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VOLUME 6 EDITION 48
THURSDAY, NOVEMBER 28, 2019

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Cutting-edge readers

EXPRESS PHOTO BY PATRICIA BARRETT

Grade 1 Riverton Early Middle School students Deirdre, left, and Harlow officially launch their new library on Nov. 21.

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Central Interlake Chamber celebrates business success; guest speaker Obby Khan

By Patricia Barrett

The Central Interlake Chamber of Commerce paid tribute to the region's entrepreneurial community and their contributions to economic growth during its annual gala evening last Saturday that featured retired football player Ibrahim "Obby" Khan.

About 150 people enjoyed a buffet supper of roast beef, cabbage rolls, perogies, salads and desserts made by Riverton's Mixed Grill restaurant. The gala, held at the Arborg hall, included a silent auction and municipal updates from Arborg Mayor Peter Dueck and Bifrost-Riverton Reeve Brian Johnson.

Chamber president Susan Bauernhuber, owner of the Watering Whole beer and wine shop, highlighted upcoming 2020 initiatives, including a health-care aide course, the renovation of the Kinsmen and Age Friendly buildings to accommodate a licensed practical nursing course, and chamber roundtables that will bring together regional sectors such as manufacturing and agriculture.

The chamber also recognized Crackle Weik Apartments Ltd. (John Crackle and Ernie Weik) and Palstein Developments (Cory Palsson) as outstanding housing developers, awarding the companies certificates of achievement.



Deanna Fridfinnson was MC for the evening.

The highlight of the evening was guest speaker Obby Khan, a retired Winnipeg Blue Bomber offensive lineman, who went on to open Winnipeg-based eateries Shawarma Khan that specialize in Middle East cuisine, as well as the Green Carrot Juice Company.

Combining anecdotes from his childhood in Ottawa, his days as a football player when he sustained multiple injuries and developed Crohn's disease, Khan inspired business owners and the two-year-old chamber to "never give up" during tough times, focus



EXPRESS PHOTOS BY PATRICIA BARRETT

Staff from Erosion Control Blanket, Farm Credit Canada, Noventis Credit Union, Weik Farms and other attendees.



Gimli attendees (from left): Coun. Cody Magnusson, Gimli Chamber of Commerce co-presidents Cheryl Buhler and Melanie Specula and Coun. Peter Holfeuer.

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Desiree Bilinski accepted a \$500 donation from Obby Khan in support of the Riverton Friendship Centre.



Guest speaker Obby Khan, a retired Blue Bomber, definitely noticed the blue and gold in Cheryl Buhler's hair. Buhler was rooting for the team in the Grey Cup.

on building community cohesion and ensure there are competent leaders at the helm.

"It's unbelievable what you can do when you all buy in, when you all have that same passion and pride," said Khan. "You all follow leaders and your leaders have to have qualities you want to follow — honesty, integrity, inspiration, commitment, passion

and communication. You've got to work with someone who communicates properly."

At the end of the evening, Khan, who supports Crohn's and Colitis Canada and Winnipeg Harvest, generously donated \$500 to the Riverton & District Friendship Centre for the Christmas Cheer Board.

Fisher Branch celebrates an Old Fashioned Christmas



EXPRESS PHOTO BY LORI SMITH

Smith's Autotech - Car & Truck Repair's float saw a stolen Christmas tree on the roof, as the Grinch (seen up front) attempted to steal Christmas once more.

By Evan Matthews

The RM of Fisher celebrated yet another Old Fashioned Christmas last week.

Kyle Yaciuk, Fisher Branch Co-op's general manager and the Old Fashioned Christmas organizer, said the importance of the event — which happened on Friday, Nov. 22 — is about more than just the holidays.

"This event brings a lot of the town out, and we're supporting local. The parade's attendance shows us we're a much bigger community than we so often think," said Yaciuk.

"It's a good way of bringing people together to celebrate our community."

The 2019 event saw roughly 500 people line the event's parade route, almost a third of the RM's 1,708 residents (according to the 2016 census). The parade started at the big wheel and ended at the opposite ends of Taché Street in Fisher Branch.

The Old Fashioned Christmas' events included a parade, fireworks, and specials throughout town put on by local businesses including the Ukrainian Farmers' Co-op, Interlake Café, Fisher Repair and Powersports

and the Fisher Branch Health Centre, according to Yaciuk.

The Co-op also hosted a free wiener roast, with hot dogs and hot chocolate. The local franchise also gave away prizes throughout the day as well as selling tickets to a silent draw for Christmas baskets.

Prizes given away on the hour included a 65-piece tool set, a five-piece Granite cookware set, and Co-op gift cards.

All proceeds went to the Fisher Branch Personal Care Home activity fund in support of resident outings, according to Yaciuk. The amount raised had not been finalized by presstime.

"I really want to thank all the co-ordinators who donated their time and made yesterday (Friday) possible," said Yaciuk.

"Everything from co-ordinating the parade to taking care of the fireworks, the hotdogs and hot chocolate. It wouldn't have been possible otherwise."

The Ukrainian Farmers' Cooperative is spearheading another initiative, according to Yaciuk, as the organiza-



EXPRESS PHOTO BY DOREEN BAKER

Santa's float was a highlight at the Fisher Branch Old Fashioned Christmas parade last Friday.

tion has teamed up with the Percy E Moore Hospital — located at Peguis First Nation — to donate (and collect donations) for Christmas hampers to go community members in need.

The Co-op will continue to collect donations throughout the holiday

season, Yaciuk said.

Equity cheques coming

Co-op equity cheques will be coming to residents soon, according to Yaciuk, but the specific date has yet to be named.

Berens River RCMP investigate homicide

Staff

On Nov. 16 at approximately 4:20 a.m., RCMP responded to an assault at a residence in Berens River First Nation.

The victim, a 38-year-old male from Bloodvein First Nation, was taken to

hospital. On Nov. 18, he succumbed to his injuries. RCMP are investigating his death as a homicide.

Berens River RCMP, along with Major Crime Services and Forensic Identification Services, continue to investigate.

Black Friday EVENT 8AM-8PM

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Armstrong council emphasizes readiness for emergency

Emergency can strike any time

By Evan Matthews

The RM of Armstrong is not messing around when it comes to its Emergency Measures Organization (EMO).

The RM hosted another EMO volunteer update meeting on Thursday, Nov. 21 at the Fraserwood Hall, according to Reeve Susan Smerchanski.

"It was a general overview of emergency preparedness and basic knowledge of our EMO program requirements, roles and responsibilities," said Smerchanski.

"We also reviewed our Sept. 7 emergency simulation."

Back in September, the RM simulated an emergency in which a transport truck carrying 10,000 litres of propane flipped in the Fraserwood community and began leaking propane out of its ruptured holding tank.

This time around, the discussion largely centred around personal responsibilities, 911 information, civic addressing, 72-hour emergency kits, vehicle emergency kits, Emergency Response Information Kits (ERIK), and the restructuring of the RCMP detachments in the region.

"The Arborg RCMP detachment is now responsible for the RM of Armstrong, too, with backup from the Gimli detachment if need be," said Smerchanski, adding it's not just up

to RCMP and local fire departments in times of need.

"The RM of Armstrong is a huge geographical area, and we continue to strive for local volunteers from all areas. It's the grassroots people who are best familiar with their areas and their knowledge is invaluable in an emergency situation."

"PLEASE PAY IT FORWARD AND SPEAK TO FAMILY, FRIENDS AND NEIGHBOURS."

Communication, training and education of the RM's volunteers and residents are key to a successful program and being prepared for any emergency, according to Smerchanski.

"With the ever-changing environment we live in, there is now so many more challenges we face besides fires and flooding," said Smerchanski.

"Extreme weather conditions create much more concern," she said, pointing even to the October winter storm and what could have been.

Though the RM's volunteer contingency continues to grow, Smerchanski said the group continues to recruit new volunteers.

The RM's plans for 2020 include volunteer and council training, committee and EMO program meetings, as well as more hands-on activities, exercises, and simulations.

"We all have an important role to



EXPRESS PHOTO SUBMITTED

The Armstrong RM continues to work on EMO procedures as (left to right) Reeve Susan Smerchanski, volunteers Joanne Findlay, Pat Stein and Tanya Mischak and (behind) municipal emergency co-ordinator Don Emes gathered on Nov. 21.

play and the RM of Armstrong council has a strong commitment for public safety and working together," said Smerchanski.

"We sincerely appreciate all of our volunteers who have taken on leadership roles and the many others for their interest, support, dedication and commitment."

With communication being key to

success, Smerchanski issued a request to the RM's residents.

"Please pay it forward and speak to family, friends and neighbours about emergency preparedness and how we can all make a difference," she said.

For more information or to register as a volunteer, call the RM of Armstrong office at 204-278-3377.

Gimli's Re-discover Christmas features scavenger hunts, Santa parade and ponnukokur contest

By Patricia Barrett

Word has likely leaked out by now that Santa is about to start his pre-Christmas rounds of Interlake towns

to find out who's been naughty and who's been nice, and Gimli has just announced that the jolly man will be on site this weekend.

It's not surprising Santa has chosen Gimli's 5th Annual Re-Discover Christmas event — which gets underway this Friday and runs until Sunday — on which to pay the town a visit as there will be plenty of family-friendly activities, deals for Christmas shoppers and scavenger hunts.

Organized by the Municipality of Gimli and its Community Development Corporation, the fun starts Nov. 29 with a Black Friday event at participating stores.

After the shopping is stowed away, people can don a Christmas sweater and take part in the Ship & Plough pub's Ugly Sweater contest starting at 8 p.m.

Saturday's events (Nov. 30) include a

Christmas market with craft vendors to help those with a hard-to-buy-for loved one or friend. The New Iceland Heritage Museum will be hosting a ponnukokur (Icelandic pancake) contest (register between 10 a.m. and noon; prizes awarded at 1 p.m.).

Up a Stump Used Books & Mancave Hobbies will be offering a Christmas Storytime from 1 to 3 p.m. Kids are invited to take part in a scavenger hunt through the retail district, get their faces painted and have their photos taken with Santa at the Lakeview Resort.

Santa will be hitching up Rudolph, Dasher, Dancer and the rest of his reindeer team to take part in a parade down Centre Street starting at 5:30. That will be followed by the lighting of the town tree at Gimli Harbour.

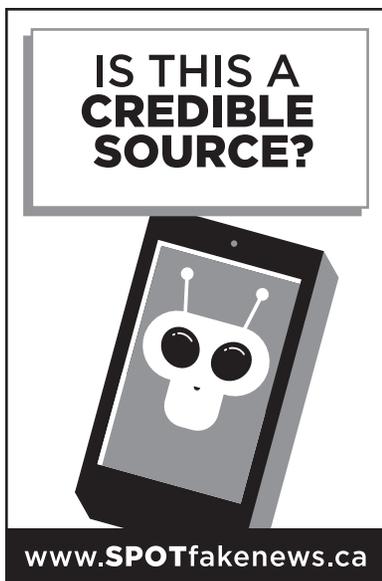
If you find yourself running low on energy, pop into one of the town's

eateries, hotels, pubs or coffee/sandwich shops before registering (at the Lakeview) for an adult-only scavenger hunt that will take place from 8 to 11 p.m.

Then get ready to get rocked at the Gimli Recreation Centre, which is hosting a Canadian Country Christmas concert at 8 p.m. featuring country stars Sean Hogan, Thomas Wade, Adam Gregory and Duane Steele.

Santa said he'll be sticking around for Sunday's (Dec. 1) big event at the Gimli Royal Canadian Legion, which is hosting a Children's Christmas party.

This is not a full list of events and some may be subject to change. Please visit the community events calendar on the RM of Gimli's website for more information or contact the RM's economic development and tourism clerk Brittany Isfeld at 204-642-6697.



