary for Environment and Climate Change Canada and Kevin Teneycke, Manitoba VP, Nature Conservancy of Canada.

economy. We are proud to partner with other private landowners and livestock partners to ensure that high-quality pasture lands remain intact for both the economy and nature. The property will connect youth and the public to the area's grasslands, lakes, and wetlands and provide a place for people to connect with nature," said Hamel.

The federal government contributed \$1.4 million in funding towards the project from the Natural Heritage Conservation Program (Environment and Climate Change Canada).

"The twin crises of climate change and biodiversity loss are two sides of the same coin, and we must tackle them together. By working with partners such as the Nature Conservancy of Canada, we are helping to protect the natural environment in Manitoba and across the country. Protecting lands play a vital role in helping to halt and reverse biodiversity loss and

contributes to the recovery of species at risk. Through the Natural Heritage Conservation Program, the Government of Canada is making progress toward its goal of conserving a quarter of lands and oceans in Canada by 2025, working toward 30 per cent of each by 2030," said Steven Guilbeault, minister of Environment and Climate Change.

Another significant component of making this project happen was that Lake Ranch Ltd. donated over 20 per cent of their property. The previous owners recognized the global importance of these grasslands and wanted to support the local economy through the property's agricultural use.

To secure this project into the future, along with other iconic grassland landscapes in the province, NCC is looking to raise \$25,000.

Only by working together can we save Manitoba's grasslands and the species that call it their home.

Christmas Country craft sale, a one-stop shop for holiday giving

By Autumn Fehr

As Christmas is approaching, more and more people are starting to think about getting their Christmas shopping done sooner rather than later.

What better way to do that than supporting local crafters and makers while visiting with other community members doing the same thing?

The second annual Christmas Country craft sale will take place on Nov. 25 from 9 a.m. to 6 p.m. at the Ashern Legion.

"Because it's in the Legion Hall, it's smaller and more intimate. Everybody knows everybody, so it's quite a nice atmosphere — a visiting atmosphere," said Pam Rohl, the event organizer.

There will be various items to gift for the holiday

season at the craft sale, such as crafts, baking, jewelry, woodworking and body products.

Framed pictures, birdhouses, cribbage boards, wooden toys, crochet and knit items, soaps and lotions, canned jams and pickles, creamed honey and cinnamon buns are some items that shoppers can look for at the event.

"Most of the people who come to the sale are all crafters and bakers," said Rohl.

The only non-local vendors at the event will be Epicure and specialty steeped tea.

What sets this craft sale apart from so many others happening in the community during the holiday season is that they try not to have duplicates — each crafter or maker at the sale is selling some-

thing different, said Rohl.

Approximately 15 tables are selling different gifts, and eight other vendors are waiting to get into the sale if another vendor drops out.

"We only take so many, so it's not crowded," said Rohl.

Lunch will be available for purchase at the event serving soup and sandwiches and a Cowboy Burger — as seen at the rodeo this summer.

Free coffee is served all day for people to sit down and visit or enjoy while shopping.

"It's a good way for everyone to get to see everybody and have a nice day, and it's fun for all the crafters," said Rohl.

New physio business launches Stonewall location

By Jennifer McFee

Stonewall residents now have another option for physiotherapy services right in their own community.

Complete Physiotherapy opened its doors at 375 Main St. at the end of September to offer a range of services.

"It's going really well. Each week seems to be building off the week prior," said owner Myles Willis.

"We're even looking for another physiotherapist to add to the team."

His passion for physiotherapy is clear to see from his extensive education and specialized interests.

"My first love was everyday muscle skeletal orthopedic so I did my masters in advanced orthopedics. From there, I ended up seeing a lot of concussion patients with post-whiplash issues. As a result, I ended up becoming a certified vestibular physiotherapist. So I treat vertigo, dizziness, balance and instability related to those types of things. It's a super fun different world of physio," he said.

"In addition, I do regular everyday physio in terms of muscle skeletal and pre- and post-surgical stuff. I also do custom orthotics, acupuncture and dry needling. When I was working in the city, I worked closely with a bunch of oral surgeons, so I do TMJ (temporomandibular joint) and jaw stuff."

As well, Complete Physiotherapy offers the expertise of several other practitioners.

"We have massage therapy with two massage therapists," Willis said.

"My wife Bohdanka is a certified hand therapist, so she does work related to upper extremities and hands. Her full-time job is at HSC, where she works very closely with the plastic surgeons. The hope is that she'll be working a couple days a week here as well."

In addition to the Stonewall location, Complete Physiotherapy Willis also owns Winnipeg-based offices in North Kildonan and Bridgwater.

"We opened a clinic in the city al-



Complete Physiotherapy offers an extensive range of physical therapy and rehab equipment.

ways knowing that we'd want to come back to Stonewall. Now that our kids are getting older, it's nice being closer to home," said Willis, who grew up on a farm just north of town.

"We lived in Gimli for a short period and then we moved back home. We've been back in town for almost nine years now. I love being back in town. It's just great to be around my kind of people."

The locally grown business stands out for the varied services it offers, along with the personal approach.

"We offer some pretty unique services that you probably can't get at every clinic, even in Winnipeg. In addition to vestibular, I have training in manual therapy," Willis said.

"There's only a handful of therapists in Manitoba that have it so it's pretty unique to able to offer in Stonewall. That's part of the convenience of being close to home."

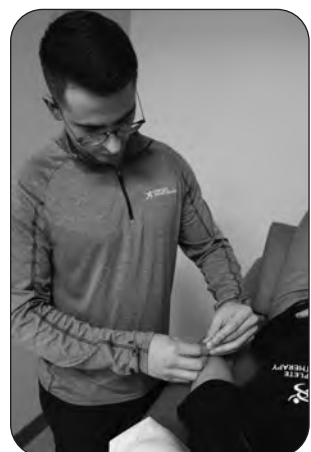
To learn more about Complete Physiotherapy or to book an appointment,



EXPRESS PHOTOS BY LANA MEIER

Complete Physiotherapy staff, left to right, Carlos Ruiz, Bohdanka and Myles Willis (owner/operator) welcomed customers and guests at their open house.

visit www.completephysiotherapy.ca, stonewall@completephysiotherapy.ca, call the clinic at 204-467-8900 or email ca.



Carlos Ruiz is accredited in acupuncture.



Bohdanka Willis demonstrates how to use some of the equipment at their business.

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Arborg job fair provides options for work and training



Metis Employment and Training personnel welcomed potential trainees.

By Catherine Strong

The job fair hosted by Fieldstone Ventures on Wednesday, Nov. 9 offered Interlake job-seekers and those considering career training a wealth of opportunities.

Held at the Arborg-Bifrost Community Centre, the event showcased multiple local businesses and underlined the pressing need for a well-trained and enthusiastic workforce.

The leading exhibitor was the Interlake-Eastern Regional Health Authority, taking up one-third of the booths, which was appropriate because they are the third-largest employer in the region. A dizzying array of career opportunities was offered, not only for today but starting with suggestions regarding the proper training required for future employment. Different booths provided information



EXPRESS PHOTOS BY CATHERINE STRONG

Management and staff of Diemo Machine demonstrated a new high-tech computerized welding machine.

on various aspects of health care from housekeeping, building maintenance, and dietary services to physiotherapy, careers in nursing, recreational therapy and senior care.

Red River College Polytech promoted courses available in the Interlake, such as carpentry and health-care aide. Some courses are available in Peguis and some in Selkirk. Interlake Metis Employment and Training were also present, offering a range of interesting jobs and training opportuni-

ties, including Class 1 driver training, health-care aide program, and an assortment of summer jobs for ages 15 to 30 years.

Other staffing needs were more immediate, with qualified visitors being encouraged to apply immediately by such businesses as Home Hardware, Rona, the Town of Arborg, Access Credit Union and Mazer Group.

The Canadian Armed Forces repre-

Continued on page 16

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Photo: Liz Tran



Gimli and area residents pay respects to the fallen, service personnel on Remembrance Day

Staff

Gimli and area residents gathered at the cenotaph in Camp Morton Provincial Park on a chilly Remembrance Day last Friday to honour the sacrifices made by the men and women who served and died fighting to protect Canada's freedoms and to pay respects to veterans, serving military members, Royal Canadian Mounted Police personnel and other service personnel who protect Canadians. The 45-minute ceremony included a moment of silence to remember the Canadians who sacrificed their lives for freedom and the laying of wreaths.



A military member lays a wreath at the Camp Morton cenotaph.



EXPRESS PHOTOS BY TEE-JAY FURGALA

Gimli and area residents gathered at Camp Morton, north of Gimli, to hold a Remembrance Day ceremony on Nov. 11.

> JOB FAIR, FROM PG. 14

representative discussed how applicants could receive training in various careers, ranging from technical and weapons

training to health care, radar operation, telecommunications, administration, cooking and engineering. Community Futures Manitoba offered guidelines on starting up new businesses, as well as many short online courses on a variety of aspects of successful business management, including credit and financing, bookkeeping basics, branding and marketing, and pricing and cash flow.

Local manufacturing companies Diemo Machine Works Inc. and Vidir Solutions were also represented. Vidir Solutions manufactures "vertical storage solutions," essentially motorized vertical shelving of various kinds for shops, factories and other industrial applications.

Diemo Machine Works manufactures parts for various other industries, from parts for agricultural machinery to elevator parts to parts for machinery used in the food service industry. Recent technological upgrades have allowed them to expand the range of products manufactured. Anyone with mechanical aptitude who is comfortable with numbers is recommended to apply. By way of encouragement, Diemo staff were giving away laser-cut metal sheets containing the parts to construct a model tractor — a little mental workout for potential candidates.

