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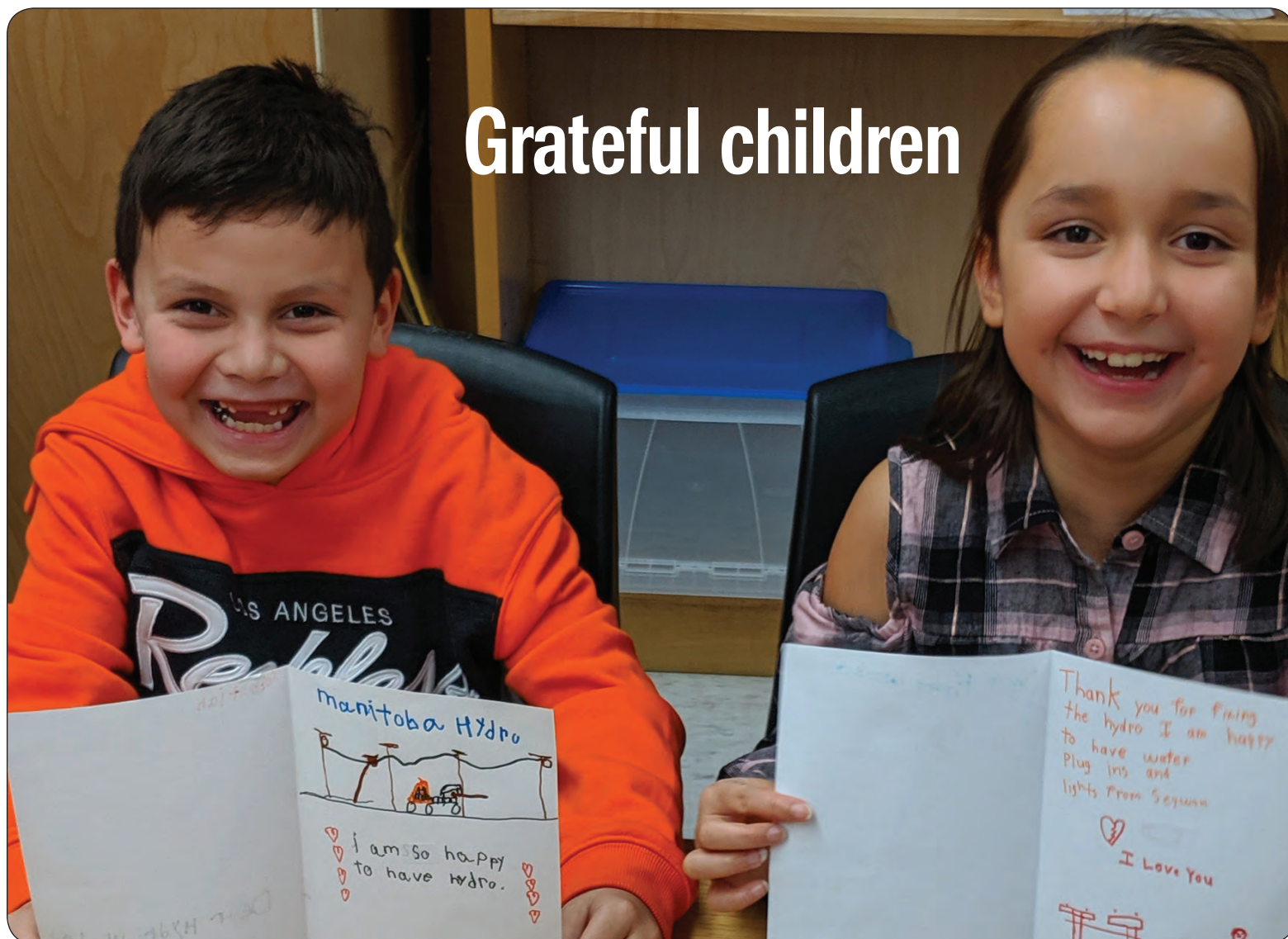


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Grateful children



EXPRESS PHOTO BY RANDI-LEIGH MICHANIUK

Grade 2 Pinaymootang School students Sebastian Thompson, left, and Segwan Traverse were happy to return home following the October snowstorm. Traverse said, "I'm happy to be home. I'm not a city girl." The Fairford students created thank you cards, drawings and posters for the Hydro works in Ashern last month.

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**STAY WARM
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Milwaukee



Pinaymootang students thank Hydro in time of need

By Evan Matthews

Students at Pinaymootang School are giving thanks to Manitoba Hydro after October's winter storm left the community without power for two weeks.

Pinaymootang First Nation had shut down the school due to loss of hydro on Friday Oct. 11. Many of the community's residents were then evacuated to various Winnipeg hotels on Oct. 12.

Students didn't return to school until Wednesday, Oct. 30, according to Randi-Leigh Michaniuk, reading recovery teacher.

"Families just started getting home last week. It was obviously a very stressful and scary experience for the kids ... and I'm sure for the parents, too," said Michaniuk, who works mostly with Grade 1 students.

"(The kids) didn't quite understand what was happening. ... Now they're back, and our focus initially is to be there for them, help them understand, and help them transition back into their routines."

The students learning is of high priority, too, according to Michaniuk, so it's important to get right back to teaching after losing two weeks.



Grade 2 students.

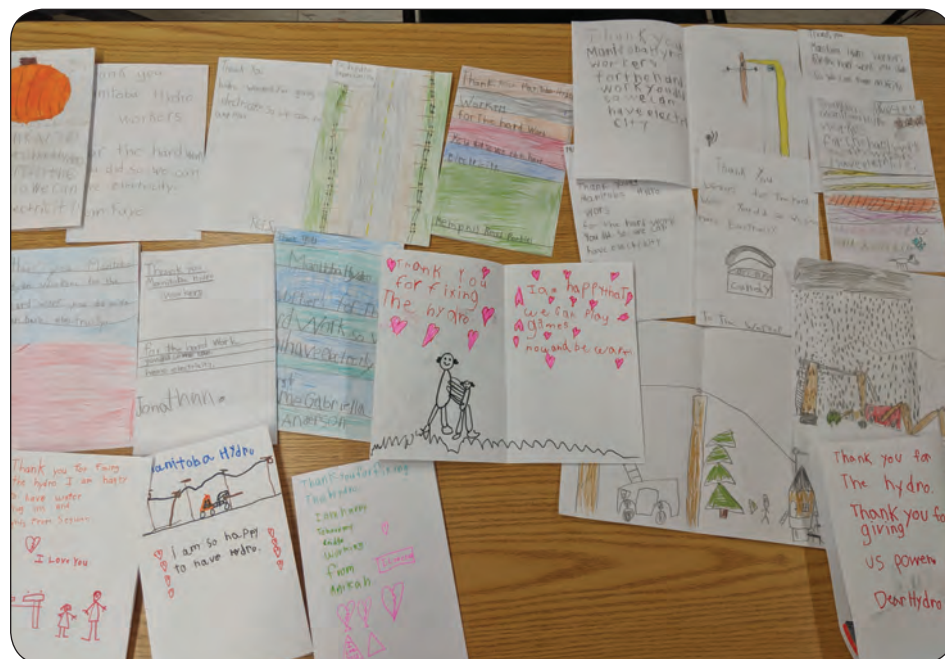
Deadlines for teachers' assessments are approaching in November, Michaniuk said, which poses challenges in getting students back on track and up to speed in time.

"We're dealing with the academic side of things, but also the emotional side of it all," said Michaniuk.

"We want to make sure our students are dealing with everything OK but also able to concentrate on school."

The kids have responded in a very positive fashion, Michaniuk added.

After learning through first-hand experience what hydro actually is, discussing with teachers how hydro



EXPRESS PHOTOS SUBMITTED

Students from grades 1, 2 and 3 made cards saying thank you to Manitoba Hydro employees and adding specifically what the students are thankful for.



Grade 1 students



Grade 3 students

impacts day-to-day life, Michaniuk said the students felt compelled to reach out and thank Manitoba Hydro workers for their efforts in restoring power to the community.

"There was a pole by our house and it was cracked. It could have hit our car with an elder in it," said Sebastian

Continued on page 5

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Gimli council approves lawyer's office/cryptocurrency operation

By Patricia Barrett

The majority of Gimli council approved the temporary establishment of a lawyer's office with a cryptocurrency operation in a hangar beside the runway at Gimli Airport despite the area being zoned Aviation Development (AD) and opposition from a neighbouring aviation business.

Richard Olschewski of Olschewski Davie Barristers & Solicitors asked council during its regular meeting Oct. 23 to amend the zoning bylaw so that he can set up a satellite law office and a cryptocurrency operation under 6944788 Manitoba Limited, which was amended in September to its current name Hanger [sic] Number Three Limited, according to the Companies Office.

"I think it will be a positive change to the building and the building's reputation. I understand there may have been some unauthorized activities with what I was told were bikers or something of that nature," said Olschewski, who owns the aviation hangar. "So this is quite the opposite of the kinds of activities in there."

Olschewski Davie has four offices in Winnipeg and handles real estate, family law, wills/estates, corporate/commercial law and civil litigation. Olschewski has been involved in the real estate industry since 1987 and was a realtor from 1988 to 1992, according to the firm's website.

The satellite office and cryptocurrency operation will take up only part of the overall building, in the area of existing office space, he said. He'll have one lawyer and a receptionist and is thinking it will be open on Fridays and Mondays.

Cryptocurrency is a digital form

of currency that uses cryptography technology (codes) to secure financial transactions. It is virtual currency, not a physical coin that's often used to advertise the decade-old transaction system. It serves as an alternative to cash, credit cards and cheques, allowing users — whose identities are encrypted — to send money directly to each other without using a third party such as a bank, credit card company or wire service. Some forms of cryptocurrency are well-suited to illegal activities such as money-laundering and tax-evasion, according to Investopedia.com.

Governments and banks do not have control over cryptocurrency thus making users' accounts "unsecured" in the traditional sense. Cryptography is said to be difficult to hack, but Binance cryptocurrency exchange had \$40 million worth of bitcoin (a popular form of cryptocurrency) stolen in May after it was hacked.

Cryptocurrency exchange QuadrigaCX, founded by Gerald Cotten, is perhaps the best known Canadian example of digital currency's dark side. When Cotten died in 2018, investors couldn't access their accounts. CBC reported last month that a forensic analysis revealed Cotten had appropriated users' funds by transferring them into his own accounts. Over 76,000 unsecured creditors say they're owed about \$215 million.

The use of computers to run a cryptocurrency operation requires energy and its by-product is heat.

Olschewski said running computers in the hangar "will go a long way to help pay for the heating in the building," which is about 44,000 square feet. He asked council for permission to



Lawyer Richard Olschewski



EXPRESS PHOTOS BY PATRICIA BARRETT
Larry Dewar spoke in opposition to a law office and cryptocurrency business setting up in an aviation hangar.

use 15 per cent (or 6,600 square feet) of the overall space for both the law office and the currency operation.

"[Cryptocurrency] will take a very small footprint in the building ... perhaps two or three per cent. It's basically computers and there will be an IT requirement as well as some servicing," said Olschewski. "One of the criticisms of [cryptocurrency] miners is that it's a waste of energy and it's

not green. But doing it this way — by using it to heat the premises — it's repurposing the waste."

Coun. Cody Magnusson asked about potential fire risks from running servers as well as the numbers of servers Olschewski intends to set up.

"I don't know at this point," said Olschewski, referring to computer

Continued on page 7

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Newly formed coalition urges province to stop city from polluting Lake Winnipeg

By Patricia Barrett

A newly formed grassroots organization made up of Lake Winnipeg property owners is pressing the province to take immediate action to stop the environmental degradation of the world's 10th largest freshwater lake.

Initiated by the environment committee of the Silver Harbour Property Owners' Association, the Coalition to Save Lake Winnipeg was formed in September, bringing together property owner associations and stakeholders from the lake's north and south basins, including First Nation communities and the Siglavik-based People for the Preservation of the Willow Island Coastal Wetlands.

The coalition's primary goal is to urge the provincial government to put pressure on the City of Winnipeg to upgrade its North End Water Pollution Control Centre, which treats about 70 per cent of the city's wastewater and sends it into Lake Winnipeg. The sewage plant releases too much phosphorus, spurring on algae growth in the lake. And several times a year, raw sewage is discharged into rivers, which flow to the lake.

