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**The house that hemp built**

EXPRESS PHOTO BY NICOLE BROWNLEE

Sage Tozeland and Theo Vaarmeyer hold a block of hempcrete that will fit between beams in the front foyer of their home. See full story on pg. 2.

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# Locals calling a hemp house a home of their own

By Nicole Brownlee

Tucked off of Highway 417 near Lunder Provincial Park, Sage Tozeland is reimagining a place to call home.

With the help of her husband Theo Vaarmeyer, Dion Lefebvre and the 8th Fire Innovations crew, Tozeland is constructing a house using hempcrete.

"I always wanted to build a new house using sustainable, natural materials," said Tozeland. "I know it's not happening enough in the building industry, and I wanted to move it forward."

Tozeland, a teacher at Lunder School, bought the property around 10 years ago after moving from Winnipeg. In June, she was finally able to start working on her dream home. Tozeland said she hopes to finish the 1,534-square-foot home by the end of fall.

Hempcrete is a combination of the inner woody core of a hemp plant and a lime-based binder. Mixing the two creates a pliable material, which Lefebvre compares to playdough. The hempcrete can then be shaped into slabs and fit into spaces in walls like Lego pieces.

Lefebvre has travelled across the country building hempcrete structures and hosting workshops to train



Sage Tozeland is holding pieces of the inner woody core from the hemp plant. These shards combined with a lime-based binder act as a primary material to build her new home near Lunder Provincial Park.

locals to construct and use the natural material.

"Similar to Sage, [I was] looking for a better way of building homes," said Lefebvre. "It's low maintenance with a long lifespan using local materials ... our own local supply chains and [sup-



EXPRESS PHOTO BY NICOLE BROWNLEE

The 8th Fire Innovations crew poured the foundation for Tozeland and Vaarmeyer's home in June and started inserting the hempcrete blocks in August.



Sage Tozeland and Theo Vaarmeyer are constructing a 1,534-square-foot house made with hempcrete.

porting] local farmers."

Like Lefebvre, the hemp used in Tozeland's home is from Alberta. The crew had trouble sourcing the hemp from Manitoba because of this year's record drought.

Other than supporting the national economy, using hempcrete also helps the homeowners' pockets, said Lefebvre.

The material is fire, mold, pest and rot resistant, acts as a natural insulator and removes carbon dioxide from the atmosphere.

"It's considered a carbon-neutral or a carbon-negative building material because it absorbs more carbon in the atmosphere and wildlife than is dis-

charged processing it," said Lefebvre.

In his home in Alberta, the hempcrete keeps Lefebvre's house at 21 C in the summer. To help heat the home in the winter, Tozeland is planning on installing a masonry stove.

"This is really not new. We're re-exploring traditional building methods ... that have already stood the test of time," said Lefebvre.

"There's buildings and bridges I heard that're still standing from Roman times made out of hemp," said Tozeland.

Romans used hemp fibre to reinforce mortar during construction. Bridges built in sixth-century France have also used a similar technique.

**"THIS IS REALLY NOT NEW. WE'RE RE-EXPLORING TRADITIONAL BUILDING METHODS ... THAT HAVE ALREADY STOOD THE TEST OF TIME."**



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# Dissent in democracy at issue in the RM of Armstrong

By Patricia Barrett

The Municipality of Armstrong council tabled two bylaws that will allow a majority of council to appoint a municipal spokesperson and determine what duties Reeve Susan Smerchanski will be able to carry out.

Organizational Bylaw 6-2021 and Procedures Bylaw 7-2021 were to have second and final reading at council's regular meeting on Aug. 10, but the provincial department of Municipal Relations raised concerns about some sections that conflict with Manitoba's Municipal Act.

Armstrong residents, current and former mayors, and other concerned Interlakers attended the meeting to defend the democratic process, which they say is threatened by the two bylaws.

At heart is the question of whether dissent or differing opinions will be tolerated in what is supposed to be a democratic system of government.

Armstrong resident Peter Nosaty, who was a delegation at the meeting, asked why a majority of council (Adam Krochenski, Ted Sumka, Paul Humeny and Ralph Hazelton) are attempting to suppress the reeve's power with the bylaws. Smerchanski and Coun. Allen Evanchyshin previously voted against the two bylaws.

"Why is there such a disagreement amongst councillors to do certain things [in the municipality]? As voters and taxpayers, we voted the reeve in," said Nosaty. "You guys want to take the powers away from the reeve."

Deputy Reeve Paul Humeny said the two bylaws were drafted to help council better rep-



Former Teulon Mayor  
Debbie Kozyra

resent residents. In addition, there have been a number of occasions on which a majority of council voted "one way and the reeve voted the other way." A majority vote has to be "accepted and that has not happened."

"Over the past three years, there has been numerous communication breakdowns between the reeve, council and office staff and that has created a situation where our residents are not well represented," said Humeny during the meeting. "You guys are not. After several years of this, we're 14 months away from an election and we've been dealing with this on so many different issues. This is unacceptable to you guys. We're not representing you well."

Humeny said Armstrong council is "democracy in its truest form" and that they're "not a dictatorship." And he doesn't agree with discussing issues about the reeve or the CAO or a councillor in the media, which had previously reported on the bylaws.

"We should be sitting down as a board and discussing this amongst ourselves. What is the problem, how can we solve it?" he said. "We don't go to the paper. We don't go to Municipal [Affairs]. ... The first thing they do is, 'I'm going to the paper. I'm go-



Armstrong Coun.  
Adam Krochenski

ing to CTV."

The media is welcome at council meetings, he said, and is free to report on differences of opinion between councillors, but statements from council should be subject to majority rule.

"All council meetings are open. If I or [another councillor] say something different, you can report that. I have no problem with that," Humeny told the *Express* during lunch break. "But if four or five councillors decide we're doing something and we have our spokes[person] say we're not doing that — that was the whole purpose of this bylaw, that's what brought everything about."

Humeny said the creation of the bylaws didn't stem from one incident in particular because "this has gone on for several years."

Coun. Adam Krochenski said council did not "go behind closed doors and got some shady bylaw drafted up." It hired an outside consultant (Way to Go Consulting).

"It had zero to do with any members of council. Not one of us. The other thing is this bylaw is a template that's used in a lot of RMs, not just this one," said Krochenski during the meeting. "So I don't know if there's confusion here, that [people think] some of the councillors have done something with



Armstrong resident  
Peter Nosaty

this bylaw. I have nothing to do with this bylaw other than it was an outside source that did it."

Krochenski told the *Express* during break that not all of council was afforded a response in the media when an issue came up earlier this year as to whether council would agree to clean out a municipally owned drain running through a private farm property. A response



St. Andrews Mayor  
Joy Sul

from council was formulated but didn't get sent to the media; only the reeve's response was published.

Krochenski said everyone on council is supposed to see questions from the media and get their "fair turn" to answer them. "To me, there's nothing wrong with that. You're getting the opinions of the



Armstrong Reeve  
Susan Smerchanski

whole council."

During the meeting, Nosaty asked how much Way to Go Consulting cost.

Krochenski said it was \$1,600.

Smerchanski said the reason the two bylaws were put on hold was that she had asked Municipal Affairs for clarification "to make sure everything is in good

Continued on page 8

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# Zebra mussels detected at Lake Manitoba Narrows

By Patricia Barrett

The province announced last week it found zebra mussels in the Lake Manitoba Narrows region after samples from 2020 showed their presence in the lake.

A lodge owner in the Narrows, which links the lake's south and north basins, said it's uncertain whether the mussels will drive down tourism and affect anglers who flock to the region.

Narrows Sunset Lodge owner Irvin Koch said he's not happy to hear about the presence of mussels in the lake, but he doesn't think they'll greatly impact recreational fishing. He has yet to see a single mussel nor has anyone else he knows, but that could, of course, change in a few years.

"In Lake Winnipeg there are so many zebra mussels and they get piled a foot high," said Koch by phone last week. "But they're catching more walleye (pickerel) over there than they ever did. Everybody fishes there in the winter. They put their huts on the Red River and the lake. And all around Hecla, people are catching their limits pretty easy."

Koch's lodge is a newly renovated resort located in Oakview on Highway 68. In addition to accommodation, it has a conference room, convenience store, liquor/beer vendor, VLTs and gas pumps. Koch acquired the famous Blue Bombers' Rum Hut from the old stadium and has it near his outdoor patio where the lodge is

holding Bomber parties. The Narrows is popular with beach-goers, recreational boaters, anglers and hunters.

"We've got a nice clean lake here even if we get mussels," said Koch. "We don't get that sewage coming in here like they do in Lake Winnipeg from up the Red River."

He said there used to be provincial check-stops on the highway where boats would be examined to prevent the transfer of mussels from different water bodies.

"There's no way you can keep the mussels out forever even though there were check-stops on the highway. If they missed some, who knows," said Koch.

Zebra mussels reduce the availability of fish food, litter beaches with their sharp shells, clog water infrastructure outlets and damage boats.

Long-time Lake Winnipeg commercial fisher Robert T. Kristjanson said he had been warning the government about zebra mussels being transferred across the province and beyond.

"We've got them here in Lake Winnipeg and I said they were going to be transferred to Lake Manitoba and Lake Winnipegosis, and that they'd march right across the province and to the ocean," said Kristjanson after he heard the news last week about the Narrows.

He said it's "not the commercial fishermen" who are responsible for carrying mussels from place to place but

the anglers who travel around with their boats to different fishing spots.

"The anglers will carry mussels right across Canada," said Kristjanson. "A lot of them don't give a shit if their boats are contaminated. You can't have boats running between our lakes



**EXPRESS PHOTO COURTESY OF IRVIN KOCH**  
Irvin Koch just installed the Blue Bombers' famous Rum Hut at his Narrows Sunset Lodge. He thinks zebra mussels will have a minimal impact on recreational fishing on Lake Manitoba.

Water body	Sampling Effort by Method			Results
	Water Samples	Substrate Samplers	Infrastructure	
	VELIGERS	eDNA	Adults	
<b>Northwest Region</b>				
Athapapuskow Lake	12	6		tactile
Cedar Lake	38	12		tactile
Clearwater Lake	18	9		
Cormorant Lake	3			
Footprint Lake		3		
Grass River at Wekusko Falls	3			
Iskwusum Lake	3			
Little Limestone Lake	10			
Reed Lake	9			
Saskatchewan River - The Pas	9			
Wekusko Lake	10	6		
<b>Central Region</b>				
Lake Irwin (Neepawa)	1			
Lake Manitoba	31	22	1	tactile
Lake St Andrew	11			
Lake St Martin	9			
Lake Winnipeg	55			Samples destroyed
Lake Winnipeg	11	8		86,975 ZM veligers
Waterhen River			1	

**EXPRESS PROVINCE OF MANITOBA'S 2020 AIS MONITORING SUMMARY**  
The province reported zebra mussels in Lake Manitoba last year.

and not get mussels. The anglers did not believe in this at all. The boat wash stations are not there all the time. And there are so many back roads into Lake Manitoba to launch a boat."

Kristjanson said zebra mussels will "absolutely devastate Lake Manitoba" and spread throughout Lake Winni-

pegosis.

"Lakes Manitoba and Winnipegosis have so much hard bottom, and zebra mussels love a hard bottom because they can stick to it," he said. "Out from Gimli here, you get to a soft bottom and they're not there because they can't hold on to anything. But they'll stick to hard bottom, rocks, other mussels, nets and boats. I said this would happen if there weren't strong controls put in place."

The discovery of zebra mussels in the Lake Manitoba Narrows hardly comes as a surprise because the province noted their presence in the lake last year. They were reported in Lake Winnipegosis in 2020 and 2019.

In its 2020 AIS Monitoring Summary report, the province said its Aquatic Invasive Species (AIS) Unit and eight partners analysed water samples for

**Derek Johnson**  
MLA for Interlake-Gimli



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# Arborg councillor steps down; byelection to be held in October

By Patricia Barrett

John Crackle stepped down as councillor for the Town of Arborg and a byelection will be held in October to replace him.

Council is elected for a four-year term. Crackle served alongside Mayor Peter Dueck, Deputy Mayor Ron Johnston and councillors Ron Rogowsky and Rob Thorsteinson.

Crackle told the *Express* he didn't wish to comment.

Candidates interested in serving on council are invited to submit their application by Sept. 13.

The town's senior election official is Jan Larkin. She'll be accepting candidate registrations between Aug. 19 and Sept. 13 at the Town of Arborg municipal office at 337 River Rd. For more information, call the municipal office at 204-376-2647.

The byelection will be held on Oct. 19.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Arborg councillors John Crackle (left) and Ron Rogowsky

# Audrey Gordon named Manitoba's health minister

Staff

Audrey Gordon has been appointed as Manitoba's minister of health and seniors care, Premier Brian Pallister announced last week.

"I am confident in Minister Gordon's ability to lead this department as we continue to protect our health-

care system and communities from the impacts of COVID-19 and work toward recovery," he said.

Gordon is currently the minister of mental health, wellness and recovery. She will continue to hold those responsibilities in addition to health and seniors care, the premier said.