The morning was the busiest time for the exhibitors, as school groups were in attendance. Grade 9 students looked at making the best choices now to get them into courses leading to rewarding careers. They were exploring their options, talking to the presenters and familiarizing themselves with some of the tools of their potential future trades. Gimli-based physiotherapist Maddie Minarik said that the school kids had tried out every one of the appliances and aids at their booth and were particularly taken with the grip tester.

Something for everyone was the message, and given that most businesses throughout Manitoba need staff, the potential for filling some of those vacancies was greatly increased by this timely event.

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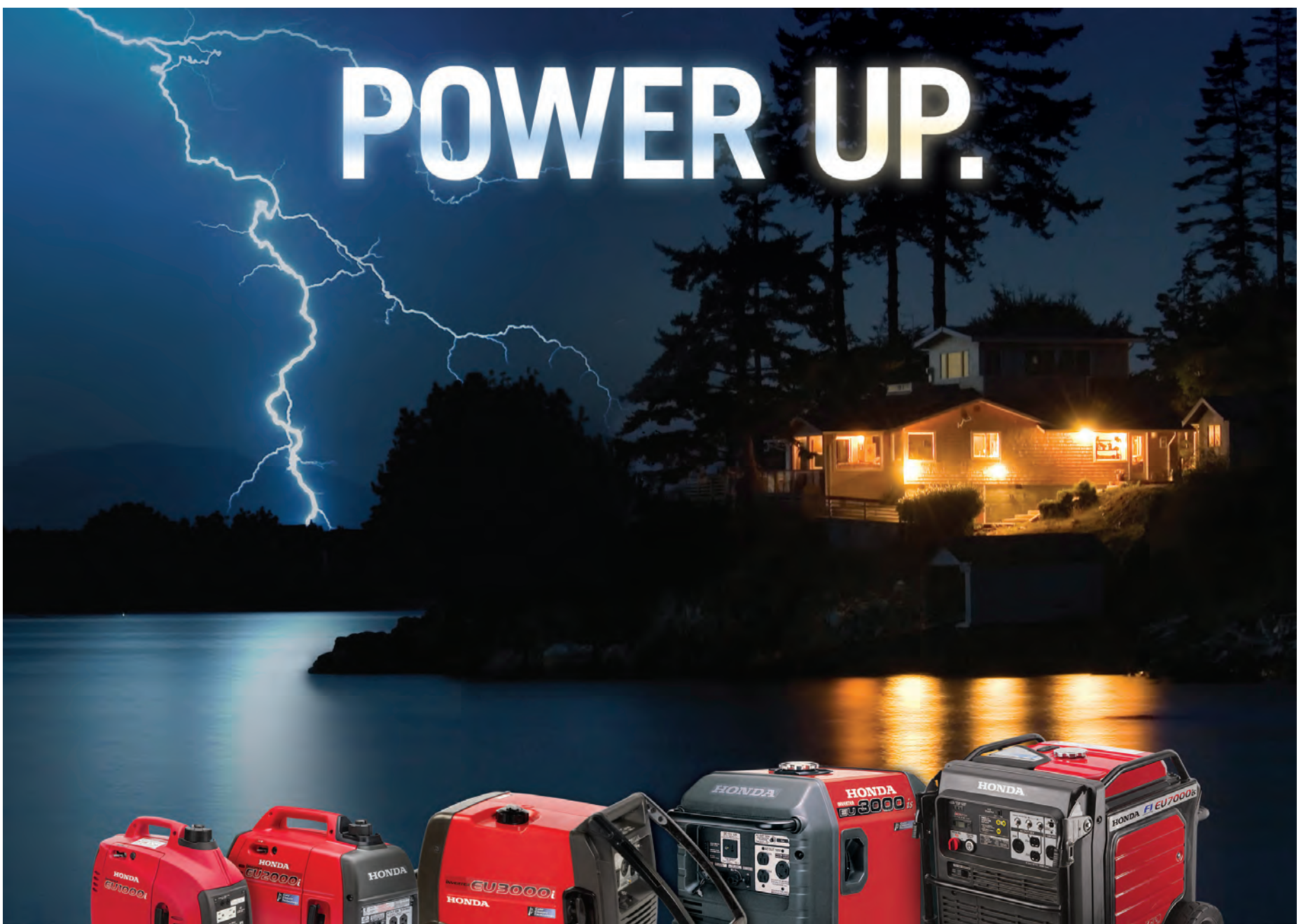
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Your FARM



Federal and industry investments advance local innovation farm

By Raegan Hedley

Manitoba is home to its first full-scale innovation farm in Grosse Isle thanks to an injection of federal and industry funding.

On Oct. 20, the Enterprise Machine Intelligence and Learning Initiative (EMILI) announced approximately \$2.5 million in federal funding, in addition to \$6 million in industry investments from Farm Credit Canada, Enns Brothers Ltd, The Family of Jake Enns Ag Innovation Legacy Fund, John Deere Canada, Rutherford Farms and Access Credit Union. The total investment is over \$8 million.

"The projects we are undertaking represent a big investment in the future of digital agriculture," says Jacqueline Keena, managing director at EMILI. "This will accelerate innovative technologies and provide people with the skills and training required for a sustainable and economically resilient digital agriculture industry for generations to come."

Innovations Farms Powered by AgExpert is located on Rutherford Farms in Grosse Isle, a full-scale commercial seed farm that has been growing, processing and retailing seed for over 70 years.

"With the ability to place sensors and conduct testing across 5,500 acres — including 100 acres set aside to test and validate new hard and software



One of many weather stations on Innovation Farms Powered by AgExpert. Not only does this station collect weather data, but it can also detect things like pests using cameras.

technologies — this is the largest farm of its type in Canada," says Keena.

EMILI approached Rick Rutherford, president of Rutherford Farms, three years ago about a project. The University of Winnipeg needed a place to do photo imaging on crops.

"They had a person come out and attach a GoPro to the tractor and go through a series of crops. The data



EXPRESS PHOTOS SUBMITTED

A Rutherford Farms employee doing passes across the field for the University of Winnipeg crop imaging project. The algorithms they are building are similar to those you'd find in an app that can identify different flowers from a photo.

was sent back to the University of Winnipeg, and they started building algorithms that could tell you what crop or weed it was," says Rutherford.

"This gives them the power to verify using nothing but a camera and an algorithm. Companies looking to do advanced sensing could use these algorithms to determine what weeds are becoming present and apply chemicals as required, instead of blanketing the whole field."

With support from the recent funding, 10 projects are being tested at Innovation Farms Powered by AgExpert, and Rutherford says there's future potential for 20 or 30 projects. Some are through EMILI, and some come straight to Rutherford Farms for the same reason EMILI did: Rutherford Farms has data on every operation they've done on the farm since 2014, which is rare.

"For some of the projects we get into, to have this data set is extremely interesting to researchers and, in some cases, commercial groups."

Another exciting project on Innovation Farms Powered by AgExpert involves four advanced weather stations with cameras about 100 yards apart. Rutherford says they use re-



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Continued on page 21



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Regenerative ag methods take root at St. Laurent farm

By Jennifer McFee

Changes are cropping up at a St. Laurent farm that's in the early stages of implementing environmentally sustainable farming strategies.

Jonique Farms, located on Provincial Road 415, is embarking on the regenerative farming method and is in the process of becoming organic-certified with Ecocert Canada. In partnership with West Interlake Watershed Conservation District, Jonique Farms Ltd. is involved in a soil health project with cover crops on the farm's 200 acres.

"Regenerative farming is the method of no tillage, no use of chemicals, no synthetic fertilizer use," said Joel Combot, who runs the farm with his wife Monique.

"A blend of cover crops and cash crops is seeded in the terminated crop."

These regenerative practices blanket the ground with the terminated cover crop, which creates a type of armour to protect the soil from hot, dry temperatures.

At the same time, this method helps to suppress weeds, retain moisture and host beneficial insects.

"The different plant species sown feed the soil biology and exchange nutrients, nourishing each other in the soil — and this is the natural fertilizer. When the blended crop is ripe, it is harvested with combines," he said.

"There may be two, three, four or more species harvested for seed and grain all in a mix. Then the blended seeds and grains are segregated and cleaned at the farmyard with seed cleaners. There could be legume, grass forage seeds, cereal and oil seed that could be harvested at once and all marketable in different ways."

On Nov. 1, the 200-acre farm welcomed people for a field tour to learn about regenerative farming. Michael Thiele and Blain Hjertaas of UnderstandingAG were guest speakers at the event, which included attendance from the new St. Laurent council.

"The concern is that Lake Manitoba is only three miles from our farm. With Lake Winnipeg, they're always talking about phosphates and nitrogen in the lake, which is a problem," Combot said.

"We used to farm in the conventional way doing heavy tillage and using synthetic fertilizers and herbicides. After so many years of trying to produce grain, it's very harsh on our land. It's not sustainable for our land to take that kind of punishment."

During the tour, Combot explained that when bush is cleared to make space for fields, the soil is not com-

pacted so it's more like peat moss.

"Our soils here are kind of sand-based and not very deep. Eventually, after so many years, that nice, beautiful organic soil loses carbon and turns more sandy. After each heavy rain, we can see the black dirt has eroded and then beach sand was basically left over."

In the west Interlake, erosion is a problem due to low-lying areas and high ridges, he added.

"When the land is under cultivation openly, water erosion and wind erosion is a problem because the soil is very light," he said. "It's not like what I call the Red River gumbo, where it's heavy clay and they've got about three feet of topsoil."

Last year, Jonique Farms also faced difficulties due to an influx of grasshoppers and crickets.

"They basically ate all of the nice soil cover that we had. The grasshoppers did so much damage that the soil was exposed. In the high temperatures and drought, the soil life will cook out," he said. "Also, where the ground is bare, Mother Nature will take care of that by seeding something of her own, which is weeds. That's what happened here."

Nonetheless, Combot persevered with his plan to implement regenerative agriculture methods.