MLLC changing policies after violent liquor store attack

By Evan Matthews

After a number of serious thefts, some resulting in violence, the Manitoba Liquor and Lotteries Corporation is making changes to its policies.

Some distributors fear what those changes could mean for the Interlake's rural communities.

"We're a little bit concerned. These changes could cause thieves to come to rural areas due to the changes happening in the city," said an Arborg Pharmacy employee, who asked to remain anonymous.

"So far, we won't be making the same changes unless it becomes mandated provincially. But we're thoroughly going over all of our policies with all of our employees," the employee said.

One of the more serious incidents to date came on Nov. 20 at the Tyndall Market Liquor Mart in Winnipeg. Two thieves entered the location and, prior to exiting, one of the thieves went behind the counter and punched a female employee in the face, sending her to hospital in critical condition, according to media reports.

The violence then spread throughout the mall, as media reported mul-

iple patrons of the mall being threatened and physically assaulted, with as many as eight people being considered victims of the incident.

"In recent months, we have witnessed new trends in the tactics used to commit thefts in our Liquor Marts. Since the summer, we have seen increased swarmings by minors and, more alarmingly, a greater number of weapons being brandished, including bear spray, pipes and knives," said a press release from Manitoba Liquor and Lotteries, adding safety of employees and customers remains priority one to the organization.

"Interventions by frustrated customers have also increased, putting themselves at risk of escalating a situation and also increasing the risk to all those working and shopping in the store," the press release reads.

Starting in Winnipeg, Manitoba Liquor and Lotteries said the way customers shop is about to change but did not allude to whether or not rural communities will at some point be included in this process.

"WE'RE A LITTLE BIT CONCERNED. THESE CHANGES COULD CAUSE THIEVES TO COME TO RURAL AREAS DUE TO THE CHANGES HAPPENING IN THE CITY."



EXPRESS PHOTO SUBMITTED

Security footage shows one of the Tyndall Liquor Mart thieves step behind the counter, before punching the female employee in the head, sending her to the hospital in critical condition. She was later upgraded to stable. / Manitoba Liquor and Lottery security footage.

Prior to the most serious incident, Manitoba Liquor and Lotteries said it had plans to implement additional "theft-intervention" measures, including controlled entrances, but the announcement was expedited due to escalating violence.

Again in Winnipeg, minors are no longer permitted in liquor stores, even when accompanied by a parent or guardian.

The Tyndall Market Liquor Mart will be one of the first Winnipeg locations to be fitted with a controlled entrance, according to the release.

But not all Interlake liquor distributors share the same fear of what could happen.

"I'm happy and proud to say I have no issues at all here. It starts at the door for us," said Warren Food Mart manager Elizabeth Peixoto, adding staff has an understanding of who enters the store.

"More often than not, we take ID at the door. This is something we've already been doing proactively."

Other Interlake Manitoba Liquor and Lottery distributors — including the Fisher Branch Health Centre, the Ashern Pharmacy and the Teulon Shoppers Drug Mart — declined to comment.

RM of Fisher council hosts town hall meeting

By Evan Matthews

The Fisher RM hosted its second town hall of 2019 last week.

On Nov. 20, representatives from the RM council, the Fisher Branch LUD, Chamber of Commerce, RCMP, Fire Department, Conservation and roughly 60 ratepayers attended the meeting.

"The purpose of the meeting was to provide information on activities occurring in the Municipality, discuss any concerns, and answer any questions," said Fisher RM Reeve Shannon Pyziak.

"We were very excited (to have so many) in attendance," she said.

The RM hosted the meeting at the Fisher Branch Community Centre, and addressed topics such as the recent winter storm and request for financial aid, emergency measures procedures, public utilities, the waste disposal site, zoning bylaws, activities in the town of Fisher Branch (such as street repairs, sidewalks and Christmas lights), rural health care services, the impact of the 2019 drought and subsequent changes to legislation relating to Crown Lands and conservation, as well as veterinary services.

"The meeting gave residents a good chance to hear what is going on in the RM," said Allan Lindall, a municipal

councillor and sitting member of the LUD.

"From the LUD (side of things), we are so happy to have almost completed the sidewalk through town from one school to the other, as it is so much safer for students and residents," he said.

The RCMP, local Fire Department, School Board Trustee and a Conservation representative all gave presentations highlighting changes within their organizations (such as restructuring of RCMP detachments), and localized those changes for the municipality.

After presentations, ratepayers were presented with a question and answer period.

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PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Evan Matthews



REPORTER
Ligia Braidotti



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



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Debbie Strauss



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Jo-Anne Procter



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Christy Brown



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Loss of family farms fall on government

By Evan Matthews

It's here.

Farmers' mass exit from the beef farming industry has begun.

Beef farmers along Highway 6 region have started to sell off cattle. As they've said over the last number of weeks, Winnipeg Livestock Sales — cattle auctions located at Highway 6 and Highway 236 — have had some of its biggest sales over the last decade.

In addition, look no further than this newspaper's advertisements, as four different families in the Ashern area have been advertising "complete herd dispersals" as we've reached the end of the farming season.

This is 100 per cent indicative of these farmers not coming back to the industry for another season.

That's it. They're done.

One of those farmers is Greg Vince.

Fortunately for Vince, he said he and his wife had already been leaning toward retirement, so their family isn't being hit as hard as others.

However, he confirmed the straw that broke the camel's back — or the cow's back, in this case — was as described by *The Express* over the last season: extreme drought conditions, followed by excessive moisture; culminating in a massive feed shortage and absolutely zero relief.

The kicker is zero leadership from the Manitoba provincial government on this issue.

Premier Brian Pallister met with the Prime Minister Justin Trudeau a couple weeks back, and the "crisis" — as labelled by a minimum of 12 rural municipalities — did not even make the meeting's agenda.

Pallister has said nothing on the is-

sue publicly.

The previous Manitoba Agriculture Minister Ralph Eichler had said repeatedly, "We understand," and "We're committed to making farming work for our locals long-term," as well as saying on the flip side, "farming isn't for the faint of heart."

He was right about one thing: farming isn't for the faint of heart.

But he was wrong in saying the government understands and is committed to helping. There has been zero relief funds in the form of AgriRecovery handed out or even discussed as an option.

After a conveniently timed cabinet shuffle post-election, the new Agriculture Minister Blaine Pederson has said nothing in relation to Interlake farmers and their struggle, as the region was hit as hard or harder than anywhere else in the province.

Which brings us here, to the Winnipeg Livestock Sales record numbers, and the Lundar/Ashern region seeing the first of its beef farmers exiting the industry.

Typically in life, actions speak louder than words.

So, despite saying "We understand," and "We're committed," the actions of the Manitoba Conservatives actually show, "We aren't committed at all."

Which leaves local people wondering, what could possibly be the motivation for decimating the family farm, and forcing Manitobans to make drastic choices?

It's not a secret, on the political spectrum, Conservatives are typically financially oriented more so than other parties.

Which begs the question: is the fam-

ily farm no longer generating enough for the provincial government to be motivated and/or interested in keeping them alive?

The only outcome one could surmise is the Manitoba Conservatives would rather see big business, large-scale farming operations, come in and take over the industry.

Why else would the government be willing to watch a localized rural industry die?

These farmers who are selling their herds, they're just the first bout.

Will more farmers begin to sell? All predictions point to, yes.

Will those who sell remain in the communities they've called home for generations? We don't know.

Will these communities survive long-term without beef production? Not without major economic shift, such as more focus on tourism.

What will these former-farmers do now for careers, for income?

If the government cared about the farmers and their path forward, the situation would be far different. The actions do speak louder than words in this case.

Soon, there will be a gap in the Manitoba beef production industry, and only a select few will have the resources to fill the gap.

Those select few will undoubtedly include big businesses.

The cards are on the table, and the outcomes are becoming more and more clear.

If this isn't the case, a public comment from the Premier or the Minister of Agriculture is in order.

ADVERTISING OR PRINT CONTACT INFORMATION

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

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

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

Patricia Barrett - Reporter/photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

ADDRESS

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

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Province to eliminate Sunday and holiday shopping restrictions

By the Manitoba government

The Manitoba government wants to eliminate provincewide restrictions on Sunday and holiday shopping, while allowing municipalities the authority to regulate retail businesses within their jurisdiction, Finance Minister Scott Fielding announced Friday. "Manitoba is currently the only western province that restricts retail businesses from operating on Sundays and holidays," said Fielding.

"Many Manitobans support allowing businesses to set their own hours,

and we want to give Manitobans more freedom and flexibility on when they buy groceries."

Fielding introduced The Retail Business Hours of Operation Act (Various Acts Amended or Repealed), which would no longer require retail businesses to close after 6 p.m. on Sundays and certain holidays. This would also bring retailers more in line with certain businesses currently exempt from the act, such as pharmacies, liquor stores, casinos and restaurants.

"We committed to these changes in

our election platform and 100-Day Action Plan to level the playing field for our local retailers so they can better compete with businesses exempt from current rules and 24-7 online retailers," said Fielding. "It's time to modernize our outdated and complicated shopping laws, and remove approximately 40 regulatory requirements to reduce red tape for businesses."

Under the proposed legislation, municipalities would have the authority to pass bylaws should they prefer to

keep some restrictions in place. The province would work with municipalities to help develop bylaws if needed. The province would also make changes to The Liquor, Gaming and Cannabis Control Act, which would allow municipalities flexibility to regulate the hours liquor or cannabis is sold.

The minister noted the current rules will remain in place until the legislation passes. He noted the province will maintain status quo on Remembrance Day closures and retail workers' provisions for Sundays.

Legislation introduced that would prohibit consumption of cannabis in public areas

By the Manitoba government

The Manitoba government has introduced legislation that would prohibit consuming all non-medical cannabis products while in public areas, complementing existing provisions focused on smoking and vaping in public, Justice Minister Cliff Cullen announced Friday.

"With a growing number of cannabis products becoming available in the marketplace, our government is taking a strong legislative stance against consumption in public areas,"

said Cullen. "This helps reduce the risks associated with public intoxication and impaired driving, while encouraging Manitobans who choose to use these products to do so at home safely and responsibly. Most of all, we want to ensure the use of these products is not normalized or encouraged among young people."

Bill 5 would amend The Liquor, Gaming and Cannabis Control Act to prohibit public consumption of edibles, extracts and topical cannabis products. These products are expect-

ed to become available in Manitoba in December 2019, once authorized by Health Canada.

Similar provisions for smoking and vaping cannabis are included under The Smoking and Vapour Products Control Act, and public consumption of alcohol has been prohibited in Manitoba for nearly 100 years.

There are some cannabis products that do not have an intoxicating effect. The amendments include provisions to exclude them from the public consumption prohibition via regula-

tion. Medically authorized cannabis for treatment of a medical condition is also exempted.

The legislation would come into effect upon proclamation.

The minister encouraged Manitobans to be informed about responsible cannabis use by visiting www.cml-kml.ca/.

Additional information about laws, regulations and other provisions related to non-medical cannabis is available at <https://gov.mb.ca/cannabis/index.html>.

Consumers urged to take precautions when shopping online

Submitted

The Consumer Protection Office wants to ensure consumers have information on how to safely shop online during the busy holiday season including Cyber Monday on Dec. 2.

Before entering any financial information online, consumers should ensure they are using a secure site. A secure site usually has an icon of a lock in the locked position at the bottom of the screen and a web address beginning with <https://> as the "s" indicates the site is secure.

Consumers should research a company before making a purchase, as this can reveal if others have had problems with the seller. Contacting an organization such as the Better Business Bureau may also provide information about a company's reputation. Before paying, consumers need to check the terms and conditions of the purchase and confirm the final price.