"Providers and staff across the health-care system have worked extremely hard to continue to provide quality care throughout the pandemic, and I want to thank them for their efforts," said Gordon. "It is an honour to accept this appointment and I look forward to continuing to support their

work through all the challenges we face during this difficult time."

Gordon replaces Heather Stefanson as health minister. Stefanson stepped down from the role last week and announced her intention to run to be the leader of the Progressive Conservative Party of Manitoba.

# Peer workshops for Interlakers offer support from afar

By Nicole Brownlee

Peer-led workshops help people with mental health and addictions create connections, but accessibility throughout the Interlake has caused low attendance.

Peer Connections Manitoba, formerly known as The Manitoba Schizophrenia Society, offers virtual PeerZone Workshops throughout the province to provide a safe space for participants to share their experiences.

People with lived experiences of mental illness or challenges lead workshops through Peer Connections and help people navigate community resources and the mental health system.

"We are the first formalized peer support group in Manitoba," said Amy

Tung, communications and education co-ordinator at PCM. "From our staff to our board members, we have that lived experience with mental health or addiction or know of someone or a loved one with a mental health or addiction challenge."

The province incorporated peer support in high-stress facilities like emergency rooms and is now implementing the service in hospitals after seeing a positive impact on crisis response.

In the past, Peer Connections facilitated in-person workshops, but since March 2020 and the onset of the COVID-19 pandemic, the organization has shifted to online delivery.

COVID-19 has definitely impacted participation in Peer Connection

workshops, said Tung.

"We need that connection," said Tung. "The ability to cultivate and bolster relationships is a huge component to someone's recovery or just to our mental health."

Participants find it easier to connect and access resources in person, explained Tung. Especially if they don't have a reliable wireless network, computer access or privacy at home.

But the group is trying to keep participants engaged by offering condensed, two-hour Zoom workshops that employ different learning styles.

"There's group discussions, there's the visual aspect of it, there's handouts, there's breakout rooms," said Tung.

Two peer facilitators lead each 12- to 20-person workshop and distribute handouts, worksheets and a Zoom meeting link a few days before.

On Sept. 1, the Interlake Region PeerZone workshop is focusing on coping with stress by analyzing thinking patterns that worsen stress, and exploring ways to reduce stress. The Sept. 15 workshop tackles lifestyle habits. A guide that covers diet, exercise, sleep, smoking, drug and alcohol use will be handed out to explore routines and how to approach changing a routine.

To learn more about Peer Connections workshops, visit [mss.mb.ca](http://mss.mb.ca).

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## Interlake legions take reopening slow, keeping members safe

By Sydney Lockhart

Legions across the Interlake are beginning to open while members meet to discuss Remembrance Day plans, fundraising opportunities and to support one another.

The Brant-Argyle Legion Branch #222 does not currently have a physical building of their own, according to secretary treasurer Ron Watson. Because of this, they don't have a space to reopen, but they will be able to have their member meetings again starting in September.

"It's been two years since we've had one, and it's time to get the crew back together and start planning the Remembrance Day service," he said.

Watson added that very few members have seen each other or kept in touch since postponing meetings over the pandemic.

"Keeping the membership together has been a loss. I've never heard from anybody in the last couple of years," he said.

Clinton Kennedy, president of Winnipeg Beach Legion Branch #61, said their main focus is taking things slow to keep the branch open and not have to close down again. Members of the legion have been making takeout meals, which have been one of the few sources of income coming into the legion to keep them running.

"The provincial health orders sort of make it tough because normally, you know, the legion has a lot of events during the summertime to raise money to keep our legion going to help veterans," he said. "Fifty per cent capacity without a bar to hold an event is not financially viable for us at this time."

Kennedy said they are a small branch with many elderly members. Lots of people don't feel comfortable coming back yet and have hesitations. This is

why they are sticking to pick-up meals only for the time being.

"Not being able to get out and meet people that they used to and mingle with them is what makes it hard because our members were fairly active in coming out," said Kennedy.

Stonewall Legion Branch #52 president Tim Williams said they have decided to be open three days a week to start with 100 per cent capacity but masks are mandatory until seated.

"I think it's given them a sense of being again. They are not just staring at four walls in their apartment or home. They can go out and see people again and sit with them. They can see them," said Williams.

The legion is open Wednesday and Friday from 4 to 9 p.m., and the last Saturday of every month from 2 to 7 p.m.

Joel McDonald, president of Woodlands Legion Branch #248, said he hopes they will be able to do building rentals later in the year, but for now they are waiting for the pandemic to slow down a bit more.

"We've basically been shut down for over a year now. We normally shut down for July and August anyways, for regular meetings and that type of thing. But tentatively right now, the plan is to restart, just like normal, in September," said McDonald.

He said that they are currently trying to do a membership push to have more members when they can meet again.

"One thing people don't realize is you do not have to be a veteran or even related to a veteran or a family member of a veteran to have to join the legion. It's open to anybody that wants to help serve veterans and serve the community," he said.

McDonald said their members hope to be back together to watch the Jets

games again, which used to be the nights they would gather together.

"We're a small legion and we always need to be cognizant of our numbers and try to raise them as best we can and get more people active with the legion. We'd always like to have the branch be more active but that takes people," he said.

Donny Thorkelson, president of Lundar Legion Branch #185, said people can now come and sit in the legion again with each other in the lounge or play the VLTs.

"It's this sense of belonging and the reverence for it, like the honouring of the other men and women that lost their lives in service," said Thorkelson.

He added that the members are looking forward to having their sense of community back. They are open Wednesdays from 4 to 8 p.m. and Friday and Saturday from 2 to 10 p.m.

"We're happy to be open and look forward to seeing the vehicle parking lot full of cars and a sense of community growing again," he said.

Arborg Legion Branch #161 president Ronald Johnston said that the members of their legion were happy to be back together again, and has reopened Chase the Ace, 50/50 draws, meat draws and almost all normal activities other than Dart League and 50 per cent of the VLT machines.

"That's just something that we have decided to protect our staff that we're asking customers to wear their masks when they come around or if they come up to the bar, but when they're seated at their table, then they're not required," said Johnston.

They are open Tuesday to Thursday from 2 to 8 p.m. and Friday and Saturday from 2 to 9 p.m.

"We feel it's a safe place to come and gather with your friends," he said.

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EXPRESS PHOTO BY JO-ANNE PROCTER

Pastures are always greener on the other side — especially this year as the drought has dried up green spaces across the province with one of the driest Julys on record. The rain this past weekend brought 60 and 100 millimetres of welcomed precipitation, breaking decade-long records. In a 36-hour period, 38.4 mm of precipitation fell on Gimli, breaking the 1983 record. Help the *Express* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: [weather@expressweeklynews.ca](mailto:weather@expressweeklynews.ca).

## Province not ruling out regional restrictions to battle COVID

By Ashleigh Viveiros

Regional restrictions are certainly still “on the table” when it comes to the province’s attempts to curb the expected fourth wave of COVID-19, Manitoba’s top doc said in a media briefing Monday.

While discussing areas where vaccine uptake is lagging behind the rest of the province (including the RM of Stanley, which has a provincial low of 22 per cent of residents vaccinated against COVID-19), Dr. Brent Roussin was asked whether consideration is being given to tailoring public health orders to specific regions.

“We don’t exclude any possibilities if we need to protect the health of Manitobans,” he said. “We certainly don’t exclude the possibility of regional approaches. We’ve seen that in other jurisdictions in Canada already when they’re seeing a resurgence in certain areas.”

Roussin acknowledged they are seeing “some concerning trends” in the

Southern Health-Santé Sud health region specifically.

“We’re seeing some increasing numbers, increase in test positivity, increasing numbers of contacts per case,” he said. “And in some of those circumstances where we have a large amount of contacts per case, we’re seeing that ... none of the contacts are vaccinated.”

Roussin stressed the province continues to emphasize the need to protect oneself and others by staying home when ill, washing one’s hands regularly, wearing masks when physical distancing isn’t possible, and keeping contacts with those outside one’s household down.

Public Health will continue to review mandated restrictions and adapt them accordingly, he said, noting such restrictions are just one tool to battle the spread of the virus.

“We know from other jurisdictions that that fourth wave, it is coming, and so the best way to protect our-

selves and the people around us and all Manitobans is to get vaccinated as soon as you are eligible,” Roussin said.

Roussin noted they’ve done a great deal of outreach across the province to try to get Manitobans vaccinated, and they’ll continue to do so moving forward.

“We have a significant amount of Manitobans protected, albeit not nearly enough,” he said. At press time, 81.4 per cent of eligible Manitobans had received a first dose of the vaccine and 75.5 per cent their second.

“We’re going to see a fourth wave and we’re going to see a fourth wave dominated by cases in the unvaccinated,” Roussin said, pointing to what’s happening in other parts of Canada already. “We want to do whatever we can to decrease the pool of unvaccinated Manitobans. We’re going to continue to work on that, try to get to those who have delayed getting the vaccine.”

### 153 new cases over weekend

Health officials announced 153 new cases of COVID-19 over the weekend, including 44 on Friday, 46 on Saturday, and 36 Sunday.

Manitoba at press time had 345 active cases, 56,750 total recoveries and 1,188 deaths due to COVID-19.

There were 63 people in hospital with the virus, including 16 in intensive care.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and 1.4 per cent in Winnipeg.

Interlake-Eastern Regional Health COVID cases by district as of Monday: Arborg/Riverton, one; Beausejour, eight; Eriksdale/Ashern, two; Fisher/Peguis, 56; Gimli, zero; Northern Remote, six; Pinawa/Lac du Bonnet, two; Powerview/Pine Falls, 12; Selkirk, zero; Springfield, one; St. Clements, one; St. Laurent, zero; Stonewall/Teulon, seven; Unknown District, three; Whiteshell, zero; and Winnipeg Beach/St. Andrews, one.



# Elections Canada opens voter registration

## Federal election takes place two years earlier than the next planned date

By Staff

Canadians will be facing a new run for the country's next Prime Minister, two years earlier than the next planned date.

Registration is open for the upcoming Federal Election that takes place on Sept. 20.

Elections Canada announced on

Aug. 16 that all voters can now register, check their registration or update their addresses online at the Online Voter Registration Service (<https://ereg.elections.ca/CWelcome.aspx?lang=e>).

Voters are strongly encouraged to take advantage of Elections Canada's online services in light of the current

COVID-19 pandemic. For more information, voters can call 1-800-463-6868 or contact the Elections Canada office in their riding.

"We encourage electors to use our online voter registration service. By registering, checking and updating their information early, electors will be sure to get a voter information card. Because of the pandemic, we may be using non-traditional polling locations. The voter information card will give electors all the information they need to plan their safe voting ex-

perience," says chief electoral officer Stéphane Perrault.

All registered voters will receive a voter information card from Elections Canada. On Sept. 10, most electors will receive a voter information card by the end of the day, but there may be delays depending on how quickly polling places are identified.

All voters must be registered at their current address to exercise their right to vote.

For more information, go to [www.elections.ca](http://www.elections.ca).

## > ZEBRA MUSSELS, FROM PG. 4

zebra mussel veligers (microscopic larvae) and for eDNA (environmental DNA). Substrate samples (waterbody bottom) and infrastructure were also checked for adult mussels. In Lake Manitoba, 31 veligers and 22 eDNA were detected along with one adult mussel found in a substrate sample. In Lake Winnipegosis 44 veligers and 20 eDNA were detected.

The report also says the mussels are spreading north from Lake Winnipeg to generating stations, York Factory First Nation and other communities, and they were detected in the U.S. portion of Lake of the Woods in 2019 and 2020.

In its news release dated Aug. 17,

the department of Agriculture and Resource Development (ARD) said veligers were detected in nine water samples collected last month from the Narrows and that it "indicates there could be a reproducing population of zebra mussels in Lake Manitoba."

The department said it will put up signs to alert boaters that they have to decontaminate their watercraft and equipment and also establish "appropriate control zones."

The *Express* reached out to ARD for information on how many inspection stations it had last year on both Lake Manitoba and Lake Winnipegosis, the number (and amount) of fines issued to non-compliant boaters and its plan

to manage the mussels in Lake Manitoba.

"The province currently operates five watercraft inspection stations that are placed at strategic pinch-points on highways and high-volume boat launches to intercept watercraft travelling from invaded waterbodies in Manitoba and going elsewhere," said a department spokesperson, declining to say how many stations were available for the two lakes last year.

The five stations are located at Grand Rapids, Mulvihill, Selkirk, Headingley and The Pas. The single inspection station for Lake Manitoba is called Mulvihill but is located in Eriksdale near the junction of highways 6 and 68, according to the province's online schedule and map. It's only available on certain days. Decontamination

units are "generally available" at all stations unless "something occurs beyond our control."

The number of fines issued last year and this year to date were not provided. The spokesperson said, "Conservation officers have issued fines for AIS offences; however, further details on the total number of tickets issued are not publicly available."

As for a management plan for Lake Manitoba, the spokesperson said the focus is on containment.

"The current focus following this detection is containing the potential spread out of Lake Manitoba. We are also gathering more information to determine next steps."