"It was quite wet in spring and a big part of summer, so I had no choice but to wait to seed fall rye, hairy vetch and tillage radishes at the end of August because that was the only time that we could get in the field because it was still wet," he said.

"Then we got caught with frost not too long after. Tillage radishes don't like frost so they petered out, but at least we've got two species that want to grow, along with sweet clover that I seeded last year."

With regenerative farming, multiple crops are all harvested at the same time.

"It's all a blend. The reason we use different plant species is because the plants will seed and fertilize themselves naturally in the soil. If you blend in forage legumes such as sweet clover and alfalfa with grass crops like wheat, oats or barley, those legumes will feed those grass crops in the soil," he said.

"Soil is all such a complex thing that the microbes will do the work by carrying the natural plant nutrients to each plant. They're basically feeding each other. Regenerative ag is all very interesting."



EXPRESS PHOTOS SUBMITTED

Joel Combot of Jonique Farms explains the equipment to the group gathered for a Nov. 1 field tour.



The attendees watched over a soil water filtration test. The rate for an average Manitoba crop land is one inch per hour, but the filtration was much quicker at Jonique Farms Ltd., where the water soaked in at a rate of one inch in 2 1/2 minutes. This means the soil water erosion is much better controlled by doing regenerative farming.

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> INNOVATION FARM, FROM PG. 18

mote sensing to determine if there are bugs in the field.

“They use cameras that are looking from two different angles to determine if things like flea beetles are present in canola crops, right down to how many,” says Rutherford. “When you start loading in the weather data on things like ground moisture and relative humidity ... all of a sudden, you have a much more vibrant and robust scouting of the field.”

Rutherford says technology like this

would never replace an agronomist; it would just add tools to their toolkit and help with early detection.

“If you look at what it costs for people to walk the fields and observe or have an agronomist look at the fields ... there could be a huge benefit for farms.”

Ray Bouchard, EMILI board chair and Enns Brothers president and CEO, says, “We intend to use this space to develop real-world digital ag solutions that will give Canadian pro-

ducers the edge in a quickly changing industry.”

Innovations Farms Powered by AgExpert is an innovation incubator and proving ground for academic partners and commercial companies. Start-ups might begin on 100 acres, but Rutherford says the goal is commercialization, which means it has to work on several thousand acres.

“It’s not about proving the technology on small or medium-sized plots, and that’s it ... the idea of this is being able to take tech to a commercial farm to see if it delivers a return on investment. We may be able to put a stamp


of approval on certain things, and we may not,” says Rutherford.

“Hopefully, there are some success stories we can share with our customers, but the big picture is creating success stories that will be shared with the ag industry and across Western Canada.”




In addition to funding Innovation Farms powered by AgExpert, EMILI is planning to develop an agriculture innovation platform to collect and share results globally, increasing opportunities for collaboration and knowledge sharing.

National ADDICTIONS Awareness Week

November 20 to 26, 2022



A COMMUNITY OF CARING

What to do if your child is using substances

Sixty per cent of illicit drug users in Canada are between 15 and 24 years old, according to Statistics Canada. It’s one of the reasons why the Canadian Centre on Substance Abuse and Addiction organizes Addictions Awareness Week (November 20 to 26, 2022).

This year’s theme is A Community of Caring



and aims to highlight solutions to help address harms related to alcohol and drug use. It also provides an opportunity for Canadians to learn more about prevention, talk about treatment and recovery and bring forward solutions.

Know the signs

While every teenager is different, here are signs your child may be using alcohol or drugs:

- Loss of interest in once pleasurable activities
- Changes in mood, such as depression or irritability
- Poor hygiene
- Changes in eating habits or sudden weight loss
- Sleeping more than usual
- Bad grades or problems at school
- Secretive behaviour, lying or stealing
- Dropping old friends
- Inability to focus

Knowing the signs of teen drug use can help you better understand if you should involve a

professional.

Take action


Here’s what to do if you suspect your child is dealing with addiction:

- Stay calm. Don’t show panic and anger. Instead, offer patience and support and keep lines of communication open. You want your child to see you as someone they can trust and come to with anything they’re going through.
- Create a support system. Remember, you aren’t alone. Lean on family members, teachers, counsellors and intervention specialists to help you keep a level head and make appropriate decisions for your child’s well-being.

Finally, don’t enable them. Get your child the help they need. Early intervention can help. As a start, contact your family doctor or other trusted health professional.



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St. Martin and Gypsumville Christmas Bazaar returns with a twist

By Autumn Fehr

The Christmas Bazaar is a 15-plus-year annual tradition that travels around different communities.

And this year, on Nov. 26, the annual event is also a part of the community celebration.

Every year, the Rural Municipality of Grahamdale sponsors a community celebration in different towns of the RM. This year, it's Gypsumville and St. Martin's turn to put on the community celebration.

Usually, the event is held in the summertime, but they needed more volunteers, so they decided to combine the two events.

With many people getting over the hump of COVID, there's been more interest, said Lorraine Kitchur, the secretary of the St. Martin community club and one of the event organizers.

The Christmas Bazaar starts at 10 a.m. and continues until 3 p.m at St. Martin Hall.

From food to visits with Santa Clause and plenty of prizes to be won, it will be a day full of visiting and fun as a community together again.

For lunch, there will be homemade soup, sandwiches and muffins.

Free coffee and tea will be served

throughout the day for people to enjoy while visiting the cakewalk or with the community.

Santa Claus will be stopping by for pictures between noon and 2 p.m.

Throughout the event and into the evening, there will be prizes to be won, such as a 50/50 raffle, door prizes and a Christmas gift tree.

Instead of traditional decorations, the Christmas gift tree will have tickets hanging from it that people can buy and have a chance to win one of over 100 prizes they will be giving away.

To celebrate the combination of events, the community club is extending their event into the evening, with a social from 8:30 p.m. to 1 a.m.

The evening will be filled with food and music by Dave Green.

At the social, they will draw for second and third prizes for the raffle and the draw for 50/50.

"It's an opportunity to bring people together and to have a place where out-of-town people can come and visit former neighbours, friends and relatives," said Kitchur.

The event is sponsored by the RM of Grahamdale and the St. Martin community club.



EXPRESS PHOTO SUBMITTED

Last year's Christmas Bazaar at St. Martin Hall, an annual community tradition in the RM of Grahamdale.



For more information or if you are interested in renting a table, call Lorraine at 204-302-0583 or Corleen at

204-656-2641 or 204-659-5267.

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Shop locally and win with the Gimli Chamber of Commerce's holiday events

By Patricia Barrett

The Gimli Chamber of Commerce is kicking off the upcoming festive season with a number of events that will make the town sparkle, reward businesses, support the local food bank and treat residents who shop locally.

Businesses, service clubs and non-profit organizations in and around Gimli — whether they're a chamber of commerce member or not — are encouraged to take part in four events.

The festivity kicks off with the town's Moonlight Madness Weekend, which will feature community activities on Friday night (Nov. 25), all day Saturday (Nov. 26) and end with businesses offering late-night shopping until 10 p.m. on Saturday.

Shoppers could win a number of gift cards from businesses that participate in the chamber's Great Gimli Gift Card Giveaway, which will run from Nov. 25 to Dec. 9.

Businesses are encouraged to donate gift cards or gift certificates worth \$25 or more, which the chamber will then group into three grand prizes. Participating businesses will offer customers an entry ballot for the gift cards when they purchase \$10 or more. Gift card winners, which will be announced on Dec. 10, can then finish their Christmas shopping locally.

Kim Magnusson of Johnson's Store

said shoppers could win several gift cards from area businesses depending on how many participate in the promotion.

"People will have an opportunity to shop locally and shop early because the draws for the gift cards are on Dec. 10. We want shoppers to finish their shopping locally," said Magnusson, who is helping the chamber's Destination Brand Committee chair Cheryl Buhler by volunteering as the point person for businesses that want to register for the events. "The promotion will show people what our local businesses have to offer and that the services they provide are second to none."

Businesses can also take part in the Festival of Wreaths, whose proceeds will go to Evergreen Basic Needs' Christmas hamper and toy drive programs. Business owners can either make or purchase a "one-of-a-kind" wreath that they'll display in-store and let customers bid on from Nov. 25 to Dec. 9.

The deadline to submit a photo of the wreath is Wednesday, Nov. 23. Photos of the wreaths will be posted on a Facebook page where customers can vote for their favourite wreath.

Businesses can vie for wreath bragging rights through a People's Choice Award and win \$50 in Gimli Gold



EXPRESS PHOTO BY RAYME THOMSON

Ivan Pecuh of 25 Corona Crescent on Pelican Beach is ready for Christmas.

(money that can be spent only at Gimli businesses). The business that raises the most money in support of EBN will also win \$50 in Gimli Gold.

To dazzle residents and visitors and create community spirit — not to mention increasing the visibility of a business — the chamber is encouraging business owners to enter the Holiday Lights Business Decorating Contest.

Business owners can decorate the exterior of their building and/or window displays, which will be judged on Dec. 9 by a chamber committee

and community volunteers. Gimli Gold is up for grabs for first-, second- and third-place winners.

Businesses are encouraged to register for the four events by Nov. 19 using a registration form available from the chamber.

Email the form to Kim Magnusson at Johnson's Fashion & Footwear info@johnsonsfashion.com or drop it off at the store located at 76 Centre St. For more information about registration and each event, contact Kim at 204-642-4010 during business hours.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Riverton, Fisher River win Zone 5 'A' varsity volleyball titles

Submitted

The Riverton Collegiate varsity boys' volleyball team is the Zone 5 "A" champions.

They captured the zone championship in Fisher River on Nov. 8 by defeating Lundar in the finals by scores of 25-17 and 25-12. In the semifinals, Riverton defeated Fisher River 25-19, 25-23, and Lundar defeated Morweena 15-25, 25-17, 18-16.