Even if consumers take steps to protect themselves while shopping on-

line, they may still encounter difficulties with a transaction. The Consumer Protection Act helps online shoppers by:

- protecting against the unauthorized use of credit card information,
- limiting a consumer's liability to \$50 when credit card information is used without proper authorization,
- providing the opportunity to cancel an internet sale if the seller fails to deliver goods or services, and

• requiring credit card companies to reverse or cancel a credit card charge if the consumer was entitled to but did not receive a refund from the vendor.

Visit http://manitoba.ca/justice/cp/cpo/info/shopping_safely_online.html for more tips on protection while online shopping. By knowing the rules and understanding their rights, consumers will enjoy safer online shopping experiences on Cyber Monday, during the holiday season and year-round.

For more information, shoppers are

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Just leave the sturgeon in the water

Welcome, fishers.

Last week I met a chap by the name of Bruce MacDonald who transports folks in wheelchairs with a handy van and he had a fishing story for us. He was an unassuming sort, accommodating and just the kind of man you would expect might make a good guide — fishing or otherwise.

Well, many years ago that's just what he was doing at Minaki, Ont., at a lodge. During the course of one summer, lodgers told him of an experience where a group of boating anglers came across a seven-foot sturgeon floating just below the water's surface in the last moments of its life. They manoeuvred their boat over it and were able to get a rope behind its gills. They drew it up and, upon examination, saw it had sucked up a rock that was lodged in its mouth. They towed it to a large rock outcropping close to one of the men's cottage and pulled it out of the water. That proved to be a nauseating mistake.

The next weekend found our group back at Minaki boating toward that guy's cottage and the rock where they had left the huge sturgeon. As they caught sight of the rock, they could make out a long grey mass covered with birds feasting on what had been the sturgeon. They also caught the horrific stench of its rotting flesh. Unable to stand the smell, they turned the boat around and headed back to Winnipeg. In town, they contacted authorities who sent people out to retrieve the sturgeon's head. They were able to get the inner ears of the fish and, using a laboratory method, were

able to determine its age. That was little consolation to the unfortunate cottage owner who had his place close to the rotting fish. He couldn't get near it for weeks!

Just before freeze-up, I happened upon Jeremy Malanik fishing with his son Nathaniel off the Selkirk waterfront pier. Jeremy was a tall, full-bodied guy with rounded cheeks defined by a short light brown moustache and goatee. His genial nature was in contrast to his rapid, accurate manner of speech. He was having a great day, though, having caught two master catfish and a very expensive new rod and reel to boot!

I happened to be in Gimli last weekend and stopped in at Kris's Fish and Chips Restaurant for one of their superb-tasting all-you-can-eat fish and chip specials. As I sat eating, a very happy-go-lucky chap with a head kerchief, who I assumed ran the place, went from one table to another shooting the breeze with customers. When I went to pay, he walked behind the till and, as I squared my tab, he asked if I fished. I tried to stifle a smile as I showed him our newspaper's card. He fell silent as he read it then broke into a huge smile.

Shaking my hand, he said, "Oh, have I got a fishing story for you. I'm Scott McNabb and my helper here is Allynne Johnson."

Not long ago, he revealed, he was fishing off the Gimli pier. Wanting to talk to some friends, he stood his rod against the water-break wall. Minutes later, he heard a grating, rattling sound and turned to see his new rod



EXPRESS PHOTO SUBMITTED

Allynne Johnson and Scott McNabb holding their catch of "rubber fish" from the wall of Kris's Fish and Chips.

ride up and over the wall to disappear down into the thrashing waves below. He was not going to lose that expensive rod! He took his clothes off down to his shorts, climbed to the top of the wall and dove down into the 20-foot deep water. When his head broke surface, he could hear friends and observers clapping and cheering him on. He laughed waving back at them.

The waves were angry and churning, pushing him this way and that, but he caught his swimming stride and went after the handle of his rod that was bobbing above the waves. He swam strong and caught his rod as it flipped from a wave into the air. He stroked for shore one-handed with the other trailing, clinching his rod. Even though the waves and current were tossing him viciously about, he could tell by the quivering of his rod he had

a fish on the line. His feet found the sand at the beach shore. He stood up, walking to dry land dripping wet in his shorts. He turned to the water and began reeling in his catch. A silvery flash tumbled down the crest of a wave and he knew he had a big bass.

His friends again cheered him on, collecting his clothes then they all went to his place for supper. He put the bass in a pan in the fridge and, as the evening went on, every once in a while they could hear a strange noise. They searched the house until his twin brother passing the fridge heard the sound inside. He opened the door and saw the bass had flopped out of the pan and now lay on top of a bowl of salad. That fish was soon filleted!

Till next week, good buddies. Bye for now.

Arborg RCMP respond to fatal motor vehicle collision

Staff

At approximately 6:15 p.m. on Nov. 23, Arborg RCMP received a report of a two-vehicle collision on Road 130 North, located approximately six kilometers east of Arborg in the RM of Bifrost.

The investigation has determined that a pickup truck, being driven by a 50-year-old male, was heading east-bound at a high rate of speed when it collided into the rear of an east-bound farm tractor, being driven by a

59-year-old male.

The investigation will include a thorough examination of the tractor to determine if proper working lights were in use at the time of the collision as the lack of visibility may have been a factor.

The 59-year-old driver of the farm tractor was ejected and pronounced deceased on scene.

The 50-year-old driver of the pickup truck was not injured in the collision but was subsequently arrested for

impaired operation and transported back to the Arborg RCMP Detachment. He was later released from custody with numerous court-imposed conditions and scheduled to appear in court at a later date on charges including impaired operation of a conveyance causing death.

Arborg RCMP, along with a forensic collision reconstructionist, continue to investigate.

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Lakeside Lions Club rolling out the cookies for its upcoming 17th Annual Cookie Walk

By Patricia Barrett

The Winnipeg Beach and Dunnottar Lakeside Lions Club is getting the cookie boxes lined up for its 17th Annual Cookie Walk fundraiser next weekend at the Winnipeg Beach Royal Canadian Legion.

Lakeside club president Tony Pimentel, who's also the mayor of Winnipeg Beach, will be the Cookie Marshal for the event, maintaining good order in the queue and offering advice to cookie-buyers on how to pack a proper box.

"I have to make sure nobody overfills their box with cookies — you have to be able to close the box," said Pimentel. "And we usually get some rookies who underfill their boxes and need a few tips on how to pack them better."

Lions Club members bake and donate cookies, along with other community members who want to help with the fundraiser. But dona-

tions of cookies — preferably homemade — are always welcome.

"If anybody wants to bring cookies to donate, they can bring them to the legion and we'll put them out," said Pimentel.

The event will also feature a silent auction, with items donated by area individuals and businesses, a loonie-toonie table with Christmas gift items and a hot roast beef lunch for \$8.

"Our Cookie Walks get pretty crazy," said Pimentel. "I would tend to believe that it will probably be sold out within a couple of hours."

Proceeds from the event will help support families in the catchment area (Winnipeg Beach, Dunnottar and Gimli) or go towards special projects of benefit to the community, such as the Winnipeg Beach School breakfast program and sports programs.

"We helped out a family that was commuting to Winnipeg for cancer



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Lakeside Lions and volunteers at one of their sweet fundraisers in 2017.

treatment by contributing money towards their gas," said Pimentel.

"We've also helped kids that need eyeglasses, people who need hearing aids or people with other medical issues. We like to keep the money with-

in the community."

The Cookie Walk will be held Saturday, Dec. 7 from 11 a.m. to 3 p.m. at the Winnipeg Beach Royal Canadian Legion.

Former Blue Bomber Mo Leggett; bonding like brothers

By Jennifer McFee

At first glance, it might seem like an unlikely pairing.

But a former Bombers player has formed a brotherly bond with a local man he visits at the Stonewall hospital.

Mo Leggett earned accolades during the five years he played defence for the Winnipeg Blue Bombers. Now he's tackling a career shift through his work with Services Beyond Support. The Winnipeg-based organization employs support workers to assist challenged individuals in hospitals, homes and rehabilitation centres.

In September, Leggett began meeting with 35-year-old Michael Obsniuk during his prolonged stay at the Stonewall hospital. When he was four years old, Obsniuk was diagnosed with Prader-Willi Syndrome, a genetic disorder that impacts the 15th chromosome. This syndrome can affect the ability to metabolize food and to feel full, along with a long list of other areas.

The well-known athlete spends four days per week with Obsniuk, working long shifts and resting at the hospital.

"For me, it never started as a job. I came to Stonewall previously at the local school for a Winnipeg Blue Bombers Manitoba campaign and I thought it would be interesting to come back here," said Leggett, who has homes in both Winnipeg and Atlanta.

"I'm here almost every day. It's 20 hours with Michael and then I go home for four hours to eat and shower. When I come back, I always bring him a healthy snack. I have a pillow

and a blanket and a foam mattress here so when he sleeps, I sleep."

When the duo is together, it's impossible not to notice the amusing banter and inside jokes that they share.

"Every now and then, I feel like we're twins. His mom told me that some people actually have trouble with Michael. But Michael's harmless. He's an angel," Leggett said.

"He actually grew on me a lot. It's never a dull moment and he's as petty as I am, so we go back and forth trying to mess with each other. It's kind of like a sibling relationship. It's very entertaining. He loves me but he won't admit it."

As for Obsniuk, he said he likes Leggett best when he brings him snacks.

"I miss him sometimes, but not as much as some other people," Obsniuk teased with a smile.

While Leggett is on hand to assist Obsniuk, he feels that he also benefits from the arrangement.

"Michael has been opening my eyes about different things. He keeps me sane. He helps me a lot with my patience," he said.

"I can't see myself doing anything else outside this profession other than sports. I've tried and it doesn't fit with my personality."

The American athlete also expressed appreciation for the hospitable atmosphere around him.

"The Stonewall hospital and the entire town make it a good work environment," said Leggett, who has become a familiar face at the local Subway and



EXPRESS PHOTO BY JENNIFER MCFEE

Former Blue Bomber Mo Leggett, right, visits with Michael Obsniuk and his mother Kim regularly at the Stonewall Hospital. Leggett encourages others to sign up for Services Beyond Support.

Cravings restaurants.

He also notes that Services Beyond Support is always hiring.

"It's a support service that does companion care, respite, hospice. The service is wide-ranging, depending on the certifications that you have. If you don't have the certification, then they do a great job of helping you get it. You don't usually see your coworkers because you're at different locations, but there are chances for you to meet up together and get to know

each other," he said, adding that many staff members vie for the chance to work with Obsniuk.

"It's also a testament to Michael because we all want to do it. We get to create our own schedules. We are definitely looking for staff to work all the way from Portage la Prairie, Brandon, Steinbach, Emerson, Selkirk, all over."

For more information about Services Beyond Support, visit www.services-beyondsupport.com.

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You'll never want to stop reading in Riverton Early Middle School's new library

By Patricia Barrett

Riverton Early Middle School's new library is definitely one room you'll never feel like leaving thanks to its ultra-groovy decor, spongy carpets and brightly lit alcoves.

With funding from the Evergreen School Division and the local community, the library makes a bold design statement, with high-tech padded chairs and stools, an archway to a central reading nook and well-spaced shelving, all accented in purple, the school's colour.

Grade 1 students Deirdre and Harlow, along with their classmates, officially opened the library last Thursday to much fanfare.

They invited their principal Paul Bailey and Evergreen trustees and superintendents to take part in the unveiling, had older students read to their Grade 1 class and then snacked on lavishly decorated sugar cookies (outside the library, it goes without saying) that Nancy Bomberak from the Evergreen administration office made exclusively for the occasion.

Supt. Roza Gray, who helped younger students choose a cookie, said the division purchased the materials, including the furniture and new books, in the summer for the junior kindergarten to Grade 8 students.

"The division put in \$60,000 and we had some community fundraising, too," she said.