Frederick Veldink, who chairs the Silver Harbour environment committee, said the coalition is holding a public meeting in Winnipeg at the end of the month to hear from scientists and environmental organizations about the state of the lake. It will also be asking the province, which is responsible for the environment, to stop letting the city off the hook.

"Last year an incredible amount of raw sewage was dumped in the rivers," said Veldink, who sails out of the Silver Harbour Marina. "On one trip in August [this year], we must have sailed through four algae blooms and we were no more than four or five miles off shore."

While sailing through the lake's north basin several years ago, Veldink said he and a fellow sailor "hit a bloom that must have been five or six miles long."

It has been 16 years since the province instructed the city to reduce phosphorus and other nutrients.

In August, Veldink said he put together a petition opposing further delays and it was signed by the majority of the 50 sailors in Silver Harbour, which is about 23 kilometres north of Gimli. Combined with area residents, about 137 people registered their



EXPRESS PHOTOS BY PATRICIA BARRETT

The Red River flowing through the Lockport Dam in late September.

opposition. He forwarded the petition to the provincial departments of Conservation and Climate (formerly called Sustainable Development) and Municipal Relations.

Phosphorus contributes to the growth of toxic blue-green algal blooms, which can create dead zones in the lake where fish and other aquatic organisms can't get enough oxygen to live, and can also poison humans and animals if ingested. When blooms wash up on shore, they create a mighty stench. Raw sewage flowing from the city contains bacteria such as *E. coli*, making the lake at times unsafe in which to swim.

The Lake Winnipeg Foundation, which will be among the presenters at the upcoming meeting, says the North End sewage plant is the single-largest phosphorus point source for the lake, with about

600 kilograms of phosphorus entering the river each day — more than three times the limit in the city's provincially regulated operating licence.

This year the city asked the province for an extension — from Dec. 31, 2019, to Dec. 31, 2021 — to comply with a phosphorus limit of 1 mg/L that's set out in its licence. In September the then-department of Sustainable Development under Minister Rochelle Squires told the *Express* (see Sept. 26 edition online) the city's request is being "reviewed."

The city's 79 combined sewer outfalls (CSOs) discharge untreated waste, including phosphorus, into the river about 22 times a year on average. In August 2018, the Wolseley CSO sent over 3 million litres of raw sewage

into the river.

Combined sewers in older parts of the city can't handle heavy rainfall or snowmelt and are designed to bypass the North End plant and discharge directly into rivers in order to prevent sewers in city homes and businesses from backing up.

In 2017 Sustainable Development gave the city 27 years to upgrade its CSOs.

The cost to upgrade the North End plant has been pegged at over \$1 billion. The province has given the city \$34 million and Winnipeg taxpayers would likely face increased water and sewer rates should the upgrade go ahead.

Veldink said the coalition is opposed to the province's extensions and wants it to "clamp down" on the city.

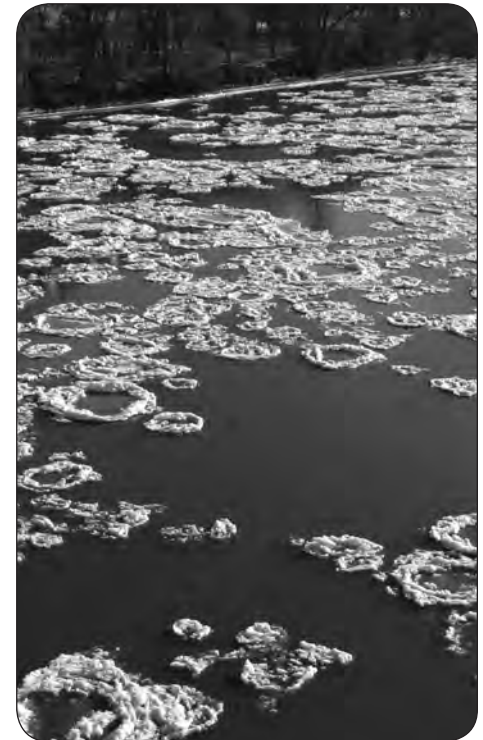
"The provincial government has the authority over the city ... and we don't want Winnipeg to get more extensions," said Veldink. "But it's a delicate issue, too. The one thing we don't want is politicians fighting each other. We'd like to see a cooperative effort to do things."

This September, a long stretch of the west shore from roughly Gimli up to Spruce Bay, was inundated with blue-green algae. Veldink said Silver Harbour was relatively "lucky" this year, having algae for about 10 to 14 days.

"Because the prevailing winds are usually southwest, the east side of the lake has suffered much more than we have," he said. "We had it bad for a while in the harbour — and, in fact, it really stank. There was a horrible stench."

By forming a coalition, Veldink said politicians are bound to sit up and take notice. And the group has also invited mayors and councils from communities around the lake to attend the meeting.

"We all agreed that if you speak with



In 2018, millions of litres of untreated sewage, including phosphorus which spurs on toxic algal blooms, spilled into the Red River (shown here), which flows into Lake Winnipeg.

one voice, it's more efficient and effective," he said. "We strongly believe that in addition to scientific information, which is really important, we need action."

Guest speakers for the meeting are Alexis Kanu from the Lake Winnipeg Foundation, Vicki Burns from the Lake Winnipeg Project, Pascal Badiou from Ducks Unlimited and aquatic invasive species specialist Candace Parks from the province.

The meeting will be held Saturday, Nov. 30 from 12 to 2 p.m. at the St. James Legion in Winnipeg at 1755 Portage Ave. Admission is free but registration is encouraged by Nov. 25. Visit Eventbrite to register.

Future uncertain: Lundar Elks last Old Time Dance in the books

By Evan Matthews

After an anonymous source came forward at the end of October, the Lundar Elks Exalted Ruler has confirmed some of the rumours.

Farrell Pott, the leader of the local non-profit organization, said while the anonymous source got a few things wrong — like the date of the Elks' last Old Time Dance — most of the narrative was accurate.

"It would have been better to handle things internally, but most of what was said wasn't incorrect. It's tough," said Pott.

"Let's face it. Our hall is in pretty rough shape. The hydro bills are crazy. Like every other (rural) community, there are less and less social events for us to host.

"We've had the Old Time Dances once a month ... but it's not making economic sense."

At the end of October, a member of the Lundar Elks approached *The Tribune / The Express* on a condition of anonymity, fearing local politics.

The Elks' member stated the organization would no longer be able to operate the old Lundar Community Hall, after receiving crippling Hydro bills totalling over \$10,000 between January and September last winter.

The Elks' member then said Oct. 27 would likely be the last Old Time Dance in Lundar, though, the date proved to be untrue.

"The original plan was to give the key back and the hall would be closed at the end of October, so at one point, that could have been true," said Pott.

"But we had made an agreement to keep the hall open for an additional month, and the first week of December. ... It'll get winterized after that."

Pott said because the Elks have access to the community hall until Dec. 7, some of the organization's members decided to host one more Old Time Dance, which happened on Nov. 17.

Playing old time music from the 1940s, '50s and '60s, the dances were said to throw people back to a different era. Often participants will experience waltzes or polkas.

The dances have always been open to anyone willing to attend, though typically it is a more senior demographic, as people come from Dauphin, Ste. Rose, Gimli, Winnipeg and Portage.

The Lundar Elks will also host its annual Christmas Craft Fair on Nov. 30 before vacating the community hall, according to Pott.

What will happen to the building in the spring is unclear, Pott said, though he noted it will be the RM's decision, solely.

Who owns the hall?

The Lundar Elks have an agreement in place with the Coldwell RM, according to Pott, who said the RM owns the building and the Elks agree to the cost associated with running the building.

The Elks then have access to the building for community functions, while also having the ability to rent the space out for events like socials and wedding to generate additional revenue.

No community hall means no permanent home for the local organization.

The RM of Coldwell's administration confirmed a member of the Lundar Elks' approached council informally about the RM taking over the Lundar Community Hall's operations.

Due to a lack of information, the RM would not comment further.

Pott said the Elks have since met with the RM, on Oct. 24, but did not divulge details of that meeting.

No Coldwell council member responded to a request for comment by

presstime.

The Lundar Elks currently have roughly 25 members.

An old building

Pott confirmed that the funding isn't the only challenge the Lundar Elks are experiencing, as the building is aging quickly.

The building is in need of repair, with the list of repairs including flooring, windows, and doors, all of which would help with the building's efficiency and subsequent hydro bills.

"I'm 47 years old, and the building is older than I am," said Pott. "What happens when money is tight and things age? It needs some TLC."

Having hosted an Old Time Dance once a month for the last 10 years, since July 2009, Pott said the organization's future remains very much up in the air.

With so few meetings throughout the year, Pott said potential solutions for the organization include operating without a fixed address, finding temporary meeting locations and alternate fundraising methods, but his hope is that the Elks will continue to have a presence in the Lundar community.

Province expands financial supports for vulnerable youth

Submitted by Manitoba government

The Manitoba government is investing more than \$4.9 million over three years to help at-risk or sexually exploited youth by improving access to

mental health and addictions treatment that includes Indigenous-led supports, Families Minister Heather Stefanson announced Tuesday.

"There is nothing more important

than protecting Manitoba's children and youth," said Stefanson. "This funding will go toward new partnerships between community organizations and Winnipeg StreetReach to

provide co-ordinated care for vulnerable young people."

To help address the growing need for integrated access to mental health, substance use and addictions services among youth with complex, multi-

Continued on page 14

> THANK YOU, FROM PG. 2

Thompson, a Grade 2 student.

"The Hydro workers put a new pole there," he said, adding thanks.

Roughly 100 students in grades 1, 2 and 3 created cards for Manitoba Hydro employees.

Michaniuk took the cards from Pinaymootang School to the Manitoba Hydro office in Ashern to have them distribute the cards internally.

"It was such a stressful time for our little ones ... and we are just so thankful to be home," said Lorette Woodhouse, the school's education director. Woodhouse was also evacuated from the community.

"We are so thankful for our hydro workers," she said.

Pinaymootang First Nation is roughly 35 kilometres north of Ashern on

Highway 6, located at the Fairford 50 Reserve. The Grahamdale RM forms most of the reserve's land boundary, according to its website, but it also has a short border with the Little Saskatchewan First Nation and a significant lakeshore on Lake St. Martin.

The registered population on Fairford 50 is roughly 1,300 people, according to the site, while an additional 1,600 live in "various other locations." The 2016 census put Fairford 50's population at 1,169, up from 989 in 2011.



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The Cherry on top

By Evan Matthews

The conversation about political correctness and society's sensitivity seems to keep coming up. This time in relation to one Canadian icon, Don Cherry.

There is no doubt, the man is controversial. As has always been the case.

On Saturday, Nov. 9, Cherry made yet another blunder when he made, what most generously can be described as, a very poor attempt to educate new Canadians on the poppy tradition in this country.

"You people ... love our way of life, love our milk and honey. At least you could pay a couple of bucks for poppies or something like that," said Cherry. "These guys paid for your way of life that you enjoy in Canada."

The reality is, regardless of his intent, Cherry isolated a large portion of Canadians, many of whom are immigrants.

What Cherry said, plain and simple, is not OK. Isolating people is not what Canada is about. This country is about bringing people together.

Cherry has since been fired, which in many people's eyes has been a long time coming. By today's political and social standard, firing him was probably the right thing to do.

Especially because this isn't the first time he's been careless with his words.

He's called people "left-wing kooks," he's called people from Quebec "whiners," and at one point even referred to a former Jets assistant coach's (Alpo Suhonen, 1989) first name as dog food.

He said female reporters don't belong in male NHL dressing rooms.

He's had a vendetta against Russian hockey players for years.

To question if Don Cherry is politically correct or socially conscious at this point would be, well, ridiculous.

For a lot of Canadians, that's why they tuned in to Coach's Corner.

Aside from the fact that a much younger Don Cherry knew the game of hockey extremely well, he always had something to say, and people wanted to hear what he had to say.

His opinions are, and always have been, polarizing. Sometimes they are down right offensive.