The schools in the tournament were Riverton, Fisher River, Lundar, St. Laurent, Fisher Branch, Morweena, Aurele-Lemoine and Lake Manitoba.

The varsity girls zone "A" tournament was also held at Fisher River.

The girls' zone champs were Fisher River, who defeated Fisher Branch 25-20, 25-21 in the final.

The Riverton varsity boys and Fisher River varsity girls have qualified for their respective regional tournament.

There will be four regional tournaments for boys and four for girls. Each tournament has four teams competing in it. The top two teams in each regional tournament will advance to the provincials.



EXPRESS PHOTO SUBMITTED

The Riverton Collegiate varsity boys' volleyball team is the zone 5 'A' champions. Pictured left to right, Jesse Jonasson, Joe Doll, Jackson Tarnowski, Ethan Yablonski, Parker Johnson, Hughe Sveinson, David Johnson, Haden Magnusson, Noah De Meyer, Ryan Litwin, Owen De Meyer, Adam Vigfusson, Tanner Kasupski, and coach Laura Fridfinnson.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lakers win Zone 5 AA varsity boys' volleyball title

By Brian Bowman

The Gimli Lakers are the Zone 5 AA varsity boys' volleyball champions.

Gimli defeated the Warren Collegiate Wildcats 2-1 by scores of 25-27, 25-21, and 17-15 in a thrilling final on Nov. 7.

"It was exciting and it was the best that our guys played, for sure," said Lakers' head coach Laura Fridfinnson. "Taking it to the third set and going beyond 15 points, yeah it was exciting and they played really well."

The Lakers did a great job of attacking on offence and they were also sharp defensively.

"They kept swinging even though we were getting blocked and I think that was a big reason why we were able to come out on top," Fridfinnson said.

In an earlier playoff game, Gimli defeated the Teulon Collegiate Saints 2-1 (25-10, 21-25, 15-6).

The Lakers finished the five-team pool in second place with a 5-3 record in sets.

Gimli won 2-0 over the Arborg Athletics (25-18, 25-13) and the Ashern



EXPRESS PHOTO SUBMITTED

The Gimli Lakers won the Zone 5 AA varsity boys' volleyball title after a thrilling 2-1 victory over the Warren Collegiate Wildcats on Nov. 7.

Cobras (25-12, 25-21).

The Lakers split with Teulon (23-25, 25-16) and lost to Warren (17-25, 20-25).

Gimli, which improved on a weekly basis over the course of the season and has a lot of depth on the court, now advances to a regional tourna-

ment this weekend with a chance to advance to the MHSAA provincials. The location of those regionals was not known at press time.

Lundar edges St. Malo in OT

By Brian Bowman

The Lundar Falcons edged the St. Malo Warriors 4-3 in overtime last Saturday.

Cody Procter scored the game winner in OT.

Lundar's Liam Russell had two goals and an assist while Riley Wirgua scored once and had a helper.

Teagan Fillion, Brady Gregoire and

Jack Toews replied for St. Malo.

Michael Merpaw made 20 saves for the victory.

The Falcons will have the weekend off and then visit North Winnipeg on Tuesday (8 p.m.).

The Arborg Ice Dawgs, meanwhile, were shut out 7-0 by the Selkirk Fishermen on Saturday evening.

Zach Parkinson (two), Matt Brooks

(two), Raymond Hefferman, Connor Courchene and Nolan Milgaard scored for Selkirk.

Last Thursday, Arborg beat Lundar 5-3.

Kaydyn McMahon led Arborg with two goals and an assist while Ashton Fisher, Dylan Woytowich and Noah Johnson also tallied.

The Ice Dawgs' Tyson Barylski had

three assists.

Lundar goals were scored by Russell, Ryan Benson and Procter.

Tre Strachan made 38 saves for the win.

Arborg will host St. Malo this Saturday at 7:30 p.m.

U18 AAA female Lightning lose pair of games

Staff

The Interlake Lightning lost 7-0 to the Winnipeg Ice in Manitoba Female Hockey League U18 AAA action on Saturday at the Bell MTS

Iceplex.

Last Friday, the Lightning were defeated 5-1 by the Eastman Selects in Niverville.

Chloe Minkus scored a second-pe-

riod goal for Interlake.

Eastman goals were tallied by Maisie Breckon (two), Ava Boily, Danyel Heppner and Mackenzie Waddell.

The Lightning will host the Pembina Valley Hawks on Saturday (8 p.m.) in Stonewall and the Central Plains Capitals Sunday (2:30 p.m.) in Arborg.

Thunder players win three league awards

By Brian Bowman

The Interlake Thunder varsity football team did a lot of winning this past season as they made it to the Rural Manitoba Football League's championship game.

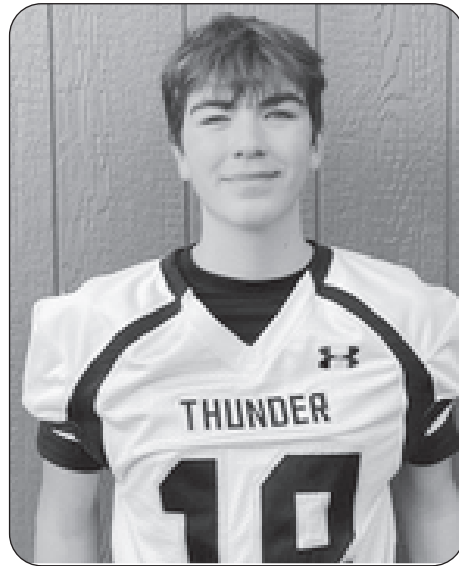
Last Thursday, three Interlake players won league awards.

Dallas Batenchuk was named the league's most outstanding player - offensive line.

"Dallas is the strongest member of an extremely talented offensive line that has anchored a powerful offence all year long," said on the league website. "He is good in the run game and in pass protection, works extremely hard and never misses a practice. Dallas will play at the next level next year, it's just a matter of who gives him the best offer."

Interlake's Dwight Bell was selected as the league's most outstanding player - special teams.

"Dwight does it all for the Thunder, over 600 yards rushing, over 600 yards receiving and 22 touchdowns, includ-



Ben Cook

ing two punt return touchdowns and one kickoff return TD. He is a good cover guy on kickoffs and the punt team. He is the holder on converts and a great blocker on returns when he doesn't have the ball."

The Thunder's Ben Cook, a Grade 9 student, was named the RMFL's rook-



Dallas Batenchuk

ie of the year.

"Ben started the season as the back-up QB before taking over due to an injury midway through the third game of the season. In five-and-a-half games this year, his passing stats are off the charts. He completed 56 of 84 passes for 1,213 yards while passing



Dwight Bell

for 23 touchdowns and only one interception."

The Thunder organization, meanwhile, will be hosting their year-end awards banquet on Dec. 4 at the Stonewall Curling Club for all five of their teams.

U17 Lightning defeat Ice Bandits

Staff

The Interlake Lightning defeated the Westman Ice Bandits 6-4 in U17 AAA male action last Sunday in Elkhorn.

No scoring summary was posted on the league website at press time.

Last Wednesday, the Lightning lost 6-2 to the Winnipeg Thrashers.

Trailing 4-0 after the first period, Interlake's Dainen Jacobson and Skylar Farrington tallied to make the score 4-2.

Ariel Shutin-Poushkariov (two),

Branden Watson (two), Parker Carels and Jayden Buhler scored for Winnipeg.

Interlake will host the Winnipeg Bruins on Thursday (7:30 p.m.) in Stonewall and Westman Sunday (2 p.m.) in Waren.

The U15 Lightning, meanwhile, was shut out 6-0 by the Pembina Valley Hawks on Friday in Winkler.

Pembina Valley, which scored twice in the first period and then added four more in the second, received

goals from Cole Secord (two), Nathan Froebe, Parker Henderson, Cohen Lewko and Casey Magarell.

Last Thursday, Interlake was defeated 12-3 by the Eastman Selects in Stonewall.

Lightning goal scorers were Brody Slatcher, Lucas Miller and McKenzie McPherson.

Eastman goals came from Asher Gingras (three), Kylan Olson (two), Kellan Sichevski, Jimmy Wilcox, William Picklyk, Grayson Slaney, Emry

Gonzaga, Seth Hooper and Lucas Laramee.

On Nov. 9, Interlake lost 9-3 to the Winnipeg Bruins Gold.

Tallon Sutherland, Slatcher, and Jacob Keck scored for the Lightning.

Winnipeg goals were tallied by Ben Dnes (two), Jaxson Green (two), Jonathan Blais (two), Alex Rakowski, Chris Astorino and Damian Dnes.

Interlake will visit the Central Plains Capitals this Sunday (5 p.m.) in Portage la Prairie.

U18 AAA male Lightning blast Northstars

By Brian Bowman

The Interlake Lightning scored six second-period goals in a 9-4 victory over the Norman Northstars in Manitoba AAA U18 Hockey League action on Sunday.

Ian Buors led Interlake with three goals and an assist while Joel McMillan scored twice and had three assists.

The Lightning's other goals were scored by Brandon Burak, Adam

Vigfusson, Darian Sinclair and Noah Oughton.

Alex Myers made 20 saves for the win.

Last Saturday afternoon, Interlake scored three unanswered goals in the third period on their way to a 6-3 home victory.

Vigfusson (two), Nicholas Carlson, Talon Hogg, Morgan Wadell and

Oughton scored for the Lightning.

Bryce Bryant (two) and Addison McIntosh replied for Yellowhead.

Dylan LeClair made 25 saves for the win.

On Friday, Interlake was defeated 5-3 by Yellowhead.

Oughton, Burak and McMillan scored for the Lightning.

Vigfusson had two assists in the

game.

Chiefs' goals were tallied by Bryant (two), Max Collyer (two) and Rylan Gage.

