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The great outdoors

The Arborg Bifrost area will be hosting the inaugural Interlake Outdoors Show Sept. 18 and 19 where they hope families can have fun and learn outdoor skills including hunting and fishing.

EXPRESS PHOTO BY THOMAS MEYER

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The Interlake Outdoors Show inaugural event to take place in September

By Sydney Lockhart

A weekend of fun activities and outdoor education is taking place in Arborg this September after the Arborg Bifrost Parks and Recreation Commission planned a community event they hope to hold annually.

"Over the past 18 months we've been trying to find new ways to bring programming in a safe way to our community and provide different types of programming that families can take part in outside and try to provide them with different ways to interact," said Bailey Sigvaldason, vice chair of the Arborg Bifrost Parks and Recreation Commission.

The event will take place on Sept. 18 and 19 and is \$7 for adults and free admission for anyone under 18 years old. It will be held at the Arborg Bifrost Parks and Rec Centre 10 a.m. to 6 p.m. on Saturday, and 10 a.m. to 4 p.m. on Sunday.

"As a commission we're brainstorming a bunch of ideas how we can get our community back together, get them excited, get them, learning about new skills and new activities that they can do," said Sigvaldason, "We reflected about what our own families have been doing and we're doing more things outside in the outdoors."

The Interlake Outdoors Show will include activities such as moose and

goose calling competitions, intro classes to stand-up paddle boarding, firearm safety, inflatable bouncy houses, and presentations on raptors and reptiles, as well as how to cook pickerel three ways. The full list of activities can be found at interlakeoutdoorsshow.ca.

"We wanted to showcase to the community what is here, and also bring people from across Manitoba into our community to show them that you don't have to go too far to find their next adventure," she said.

Food trucks and vendors will also be at the weekend long festival, as well as activities designated for kids.

"We are going to have a dedicated kid's zone. So, there will be bouncers, face painting, as well as some activities geared towards learning about the outdoors," said Sigvaldason.

She said the committee hopes that people will come out to the event and enjoy the outdoors while also learning useful skills in time for hunting and fishing season.

"We thought it was a good time to really get people interested, get them out, and then they can take the skills that they learned at the show, and apply them right away," said Sigvaldason.

The event will follow the provincial guidelines said Sigvaldason, even if



EXPRESS PHOTO BY THOMAS MEYER

The Interlake Outdoors Show will include activities such as moose and goose calling competitions, bird carving, food truck vendors and bouncers. It will be a family friendly weekend event.


that means changing some logistics last minute. She said they want to keep everyone as safe as possible to enjoy the weekend.

"We also are having a booth called the 'ask a community expert station' where community members can come and share their passion for the outdoors, so we will have a few people doing some bird carving displays," she said.

The Interlake Outdoors Show is still

looking for volunteers to help during the show, anyone interested can email interlakeoutdoorsshow@gmail.com.

"I think we just want to emphasize that this is a show for everybody and hopefully everybody can come in," she said, "our goal is to share the passion we have for healthy sustainable outdoor lifestyle for all Manitobans to enjoy it while supporting our community with this event."



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Campfires permitted in all provincial parks



EXPRESS PHOTO SUBMITTED

Provincial park campfires are now permitted in approved pits.

Staff

Recent rains have allowed the Manitoba Wildfire Service to remove the last of the fire and travel restrictions that had been in place in Area 4. This is the large area north of the Wanipigow River, east of Lake Winnipeg to the Ontario border, including Atikaki Provincial Park, and north to Poplar River. Manitobans are reminded there are still some areas where the risk of wildfire may still exist even after the rain, therefore caution is required. These restrictions will be lifted at 8 a.m. tomorrow, Wednesday, Aug. 25.

Outdoor Burning

Provincial burning permits will once again be available through the local or regional Manitoba Conservation and Climate offices. The issue of any burning permit remains at the discretion of the issuing officer and may require a site examination, further conditions or both, prior to issue. A reminder that campfires are permitted only in approved pits.

Restrictions in Provincial Parks

All provincial park trails are open and campfires permitted in approved pits only. Restriction information for provincial parks is available at www.manitobaparks.com.

Fireworks and Sky Lanterns

Fireworks and sky lanterns are prohibited in provincial parks at all times.

A Provincial Fireworks Authorization is required to use any fireworks or sky lanterns within Fire and Travel Restriction Areas.

The Province's Fire and Travel Restrictions map will be updated to reflect these updated restrictions. Confirm area restrictions before heading outdoors at www.gov.mb.ca/sd/fire/Restrictions/index.html.

Many municipalities have implemented burning restrictions. Check with local municipal offices for more information or view the interactive Current Municipal Burning Restrictions at www.manitoba.ca/wildfire/

burn_conditions.html. The province will not issue burning permits within or areas bordering any municipality where municipal burning restrictions are already in place.

For further information on Manitoba Wildfire Service, situation updates, restrictions and other important wildfire links go to www.gov.mb.ca/wildfire/ or follow the Twitter account at <https://twitter.com/mbgovnews>.

To report a wildfire, call 911 or the T.I.P. line (toll-free) at 1-800-782-0076.



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Winnipeg Beach Legion planning fall events; craft sale, take-home supper

By Patricia Barrett

The Winnipeg Beach Royal Canadian Legion Branch 61 is planning to host some community events this fall, including a craft sale and take-home supper.

"As the world gets back to normal, we will open up as permitted to do the things we all enjoy," said Legion 1st Vice President Velma Darroux last week.

The craft sale will feature local vendors offering a variety of items such as baked goods, honey and Ukrainian food, as well as a silent auction. It's scheduled for Sept. 11 starting at 10

a.m.

The Legion will also be preparing a fall supper, which will be offered as a take-home meal. A limited number of tickets will be sold for the supper.

Tickets are available by calling the Legion at (204) 389-2660, Lorraine at (204) 894-3701 or Velma at (204) 642-2840. People can pick-up their food at the Legion on Sept. 18 between 10:00 a.m. and 12:30.

Take-out foods offered are fruit and meat pies, potato perogies, sauerkraut perogies, cabbage rolls and perishke.

In November, the Legion is planning to hold a tea featuring finger sand-

wiches, goodies and tea or coffee. Participants can also purchase a variety of baked goods and other foods. The tea will take place on Nov. 20.

The Legion is planning to offer a pick-up and take-home Christmas dinner around mid-December, said Darroux. It will also be running the School Poster and Literary contests and its scholarship and bursary programs.

The Winnipeg Beach Legion is located at 20 Hamilton Ave. For more information about events, call Lorraine at (204) 894-3701.



Water gun slinging and movie under the stars part of Dunnottar long weekend

EXPRESS PHOTO BY DAVE LOBBAN

The water guns were gushing during Dunnottar's 2019 Family Fun Day.

By Patricia Barrett

Dunnottar will be getting its guns – water guns, that is – in good working order for a bit of friendly fire then kicking back under the stars to enjoy a movie on the upcoming long weekend.

The Village of Dunnottar and the Age Friendly Dunnottar club will be hosting a Manitoba 150 + 1 Festival/Family Fun Day on the Saturday of the September long weekend to celebrate Manitoba's 150th year since confederation.

The COVID-19 pandemic scotched plans for the celebration last year.

The events will take place on Saturday, Sept. 4 at Whyte-wold Park, which is located between Pierview and Tweed avenues.

Organizers have a whole lot of fun in store including a multi-vendor market that starts at 10 a.m., a "challenging" scavenger hunt at 10:30 that will take participants through

the village, and barbecued hotdogs at noon with cooks David O. and George T. Bring your water guns and prepare do battle at 1 p.m. in the Water Gun Fight.