Bailey said the overall design reflects the importance of creating a space that entices kids and gets them invested in reading. Part of the design includes themed hats (Dr. Seuss, Harry Potter, Vikings, etc.) that line the walls, encouraging students to read different kinds of books.

"The idea is that by reading, you can put yourself in someone else's hat. You can be anybody you want and learn anything," said Bailey.

When he asked the Grade 1 class what they like most about the library, they shouted, "The books!"

Bailey said the kids also love and vie for a specific reading chair — an oval-shaped, purple padded chair that makes you feel as though you're inside a space capsule. Trustee Kim Malchuk couldn't resist climbing inside and settling down with a good book.

The former library was a little bit crowded, said Bailey, but the well-organized custom shelving and built-in chairs and stools give the room flow and have opened up areas where they've put padded carpets on which students can lie and read a book.

Bailey said it took about six months to plan out the space, which entailed looking through catalogues and mak-

ing a schematic of what he wanted, factoring in different types of seating to make students want to "sink down and read a book." He then contacted a company that specializes in shelving to plan out the space.

And there may be a Phase 2 in the future, he said. He has tentative plans to create a non-fiction and research library in a room next door, perhaps knocking out part of the wall to link the two rooms.

"This library has become the heart of our school where our kids can come and learn and enjoy themselves and spend time doing something they love as much as I do — which is reading. Reading is awesome," said Bailey.



Nancy Bomberak from the ESD admin office made dozens of sugar cookies for the whole school to celebrate the new library.



The walls are decorated with themed hats to encourage kids to try different kinds of books.



Older students read to a Grade 1 class.



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: REMS principal Paul Bailey, Evergreen board chair Sandra Davies, vice-chair Penny Helgason, secretary-treasurer Amanda Senkowski, trustee Kim Malchuk, Supt. Roza Gray and Assistant Supt. Scott Hill.



Trustee Kim Malchuk had a blast inside a space-age reading seat. Kids run to the library to get this special seat.



Supt. Roza Gray was on cookie duty, helping kids choose a decorated treat.



The library stocks age-appropriate magazines in addition to books.

Dunnottar's duckweed research has potential to reduce wastewater and agricultural nutrients

By Patricia Barrett

Eco-friendly is not just a catchword the Village of Dunnottar bandies about but something it puts into practice.

Faced with a worldwide climate crisis and environmental degradation that's proceeding apace, Dunnottar council, under Mayor Rick Gamble, has already installed solar panels at its administration office and a passive filter (a non-chemical biofilter) in its lagoon to reduce phosphorus and other nutrients in the village's wastewater. Duckweed may become its next secret weapon.

Given the amount of phosphorus and nitrogen being discharged into Lake Winnipeg from the city, from municipalities and communities ringing the lake and from agricultural operations, Dunnottar felt it imperative to look at feasible, cost-effective ways to prevent the further deterioration of water quality and incidences of algal blooms.

To that end, it launched a three-year research project with environmental architects Scatcliff, Miller & Murray and the University of Manitoba to study how well duckweed can suck up phosphorus, nitrogen and other pollutants in the Dunnottar wastewater

lagoon.

As this is only Year 1 of the project, it took the entire summer for the duckweed — which was placed on floating platforms in the lagoon — to grow and establish its root system.

"Next year will probably give us a much better idea of how the platforms are performing, what the nutrient uptake is and how many platforms you would need in a certain area," said Gamble.

Samples of the duckweed were sent to a lab at the University of Manitoba to determine the level of nutrient uptake thus far, but researchers are primarily interested in seeing how it performs when the plant is well established.

Duckweed is a small fast-growing flowering plant with several species. It floats on the surface of ponds, sloughs and other calm waterways. Like cattails, duckweed grows naturally in wetlands, sucking up phosphorus, nitrogen and other harmful nutrients before they can enter and pollute waterways. They can help prevent the development of algal blooms by sequestering the phosphorus algae needs to flourish.

Not only can duckweed help purify municipal wastewater that's released



EXPRESS PHOTO COURTESY OF CITY OF DEVILS LAKE, N.D.

The 58-acre Lemna (duckweed) Wastewater Treatment Facility in Devils Lake removes contaminants from effluent.

into Lake Winnipeg each year, but it could also be used for treating agricultural runoff, hog manure lagoons and cattle feedlots.

"It has a lot of potential," said Gamble. "What we're working on now is meeting some producers in the hog industry to see if we can do some research and determine what effect duckweed could have on their holding ponds and also on some feedlots with cattle. We're just trying to work that out now in conjunction with the East Interlake Conservation District."

To the best of his knowledge, Gamble said Dunnottar is the first municipality in Canada to use duckweed to treat its wastewater. Devils Lake, N.D., has been using it for a number of years and "they claim to have pretty good success" in removing contaminants. Duckweed has also been used to suck up hydrocarbon spills, although that requires a long period of time.

"If they ever get to this point [using duckweed] in the agriculture sector, which is a big part of nutrient loading in the lake, it could be very beneficial," said Gamble.

With a federal grant under the Lake Winnipeg Fund, five floating platforms were set up in the Dunnottar Lagoon. Staff from the conservation district, which oversees watersheds and water quality in the eastern part of the Interlake, gave researchers a hand by collecting the plants and putting them on the platforms.

As the duckweed grew, it began to

send out "noodles," or a root system. Because it grows like a weed, pardon the pun, it had to be harvested every three weeks or so to stop it from spreading across the entire lagoon.

"It keeps multiplying as it gets established, and you have to harvest it, which is basically removing it and drying it," said Gamble. "Then you can mix it into compost. It's high in protein."

Gamble said they had a few issues to work out over the course of the summer. At one point, they noticed the duckweed was disappearing. They thought ducks were eating it, so they built fences around the platforms.

"But it was still disappearing and it turned out it was a muskrat eating it. They love it," said Gamble. "We had to build a fence below the water level to keep the muskrat out."

Another benefit to treating its wastewater with duckweed — should the research project demonstrate its efficiency — is that it will allow Dunnottar to treat a much higher volume

of wastewater with the passive filter, which can run only between mid-June and mid-September as per provincial regulations.

"You can use duckweed to do nutrient uptake prior to June and after September," said Gamble. "Duckweed will be doing part of the work, so we can push more water through the filter a little quicker than what we have been doing."

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Canada Post celebrates 50 years of service with Oakview postmaster

By Evan Matthews

When one pulls off Highway 325, and rolls up to the Oakview Post Office — Beverly Brasted's home — a unique experience is almost guaranteed.

Brasted, 87, celebrated 50 years of service as the Oakview Postmaster on Nov. 20 with her husband, Bob, along with many other local people, and Canada Post employees alike.

"I know them all, everyone who comes in. I love people. I don't think I'd have done this for so long if it wasn't for the people who come in," said Brasted, adding people from all over the RM of West Interlake come in to get their mail and she knows them all by name.

"But you've got to do things right. You've got to get your work done before you worry about talking to everyone. Once the work is done, I get to visit, and I have a wonderful space to do it," she said.

Brasted, the only Canada Post employee at the Oakview location, opens the post office at 10:30 a.m. three days a week, and then Colleen Ford — the local post woman — comes to pick up outgoing mail and drop off the incoming mail.

Brasted then sorts it all and gets the mail ready for locals to pick up, dealing with other customers as they come in to her home and office.

"Colleen brings her lunch after she brings all the mail in," said Brasted.

"She usually stays for about an hour. Then she'll leave at a quarter to 1 (p.m.)."

Ford isn't the only person who sticks around, as many people will come in to pick up their mail and they end up relaxing in Brasted's seating area, chatting.

Ford, who attended Brasted's 50 years of service celebration, said she has not come across one other postmaster who has put in 50 years of service, and Ford has been a letter carrier for 15 years herself.

Furthering that notion, Kris Hansen, a local area manager for Canada Post, said a little research uncovers that in the last 15 years, there have only been four other Canada Post employees in Western Canada to reach 50 years of service.

"Postmasters are highly thought of," said Hansen. "Often the postmaster and the mayor are thought of on the same level."

Laughing and downplaying the sentiment, Brasted compared herself to a local bartender because everyone likes to share their issues with her.

"But you have to be careful," she said. "You don't tell anybody anything. In one ear and out the other or you get in



Canada Post local area manager Kris Hansen presents Beverly Brasted with a plaque commemorating her 50 years of service.

big trouble."

Technology has taken over society a bit, she said, as emails and texts have replaced letters and cards.

Many families at one point in time were sending as many 200 Christmas cards over the holidays, she said, but it's a rare occurrence now. Her job is now largely dominated by packages.

"There was about 25 parcels today, and it's not even Christmas yet. ... I've been so much busier ever since Amazon came around," said Brasted, chuckling.

"The stamp is no more. There's still letters, but not nearly as many," she said, adding a stamp cost five cents in 1969 when she started working for Canada Post, whereas now they cost \$1.05.

When asked if she plans to retire or how long she'd like to work for Canada Post, Brasted said, "Until I die I think. ... When they carry me out in a box of my own," laughing once more.

A true West Interlaker

RM of West Interlake Reeve Arnthor Jonasson has known Brasted his entire life.

"She wasn't always the postmaster," said Jonasson.

Born in the Lundar area, Brasted was married to her first husband at 17 years old and moved to Oakview, where they would share four boys: Ken (Stony Mountain), Jack (Ashern), Brent and Wayne (Winnipeg) Peterson.

A woman named Heather Loewen lived a few miles up the road from where Brasted lives now, and when Loewen turned 70 years old, Canada Post began looking for her replacement.

"In those days, you had to give up the post office once you hit 70 years



EXPRESS PHOTOS BY EVAN MATTHEWS

Left to right: Bob and Beverly Brasted (Oakview Postmaster), Colleen Ford (Canada Post mail carrier), and Kris Hansen (Canada Post local area manager) celebrate Brasted's 50 years of service.

old," said Brasted,

adding her sister-in-law took the position at that point.

Back in those days, female postmasters were forced to retire if they became pregnant, too, according to Hansen. Often, veterans were given first opportunity at Canada Post jobs.

"When my sister-in-law moved to Ashern, they asked me to take the job, and I've had it ever since," said Brasted.

ed.

Originally, Brasted said she had a little shop outside of her house, but eventually moved the operation into her basement. Three years ago, Bob constructed an addition onto the house, and Brasted moved her operation to its current location.

Brasted said she met her now-hus-

Continued on page 14

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Fine-art book captures a glimpse of prairie life

By Jennifer McFee

They say a picture is worth a thousand words.

Then if you add personal quotations from first-hand interviews and well-researched archival information, you'll discover that history can come to life before your eyes.

That's the case with *Prairie Sunset: A Story of Change*, created as a labour of love by Dion Manastyrski.

Manastyrski grew up on a small farm in Saskatchewan with roots that extend back to Eastern Europe, where his grandparents lived before they crossed the ocean to homestead in the Canadian prairies.

He left the family farm when he was 18, but his prairie upbringing planted a seed of interest that continued to blossom over the years.

Over time, the farm he grew up on was sold to another family, who lived in it for a number of years.

"When they moved out, a bigger farmer bought it and then the house was abandoned. This was happening all over the place because the bigger farmers typically don't have anybody living in these houses. They're often older, smaller houses but they're perfectly good," said Manastyrski, who now lives in Victoria.

"Our house was built more than 100 years ago by my grandfather. For me, it was a great mystery that these buildings would be left abandoned. These are solid houses, and there are places all around the world where a house like that would be a treasure."

In addition, he noticed that the situation was similar for most of his childhood neighbours.

"I was amazed at how quickly things were changing and how all things I had grown up with were gone," he said.