The Lightning, now 7-10-0-1, will host the Winnipeg Thrashers on Friday (7 p.m.) in Teulon and then battle the Winnipeg Bruins Sunday (12:30 p.m.) at the Southdale Community Centre.

Local teen finds success on the drag race circuit

By Lorne Stelmach

A local girl is making some noise on the race track, both literally and figuratively.

She may be just 13 years old, but Winkler's Skylar Klassen can now say she has already competed for a world drag racing championship.

She won a provincial junior title this year in Gimli, which earned her way to the world finals in Mississippi. Her father was there to share the experience.

"It's huge. We went there not even expecting to make it that far," noted Shawn Klassen. "We were just honoured to be able to be there at the event."

Everyone who wins a track championship across North America gets to go to this race, the proud papa noted.

"She won one round there. ... The adrenaline when she won that and knew she would be moving on to the next round was incredible. I've never seen her that happy."

"I just like going fast," said the shy and reserved Skylar when asked what keeps her out on the track. She was more comfortable letting her dad do the talking about her family's involvement in the world of racing.

Racing is very much in the blood for the Klassen family — Skylar has grown up with it, just as her father did.

"I grew up at the race track from when I was very young, and racing has always been a part of my life," Shawn said.

"For my kids, it was the same way. ... Skylar was at her first race when she was just a couple months old, and there's not a summer that has gone by that she hasn't been at the race track.

They have watched racing all over the place, said Shawn, noting they

regularly compete in Fargo, N.D., and Brainerd, Minn. During the pandemic, they raced in Gimli, which is where Skylar won the junior championship.

"It's a pretty big racing community around here. Even locally, there's a lot of cars that are involved ... and I think there's a big following for drag racing," Shawn said.

A large part of the appeal of course is the adrenaline rush.

"Drag racing obviously is a quick race. ... Depending on the class and such, a race can be over in as little as seven or eight seconds. It's just a very different style of racing," said Shawn. "It's just the thrill of going fast ... and the competition."

She's also made a lot of good friends at the race track, he added, noting Skylar is just in her environment there.

"She's very comfortable at the race track," he said.

There is a lot of work and preparation that goes into a successful racing season.

"A lot of it is having the reaction time. As soon as the light's green, you want that car to be moving. ... That's what will win or lose the race," Shawn said. "There's lots of fine tuning. A race is won or lost down to the thousandth of a second. It's getting the car to run very consistent."

It's a single person sport, but it's also a team sport, he added, noting he and his dad work on the car. Skylar's mother, grandmother and brother are usually there to cheer her on as well.

"It's a family activity every weekend. ... We camp at the racetrack, so it's always a weekend event. ... It's a great bonding weekend."

Shawn believes there is a level of



EXPRESS PHOTOS SUBMITTED

Skylar Klassen competed in a world drag racing championship in Mississippi after winning a junior title in Gimli earlier this year (left).

dedication that is also behind Skylar's success.

"She practises her reaction time a lot. She's got a special simulator in the house where she can sit down and practice that; she works on that a lot ... and her crew works on the car to make sure it is good to go," he said.

"It is exciting then to see her race ...

For her, it's cool to see her reaction when she wins a race."

Now the Klassen family will look ahead to next year and the possibilities.

"Next year, we're going to put a new motor on it, and she's going to go a little bit faster," Shawn said.

Donating the gift of sight



EXPRESS PHOTO SUBMITTED

Marble Ridge Colony School kindergarten to Grade 8 teacher Sheena Letexier presented 17 pairs of eyeglasses to Stonewall Lions Club president Len Kolenich last week. Marble Ridge Colony students from Hodgson collected the eyeglasses for those in need. The Lions Clubs also collect hearing aids to be recycled. The Lions Club is a not-for-profit service club with a focus on helping those in our community and surrounding areas.



get inspired

> MEAL IDEAS



Gourmet Grilled Cheese with Pickled Beets

To make caramelized onions: In Dutch oven over medium-high heat, melt butter and olive oil. Add onion and cook, stirring occasionally, 5 minutes then reduce heat to medium.

Cook until onions are caramelized and rich, deep golden brown, about 25 minutes, stirring often. Turn heat to medium-low or add water if onions are dry or start to scorch before caramelizing.

Add sugar, balsamic vinegar, salt, pepper and red pepper flakes; cook 1 minute. Onions should be jammy and darkly caramelized when done. Remove to plate to cool.

To make sandwiches: Spread out bread slices on flat surface. Spread thin layer of mayonnaise on one side of each bread slice.

Turn four bread slices over and spread goat cheese on plain side. Top goat cheese with gruyere, even layer of beets, caramelized onions and arugula. Top with remaining bread, mayo side out. Secure with toothpicks, if desired.

In large skillet over medium-low heat, melt 1 tablespoon butter with 1 tablespoon olive oil. Add two sandwiches, cover and grill until bottom of bread is toasted, about 5-7 minutes, and cheese starts melting, checking often. Flip and cook, uncovered, until cheese is melted and bottom of bread is toasted.

Repeat with remaining sandwiches.

Recipe courtesy of "Carlsbad Cravings"
Prep time: 60 minutes

- Caramelized Onions:
3 tablespoons butter
3 tablespoons olive oil
3 large yellow onions, halved, sliced 1/4-inch thick
1-2 tablespoons water (optional)
1 tablespoon brown sugar
1 tablespoon balsamic vinegar
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon red pepper flakes
- Sandwiches:
8 large sourdough slices, 1/2-inch thick
1/3 cup mayonnaise
4 ounces fresh goat cheese, at room temperature
8 ounces shredded gruyere cheese, at room temperature
1 jar Aunt Nellie's Sliced Pickled Beets (about 32 beets)
2 cups baby arugula
2 tablespoons butter, divided
2 tablespoons olive oil, divided



3-Bean Tortellini Minestrone

- 1 medium zucchini, diced
1 can (28 ounces) diced tomatoes, undrained

- 1 Parmesan rind (optional)
6 cups low-sodium vegetable broth
9-10 ounces refrigerated cheese tortellini

- 2 cups baby spinach
jarred pesto, for serving (optional)
Drain and rinse bean salad; set aside.

In large pot over medium heat, heat olive oil. Add onions, garlic and 1 pinch salt; saute until translucent, 3-4 minutes. Stir in Italian seasoning and 1/4 teaspoon black pepper. Cook until fragrant, about 1 minute. Add carrots, celery and zucchini with remaining pinch salt. Cook, stirring occasionally, until vegetables are crisp tender, 5-7 minutes.

Stir in tomatoes. Add Parmesan rind, if desired. Cook about 10 minutes until most tomato juice evaporates. Pour in vegetable broth. Bring to boil. Add tortellini; cook 2 minutes, or just until tender. Stir in bean salad and spinach. Cook 2-3 minutes to heat through.

Season with additional salt and black pepper, to taste. Serve garnished with pesto, if desired.

- Recipe courtesy of "Joy of Eating"
Prep time: 20 minutes
Cook time: 25 minutes
1 can (15 ounces) READ 3-Bean Salad
1/2 cup extra-virgin olive oil
1/2 medium yellow onion, diced
3 peeled garlic cloves, minced
2 pinches salt, plus additional to taste, divided
1 teaspoon Italian seasoning
1/4 teaspoon black pepper, plus additional to taste, divided
3 small carrots, trimmed, peeled and diced
2 celery stalks, trimmed and diced

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I'm probably stating the obvious here, but it is not Easter time. No, this is the time of year when we both run around frantically in a consumerism frenzy while also relishing time with family over board games and Christmas baking. If you are a patient struggling with symptoms and investigations and treatments, it can be added stress trying to keep up with gift buying and all the festivities of the season. So here's a thought...

If you are too sick or fatigued to shop, don't.

Whaaaaa!

Yes I give you full permission. Opt out of the gift giving (and receiving if needed) altogether. Guilt-free.

By saying to your friends and family things like, 'I simply feel too sick to do it all this year, so I'm trying to save my energy to make my family Christmas gatherings. It would mean the world to be able to celebrate together.' Or,

'Due to my poor health, I've decided to give a donation to (pick a meaningful charity) in honour of my family and friends.' Or simply, 'I just can't do it this year. Maybe next year will be better.'

Now, obviously if you have kids, you're gonna want to make their Christmas special, so lean into your spouse or ex or a sister or someone who loves you to help with this. Maybe they could follow a list and do the shopping for you? Even help you wrap and label them?

Honestly, if people don't care to help or they get their nose out of joint with the opt-out (Is that even possible? Does a nose have joints? Hmmm...) then the relationship might be based on the wrong thing, yes?

Setting limits on what you will do in this season is hard. But saying 'I can't' or simply 'No' are a needed form of self-care sometimes. (More often than we admit?) That's right, self-care is much more complicated than a bath-bombed bath with candles.

And to everyone who is celebrating the holidays this year, I send you the warmest of wishes. May this time be un-frantic, filled with love and joy and compassion for one another. And if you can, offer a helping hand to someone you know is struggling with their health. They may just not listen to me and not ask.

Merry Christmas and Happy Holidays.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suscha, and lesshealthstress.com



Brussels Sprouts and Ham Rice Gratin

- 1/3 cup breadcrumbs
2 tablespoons butter, melted
Preheat oven to 450 F. Prepare rice according to package directions.

In large bowl, toss Brussels sprouts, ham, garlic, olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Place on parchment paper-lined baking tray and roast 12-15 minutes, or until caramelized. Decrease oven temperature to 425 F.

In large bowl, toss rice, Brussels sprouts mixture, cream, chives, Dijon mustard, remaining salt and remaining pepper. Stir in cheddar and 1/3 cup Parmesan cheese. Transfer mixture to greased, 2-quart baking dish.

In small bowl, stir breadcrumbs, remaining Parmesan and melted butter. Sprinkle over rice mixture.