"There are lots of activities for the children such as a bouncing house obstacle course, balloon animals and rock painting," said David Lobban who is helping organize the fun. "The Matlock Fire Department has agreed to fill water barrels for a fun-filled, water soaking time."

Children can also enjoy the new playground and hunt for an apple in the village fruit orchard. The band Canadian Express will take to the stage in the afternoon.

If the weather holds, people can enjoy Disney's family film Luca that will begin as the sun sets.

"Reasonably priced concessions will be available such as popcorn, candy floss and drinks prior to the start of the movie," said Lobban. "Bring your own lawn chairs and blankets and enjoy the movie under the stars. It's a lovely way to end the summer season in our Village of Dunnottar."

For more information about events, visit the Age Friendly Dunnottar Facebook page.

Chief David Crate celebrates decades in office

By Nicole Brownlee

Fisher River Cree Nation Chief has been re-elected for his 10th-straight term, hoping to lead the community into another two years of economic development and growth.

David Crate was re-elected for his 13th term as Chief of Fisher River with 555 votes on August 23. Competing with Crate was Marlowe Cochrane, who secured 287 votes, and Kevin Settee who withdrew from the race.

"It's always good when you get support from the membership," said Crate. "We've got a strong mandate for the next couple of years, so I'm looking forward to working for the community."

For his upcoming term, he'll continue focusing on the needs of the community and keeping a pulse on what needs to improve, said Crate.

"There's a lot of work that's gone on here in the community," said Crate. "Everything from infrastructure developments, green energy projects, our governance structure for the community. A lot of planning has been done."

Crate has watched the community



EXPRESS PHOTO SUPPLIED BY FRCN

FRCN council cutline: (From left) The elected Fisher River Cree Nation council includes councillors Hillary Murdock, Carl Cochrane, Cory Murdock, Chief David Crate and Coun. Darrell Thaddeus.

develop over the past decade including the development of a water and sewage treatment plant, road repair, the construction of facilities and more.

Developing more housing for the community has been a major project he's focused on recently and fostering relationships with all levels of government.

"I think building relationships is a key to having success for our community," said Crate. "This could be provincial, federal but also municipal governments."

Fisher River is working with Arborg on a potential road project which will benefit the region, said Crate.

Other developments on the horizon

are an expanded grocery store, a retail outlet and an updated health care centre.

"We're sort of different than most First Nations that we really focused on building our program and service delivery through health."

The Fisher River pharmacy recently finished construction as a new addition to the business centre.

Darrell Thaddeus joins Crate for Thaddeus' seventh-straight term as a councillor. Carl Cochrane has been re-elected for his eighth-straight term and 10th term total as a councillor.

"When the community decides to make a change for the leadership, it's still always good to have experienced leaders as part of the council," said Crate.

Fisher River elected two new councillors to join the veteran team.

Coun. Hillary Murdock and Cory Murdock were elected to the Fisher River council, earning 267 and 282 votes respectively.

Over 850 voters contributed to the election from both on and off-reserve.

The community hopes to celebrate the elected council in mid-September.

I Am Festival bringing people back to community

Submitted by Tracy Thibodeau

A little delayed after a year off from the Pandemic, it didn't look like it was going to happen, but the event organizers of the I Am Festival are excited to announce the Fifth Edition of the I Am Festival! This year's theme is about coming back to Comm-Unity.

"There is such polarity happening in our communities, we've forgotten how to share space and share different opinions. We need a weekend to get back out together, in a safe and responsible way, and feel connected again," said Tracy Thibodeau, Co-Founder and Co-Chair of the non-profit organization. "We weren't going to do it this year with so much uncertainty happening, but when we really thought about that decision, we realized that people really need it."

The fifth edition of the I Am Festival, this year referred to as a Restiful, is set to take place over three days on a private acreage just outside of Teulon, Manitoba (45 minutes north of Winnipeg). The I Am Festival has brought presenters from all over North America, including Hawaii and British Columbia to share ideas and offer workshops and presentations on topics concerning mind, body and soul.

This year, tickets are limited to ensure ample space on the 80 acre location and programming is carefully designed to allow for stress relief, rejuvenation and a focus on coming back to Comm-Unity. Participants can partake in sessions such as Rhythm and Flow Yoga, Sing Along campfires at night, or take in a panel discussions like the one on Connecting in a Divided World. Movement sessions will support individuals in releasing stress and anxiety that has built up over the past seventeen months. The outdoor Restiful Rejuvenation Lounge features practitioners in Reflexology, Body Work, Massage, Rapid Coaching and other services designed to help the nervous system recover. All services are included in the weekend pass. The music on the Stage in the Woods is designed to connect participants as they enjoy live programming in wide open spaces with the likes of music from Scott Nolan, Sweet Alibi and Sophie Stevens to name a few. The festival grounds offers camping and RV spots. Participants are encouraged

to unplug and immerse themselves in nature for the weekend.

The I Am Restiful will run September 10- 12, 2021 at Ignite Retreats outside of Teulon Manitoba. Full Weekend Passes are \$199 per person and there is no extra charge for camping or bringing a camping trailer or RV Unit. Healthcare workers and Teachers undeniably need a Rejuvenation weekend and they can receive a 40 per cent discount by texting Tracy at 204-861-2351.

To learn more or request an interview please visit www.iamfestival.net or call 204-861-2351.

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Province expands vaccination card eligibility

By Ashleigh Viveiros

People living in Manitoba who do not have a provincial health card are now finally able to get an immunization card if they are fully vaccinated against COVID-19.

Dr. Joss Reimer, medical lead of the province's vaccine implementation task force, made the announcement Monday in a virtual press conference.

"We've been working on this process for quite some time," she said, noting the past few months have been challenging for people like international students or armed forces members to prove their vaccination status without an immunization card.

Cards can be requested as long as you've received two doses of Pfizer, Moderna, or AstraZeneca or a single dose of the Johnson & Johnson vaccine, with the final dose more than 14 days ago. If any of those shots were given outside of Manitoba, proof must be submitted to public health and the data must be recorded in the system.

Individuals can call 1-844-MAN-VACC (1-844-626-8222) to speak with an agent about getting digital or physical versions of the card.

Dr. Reimer was uncertain how many people this move will affect, but one for sure is Altona's Callum Morrison, an international student at the University of Manitoba.

The Scottish transplant has been asking the government to make this change ever since the vaccination cards first started being issued in June.

"I am grateful that the Manitoba government has made the necessary changes, however the vaccination card should have been offered to all Manitobans from the launch of the vaccine card system nearly three months ago," he said on Monday. "It has often been difficult for many who did not qualify for the card to prove their status without access to this well recognized and official proof of vaccination."

213 new cases over weekend

Also on Monday, public health officials announced 213 new cases of COVID-19 in Manitoba since the previous Thursday.

The daily case totals ranged from a low of 31 on the Friday to a high of 102 Saturday.

The five-day COVID-19 test positivity rate was at three per cent provincially and 1.6 per cent in Winnipeg.

Manitoba's active case count was at 503, with 65 people hospitalized due to COVID-19, including 18 in intensive care.

The province has seen 56,989 recoveries and 1,189 deaths from the virus.

In our health region, Southern Health-Santé Sud, there were nine new cases on Monday, eight in people not fully vaccinated.