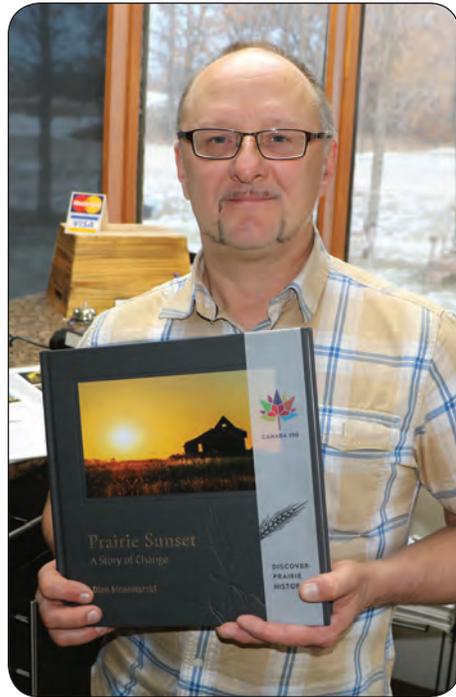
"We're losing an amazing way of life on a modest-size family farm surrounded by people all throughout the community."

After his family's home was abandoned, Manastyrski continued to travel back to explore the area. In 2003, he began photographing old rural sites throughout Manitoba, Saskatchewan and Alberta with a photo book in mind.

He embarked on about eight trips to the rural prairies. About halfway through, he decided that he needed to interview people to enhance his project.

"I wanted their words to tell the story because I decided that I didn't want this to be just a photo book," he said.

"I didn't anticipate this, but there are



EXPRESS PHOTO BY LANA MEIER
Dion Manastyrski showcases his book *Prairie Sunset*.

200 quotes from all the people I talked to that make up the body of the book. They start in the early pioneer years and they flow through time. They cover different topics, so it's broken up into different themes — settlement, survival, the difficult early years, the development of community."

He further bolstered the book with archival materials, mainly from Manitoba.

"There are about 50 documents and photos from archives. They help to show more about the past way of life," he said.

"There are two citation pages in the back that describe what each of the photos are and where they're from. It turns out a number of those photos are from the Interlake region of Manitoba."

Manastyrski worked slowly on the project over the years and eventually opted to crowd-fund its publication through pre-sales.

"I raised over \$40,000 to independently publish it. I put together a team of professionals including editor, designer and technical people because I wanted to create a beautiful book about the prairies," he said, adding that the book was printed and bound by Friesens in Altona.

"I didn't realize how much interest there would be. Now the book has seen three printings and more than 6,000 copies have been sold."

The high-quality 240-page hardcover book features an inlay photo on the front cover that was applied by hand and many other artistic details.

"By working on this project, I want-



The book includes stunning prairie photos taken by Manastyrski.



EXPRESS PHOTOS SUBMITTED

The book paints a picture of prairie life through photos and quotes.

ed to capture the story of what the rural life was like, the story of the homesteaders and the decades that followed," he said.

"I started the photo book because I was just completely fascinated with exploring these places. It was kind of shocking to me that people once cared about these places and now they're just lost and forgotten. I wanted this book to capture a way of life that is quickly disappearing."

Currently, Manastyrski is travelling across Canada on tour with his book while also working on his next photo book project.

For more information about *Prairie Sunset: A Story of Change*, visit www.prairiesunset.ca or follow the Facebook page for the book.

Prairie Sunset: A Story of Change by Dion Manastyrski is available at multiple retailers throughout the Interlake and other nearby areas:

- Stonewall – The Grande Bazaar
- Teulon – Stacey's Blossom & Boutique
- Gimli – Diamond Beach
- Ashern – Happy Planet Hub Petro-Can Gas
- Eriksdale – Co-op store
- Arborg – Co-op store
- Selkirk – Home Hardware
- Morden – Pembina Hills Art Council Gift Shop
- Winkler – Parkside Home Hardware
- Pilot Mound – Pilot Mound Pharmacy
- Crystal City – Crystal City Health
- St. Pierre-Jolys – St. Pierre Pharmacy
- Morris – Valley Super Thrifty Pharmacy

> 50 YEARS, FROM PG. 13

band, Bob, a hunter from Chicago, in 1990 through a woman who ran an Oakview Bed and Breakfast.

She fell in love and was eventually re-married in 1998. The couple held their wedding in the same building as the post office.

"We didn't invite any of our kids,

or my mother (Phyllis Palsson). She was furious," said Brasted. "Then we just went to the Narrows for a nice supper."

Thanking Bob, her colleagues, and her friends, Brasted said she's excited to continue the work she loves.

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> MEAL IDEAS



Recipe adapted from Better Homes and Gardens

Cook time: 50-55 minutes

Servings: 6

Nonstick cooking spray

3 cups frozen shredded hash brown potatoes

3/4 cup shredded Monterey Jack cheese

RED RIVER CO-OP FOOD STORE

Farmer's Casserole

1 cup diced cooked ham, cooked breakfast sausage or Canadian-style bacon

2 green onions, sliced

4 eggs, beaten

1 1/2 cups milk

1/8 teaspoon salt

1/8 teaspoon black pepper

2 jalapenos, seeded and chopped

Heat oven to 350 F.

Coat 2-quart, square baking dish with nonstick cooking spray. Arrange hash browns evenly in bottom of dish.

Sprinkle cheese, ham and green onions over hash browns.

In bowl, combine eggs, milk, salt, pepper and jalapenos. Pour egg mixture over hash brown mixture in dish.

Bake, uncovered, 50-55 minutes, or until knife inserted near center comes out clean.

Let stand 5 minutes before serving.



Fruity Yogurt French Toast Wraps

garnish (optional)

In medium bowl, combine blueberries, strawberries, bananas, yogurt and granola. Mix well and set aside.

Using pie plate, crack egg and whisk. Add milk, cinnamon and nutmeg; whisk until combined.

Coat both sides of tortillas in egg mixture.

In skillet, melt butter. Place coated tortillas one at a time in pan and cook 2-3 minutes on each side until golden brown. Move to plate.

Spoon yogurt mixture into center of tortillas. Fold edges over to form wraps. Dust each with powdered sugar and top with additional strawberry slices, if desired.

1 cup blueberries
1 cup strawberries, sliced, plus additional for garnish (optional)
1 cup bananas, sliced
1 cup vanilla yogurt
1/4 cup granola
1 egg
1/4 cup milk
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
6-8 tortillas
2 teaspoons butter
4-6 teaspoons powdered sugar, for



Breakfast Sandwiches

Place biscuits on baking sheet. Bake 12-16 minutes, or until golden brown.

Cut bacon slices in half. In skillet, cook bacon until crispy. Drain and set aside. In large bowl, whisk eggs, salt and pepper.

In skillet, melt butter. Pour egg mixture into skillet. Add bell pepper and onion. Cook until eggs are thoroughly cooked but still moist, stirring occasionally. Add cheese over egg mixture and mix thoroughly until cheese is melted.

Split warm biscuits. Spoon egg mixture over bottom of biscuit. Top mixture with two pieces bacon and add top half of biscuit.

1 can (16 ounces) buttermilk biscuits
1 package (12 ounces) bacon
8 eggs
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon butter
1 green bell pepper, chopped
1/2 onion, chopped
5 slices cheese
Heat oven to 350 F.



There is Never Any Justification for Bullying

power or position. It happens not only at work, but in the neighborhood. As in the schoolyard, a group of adults may decide they do not like someone on their staff or in their community, and they proceed to make life miserable for that individual.

It is time to bring bullying out of the closet. Bullying is when one or more individuals pick on another. It involves physical or verbal intimidation or abuse, and may include exclusion. Thankfully we are aware of bullying in schools and on the playground, and we would like to think the schools are addressing this issue.

There are other insidious forms of bullying that we need first to acknowledge, then to correct. The first is bullying in the family. This may happen between adults, or adults may bully children. Children may bully siblings. Sadly, there are increasing cases of teens bullying parents.

Bullying also happens in the workplace. Typically we think of the ones in power being hard on the underlings. Certainly this happens. It also happens that the weak can pick on the strong. As there is strength in numbers, a group of individuals may choose a person in power to attack and undermine in a variety of ways. The stronger one may be honestly and appropriately doing his or her job, and the attackers may resent that individuals authority or position in the workplace.

Frequently the bullying happens amongst a group that are all at the same level, so it is not a question of

Typically they are in denial about the inappropriateness and childishness of their behavior. As with the man who beats his wife, they justify their behavior by their belief that the victim deserves such treatment.

These individuals have some major growing up to do. The dignity of every individual should be respected. Treating others with condescension or indignity, including disrespect, insults, disdain, berating, snobbishness, and humiliation is meant to demean, to exploit, to wound, to harm, and to damage. It does this-in ways the abusers may never fully know. They ought not think for a moment their victim is unaware, for we are programmed to sense the energy of those around us.

The behavior of others never justifies bullying. There is no justification. If you engage in any of the above behaviors, you are bullying. Bullying is cruel. If you are doing it, stop. If someone you know is doing it, refuse to participate, and call it for what it is.

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.

Peanut Butter Breakfast Bread Pudding with Maple Peanut Sauce

Recipe courtesy of the Georgia Peanut Commission

Prep time: 20 minutes

Cook time: 35-40 minutes

Servings: 4

Butter

2/3 cup creamy peanut butter, divided

2 eggs

1/2 cup granulated sugar

2/3 cup milk

1 1/2 teaspoons pure vanilla extract

1/2 teaspoon salt

4 cups cubed brioche or challah bread, cut into 3/4-inch cubes

2/3 cup pure maple syrup

1/3 cup crushed peanuts

powdered sugar, for garnish

Heat oven to 350 F. Butter four 4-ounce ramekins.



In bowl, mix 1/3 cup peanut butter, eggs, sugar, milk, vanilla and salt. Toss bread cubes in mixture until thoroughly coated. Divide evenly among prepared dishes. Bake until custard is set in middle and tops are golden, about 35-40

minutes. If tops of bread brown too quickly, cover ramekins loosely with aluminum foil.

In small saucepan over low heat, combine remaining peanut butter and maple syrup until thoroughly warmed. To serve, drizzle ramekins with maple-peanut sauce and garnish with chopped peanuts and powdered sugar. Substitution: Whole wheat rolls may be used in place of brioche or challah bread.

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Gimli entrepreneur launches online central business hub and contest

By Patricia Barrett

A Gimli-based entrepreneur has launched a Facebook site that she intends to turn into a one-stop online business hub for people looking to find a particular service in the Interlake.

Samantha Hampton said she's still in the process of tweaking her site, called Creative Community Promotions, on which she'll feature local businesses, including those that fly under the radar and may not be as well known in neighbouring Interlake communities.

She got the idea when she looked at an RM website that listed hundreds of businesses from the Riverton area right down to Winnipeg Beach, she said, and realized there were lots of businesses not listed. Business owners advertising now and then on local social media sites may not be seen by people in the community or by those in other communities.

"I realized quickly that there isn't a place on the Internet for people to showcase their skills, talents and messages in one central hub," said Hampton. "And what about the all the people who don't have a budget or the knowledge to market themselves on the Internet or a unique way to share their message?"

Hampton said she offers a wide range of services from social media, marketing and graphic design to co-ordinating and promoting community initiatives and events.

Businesses who use her service will be slotted into a group she created on the site called Interlake Businesses and Community Organizers, which is currently under construction, she said. And she'll also post rules as to how the group operates.

"You can click on the group and see everything on one central hub," she said.

Hardly anyone uses the Yellow Pages to find businesses or reads bulletin boards, she said, and she can help people promote their businesses by creating social media posts or graphics that either the business owner can manage or have her manage.

"I had a client the other day who said they don't want to learn about it or have anything to do with it; they just want someone who's creative to take care of it," said Hampton.

Hampton's overall goal is to bring communities closer together, she said, by making them more aware of who does what.

"I believe community isn't just about being geographically close to somebody," she said. "We have Arborg and Riverton nearby, but we also have the whole Interlake."

To further her goal of building stronger communities, she's also launched a contest through her Facebook page called Community Choice Nominations.