Bake 12-15 minutes, or until golden brown and bubbling.

- Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4
1 bag Success White Rice
1/2 pound Brussels sprouts, trimmed and halved
1/3 cup diced ham
1 clove garlic, minced
1 tablespoon olive oil
3/4 teaspoon salt, divided
3/4 teaspoon black pepper, divided
1 cup heavy cream
2 tablespoons finely chopped fresh chives
2 tablespoons Dijon mustard
1 cup shredded sharp cheddar cheese
1/2 cup grated Parmesan cheese, divided

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Riverdale Place Workshop Inc. requires a

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To provide one to one care with their daily activities and care to a person with disabilities. First Aid and on the job training provided. An Adult Abuse and Criminal record check required. Job Description available at the workshop.

Please send resume or drop off at the workshop to

Alex Janower, Manager
Riverdale Place Workshop Inc.
Box 609 Arborg MB. R0C 0A0
Tele- 1-204-376-5584
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HEALTH

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



NOTICE IN RESPECT OF AN AMALGAMATION TO MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

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

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

BOARD-APPROVED SPECIAL RESOLUTION

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

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

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

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

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

SUMMARY OF THE AMALGAMATION AGREEMENT

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

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

RIGHT OF DISSENT

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

DATED this 17th day of November 2022
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors

SCRAP METAL

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

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

HELP WANTED

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

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-642-4799.

NOTICES

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

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ATTENTION FARMERS AND RANCHERS

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

Saturday, November 19, 2022

Complete dispersal for Mitch Miller
160 Angus X cows calving April

Complete dispersal Ryder Osmond
80 Black and Red Angus X cows calving March

Saturday, November 26, 2022

Complete dispersal John Paul Avison
58 Black Baldy Cows

Complete dispersal Edmund L Russel
35 Horned Hereford Cows

Saturday, December 3, 2022

Complete dispersal Art & Jackie Jonasson
140 Black Simmental Angus X calving April

Saturday, December 10, 2022

Complete dispersal Archie Thompson
330 Charolais/Red angus Cross cows calving March

Bred Cow Sales starts at 1 PM

Please contact for more information
Ashern Auction Mart 204-768-2360

Buddy Bergner 204-768-0018

Kirk Kiesman 204-768-0019

License #1128

ashernauctionmart.com



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LIVESTOCK

F Bar Ranch Herd Reduction: Bred heifers, young cows and open heifers available. Red and Black Angus, excellent genetics, quiet, easy-handling stock. Price range \$1400 to \$2500. We also will have bulls for sale in December. For further info, contact Allen or Marilyn Staheli, 204-447-0737 or 204-448-2124, Eddystone, MB. or email: amstaheli@inethome.ca

HAY FOR SALE

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

Quantity of round bales, net wrapped, first cut alfalfa, second cut alfalfa and wild hay. Call 204-461-1717.

FARMLAND FOR RENT

FARMLAND for RENT - Have crop land for rent in Vidor north of Arborg. Also, some pasture land. Taking offers until Dec. 14th. Highest offer not necessarily accepted. Call 204-642-2764.



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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

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



ATTENTION FARMERS AND RANCHERS

Plan to attend the following bred cow sale At the Ashern Auction Mart

Saturday, December 3, 2022

Complete dispersal for Art & Jackie Jonasson

130 Black cows and heifers
20 Bred Heifers, 23 - 2nd calvers, 60 - 3 to 6 yr olds, 30 - 7 to 10 yr olds
Closed Black Sim x Angus cow herd
Full Herd Health Program Pfizer Gold
Start calving April 7, 2023, All Black Bulls
Strict Culling for udders, feet & temperament
Reputation Herd

Bred Cow Sales starts at 1 PM

Please contact for more information
Ashern Auction Mart 204-768-2360
Buddy Bergner 204-768-0018
Kirk Kiesman 204-768-0019

View pictures on our website
www.ashernauctionmart.com
License #1128



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



RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the position of Public Works Foreman (Permanent, Full-time)

Under the direction of the Public Works Manager, the Public Works Foreman is responsible for the direction, coordination, efficient operation, construction, repair, and general maintenance of all municipal infrastructure.

Qualifications – Public Works Foreman

- Minimum of five years related experience, three of which were in a foreman or supervisory capacity.
- Experience in construction and maintenance of various municipal infrastructure.
- The ability to operate and maintain various types of heavy equipment. (tractor/mower, compact track loader, grader, loader, tandem)
- Valid Manitoba Drivers Class 3 License, air brake license or an air brake endorsement.
- Above average organizational skills.
- Ability to multi-task and supervise numerous staff and projects simultaneously.
- Above average skills to manage and direct staff.
- The ability to perform some physical labour.

The Rural Municipality of Rosser offers a competitive salary and benefits package including health/dental and pension.

Applications must contain a resume, covering letter and three references. **Application deadline is 4:30 pm on Wednesday November 30th.** Only those candidates chosen for an interview will be contacted.

Please forward application marked "Application for Public Works Foreman" to Ken McMahon, Public Works Manager at:

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

To view a full job description please visit www.rmofrosser.com/p/local-notices or call the Municipal Office at (204)467-5711.

The Rural Municipality of Rosser supports inclusivity and accessibility in the workplace. Reasonable accommodation is available to applicants with disabilities.

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 "AI" Agricultural Intensive Zoning District.

FOR INFORMATION CONTACT: Corlie Larsen, CAO
RM of Armstrong
Lot 55 Hwy 17 Inwood, MB
ROC 1P0
Phone: 204-278-3377
Email: 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.

Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier
Email: news@stonewallteulontribune.ca

Deadline to apply is Friday, November 25, 2022.



Classifieds



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

OFFICE ADMINISTRATOR

Fraserwood Hall is a state of the art facility for events held in the Interlake region, conveniently located in the town of Fraserwood on PTH 231. We are looking to hire a **contract position – Office Administrator - responsible for:**

- Responding to and managing Hall Rentals, including a calendar of events
- Create Advertising and Promotions for Print and Social Media
- Identify and Apply for Grants / Funding initiatives and Provide Project Support
- Provide Administrative Support for Hall Activities.

The Candidate must have the following skills:

- Strong Organizational & Coordination Skills
- Outgoing and Friendly Manner
- Ability to Work independently / Self Motivated
- Good understanding of Social Media / Webmaster
- Computer Literate with Good Writing & Communication Skills

Resumes can be email to hrrfraserwoodhall@gmail.com or mailed to PO Box 217 Fraserwood, MB R0C 1A0.

Deadline for applications is Wednesday Nov 23rd, 2022.



ATTENTION FARMERS AND RANCHERS

Plan to attend the following bred cow sale At the Ashern Auction Mart

Saturday, November 26, 2022 at 1:00pm

Complete dispersal for John-Paul Avison

58 Black Baldy cows
Average age 2 – 4 years
Bred Black Angus (Hamco Bulls), start calving March 24, 2023
Full Health Program Express
Formerly Tim Clarke's herd

Robert Truthwaite

35 Hereford Cows bred Hereford
Average Age 4-8 yrs old
Full herd health program

Edmund L Russell

35 Horned Hereford cows bred Hereford
Most Age 3-4 yrs old, rest 5-7 yrs old
Start calving March 20, 2023
Bulls Pulled Sept 20th
BVD, Ivomec, Vit A&D

Richard Ching

25 Black cows bred Black

Complete dispersal from The Pas

25 Mixed cows coming from The Pas
Please contact for more information
Buddy Bergner 204-768-0018
Kirk Kiesman 204-768-0019
View pictures on our website
www.ashernauctionmart.com
License #1128

Cleaning Services & Snow Clearing

Gimli Seniors Residence, located at 21 Ball Park Way in Gimli Manitoba is looking for contractor(s) to provide the following:

- Cleaning Services of common areas in a 4 (four) floor apartment building. Supplies provided and frequency of cleaning to be determined.
- Snow Clearing of parking lot and walkways.

Contact Property Manager if additional information is required.

Property Manager can be reached at lakesidepropertymanagementinc@gmail.com or by calling 204-407-9175.



LAKESHORE SCHOOL DIVISION

Lakeshore School Division Recruitment for Ward 5 Trustee

Are you interested in helping make your community a better place? Lakeshore School Division invites interested community members to submit their name for consideration by the newly elected Board of Trustees to fill the vacant Ward 5 trustee position.

In order to qualify as a candidate for the school board, a person must be:

- A Canadian Citizen
- At least 18 years of age –
- A resident of the Division for at least 6 months –
- Not subject to disqualification under the Public Schools Act (Sec. 22(1) PSA)

Trustee candidates must be a resident of Lakeshore School Division but not necessarily of Ward 5. Trustee candidates will be required to collect 15 nomination signatures from residents of Ward 5. (Nomination forms are available through the Lakeshore Office)

Recommended qualifications for a school board trustee include:

- Being representative of the local community population
- Experience as a school trustee, community board member, PAC member
- Participation as a volunteer in the school or community
- Experience in areas such as education, governance, finance, and strategic planning

Trustees attend scheduled Tuesday meetings twice per month from September to June, from approximately 6:00 pm to 9:00pm at the Lakeshore School Division Office. Trustees are also expected to attend additional meetings or events such as budget meetings, committee meetings and upon invitation, PAC meetings, graduation ceremonies, and special school and/or divisional events. Trustees are compensated for time and expenses.

Please submit your name, contact information, a letter outlining why you should be selected as a school board trustee for Lakeshore School Division, as well as your 15 nomination signatures, to the following address or via e-mail no later than 12:00pm on November 25, 2022

Lakeshore School Division, Senior Elections Officer
23 2 Ave, Eriksdale, MB, R0C 0W0
brandara@lakeshoresd.mb.ca
204-739-2101

The Lakeshore Board of Trustees will undertake a selection process with a target to fill the vacant seat by the end of November 2022.