The Interlake Eastern's cases continue to go down with one active case being recorded this past Monday. A number of districts still have active cases including five in Beausejour, four in Eriksdale/Ashern, 58 Fisher/Peguis, six Northern Remote, five Pinawa/LacduBonnet, 38 Powerview/Pine Falls, one Springfield, two St. Clements, three Stonewall/Teulon, four Unknown and one each in Whiteshell and Winnipeg Beach/St. Andrews.

Provincially, 82 per cent of Manitobans have received at least one dose of vaccine and nearly 77 per cent are fully vaccinated with two doses.

Health Canada approves Moderna's COVID vaccine for adolescents

By Patricia Barrett

Health Canada announced last week it approved Moderna's COVID-19 vaccine for use in youth aged 12 to 17.

"Until now, this vaccine was only authorized for use in people 18 years of age or older," states a notice posted Aug. 27 on the Twitter account of Health Canada and PHAC (Public Health Agency of Canada). "After a thorough and independent scientific

review of the evidence, Health Canada has determined that the vaccine is safe and effective at preventing [COVID] in youth aged 12 to 17."

Moderna's mRNA vaccine works similarly to Pfizer-BioNTech's mRNA vaccine but both vaccines have different non-medical ingredients. In scientific studies, both vaccines have been found to be highly effective at inducing strong antibody responses

and preventing people from falling seriously ill.

Health Canada approved Pfizer-BioNTech's vaccine for youth in this age group earlier this year.

The health agency will continue to closely monitor the safety of Moderna's vaccine and "take action if any safety concerns are identified," states the notice.

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EXPRESS PHOTO SUBMITTED

Wildlife and livestock welcomed last weeks rainfall as it topped up dugouts throughout the Interlake. 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.

Pallister steps down Wednesday

Staff

Brian Pallister announced over the weekend that he would be stepping down as Manitoba's premier effective this Wednesday.

In a statement sent to media early Sunday morning, Pallister said he was resigning to "ensure the election of my successor can continue to take place free of any perception of any influence from the Office of the Premier."

Since he first announced his intention to leave his role as the leader of the Progressive Conservative Party of Manitoba, Tory MLAs Heather Stefanson and Shannon Martin and former member of parliament Shelly Glover have announced they will run for job.

"The greatest honour of my life has been serving as Manitoba's 22nd premier," Pallister said, noting he's proud of the direction his government took Manitoba in since coming into power in 2016.

"We introduced the first balanced budget in 11 years, while creating the largest ongoing per person investment in health care, education and family services of any province," he said. "We did this while lowering the tax burden on every working person and family, more than any other province, to keep making life affordable for Manitobans."

Pallister noted he feels the province is poised to recover well from the pandemic in the months ahead.

"I am incredibly optimistic about our future as a province and that is why I say to you: the only thing better than today in Manitoba, is tomorrow in Manitoba."

A moment of peace and reflection at Fisher River healing centre

By Nicole Brownlee

The First Nation Healing Centre is reopening its doors for intake for its restorative program for women.

FNHC is a community resource in Fisher River Cree Nation for women and children who have experienced abuse or violence. Women from across Canada and the world have travelled to stay at the healing centre, said Pauline Stevenson, a program coordinator with FNHC.

"We've had women of all ethnic groups," said Stevenson. Women from as far as Brazil, the U.S. and Nunavut have participated.

"It's like a little hidden gem," said Katina Cochrane, executive director for FNHC.

The four-week Rekindling My Spirit Journey is accepting applications for the Sept. 6 to Oct. 1 workshop. The healing center offers Rekindling Journey seven times a year.

For over a year, the centre has only

been able to accept emergency referrals to stay at the short-term crisis centre because of COVID-19 restrictions. While women were residents, they were also able to join the Rekindling program.

"Now we're open. We accept referrals from anywhere," said Cochrane. "If a woman needs help and she wants that time to kind of, reflect on her life and take that time and space away... That's what this program's about; it allows women to think about who they are, what they've been through."

They explore family origins, intergenerational trauma, communication strategies, empowerment and more through exercises, discussion and self-reflection. The groups also delve into learning Cree, beadwork, cooking, dancing and several forms of self-expression at the centre, said Cochrane.

The Healing Centre offers childcare for mothers who are staying at the

centre or need support while attending the program.

Over the 19 years that Stevenson has been involved with the program, she has seen it develop to address what visitors need most.

"Along the years, I noticed that some of the things were not so helpful," said Stevenson. "In some way, it felt like it wasn't reaching some of the women that were here."

Through life experiences, seminars and training programs, Stevenson has learned more about how to help women in need and continues to update the Rekindling Journey.

Condensing it to four weeks instead of seven, incorporating different media to express experiences and inviting several guest speakers are a few recent changes.

"It's a journey. When they're here, they're taking a step off their own path and they're coming to visit us for four weeks," said Stevenson. "They're

rekindling themselves, rekindling their spirit and reconnecting with themselves."

"Every day I see them change. It could be there's more lightness in their energy... They look brighter. It's hard to describe," said Cochrane. "We're so used to taking care of everyone else... we never ever take that time that we need to take care of ourselves, our mind, our body, our spirit."

One exercise Cochrane noted was their tradition of taking a photo on the first and last day of the Rekindling Journey.

"You can see a huge difference in what they're carrying," said Cochrane. "You could physically see it in their demeanour and the way they carry themselves."

To learn more about Rekindling My Spirit Journey, visit firstnationhealingcentre.ca or call 204-645-2750.

Province tightens restrictions on unvaccinated ahead of expected fourth wave

By Lorne Stelmach

Masks became mandatory in public spaces across the province again this past weekend as part of measures that also included COVID-19 immunization requirements for people to attend a wide range of business, facilities, and events.

Provincial officials announcing the changes last Friday defended the measures as being necessary now with the threat of a fourth wave of the virus and particularly the dangers posed by the virus variants.

"The emergence of the delta variant has changed things significantly. Now public health officials tell us the pandemic is one of the unimmunized," said Manitoba Health and Seniors Care Minister Audrey Gordon. "We are introducing these measures to help protect people across the province and to ensure the health care system is not overwhelmed by a fourth wave of COVID-19.

"Currently there are more than 406,000 Manitobans who are not yet vaccinated. Of these, nearly 230,000 are children under the age of 12, and they are not eligible to be immunized. We need to do everything we can to protect them from COVID-19 especially as they return to school," said Gordon.

The measures came as Manitoba released new COVID-19 case numbers that showed unvaccinated individuals are accounting for a significant proportion of all new cases.

Of the 31 new cases identified Friday, 26 were in individuals who were unvaccinated. In the Southern Health-Santé Sud health region, 13 of the 14 cases identified were in individuals who were unvaccinated.

"These orders are here to try to reduce the transmission of the virus as well as reduce the future need for further lockdowns," said Dr. Brent Rousin, chief provincial public health officer. "We want to do whatever we can to avoid further lockdowns and ensuring that only fully vaccinated people

take part in some of these higher risk activities is one such method of doing that.

"We can see that the great majority of our new cases are unvaccinated. These numbers are even higher if we look at ICU admissions. We see very few people who are immunized requiring ICU admission," he continued.

"We have to protect others in the community and the health care system from delta. We can see in the jurisdictions around us the rapid climb in cases which is equating into increase in demands on the health care system."

The new public health order requiring mask use in all indoor public spaces across the province came into effect last Saturday, and the province also developed new requirements for people to be fully immunized to participate in certain events and activities.

Included on the list as of Sept. 3 are indoor and outdoor ticketed sporting

events and concerts, indoor theatre, dance, symphony events, restaurants (both indoors and patio dining), nightclubs and other licensed premises, casinos, bingo halls and VLT lounges, movie theatres, fitness centres, gyms and indoor sporting and recreational facilities and organized indoor group recreational classes and activities, and indoor recreational businesses.