There is no agreeing with or defending what Cherry said most recently. To isolate new Canadians like that was wrong, which is why his firing speaks volumes.

He's done, and Coach's Corner is done, too. But, the conversation doesn't end there.

In spite that Cherry lost his job, many online conversations have centred around the fact that Cherry is "racist," or "senile," or even a "ignorant degenerate."

It is unfortunate how divisive and volatile the conversation around the topic has become.

Many in our society are ready to throw an 85-year-old man, a man

who's dedicated his life to Canadian hockey, completely and fully under the bus.

Not many know this man on a personal level, just that he was a Canadian hockey legend.

Some hockey players who know Cherry personally have even come out and said while they don't agree with what he said, they also fully understand Don Cherry is not the monster he's being made out to be.

But for some reason our society doesn't understand nuance. Everything is black and white. Everyone is so ready to be correct, to be right.

Our society is so willing to tear people down.

Yet, most people are good, even if they're rough around the edges.

It's important to acknowledge soci-

ety's volatile political and social climate. It is possible for a person to say something completely unacceptable, stupid even, and still not be a racist human being.

The silver lining to come from Cherry's blunder, hopefully, is the mass conversation about how this type of behaviour and rhetoric is not OK.

Inclusivity, that's what Canada is all about.

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Fisher municipality seeking financial aid from province

By Evan Matthews

The Fisher RM is appealing to the Province for disaster relief, after October's snow storm wiped gravel right off the roads.

The Oct. 11 storm, which dumped more than a foot of heavy and wet snow in many places, occurred before the ground had a chance to freeze. As a result, Fisher Coun. Tom Nevakshonoff said the snow was very difficult to plow.

"A major component of the RM's budget is our gravelling program. ... It's of great importance to all our residence but particularly to the farmers who need good roads to haul on," said Nevakshonoff.

The RM budgeted \$315,753.99 in 2019

for its annual gravelling program, according to administration.

"The result of that storm was that a lot of the very expensive gravel we laid down over the course of the summer was picked up and cast off into the ditch."

With the gravelling program being so expensive, the RM is now turning to the province to create disaster financial assistance to Fisher and its residents for all cost incurred during and after the storm, according to a press release addressed to Manitoba's Minister of Infrastructure Ron Schuler.

Other hardships the community experienced included significant snowfall, road closures, gas shortage, loss

of all communications and loss of hydro for many days.

Tree clean up, for example, is expected to last well into the new year.

"Our residents are resilient, but this event had taken a toll on a lot of people and affected a lot of areas within the municipal boundaries," said Kelly Marykuca in the press release.

"The RM requests the Province ... create a Disaster Financial Assistance Program to provide (aid) to the RM and its affected residents for all costs incurred," it goes on.

The municipality declared a local state of emergency on Oct. 13, in the days following the storm.

Having spent a number of years in government, Nevakshonoff said this

is not the first disaster the RM has dealt with.

Each disaster is a bit different, he said, but this time around is specifically difficult financially for the RM.

"Each (disaster) is different in how it manifests and the impact it ultimately has on society," said Nevakshonoff.

"On behalf of all municipalities who had to deal with this highly unusual snowstorm, I ask higher levels of government take this into consideration when considering disaster assistance compensation for this event."

RM of Fisher Reeve Shannon Pyziak could not be reached for comment by presstime, nor could Minister of Infrastructure Ron Schuler.

> CRYPTOCURRENCY, FROM PG. 3

numbers. "My experience is limited. I have a full-time IT person ... and his hobby happens to be bitcoin mining. My expertise is coming from him."

The building has a sprinkler system, said Olschewski, but his insurance policy doesn't require him to have sprinklers "because there's no commercial activity going on." And "next week I'm planning on draining it."

As for staff/client parking at the

hangar, Olschewski said he's willing to install fencing to prevent people from walking onto the runway.

Gimli resident Larry Dewar, who is part-owner of a hangar at the airport, spoke in opposition to allowing a non-aviation business to operate in a zone specifically designated for aviation-related uses.

It makes "no sense" for Olschewski to set up a law office in a hangar on a runway, said Dewar.

"It is an airport. We need to protect that airport. There are lots of industrial buildings on the other side of the road that [Olschewski] could have bought where a conditional use might have fit," said Dewar. "I drove through [Gimli] and counted six buildings for lease ... where I believe a lawyer's

practice would benefit Gimli — in the town of Gimli, in an office building, not in a hangar on a runway"

CAO Joann Murphy said there are a lot of hangars being used for boat storage and asked whether Dewar thinks boats should be removed from the airport.

Dewar said using hangars for boat storage happened before the area was zoned AD, and that council "can't change what's already there." What it can do going forward is "make decisions about changing our future because it's precedent-setting if you let in a lawyer's office. It's a retail space in an AD zone. Protect the runway. Protect the property adjacent to the runways, to the taxiways and to the aprons."

Olschewski said the remainder of his hangar would be used for aviation

and "inherited storage" from the previous owner.

"That's [aviation] not going to change," said Olschewski. "Currently there's two or three airplanes in there at any given time."

Mayor Lynn Greenberg and councillors Thora Palson, Richard Petrowski and Cody Magnusson voted in favour of approving Olschewski's business for a five-year term (as permitted under the Planning Act). He will be required to install security fencing and use only 15 per cent of the total building space for his law office and the cryptocurrency operation.

Coun. Peter Holfeuer voted against the proposal.

"It was zoned [AD] for a specific reason — to protect the integrity and use of the building to promote and encourage more aviation-related businesses," said Holfeuer. "I think we should stay with that."

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Correction

Staff

In the Nov. 14 edition of the *Express Weekly News*, the story titled "Riverton woman celebrates 104" contained an error.

A name appeared as Joey Grimolfson. In fact, her name is Johanna (Joey) Johannson.

The *Express* team apologizes for the miscommunication and any confusion it may have caused.

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Did you know you can catch fish with snowballs?

Hello friends.

How many of us each year are surprised how quickly freezing fall weather transforms our turbulent waters to motionless flat white-grey ice plains? The safe thicknesses of first ice that I talked about last week isn't the only hazard that comes into play as we stand on our favourite fishing shore line spots looking longingly across the ice where only days before we were open water fishing. Every year we dread a flood or big storm that might turn first ice into a mangled spiked mess. Well, this fall it happened!

The ice surfaces on the Red, like many other waterways, are billowing mats of bunched up ice. One exception is Netley Creek, where last week I saw a chap sitting comfortably in the middle of the creek on an overturned five-gallon pail jiggging his fishing line down in an ice hole. I left Old Red on the end of the road and walked out to him, calling, "How's it going pal?"

Reaching him, a nice eating-sized jack and walleye lay on the ice beside a sleigh and a specially made high-legged pan shaped bonfire holder that gave good heat but didn't melt the ice. It was quiet and peaceful on the creek.

"Hi, I'm Arnie Weidl. I write the fishing column in the *Selkirk Record*, the *Express* and the *Stonewall Teulon Tribune*," I said opening up a conversation with

our angling brother.

"Yes I know you," he said. "I'm Bill Lakota."

We passed the time trading fishing stories for a bit as we noticed guys in trucks driving up to the creek bank, then turning around and leaving seemingly unsure of the ice condition.

Bill pointed to the creek bank saying, "You can tell how high the water was here when the ice formed. Last year there was a 15-foot embankment you had to walk down to get on the ice. Now it's only a few feet. Also, some of the holes I've drilled here lately have air voids between layers of ice. It's a different fall this year!"

He paused for a moment, pulling up his line and checking his baited hook.

"I'm having good luck with a butterfly spoon and a minnow for good measure," he chuckled.

Again, more trucks idled up to the creek's edge and parked. Hopeful anglers spilled out and walked onto the ice towards us carefully sliding one foot in front of the other testing the ice. I said goodbye to Bill, and as I walked to my truck passing the newcomers, I called out, "There sure isn't many places to fish right now is there?"

"There sure isn't," they shouted back.

There are times when a joke you play on someone may make you feel a little foolish, especially if you do it to a kid.

A few weeks ago downstream of Selkirk on the Red River bank, I met Gerald Klassen, a tall, thin fellow who had a big mischievous smile to go with his happy nature. He gave us an unusual story of when his dad, Peter, a teacher in the Pas, took his young nephew fall shore fishing on the Saskatchewan River. The water was still open and there was wet snow along the riverbank. Peter set the boy up with a red devil spoon. The excited lad, sure he was going to catch the biggest fish ever, cast out with great energy. Over and over, he cast out without so much as a bite.

In time, his energy faded and Peter, given to pranking, told the boy to make a snowball over the red devil spoon so when it hit the water a fish might snap at it. The poor innocent lad believed him! Time after time, he made small snowballs around his spoon then cast out. Naturally the snowball fell apart as the lure hit the water.

Undeterred, he continued until Peter could stand his unkind joke no longer and told the boy it was time to go home for supper. The boy begged for one more try. Peter agreed smiling and began packing up their fishing gear as the lad hunched over squeezing the hardest snowball he could around his spoon. He cast out but as the line speed from the reel, it snagged and the snowball-spoon plopped into



EXPRESS PHOTO SUBMITTED
Bill Lakota with one of his catch from the Netley Creek.

the water only a few feet from him. Instantly there was a splashing of the water at the spoon. The snowball flew apart as a two-foot jackfish sprang up taking the lure! Gawking at the scene, Peter's emotions swung from disbelief to wonder. Realizing the tricked lad had actually caught a fish and unwilling to admit his prank, he found himself saying, "See, jackfish do like snowballs!"

Till next week fellow fishers. Bye for now.

RM of Fisher man arrested for uttering threats directed at RCMP on social media

Submitted

On Nov. 13, Manitoba RCMP discovered several serious threats directed at police that were posted on a public social media account.

An investigation was immediately initiated, which led police to a 30-year-old male suspect from the RM of Fisher. Officers from the Fisher Branch RCMP checked several locations but could not locate the suspect.

On Nov. 14, at approximately 10:30 a.m., officers patrolling the Fisher Branch area, responded to a collision on Tache Street. It was determined that one of the persons involved in the collision was the

suspect. He was arrested and found to be in possession of six knives. A search of his vehicle was conducted and two swords, ammunition and several notebooks were seized.

Subsequently, a search warrant was obtained on his residence and officers seized a rifle, ammunition, computers, cellphones and notebooks.

Brian Hrominchuk was arrested for uttering threats, dangerous operation of a motor vehicle, possession of a weapon for a dangerous purpose, unauthorized possession of a firearm and unsafe storage of firearms.

RCMP continue to investigate.



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP make an arrest on Nov. 14.

Canadian filmmaker documents rise of assholes; features Gimli resident

By Patricia Barrett

Just when you thought “assholes” were destined to inherit the earth, up pops Canadian filmmaker John Walker to show us that people the world over are beginning to take a stand against “assholery” and its insidious ability to engender complicity, incivility and hatred.

In his timely, in-depth and oftentimes humorous documentary titled *Assholes: A Theory*, Walker sets out to define how assholes are formed, examines their pernicious behaviours and shows the devastating impact they can have on their victims.

Inspired by Aaron James’s New York Times bestseller of the same name, Walker’s film reminds us that the most dangerous thing we can do is to collude with assholery — by staying silent or by normalizing the behaviour we’re seeing.

The Gemini and Genie award-winning filmmaker shows us assholes from every walk of life, including surfers, students, Wall Street traders, social media executives, internet trolls and authoritarian politicians such as former Italian prime minister Silvio Berlusconi.

These are some of the prime specimens, captivating us, making us laugh and even compelling us to vote for them, and Walker’s experts say they all have one thing in common: a deep belief in their own sense of entitlement, which leaves no room for anybody else.

Weighing in on our contemporary asshole culture are academics, business leaders, Italian LGBTQ activist Vladimir Luxuria and English actor John Cleese, well known for his Upper-Class Twit of the Year skit with the Monty Python comedy group, demonstrating how wealth and class privilege are ripe breeding grounds for assholery.

But it’s Gimli resident Sherry Benson-Podolchuk’s story that really hits home in terms of the psychological, emotional and career-ending fallout of having to work in an organization that wouldn’t deal with assholes.

The former RCMP officer became one of the first women to speak out against unchecked sexual harassment and hatred of women in an organization thought to be the champion of justice.