Starting a new business?
Call us - We have everything you need to promote your business

Call 204-467-5836

Maintenance/Caretaker Couple or Person Required

Relocate to SLIMS CABINS NE Saskatchewan Full Time. Year Round.

Main camp road access plus boat in & fly in outposts. Large, heated, well equipped shop to repair or fabricate almost anything. Troubleshooting, mechanical, heavy equipment operation, plumbing, electrical, carpentry, welding, etc.

If you possess a lot of skills, enjoy a rural location, are motivated, responsible, independent and respectful, this may be your dream lifestyle/employment.

Any excessive alcohol consumption (beyond social) or substance abuse is not welcome at our fishing/hunting camp.

Call 204 937 4007

The Aurora Plus

1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island. 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available www.wgiesbrechthomes.ca

Taking orders for Spring Delivery 2023

204-346-3231



ATTENTION FARMERS AND RANCHERS

Plan to attend the following bred cow sale At the Ashern Auction Mart

Saturday, November 19, 2022

Complete dispersal for Mitch Millar

160 Angus X cows
(mostly black with a few reds
Average age 4 – 8 years
Bred Black Angus, start calving April 13, 2023
Full Health Program
Solid set of cows

Complete dispersal Ryder Osmond

80 mixed cows – 40 blacks,
30 reds, 10 char/grey
16 coming with 3rd calf
Average age 4 – 8 years
Bred Charolais, start calving March 22, 2022
Full Health Program; Pfizer & Scourguard

Bred Cow Sales starts at 1 PM
Please contact for more information
Ashern Auction Mart 204-768-2360

Buddy Bergner 204-768-0018

Kirk Kiesman 204-768-0019

View pictures on our website

www.ashernauctionmart.com
License #1128

CAREER OPPORTUNITY

Waste Disposal Grounds Manager BAR WASTE AUTHORITY CO-OP LTD.

B.A.R. Waste Authority Ltd. is seeking a qualified individual to fill the position of Waste Disposal Grounds Manager.

This position reports directly to the Board of Directors and requires working some holidays and week-ends. This full-time position involves operation and maintenance of the facility, equipment operation and maintenance, supervision of one BAR Waste employee, and any other duties as may be required.

In addition to a strong work ethic driven by initiative and positive attitude, the ideal candidate will possess strong problem-solving skills, some mechanical skills and a proven ability to work closely as part of a team. This position requires minimum a Class 5 Driver's License. The ideal candidate will possess a Manitoba Landfill Operation Certificate and Manager of Landfill Operations Certificate from the Solid Waste Association of North America (SWANA), or have a willingness to obtain.

A complete job description is available at the Municipality of Bifrost-Riverton office during regular working hours or by calling 204-376-2391.

Starting salary for this position will be dependent upon qualifications and experience, and a municipal comprehensive benefits package is provided.

Written applications including a resume, cover letter and three work related references to be submitted in confidence by **4:00 pm Wednesday, November 30th to:**

BAR WASTE AUTHORITY CO-OP INC.

Box 70, Arborg, MB R0C 0A0

Fax: (204) 376-2742

Email: cao_bifrost@mymts.net

We thank all who apply and advise that only those selected for further consideration will be contacted.

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Classifieds



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EMPLOYMENT OPPORTUNITY

Sawmill Workers required immediately.

**Must be reliable and follow directions well.
Must be a team player.**

Spruce Wood Loggers is looking for an energetic person who is physically able, punctual, promotable, trainable and can work with others. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

We are located approx. 18 miles north of Arborg.

Multiple positions available Sawmill, Planer, Pellet Plant
Benefit package available

Email resume to: swl@sprucewoodloggers.ca or call 204-378-2997 References required.



Utility Locator -Telecom

You are a Utility Locator who takes pride in accurately locating underground facilities. You have experience working independently and enjoy working outdoors. Please note that this is a fixed term job role.

Apply Now! join Ledcor Technical Services today in: Winnipeg, Selkirk, Eriksdale, Ashern, and Lunder MB today!

Essential Responsibilities:

- Interprets job order tickets
- Reads blueprints and maps
- Plans travel routes between urban and rural areas
- Operates testing equipment to pinpoint the location of underground utilities
- Monitors equipment (excavators etc.) to ensure facilities are not damaged
- Creates drawings using Visio
- Other duties as assigned

Qualifications:

- Experience locating underground facilities or working with outside plant fiber optics is an asset
- Self-Motivated, ability to prioritize and organize workloads with little direction
- Experience with telecommunications and wiring is an asset
- A positive, "can-do" attitude and customer focused approach that will enable you to deal with challenging situations with integrity, empathy, and sincerity
- Strong desire to learn new technologies
- Team player with both excellent communication skills both written and verbal
- Adhere to Ledcor's strict safety practices in a "Think Safety, Work Safely" environment
- Must be a computer savvy, able to manage multiple computer applications
- Maintain a valid provincial driver's license (Class 5) and must provide a driver's abstract
- Ensure vehicle, test equipment and tools are maintained in excellent condition
- Must be fully vaccinated and provide valid COVID-19 vaccination record (unless you have a legitimate recognized medical or religious reason for not getting vaccinated)

Work Conditions:

- Van and major tools supplied
- Occasional on-call, including some overtime and weekend and/or holiday work may be required
- Work environments include diverse types of terrain (grass, gravel, ditches, etc.) in and around construction zones and residential, commercial, industrial and rural areas
- Able to meet the physical requirements of the position which involves sitting, standing, bending, in all types of weather conditions

Contact: John Colville, Senior Recruiter-Ledcor
john.colville@ledcor.com

WANTED SPARE SCHOOL BUS DRIVERS



Lakeshore School Division is currently looking for Spare Bus Drivers in all areas of our division.

Did you know:

- Training to obtain the required Class 2 license is provided at **no charge by Lakeshore School Division**
- We offer **Incentive pay** upon successful completion of training
- Flexibility in working hours and days
- Training sessions are on-going

For more information, please contact

Mr. Mark Parkes

Director of Operations & Infrastructure

Box 100, Eriksdale, MB ROC 0W0

Phone: (204) 739-2102 Fax: (204) 739-2145

Email: parkesm@lakeshoresd.mb.ca

Successful candidates must complete a Criminal Record/Vulnerable Sector and Child Abuse Registry check prior to commencing employment.

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

www.mcna.com

SALES CAREER OPPORTUNITY

BigandColourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized, creative and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net

Resumes due December 2/2022



Announcements



Classifieds

IN MEMORIAM



Helen Lysak
December 17, 1933 – November 14, 1982

If tears could build a stairway
and memories a lane
We'd walk right up to heaven
And bring you home again.
God has you in his keeping,
In our hearts you will always be.
Forever loved and missed.

-Your daughter Cathy and family



George Lysak
August 20, 1932 - November 16, 2021

IN MEMORIAM



David Thompson
December 27, 1941 – November 21, 2018
Partings come and hearts are broken,
Loved ones go with words unspoken;
Deep in our hearts there's a memory kept,
For a husband and father we'll never forget.
-Love Evelyn and family

IN MEMORIAM

In Loving Memory of
Allan Blaine Webb
1953 – 2020

May the winds of heaven blow softly,
And whisper in your ear;
How much we love and miss you,
And wish that you were here.

-The Webb family

The Eastern Interlake Handivan
Inc would like to thank

Doug Kozlowski
for over 20 years of dedicated
service to the organization.

The work that Doug has done
over the years has been
paramount to the success and
sustainability of the operations.

Doug you have touched so
many lives in a positive way and
we can't thank you enough.

OBITUARY



Steven James Hayward
October 30th, 1967 – November 9th, 2022

It is with great sadness we announce the unexpected passing of Steven James Hayward who was a beloved Dad, son and brother. Steven will be lovingly remembered by his daughter Brianna (little buddy); his mother Margaret; sisters Debbie and Wanda (Todd) and brother-in-law Randy. He also leaves to mourn his many nieces, nephews, cousins, and close friends Clarence and Ian.

He was predeceased by his father Les, sister Donna and brother Les.

He was born and raised in Lundar, MB. Growing up Steven enjoyed dirt biking, skidooning, playing hockey and Dukes of Hazzard which led to some of his many collections he had later on in life.

At the young age of 16 he followed in the hardworking footsteps of his dad, and this paved the way to his lifelong career in road construction. He was respected and sought after for his exceptional skills for operating every type of heavy equipment, but grader operator was his expertise and favourite. He worked for various companies in Manitoba before the pipeline lead him to Alberta. Settling back in Manitoba he was employed by Nelson River which took him throughout the province. During his lifetime in the construction field, he made many great friendships and was known by all his coworkers as Big Steve.

My Dad was always a good sport for playing with my toys especially my Polly Pockets as they were very small in his large hands. Even though he was away working a lot he managed to attend many special occasions which included many long Christmas concerts, dance recitals, years of basketball games and graduation. Throughout the years there were many family vacations and, majority of the time, there was a swimming pool involved which would lead to what we would call "back surfing" involving me standing on his back and he was under the water. All these memories hold a special place in my heart and I'll miss him dearly.

Steven enjoyed coming home to Lundar, spending time with his mom, having a home cooked meal and their ongoing cabbage challenges. Then off to his farm he would go.

Steve, my little brother, my best-friend, confidant, "partner", my rock. My heart will never be the same without you and even just seeing you brought a smile to my face.

We always had a great time no matter what we were doing. Only you could turn a 10-minute cruise into a fun filled day and never did we run out of things to talk or laugh about. I can't believe our projects, chores, going halves on our purchases and ideas will not be discussed in our "meetings" in the Quonset again. Steve you were a stand-up guy that I could always count on. So many memories, too little time. My heart is broken, I'll miss you forever.

He will always be remembered for his deep belly laugh, his signature grin and the sound of ice-cubes tinkling in his glass. Steven you will always be loved and missed in our hearts.