Children 11 and under who are not eligible to be immunized will be able to attend events and activities with a fully immunized adult.

These new public health orders complement the mandatory vaccination mandate requiring all designated provincial public service workers who have ongoing contact with vulnerable populations, especially children, to be fully immunized.

These individuals will need to receive their first dose by Sept. 7 and their second dose by Oct. 17 to be fully immunized by Oct. 31.

Designated employees who are not

fully immunized or cannot provide proof of vaccination will need to undergo regular COVID-19 testing up to three times a week for full-time employees and provide proof of a negative test result before they can resume working.

The province is encouraging businesses to follow their lead when it comes to requiring vaccination of their staff.

"I encourage private businesses and organizations to consider mandating COVID-19 vaccine for their employees to protect their customers and staff and to reduce a chance of an outbreak at their workplace," said Rousin.

"I'm urging the more than 177,000 Manitobans who have not yet been immunized to make an appointment," he continued. "We need as many Manitobans vaccinated as soon as possible in order to reduce the impact of this coming fourth wave."

"The delta variant is changing the game"

By Ashleigh Viveiros

News of Manitoba's renewed COVID-19 restrictions came hours before the province finally released its fourth-wave modelling, which shows the potential for the more contagious delta variant of the virus to have a significant impact on Manitoba's health-care system.

"The delta variant is changing the game," said Dr. Jazz Atwal, deputy chief public health officer.

"In an extreme scenario, the model shows that COVID-19 can overwhelm the acute care system within two months after a fourth wave begins," he said. "Without higher levels of immunizations, and without stricter public health measures, significant levels of ICU occupancy could be expected this fall."

In the extreme scenario, projections

are for 80 ICU beds to be filled with COVID-19 patients within a month of the fourth wave starting.

For comparison, during the week of Jan. 5, 2020 (before COVID-19), there were an average of 63 ICU beds occupied by patients for regular use, including flu, trauma and surgery. COVID-19 bed use will be on top of regular use.

"While additional beds can be added through cancelled surgeries and other service adjustments, this has negative effects on individuals seeking care," the report notes.

Of concern as well is how the increased needs of COVID-19 patients will overlap with the start of the influenza season, further straining the health-care system.

Currently, about a third of Manitobans are not vaccinated against CO-

VID-19, either by choice or because they are not eligible (there has not yet been a vaccine approved for children under 12).

While vaccination doesn't provide 100 per cent protection against catching COVID-19, health officials stress that it does significantly lower the risk of severe outcomes, including hospitalization.

Of the 27 new COVID-19 cases announced last week Monday, Atwal noted 21 were unvaccinated.

"We aren't seeing people who are doubly vaxxed in hospital or in an ICU bed," he said. "What we're seeing is unvaccinated individuals coming into hospital. The best bet to prevent ... overwhelming our acute-care system is to get vaccinated and to practise the fundamentals."

Unvaccinated Manitoba Housing cleaning staff raise resident concerns

By Patricia Barrett

Cleaning staff in at least one Manitoba Housing building in the Interlake are unvaccinated for COVID-19 and residents say they're concerned, especially with the more highly infectious delta variant circulating.

A resident spokesperson, who didn't want to be named for fear of repercussions, said unvaccinated cleaners are working in the Poplarfield housing complex on High Plains Road.

"One of the girls comes in every day to wipe the railings. We asked if she

was vaccinated for COVID and she said no," said the resident by phone.

The majority of residents who live in the complex are seniors, said the resident, and are concerned for their health.

"Cleaners don't come into suites," said the resident, "but they're in the common areas of the building."

A Manitoba Housing contractor in Fisher Branch hired the cleaner, who sometimes brings another woman into the housing complex, said the resident. They're not sure whether the

cleaners also work in other Manitoba Housing complexes such as the one in Arborg or Fisher Branch.

Manitoba Housing offers a rental housing program in communities across the province.

A spokesperson for the provincial Department of Families, which oversees Manitoba Housing, said it is requiring all frontline staff to be either vaccinated by the end of October or undergo regular COVID-19 testing.

"Manitoba Housing is mandating all front line staff to be vaccinated

or tested as per recent public health direction. The purpose of the public health order will be to have people who work in close contact with the public and vulnerable people to be fully immunized by Oct. 31," said the spokesperson by email. "If people choose not to be immunized and refuse to get tested, it will be addressed between the employee and employer on a case-by-case basis."

Chambers of Commerce extends staycations to end the summer

By Sydney Lockhart

The Manitoba Chambers of Commerce has extended their Tourism Rebate Incentive Program (TRIP) until Sept. 12 to give Manitobans an opportunity for last minute outings and adventures before school starts.

"You know the feedback that we've got is for a lot of them (hotels) this really saved their summer, I mean what it did is it filled hotels over pretty much a two-week time frame which is something they haven't had for, you know virtually the last 18 months," said president of the Manitoba Chambers of Commerce Chuck Davidson.

The TRIP program offers a \$100-dollar rebate on hotel stays, \$150 on some hotel stay packages, and 50 per cent off star attractions in Manitoba. The only requirements for the program are that a receipt is submitted before the program is over.

"We didn't just want this to be a Winnipeg only package. This was something that, you know, we saw people taking advantage of hotels in places like Churchill even," said Davidson.

The program was extended because the Manitoba Chambers of Commerce had funds left over that was to be allocated to the program which

allowed them to extend it. Over 1,000 Manitobans took advantage of the program in the initial weeks.

"What we're also trying to do is to let Manitobans know that it's, you know these are safe places to go and so they've got an increased comfort level and we start to rebuild that consumer confidence as well," he said.

With the tourism industry struggling during the pandemic the program was created to help the hotels and star attractions out while giving Manitobans a safe way to take vacation this year.

"We want to give you a bit of a break, and we want to help you out and at the same time we're going to help local businesses as well," said Davidson.

Oak Hammock Marsh is on the list of star attraction eligible for the rebate.

"It's a great support system, it doesn't cost us anything. Basically, visitors can just submit their receipt when they go back home and they can just get refunded so it doesn't really affect their hotels, or the attractions, so it's a win win situation," said Jacques Bourgeois communications for Oak Hammock Marsh.

He said they have seen an increase

lately due to migration and that the incentive is good timing for people to take advantage of the interesting season.

"If you've been, like, wanting to see a place when attractions or visit a region in the province that's even a long time this is a good time to do it," he said, "lots of birds come by from the north so it is spectacular its nature's greatest show in my opinion so that's a good time to come and visit."

Marine Museum of Manitoba in Selkirk is also on the list for the rebate incentive.

"We have noticed there's been quite a bit more traffic through the museum lately. So, it's been a welcome incentive. It's getting people out and checking out the star attractions," said museum manager Shay Nordal.

She said they have been letting visitors know they can apply for the incentive when they come to visit so as many people as possible can take advantage of it.

"It's a great time. I mean not only do you get to explore something that you may not have known what was in Selkirk," she said.

Hotels such as the Arborg Hotel, Ashern Motor Hotel, Fisher Branch

Motor Hotel and the Lakeview Resort & Conference Centre are on the eligibility list for hotel rebates. For the full list of eligible hotels and attractions go to Tripmb.ca.

The Manitoba Chambers of Commerce is also urging Manitobans to take part in their buy local campaign called Buy Brag Tag, where they are asking people to post about their local purchases using the hashtag #buylocalmb and tagging friends to do the same.