## > RM OF ARMSTRONG, FROM PG. 3

order and just to get advice." She doesn't know everything and will frequently ask for different opinions.

"So I sent [the bylaws] off for their opinion and Municipal Affairs got back to me," said Smerchanski during the meeting. "There were some issues they found, four different sections that were in contravention of the Municipal Act."

She did not specify what sections are in question.

She said she asked Way to Go Consulting for feedback and council will have an opportunity to look at the bylaws again before second and third readings.

St. Andrews Mayor Joy Sul, who attended the Armstrong council meeting, said she came to support Smerchanski. One of the bylaws that could take duties away from Smerchanski is the same bylaw that was passed in St. Andrews in 2019 to remove Sul as chair of council and spokesperson for the municipality.

"This [proposed Armstrong bylaws] is wrong. This is a democracy issue," said Sul, who was elected mayor in 2018. "In St. Andrews, I won a landslide victory in the election. But it turned out a majority of council, five council members, had their own vote and elected others to do the job that has been afforded to every other mayor in Manitoba."

Sul's case went before the courts, which ruled against her last month. But she said Justice Vic Toews said that as the mayor of St. Andrews, she can speak to whomever she wants.

"All council [members] have to have an opinion, not just the reeve or mayor. But the reeve or mayor is the leader. If you look at a private business with a president or CAO, do they have to consult with all the staff or supervisors to give an opinion?" said Sul. "When one of the residents [at this meeting] said you're changing all the rules — they are. There's no reason to have a head of council ballot. Flip a coin and decide

who's the head of council for that day or week."

Should the two bylaws pass in Armstrong, Sul said Smerchanski could still be appointed spokesperson for the municipality and be able to chair meetings.

"But one wrong move and you're out. You'll have this threat over your head," said Sul. "There was a comment from one of the councillors here that [Smerchanski] doesn't vote with the rest of council. That's because people voted for change."

Former Teulon Mayor Debbie Kozyra also attended Armstrong's meeting. Kozyra had been elected Teulon mayor in 2018, but in the summer of 2019, council introduced bylaw amendments to strip her of her mayoral powers and stop her from acting as spokesperson after a majority of council claimed she was acting on behalf of the town without their approval.

"I think this whole process [creating the bylaws] totally goes against democracy. The bottom line is citizens voted us in. You're voted in as

head of council, to provide direction to council," said Kozyra during lunch break. "They're [some councillors] saying this is a democracy, but we're seeing four against two. This is no different from what happened to me in Teulon. They stripped me of all of my powers with their bylaws. This is not OK to do."

Kozyra said she thinks the attempt to reduce Smerchanski's power has partly to do with being a female in power.

"To a degree. This is the old boys' club that's been kicking around for a long time. Bottom line is they don't respect change. Maybe there are different ideas, but if it's not their idea, it's not good enough," she said. "Anything I did on council was for the people of my community and their best interest ... but I was relieved of my duties. I was the first one. Joy was second. Susan will be number three. Tell me, three women? Is this not gender-based? People need to form their own opinion on that."



# Winnipeg Beach shows support for well-loved citizen

By Nicole Brownlee

A fundraiser for a Winnipeg Beach community member's palliative care has quickly gained donations and interest from across the Interlake.

Cindy Lou Rothery is raising money to cover her mother Ann Moroz's end-of-life care. The money will help pay for home care to stay with Moroz at night and ensure her comfort during her final months.

"If you go to the hospital and end up dying in the hospital, everything is covered," said Rothery. "But if you choose to stay or want to die at home, which takes the burden off of the health-care system in the hospitals, you just don't get that same support."

Rothery prioritized organizing care for her mom after seeing her father, Mike Moroz, go through a rigorous chemotherapy treatment battling pancreatic cancer for three years.

"We didn't have the supports in place for him to be able to die at home," said Rothery.

Mike died in December 2020 during a spike of COVID-19 cases, which overwhelmed Manitoba hospitals and led to visitors being prohibited from seeing loved ones in care.

"He ended up dying alone in the hospital. Because of COVID, nobody could go see him, and I didn't want the same thing to happen to my mom," said Rothery.

Ann, 72, was diagnosed with Stage 4 metastatic brain cancer, which is a form of cancer that started in her lungs and spread to her brain. Cancer has caused Ann's brain to swell, impacting her vision,



**EXPRESS PHOTO BY CINDY LOU ROTHERY**  
Cindy Lou Rothery is raising money to pay for her mother Ann Moroz's palliative care in her final months. Ann is shown here to the right of her late husband Mike, who passed away from pancreatic cancer in December 2020.

memory and digestion.

The diagnosis came as a surprise while Rothery was caring for her father. Doctors initially expected Ann had a form of dementia, but after a scan, they

realized there were tumours in her brain.

"At this point, the prognosis without treatment is one to two months, and she does not want treatment," said Rothery.

Within less than a week of posting, the GoFundMe fundraiser has reached almost 75 per cent of its goal of \$2,000.

Donations and stories have poured from Winnipeg Beach, where the Moroz family has lived since the 1970s, neighbouring Interlake towns and Winnipeg, where Rothery now lives.

"I was overwhelmed by the response — not only monetarily, but the memories people have been sharing with me are incredible," said Rothery.

Mike worked as a meat cutter at Sobeys, while Ann worked at local credit unions for years, said Rothery. People from across the region reached out to share stories about how kind the Morozes are and offered to help in any way they can.

"I have people offering to spend a night or two to help take care of her, bring food or take her to her appointments or pick up prescriptions to help lessen the load on myself," said Rothery.

The Morozes neighbours have already started pitching in, caring for her lawn and garbage daily.

"I knew it was a great place, but this reinforced the community spirit and that my mom and dad were very well-liked in the community," said Rothery.

To donate to the "Wish to die at home #annstay-shome" GoFundMe, visit <https://gofund.me/e0da19a9>.

## First Steep Rock community market set for the long weekend

By Nicole Brownlee

Steep Rock is hosting their first community market on Sept. 4 and 5 with hopes to reconnect after a year and a half without community events.

"We thought, how are we going to get everyone together?" said Leslye Fisher, one of the market's organizers. "You know what? We have to start doing this and get the community together and invite everyone around us to come join."

The need to meet again as a community was the main motivation to hold the market, she added.

The Steep Rock Community Club usually hosts a fall supper in September

for the community to gather, but COVID-19 restrictions have delayed the supper for two years.

"I think we're all feeling that. We don't know how to connect right now, you know. There's not that common place," said Fisher.

Produce, antiques and other local vendors have signed up for the two-day event, but organizers said there is plenty of space still available. Vendors can reserve a space for \$10 per day.

The Steep Rock Community Club also plans to have a food truck stationed near the market.

"We want to grow on this," said Fisher. "We're going to keep this [market]

here and work on this long weekend."

She hopes the market will become an annual tradition and in the future they're able to collaborate with other nearby communities to make sure the local market dates don't overlap, said Fisher.

"We really want everyone to feel like this isn't just a community club thing. It's the whole community," said Fisher. "I truly extend it out to everybody."

Visitors can visit the market at the picnic shelter and the Steep Rock community hall from 10 a.m. to 3 p.m.

on Sept. 4 and 5. Masks are encouraged when inside the hall.

To reserve a vendor space, email [steeprockcommunityclub@gmail.com](mailto:steeprockcommunityclub@gmail.com). To learn more about the event, visit the Steep Rock Community Club Facebook page.

### RECYCLING NOTICE

**Riverdale Place workshop will not be picking up recycling on the below mentioned dates due to the small group of workers available.**

Mon. Sept. 13, 2021 at Riverton Business places  
Tues. Sept. 14 at Arborg Curbside pickup  
Wed. Sept. 15 at Arborg Business places  
Thurs. Sept. 16 at Riverton Curbside pickup  
Mon. Sept. 27 at Riverton Business places  
Tues. Sept. 28 at Arborg Curbside pickup  
Wed. Sept. 29 at Arborg Business places  
Thurs. Sept. 30 at Riverton Curbside pickup

**The workshop will be closed on Mon. Sept 6 Labour Day.**

**Please rinse your containers**

**Thank you for Recycling**

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

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The Stonewall Teulon Tribune connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

**THE EXPRESS**  
WEEKLY NEWS

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**Attention all Lake Winnipeg Fishers!**

**PIONEER**  
Commercial Fishers of Manitoba



**AGM**

**August 27 3pm**  
**Riverton Hall**

**175 Riverton Ave West**

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



# Argyle museum recognizing art as an important piece of rural heritage

By Sydney Lockhart

Settlers, Rails & Trails Museum is calling for local art submissions for its next exhibit.

The museum, located in Argyle, is asking artists across Manitoba to submit pieces that fit its exhibit theme "Rural Life, Past & Present."

"One of the goals for the museum was to try to get more people into see us but also a different kind of group of people to come see us," said Shayne Campbell, president and executive director of the museum.

Campbell said the response they had from the first installation was overwhelming and that about 96 per cent of their visitors have been first-time visitors since adding the art exhibit months ago.

"There's a lot of local people that are talented, and then we have a lot of people that are local that know people that are talented as well, so friends and family and neighbours, and the word spread pretty quickly," said Campbell.

Because of the success of the first installation, the museum has decided to make it a more long-term art and culture exhibition.

"We have a selection committee that separate from the museum their local

community volunteers, and what they do is they look at the photographs of the items that are being submitted, and they choose whether or not it'd be a good setup for the show, so they don't get to see any names. They don't get any information other than just the image and the description," he said.

Campbell said the museum's board decided to add an art element because their museum is meant to represent the region's heritage. They believe culture and art are part of the heritage, not just history alone.

So the artists get to contribute the pieces but then take them when the show is over. Of course, there is an option for all artists to sell their works. If somebody comes through and falls in love with a piece, the opportunity is there for them to purchase it and take it home.

The next installation will be four months in length, opening on Oct. 2. The call for submissions closes on Sept. 6. To fill out a submission form, visit [www.settlersrailsandtrails.com](http://www.settlersrailsandtrails.com).

"We are excited to see things grow and things to keep displaying in the museum, art and culture," he said. "The Argyle area is fairly small, but a lot of our artists come from all across



EXPRESS PHOTOS SUBMITTED

The first exhibit of art consisted of 45 pieces from artists across the province.

the Interlake and beyond."

Artists do not need to be professional, and all abilities, mediums and age ranges are welcome to apply. Around 45 pieces will be chosen to be on display for the next four months.

Artists also have the option to sell their work through the museum or have their art returned to them after the exhibit closes.

The museum is open at 50 per cent capacity on the first Saturday of each month, 1 to 4 p.m. However, visitors can book appointment times outside of these hours online for a private tour, if they would like, for health concerns or just for a guided tour.

For more information, go to [www.settlersrailsandtrails.com](http://www.settlersrailsandtrails.com).

# Harvest donation to keep STARS airborne

By Mel Stefaniuk, Clipper Weekly

A St. Clements farming family is making sure Manitoba's STARS Air Ambulance continues to fly high.

On Aug. 14, Blair Matchizen of Matchizen Farms in Thalberg harvested 20 acres of wheat crop, which had been planted especially for STARS Air Ambulance to help raise money for the life-saving service.

The Shock Trauma Air Rescue Services (STARS) is a Canadian non-profit helicopter and air ambulance organization funded by donors, service groups and government contributions. In 2011, STARS was asked by the provincial government to maintain a permanent base in Manitoba.

The donation is being made in tribute to Blair's father, Ken Matchizen, a lifelong farmer who sadly passed away during seeding last year. When ambulances were unable to cross the wet fields to reach Ken where he had been working, Blair had to transport them using his own truck, a moment that stuck with him and helped him to realize the importance that the accessibility of the STARS Air Ambulance provides in times of need.

Blair added that they often see the STARS helicopter flying over the farm

on their way to help someone in need which gave the family an admiration for what the team does.

Although 2021 has been a tough year for farmers with how dry it has been, Blair said the 20 acres held up against tough weather.

"The crop looked excellent even considering the conditions this year," Blair said.

Blair is a fifth generation farmer and Matchizen Farms is an important piece of land for the area having been recognized as a Century Farm in 2006. The farm has been in use since the Matchizens emigrated to the land in 1906.

Blair's mother Betty Matchizen said she was proud of her son's donation and how it has inspired others.

"People have been telling us that they've donated money to STARS after seeing what we've done and that's been lovely," Betty said.

STARS director of donor relations and development Colleen Mayer thanked the Matchizen family for their generosity.

"The agriculture community has stood by STARS through floods and droughts, and we are grateful for the generous support of farmers like



EXPRESS PHOTO SUBMITTED

Matchizen Farms harvested 20 acres of wheat planted for STARS Air Ambulance.

Blair, especially in such a challenging year," Mayer said.

"Community support like Blair's for our day-to-day operations is greatly appreciated as it helps us fight for the lives of Manitobans, no matter where they live, work or play across the prov-

ince," Mayer added.

The STARS service was used for 657 missions in Manitoba last year.