A celebration of life will be held August long weekend 2023 at his farm in Lundar.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593

OBITUARY



Gary John Hudson

The Family of Gary John Hudson of Matlock, born April 15, 1937 is saddened to announce his passing on November 6, 2022.

Service to be held in spring of 2023 in Matlock.

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

Arrangements entrusted to:

Interlake Cremation & Memorial Services

"Logo"

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

Peter Frederick Davidson

January 21, 1921 – November 8, 2022

The family of Peter Frederick Davidson is sad to announce his passing on November 8, 2022 at the age of 101.

As per Peter's request a private graveside service will be held in the spring.

In lieu of flowers, donations can be made to the Ashern Personal Care Home c/o Darlene Hargot, PO Box 110, Ashern, Manitoba R0C 0E0 or Eriksdale Personal Care Home, c/o Sharon Thorgilsson, PO Box 130, Eriksdale, Manitoba R0C 0W0 or to a charity of your choice.

A longer obituary will follow in the Winnipeg Free Press.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593

OBITUARY

Harold "Hallie" Hallson

March 2, 1949 - November 12, 2022

Peacefully at his home with his loving family by his side, Harold "Hallie" Hallson, aged 73 years of Lundar, MB. passed away.

A memorial service will be held at 2:00 p.m. on Tuesday, November 29, 2022 at the Lundar Legion Hall.

Longer obituary to follow.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

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Remember Your Loved Ones
with an Announcement in the



Call 204-467-5836 or
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Announcements Classifieds

OBITUARY



T.J. O'Connor-Nepinak
(Terrence Jack)
1950 - 2022

It is with great sadness that we announce the passing of the legendary, Sergeant Major (Ret'd) T.J. O'Connor-Nepinak (Terrence Jack) of Fraserwood, on November 10th, 2022.

TJ passed peacefully and surrounded by family at Gimli Community Health Centre after a brief battle with cancer at the age of 72.

T.J. is survived by his loving daughter Kathleen (Katie) O'Connor and her husband Matthew Downing, his sons Daniel and Andrew O'Connor, and his beautiful granddaughters Jayda Swaffer, Gabrielle Logan-O'Connor and Haley Downing. He is also survived by his brother Michael Nepinak of Ontario.

Predeceased by his parents Raymond O'Connor, his mother Rosine McCarthy (nee Nepinak), brother Russell O'Connor, and sisters Peggy O'Connor and Lena Nepinak.

He will surely be missed by countless cousins, friends and his military family.

T.J will be laid to rest at the Brookside Cemetery Field of Honour.

Service and reception dates to be determined, info will be available at J&J Store in Fraserwood later this week.

In lieu of flowers please make a donation to Winnipeg Pet Rescue Shelter in honour of TJ's love of animals



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

OBITUARY



James Alexander Debrecen
January 30th, 1930 to November 11th, 2022

With deep sadness and broken hearts, we announce the passing of James (Jim) Alexander Debrecen who peacefully passed away on November 11th, at the age of 92. Dad was born on January 16th, 1930. He always told everyone he had two birthdays January 10th and the 16th.

He loved his quiet life, and his family always came first. We all loved his homemade Hungarian chicken soup. Dad loved a good game of crib, and he usually skunked us all. His favorite pastime was to come over and put logs on the bonfire where he was the boss of the fire pit. He could often be found walking around our beautiful community of Gimli, making many stops along the way to say hi and chat with whoever he met and going out of his way to stop by the daycare to say hi to Cindy and the children.

Dad loved the Debrecen, Sinnock and Anderson families and they loved him too.

In his passing he is survived by his daughter Cindy (Gordon) Anderson; daughter-in-law Kathy Debrecen; grandchildren Garry (Jackie), Allison (Murray), Derrick (Brittney), James (Bethany), Sherilyn (Tyler), David, Kristin (Matthew); great-grandchildren Sofia, Sawyer, Lucas, Lexie, Leia, Molly, Zoey, Elena, Alexander, (and one more to come); siblings: brother Jerry and sisters Mary and Gloria; many nieces and nephews as well as Eileen (Sinnock, Debrecen) Binst.

He was predeceased by his parents Paul and Elizabeth Debrecen; son David; brothers Paul, Bill, Fred, John and sisters Olga, Emma, Julia and Ida.

Dad was a member of the Gimli Legion 182, just last month receiving his 35-year pin. He was also a member of the Weston Legion and served with the Winnipeg Rifles from 1951 - 1954.

Dad lived in Winnipeg, Calgary, and Gimli. He was a welder by trade at Dominion Bronze, working with his dad who was also a welder. Moving to Gimli in 1972 he worked at All West Marine and then Green Steel in Winnipeg before finally retiring in Gimli which he always considered home. He loved afternoon fishing at the dock and always looked forward to weekend garage sales with Lorne Anderson.

We wish to thank all the doctors and nurses at the Gimli Community Health Centre for making Dad comfortable.

A private family bonfire will be held at a later date.

My father didn't tell me how to live: he lived and let me watch him do it.

We all love you forever and always. Put a log on the fire, play a game of crib and go for lots of walks.



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

OBITUARY



Wilbert Ebenes Paulson

With a broken heart, I sadly announce the passing of my sweetheart husband Wilbert at the age of 92. I will miss him dearly and cherish him always. Olga.

Peacefully, with his wife Olga and their children Blaine, Kim, Tony and Corraine, Willie joined his family and friends in Heaven. We are so honored and proud that Dad was able to spend 92 wonderful years being an incredible son, brother, husband, dad, grandpa, afi, uncle, cousin, friend and businessman in his own way. He was our teacher, confidant and partner in crime. We would not give up one ounce of love for a pound less of grief.

Willie is survived by his wife of 67 years Olga (Peron), their children Blaine (Sherri), Kim (Gene), Tony and Corraine, eight grandchildren and nine great-grandchildren. Willie is predeceased by his Mom Villa and Dad Ebbie Palson and his brothers Thor, George, Oli, Albert and sisters Helga, Bogga, Steinun and Mae. Willie is also predeceased by his first grandson Brant Tindall and his daughter-in-law Claudette (Tony) Paulson.

Willie was born and raised in Riverton, he very much enjoyed visiting the area and family farm at any opportunity. He graduated high school in Riverton and valued many friendships that remained a part of his life. In 1955 Willie and Olga married on July 16 ... *the hottest day of every year since, according to the newlyweds!* Willie cherished and loved his darling wife Olga, he treasured their children, was completely impressed by their grandchildren and thoroughly enjoyed every moment of their great-grandchildrens' new beginnings. He afforded all of us so many shared experiences, adventures and memories that will carry us forward and keep us strong. Every video chat, phone call, in person minute spent with his grandchildren and his greats were at the top of his list each day.

Willie enjoyed the outdoors, in particular dune buggies, lady slippers, boating, fishing and swimming in summer months and ice fishing, snowmobiling and roaring fires in the winter. In earlier years he enjoyed playing baseball, curling, hockey and more recently watching and making friendly bets on the Jets, Bombers and Manitoba Curling teams. *There may be an outstanding wager on the table!*

Willie was a Certified Electrical Engineer. One of his first projects was putting electricity into Olga's family home in Komarno, he was very proud to be able to do that for his mother-in-Law and in turn for his wife. One of Willie's passions was aircraft and he really enjoyed working on aviation electronics while stationed in Comox, BC, Cold Lake, AB and Winnipeg, MB. In each location, they made life-long friends as a growing family in each community.

Ashern was an adventure that became a home and business community that welcomed them for more than 50 years. As owner operators of Macleods/Home Hardware, Ashern Laundromat and also Ashern Florists, Willie along with his family had the opportunity to meet people that became so much more than customers. They were friends. The One Box Sharptail Hunt, the annual Rodeo, Business Community Futures, the Masons/Shriners and Eastern Star, Steeprock Beach, Glencora Estates ... were only a few of the local area interests that Willie enjoyed contributing to.

Willie and his family were part of Ashern Gospel Chapel when it was still being held in the elementary school and it was an important part of their lives even now. The years of fellowship and friendships are ever-lasting and meant so much.

Willie loved travelling, especially with his family and friends and to see his family and friends. There were many trips to Sooke, BC, Creston/Cranbrook, BC, Calgary, AB, Pincher Creek, AB, Cold Lake, AB, Red Lake, ON, Thunder Bay, ON ... sorry SK! He even enjoyed the 17 hour flight to spend 5 weeks in Australia, the overnight flight returning from 4 weeks in Maui and the short flights to Los Cabo and Punta Cana for just a couple weeks each. Many times Dad heard ... *"We're almost there" but never complained.*

Willie was many things to many people ...

- "a precious man, that had his hardships, but never complained"
- "a wonderful family leader that never wavered in his love and support"
- "an amazing man that made us lucky to get to know him, always so interesting"
- "intelligent, willing to learn and teach, happy to share stories, experiences & an ice cream"
- "a true gentlemen, always so kind."
- "a truly wonderful man who led a wonderful life"



"We will keep a part of Willie/Dad/Grandpa/Afi among us by giving the love we have for him a forever place in our life, a forever seat at our table and a glorious chapter in our book. Stories never die, tell them all."

From Olga and the family, thank you sincerely for the outpouring of love, support and shared memories that we will hold tight.

Remember Your Loved Ones with an Announcement in the



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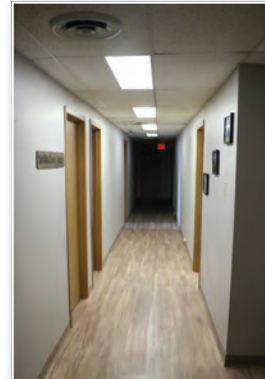


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CLANDEBOYE AVE in Selkirk Executive Mall

OFFICE SPACE FOR LEASE

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



Property Features

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



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