"So the whole concept behind our buy local campaign is what we're really trying to do, rebuild that consumer confidence and what we want Manitobans to do. They've done a great job throughout this campaign of supporting local," said Davidson.

He said posting about local purchases can help businesses who have struggled through the pandemic get more customers and help support communities.

"We're really looking to encourage Manitobans to take advantage of these, we want to give Manitobans a bit of a break and we want to help some local businesses as well," he said.

Get on the road to art with the Interlake WAVE Artists' Studio Tour

By Patricia Barrett

Artists who are part of the Interlake WAVE Artists' Studio Tour will be hosting the public at their studios over the long weekend.

Visitors can tour studios throughout the eastern half of the Interlake at their leisure and learn how art is made.

This year 27 artists are taking part in the free event. They'll be dazzling visitors with a variety of artwork that includes ceramics, handmade jewellery, paintings, sketches, art made from fused glass, driftwood and gourds, and photographic art.

Artist studios are located in a number of communities, including Arborg, Ponemah, Matlock, Winnipeg Beach, Sandy Hook and Gimli.

"The [studio tour] is Manitoba's longest running art road trip," said Ponemah-based painter and textile artist Amanda Onchulenko in a news release. "This is an immersive opportunity where visitors get to experience working creative spaces, ask questions, see the tools used for specific purposes in action, and witness how a passion for process translates into beautiful creations."

The studio tour will be held Saturday and Sunday, Sept. 4 and 5 from 10-6. Facemasks will be required at

selected studios. Directions to artists' studios are posted on the Interlake Wave website.

Before heading out, please visit www.watchthewave.ca to check for public health updates or check the Manitoba government's COVID-19 webpage.

Attention: Dunnottar Residents

The RM. of St. Andrews is proposing a large housing Subdivision just outside of Dunnottar on Gimli Road, near Warner Road . Some residents are concerned about the effect the Subdivision will have on the Dunnottar water aquifer.

For more information go to dunnotterratepayers.ca website.

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Notice of Dangerous Goods Handling and Transportation Act Application

Manitoba Conservation and Climate has received an application pursuant to The Dangerous Goods Handling and Transportation Act regarding the following operation and invites public participation in the review process:

RURAL MUNICIPALITY OF GRAHAMDALE WASTE DISPOSAL GROUND HAZARDOUS WASTE DEPOT – FILE NO: 6121.00

An application has been filed by the Rural Municipality of Grahamdale for the operation of a hazardous waste depot at the Moosehorn Waste Disposal Ground located on portions of SE 33-26-7 WPM within the Rural Municipality of Grahamdale. The material will be transported to a licensed facility for further processing, reuse or disposal. All material is transported from this facility and no hazardous waste is disposed of at this location.

Anyone likely to be affected by the above operation and who wishes to comment on the application should contact the department in writing or by email to Edwin Yazon, Environmental Engineer, at Edwin.Yazon@gov.mb.ca, not later than OCTOBER 1, 2021. Further information is available from the Public Registry: www.gov.mb.ca/sd/eal/registries

Information submitted in response to these applications is considered public information and will be made available to the applicant and placed on the public registry.

**Environmental Approvals Branch
Manitoba Conservation and Climate**

1007 Century Street

Winnipeg MB R3H 0W4

Toll Free: 1-800-282-8069

Fax: 204-945-5229

Website: www.gov.mb.ca/sd/eal/registries



Armstrong farmers flooded by the province and municipality say they've been ignored

By Patricia Barrett

Armstrong farmers say they've been asking the province and the municipality for decades to do something about the flooding that has made large portions of their land useless, but have had little success.

Evita Kalski said her family's cattle farm has been flooding since the 1960s after the provincial government built a major drainage ditch called the Fish Lake Drain. Water also comes across municipally owned roads.

The family owns two quarters and rents another two quarters, she said. It was originally a hobby farm that they "put money into" and developed. But they've got water coming from practically all sides and she estimates they've lost about 70 per cent of their land.

"We have two culverts that come from north side which is the Fish Lake Drain that drains onto our land all the time. When there's water, there is no stopping it," said Kalski during a break during Armstrong council's regular meeting Aug. 10.

"On the west side of our land there's a [municipal] service road; the water comes across that road. We've asked [the RM] for gravel to be put in so the water doesn't go over it. On the south side, there's a culvert that comes across what is called the market road (Road 117) that drains onto our land. It comes under the road, and the ditch there is the same level as our land so it just moves onto our land."

The family tried to improve their land and create new business ventures in addition to cattle farming. The ventures would have contributed to the local economy, but they were destroyed by flooding, she said. They built a runway on part of the land because her brother has a pilot's license but "the RM drained water across the end of the runway." Then they built a large fish pond and purchased 1,500 rainbow trout fingerlings. "Once we had the fish in, the water came across onto the land. We tried putting chicken wire across the top of the pond so the fish wouldn't escape."

One of her cows calved on an island created in a flooded pasture. The calf was trapped there for a whole week because the water was too high, she said. What was once pasture is now swamp. Trees are dying because they're sitting in water. Some of their cattle have broken through fencing when water inundates pastureland and they go in search of grass.

Kalski said she's been trying since the 1970s to get some action and stop both government's from flooding the land. She has spoken to the province,

the municipality, local politicians and organizations that advocate for farmers.

"Who else can we talk to? I've had [the provincial department of] Water Stewardship come out here, [MP] James Bezan was here, [MLA] Ralph Eichler was here, the Cattle Association was here. Everybody and their son have been here and they've all said they're flooding us out."

The family has received no compensation from the province or the municipality, she said, and the RM overlooked them when a grant for fencing was available for farmers.

Kalski said she sent the municipality a letter roughly five months ago to look at culverts causing flooding.

"They said they'd send someone out to look at them, but no one has contacted me," said Kalski. "The stress is getting to us, but we figure they should be fair to everybody."

Kalski's neighbour said he too has been flooded for the "past 40 years" by the Fish Lake Drain and that they've been fighting since for improvements to the drain.

"All in all, it's been a very long time that we've been asking for Fish Lake Drain to be upgraded so we could reclaim some of our land," said the farmer, who asked that his name not be used because of the potential for reprisals.

He estimates he has lost a couple of hundred acres.

"I own a mile and a half of land along the Fish Lake Drain," he said. "The elevation of the water is higher than the elevation of my land. They put dykes along that drain so any land adjacent to it can never drain off properly. It's just rendered the land useless pretty well."

There are several abandoned culverts sitting at a spot where an upgrade to the drain was supposed to have been done around the time of major flooding roughly 10 or so years ago, said the farmer, but the project never proceeded.

"They were supposed to upgrade the drain, drop it down deeper and widen it so it can do its job," he said. "But everything is just at a standstill. It's become more than frustrating. We own a lot of land adjacent to the drain and there's absolutely no drainage."

In addition to flooding his own land, the Fish Lake Drain has also flooded land a couple of miles away from the drain because the water has nowhere to escape, he said.

He's aware that the province was supposed to start upgrading the Fish Lake Drain at the spot where it empties into Lake Winnipeg [around



EXPRESS PHOTO COURTESY OF EVITA KALSKI

Kalski took photos of her pasture and fencing inundated by flood water.



EXPRESS PHOTO BY PROVINCE OF MANITOBA

The Fish Lake Drain heads east to Lake Winnipeg along Road 118.

Camp Morton], but he said he has no idea what improvements were made.

"From what I understand there has been some work done close to the lake," he said. "But nothing has been done at this end where we're being flooded, other than they did a little cleaning of bullrushes every couple of years so the water will flow a little better, even though that's not the case."