“An asshole really thinks there’s nothing wrong with him. It’s everybody else’s fault,” Benson-Podolchuk told the *Express*.

She said she endured a lot of “asshole behaviour” at work — sexualized verbal abuse targeting her body parts, having her head split open in a bathroom stall that officers had rigged up to collapse on her and finding a dead,

blood-spattered chicken in her locker — before she found the courage to push back against what she called a “spreading cancer.”

And the consequences of standing up to assholes “ruined” her life.

“It really did when I look back now at all the things that happened because of that. It really did turn my life upside down and inside out,” said Benson-Podolchuk, who joined the RCMP in 1989 and served for 19 years in various detachments. “When you’re working in an environment that encourages assholery ... you’re standing alone. If bystanders say nothing, it really deepens the problem for people who are speaking up.”

The deepening problem was discovering that her detachment leader was an “asshole” too, she said, after she asked him to address the behaviour. He did nothing, sending an implicit message to her male colleagues that it’s OK to hate and harass other human beings who happen to be female.

“When you protect your own and don’t say anything about asshole behaviour, you are part of the problem. Those who failed to respond, failed to say, ‘Hey Man, shut up, don’t talk to her like that,’ are part of the problem,” said Benson-Podolchuk.

“If my boss would have said, ‘Hey guys, you say one more thing, I’m writing you up. This isn’t a respectful workplace and I’m not going to tolerate that,’ then they might have been mad at me for a while but it would have been a lot different. But nobody said anything.”

Benson-Podolchuk said she was afraid to go to work, adopting a vigilant mindset, like that of a battered spouse wondering what she could do to avoid triggering another attack. Toxic workplaces can cause so much stress that people have nervous breakdowns or take their own lives.

Benson-Podolchuk said RCMP officers have, in fact, used their own guns to end their suffering. And some officers are distracted while carrying out their duties, focusing not on “the now” but on the later when they have to return to the office and deal with the asshole chipping away at their peace of mind.



EXPRESS PHOTO SUBMITTED

Sherry Benson-Podolchuk with documentary filmmaker John Walker at the 2019 Toronto International Film Festival's premiere of *Assholes: A Theory*.

“There’s a huge swathe of collateral damage by allowing assholes to breed within an organization,” said Benson-Podolchuk, citing the eventual loss of her career, the development of post-traumatic stress disorder and an inability to experience joy. She also “missed out” on key moments in her daughter’s life because she was living in a peculiar headspace, focused on the terrible things happening to her at work.

A settlement for 500 former and current female RCMP employees was announced in 2016 when allegations of sexual harassment, unwanted touching, rape and physical assault could no longer be kept under wraps.

Benson-Podolchuk turned a life-changing negative experience into a positive force, writing a book about the RCMP titled *Women Not Wanted*, creating her own workplace bullying consultancy firm called Star Agassi

Consulting and taking part in Ted (technology, entertainment and design) Talks.

And she said she practises what she preaches as do the other victims and anti-asshole advocates in Walker’s documentary: challenge the behaviour in a respectful manner to deprive it of oxygen and send a message that it won’t be tolerated.

“I want to live by example, showing kindness, empathy and compassion, but I have very firm boundaries and won’t let anyone to step on me without pushing back,” said Benson-Podolchuk. “That’s why John Walker did this documentary. He said, ‘this is about pushing back against assholes, and we all have to do it.’”

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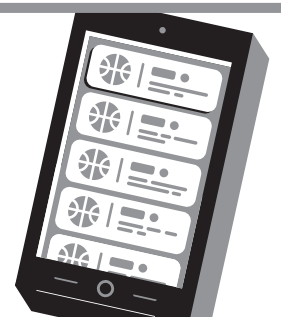
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Gimli Pharmasave going strong in 7th year, raising awareness of diabetes

By Patricia Barrett

November is Diabetes Awareness Month and Gimli Pharmasave has once again stepped up to raise awareness of the condition and help fund-raise for Diabetes Canada.

For seven years in a row, Pharmasave has been selling blue circles — which symbolize the unity of the global diabetic community — over the course of November and is one of the top-selling pharmacies thanks to support from the Gimli community.

Pharmasave organized a four-hour



Pharmasave pharmacist Melissa Jacobs said the signs of diabetes can start up to 10 years before the condition is diagnosed.

event Nov. 14 to recognize World Diabetes Day. Diabetes Canada, in partnership with Lions International, also offered free diabetes risk assessments to the public along with snacks such as fruit and vegetables.

"Our store prides itself on being a place where people can come and



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: pharmacist Melissa Jacobs, Gimli Mayor Lynn Greenberg, Pharmasave store manager Ryan Loos, Sally Torquato from Pharmasave Central and Gwen Smith from Diabetes Canada.

we'll go the extra mile for their diabetes care," said pharmacist, store operator and diabetes educator Melissa Jacobs. "Our pharmacists are wonderful, and we're always willing to sit down with patients, talk about their blood glucose readings or teach them how to use their new meter."

Pharmasave also offers flu and

pneumonia vaccines, which are recommended for patients with diabetes, she added.

Pharmacists and store staff were joined by Gwen Smith from Diabetes Canada and Sally Torquato from Pharmasave's central head office.

Torquato said the Gimli Pharmasave

Continued on page 11



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> PHARMASAVE, FROM PG. 11

store has been the “number one” fundraising store for the majority of the seven years it has been involved with the Blue Circle Campaign.

“That means the community here is giving back. You’re part of it, all of you. You’re seeing that it’s really important to help fight it and we really appreciate that,” said Torquato. “In the seven years that Pharmasave had been part of this, we’ve raised over \$100,000 for Diabetes Canada, and we’re very proud of that and proud of our sponsorship with them.”

Gimli Mayor Lynn Greenberg was on hand to officially proclaim World Diabetes Day in the RM of Gimli, noting that 386,000 Manitobans have diabetes or pre-diabetes and over 11 million Canadians (or one in four) live with either condition.

The mayor, whose wife died of complications from diabetes, said he himself was diagnosed this summer with diabetes and knows how important it is to raise public awareness of the condition.

Complications arising from diabetes include premature death, cardiovascular disease and end-stage renal disease, according to a fact sheet from Diabetes Canada. Other complications include lower limb amputation, blindness in people under the age of 50 and depression. Indigenous populations and overweight and obese individuals are susceptible to developing Type 2 diabetes, which is caused in part by genetics or by an inactive lifestyle.

Diabetes Canada noted in its fact sheet that the Manitoba government

cancelled in April 2018 the Special Drug Program that had been operating since 1968 and had helped diabetic patients pay for high-priced medications. Patients now have to pay a Pharmacare deductible.

Diabetes Canada is recommending the province provide coverage for medical devices that heal diabetic foot ulcers, enhance foot-care screening programs, expand the insulin pump program for Manitobans with Type 1 diabetes by eliminating an age restriction, and support a nationwide strategy called Diabetes 360 to prevent and manage the condition, according to the fact sheet.

Jacobs said new research shows diabetes can develop up to 10 years before a patient is actually diagnosed. Some of the signs could be elevated post-prandial (after a meal) blood sugars or a slightly elevated fasting blood sugar.

“Through your diet and lifestyle changes, you can do a lot to prevent progression into diabetes and help to manage it in those early times when the pancreas is just starting to have trouble handling the glucose loads,” said Jacobs.

The blue circle fundraiser supports children and youth newly diagnosed with diabetes and sends them to D-Camp (diabetes camp) each year. Pharmasave stores across the central region raised over \$15,000 last year, according to a Diabetes Canada media release. D-Camps empower kids to manage their condition as well provide them with an authentic camp experience.



A Gimli resident, right, takes part in a diabetes risk assessment. Barb Hollyoake from the Winnipeg West Lion's Club volunteered to conduct risk assessments.

Teaming up with Lions International, Diabetes Canada offered the public free risk assessments at Pharmasave. Barb and Bob Hollyoake, members of the Winnipeg West Lions Club (Charleswood neighbourhood), went through a questionnaire with people and took measurements such as blood pressure to assess a risk for diabetes.

“The Lions have undergone training with Diabetes Canada to do these assessments,” said Barb Hollyoake, “and we help wherever they need us to go. We’ve done various functions.”

For more information about the Blue Circle campaign and D-Camps, visit www.diabetes.ca.

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Inwood marks Remembrance Day with annual service

Staff

The community of Inwood paused to pay tribute to those who served in the wars through a Remembrance Day service.

Remembrance Day services have been held in Inwood for the past six years. For the first two years, the service was held outdoors at the cenotaph. In 2015, the hall offered free indoor space for a Remembrance Day service, and attendance continues to grow year after year.

This year set a record with 62 people in attendance. Special guests included Selkirk-Interlake-Eastman MP James Bezan, Susan Smerchanski, three cadets and two service military members.

Ron Findlay officiated the service with Bernie Unrau, Pam Findlay and James Bezan as speakers. Jen Etter and Carol Moroz lit the candles, and Mrs. S. Unrau played the organ. At the event, 14 wreaths were laid out.

Special thanks goes to members who helped to prepare and run the event, including Rod and Jen Etter, Steve and Carol Moroz, Mr. and Mrs. Unrau, and Ron and Pam Findlay.

For Jen Etter, the connection is a personal one.

"My great-grandfather William Musclow fought in First World War. He was one of the frontline fighters. He, in the end, had his foot blown off and multiple gunshot wounds but he fought like a mad man till the end and lived to tell about it. He received many medals," she said by email.

"My other grandfather Leonard Litt fought in the Second World War but never spoke about it. He wouldn't talk about it. He too got medals. My third



Wreaths were laid at the cenotaph.

grandfather Mike Kaszuba was a mechanic and private in the war as well. Last but not least, in recent years, my cousin Kyle served, but his whole team was caught in crossfire, an explosion happened and all were killed but him."

Other people from the Inwood area who served in the First World War include Gunner Backland, Allan Collie, Albert Emms, Edwin John Simms and Richard Carpenter.

Other local residents who served in the Second World War included Charles Chartrand, Raymond Davies, Walter Georgeson, Ervan Muth, Allan Nelson, Allan Neve, Oscar Overby, John Paterson, Victor Smith, Cyril Smith, Robert Edward Stewart, Robert D. Stewart, William Frances Bland,



EXPRESS PHOTOS BY JEN ETTER

Special guests attending Inwood's Remembrance Day service included MP James Bezan, cadets and military personnel

Louis Alex Berg and Peter Edward Berg.

For Etter, it's important to hold a service in Inwood to honour people who served in the wars and fought for our freedoms.

"The thing is we all have family who's served and even sacrificed their lives for us," she said.

"We need to wake up and take the rose-coloured glasses off and realize what we have and why we have it — and start showing some honour and respect."

She thanks all who attended and looks forward to seeing everyone again for the next Remembrance Day.



Candlelighters Carol Moroz and Jen Etter.

Enhanced mental health services will make it easier for children and youth to receive timely care

Submitted by Manitoba government

The Manitoba government will invest more than \$4.2 million to improve mental health services, making it easier for children and youth to receive assessments and treatment, Health, Seniors and Active Living Minister Cameron Friesen announced today.

"Children and youth with mental health issues require improved quality of care and quicker access to assessments," said Friesen. "These investments will improve patient flow in the Children's Hospital emergency department and reduce wait times for outpatient services."

Over three years, the funding will allow additional resources to be added to services already available at Children's Hospital. This will include increasing:

- the availability of child and adolescent psychiatric emergency nurses who assess children in the emergency department;
- access to group treatment in the existing anxiety disorders service;
- access to individual treatment for children and youth in crisis;
- group treatment capacity for patients who require ongoing outpatient care after 12 weeks of crisis treatment; and
- urgent consultation to rural and remote health-care centres, reducing the number of transfers from rural and remote communities.

"HSC's child and adolescent mental health services provide assessment and treatment to meet the needs of children and youth with teams of nurses, occupational therapists, social workers and psychiatrists," said

Dr. Laurence Katz, medical director, child and adolescent mental health, HSC Winnipeg. "This investment will allow us to provide appropriate and timely care to more children and youth, improving access to the range of mental health services we provide to patients and families in the community."