"I'm encouraging people to nominate somebody from their community, whether an individual, business or school group, anyone you feel is performing kind acts of service or displaying outstanding community leadership,"



Samantha Hampton from Gimli is starting up a business hub.



EXPRESS PHOTO COURTESY OF SAMANTHA HAMPTON Community Choice Nomination Draw.

she said.

The contest opened last week and she's already posted entrants' photos and a brief biography about them on her site. The contest is open to all residents of Manitoba and closes Dec. 27. Hampton said she'll announce the winner on New Year's Eve. The winner will receive a prize package worth \$500 of her services.

"I really want this to be about sharing a message and expressing gratitude for the things we have. Kindness has a ripple effect," she said. "By doing this nomination draw, other people reading about these kind acts of service or leadership may reach out and volunteer and give back to their communities."

Visit Creative Community Promotions on Facebook or call Samantha Hampton at 204-641-0687 for more information.

Supporting local



On Nov. 15, Farm Credit Corporation presented \$2,500 donations to four local community groups in recognition of community and volunteer efforts during the October snow storm and power outage that impacted the area for an extended period of time. The donations were made to local facilities to assist with expenses and improvements that benefit residents living in and around each community. Top photo, left to right: Moosehorn Curling Club — Christine Anderson, FCC relationship manager; Sandy Rutchka, FCC relationship management associate; Don Nachtigall, Moosehorn Curling Club representative; and Kimberley Asham, FCC relationship manager.



Grettir Co-Op Lundar Rec Facility — Christine Anderson; Sandy Rutchka; Sandra Johnson, representative of Grettir Co-Op Inc.; Kimberley Asham; Kim Friesen, FCC relationship management associate.



Eriksdale Community Club — Kim Friesen, Kimberley Asham, Vienna Kinkead, Dale Lloyd and Kelly Stuart, Eriksdale Community Club board members, Christine Anderson and Sandy Rutchka.



Ashern Centennial Hall — Christine Anderson; Sandy Rutchka; Courtney Roehl, CAO; and Davina Mason, CFO of the RM of West Interlake; Kimberley Asham and Kim Friesen.

Selkirk Regional Health Centre receives donation from a physician for Family Birthing Unit

Submitted by IERHA

A local family physician from the Selkirk Regional Health Centre (SRHC), has recently made an anonymous donation of \$8,500 for the purchase of a BiliBlanket for the hospital's family birthing unit. A BiliBlanket is a portable phototherapy device for the treatment of neonatal jaundice.

"I realized with our increasing birth rate at SRHC, that babies born jaundice are likely to come up more often and decided to help out our community by donating another BiliBlanket. I strongly believe in giving back to my community," says the physician who donated the funds, but wants to remain anonymous.

Jaundice is a yellow tint to a newborn's skin and the white part of the eyes which means there is too much bilirubin in the baby's blood. Phototherapy allows the skin to absorb the light which changes the bilirubin so that the body can more easily excrete it through urine and stool. Jaundice is estimated to affect 50 to 60 per cent of babies born at full-term and up to 80 per cent of babies born prematurely.

The physician says the donation

came on the heels of a very busy few weeks inside the family birthing unit.

"We had several babies requiring phototherapy. Unfortunately, one of our two BiliBlankets has been out for repair, so we were down to one and we were also having to rely on the overhead UV lights. I've noticed that the babies in the BiliBlankets seem to settle better as you can still swaddle, hold and feed them while they receive treatment."

Executive director of the Interlake Eastern Health Foundation Pamela McCallum was delighted to receive this physician's second donation to the foundation.

"We are so fortunate to have physicians in our region who care so much about their patients and who want to optimize the facilities they work in. I know staff and families are so grateful for this donation and I look forward to hearing about the success the family birthing unit has with this new BiliBlanket to treat jaundice."

The family birthing unit team says the donation brings new light to the department.

"This blanket allows for uninter-



RECORD PHOTO SUBMITTED

A local physician donated \$8,500 for the purchase of a BiliBlanket for the Selkirk Regional Health Centre's birthing unit. Left to right, Jamie Brown - CRN, Jennifer Palsson - RN, Elyse Gillon - RN, and Sara Unrau - Clinical Team Manager (Surgery, Med/Surg, FBU).

rupted treatment of babies diagnosed with hyperbilirubinemia and will allow us to support the current practice of promoting mother and infant bonding, as mothers are able to breastfeed and hold their newborns while they continuously receive treatment."

Interlake Eastern Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region. For more information visit www.iehfc.ca or contact Pamela McCallum, executive director at (204) 785-7044.

Manitoba to fund new crime reduction teams with a focus on rural crime

Submitted by Manitoba government

The Manitoba government will invest \$1.9 million annually to support the expansion of Royal Canadian Mounted Police (RCMP) crime reduction and enforcement teams throughout the province including related policing investments with the goal of improving public safety for rural Manitobans, Justice Minister Cliff Cullen announced Tuesday.

"Our government is taking action in response to concerns from rural Manitobans who no longer feel safe in their homes and communities," said Cullen. "This important investment will support more officers across the province, complementing many other initiatives already underway that focus on public safety and crime reduction. We are following through on our commitment to implement the Safer Streets, Safer Lives Action Plan and this support to the RCMP is an important step."

Crime reduction teams focus on serious, prolific offenders and drug dealers. The RCMP's current four-member team in the north will receive funding to expand to six officers. Funding will also be used to create two new teams in the RCMP's eastern and western districts, with five officers to be recruited for each location. Funding will also allow another four officers to be added to the D Division Enforcement Team, a centralized unit

that targets criminal organizations and street gangs that traffic drugs and guns throughout the province.

"We are pleased to be able to expand our crime reduction and enforcement teams to ensure there are dedicated resources throughout the province," said Assistant Commissioner Jane MacLachy, commanding officer of the Manitoba RCMP. "Those who produce and traffic illicit drugs destroy lives, homes and communities. We remain committed to dismantling the drug networking and drug traffickers that bring drugs to our towns and cities."

The minister noted timely and relevant analysis of crime data is essential to support front-line policing in the province. As part of this new investment with the RCMP, the province will also fund two new crime analyst positions, who will help identify criminal trends and hotspots to inform enforcement.

The speech from the throne also highlighted additional investments expected this year, focused on improving public safety for rural Manitobans:

- enhanced resources for the provincial public safety investigation (PSI) unit, which investigates confidential complaints about properties where chronic unlawful activity takes place;
- support for a new provincewide

Crime Stoppers campaign including more cash for drug-related anonymous tips; and

- new processes to make it easier to seize assets and money connected to illegal drugs.

Every year, the PSI unit responds to between 350 and 400 complaints, approximately 20 per cent of which are in rural Manitoba.

The minister noted police agencies require increasingly specialized tools and training to continue to serve Manitobans most effectively. In 2019-20, the provincial Criminal Property Forfeiture Fund and the federal Proceeds of Crime Fund provided nearly \$1.5 million to police agencies serving rural Manitoba, including the RCMP, Brandon Police Service and several others, to support these types of investments. This also included:

- nearly \$70,000 to the Manitoba First Nations Police Service to purchase and outfit a new K-9 vehicle;
- more than \$6,400 to the Rivers Police Service to purchase necessary equipment and support its children's bike safety campaign; and
- \$20,000 for the Springfield Police Service to support efforts to reduce speeding and traffic-related incidents near railway crossings.

As outlined in the province's Policing and Public Safety Strategy, Manitoba will continue to collaborate with law enforcement agencies to develop

a provincial intelligence model, which will centralize information about serious criminal activity, organized crime and other safety concerns. This is a longer-term initiative that will help support intelligence-driven policing and collaboration among police agencies and other public safety partners.

Community mobilization hubs will continue as a proven method of connecting at-risk young people and their families with wrap-around community supports. Government will continue to invest approximately \$1 million annually to establish, enhance and support these locally led partnerships that bring together police, social service agencies, and families to address underlying issues and reduce contact with the criminal justice system.

"Targeted investments will help ensure police are placed where and when they're needed, and be able to respond based on timely, accurate and insightful information," said Cullen. "We are committed to investing in human resources, technology, and other tools at our disposal to address rural crime and other public safety issues affecting Manitobans. Partnerships with law enforcement, communities, service providers and other systems will help build healthier, safer lives for all Manitobans."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Lightning on both sides of lopsided games

Staff

The Interlake Lightning were on both ends of lopsided games last weekend.

Interlake earned a weekend split with a dominating 9-3 victory over the Norman Northstars in Manitoba U18 AAA Hockey League action Sunday afternoon in Teulon.

Ashton Fisher, with a pair, Matthew Vandel and Carl Ingalls scored first-period goals for the Lightning.

Interlake's Karson King and Norman's Derek Kelvisto traded goals early in the second before Fisher and Vandel tallied in the second.

Aiden Bruce and Mark Hamrlik scored for the Lightning in the third while Brady Krentz and Roger Houle

replied for the Northstars.

Dominic Jacobson made 30 saves for the win.

On Saturday, the Lightning had a real stinker of a game with an 8-0 road loss to the Winnipeg Bruins.

Winnipeg, which held period leads of 2-0 and 6-0, received goals from Jody Bielik (two), Ashton Romaniuk, Dakota MacIntosh, Matt Yakubowski, Jack Kaiser, Aidan Hyra and Miguel Bovier.

The Lightning, now 9-10, will host the Eastman Selects on Wednesday and the Southwest Cougars Friday in Teulon. Both games start at 8 p.m.

Interlake will then play the Winnipeg Wild on Sunday at the Bell MTS Iceplex. Puck drop is 1:45 p.m.



EXPRESS PHOTO BY LANA MEIER

Hodgson's Mark Hamrlik got his first goal and assist of the season against the Norman Northstars last Sunday in Teulon.

Gimli's Baldwin to compete at Special Olympics Canada Winter Games

Staff

Gimli's Alec Baldwin has been selected to represent Manitoba at the Special Olympics Canada National Winter Games in Thunder Bay from Feb. 25-29.

Team Manitoba, which is made up of 60 athletes and 25 coaches and mission staff, has been training hard

since their selection after the 2019 Provincial Winter Games.

Individuals will be competing in five-pin bowling (new to the Winter Games), alpine skiing, cross-country skiing, curling, floor hockey, snowshoe and speed skating.

Athletes from across the province are thrilled at the opportunity to show

the rest of Canada what they have to offer.

"Our athletes are training hard and pushing themselves to be the best they can be," said Chef de Mission Darren Hemeryck in a media release. "We're really looking forward to Thunder Bay and can't wait to compete against the rest of the country."

Other athletes from nearby include Selkirk's Kim Jones, Shirley Lavallee, and Savannah Thompson, Clendoye's Alysia Roy and Gonor's Steven Walcer.

Selkirk's Reagan Croy will be a coach at the Winter Games while Garson's Colleen Lowdon-Bula will serve as a team manager.

Stonewall to host 2020 Women's Invitational national baseball tournament

By Brian Bowman

Stonewall has hosted many elite amateur baseball tournaments over the past few years.

And they will get another opportunity next July 2-5.

Stonewall's bid to host the 2020 Women's Invitational was accepted earlier this month by Baseball Canada at their annual fall meeting in Quebec.

"We're super excited," said Gail Langlais, chairperson of the host committee, on Monday evening. "The host committee really enjoyed doing the two years (of hosting) U21 and we're really looking forward to further showcasing women's baseball in Manitoba."

The quality of baseball is very good as the players are a wide range in age. Teams, as many as eight, will be coming to Stonewall from all over Cana-

da and our senior national women's team will be selected from this group of athletes.

"They are the top women's players in Canada," Langlais noted. "We really hope the community comes out and supports this event."

Stonewall is very lucky to be able to host these national tournaments.