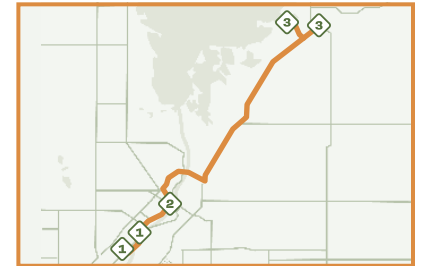
More information on the STARS service including ways to donate can be found on their website at [www.stars.ca](http://www.stars.ca).



# Manitoba Road Trip Ideas



SCAN THE QR CODE to open this road trip map on your phone.



## Hot Dogs & Channel Cats

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. As the Red River flows north from Winnipeg, there are plenty of reasons to take the scenic route.



↑ St. Andrews Lock and Dam



↑ South Beach Casino & Resort

### TRAVEL SAFE IN MANITOBA

Keep yourself and others safe as you explore Manitoba. Remember to:

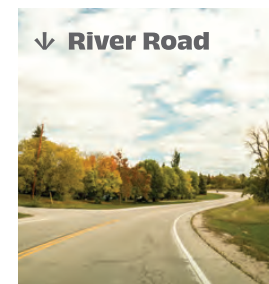
- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.

### ↓ Marine Museum of Manitoba



### ↓ River Road



### ↓ Brokenhead Wetland Interpretive Trail



## 1 SCENIC DRIVE THROUGH HISTORY

Just north of Winnipeg is the scenic **River Road** (Provincial Road 238), a historic ox-cart route that is still speckled with hints of the past. Enjoy the views of the Red River as you drive past historic homes and read the interpretive signs that tell the story of a Métis family from the area. Stop at the **St. Andrews on the Red Anglican Church**, dating back to 1845. Across the way at the St. Andrew's Rectory, get a closer look at the history of the region with a number of exhibits.

Continue down River Road until you reach

**Lockport.** Take a breather in Lockport Provincial Heritage Park, 5.5 acres of lawn that overlooks a more modern engineering feat, the St. Andrews Lock and Dam, the only one of its kind on the Canadian Prairies. Keep an eye out for flocks of pelicans and anglers that love to hang out at the dam waiting for a bite.

Don't leave Lockport before trying one of the competing retro diners or drive-ins. Options for burgers, hot dogs and milkshakes include Skinners, Half Moon Drive In and Sonia's Stand.

## 2 CATFISHING CAPITAL

Continue to the city of **Selkirk**. There are a number of accommodations here, making it a great rest stop for the night. Have a sweet start to the morning with a stop into a local bakery or coffee shop.

Rise bright and early for your booked **catfishing excursion**. Don't forget to snap a shot with the city's mascot, Chuck the Channel Cat, on the way. Did you know that the Red River is one of North America's top catfishing destinations? Have a blast reeling in these giant fish and aim to nab a Master Angler qualifying fish. The **Manitoba Master**

**Angler Awards** program recognizes the achievements of anglers in the province. It is North America's longest-running angling recognition program. Submit your qualifying catches through the app to earn badges and get your name in the record books. There are even special awards for kids who enter the program.

Next, set your anchor down at the **Marine Museum of Manitoba**. Six restored boats are attached together with outdoor walkways to help tell the story of marine life in Manitoba dating back to 1850.

## 3 BET ON THE BEACH

It's time to leave Selkirk and keep heading north to the next destination, **South Beach Casino & Resort**. Admire the hotel's art deco inspired design and check in for the night. Spend some time gambling or take a dip in the indoor pool after a tasty dinner from Mango's Restaurant.

Located just seven minutes away, the **Brokenhead Wetland Interpretive Trail** offers an opportunity

to learn Anishinaabe teachings on interpretive panels. This messaging on respect, purpose and balance continues throughout the trail, along with information on the traditional medicines found in the area.

Next, savour the heat of the day by heading to the picturesque **Patricia Beach**. This little oasis is lined by trees, with a vast strip of sand that stretches along Lake Winnipeg.

Get ideas for other Manitoba road trips at [Manitoba at travelmanitoba.com/road-trips](https://travelmanitoba.com/road-trips).



# Business blossoms at local u-pick flower farm

By Tyler Searle

Miss Millie's Flower Farm is nearing the end of its third year of operations and business is blooming.

The half-acre farm near Marquette wholesales locally grown flowers to florists and offers various recreational services for common patrons.

With 64 flower species in 150 colour variations, the cut flower garden is ripe with natural beauty.

Rows of flowers create a vibrant floral mosaic, while free-range chickens peck at seed, and kittens tumble in the grass. An expanse of wooded trails and a dike overlooking the adjacent Assiniboine River create a backdrop for photographs and selfies.

The farm provides a venue for photo shoots, bridal showers, and birthdays while also offering U-pick and a variety of flower-related workshops.

Above all, Millie's presents an opportunity to escape the confines of the city, said Jodi Friesen.

Jodi owns the farm and operates it alongside her husband Gary, son Kirby, and daughter-in-law Victoria. Jodi and Gary's other children, Spencer and Lacey, frequently pitch in as well.

Through and through, it is a family business, she said.

Jodi is a former employee of Jeffries Nurseries in Portage la Prairie and holds a certificate in Prairie horticulture through the University of Manitoba (UM). Before starting Millie's, she freelanced landscape design for residential homes.

"I stayed home one year and thought,



As part of the U-pick experience, guest can cut and compose their own bouquets of flowers.

'man I really like being home.'"

In 2019, Jodi took inspiration from other flower farms across the west coast and U.S. and created a similar business.

Jodi ran things mostly solo that first year but enlisted the help of her family as the business grew.

Kirby and Gary typically handle the development projects. Together they've cleared space for forest trails and garden expansion, installed fencing and a trickle irrigation system, and built a patio and pergola.

Victoria handles the books, deals with marketing and communications, and schedules guests. Before starting at the farm, she secured an agriculture diploma from the University of Manitoba.

This year, when Victoria opened appointments on June 14, the entire summer sold out within six hours.

"It's kind of shocking to me. I did so much market planning when I was in school for this, and we didn't even need it," Victoria said.

Finally, Jodi is the artist behind the operation. She understands the needs of each flower and can see



EXPRESS PHOTOS BY TYLER SEARLE

Jodi Friesen works alongside her daughter-in-law Victoria to keep Miss Millie's running day to day. Jodi named the farm after her dog, Millie.

the beautiful nuances of a good bouquet, said Victoria.

Over the winter, Jodi and Victoria collaborate to decide the layout of next season's plant. They determine which flowers flourished or faltered and why.

The result is a constantly changing and improving garden that looks distinctly different every year, Jodi said.

"(The farm) is beautiful. All of the animals and flowers—the perfect weather," said Bev Kaufmann.

Kaufman and her daughter Erika visited the farm last Wednesday to pick bouquets for Erika's wedding rehearsal.

"This is actually more economical than going through a florist too, and you get to pick your own flowers," Erika said.

"I'm paying over two thousand dollars for all my flowers for the wedding, whereas this would probably cost less than half of that, and I could bring all my bridesmaids," she added.

The farm operates at a capacity of 15

people at a time. Patrons are welcome to pick their fill for an hour-and-a-half before the farm welcomes its next round of guests.

Limiting the number of patrons preserves the flowers and ensures the optimal experience for all guests, Jodi said.

"I never want it to be so full where people can't take a selfie without five other people behind them," she said.

"We want to make sure you're getting the experience. That you're walking around in nature, and you're not surrounded by people," Victoria added.

Miss Millie's U-pick experience is open Wednesday to Sunday in the summer months.

The farm provides small, medium, and large picking containers that range in price from \$20 to \$35. When guests are finished picking, the Friesen's wrap the flowers for transport.

Victoria generally schedules two groups in the morning between 8:00 a.m. and 11:00 a.m. and another two groups between 4:00 p.m. and 7:00 p.m.

The farm closes for five hours mid-day because harvesting in the heat is not suitable for patrons or flowers, Victoria explained.

The farm is fully booked for the remainder of the season, but cancellations happen frequently, Victoria said.

Last Wednesday, all seven people who visited the farm between 9:30 a.m. and 11:00 a.m. secured their appointments because they added their names to a cancellation list.

Patrons can book online for U-pick, events, and photoshoots at <https://missmilliesflowerfarm.com>.

Subscribing to the email list is the best way to stay updated with the farm and appointment openings. Subscribers are never subjected to spam, Victoria said.

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## ANNUAL GENERAL MEETING

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

**Thursday, September 2, 2021**  
**7:30 p.m.**  
**Moosehorn Community Hall and or / Virtually**

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# Gimli woman fundraising to help victims, survivors of sex trafficking

By Patricia Barrett

We might think the trafficking of girls and women into sexual slavery is something that happens in other countries, but in fact it's a made-in-Canada industry that victimizes hundreds of females every year.

That's why Gimli resident Sherry Benson-Podolchuk set a goal to raise \$500 for the Joy Smith Foundation, which is holding its annual "Joy in Action Fundraiser" this month.

"The campaign raises awareness of human trafficking. The foundation is also setting up a national education program that will go across the country and present to schools about human trafficking," said Benson-Podolchuk last week. "The foundation provides ongoing support to victims. Some girls might get rescued, but they have a long, long road to recovery."

The annual fundraiser invites people to take part in a favourite activity such as walking, running, biking to help raise funds.

Benson-Podolchuk, who was an RCMP officer and was bullied and sexually harassed out of her job, said the majority of victims are between 12 and 14 years of age and will likely be lured online. They'll get presents, compliments and promises before being asked to provide sexual services. Although the majority of victims are girls, boys can also be exploited.

Benson-Podolchuk decided to combine a number of her favourite activities for the fundraiser.

"I mixed everything that I like to do into one. I love to bake so I thought I'll bake 35 bags of chocolate macaroons, put a dozen in a bag and sell them on Facebook for \$10," she said. "And every time I exercise, I throw in a dollar. I'm up to \$50 so far."

Benson-Podolchuk and her husband, David, who serves in the military, are also helping sup-

port the fundraiser through other activities, she said. David had buttons made that say "Let's Beat COVID, Get Vaccinated." For each chocolate order, they're throwing in a button and paying \$2.50 each out of their own pockets to the foundation.

"By the end of this, I will have raised \$500, which was my goal," said Benson-Podolchuk. "People that buy coffee every day could instead donate money to this worthy cause. All the money I raise goes directly to the Joy Smith Foundation."

The Joy Smith Foundation was launched in 2012 to raise awareness of trafficking, provide education to help keep people recognize actions that are designed to lure them into the sex trade or into forced labour. The foundation also provides funds to shelters, according to its website.

Smith is a former Manitoba MLA and MP. She got Canada's Criminal Code amended in 2010 to include mandatory sentencing (five years imprisonment) for people trafficking children 18 years and younger and again in 2012 to include traffickers operating from other countries to obtain Canadian victims.

Human trafficking takes two main forms in Canada: one involves being lured into sexual slavery and the other involves forced labour. But people can also be trafficked for the purposes of removing their organs.

Victims are forced to provide sexual services or are placed in massage parlours or strip clubs. Others are forced to work as nannies, live-in caregivers, agricultural workers or construction workers. Traffickers actively recruit in urban and rural areas. Victims can be trafficked by a stranger or by someone they know and trust such as a family member, boyfriend, co-worker or supervisor.



EXPRESS PHOTO SUBMITTED

Sherry Benson-Podolchuk raised \$500 selling macaroons for the "Joy in Action Fundraiser".

Ninety-three per cent of Canada's sex trafficking victims are Canadian born. Traffickers can earn \$280,000 from a single victim, who are usually between 12 and 14 years of age, according to the foundation. The foundation offers prevention workshops where people are taught to recognize signs of manipulation, who may be at risk and how to effectively intervene when they suspect something is wrong.

According to Statistics Canada's Trafficking in persons in Canada, 2019, 511 human trafficking offences were detected and reported that year to police, up 44 per cent from the

Continued on page 19



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# Sandy Hook couple take 'lake life' to a new level

By Iris Dyck

In 1985, Gayle and Boyd Halliwell went on a boat ride that changed their lives.

The couple accepted an invitation to spend the day on a friend's boat. They zipped up and down the Red River, eventually passing through Lockport toward the south end of Lake Winnipeg. Though they'd been boating before, something about the water that day captivated them. They didn't want the trip to end.

"We were just having so much fun with the ride, we looked at each other and said, 'We have to get a boat,'" said Gayle.

The group pulled up to a dock at the mouth of the river and got out to have a picnic lunch. That's when Boyd noticed a large cabin cruiser nearby. The boat's owner was sitting on the back deck, basking in the sun, reading the newspaper.

"Gayle," Boyd said to his wife, "we have to get a BIG boat."

The couple bought their own 21-foot cabin cruiser shortly after and joined a boating club in Winnipeg. After speaking with some of the club's members who were spending the night on their boats, Gayle and Boyd decided they should try that, too.

"After the first night, there was no looking back," said Gayle. "We never went home in the summer again."

Since then, the Halliwells have organized their lives around boating, aiming to spend every spare moment on the water. They've upgraded to a larger boat and have explored countless bays and islands on Lake Winnipeg. They've spent nights aboard in sheltered coves off the inland ocean, and in 1992 they moved to Sandy Hook to be closer to the water and their "floating cottage."