The Municipality of Armstrong did not respond to a request for comment by deadline about its role in the flooding of Kalski's land, whether it has offered any compensation and why no one has contacted her in regard to her latest request.

The Express also asked the province for comment on the flooding of

farmland along the Fish Lake Drain, whether farmers were compensated, why culverts have sat in a field for over a decade, and the status of the upgrade. The province acknowledged the request, but did not provide any comments by deadline.

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Arborg Ag Society to host barrel racing in Silver

Staff

The Arborg Ag Society will be hosting pole bending and barrel racing every Thursday for the month of September starting this week at the Silver Community Centre.

Spectators are welcome to come out. The event is free to attend and starts at 7 p.m.

Racing is in the main arena, while warm up will be in the little arena. Competitor parking is on the north side of arena.

There will be a payout of 90 per cent each evening: 1st, 2nd, and 3rd placings of each age category of each event! All competitors must wear western attire. Arena lights will be on if we run later in the evening.

Age categories (as of Jan. 1, 2021):

PeeWee (9 years old and under: must wear a helmet) Entry fee: \$10 per horse/rider entry

Junior (10-15 years old: must wear helmet) Entry fee: \$20 per horse/rider entry

Senior (16 years old and up): helmet optional to wear)

Entry fee: \$20 per horse/rider entry
Event and age category order:

The following dates are the dates of jackpot evenings:

Sept. 2 - Sept. 9 - Sept. 16 - Sept. 23 - Sept. 30.

*weather permitting and must have at least 10 total entries, if not the evening will be cancelled.

Pole Bending (PeeWee, Junior, Senior), followed by barrel racing (PeeWee, Junior, Senior).

Entries are every Tuesday evening before jackpot evening between 4 p.m. and 8:30 p.m. Call or text Amanda Wasyliw @204-479-1272 (or Facebook messenger). Confirmation reply will be sent after successful entry. Each entry must include: full name of rider, age of rider (as of Jan. 1, 2021), and name of horse.

Entry fees are to be paid (exact cash only) when you arrive at the grounds before 6:50 p.m. in the announcer tower (unless running late you must notify Amanda asap).

Spectators are welcome to watch and cheer (no charge)! We do ask that you socially distance and follow COVID-19 regulations. Please park behind bleachers/by the hall. COVID-19 regulations will be followed.



EXPRESS FILE PHOTO BY ROBERT E. WILSON

Arborg Ag Society is hosting pole bending and barrel racing every Thursday for the month of September. Racing begins at 7 p.m. at Wilver Community Centre.



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Run, walk on your own for Arborg's Terry Fox Run



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Arborg's annual Terry Fox runs always draw a large number of participants from town and the surrounding communities. Some of the participants in Arborg's 37th Annual run in 2017 are shown here. Over 25 years (up to 2017), Arborg's events have raised \$200,000 for cancer research.

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Interlake Co-op supporting fundraiser

By Patricia Barrett

The COVID-19 pandemic won't be stopping Arborg's Terry Fox Run from going ahead this year.

Organizers are inviting people to run, walk, ride or rollerblade on their own or in family groups to help raise funds for cancer research.

Chair of the Arborg & District Terry Fox Committee Donna Gislason, who has been involved in the annual event for over a decade, said it's easy to lose sight of important causes with the ongoing pandemic and the stress it's causing.

"It is important we pay attention to COVID, but people are still getting cancer and this fundraiser needs to go forward," said Gislason last week. "Right now, I have two close friends undergoing cancer treatment and battling the disease. It really hits home, making you realize that we still have to continue to support these types of fundraisers."

People from Arborg and the surrounding communities are generous supporters of the Arborg Terry Fox Run, said Gislason. Last year the committee raised a significant amount of

money for research.

"Even though last year we didn't have the run due to COVID, we sold T-shirts and people ran on their own. We raised over \$6,000, which was very good," she said. "I'm grateful to everyone who donated or bought a T-shirt or participated in some way."

British Columbia-born Terry Fox inspired the nation in 1980 with his Marathon of Hope, a cross-Canada run to raise money for cancer research after he was diagnosed with the disease and had to have part of his leg amputated when he was 18. Fox started his run in Newfoundland and Labrador in April, but by September the cancer had spread to his lungs and he was forced to stop near Thunder Bay. He ran 5,373 kilometres. He died in 1981 at the age of 22. Since 1980 more than \$850 million has been raised for cancer research, according to terryfox.org. Typically, over 650 communities across Canada help raise funds for cancer research each year by taking part in the run.

The Arborg Interlake Consumers Co-op grocery store will be lending a helping hand to the fundraising ef-

fort this year by offering people something they can sink their teeth into.

"On Sept. 17 we are going to be sitting at the Interlake Consumers Co-op from 10 a.m. to 6 p.m. selling Terry Fox T-shirts and also taking any donations people wish to make," said Gislason. "The Co-op has donated a grocery basket and anyone that purchases a T-shirt will get a free entry for the draw. It's very nice of Co-op. We're very pleased they're doing that."

And on Sunday, Sept. 19, people can take part in their own run or other exercise activity when the national run takes place. Gislason said all the money raised goes to the Terry Fox Foundation for cancer research.

Anyone wishing to make a donation online can do so at: <http://www.terryfox.ca/terryfoxrun/arborg>

People who prefer to mail in a donation (by cheque) can send it to the foundation's Manitoba office:

The Terry Fox Foundation, Unit A - 1214 Chevrier Blvd, Winnipeg, MB. R3T 1Y3. Please note on the cheque that the donation is for the Arborg run. For more information, contact the foundation's office at (204) 231-5282.

Anti-mask advocates stage protest march through Gimli

By Patricia Barrett

Anti-mask proponents took to the streets of Gimli last Friday to protest against the provincial government's reintroduction of mandatory indoor mask-wearing and the use of COVID-19 vaccination cards to access non-essential services such as gyms, clubs and restaurants.

In the wake of new provincial modelling showing COVID's delta variant poised to swamp Manitoba hospitals, further wear down health-care workers and kill more people, the provincial government is making COVID-19 vaccinations mandatory for public sector workers such as teaching staff. Those who decline vaccination will have to take up to three COVID tests every week in order to enter their workplaces.

It's unclear who organized the Gimli protest, but bystanders told the Express there were roughly 50-60 people taking part and that they were primarily women and children. A man with a megaphone led the procession through the downtown business core.

A businessperson said they saw the marchers and came outside to see what was going on.

"I couldn't believe it. I was talking to [another businessperson] when we saw them march by," said the businessperson, who doesn't want to be named for fear of having their business targeted by anti-mask, anti-vaccine proponents. "There were quite a few families. We thought it was a parade at first because we love parades."

The protest further exacerbated the divide between people informed by science and who believe getting vaccinated and wearing masks help protect them and their community from the virus – which has killed over 4.4 million people worldwide – and those who think such measures are a form of government oppression.

Saveja Ellison shared photos of the protest on Facebook, saying it included a stop at the Evergreen School Division, whose administration office is on Centre Street West, near Sobeys.

"Anti Mask rally that went through town today. Their end destination was the Eve[r]green School Division," wrote Ellison. "Luckily the staff at ESD left early when they heard these 'science experts' were coming."

A number of people commented on the post, either criticizing the anti-mask protesters or those who support masks and vaccines.

Heather Wozlowski wrote: "My son gladly wore a mask this past school year. And when he caught Covid, his first concern was his classmates. Imagine a 9 year old having more concern than [sic] some parents. I hope you don't ever have to watch your child's every breath praying they don't endure the same horrible Covid symptoms you do."