"I think it's great for the community, both Stonewall and Selkirk," Langlais said. "We house the athletes in Selkirk and have the games in Stonewall and it also provides our younger players an opportunity to see where they can go in women's baseball. We don't have a lot of teams. We have a provincial team and most of the girls play on boys' team throughout the year."

"Having it here in Manitoba, gives our younger, up-and-coming players a chance to come watch and see what

they might aspire to one day."

In recent years, the Interlake has been very well represented with players on Team Manitoba. In fact, Langlais' daughter, Brittney, was a member of Canada's bronze-medal winning team that competed at a tournament in Mexico back in August.

Langlais also plays for the Manitoba Junior Baseball League's Interlake Blue Jays, which plays out of Fines Field at Quarry Park in Stonewall.

Fines Field is considered one of the top amateur ball diamonds (if not the best) in Manitoba.

"The facilities are amazing and they certainly attracted the eye of Baseball Canada," Langlais said. "When we were hosting U21 they said they were super pleased with the grounds and just the whole venue itself. They actually encouraged us at that time to

apply for other national tournaments because the venue was so spectacular."

IS THE
STORY
TIMELY?

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Falcons whip Ice Dawgs, get snagged by Fishermen

By Brian Bowman

The Lundar Falcons played a very strong second period against the Arborg Ice Dawgs on Sunday afternoon.

And it resulted in a lopsided 8-3 win over the Ice Dawgs in Arborg.

"We went into Arborg and played a pretty solid game," said Falcons' head coach James Worthing. "It's been difficult because we haven't really had a whole lot of players in each of the games we've played. We've been missing key guys each game. We played with a short bench but we did good."

Braden Paulic led Lundar with three goals and an assist while Josh Wilkinson added two goals and a helper.

Both players had strong games and have played well all season.

"They have been my most consistent players game in, game out," Worthing

noted. "It's exactly what I expected from them."

The Falcons' Derek Benson, Shayne Desjarlais and Riley Wirgau each had a goal and an assist.

Jesse Hancox, with a pair, and Blaine Wishnowski replied for Arborg.

Jayden Meeches, a rookie, played really well while making 32 saves for the win. At the other end, Michael Merpaw stopped 37 Lundar shots.

Sunday's win was the good news for Lundar last weekend. The bad came on Friday after a 7-1 loss to the first-place Selkirk Fishermen.

Selkirk turned a close game into a rout with four goals in a 5:24 span in the third period.

"In the first and second periods, we were really tight," Worthing said. "But in the third period (Selkirk) complete-

ly took over. It just seemed like we had too many mental breakdowns. The effort level was definitely not there. I don't want to say the boys gave up but a lot of them didn't play their position or played their role the way that they should have."

After a scoreless first period, Kasen Andrushko, Reece Tessier and Brady Thompson gave the Fishermen a 3-0 lead after 40 minutes.

Wirgau scored just 41 seconds into the third, but Selkirk replied with goals from Evan Bedard, Tessier, Travis Spratt and Cole Wasnie.

Andrushko, Tessier, Bedard, Chad King and Wasnie each finished the game with two points.

Riley Bannerman made 39 saves for the victory. Dillon Rapinchuk stopped 29 Selkirk shots.

Lundar, now 4-5 and with 13 points to occupy third place in the five-team league, will host Arborg on Saturday (7:30 p.m.) and the St. Malo Warriors on Sunday (6 p.m.).

Meanwhile, the Ice Dawgs also lost 5-3 to the Warriors in St. Malo last Friday.

Arborg simply had no answer for Maxime Collette, who scored four St. Malo goals. Hayden Hildebrand had the Warriors' other goal.

Logan Clarke, Jordan Klippenstein and Daron Monkman replied for Arborg. The Ice Dawgs' Josh Roche chipped in with two assists.

Tre Strachan made 41 saves in the losing cause.

Arborg (2-10) will host the North Winnipeg Satellites on Friday at 7:30 p.m.

Lightning Bantam AAA hammer Pembina Valley Hawks

Staff

The Interlake Lightning Bantam AAA hockey team played a great road game on Saturday — and they were rewarded for their efforts.

Interlake hammered the Pembina Valley Hawks 7-3 in Rosenort.

Lightning forward Hayden Wheddon had a fantastic game, scoring three goals and adding two assists.

Rylan Slatcher was also very good

with two goals and two assists.

Ty Woods and Darian Sinclair also scored for the Interlake. Nicholas Leclair had two assists in the game.

Zachary Dyck (two) and Carter Sotheran replied for Pembina Valley.

Dawson Cowan made 35 saves for the victory.

With the win, Interlake improved its league record to 4-7-0-1.

The Lightning will have a tough test

against the 13-0 Winnipeg Warriors this Saturday at Notre Dame Arena. Game time is 2:30 p.m.

On Sunday, Interlake will play the Central Plains Capitals in Portage la Prairie. Puck drop is 1:15 p.m.

In U17 Prep action, Interlake was defeated 7-1 by the Winnipeg Bruins.

Alexander Kaczorowski scored a second-period goal for the Lightning, assisted by Evan Calder.

Paison Butler (two), Andrew Thevenot, Lucas Gillson, Braeden Bzovy, Michael Tanchak and Austin Peters scored for the Bruins.

Hayden Myskiw made 34 saves in the losing cause.

Interlake will host the Eastman Selects this Thursday at 7:30 p.m. in Stonewall. The Lightning will then visit the Selects on Sunday at 1 p.m.

OCN storms to weekend road sweep of Peguis

Staff

The Peguis Juniors lost a wild one on Sunday afternoon.

The OCN Storm completed a road weekend sweep of Peguis by outscoring the Juniors 10-7 in Keystone Junior Hockey League action.

Tyrome Spence paced Peguis with four goals and two assists while Ethan Daniels had a goal and two helpers.

Travis McPherson and Nathaniel

Murdock also scored for the Juniors.

Logan McDonald, Noah Butler and Dion Fontaine each had a hat trick for the Storm. Creighton Sinclair scored OCN's other goal.

Peguis outshot OCN 53-22.

On Friday, Peguis was edged 6-5 by OCN in overtime.

Chavez Constant scored the game winner in OT.

Daniels had a strong game for the

Juniors with a goal and three assists while Spence and Shane Bear each had a goal and an assist.

Spence currently leads the KJHL in goals with 26 in just eight games.

McPherson and Murdock also scored for Peguis.

Bryson Werbicki-Mallett (two), MacDonald, Butler and Fontaine also scored for the Storm.

Nolan Favell made 38 saves in the

losing cause.

Peguis, now 4-3-1 and in third place in the five-team league with nine points, is back in action this weekend with a pair of road games. The Juniors will visit the Norway House North Stars on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

Riverton to host MHSAA A varsity volleyball provincials

Staff

Two Riverton gymnasiums will be very busy places this week.

Riverton will be hosting the MHSAA A varsity boys' and girls' provincial championships, which begin Thursday and continue through to Saturday.

Both the varsity boys' and girls' provincials will have 10 teams split into a pair of five-team pools

The Patriot girls' will play the Gilbert

Plains Trojans on Thursday (4 p.m.) and will have Friday games against the Hamiota Huskies (2 p.m.), the Grandview Spartans (5 p.m.), and the Real Berard Jaguars (7 p.m.).

The five teams in the other pool include the Strathclair Skyhawks, Miami Marlins, Cartwright Cougars, Erickson Eagles, and the Duke of Marlborough Storm.

All of the girls' games will be played

at the Riverton Early Middle School.

On the boys' side, Riverton will play Thursday games against the Rivers Rams (3 p.m.) and Strathclair (5 p.m.). On Friday, Riverton will battle the Rosenort Redhawks (3 p.m.) and Hamiota (5 p.m.).

The other teams competing at provincials feature the Melita Marauders, Treherne Tigers, Ste. Rose Celtics, St. Joachim Braves and Duke of Marl-

borough.

All of the boys' games will be played at Riverton Collegiate.

Playoffs for both of the boys and girls' provincials will begin Saturday at 9 a.m. The third-place games are slated for 3:30 p.m. while the gold-medal contests are set for 5 p.m.

Classifieds



SCRAP METAL
Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

SCRAP METAL
Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

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
Winter is here! The classifieds reach over 400,000 Manitoba readers weekly. Do you need class 1 drivers or seasonal staff for your

business? Are you having a sale, a community supper or do you have a winter craft show to promote? Want to sell something ASAP? Get results. For as little as \$189 + GST, you could book now! People rely on these classifieds to find what they need in your area and across the province. Catch them looking at your material in our 48 weekly community newspapers. Call us at 204-467-5836 or email classified@mcna.com for details. MCNA 204-947-1691. www.mcna.com

MISCELLANEOUS
Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

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

UPCOMING EVENT
Last chance craft sale! 2 floors, up to 100 crafters! Sunday, December 8th, 11-5. Canad Inns, Club Regent Hotel, 1415 Regent Ave W. Winnipeg, Admission \$3. katherinebialek@gmail.com

HEALTH
Get up to \$50,000 from the Government of Canada. All ages & medical conditions qualify. Have a child under 18 instantly receive more money. Call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your free benefits package.

EXPRESS WEEKLY NEWS
204-467-5836

PENNER OIL
Winter Road Haul 2020 Class 1 Drivers needed for deliveries in MB & NW Ont. (800) 665-4302 ext. 251 or e-mail: orderdesk@penneroil.ca

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EXPRESS WEEKLY NEWS
204-467-5836

ADVERTISE YOUR
STRAW & HAY HERE

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)

Public Utilities Board / **Régie des services publics**

NOTICE OF APPLICATION
RURAL MUNICIPALITY OF GIMLI
AMALGAMATION OF GIMLI URBAN CENTRE, GIMLI INDUSTRIAL PARK AND PELICAN BEACH WATER SYSTEMS
REVISED WATER RATES

October 31, 2019

The Rural Municipality of Gimli (RM) has applied to the Public Utilities Board (Board) to approve the amalgamation of the Gimli Urban Centre, Gimli Industrial Park and Pelican Beach Water Systems to become the Amalgamated Water Utility (Utility). The RM has also applied for revised water rates, as set out in By-law No. 19-0009, read the first time on September 11, 2019. Utility rates were last approved in 2016 in Board Order No. 104/16.

The current rates and proposed rates are as follows:

	Gimli Urban Centre			Gimli Industrial Park			Pelican Beach			Amalgamated Water Utility		
	Current rates									Proposed Rates		
	By-Law No. 18-0029									Year 1	Year 2	Year 3
Quarterly Service Charge	\$ 25.07	\$ 16.09	\$ 22.34	\$ 22.53	\$ 23.20	\$ 23.90						
Water (per cubic meter)	\$ 1.29	\$ 1.85	\$ 1.60	\$ 1.51	\$ 1.54	\$ 1.58						
Minimum Quarterly Charge*	\$ 42.49	\$ 41.07	\$ 43.94	\$ 42.92	\$ 43.99	\$ 45.23						
Flat Rate per REU**		\$ 121.75	\$ 86.56	\$ 81.92	\$ 83.55	\$ 85.72						
Minimum Quarterly Charge - Flat Rate		\$ 137.84	\$ 108.90	\$ 104.45	\$ 106.75	\$ 109.62						
Bulk Water (per cubic meter)	\$ 2.15	\$ 2.07	\$ 2.64	\$ 2.34	\$ 2.38	\$ 2.42						
Bulk Water (per 1,000 gallons)	\$ 9.79	\$ 9.42	\$ 12.02	\$ 10.67	\$ 10.86	\$ 11.04						

*Based on 13.5 cubic meters
**One Residential Equivalency Unit (REU) based on 217 cubic meters per year (proposed rates)

Clauses were added or revised in By-Law No. 19-0009. Please review the proposed By-Law at the Municipal office for detailed information.

Details of the RM's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the Rural Municipality of Gimli's application for water rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the Municipality.