The "cottage" is the Solitude VI, a 32-foot Bayliner Explorer they bought 18 years ago. It has indoor space for sleeping, cooking, dining and even has a small washroom. The Halliwells have hosted up to seven people overnight but admit it "fills up pretty quick" with that many people aboard. Gas-powered twin engines propel the boat through the unpredictable Lake Winnipeg waters.

As a federally registered vessel, the couple owns just two-thirds of the boat; the other third belongs to the Queen. Should Lake Winnipeg ever come under attack, the boat would be called to duty and equipped with guns. As captain, Boyd could be sent into battle to defend the province's largest lake.

Fortunately, they haven't heard from the Queen yet.

"The Queen has not even bothered to call us," Gayle said, laughing.

"And she doesn't buy us any gas, either," said Boyd.

Gayle and Boyd met in their early teens in Winnipeg. Gayle's brother, a classmate of Boyd's, asked him to take Gayle to another friend's birthday party as a favour. That was in 1969, and the couple have been together ever since.

"Boyd did my brother the favour, and he said it's the last favour he ever did," Gayle said.

Boyd's love of the water goes back to his early childhood on Emerald Lake in northern Saskatchewan. At six years old, Boyd was operating his parents' aluminum boat, charging fishermen a nickel each for a ride out on the lake. His dad brought him fuel on his way home from work nearly every night to keep Boyd's business afloat.

Boyd eventually went on to work for MTS, and Gayle worked as a school principal and as an artist. Commuting to work from the boat presented its own set of challenges. Gayle kept briefcases full of clothes in her office for the stretches between trips to the house for laundry.

"Sometimes we went to work with wrinkles in our clothes," said Gayle. "We've both been retired now for several years, so we don't have those problems anymore."

When friends and family come to visit the Halliwells in the summer, they will often set up their guests in a room at their house in Sandy Hook while they stay on the boat. Sometimes it is a more long-term arrangement. They've had the unusual experience of being invited for dinner at their own house by the friends who were staying there for the summer.

When the air gets chilly in the fall, Gayle and Boyd and hundreds of other boaters store their boats in old airplane hangars in Gimli. They do any needed repairs or maintenance over the winter in anticipation of the upcoming season.

"You get a little taste of it all winter,



EXPRESS PHOTOS BY BRETT MITCHELL

The Halliwells harbour their boat in Winnipeg Beach and plot their route daily after checking the wind and weather forecast.

and, yeah, the excitement builds," said Gayle.

In retirement, Gayle and Boyd have travelled internationally. Even on these trips, they find themselves gravitating toward boats, be they on lakes or oceans.

"You can kind of extend your season to almost year-round," said Boyd.

The couple once went on a dinner cruise near Acapulco, Mexico, and left the table during dessert to find the boat's wheelhouse. Despite not speaking any Spanish, and the captain not speaking any English, they were able to communicate that they were experienced boaters. After a bit of back and forth, the captain left Gayle and Boyd to drive the boat while he went off to eat his dinner.

"When you buy a boat, you become part of an instant community," said Boyd. "It doesn't matter how old or how young or how experienced you are. Everybody's instant friends."

It's this community that's kept the Halliwells coming back to Lake Winnipeg year after year. They've met people from across the province driving all sorts of different boats. But perhaps their most meaningful relationship is that with Lake Winnipeg itself.

"We've seen her raging, furious, tossing us around and scaring the absolute pants off of us," said Gayle. "But we've also seen the lake at its most vulnerable, too."

Zebra mussels and blue algae remind them of the lake's fragile nature. The lake can also play tricks on them; one evening on their way home from Hecla Island, Gayle and Boyd lost sight of the horizon, and suddenly saw a boat flying toward them through the air. With no land in sight to orient them, the sky and water blended together and created an optical illusion. "It's going to sound funny, but I'd have to say the middle is my favourite part," said Gayle. She loves watching the colour of the water change with the setting sun and the patterns it makes in the water.

Gayle and Boyd meet new boaters on Lake Winnipeg every summer and watch as they fall in love with it like they did all those years ago. They say the lake has a certain magic to it that is hard to describe.

"There's this lure that happens," said Gayle. "Even if it's just a 12-foot dinghy, if you can find a place to put it in the water somewhere and tootle around, you'll see things that you never thought you would."



Gayle and Boyd Halliwell fell in love with Lake Winnipeg and have spent every summer exploring it for over 30 years. "It's paradise," said Gayle.



Boyd Halliwell steers the Solitude VI from the boat's flybridge, an open deck on the top of the boat.



# Inwood's Tempo Highway 17 Service throwing 30th anniversary party

By Patricia Barrett

Tempo Highway 17 Service in Inwood will be hosting a party next week for its customers to thank them for supporting the service/gas station for 30 years.

The station was opened on Sept. 1, 1991, as a Shell station. In 1997 it became a Tempo station.

"We're really grateful to the community for supporting us over the years," said Lori Mott, who runs the station with her husband Bill. "The secret to our success is having great staff and great customers."

The Highway 17 station is a handy pit stop for people visiting the famous Narcisse snake dens, wildlife management areas, the Inwood golf course and the giant snake monument in town. It offers full-service auto repairs, propane exchange and gas and diesel.

"People refer to us as Corner Gas [after the popular television comedy] because we're right next door to Rosie's restaurant," said Mott.

Rosie's will be overseeing the outdoor complimentary customer barbecue Mott said they're planning for the event.

"We're going to have hotdogs and hamburgers and we'll have door prizes as well," said Mott. "We're hoping we'll get a good customer turnout."

The customer appreciation event will take place on Friday, Sept. 3 from 11 a.m. to 1 p.m.



Lori and Bill Mott and staff of Inwood's Tempo Highway 17 Service are hosting an 30th anniversary barbecue Sept. 3 from 11 a.m. to 1 p.m.

EXPRESS PHOTOS SUBMITTED

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# Raising funds to end cancer



EXPRESS PHOTO BY JO-ANNE PROCTER

Lundar's Braden Lussier shared the stage with Coffeehouse to End Cancer founder Paige Procter at an outdoor concert in Stonewall last Thursday. In 11 years the popular fundraiser has raised over \$200,000 for the CancerCare Manitoba Foundation. All funds raised stay in Manitoba and are used to help families through their cancer journey. For more information contact Procter at p.p.procter@gmail.com.

# Co-op giving back



EXPRESS PHOTO SUBMITTED

Interlake Co-op's general manager Jordan Cook, left, with Tom Chwaliboga of the recreation commission.

## Staff

As part of the Communities In Full Colour Program, Interlake Co-op donated over \$1,000 in Co-op paint.

The paint will be used to freshen up the arena and baseball bleachers, sheds and curling rink for the Arborg Bifrost Parks and Recreation Commission. Interlake Co-op is pleased to

be able to support local groups with initiatives like this in our communities, to help make a positive difference in members' lives.

"Through the continued support of our communities, we are able to make these initiatives possible," said Interlake Co-op's general manager Jordan Cook.

# Patients are talking about their teeth

BY ELISHA VANDOR,  
OPINIONS GIVEN BY ACTUAL PATIENTS

On Friday afternoon a phone call came in and the lady on the other end explained that she lost her partial denture. To say she was 'in a pickle' is an understatement because she had a family function happening only 2 days later, and needed her teeth back! It's never an ideal time to have something like this happen, but we're prepared to help in any way. Having an on-site laboratory really gives us the upper hand because we are able to do repairs, relines, and even make a new denture within a day or two. So, we were able to have a new partial denture (for a panicked patient) made in time for her Sunday afternoon festivities. She said, "I lost my partial plate Friday morning in a panic, I called Vandor. Well I not only got it replaced, it was ready before the weekend was over!! It fit better than my old one and looked 10x!! Brock is truly amazing. From how comforting he is to how talented he is to recreate my smile. I truly cannot thank them all at Vandor Denture Centre enough!!"

While we're on the topic of getting new dentures, a patient came to see us because she had her partial upper denture for quite some time. Due to the uncertainty regarding the strength of the partial from natural wear and

tear over the years, she decided it was time for a new one. Since she's had the denture, she stated, "A great experience. I love my new teeth. My friends and family just love them as well, lots of compliments! They love the natural colour I chose. Matthew and Brock treated me so good. The impressions and fittings were very comfortable with how they did them. I highly recommend you to come to Vandor Denture Centre!"

It's always nice getting a new smile that looks natural and functions properly! What about someone who's had their teeth for a while? Do we ever hear back from former patients in regards to how they're doing? The answer is yes! Catrina comes in every year to have her permanent denture taken out and professionally cleaned and polished. She came in a few weeks ago to update us in regards to how she's doing with her denture that's fixed permanently to implants. She said, "Oh, it's really nice to have. I am really pleased with it. I've had no problems since I got the teeth done years ago. I can eat anything, whatever I like and have no problems. There's no doubt I would recommend getting dental implants."

To read what people have been saying, just Google Vandor Denture Centre and read our reviews. If you any have questions, we are on call 24/7 and happy to help with your denture and dental implant needs.



- supplied photo -

Denturist Matthew has a good laugh (behind his mask) with a patient after she receives a new partial denture. What she says about the denture is featured in the article.

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# A dinner and a show for Ashern wellness centre

By Nicole Brownlee

A dinner to unveil plans for the Lakeshore Regional Wellness Centre is set for Sept. 18 to provide information about the long-awaited community hub.

Since forming in 2017, the Lakeshore Regional Wellness Commission has worked on creating a space for Ashern members to exercise, meet and engage. This year the group has started transitioning the former Ashern curling rink into a multi-use recreational facility.

"Right now, we're just in the process of cleaning up and doing some more public relations," said Tim Cameron, president of the commission.

The rink closed in 2016 and has sat empty since.

"The goal is basically to inspire the community by connecting people to accessible opportunities. Provide



EXPRESS PHOTOS BY THE LAKESHORE REGIONAL WELLNESS COMMISSION

Renovations to the old Ashern Curling Rink are underway. The Lakeshore Regional Wellness Commission hopes to reopen the building as a wellness center within two years.



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The GAAC team is committed to following public health  
 orders and recommendations so members are kept safe to  
 the best our of ability.

physical and mental wellbeing to all demographics," said Cameron. "Something where people go year-round."

The group is creating a business plan for the facility while chipping away at the exterior of the building and fundraising through a 50/50 raffle.

The Sept. 18 capital campaign launch at the Ashern Centennial Hall will also help attract funds.

"We'll be able to do some fundraising, but also let people know what's going on, some timelines hopefully and what we're expecting to do," said Cameron.

The dinner will also be an excuse to bring the community together and "have some fun for a change," said Cameron.

"I think we've been locked up for a long time, so it's going to be nice, and that all falls under the premise of our health and wellness theme."

The night will include performances from local entertainers and a silent auction, said Lori Emilson, an organizer with the Wellness Commission. Dinner guests must be double vaccinated to attend.

"I've noticed a real uptake in interest in the last little while," said Emilson. "It kind of seems like all of a sudden we're getting somewhere."

The centre is expected to contain a walking track, cardio and strength building machines, pickleball courts, ping pong tables, an indoor soccer field, dance and yoga studios and meeting areas.

"Whatever people want, if we can facilitate it in that building, then we will," said Cameron.

The building is planned to open one area at a time. By winter, the commission hopes to have circuit training equipment available in the front part of the building.

Cameron said the commission hopes the building will be open within two years.

Visit the Lakeshore Regional Wellness Commission Facebook page to learn more about the wellness centre.



Volunteers from the community are chipping away at the exterior of the rink.



# Virtual psychiatric services for rural residents

The province invested more than \$340K to improve mental health access in rural areas

By Ligia Braidotti

Residents living in rural areas will have more access to mental health treatments thanks to technology and a recent investment by the provincial government.

Mental Health, Wellness and Recovery Minister Audrey Gordon announced on Aug. 12 that Manitoba will invest more than \$342,000 to provide emergency telepsychiatry assessments to rural emergency departments and First Nations communities without current access to these services.

"Right now, there is a need for adult

emergency telepsychiatry services in First Nations communities and rural emergency departments and nursing stations," said Gordon. "This investment will ensure people experiencing mental health issues can have access to psychiatric support that is timely, efficient and reliable."

Telepsychiatry delivers real-time care through secure videoconferencing. Individuals experiencing a mental health crisis may find it more difficult to obtain psychiatric assessments in remote and rural areas, including many First Nations communities across Manitoba.

The minister pointed out that many Manitobans may have to leave their hometowns to access care. Through the virtual availability of these services, an individual can access specialized care without being forced to relocate away from home and support network.

"For people experiencing a mental health crisis, reaching out for help is not always easy," said Jitender Sareen, provincial specialty lead, mental health and addictions with Shared Health. "The use of telepsychiatry removes a major hurdle to accessing care, allowing individuals to remain at home or in the community while accessing these specialized services."

The minister noted that the investment is expected to support between 350 and 500 patients in Manitoba each

year, and reduce unnecessary hospitalizations and transports. She added that the use of secure video-conferencing equipment will facilitate real-time psychiatric assessments as well as access to appropriate supports and resources.