EXPRESS PHOTO COURTESY OF FACEBOOK
A bystander took a photo of a truck used in the protest. It was decorated with messages opposing communism, a theory created by 19-century German philosophers decrying oppression of the masses by capitalists, tyranny, Wayfair, an online store, and UNICEF, an international humanitarian organization that protects children.

A couple who lives in Gimli told the Express they heard "noise" while they were in a residential section and came up to Centre Street to see what was happening.

"They looked like a ragtag band of hillbillies," said the man, who doesn't want their names used because of the potential for anti-masker, anti-vaxxer anger. "The guy with the megaphone was shouting, 'We have to stand up for our rights, we have to fight for our rights, they can't take our rights away from us,' and that kind of crap."

The protesters were walking down the sidewalk and weren't blocking cars, said the man, but they were "obstructing traffic" into businesses as people were trying to get their shopping done. And they were "disturbing the peace" with that megaphone.

"We shouldn't be giving these people oxygen," said the man, referring to giving them a platform for their views, not to denying them actual oxygen in a hospital should they fall ill with COVID.

Gimli resident Tanis Benson said people have a right to be safe when they're in public places. Masking has been proven to reduce the transmission of COVID, which is spread primarily through droplets created when people talk,

laugh, shout, cough or sneeze.

"People have a right to safety, and the mask mandate in public places will help achieve that," said Benson. "Aren't our public laws and rules for the good of all and the safety of all?"

Benson said hospitals have used masks and handwashing for decades to reduce the risk of pathogens such as viruses and bacteria entering the body and causing illnesses or death.

"Do these protesters not agree with that? Should we go back to mask-less and gloveless surgeries?" said Benson.

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Call 467-5836

Ashern is revving up their engines for ATV rodeo

Lots of family fun planned for Sept. 3 and 4

By Nicole Brownlee

Engines are revving for the Ashern Rodeo on Sept. 3 and 4, replacing horses with ATVs for the first time in almost 30 years.

"Because of the late restrictions, that's why weren't not having our actual rodeo part of our rodeo weekend," said Tara Schoenberger, an Ashern Rodeo organizer.

Schoenberger is referring to the recent changes to the public health restrictions, which permit up to 1,500 people or 50 per cent of the location's capacity to gather outside for a community event. These updated restrictions were effective on Aug. 7, leaving the organizers less than a month to plan the event.

"It was just too short of time," said Schoenberger. "But we still wanted to provide something for our community... We were looking to boost morale and to see some smiles on people's faces."

The two-day rodeo will mostly take place at the rodeo grounds, with an outdoor movie night, fireworks, beer

gardens and rodeo events. The only exception is a pancake breakfast from 8 a.m. to 10 p.m. on Sept. 4 prepared by the Ashern Fire Department at the Centennial Hall.

Residents who aren't able to attend the breakfast can also sign up to have their meal delivered.

"We [want to] make sure that they're also feeling a part of the community and they can also join in the celebration," said Christine Michaleski, another organizer with the rodeo.

Children under the age of 12 can compete in the ATV rodeo where they'll show their skills racing and weaving through a barrel course.

"We're keeping safety in mind by putting a cap on the amount of power on the engines of the ATVs, so it's keeping everybody safe but still allowing everybody a little bit of fun," said Michaleski.

Following the parade starting at the rodeo grounds at 11 a.m., the annual Ashern Super Farmer competition

Continued on page 17



EXPRESS PHOTOS SUBMITTED

Instead of bulls and horses, young cowboys and cowgirls will be racing and wrangling ATVs on Sept. 4



The Ashern Rodeo is returning to the community on Sept. 3 and 4.



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Saddling up for stem cell treatment in Thailand

Local equestrians fundraise for Amaya Dawson stem cell treatments

By Tyler Searle

A band of local equestrians has ridden nearly 1,000 miles in support of Amaya Dawson, and they've pledged to ride hundreds more.

Jaime Margetts and her riders from RW Ridgeway Ranch are in the midst of a fundraising drive that has them riding horses and collecting monetary donations for every mile they travel.

Their goal is to ride 1,500 miles from July 1 until the end of September, and so far, the 16 participants have accumulated 895.2 miles.

The riders—who range from age six to adulthood—are soliciting donations from friends, family, and community members and asking them to pay per mile. Each rider is free to determine what a mile is worth, but the basic idea is this—the more miles, the higher the donation, Margetts said.

Of course, the riders are gladly accepting lump-sum donations as well, she added.

The proceeds will go to the Dawson family, who are saving money to finance a trip to Thailand. Once there, Amaya will undergo a specialized stem cell treatment in the hopes of regaining some of her mobility.

The Mayo Clinic describes stem cells as “the body’s master cells.” They are versatile cells that doctors can use to treat diseased or damaged tissue.

Health Canada identifies stem cell research as promising but considers treatments to be experimental and not federally approved.

Physicians in other countries have used them to treat a variety of ailments, including spinal cord injuries.

“The stem cell transplant in Thailand costs about \$30,000 Canadian. If she was to get the epidural stimulation surgery, that’s \$100,000,” said Amaya’s mother, Alycia Dawson.

A stem cell transplant could help return some sensation to Amaya’s lower body, while the epidural surgery could improve her movement. Even a marginal increase in muscle control could bring Amaya monumental long-term

benefits.

“A realistic goal for this first transplant would be for her to regain some of her abdomen so then she can sit better and have more control of her body.”

Access to her abdominal muscles would help Amaya balance and reach for things on her own, Dawson said.

“It would change her life drastically.”

The Dawson’s are still awaiting confirmation from Thai doctors about which procedure has the highest likelihood of success.

In the meantime, they are pooling their resources to prepare for the expense.

Amaya was paralyzed in a head-on collision last February. Since then, numerous businesses and community initiatives have fundraised in support of her recovery.

“I honestly don’t know the words to properly say it. The way people are so forthcoming about wanting to help my daughter is so heartwarming,” Dawson said.

The Ridgeway fundraiser will culminate on Sept. 25, when the more experienced riders embark on a 13-mile trek from RW Ridgeway to Quarry View Esso.

“That’s a long ride. It will take us about three hours to get there,” Margetts said.

When they arrive, the riders will enjoy a BBQ with an assortment of drinks and snacks.

Esso owner Clayton Wadge has already reserved a spot for them to corral their horses on the north side of his property, Margetts said.

Before they depart, the riders intend to decorate their horses to look like unicorns.

The unicorn has become a symbol of hope for young Amaya, who wholeheartedly believes in the mythical creatures, said Dawson.

“Since the beginning, unicorn magic is what has held Amaya together and kept her strong. Every time she gets sad, or she has a moment, she thinks of unicorns, and she overcomes her feelings by thinking about how unicorns are helping her.”

In 2019, Margetts and her riders hosted a similar fundraiser in support of CancerCare Manitoba. The four riders who participated were able to raise \$4,000.

This year, 16 riders are participating in the fundraiser. Margetts does not have an estimate of how much they will raise.



Mother-daughter combo Carolyn and Sawyer Fox are participating in the fundraiser to support Amaya.



EXPRESS PHOTOS BY JAMIE MARGETTS
Maitilda Margetts riding Faith.

“There’s two big differences this year. One is COVID and everybody’s financial state. The other is when we did our ride for CancerCare, it was a registered charity,” she said.

Registered charities incentivize donors by offering tax receipts, but because the money goes directly to the Dawson family, contributors will not be eligible for the tax break.

Still, Margetts hopes people will consider pitching in.

People interested in sponsoring a rider with a per-mile or lump-sum donation can contact Margetts at 204-513-1035.