Questions or comments should be sent on or before **November 30, 2019**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

"Original Signed By:"
Jennifer Dubois, CPA, CMA
Assistant Associate Secretary
Manitoba Public Utilities Board

ARBORG **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.

Classifieds Announcements

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

ANNIVERSARY

Happy 50th Wedding Anniversary
Alfred and Joy Gislason



November 29th, 1969
Wishing you a wonderful
50th anniversary

Thank you for showing us how to love and respect each other. We are forever grateful to share our lives with you; through good times and sad times; we've always seen love and commitment to each other and family. All the best on this special day and for the years ahead.

-Love your children and grandchildren;
Nadine and Wes and Miranda and
Bryan and Lisa and Adriana, Max and Jalysia

IN MEMORIAM



Bernice Greenberg
March 1, 1952 – November 28, 2016
Partings come and hearts are broken,
Loved ones go with words unspoken;
Deep in our hearts there's a memory kept,
For a wife and mom we'll never forget.

-Lovingly remembered by
Lynn;
Charlotte and family;
Jackie and family

OBITUARY

Gudrun Bjorg Sigurdson
May 16, 1930 to November 17, 2019

With heavy hearts we announce the passing of our Mom and Amma on November 17, 2019 at the age of 89.

She leaves to mourn her children Lorraine, Brent and Kathy, Warren and Stacey, Noreen and Don; her grandchildren and great-grandchildren Stephen and Stephanie (Soren and Kade), Paul, Christopher and Kirsten, (Hayden) Kaitlyn and Kyle; her Craddock grandchildren, Jason, Adam and Jocelyn (Kaleigh, Joseph, Emberlynn and Aaliyah) sisters Inga and Lilja. She was predeceased by her husband Gestur, son-in-law Murray, her parents Bjarni and Bjorg Vigfusson, her in-laws Helgi and Lauga, four sisters, three brothers and six brothers-in-law.



Gudrun was the eldest of 10 children, born and raised in Riverton. She completed grade 11 in Riverton and at the age of 17 she became a permit teacher. She then lived in Winnipeg for two years where she completed her Grade 12 and teacher's training. She married Gestur in July of 1953 and they made their home in Hnausa. She returned to teaching full time in 1963, in Hnausa until 1967 when schools were amalgamated and she began teaching in Riverton where she taught until she retired in 1990. She had a short break from teaching in Riverton in 1969 when Noreen was born.

At the same time she had her teaching career she and Gestur raised four children. In the early years Mom was often alone with the children when Dad was away fishing. They had cattle and chickens until the mid 60's, a vegetable garden and numerous flowers. In the fall amidst preparation for back to school she spent many hours canning preserves and freezing produce. She was also an accomplished baker and a fabulous cook. She was always trying new recipes, but also made sure to have the family favourites. She was a crafter and seamstress. Never one to sit still she would watch TV while knitting, crocheting or doing needlepoint. She sewed many outfits for her children and grandchildren. She believed in community and was a community volunteer serving in many roles such as a 4H leader, a board member of Riverdale Workshop and current board member of Riverton Group Home, where she served for over 32 years. She was still an active member of the Riverton Hnausa Lutheran Church, and had served as a member of the church council and part of the choir. She was very pleased to have been part of the planning committee for the Hnausa Reunion in 2000 and the publishing of the Hnausa Reflections. In her 50's she became an avid golfer and when she retired she also took up aquasizing. She kept up with current affairs and politics. She faithfully visited her sisters Alice, Darlene and Inga when they became PCH residents and continued to be a big sister until her last days. In 2017, she moved into a new suite in the Icelandic River Lodge where she enjoyed her time with the Lodge Family.

Family meant everything to her and she was very proud of all her children and their spouses. Amma loved all her grandchildren fiercely and was equally proud of all of them and their accomplishments. She was overjoyed when she became a Langamma. Family gatherings were a highlight and she was always eager to hear what everyone was up to and provide advice.

We would like to thank Dr. John Donnelly for his care and to the staff of the Arborg Hospital for their compassion in the Emergency Department.

In accordance with her wishes there will be no funeral. A private memorial will be held. The family gratefully declines flowers. If desired, donations may be made to the Icelandic River Community Foundation (IRCF), Box 159, Arborg Manitoba, R0C 0A0. Please note on the cheque whether your donation should be directed to the Riverton Cemetery or Hnausa Cemetery.

Loving you always
Forgetting you never
Góða nótt elskan
Til we meet again

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



IN MEMORIAM



Bill Peltz
In Loving Memory of
our son, Dad, grandpa, brother, uncle
Bill
who left us suddenly
on November 27, 2015

There will always be a sadness,
And often a silent tear;
But always special memories,
Of days when you were here.

-Lovingly remembered by Mom, Tracey,
Ashley, Keegan, Samara, Lachlan, Sophia,
Mark, Lisa, Jason, Ryan, Nicole and Ben

EMPLOYMENT OPPORTUNITY

TDM SPORTS
is currently seeking

1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

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

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

Send resume to:
Box 38, Arborg, MB R0C 0A0

Fax to: 204-376-5836 or

Email to: tdmsports@hotmail.com or

Apply in person at 279 Main St., Arborg

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SEEKING FULL TIME DELIVERY PERSON

Duties include: Delivery & set-up of furniture & appliances.

Valid drivers licence required.

Drop off resume in person to
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204-376-5242

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Wage dependent on exp.
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Classifieds Announcements

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OBITUARY



Georgina Isabel Addie Peiluck
(nee Thorkelson)
June 28, 1950 - March 18, 2019

After a hard fought battle with cancer, Georgie, aged 68 years, passed away peacefully at the Winnipeg Health Sciences Centre. Georgie was born in Gimli, MB, as the youngest of five children. As a teenager, she moved to Winnipeg where she completed hairdressing school. In her early 20's, she met her beloved Victor and the two went on to share 38 years of marriage. Georgie successfully operated her own hair salon and adored her role as a foster parent. She and Vic opened their hearts and home to eight additional kids over the years. Later on in life, Georgie kept herself busy with employment at Safeway Inc. where she eventually retired as a deli worker.

Georgie was an energetic, fun-loving, feisty and outspoken woman. She knew the value of hard work and was able to accomplish anything she set her mind to. Georgie had a passion for cooking and baking, watching old, western movies and caring for her pet dogs. She was an avid music lover who would often be found dancing to polkas or playing the piano and accordion. She enjoyed camping and traveling with her family, especially to Disney destinations. Never once would Georgie pass up an opportunity to support her kids by attending their sporting events. Throughout her years, she touched countless lives with her compassion and generosity. Georgie will always be remembered as someone whose selflessness knew no bounds.

Left to cherish her memory are her children Kim, Kurt, Brandy, Natasha and Honey; grandsons, Dorian and Kingston. She will be deeply missed by her brothers-in-law, Ron and David; sister-in-law, Jean (Art); brother, Haldor (Carol); nephews, Craig, Hal, Brian, David, Kirby, Gary, Bruce, and Michael; nieces, Karen, Vanessa, Lori and Michelle. Georgie was predeceased by her husband, Vic; parents, Dory and Effie; adopted Mother, Christeen Arden; sisters, Beverley and Effie; brother, Phillip and nephew, Alan.

A celebration of Georgie's life will be held at the Gilbert Funeral Chapel, 309 Eveline Street in Selkirk on Saturday, November 30, 2019 at 11:00 a.m. with a reception to follow.

In lieu of flowers, donations may be made to any Canadian Cancer Foundation.
"Goodbyes are not forever. Goodbyes are not the end. They simply mean We'll Miss You, Mom...Until we meet again."

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Laura Ledochowski (nee Ferris)
March 10, 1932 - November 23, 2019

It is with deep sorrow and heavy hearts that we announce the peaceful passing of our beloved mother and grandmother, Laura, age 87, on Saturday, November 23, 2019 at her home with her daughter Roxane, and her granddaughter Jennifer, at her side.

Mom will be lovingly remembered by her husband, George; her daughter, Roxane (Craig), and their children, Kristen (Kirk), Jennifer, Wesley (Brenna), Michelle (John), and Brayden (Mackenzie); her son, Ross (Sonya), and their children, Kaila, Kailen, and Rye; and her son Rodney (Diana), and their children, Jade (Garrett), Jake, and Jacey. Dearly missed was her son, Roger, who passed away in 2016. A faithful caregiver, Mom brought great comfort to Roger throughout his 57 years. Mom was predeceased by her parents, John and Lily; her brothers, John, Mike, Willie (Doris), Frank (Jean),

Joe (Florence), George, and Fred (Helen); and her sisters Rosie (Fred), Elsie (Mike), and Ida (Bill). Saddened by her loss are cherished sisters-in-law Myrtle and Helen Leduchowski, as well as many nieces and nephews who were all so special to her.

Born in Eriksdale, Mom spent the early years of her life in the Chatfield area before moving to Winnipeg at age 16. She later lived in Vancouver for a year, working as a telephone operator, before returning home to Chatfield to marry Dad, November 6, 1954. They ran Ledochowski Store until they moved it to Teulon with their four children in 1970. They soon established G & L Restaurant and Cardinal Lounge. Mom became a household name throughout the Interlake for her borscht and perogies, which loyal customers continued to talk about long after they sold the restaurant in 1986. Mom took the idea of a family restaurant to heart, and many staff became lifelong friends.

Known widely for her hospitality, Mom served postgame meals to Dad, Ross, Rodney, and generations of Teulon Cardinals following every home game up until their final season, 2014. She shared her legendary talents (and her closely guarded secrets) for cooking, baking, canning, and barbecuing with Roger and Roxane, as well as several of her grandchildren.

A devoted mother and grandmother, Mom always made time for baseball and hockey practices, games, and tournaments, never hesitating to tell umpires and referees exactly what she thought. Curling with Roxane over the years always brought her such joy. She rarely missed a performance, fundraiser, or special occasion, finding ways to celebrate them even as her health declined. A passionate sports fan, she often watched curling, hockey, and baseball on TV, rooting for her favourite teams and athletes. Mom looked forward to her weekly BINGO nights spent with her good friends, and she fondly recalled her treasured trips with her nephew, George and Judy Ferris.

Helping others was Mom's calling. It was impossible to leave Grandma's without being fed or accepting a goodie bag, soup, or preserves to take home. She always put others first, as even in her final days with us she worried about her loved ones' well-being and dear friends' health more than her own. She proudly gave a lifetime of service to Chatfield Women's Institute, Kinettes, and Teulon Hunter Memorial Hospital Auxiliary.

We extend a heartfelt thank you to Mom's palliative and home care providers, especially Dr. Graham and Dr. Rezazadeh, for their compassion, kindness, and support. Mom was forever grateful for her son-in-law, Craig, who checked in on her daily and supported Roxane as Mom's primary caregiver. We appreciate all those who visited Mom, including all her friends at Gateway Manor, as she thoroughly enjoyed your time together. Special thanks to Father Barry Schoonbaert and Mom's neighbour, Andre, for their spiritual guidance. Our sincere gratitude to her Godson, Dennis and Debbie Holowka, who together handcrafted her urn.

A memorial service will be held in celebration of Mom's life on Saturday, November 30, 2019, 1:00 p.m. at Teulon-Rockwood Centennial Centre. Because Mom was such an avid sports fan, please feel free to wear your team's apparel in her honour.

Mom believed in the spirit of giving. We will gratefully accept donations of nonperishable food items or children's toys in support of Teulon & District Christmas Cheer Board. (Donation bins will be set up in the hall.)

Special thanks to Ken Loehmer for his professionalism, thoughtfulness, and compassion. In lieu of flowers, donations in memory of Laura may be made to CancerCare Manitoba Foundation, 1160 - 675 McDermot Ave., Winnipeg MB. R3E 0V9.

MOM
Your life was a blessing.
Your memory, a treasure.
You are loved beyond words,
And missed beyond measure.



HEALTH

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

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