"Throughout the COVID-19 pandemic, clinical providers and patients from across Manitoba have told us of the benefits of virtual care including the ability to heal and recover at home, or closer to home," said Gordon. "Our government is pleased to support options that improve access and equity for Manitobans."

For more information on mental health and addictions services in Manitoba, visit <https://shared-healthmb.ca/services/mental-health/>.

## > FUNDRAISING, FROM PG. 14

previous year.

Benson-Podolchuk said she met Smith and read Paul Boge's book titled *The True Story of Canadian Human Trafficking*, which features Smith and goes into detail about how traffickers gain the trust of their victims before they exploit them.

"One of the victims said was she conned because [the trafficker] said he didn't have enough money to pay for something and [having

sex with another person] was only going to be one time," said Benson-Podolchuk. "Then that turned into 15 guys a night. Those guys ranged from 20 to 80 years of age. That's the scary part: you probably know someone who has paid to have sex with a victim."

The foundation will offer therapy and counselling and try to help victims integrate back into their lives, she said. Victims are brainwashed by their perpetrator and convinced

no one will love them again, that they're dirt. Alcohol and drugs are often used to manipulate them as well as violence or the threat of violence.

"There is no community immune from this. Joy told me horror stories of affluent people whose daughter was being trafficked in Canada," said Benson-Podolchuk. "With COVID having kept many young people at home, social media has become a growing nest of these kinds

of vipers. When you're young, you don't yet have the life skills to recognize what's going on and you can be manipulated. That's why it's important to provide early education to girls in school."

Smith's foundation has a daytime hotline (Monday to Friday, 8-4) for victims: 204-691-2455.

The federal government operates a 24-7 Canadian Human Trafficking Hotline: 1-833-900-1010.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Comeau signs with CFL'sStampeders

Staff

The Calgary Stampeders signed national offensive lineman Carter Comeau, the team announced on Aug. 24.

The University of Calgary product attended training camp with the Saskatchewan Roughriders last month but was released July 31.

Comeau played two seasons (2018-19) at the University of Calgary and was part of the Dinos' Vanier Cup-winning team in 2019. During the 2019 regular season, Comeau was part of a

Calgary offensive line that allowed just 14 sacks in eight games and helped the Dinos score an average of 30.8 points per game.

In 2018, the Dinos scored 44.0 points in eight games and allowed just eight sacks. Prior to attending the U of C, Comeau, who is from Riverton, played junior football in B.C. with the Okanagan Sun.

**EXPRESS PHOTO SUBMITTED**

Riverton's Carter Comeau has signed with the Calgary Stampeders.





# MJHL Scholarship Fund recipients named

From the MJHL website

The Manitoba Junior Hockey League recently announced three recipients of the MJHL Scholarship Fund.

Rhys Bremner (Neepawa Titans), Gerrik Ripley (Waywayseecappo Wolverines) and Carson Tiede (Winnipeg Blues) have each been awarded a \$1,200 scholarship to a Canadian post-secondary institution by the MJHL.

Rhys Bremner – Stonewall

Rhys Bremner spent three seasons in the MJHL playing in Neepawa. In 96 career games on defence, Bremner posted five goals and 21 assists. The Stonewall product will attend the University of Alberta-Augustana in

Camrose, Alta.

Gerrik Ripley – Fort Saskatchewan, Alta.

Gerrik Ripley joined the Waywayseecappo Wolverines for parts of three seasons where he played 108 games, scoring 19 goals and 34 assists. Ripley is enrolled at the University of Alberta-Augustana in Camrose, Alta., where he will suit up for the Vikings in the ACAC. He was also named team captain for the 2020-21 season.

Carson Tiede – Winnipeg

Carson Tiede split his time in the MJHL between the Selkirk Steelers and Winnipeg Blues where he combined to play in 154 games. The blue-

liner notched seven goals and 35 assists in his four seasons in the league. Tiede will continue his studies at the University of Manitoba this fall with a focus on Biochemistry.

MJHL Scholarships are provided to university and college-bound players on an annual basis from a pool of applicants. The scholarship awards must be used by recipients for the cost of post-secondary education in the Canadian education system only. Funding for the MJHL scholarship program is provided by corporate sponsors and through league fundraising efforts.



SUBMITTED PHOTO  
Rhys Bremner

## ICE sign Cowan to WHL Standard Player Agreement



DAWSON COWAN

TRIBUNE PHOTO FROM WINNIPEG ICE WEBSITE

Warren's Dawson Cowan signed a WHL Standard Player Agreement with the Winnipeg ICE.

By Brian Bowman

Dawson Cowan has been doing a lot of signing this summer.

First, Cowan, a goaltender, signed with the Manitoba Junior Hockey League's Winnipeg Blues.

Then last week, it was announced that the Winnipeg ICE had signed the 2005-born Cowan to a Western Hockey League Standard Player Agreement.

"It's truly a blessing and I'm very honoured and privileged to sign with the ICE and the Blues," said Cowan last week. "It's definitely an honour and I can't wait to get started and put in the work to prove myself."

The Warren product, who will turn 16 years old on Sept. 28, is looking forward to playing close to home so he

can be with his family.

Cowan, who expects to start the season with the Blues, is looking forward to playing against older competition.

He played two games last season for the Interlake Lightning in the Manitoba U18 "AAA" Hockey League, posting a 2-0 record, a 2.09 goals-against average, and .948 save percentage.

"Dawson is a goalie who we have had our eye on for a while now," said Jake Heisinger, ICE vice-president, hockey operations and assistant general manager. "He is an extremely hard-working individual who we are excited to watch develop this season under the guidance of Taras McEwen and the rest of his staff playing for the MJHL's Winnipeg Blues."

## Interlake Impact 0-3 to start season

Staff

The Interlake Impact are having a tough time in the Manitoba Major Soccer League's 3rd Division so far this season.

Interlake saw its record dip to 0-3 after a hard-fought 3-2 loss to Mobb United at the Buhler Recreation Park on Aug. 17.

Tristan Grigg scored twice for the Impact.

Interlake played Niverville Force FC this past Tuesday but no score was available at press time. The Impact will then play Scorpions FC this Sunday at Buhler. Game time is 4 p.m.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Impact's Tristan Grigg scored twice in his team's 3-2 loss to Mobb United in Manitoba Major Soccer League 3rd Division action on Aug. 17.



# Hockey Manitoba releases Version 7 of Return to Play

## Plan for the upcoming 2021-2022 season

## Submitted

Based on the province's Public Health Orders that took effect on Aug. 7, 2021, all indoor group activities, including hockey, can take place with no capacity limits on participants. This includes games, practices and tournaments. There are still capacity limits for spectators (50 per cent).

Hockey Manitoba is excited for a safe return to play for the 2021-2022 season; however, our organization remains extremely cautious and responsible in managing our Return to Play (RTP) plan for the upcoming season. We continue to work closely

with Hockey Canada, Sport Manitoba and the Manitoba Provincial Health Authorities to develop and maintain a RTP plan that will allow the best opportunity for our members to play the game in a safe, healthy and structured environment.

As the Provincial Sport Organization (PSO) for the largest and highest funded sport in our province, Hockey Manitoba has a tremendous responsibility to not only our own members but to also serve as a leader for the entire sporting community. One of the greatest strengths of our organization is our governance structure and the

tireless commitment of our entire volunteer base, which is essential in the ongoing delivery and management of our game.

We have high expectations for all the volunteers associated with the game of hockey who have collectively welcomed and embraced the tremendous challenges that have accompanied COVID-19 and the impact it will have in the responsible reintroduction of the game of hockey to our membership.

Ownership is a key phrase and without our entire membership accepting responsibility, accountability and ownership of the RTP plan by buying in, it will be difficult to fully and properly execute our RTP document.

This is a significant responsibility but one that Hockey Manitoba respects and treats seriously; however, we will require the support, compliance, and leadership of everyone associated with the management of the game to be able to comfortably deliver.

Hockey will be returning but please do not underestimate the importance of compliance, accepting the new normal, and the steps we will all be required to implement to apply extra layers of safety for our members. Your commitment, guidance and leadership are appreciated as we collectively work together in the safe return to hockey.

**take** *a break*  
> GAMES

# SUDOKU

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

## Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

## Sudoku Answer

[illegible]

### Crossword Answer

**X** **CROSSWORD**

### CLUES ACROSS

1. Nature expedition
7. Take the energy from
10. Bungled
12. Young salmon
13. Botanical gardens
14. Source of chocolate
15. Country singer LeAnn
16. Yokel
17. Unit of energy
18. Plant of the lily family
19. Tusked wild pig
21. Form of "to be"
22. Formerly
27. Letter of the Greek alphabet
28. Former First Lady
33. News organization
34. Shining brightly and intermittently
36. Brew
37. Teams' best pitchers
38. Edible fruit
39. Pitching stat
40. \_\_\_ or bust
41. Baby product manufacturer
44. Monetary unit of Finland
45. Small spherical structures in cells
48. Pouches
49. Reached
50. Investment account
51. Oft-repeated slogan

### CLUES DOWN

- CLOSES DOWN**
- |                               |  |
|-------------------------------|--|
| 1. Nuclear undersea weapon    | 23. Masses of gray matter in the brain |
| 2. Helps the skin             | 24. Belgian city (alt. sp.)            |
| 3. Evergreen coniferous trees | 25. Millilitre                         |
| 4. Relieve of employment      | 26. Beloved Will Ferrell film          |
| 5. A way to drench            | 29. Railway above ground               |
| 6. Journalist Tarbell         |  |

			1	2	3	4	5	6			7	8	9
	10	11									12		
	13									14			
	15									16			
17										18			
19			20							21			
22				23	24	25	26			27			
	28								29			30	31
													32
			33				34						
													35
			36								37		
		38										39	
	40									41	42	43	
44						45	46	47					
48						49							
50						51							

7. \_\_\_ and Venzetti  
8. Alcoholic liquor  
9. An athlete who plays for  
pay  
10. Where to get drinks  
11. Japanese art form  
12. Baseball great Satchel  
14. Winged angelic beings  
17. One point south of due  
east  
18. Group of islands in  
Polynesia  
20. A place to play: \_\_\_ center  
23. Masses of gray matter in  
the brain  
24. Belgian city (alt. sp.)  
25. Milliliter  
26. Beloved Will Ferrell film  
29. Railway above ground  
30. Satisfaction  
31. Aggregate of molecules  
32. Type of barometer  
35. Type of college teacher  
(abbr.)  
36. Long periods of time  
38. Native people of Nebraska  
and S. Dakota  
40. Deliver  
41. Thin, narrow piece of  
wood  
42. Modern Israel founder  
43. Small NY college  
44. Pounds per square inch  
45. Veterans battleground  
46. Hollywood talent agency  
(abbr.)  
47. Popular kids' channel



# Classifieds

THE EXPRESS  
WEEKLY NEWS

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## LAND FOR SALE BY TENDER SE 29-24-2W

Approx 160 acres, 122 cropland, 38 acres bush, approx. 20 acres ridge tested gravel, Grade A. Tenders must include 10% deposit.

Tender deadline: **October 1, 2021.**

Deposits will be returned to all unsuccessful bidders. Vendor reserves the right to reject any or all tenders.

**Mail tender to G&L Cymbalisty**  
210-870 Cambridge St. S.,  
Wpg, MB R3M 3H5  
Inquiries: 204-801-1062

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## HOUSE OF HOPE

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### 1 Spacious Bedroom Suite Available

- In suite laundry
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**Amenities:** Daily Congregate Meal Program,  
Staff on site 24/7, Congregate Dining Area and Lounge Area  
with Fireplace, Indoor Garage Parking Stalls (available)  
**For more information contact Maureen @ 204-376-3494**

### 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.

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

**EXPRESS**  
WEEKLY NEWS

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204-467-5836

### AUTOS

2014 Dodge Caravan SE minivan with stow 'n go seats. Features red exterior w/ black cloth low-back bucket seats, unconnect 130 AM/FM/CD/MP3/auxiliary input, keyless entry, air conditioning w/dual zone temperature control, rear window defroster/washer, engine block heater, cruise control, power door locks and windows, electronic stability control, tire pressure monitoring system, power mirrors, 17 inch wheels, spare tire, 6 cyl, automatic transmission, FWD. Safetied and ready to be sold. 120,000 kms. Very good condition, \$12,999 obo. Text Jeff 204-292-2128.

### PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

### APARTMENT FOR RENT

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

### HELP WANTED

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Jeff's Plumbing Services is looking for a reliable person with plumbing experience to join our company. Please email resume to: [jeffsplumbing1@gmail.com](mailto:jeffsplumbing1@gmail.com)

### MISCELLANEOUS

Do you need staff urgently? Are your efforts to recruit staff on social media and the internet NOT creating the results that you need??? Let us help. Trust the newspapers to get your message out! Advertise in the 37 Weekly Manitoba Community Newspapers! We could be helping your organization right now. Get noticed in over 352,000+ homes, for as little as \$189 + GST! To learn more, Call 204-467-5836 or email [classified@mcna.com](mailto:classified@mcna.com) for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. [www.mcna.com](http://www.mcna.com)

### WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$620. All sizes. Five stage reverse osmosis systems \$248. Filter 10" sediment \$3.40 and 10" carbon \$6.40. Greensand iron/odour/manganese removal filters \$788. All Seasons Furnishings 204-661-8581.