The second phase, expected in the next fiscal year, will include the development of a clinic dedicated to patient followup, ensuring medication compliance and ongoing care as well as enhanced rapid access care for patients who can be safely discharged from the emergency department but require a psychiatric assessment within a few days.

Additionally, a 12-week multidisciplinary crisis treatment program will be expanded. The program includes

individual psychotherapy, family therapy and occupational therapy groups, as well as another service for group, individual and family therapy for children and adolescents with mood and anxiety disorders.

The minister said this funding fulfils a recommendation made in the VIRGO report, which was to prioritize funding for the expansion of services for children and youth.

Since the beginning of October, the Manitoba government has committed \$18 million toward nine initiatives that will improve mental health and addictions services throughout the province. The minister said other investments in mental health and addictions support will be announced in the coming weeks.

Arborg's Winter Wonderland to feature the Grinch, sleigh rides and some sleuthing

By Patricia Barrett

Organizers of Arborg's annual Winter Wonderland event have an exciting line-up of activities for the whole family, including photos with the Grinch and Santa, sleigh rides through town, carolling and a craft show.

Susan Bauernhuber, who's part of a small organizing committee made up of business owners, said the Nov. 29 event will see carollers take to the outdoor bandstand at the library and an appearance by the Grinch, who will graciously allow people to have their photo taken with him.

While revellers wait to hop aboard the sleigh, they can sip on hot chocolate and snack on roasted marshmallows or check out the silent auction at the Arborg Royal Canadian Legion.

"We also have a Kids' Fun Zone,

which will be indoors," said Bauernhuber. "Kids can make crafts and reindeer food. The kids can put the food out before Christmas and the reindeer eat it when they get to their house."

The Arborg community hall will be packed with craft vendors, offering Christmas shoppers unique gift items. Santa is also dropping by the hall so that kids can have their photos taken with him and tell him what they're hoping to find under the tree. You can skip supper at home because there will be perogies and kovbasa on offer at the hall.

One of the big events of the evening is the scavenger hunt in which the best sleuth can win up to \$500. Participants will be given a series of clues at local stores where they make a purchase.

"We're trying to promote local shopping," said Bauernhuber. "We also put coupons in the mail so people can go to different businesses and get a discount on whatever they're purchasing."

As dazzling as it had been in previous years, there will be no Parade of Lights this year because of the risk to children on the street in the dark.

"Last year we had a committee for Parade of Lights and we said we're not doing it again because it's too danger-

ous at night-time to have kids darting out between vehicles [floats] to get candy," said Bauernhuber.

Residents are encouraged to decorate their homes for the festive season and take part in a contest for the best-lit home. Organizers will announce the winner that evening.

Winter Wonderland gets underway Friday, Nov. 29 at 4 p.m. starting with sleigh rides. The craft show and other activities start at 5 p.m.



FILE PHOTO BY PATRICIA BARRETT

Mike Shachtay of Shachtay Sales & Service found the perfect chainsaw for customer Rosemary Hess during Arborg's Black Friday event in 2017.

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> VULNERABLE YOUTH SUPPORT, FROM PG. 05

system needs, the province will invest \$751,000 over three years for the Manitoba Adolescent Treatment Centre (MATC) to work in collaboration with StreetReach.

Addiction rehabilitation counsellors and community mental health workers from MATC will be embedded into existing StreetReach outreach teams. The two organization's combined strengths in delivering mental health and substance abuse services and intervening in crises will help protect children and youth, Stefanson said.

Further funding totalling \$370,000 over three years will support new partnerships with Indigenous organizations. Together with StreetReach, these partners will integrate the traditional approaches of spiritual care workers and elders into a multi-disciplinary and mobile method of addressing complex social issues.

"MATC is pleased to partner with StreetReach to provide clinical mental health services to vulnerable children and youth," said Darcy Cormack, board chair, MATC. "The addition of mental health services to StreetReach will support youth in recovery and pursuing future opportunities."

In addition to enhancing services available through StreetReach, the Manitoba government is investing more than \$3.8 million over three years to enable Neecheewam Inc. to expand its Winnipeg facility and improve access to Indigenous-led healing, care and treatment services to sexually exploited youth.

Neecheewam operates the Strong Hearted Buffalo Women Crisis Stabilization Unit, a four-bed crisis intervention program for female and transgendered youth who are at high risk of sexual exploitation.

With new provincial funding, Neecheewam Inc. will undergo renovations to pilot a new, longer-term four-bed addition to its treatment facility. The integrated team at StreetReach will be able to turn to Neecheewam for Indigenous-led treatment programming with a focus on individualized plans to meet the unique needs of each youth through traditional healing and cultural connection.

"Neecheewam has quietly been doing the best we can to offer best-practice, quality services to help children of all nations overcome barriers and this program expansion

certainly fits within that mandate," said Cory Campbell, executive director, Neecheewam. "The new funding means we are able to provide a multi-pronged approach with both short-term and longer-term treatment because the young people we help have varying needs."

Campbell added the new longer-term treatment will enable contact that is more consistent, role modeling and relationship building that helps young people express their voices and overcome their individual challenges.

A flexible admission process will accommodate youth who may need repeated short stays to build relationships and trust before they are able to commit to longer-term treatment. This individualized program will also help address mental health and addiction needs including those caused by increased methamphetamine use.

Funding for this year is \$800,000, with \$1.5 million allocated for each of the following two years of the program. The minister said this funding for StreetReach fulfils recommendations made by the Manitoba Advocate for Children and Youth recommending the expansion of StreetReach ser-

vices in Winnipeg. It also addresses recommendation in the VIRGO report including those to increase capacity through expanded community outreach services, significantly enhance the capacity of mental health and addictions services for children and youth, and priority funding for the expansion of services for children and youth. The investment also aligns with key findings in the research report released under the Tracia's Trust Strategy.

She also noted the funding for Neecheewam fulfils another recommendation made in the VIRGO report, which was to establish culturally relevant treatment for youth with mental health and substance use issues.

Funding for these initiatives is being provided under the Canada-Manitoba Home and Community Care and Mental Health and Addictions Services Funding Agreement.

To learn more about StreetReach, visit www.gov.mb.ca/fs/traciastrust/street_reach.html. To learn more about Neecheewam Inc., visit www.neecheewam.com/.

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> MEAL IDEAS



Perfect for pairing with game day dishes of nearly any variety, nachos allow a special amount of personalization for guests of all ages and taste preferences. Along with tortilla chips, of course, try nibbling on these topping options throughout your party:

Homemade Nachos Worth the Hype

- Shredded cheese
- Melted nacho cheese
- Sour cream
- Guacamole
- Salsa
- Black olives
- Shredded meat
- Sliced peppers
- Diced tomatoes
- Corn
- Beans



Red Radish Chili Pickles:
 2 tablespoons white wine vinegar
 2 tablespoons water
 1/2 teaspoon sugar
 2 tablespoons sliced fresh red chili peppers
 1/2 cup sliced red radish

Wagyu Burgers:
 1 1/3 pounds First Light New Zealand Grass-Fed Wagyu Grind
 salt, to taste
 pepper, to taste
 1 teaspoon grainy mustard (optional)
 2 tablespoons rice bran oil
 4 hamburger buns
 2 tablespoons mayonnaise
 4 lettuce leaves
 2 vine-ripened tomatoes, sliced
 2 tablespoons onion jam

To make Red Radish Chili Pickles: In small saucepan, heat vinegar, water and sugar. Add chili and radish; remove from heat.
 To make Wagyu Burgers: Season Wagyu grind with salt and pepper, to taste.

Grass-Fed Wagyu Burger with Red Radish Chili Pickles

Mix in mustard, if desired. Form into four patties.

Lightly brush both sides of burgers with oil. In frying pan, sear burgers over high heat then reduce heat to medium and cook until well caramelized. Flip and repeat process on other side. In frying pan, lightly toast burger buns. Spread mayonnaise on buns; top with lettuce, tomato and burger.

Spread spoonful onion jam on each burger then finish with Red Radish Chili Pickles.

Crunch into Coleslaw

Appetizers, main courses and snacks may dominate many tailgate parties, whether at home or the stadium, but don't forget to incorporate sides that can accompany all the flavors of your festivities.

This Honey-Dill Coleslaw, for example, makes for a complementary dish to just about any protein from burgers to wings and beyond. Plus, with only a few simple ingredients, it's an easy side to whip up yourself or enlist help from an eager guest.

Find more sweet side recipes at honey.com.



Conflicts often occur between couples—it is a fact of life. Some couples are able to resolve them and move on, while for others, the issue remains smoldering, ready to flare up at any time.

I reflected on some of the qualities that correlate with healthy resolution of issues, and came up with the following: 1) the individuals value their relationship, and do not want a difference between them to undermine it, 2) each individual genuinely cares about the well-being of the other, 3) each makes an effort to truly understand how the other is feeling, 4) there is an absence of blame or fault-finding, 5) there is a focus on finding a solution, 6) both are willing to compromise in order to maintain harmony in the relationship.

Clearly, these qualities are associated with a high degree of maturity. Often, when couples disagree, they

Good Communication is Key to a Healthy Relationship

can end up sounding like a couple of bickering children. If they become critical of one another, there is soon more harm done in discussing the issue, than by the original problem itself.

Unfortunately, we are not taught how to communicate effectively. I often see couples who ultimately want the same thing, but their communication styles get in the way.

They also may not have effective problem solving strategies. These two elements are the primary focus in most marital therapy.

It is relatively easy to come from a loving place when all is going well. It is a challenge to hold that loving space when there is a problem. It is the ability to do this that strengthens and fortifies a relationship-keeping both partners on the same team—exactly where we need and want to be.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca. Follow her on Facebook for daily inspiration.



Recipe courtesy of the National Honey Board

Servings: 4

1/4 cup honey
 1/2 cup sour cream
 1/2 teaspoon dried dill weed
 1 package (16 ounces) coleslaw mix
 1/4 cup thinly sliced onion
 salt, to taste
 pepper, to taste
 In small bowl, combine honey, sour

Honey-Dill Coleslaw

cream and dill.

In large bowl, toss coleslaw mix with onion and honey-sour cream mixture. Season with salt and pepper, to taste. Serve immediately.

A Sweet-Hot Handheld

Ditch the plates and dive right into a sweet and spicy snack perfect for the whole party with these Honey-Sriracha Grilled Wings.

To help simplify prep, try grilling ahead of time and keep in the oven until guests arrive. Or, if you're tailgating in style at the stadium, toss into a pan and cover with foil to keep them warm until it's time for a bite.

Visit honey.com to find more tailgating recipes.



Recipe courtesy of the National Honey Board

Servings: 8

4 pounds fresh chicken wings
 water
 3 cups rice wine vinegar
 1/4 cup Sriracha sauce
 2 tablespoons salt
 2 cups honey, divided
 Heat grill to 225-240 F.

Honey Sriracha Grilled Wings

In large bowl, rinse wings with cool water. Add rice wine vinegar, Sriracha, salt and 1 cup honey. Fold to incorporate all ingredients and coat wings evenly.

Place wings on grill, cover with lid and cook 12-14 minutes before turning once and cooking additional 15-18 minutes. Open lid and turn wings. Brush remaining honey on wings. Cook 5-8 minutes, remove from heat and serve.

Photo courtesy of Getty Images (Nachos, Honey-Dill Coleslaw, Honey Sriracha Grilled Wings)

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bantam female Lightning golden in Calgary

By Brian Bowman

The Interlake Lightning Bantam AAA female team had a fantastic time at the Wickenheiser World Female Hockey Festival last weekend.

They also won a lot of hockey games. Interlake won gold in their Bantam Tier II A division after defeating Calgary 3-1. The Lightning snapped a 1-1 tie, scoring just 10 seconds after the Calgary Inferno tallied and then added an empty-net goal to secure the victory.

"It was a nice change to the season because we have had a really difficult season this year," said Lightning head coach Charlene Bodnarchuk. "We were coming in with some pretty raw talent and we've had to coach that up a bit. We've been getting beat quite a bit but we've seen the scores going down. We recently tied Eastman and we have had some really competitive games. We were definitely the best team at the tournament so it was nice to be on the other end." "It was an awesome weekend and I couldn't be any more prouder of my kids."