### UPCOMING EVENTS

DUNREA FLEA MARKET - Rain or Shine! Antiques, collectibles and more! Over 75 vendors. Admission \$4, 11 a.m. - 4 p.m., Sunday, September 5, 2021. Fairgrounds in Boissevain, Mb.

### NOTICES

Urgent Press Releases - Have a newsworthy item to announce? Having an event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab or Email [classified@mcna.com](mailto:classified@mcna.com) for more details.

### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF MARIE ANN CAPRI, late of the Town of Gimli, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 25th day of September 2021. DATED at the City of Selkirk, in Manitoba, this 18th day of August 2021. PKF LAWYERS Adam Kelso, Solicitor for the Executor

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### HEALTH

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



LAKESHORE  
SCHOOL DIVISION

## JOIN OUR TEAM!

**Do you want to help-out your community?**  
**Are you passionate about working with children?**  
**Are you looking for part-time or casual employment?**

In your local schools, we are currently looking for

- Substitute Teachers
- Casual Educational Assistants
- Casual Cleaners
- Part-time and Casual Bus Drivers

Please forward a resume, three references and a message indicating which communities and positions you are interested in to:

**Donald Nikkel, Superintendent of HR, Policy and PR**  
Box 100, Eriksdale, MB R0C 0W0  
Phone: 204-739-2100 Fax: 204-739-2145  
Email: [nikkeld@lakeshoresd.mb.ca](mailto:nikkeld@lakeshoresd.mb.ca)

**Application deadline is September 2, 2021 at 4:00 pm**

Lakeshore School Division is looking for good people to add to its team. Lakeshore welcomes applications from people with disabilities. Accommodations may be available upon request. We thank all who apply for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers. For more details, please refer to the division's job description.

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



Evergreen  
School Division

## MATURE STUDENT PROGRAM Mature Student High School Diploma

Evergreen School Division is accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma. Interested candidates must be 19 years of age or over and out of school for at least six months.

The program is flexible for your educational needs and you can work at your own pace. The centre is open Tuesdays from 9:00 - 3:30 and Wednesdays from 9:00 until noon for teacher assistance, with the remainder of time working in the comfort of your home.

The program begins **September 14, 2021** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

**The annual registration fee is only \$40.**

For more information, or to register please contact:  
**Gail Kreutzer**  
[Gail.Kreutzer@esd.ca](mailto:Gail.Kreutzer@esd.ca)  
(204) 642-1718

Riverton



## ANNUAL MEETING

**Riverton Cooperative Association Ltd**

**When:** Tuesday, September 21, 2020  
- 7:00 PM

**Location:** Riverton Curling Club  
(175 Reggie Leach Drive,  
Riverton MB)

**Agenda items to include:**

Minutes from the 2020 Annual Meeting  
Audit/Financial Report  
FCL Delegate Report  
General Managers Report  
Board Report  
Appointment of Auditors for 2021  
Board Elections

**Call For Board Members**

Riverton Cooperative Association Ltd invites nominations for the positions of Director. Nominees must meet the qualifications and requirements specified in Coop's Bylaws. Details on the qualifications and requirements can be picked up at Riverton Coop. Contact Darlene at 204 378-2251. Interest for board member must be submitted to Darlene by September 15 in writing.

**Spaced seating and masks recommended as per MB Public Health Refreshments & Door Prizes**





# Classifieds

Book Your Classified Ad Today - Call 204-467-5836

## Farmland For Sale

The following parcel of Farmland is being offered for Sale;  
**SE-21-23-1E (Approx. 143.3 Acres)**

The Parcel is located in the RM of Bifrost-Riverton in the Vicinity of Morweena, MB.

Sealed, Written Offers will be accepted up to Sept 30, 2021  
Please forward written offers to

**Lillian Kowalsky**  
p/o Box 507  
Arborg, MB. R0C 0A0

Please note that the highest or any offer may not necessarily be accepted.  
Sale may conclude before the September 30 deadline if an acceptable offer is received.  
For further Information you may contact 204-981-1799 or email: lorbanksi@gmail.com

## House & Property For Sale

The following House, Buildings and approx 14.9 acres of Property is being offered For Sale in the RM of Bifrost-Riverton in the Vicinity of Morweena, MB;

**SE 21-23-1E, Civic Address: 2153 PR329**

1438 ft<sup>2</sup> 4 Bedroom, 2 bath, attached Garage, finished Basement, Propane Heat, Central A/C.  
30ft x 50ft Shop - conc floor, OH Doors, insulated, serviced and heated.  
32ft x 80ft Machine Shed - conc. floor, OH Door, serviced. Numerous Storage Sheds and Single Detached Garage used as butcher shop.  
Chicken Coop, Small Pig Chalet, 6 - 1650bu Steel Grain Bins and several acres of pasture/cropland.  
Great location with beautiful mature trees, riverbank, large Garden and crushed rock driveways. Centrally located between Arborg, Riverton and Fisher Branch, within 1km of Morweena Church and School on PR 329.

**Asking Price \$425,000**

Sealed written offers will be accepted until September 30, 2021.  
Please forward written offers to

**Lillian Kowalsky**  
p/o Box 507  
Arborg, MB. R0C 0A0

Please note that the highest or any offer may not necessarily be accepted.  
Sale may conclude before the September 30 deadline if an acceptable offer is received.  
For further Information you may contact 204-981-1799 or email: lorbanksi@gmail.com  
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## Eddie's Gravel Supply Ltd. is HIRING Class 1 Gravel / End Dump Dirvers

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Email: [info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
Phone: 1-204-389-2023

## Riverdale Place Workshop Inc. REQUIRES A

## RECYCLING SUPERVISOR SHIPPER

to assist participants at baling recycling. Must be able to operate a forklift for shipping etc. Also a casual recycling driver when needed. Benefit and pension plan provided, First Aid and C.P.R. course provided. A Criminal record check and Adult Abuse check required.

**Job position:**

**Monday to Friday 8:30a.m. to 4:30p.m.**  
Job Description available at the workshop.

Please drop off resume or send to  
**Alex Janower, Manager**  
**Riverdale Place Workshop Inc.**  
**Box 609 Arborg, MB R0C 0A0**  
**Tel: 204-376-5584**  
**Fax 204-376-5584**  
**email [riverdalew@mymts.net](mailto:riverdalew@mymts.net)**



Box 280, Fisher Branch, MB R0C 0Z0  
Tel: 204-372-6393, Fax: 204-372-8470

## GRADER OPERATOR/PUBLIC WORKS

The Rural Municipality of Fisher invites applications for the position of full-time **Grader Operator**. The experienced operator will have knowledge of summer and winter operation of motor graders, the maintenance of roads and of municipal right-of-ways. All municipal public work duties will be also performed and assistance to other municipal departments will be required. Mechanically inclined, able to take and follow direction, work in all types of weather conditions, be on standby and work long hours in times of inclement weather or emergent situations. Valid drivers licence required, Class 3 required or willingness to obtain, team player. Normal Hours of work are 50 hours per week from April 1 to October 31 and 40 hours from November 1 to March 31. Road test may be required.

Please apply no later than August 31, 2021, 4:00 pm. Only successful candidates will be contacted for an interview.

Please drop resume off at the RM of Fisher Office - 30 Tache Street, Fisher Branch or email [fishercao@mymts.net](mailto:fishercao@mymts.net). If by email it is the responsibility of the applicant to ensure receipt of application.

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## Riverton EMPLOYMENT OPPORTUNITY CASHIER/CLERK/GROCERY/TELLER - CASUAL/PART TIME

The Riverton COOP is seeking grocery clerks. The potential candidate must be enthusiastic and have a positive attitude. Outstanding customer service skills and attention to detail are important traits that one must possess.

**Benefits:** Competitive Wage  
Employee Purchase Incentive  
CSS Pension Contribution to those that qualify  
Dental, Vision and Extended Health to those who qualify

If you are interested or require additional information, please contact Kris or Darlene: Job Application form is available at the office or please submit your resume including 3 work related references.

Ph: 204-378-2251  
Fax: 204 378-2749  
Email: [rivertoncoop@mymts.net](mailto:rivertoncoop@mymts.net)

**Thank you for your interest.**



## PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2022 Assessment Roll for the Rural Municipality of Fisher has been delivered to the Municipal Office at 30 Tache Street, Fisher Branch, Manitoba and is open for public inspection during regular business hours (8:30 a.m. - 4:30 p.m.) Applications for revision may be made in accordance with sections 42 and 43 of *The Municipal Assessment Act*:

### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to:

- Liability to taxation;
- Amount of an assessed value;
- Classification of property; or
- A refusal by an assessor to amend the assessment roll under sub-section 13(2).

### APPLICATION REQUIREMENTS

43(1) An application for revision must:

- Be made in writing;
- Set out the roll number and legal description of the assessable property for which a revision is sought;
- State the grounds on which the application is based; and
- Be filed by
  - delivering it or causing it to be delivered to the office of the Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba or
  - serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated below.

The Board of Revision will sit on **Wednesday, October 13, 2021 at 10:00 a.m.** in the Ukrainian National Home, 33 Provencher Street, Fisher Branch, Manitoba to hear applications to revise the 2022 Assessment roll and to revise 2021 assessment changes relating to Sections 300(6) and 326 of *The Municipal Act*.

The final date on which applications must be received by the Secretary of the Board is **Monday, September 27, 2021.**

Dated this 23rd day of August, 2021

Kelly Marykuca - Secretary  
Board of Revision  
Rural Municipality of Fisher  
Box 280 Fisher Branch, MB R0C 0Z0  
Phone: (204) 372-6393 Ext. 4 Fax: 372-8470



# Classifieds Announcements

Book Your Classified Ad Today - Call 204-467-5836

## Employment for Nurses!



### Tudor House

Personal Care Home

800 Manitoba Ave,

Selkirk, Manitoba,

R1A 2C9

Website:

www.mytudor.ca



We are accepting applications for Nurses (RN, RPN, LPN) interested in caring for the elderly in a Long Term Care Facility part of the "Tudor Community Retirement Residences" in Selkirk, MB.

- **Fulltime RN/RPN position - Days/Eve Rotation**
- **0.6 EFT RN/RPN position - Days/Eve Rotation**
- **Casual RN, RPN & LPN positions all shifts - available**

For more information and to apply, submit cover letter and resume to: [Lmartyniw@mytudor.ca](mailto:Lmartyniw@mytudor.ca)

#### Note:

- MNU Agreement in place for wages and benefits, new CA Pending.
- We thank all that apply however, only those selected for interviews will be contacted.
- Current security checks that include a Criminal Records Check, a Vulnerable Sector Check, and an Adult Abuse Registry Check



## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES MUNICIPALITY OF BIFROST-RIVERTON

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 15th day of September, 2021, at the hour of 10:00 AM, at 329 River Road, Arborg, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
9090	LOT 1 PLAN 48988 WLTO IN FRAC NE 1/4 27-21-4 EPM - 1-48988	L-\$27,800	\$2,371.60
105462	LOT 6 BLOCK 1 PLAN 32185 WLTO IN FRAC NE 1/4 34-22-4 EPM	L-\$44,500 B-\$155,300	\$9,296.58
177625	PARCEL F PLAN 10410 WLTO EXC FIRSTLY: NLY 105 FEET AND SECONDLY: ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN LOT 6 EAST OF THE ICELANDIC RIVER 17-23-4 EPM - DESC F-10410	L-\$12,300	\$1,925.49
177630	THE SLY 95 FEET OF PARCEL 'E' AND THE NLY 105 FEET OF PARCEL 'F' PLAN 10410 WLTO IN LOT 6, EAST OF THE ICELANDIC RIVER IN SECTION 17-23-4 EPM - 134094 ROAD 20E	L-\$11,300 B-\$14,600	\$3,231.05
266900	SE 1/4 6-25-3 EPM SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN - 12145 ROAD 144 NE	L-\$243,200 B-\$50,700	\$8,395.65
425800	LOT 15 BLOCK 5 PLAN 17080 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN RL 6 WEST OF THE ICELANDIC RIVER OF SECS 20 AND 21-23-4 EPM AND OF GOVERNMENT ROAD ALLOWANCE BETWEEN SAID SECTIONS - 23 KING ST, RIVERTON	L-\$6,100 B-\$44,700	\$3,533.66
435600	LOTS 3 AND 4 BLOCK 6 PLAN 17080 WLTO IN RL 6, WEST OF THE ICELANDIC RIVER OF SECTIONS 20 AND 21-23-4 EPM SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN - 24 KING ST, RIVERTON	L-\$8,200 B-\$60,500	\$2,869.44

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

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

Dated this 19th day of August, 2021.