Interlake cruised to wins over the Edmonton Voltage (2-1), Missoula Wildcats (6-0), and Saskatoon Comets (4-0). The Lightning also tied Calgary 0-0 to close out their round robin.

The Lightning played very well defensively and had outstanding goaltending last weekend.

"We had some really great goaltending, it was absolutely fantastic, and our defence, we have been on them all year to clear pucks from in front of



EXPRESS PHOTO SUBMITTED

The Interlake Lightning Bantam AAA team won gold in their division at the Wickenheiser World Female Hockey Festival in Calgary from Nov. 14-17. The Canadian Tire Wickenheiser World Female Hockey Festival, affectionately known as WickFest, celebrated its 10th anniversary in the 2019/2020 hockey season. WickFest is the dream come-to-life of six-time Olympian Hayley Wickenheiser. In Calgary, the event is hosted in partnership with Girls Hockey Calgary.

the net and to make sure they're not giving up any rebounds, and they did fantastic on that," Bodnarchuk said. "It was really great."

Bodnarchuk feels the Lightning have picked up some much-needed confidence from their success last weekend. Interlake expects to go back to the tournament next year and have plans to enter the Elite division.

"They're getting lots of confidence," Bodnarchuk said. "We had players that would never take the puck and go

end-to-end, but players were doing that this weekend. Instead of throwing the puck away, they were holding on to it and making plays. I can't wait to see how that transitions into our season."

The Canadian Tire Wickenheiser World Female Hockey Festival, affectionately known as WickFest, celebrated its 10th anniversary in the 2019-20 hockey season.

WickFest is the dream come-to-life of six-time Olympian Hayley Wicken-

heiser. In Calgary, the event is hosted in partnership with Girls Hockey Calgary and in Surrey in partnership with The City of Surrey and alongside the Surrey Falcons.

Canadian Tire WickFest has become a renowned world-class event, attracting national and worldwide media, teams from around the world and special guests from Olympians to NHL'ers.

U18 Lightning beat Wheat Kings in Brandon

Staff

The Interlake Lightning responded very well after a lopsided road loss on Friday.

After getting thumped 9-2 by the Yellowhead Chiefs, Interlake responded really well with a solid 5-2 victory over the Brandon Wheat Kings in Manitoba U18 AAA Hockey League action on Saturday evening.

Against Brandon, Austin Adair gave the Lightning a 1-0 lead at 11:44 of the first period and then Ayden Manningway made it 2-0 just over five minutes

later.

Adair then put the Lightning up 3-0 with a goal at 19:43 of the third period.

Both Manningway and Adair's goals came on the power play.

Interlake snagged a 3-0 first-period lead despite being outshot 14-6.

Brandon's Brady Frattinger and Adair traded second-period goals and then Frattinger and the Lightning's Matthew Vandel tallied in the third. Vandel's goal was into an empty net with Brandon goaltender Tyson Gregory pulled for an extra attacker.

Adair finished the game with four points while teammate Ethan Johnson had three assists.

Chris Fines made 38 saves for the victory.

Interlake started the weekend with the tough loss to a very good Yellowhead Chiefs' team on Friday.

After Yellowhead's Brody Wilson scored 3:31 into the game, Interlake answered with goals from Lyle Murdock and Carl Ingalls (on the power play).

But it was all Chiefs after that.

Connor Geekie scored his first of three goals late in the first period and then Kaelen Quane, Slade Stanick, Geekie and Wilson tallied in the second.

Geekie, Cole Topham and Mitchell Collyer tallied in the third.

Yellowhead outshot the Interlake 49-17 as Dominic Jacobson took the loss.

Interlake, now 8-9, will play the Winnipeg Bruins on Saturday (3:15 p.m.) at Southdale Arena and then will host the winless Norman Northstars Sunday (1 p.m.) in Teulon.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons destroy Satelites, get caught by Fishermen

By Brian Bowman

The Lundar Falcons ran into the first-place Selkirk Fishermen on Sunday.

Selkirk, fresh off its first loss of the season Friday, quickly erased their mini losing streak with a 6-3 Capital Region Junior Hockey League victory at the Rec Complex.

Selkirk scored four times in the second period and then added two more in the third.

Reece Tessier paced Selkirk with two goals and an assist. The Fishermen's other goals were scored by Cale Jonski, Evan Bedard, Tyson Parker and Dane Derewianchuk.

Bedard, Dane Derewianchuk, and Evan Leeson each finished the game with two points.

Josh Wilkinson (two) and Colby Choken replied for Lundar.

Riley Bannerman made 27 saves for the win. At the other end, Chris Lesage stopped 30 Selkirk shots.

Last Friday, the Falcons whipped the North Winnipeg Satelites 9-1 in Lundar.

Lundar, which held period leads of 5-0 and 8-0, received a three-goal effort from Storm Swan while Wilkinson and Mason Medeiros each tallied twice.

Dennon Sichevski chipped in with a

goal and two assists. Sichevski leads Lundar with 13 points in seven games this season.

Riley Wirgau scored Lundar's other goal while Elmer Maytwayshing had three assists.

Easton Walker scored North Winnipeg's lone goal.

Lundar outshot North Winnipeg 55-28 as Dillon Rapinchuk earned the win in goal.

Lundar will host Selkirk Friday (8 p.m.) and then will visit the Arborg Ice Dawgs on Sunday (2 p.m.).

The Ice Dawgs, meanwhile, lost 8-2 to the Fishermen in Arborg last Thursday.

Arborg's Blaze Bezecki scored the first goal of the game but Selkirk came back with seven straight tallies.

Chad King led the Fishermen with two goals and four assists while Jordan Donald also tallied twice.

Evan Bedard had a goal and two assists. Reece Tessier, Evan Leeson and Braeden Hummel also scored for Selkirk.

Josh Roche netted the Ice Dawgs' other goal in the third period.

Selkirk was 4-for-9 on the power play while Arborg finished 1-for-3.

Arborg played North Winnipeg on Tuesday but no score was available at press time.



EXPRESS PHOTO BY BRETT MITCHELL

The Lundar Falcons' Josh Wilkinson scored twice but it wasn't enough as his club was defeated 6-3 by the Selkirk Fishermen on Sunday.

The Ice Dawgs will also visit St. Malo on Friday at 7:30 p.m.

Lott/Sahaidak reach mixed doubles semifinal

By Ty Dilello

The Winnipeg Beach mixed doubles pairing of Colton Lott and Kadriana Sahaidak kicked off their 2019-20 campaign in a big way by reaching the semi-final of the Canad Inns Mixed Doubles Championship in Portage la Prairie.

Lott/Sahaidak went an impressive 5-0 in the round robin to put them in the playoffs. Their quarterfinal match was a back-and-forth affair with reigning 2018 Olympic mixed doubles gold medalist John Morris and his partner Jolene Campbell. Sahaidak made a draw to the four-foot with her last rock of the game to launch the team into the semis with the 8-7 win.

In the semifinals, the pair went up against another well-known team in Jennifer Jones and Brent Laing.

And again, it was a back-and-forth game as the teams traded shots and lead changes throughout. In the end, Jones/Laing scored two points in the final end to record a 6-5 victory. They would go on to win the bonspiel.

Despite the loss, Lott was very pleased with the semi-final finish.

"It was a great weekend in Portage," said Lott. "We had some great games against some really good teams so even though we lost in the semi-final, there's definitely a lot of positives from this to take that will help us in future events this season."

In other curling news this past weekend, Winnipeg Beach's Josh Maisey competed in the Sunlife Junior Challenge in Brandon, an international bonspiel that features teams from Canada and the United States. Al-

though they went 0-3 in the round robin, the young rink learned lots of things and will hope to improve as the season goes on.

"Well the Sunlife wasn't as planned," said Josh Maisey. "We had a few good games where we played well but a few ends got us and we ended up losing. But all and all it was a good time and we can't wait for next year as always."

It's been an up and down season so far for Maisey but they look to turn it around at the upcoming MJCT Tour Championships.

"We've been qualifying at all our events but we've been losing out in those quarterfinal games so we're just honing in our flaws so that we can carry that out to some wins in upcoming spiels. We have the MJCT Tour Championships coming up in a

couple of weeks and we still have both provincials U21 and U18 coming up in later months so that's when we want to peak so their will be a lot of practising to get ready for those so that we can end those spiels with some wins and possibly come out on top."

This upcoming weekend has the Sunova Spiel (WCT) taking place at the East St. Paul Curling Club with the best of men's and women's curling teams in Manitoba.

The event will feature a handful of Interlake squads including Winnipeg Beach's Tanner Horgan and Arborg's Kyle Foster to name a couple. The event begins Friday evening and runs through Monday. Admission is \$5 at the door.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U17 Prep, Bantam Lightning teams lose games

Staff

The Interlake Lightning gave the Winnipeg Wild in a real good battle in U17 Prep hockey in Warren on Saturday.

Winnipeg's Caden Ostermann scored a late first-period goal and then the Wild's Cole Younger and Dylan Moon tallied in the third for a 3-0 win.

Zach Meadows made 37 saves in the losing cause.

Last Thursday, the Lightning lost 9-2 to the Winnipeg Thrashers in Stonewall.

Evan Calder scored twice for the Interlake, including a power-play goal in the second period.

Josh Fast (three), Graham Maslow, Jayden Michaels, Nathan Lenoski, Dante Staples, Tanner Skrpnyk and Caden Zaplitney scored for the

Thrashers.

Hayden Myskiw stopped 34 Thrashers' shots.

Interlake will play the Winnipeg Bruins on Saturday (5 p.m.) at the Notre Dame Arena.

The Lightning's next home game is Nov. 28 when they host the Eastman Selects in Stonewall. Game time is 7:30 p.m.

In Bantam AAA action, Interlake was defeated 7-3 by the Parkland Rangers in Roblin last Saturday.

Hayden Wheddon led the Lightning with two goals while Carter Boughton also tallied.

Brayden Dube (five) and Carter Zalischuk (two) scored for Parkland.

Interlake is back in action Saturday when it plays the Pembina Valley Hawks in Rosenort. Puck drop is 4 p.m.

Einarson recently named one of three MJHL stars of the week

Staff

Jack Einarson scored the first goal of the game to lift the Virden Oil Capitals to a 5-2 home win over the OCN Blizzard in Manitoba Junior Hockey League action last Friday.

The next night, Einarson had an assist in Virden's 6-3 win over OCN.

Einarson was recently named one of the MJHL's three stars of the week for the period of Nov. 3-10.

Einarson, a Gimli product, has six goals and 19 points in 26 games this season.

Virden (12-11-1-2) will host the Steinbach Pistons on Thursday and the Wayseecappo Wolverines Friday.



Jack Einarson

A special player



EXPRESS PHOTO SUBMITTED

The Interlake Thunder's Brady DeLaroque was named the Rural Manitoba Football League's special teams player of the year at the 2019 awards banquet on Sunday.

Riverton reaches Zone 5 AA junior varsity girls' volleyball final

Staff

The Riverton Patriots had a real good run at the Zone 5 AA junior varsity girls' volleyball championship in Gimli last week.

Riverton reached the final where they lost 2-0 by scores of 12-25, 7-25 to the Warren Collegiate Wildcats last Thursday.

In a semifinal game, the Patriots defeated the Fisher River Hawks 2-0 (25-20, 25-15).

Fisher River opened the playoffs with a 2-1

(18-25, 25-22, 14-15) win over the Fisher Branch Cougars.

The other semifinal saw Warren beat the Arborg Athletics 2-0 (25-19, 25-17).

Arborg's first playoff game saw the Athletics squeak past the Gimli Lakers 2-1 (25-9, 18-25, 15-14).

In pool play, Warren was 8-0 while Riverton was 6-2 to lead their respective divisions.

Arborg reaches the Zone 5 AA junior varsity boys' volleyball final

Staff

The Arborg Collegiate Athletics reached the final of the Zone 5 AA junior varsity boys' volleyball championship in Gimli last week.

Arborg had to settle for second place after the Warren Collegiate Wildcats defeated them 2-0 (25-23, 25-11) on Thursday.

The Athletics had advanced to the championship game after sweeping the Fisher Branch Cougars 2-0 (25-16, 25-21) in a semifinal matchup.

In the other semifinal, Warren beat the Gimli Lakers 2-0 (25-17, 25-19).

The first-round playoff games saw Gimli edge the Riverton Patriots 2-1 (26-24, 18-25, 16-14) in a very exciting match while Fisher Branch ousted the Fisher River Hawks after a 2-0 (25-22, 25-22).

In pool play, Arborg was tops in its division with a 5-1 record in sets while Warren posted a 4-0 mark in the other pool which had one less team.

Stonewall junior curling team keeps rockin'

Staff

For the second time in three week-ends, Stonewall's Team Bijl won a major junior men's curling bonspiel.

Last Sunday, Bijl soundly defeated Team Krahn from Morris 7-2 with brothers on each team facing each other (Johnny Trinke on Team Bijl and Luke Trinke on Team Krahn team) at the Pembina U18 Junior Bonspiel.

Team Bijl won in just five ends to take the championship and another nice cash prize.

The bonspiel attracted 16 junior men's teams.

Team Bijl had a hard fight in the round robin, being behind in all three games, but fighting back hard to win

all three to advance to Sunday's play-offs.

After a quick win in the quarter-finals, Team Bijl then faced Team Ehnes with Stonewall's Autumn Good, coached by John Good, in the semi-finals.

Team Bijl kept on a roll and won again to advance to the finals.

Just two weeks ago, this young team won the Manitoba Junior Curling Tour's U21 Quality Inn Winkler Junior Classic, featuring 12 junior men's teams. Team Bijl won the championship and the \$600 winnings.

Team Bijl plays in Stonewall Men's Tuesday League as club members.



EXPRESS PHOTO SUBMITTED

Pictured left to right: skip Matt Bijl of Winnipeg, third Elias Huminicki of Winnipeg Beach, second Johnny Trinke of Winkler, lead Liam Wachal of East St Paul and coach Darrel Argan of Stonewall. Winnipeg Beach's Tyler Giesbrecht, the team's fifth, is not pictured.

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

	V	T	S	E	N	E	I	R	V	
	M	V	N	G	V	D	I	E	M	
E	L	V	N	E	V	L	O	C	I	M
R	E	L	E	A	E	R	S	E	I	N
V	N	I	R	V	C	O	I	T	I	C
A	H	S	V	T	P	S	E	D	I	S
H	S	I								
S	T	S	I	S	S	V	S	E	S	E
G	N	I	N	I	M	L	O	I	R	V
O	B	M	N	T	O	C	E	M	O	S
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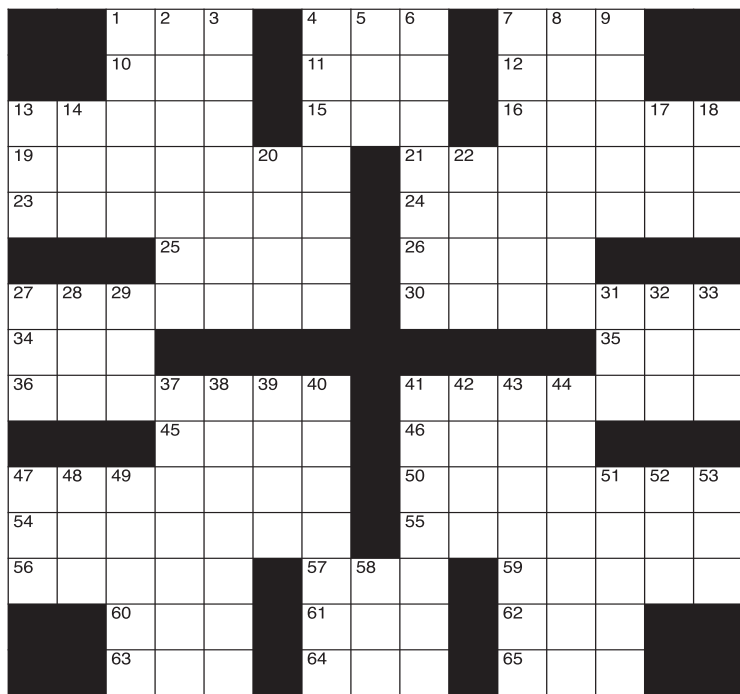
Crossword Answer



CROSSWORD

CLUES ACROSS

- Small viper
 - Some are covert
 - A waiver of liability (abbr.)
 - Speak out
 - Retirement plan
 - Small dog
 - City in Iraq
 - Car mechanics group
 - Shrimp-like creature
 - Majestic
 - TV detective
 - Central Canadian province
 - Causing to wind around
 - Wise man
 - Knicks legend Willis
 - Muscular weaknesses
 - John Stockton compiled them
 - South American plant
 - To some extent
 - Where manners are displayed
 - Showy
 - Fall down
 - Shoelaces are often this
 - Disease-causing bacterium
 - Egg-shaped wind instrument
 - Sufferings
 - One who noisily enjoys
 - About blood
 - Transaction verification system (abbr.)
 - Related through female family members
 - Low velocity grenade
 - "In Living Color" comedian
 - Veterans battleground
 - Expression of creative skill
 - Midway between northeast and east
 - Patti Hearst's captors
- #### CLUES DOWN
- Something useful



- It goes great with peppers and onions
- Orifice
- Turned into bone
- The Princess could detect it
- Bands of colors
- Makes use of
- Central African country
- Lake in the Kalahari Desert
- He was a "Chairman"
- Legally possess
- One point north of due west
- Small peg of wood
- Stretch of swampy ground
- Is indebted to
- Where you were born (abbr.)
- A team's best pitcher
- Cool!
- Female sibling
- This stimulates the thyroid (abbr.)
- Reserved
- More prickled
- Forbidden by law
- One-time presidential candidate
- A TV show has more than one
- A place to stash things
- Defunct currency in India
- Causes to ferment
- A type of gland
- __ Humbug!
- Everyone has one
- Punctuation
- Central American fruit
- Brooklyn hoopster
- 100 square meters
- Local area network

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APARTMENT FOR RENT

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

CONDO FOR RENT

ATTENTION SNOW-BIRDS! Lovely, spacious oceanview condo near Ladysmith BC. Available for rent between Jan. 1st and mid-March, 2020 - minimum one month. For details, contact Tom Goodman at goodman@mymts.net

MISCELLANEOUS

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MISCELLANEOUS

Wood stove for sale - Drolet - Pyropak wood stove, O-T L/EPA certified, glass window, \$450. Arnes, MB. Call Peter cell 204-641-1504.

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MISCELLANEOUS

Sales - Financing - Leasing of trucks, truckbeds, trailers, full repair, safeties & Autopac trailer repair. Vehicle parts, tires & wheels, vehicle & trailer parts & batteries. Best products - best prices! Kaldeck Truck & Trailer Inc., Hwy #1 MacGregor, MB. 1-888-685-3127 www.kaldecktrailers.com

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MISCELLANEOUS

Six days shall work be done: but the seventh day is the Sabbath of rest, an holy convocation; ye shall do no work therein: it is the Sabbath of the LORD in all your dwellings. Leviticus 23:3 King James Version. Please visit our website www.clda.ca



TOWN OF ARBORG EMPLOYMENT OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER

You are an accomplished professional municipal administrator who enjoys a dynamic environment and thrives on complexity and challenges. You bring calm reason, sound rationale and thorough research in support of your recommendations and are comfortable in dialogue and discussions with Council and ratepayers about the impacts and implications for the Municipality.

Council of the Town of Arborg is seeking a Chief Administrative Officer, due to an upcoming retirement.

The Town of Arborg, with a population of 1,232, is located in Manitoba's Interlake.

The successful candidate will possess the following:

- Computer experience with Microsoft Office; Munisoft accounting software knowledge would be an asset
- Above average communication skills, both verbal and written
- Strong organizational and time management skills
- Ability to manage and direct employees of the municipality including those in Public Works
- Ability to develop, interpret and administer agreements, statutes and by-laws
- Ability to see situations from a broad perspective and provide creative alternatives
- Keen interest in Economic Development
- Graduate of the Manitoba Municipal Administration Certificate Program or equivalent program
- Minimum three years of direct experience in municipal administration

Key responsibilities of the position include:

- Lead the development of a long-range plan for the operation and continued success of the Municipality
- Plan, direct and coordinate the day-to-day activities required to implement the plan and achieve the goals and objectives approved by Council
- Recommend new initiatives, programs, policies, and plans for Council to consider
- Develop and implement a process for preparation of annual capital and operating budgets
- Develop positive relationships and maintain open communication with all stakeholders and constituencies of interest to the municipality
- Provide responsible financial planning and management of a budget of over \$3 million

Salary range is dependent upon qualifications and experience. A benefits package is also provided.

Individuals interested in this position should send their resume and cover letter to:

Mayor & Council

Town of Arborg, Box 159, Arborg, MB ROC 0A0

Email: townofarborg@mymts.net

Applications may be reviewed as early as December 11th, 2019, however the posting will remain open until a suitable candidate is found.

We thank all applicants in advance, however only those considered for interviews will be contacted.