Managed by:



Jordan Willner  
Chief Administrative Officer  
Municipality of Bifrost-Riverton  
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## ANNIVERSARY



Golden Wedding Anniversary  
Clayton & Donna Johnson  
August 28, 1971



Because of you both, we know that truth and love exist. We hope that you cherish each other on this day and many more years to come.

Happy 50th Anniversary  
Mom and dad!

- Love your family

## WESTERN INTERLAKE PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT

## NOTICE OF PUBLIC HEARING

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

**THE RURAL MUNICIPALITY OF WEST INTERLAKE BY-LAW NO. 18-2021**  
Being an amendment to the Rural Municipality of Siglunes Zoning By-law 6/05, as amended.

**HEARING LOCATION:** Ashern Centennial Hall, #1 - PR 325 East, Ashern, MB

**DATE & TIME:** September 9th, 2021 @ 6:30 pm

**GENERAL INTENT:** To add "Camping and Tenting Grounds" as a "C" for conditional use in the "RR" Rural Residential Zone and as a "-" for not permitted in the "RG" Residential zone and "RMH" Residential Mobile Home zone.

**AREA AFFECTED:** All lands zoned "RR" Rural Residential in the lands formerly known as the RM of Siglunes, in the Rural Municipality of West Interlake

**FOR INFORMATION CONTACT:** Cherie Millar, Office Administrator, Western Interlake Planning District  
Box 269, St. Laurent, MB R0C 2S0,  
ph: (204) 646-2615, Fax: (204) 646-4150,  
Email: [wipd@mymts.net](mailto:wipd@mymts.net)

A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

**Note: Property owners are responsible for notifying lessee.**



## IN MEMORIAM



In Loving Memory of  
Charles Peiluck  
Who passed away 4 years ago  
August 28, 2017

It's been four years since you've passed on. I would like to thank the doctors and nurses at both Gimli and Selkirk Hospitals in 2017. Also the two specialists at the Health Science Centre the last 14 years. Finally, the Attentive Care Unit/Life Support at St. Boniface Hospital for the 10 days that he was there. He died of septic shock and perforated intestine. He was a kind man.

Charlie was a successful dairy farmer for 15 years and raised registered Salers cattle. He like his border collie Squeaky who was a very disciplined dog and liked by many. Charlie liked going to the Viking to meet with friends. He had perfect attendance for coffee and in the afternoon tea and crackers (Paulins). Charlie was a hardworking man and he will be missed by hundreds of people he met in his life. He didn't deserve what happened to him, but the truth is out there.

Everything we have we worked for and appreciated. No wealth came our way like some people.

On my own behalf thank you to the Gimli Hospital staff for looking after me during my 23 days in the hospital.

-Miss you,  
Your twin brother Davy

## OBITUARY



Harold Kornelsen  
1979 - 2021  
We will miss you.

*Friends*  
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(204) 339-5555

## OBITUARY

### Debbie LaFreniere

It is with great sadness we announce the sudden passing of Debra (Best) Lafreniere on August 8, 2021 in her home in Sandy Hook.

Cremation has taken place and no formal service will be held.

Condolences may be left on Debbie's memorial page at: [www.interlakecremation.ca](http://www.interlakecremation.ca)  
Arrangements entrusted to:

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## OBITUARY



Alexander Walter Medwid  
May 17, 1937 - July 18, 2021

It is with sad hearts we announce the peaceful passing of Alex, also called Alec by many, with his family by his side at the Arborg Hospital.

Alex was born to Nick and Jessie on the family farm in Ledwyn, MB. As Alex grew older he enjoyed learning the ins and outs of farming alongside his dad. Alex truly liked "working the soil".

In time Alex became a qualified electrician. He worked for Manitoba Hydro for awhile. Afterwards he formed his own business, A. W. Medwid Electric. He was well known throughout the Interlake areas for his excellent work.

On July 21, 1966 he married Jean Beauchamp from Toronto, ON. They lived in Winnipeg for some time then moved to Arborg. After living in town they bought a farm north of Arborg. Together they

managed the farm and electrical business.

Alex was always willing to lend a helping hand to family and friends. Alex was a kind and generous husband and a loving father and Gido.

Alex loved "hunting for a good deal" at auction sales or suppliers in Winnipeg.

Alex is survived by his wife of 55 years Jean; children Kimberly (Ron), Trevor (Raeleen), and Darrell. Grandchildren Maeson (Ken), Izaak, great-grandson Connor, Logan (Austin) Johl. Also, his siblings, Tena (Gordon), Paul (Jeannette), Steve (Lorraine), David (Brenda), Johnny (Shirley), and numerous nieces, nephews, and cousins.

Alex believed in Jehovah God's promises in John 5:28,29 and Revelation 21:3,4.

Special thanks to ALL staff, past and present, at the Health Sciences Hospital, Riverview Rehab Centre, Gimli and Arborg Hospitals, Arborg Assisted Living Complex, Arborg Personal Care Home.

A private family service will be held.  
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*kl*  
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Xplornet Communications Inc. would like to notify area residents of a proposal of a new telecommunications installation situated on a portion of the SW 23-19-2 EPM LOT 1 PLAN 18355 WLTO. The proposed installation will be a 45m self-support tower. All of the equipment required to operate the facility will be located inside an equipment shelter at the base of the tower. This new telecommunications facility will improve coverage to the Fraserwood, MB area.



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## OBITUARY



**John Andre Lavallee**

February 2, 1934 – August 15 2021

John Lavallee, 87, of Lundar, MB, passed away peacefully at the Eriksdale Personal Care Home on August 15, 2021.

John was predeceased by his parents Fred and Helen; brothers Tom, Albert, Felix, Joe, George and Norman; sisters Bella, Clara, Harriet and Eva along with an infant brother Clifford. John is survived by brother-in-law Leonard Lennstrom, and many nieces and nephews.

John enjoyed working heavy equipment construction for the majority of his life alongside his brother Norman. Some of John's favorite past times were watching sports, enjoying a good silent auction and winning many prizes to share with his family. John supported all local hockey teams and could always be seen in the stands. John always enjoyed family gatherings and visiting with

everyone. John could always be found supporting a local BBQ and enjoying a hamburger or two, as it was his favorite food.

Thank you to the staff of the E. M. Crowe Memorial Hospital in Eriksdale, the Eriksdale PCH and Homecare staff who have taken care of John over the years.

A private family graveside memorial service will be held in the Minnewakin Cemetery.

In lieu of flowers, donations may be made in John's memory to the Lundar Sportsplex c/o Grettir Co-op Inc., PO Box 334, Lundar, MB R0C 1Y0.

Arrangements by:

**ARNASON FUNERAL HOME**

Ashern - Lundar

PO Box 672, Ashern, MB R0C 0E0

1.204.768.2072

1.866.323.3593

## OBITUARY



**Mary Romaniuk (Sumka)**

November 19, 1929 - August 19, 2021

Peacefully, surrounded by family Mary Romaniuk of Riverton passed away at Gimli Hospital.

She will be sadly missed by her son David (Svetlana), grandchildren Tim, Mikhail and Darya, nephews David (Maryann) Sumka, Edward (Donella) Sumka, Harvey Sumka, niece Josie (Jack)

Monkman and brother-in-law Lawrence Romaniuk and family.

She was predeceased by husband James, infant daughter Lorraine, parents Mike and Ann Sumka, brothers Sam and John, niece Joanne, brother-in-law Harry Romaniuk, sisters-in-law Georgie and

Lillian Romaniuk.

Mary was born on the family farm in Skylake, Manitoba, and was the third and youngest child.

She attended Adam school in Skylake. She was a great help on the farm and then found employment in

Riverton at the Sandy Bar Hotel where she met James. They were married on March 1st, 1952. While both working at the hotel they also started farming north of Riverton where they worked side by side.

Mary always had a huge garden and loved to entertain family and friends. If you walked through her door you needed to be fed.

Following Mary's wishes cremation has taken place. Because of COVID restrictions all family and invited guests only can attend the graveside service on September 4th at 11 a.m.

Honorary pallbearers will be her grandchildren, nephews, and niece.

If friends and relatives would like to

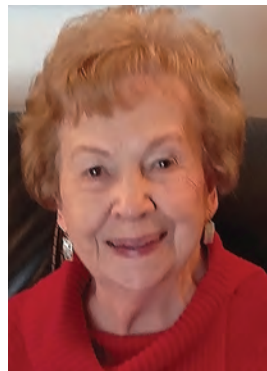
make a donation they may to a charity of one's choice.

Thank you to the ambulance attendants, the Gimli Hospital, and Doctor S.V. Patel for his many years of care.



204-886-0404

## OBITUARY



**Marlene Stratton (née McKellar)**

March 3, 1936 – August 6, 2021

It is with broken hearts that we announce the passing of our beautiful mom and grandmother, (Shirley) Marlene Stratton. Our mom loved life and enjoyed it until her last day. She was an upbeat and happy lady. She was always planning the next adventure or outing with family and friends. It could be anything from a day at the beach, to her next trip. She lived life to the fullest. Mom loved her family, and we were always the centre of her attention. She will be missed forever by her loving children and grandchildren, including her daughter Sheryl (Grant) Kozub, granddaughter Lauren (David) Egesz, grandson Drew (Allie) Kozub, and her great-grandson Porter.

She will also be missed by her son Larry (Kim) Stratton, and grandsons Erik, Ian, and Kyle (Jenna) Stratton, and her son Bryan Stratton. Sadly, in 2017, her eldest son, our brother Douglas McKellar, passed away, leaving us all devastated.

She will also be missed by Jeremy Watson's children, including his daughter Jennifer Watson (Brady) and children Nadia, Charlotte and Adrienne Gill, and his son John Watson and children Sarah, Katherine, Rachel, and James. Mom will be missed by her niece Mary-Sue (Richard) Atkinson and family. She will also be missed by her sisters-in-law, brother-in-law, and numerous nieces and nephews on our dad's side of the family.

Mom was born, and lived, in Winnipeg. We had a cottage in Arnes, where we shared many happy, family times. Later, in 1975, we moved permanently to Arnes. Mom moved to Arborg after her children were grown up. Mom worked as a secretary throughout her life and retired from the Arborg Manitoba Agriculture office. Mom worked full-time, raised four children, and kept a beautiful home and garden. She was an accomplished seamstress and made clothes for all her children and then later for her grandchildren. It was so exciting when she completed a new outfit for us.

She was an active member of the Arborg community and had so many friends. She volunteered for the Arborg Lions Club, Arborg & District Seniors Resource Council, Arborg Ladies Auxiliary, and the Arnes Ladies Aide, to name a few. She later met with the Arnes Ladies for many breakfast "get-togethers." She was a member of the Ardal-Geysir Lutheran Church, which was very important to her.

Mom met the love of her life in 1991. They were so happy together and made such a wonderful couple. They enjoyed many trips and loved the 16 beautiful years they had together. Mom and Jeremy enjoyed so many events with both our family and with Jeremy's children and grandchildren. Sadly, in 2007, Jeremy passed away. Mom always kept in touch with Jeremy's family after his passing.

Mom loved her children, their spouses, and her grandchildren, and she had a special bond with all of us. She always made Christmas and all of our birthdays so amazing and fun. Jeanne's cakes were her go-to, and now it's a family favourite at every special occasion. Mom was a fabulous cook. Sheryl, Grant, and Mom kept up with her family tradition, and we got together every Sunday for a delicious supper at either house. Mom babysat all her grandchildren and even watched Porter the week she passed away.

We all loved mom and grandma so much! Every conversation and visit ended with hugs, kisses and an, "I love you."

Mom travelled with us, including to Mexico with Larry, Kim, and family, and she went to Hawaii several times with Sheryl, Grant, and Doug. Hawaii was one of her favourite places. She also went to B.C. to visit Bryan.

Mom was a classy and dignified lady. She always dressed so nice and had such good taste in everything she bought. She was a very strong lady and a great problem-solver. She was the rock of our family. Mom got her wish to live in her beautiful house until the day that she died, and we are all so grateful for that! We will miss her forever, but she said that we shouldn't be sad, and we should remember all of the wonderful times we had together.

Thank you to her wonderful Dr. Kristen Heinrichs, all the caring Home Care staff, the kind paramedics, the RCMP, and MacKenzie Funeral Home. And a special thank you to James and Janet Semchysyn for being the best neighbours ever!

Goodbye, dear Mom. Until we meet again.

A Celebration of Life will take place at a later date.

In lieu of flowers, donations can be made in Mom's memory to the Arborg Community Cemetery.

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## CELEBRATION OF LIFE



**Helen Kwamsoos (nee Schau)**

Celebration to honour the life of Helen Kwamsoos (nee Schau) will be held on Sunday, August 29, 2021 at 1 p.m. at Matlock Rec Center, 77 Matlock Road. Please wear a mask as per government regulations.

## CELEBRATION OF LIFE



**Alvin "Merle" Day**

May 15, 1950 - February 5, 2021

Our family invites all family and friends who wish to join us in a Celebration of Merle's life on Saturday, September 4, 2021 at 2:00 p.m. in the Eriksdale Municipal Cemetery with Melanie Kauppila officiating. Please feel free to bring a chair.

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