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF GRAHAMDALE

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 12th day of December, 2019, at the hour of 10:00 AM, at Rural Municipality of Grahamdale, 23 Government Road, Moosehorn, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
81250	LOTS 6, 7 AND 8 BLOCK 1 PLAN 444 WLTO (P DIV) SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 SECTION 17-24-6 WPM	L -\$1,600	\$1,871.80
483200	BEING IN THE TWENTY FOUR TOWNSHIP IN THE SIXTH RANGE WEST OF THE PRINCIPAL MERIDIAN IN THE PROVINCE OF MANITOBA IN OUR DOMINION OF CANADA AND BEING COMPOSED OF ALL THAT PORTION CONTAINING BY ADMEASUREMENT FOUR ACRES AND FIFTY THREE HUNDREDTHS OF AN ACRE MORE OR LESS, OF THE SOUTH WEST QUARTER OF SECTION THIRTY ONE AND ALL THAT PORTION CONTAINING BY ADMEASUREMENT SIX ACRES AND SIXTY TWO HUNDREDTHS OF AN ACRE MORE OR LESS, OF THE NORTH WEST QUARTER OF SAID SECTION THIRTY ONE BOTH OF THE SAID TOWNSHIP, EACH OF WHICH SAID PORTIONS OR PARCELS OF LAND LIES BETWEEN TWO LINES PARALLEL WITH AND EACH SAID, LINE BEING FORTY-NINE AND ONE HALF FEET PERPENDICULARLY DISTANCE ON OPPOSITE SIDES FROM THE CENTRE LINE OF THE OAK POINT BRANCH OF THE CANADIAN NORTHERN RAILWAY AS THE SAME IS NOW CONSTRUCTED ACROSS SAID LAND AND LANDS ADJOINING THE SAME AND AS SHOWN ON A PLAN OF SAID RAILWAY SIGNED BY G. B. BEMISTER OF DOMINION LAND SURVEYOR ON THE 21ST DAY OF DECEMBER A.D. 1911 AND OF RECORDS IN THE DEPARTMENT OF INTERIOR AS NUMBER 18904 A DUPLICATE THEREOF IS ON FILE IN THE LAND TITLE OFFICE FOR PORTAGE LA PAIRIE AS PLAN NUMBER 398 BOTH OF WHICH SAID PORTIONS OR PARCELS OF LANDS HEREBY GRANTED OR INTENDED SO TO BE CONTAINING BY ADMEASUREMENT TOGETHER ELEVEN AND FIFTEEN HUNDREDTHS, EXCEPTING THEREOUT ALL MINES AND MINERALS, ALL THAT PORTION CONTAINING BY ADMEASUREMENT 2 ACRES AND 9/100 OF AN ACRE MORE OR LESS OF THE SE 1/4 OF SECTION 31 OF SAID TOWNSHIP AND RANGE WHICH LIES BETWEEN TWO LINES PARALLEL WITH AND EACH SAID LINE BEING 49 1/2 FEET PERP DISTANT ON OPPOSITE SIDES FROM THE CENTER LINE OF THE OAK POINT BRANCH OF THE CANADIAN NORTHERN RAILWAY AS THE SAME IS NOW CONSTRUCTED ACROSS SAID LAND AND LANDS ADJOINING THE SAME, AND AS SHOWN ON A PLAN OF SAID RAILWAY SIGNED BY G.B. BEMISTER, DOMINION LAND SURVEYOR ON THE 21ST DAY OF DECEMBER A.D. 1911 AND OF RECORD IN THE DEPARTMENT OF THE INTERIOR AS NO. 18904, A DUPLICATE WHEREOF IS ON FILE IN THE LAND TITLES OFFICE FOR PORTAGE LA PRAIRIE AS PLAN 398.	L -\$4,400	\$4,253.83
483230	BEING IN THE TWENTY-EIGHTH TOWNSHIP IN THE EIGHTH RANGE WEST OF THE PRINCIPAL MERIDIAN IN THE PROVINCE OF MANITOBA, IN OUR DOMINION OF CANADA, AND BEING COMPOSED OF FIRSTLY, ALL THAT PORTION CONTAINING BY ADMEASUREMENT TWO ACRES AND FIVE HUNDREDTHS OF AN ACRE MORE OR LESS OF THE SOUTH HALF OF THE NORTH EAST QUARTER OF SECTION TEN, ALL THAT PORTION CONTAINING BY ADMEASUREMENT THREE ACRES AND THIRTY ONE HUNDREDTHS OF AN ACRE MORE OR LESS, OF THE NORTH HALF OF THE SOUTH EAST QUARTER OF SECTION FIFTEEN, BEING IN THE TWENTY-EIGHTH TOWNSHIP IN THE EIGHTH RANGE WEST OF THE PRINCIPAL MERIDIAN IN THE PROVINCE OF MANITOBA, IN OUR DOMINION OF CANADA, AND BEING COMPOSED OF ALL THAT PORTION CONTAINING BY ADMEASUREMENT SIX ACRES AND SIXTY FOUR HUNDREDTHS OF AN ACRE MORE OR LESS OF THE SOUTH WEST QUARTER OF SECTION THIRTY THREE AND ALL THAT PORTION CONTAINING BY ADMEASUREMENT ONE AND THIRTY TWO HUNDREDTHS OF AN ACRE MORE OR LESS OF THE NORTH WEST QUARTER OF SAID SECTION THIRTY THREE ALL OF THE SAID TOWNSHIP WHICH LIES BETWEEN TWO LINES PARALLEL WITH AND EACH SAID LINE BEING FORTY-NINE AND ONE HALF FEET PERPENDICULARLY DISTANT ON OPPOSITE SIDES FROM THE CENTRE LINE OF THE OAK POINT BRANCH OF THE CANADIAN NORTHERN RAILWAY, AS THE SAME IS NOW CONSTRUCTED ACROSS SAID LAND AND LANDS ADJOINING THE SAME, AND AS SHOWN ON A PLAN OF SAID RAILWAY, SIGNED BY G B BEMISTER, DOMINION LAND SURVEYOR ON THE 27TH DAY OF OCTOBER A.D. 1913, AND OF RECORD IN THE DEPARTMENT OF THE INTERIOR AS NUMBER 20706, A DUPLICATE WHEREOF IS ON FILE IN THE LAND TITLES OFFICE FOR PORTAGE LA PRAIRIE AS PLAN NO-418, CONTAINING BY ADMEASUREMENT TOGETHER TWENTY SEVEN AND EIGHTY THREE HUNDREDTHS ACRES MORE OR LESS, EXCEPTING THEREOUT ALL MINES AND MINERALS EXCEPTING WATER CONTROL WORK PLAN 64728 WLTO.	L -\$4,400	\$4,672.58

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

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of Grahamdale as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 23rd day of October, 2019.

Managed by:



Shelly Schwitek
Chief Administrative Officer
Rural Municipality of Grahamdale
Phone: (204) 768-2858
Fax: (204) 768-3374

EMPLOYMENT OPPORTUNITY

TDM SPORTS
is currently seeking

1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

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

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

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

FARMERS & RANCHERS

Plan to attend the following
Bred Cow and Heifer Sale

**Saturday, November 30,
2019 at 11:00 a.m**
Ashern Auction Mart

Complete Herd Dispersal for Jim Broustal
Jim Broustal – (204) 768-0052

Sale consists of:

47 Black Cows, bred Black Angus, 4-7 yrs
60 Tan Cows, bred Charolais, 4-6 yrs
60 Charolais X Cows, bred Charolais, 6-9 yrs
20 mixed Heifers Charolais X,
bred Charolais, coming 3 yrs
Bull turned out June 2
(5 Bulls from Triple C Charolais
& 1 from TMJ Charolais)
Reason for selling – can't afford to buy the hay

Cow Sale for Greg & Barb Vince
Greg – (204) 768-2652

Sale consists of:

40 Simmental X Cows, bred Black Angus
10 BWF Cows, bred Black Angus
Age 8- 11 years
Bulls out June 5 – pulled bulls Sept 1
Full Health program
Reason for selling – short of feed
Greg – (204) 768-2652

Cow & Heifer Sale Tom Metner
Tom – (204) 768-3481 or Cell (204) 302-0026

Sale consists of:

19 XBred Heifers – bred Red Angus
(mostly Charolais X)
(Bull turned out June 29 – pulled August 21)
Treated with Bovishield & Black leg in spring

Cow Sale for Trevor & Amanda Mantik
Trevor – (204) 768-0527
Amanda – (204) 768-0088

Sale consists of:

50 Black Simmental Cows , age 3-7 yrs
Calving Feb 1 – May 1
(Bulls from Rendezvous)
Full Health program

For more info on all these cattle contact:

Buddy Bergner – (204) 768-0018

Kirk Kiesman – (204) 768-0019

Ashern Auction Mart – (204) 768-2360
(License #1128)

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WANTED BOOKKEEPER

PESAI

Prairies East Sustainable Agricultural Initiative
PESAI located in Arborg, MB is inviting applicants to tender for the position of Bookkeeper.

Duties include: • Payroll for 3-4 seasonal, summer staff • Regular bill payment • Quarterly GST returns • Preparation and filing for annual income tax • Preparation for annual audit by an outside source • Annual filing for corporate status • Presentation of the financial report at the PESAI Annual Meeting • Preparation of monthly financial reports

This is a part-time position. Online banking is an option and so proximity to the research farm is not required.

Please submit your tender, (\$/month) and resume or previous experience to James Lindal (Diversification Technician) by November 29, 2019.

*Tenders subject to review by PESAI Board. Lowest tender may not be necessarily accepted.

PESAI

Box 2000, 317 River Rd, Arborg MB, R0C 0A0
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Vidir Solutions Open House



Vidir Solutions is hosting an Open House at the
Arborg Ice Dawgs home game on Friday November 29.

Doors Open: 5:30pm Puck Drop: 7:30pm



vs Satelites Jr. Hockey Club

The First 300 guests receive FREE Admission, Vidir Clapper, Hot Dog and Drink!

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OBITUARY



Gerald Francis Martin

Gerald Francis Martin, a good man loved by all, and not a bad golfer, of Gimli, Manitoba passed away peacefully on November 9th in his room at the Betel Care Home in Gimli, Manitoba. Gerald was born on January 14th of 1926 in Halifax, Nova Scotia.

Gerald was predeceased by his wife Mary Irene Martin (nee Arseneault) in March of 2002 and his son, Michael David Martin, also of Gimli, who passed away in May of 2015.

Gerald is survived by his six sons Ronald (Joy), Donald, Barry (Margaret), Gerald (Heather), Kenneth (Lyndi) and Kevin; also his three sisters Anne, Elaine and Muriel of Nova Scotia. Gerald and Mary's grandchildren are Allison, Dylan and Anica, son and daughters of Michael and Shanon; Amy and Andrew, son and daughter of Gerald Jr. and Heather Martin; Dustin, son of Kenneth Martin; and one great-grandchild, Derek Junior, son of Allison and

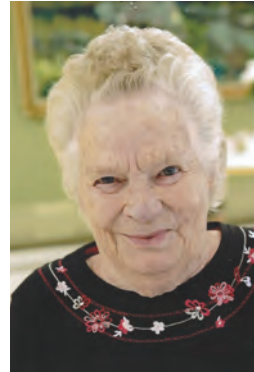
Derek.

Gerald will have his ashes interred beside his wife Mary at the Gimli Cemetery.

The family would like to thank all the staff at the Betel Care Home for the very excellent care and companionship that they so wonderfully bestowed upon our father in his last years. We are so fortunate to have been able to place him into your caring hands. Thank you from all of us.

Celebration of Gerald Francis Martin's life at the Gimli Legion on November 30th from 2 p.m. to 5 p.m.

OBITUARY



Barbara Marguerite Magnusson 1931 -2019

After a brief illness, Barbara, aged 88, passed peacefully at the Gimli Johnson Memorial Hospital on Friday, November 8, 2019.

She was the daughter of Stefan and Gudrin Eyjolfson. Predeceased by her husband Robert, daughter Roberta, and her son Grant; her siblings, Irene Hodgson, Jona Eyjolfson, Helen Sigurdson, and Wally Eyjolfson. Survived by her sister Val Taylor; her sons Glenn (Janice), Gary (Gayle), Dale (Sandra), and Randy (Delori); her grandchildren Luke, Corley, Allison, Trevor, Dustin, Carmen, Kaiden, and Kylan; and her great-grandchildren, Sigrid, Soren, Sigurjon, Emily, James, Anders, and Stefan.

She was born Aug 16, 1931 in Riverton, MB. where she was raised on the family farm, Tunga, on the banks of the Icelandic River. She married Robert in June of 1951, and moved to Gimli, MB where they raised their family. She was a devoted wife, mother, Amma, and Long Amma. She was a wonderful homemaker, who loved to cook and bake. Her cookie jar was always full. Family dinners were a favourite, and she always looked forward to visits from her grandchildren and great-grandchildren. She took great pride in her yard and garden. She loved to curl, and was a member of the Women's Auxillary. She lived at Gimli Betel Home for the last 10 years of her life, and we thank the Betel staff for their compassionate care. Her sense of humour and infectious smile are fondly remembered; she will be dearly missed by many.

In lieu of flowers, a donation can be made to Cancer Care or Heart & Stroke. As per her wishes, no formal service will be held.

Thank you to the hospital staff who cared for her in her last hours.



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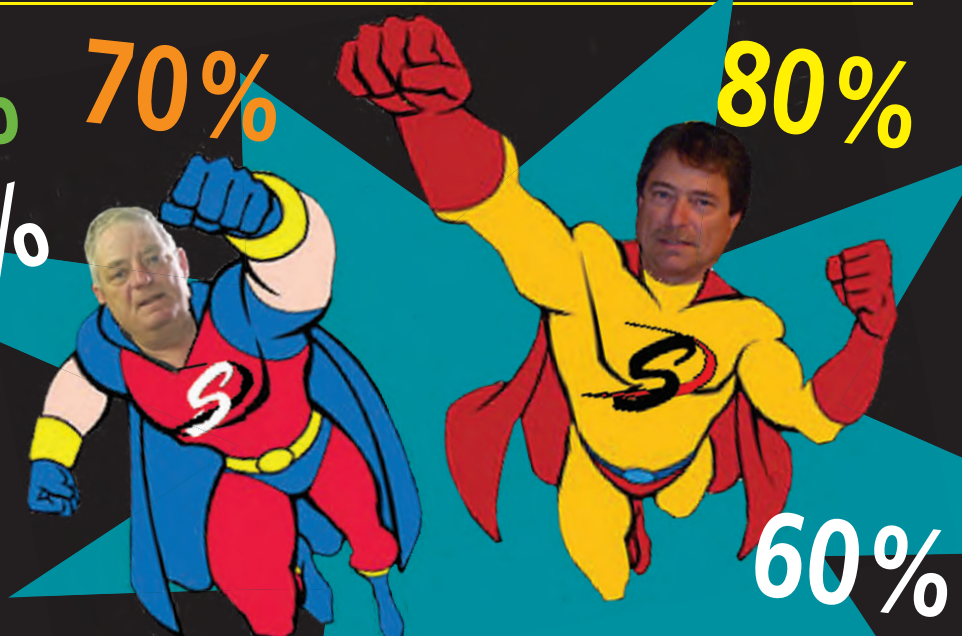
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