> ATV RODEO, FROM PG. 16

kicks off on Sept. 4 after 12:30 p.m. Teams of three face off to complete “farming chores” like tossing bales as far as possible and carrying water as fast as you can from one end of the arena to the next.

“It’s another fun event we think that people will get a good laugh out of,” said Schoenberger. The local fire department recently signed up for the competition to raise the stakes for groups to join, she added.

“There’s been a lot of interest, and it’s creating a little bit of a buzz through town,” Michaleski. “It’ll be nice to get families out here cheering for their favourite local person and see every-

body come together.”

On Sept. 3, community members can watch a free outdoor movie at the grounds at 8 p.m., where there will also be a glow-in-the-dark scavenger hunt. Beer gardens, food trucks and concessions will also be available while watching the fireworks display after the movie.

“The fireworks are always a good time,” said Schoenberger.

Pony rides, bouncers and face painting will be set up around the event space for families to enjoy on Sept. 4. A social will also cap off the rodeo starting at 8 p.m. To learn more about the Ashern Rodeo, visit the Ashern Rodeo Facebook page. To sign up for the event, email ashernrodeo@live.ca

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Please share your story ideas at

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THE EXPRESS WEEKLY NEWS

get inspired

> MEAL IDEAS



Chopped Chicken Taco Salad

1 avocado, chopped into bite-sized pieces
 1 cup black beans, drained and rinsed
 1 cup corn
 1 pint grape or cherry tomatoes, chopped
 1 cup shredded cheese (Monterey Jack or Mexican)
 tortilla strips or crushed tortilla chips, for topping

To make dressing: In small bowl, stir yogurt, buttermilk, lime juice, cilantro and taco seasoning until combined. Taste and adjust lime juice and cilantro as needed. If dressing is too thick, add buttermilk 1 teaspoon at a time until desired consistency is reached. Refrigerate until ready to serve.

To make salad: Season chicken on both sides with taco seasoning. Heat large skillet over medium-high heat and add olive oil. Add chicken to pan and cook on both sides until outside is golden brown and chicken is cooked through. Remove to cutting board and slice into strips.

On large platter, heap chopped lettuce. Sprinkle chicken over top. Add avocado, beans, corn, tomatoes and shredded cheese. Drizzle dressing on top and sprinkle with tortilla strips or crushed tortilla chips.

Recipe courtesy of Megan Gundy of "What Megan's Making" on behalf of Milk Means More

Prep time: 15 minutes
 Cook time: 15 minutes
 Servings: 4

Dressing:
 1 cup plain Greek yogurt
 1/3 cup buttermilk, plus additional (optional)
 1 tablespoon fresh-squeezed lime juice, plus additional (optional)
 3 tablespoons chopped cilantro
 2 tablespoons taco seasoning
 Salad:
 2 pounds boneless, skinless chicken breasts
 2 tablespoons taco seasoning
 2 tablespoons olive oil
 1 head leaf lettuce, chopped



Sustainable Frittata

2 cups shredded cheese, any variety
 3 cups assorted cooked vegetables and pre-cooked meats
 fresh herbs, for garnish (optional)
 Preheat oven to 450 F.

Preheat cast-iron pan or oven-safe skillet over medium heat.

In large bowl, mix eggs, milk and salt then add shredded cheese.

Add cooked vegetables and meats to pan to reheat. Once vegetables have softened, add egg mixture to pan and scramble. Let sit over medium heat 1 minute.

Carefully transfer to oven and bake 10-15 minutes. Frittata is done when eggs have set. Remove from oven and top with fresh herbs.

Recipe courtesy of Jenn Fillenworth of "Jenny With the Good Eats" on behalf of Milk Means More

Prep time: 5 minutes
 Cook time: 20 minutes
 Servings: 8

12 eggs, beaten
 1/4 cup whole milk, half and half or heavy cream
 1/2 teaspoon salt



Cheesy Quinoa Bites

Preheat oven to 375 F. Grease 12 muffin cups. Cook quinoa according to package directions; let cool slightly.

Stir together quinoa, 1 1/2 cups cheddar cheese, eggs, broccoli, bell pepper and salt. Spoon mixture into prepared muffin cups. Sprinkle remaining cheese over top.

Bake 18-20 minutes, or until golden brown and set. Let cool slightly in pan on rack; invert onto rack and let cool completely or serve warm.

Substitution: Use finely chopped sundried tomatoes, black olives or pickled jalapeno peppers for orange bell pepper, if desired.

Prep time: 15 minutes
 Cook time: 30 minutes
 Servings: 12
 1 bag Success Tri-Color Quinoa
 2 cups aged cheddar cheese, shredded and divided
 2 eggs
 3/4 cup broccoli florets, cooked and finely chopped
 1/3 cup orange bell pepper, finely diced
 3/4 teaspoon salt

Fall Fitness Fun!

Submitted by Julie Germaine

Hands up if fall is your favourite season too! Fall foliage is breath-taking, the weather is ideal, and typically so many fun activities to look forward to are kicking off.

It can take some adjusting to get yourself outside for exercise as the weather turns, but if you have the right attitude and wardrobe, you can stay warm and continue doing many of the summer activities you enjoyed, such as walking or bike riding.

Protecting your extremities is the first step in keeping warm and extending the outdoor season. If I go for a bike ride early in the morning in September, I wear gloves and throw on a specially made toque that fits thinly under my helmet to keep me comfortable. Dressing in layers also helps, so you can zip down or strip off as your core temperature rises from exercise. Aim to stay dry, not just warm, by opting for synthetic fibers instead of cotton, such as polyester, nylon, and polypropylene designed to dry quickly.

Now is the time to sign your kiddies up for classes – there is a chance the registration is more limited due to COVID-19 class size restrictions, but there are so many options to choose from (swimming, team sports, dance class). If your child's first choice is taken, see this as an opportunity to try something new and out of their comfort zone. After this odd year and a half, kids benefit from being pushed to socialize and connect with others in their community in as



Health and Wellness Fitness expert Julie Germaine

many ways as possible.

Finally, remember Twister and Musical Chairs? Why not try to incorporate family-friendly activities into game night. You may also want to consider investing in video games that include movement like Wii Sports, to encourage your gang to enjoy motion-controlled virtual fun!

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one coaching! www.juliegermaine.com

Coach Julie Germaine is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Guru. She has helped thousands of men and women improve their health since 2005.



Pine Nut Strawberry Rice Bars

and sliced
 1/2 cup unsalted pine nuts, chopped

Prepare rice according to package directions. Coat 9-by-13-inch baking pan with nonstick cooking spray and set aside. Preheat oven to 350 F.

In bowl or electric mixer on medium speed, beat butter, sugar and strawberry jam until thoroughly combined. Add eggs and lemon extract; continue beating until well mixed.

In separate bowl, sift flour, baking powder, turmeric and baking soda.

Add rice to flour mixture and mix thoroughly. Combine rice mixture with egg mixture. Gently fold in strawberries and nuts.

Spread batter in prepared pan. Bake 25 minutes.

Remove bars from oven and cool in pan. Once cool, transfer to cutting board and cut into 36 bars. Store in refrigerator.

Prep time: 10 minutes
 Cook time: 25 minutes
 Yield: 36 bars
 1 bag Success White Rice or Brown Rice
 nonstick cooking spray
 3 tablespoons butter, softened
 1/3 cup sugar
 1/4 cup strawberry jam
 2 eggs, beaten
 1 teaspoon lemon extract
 2 1/2 cups all-purpose flour, sifted
 2 teaspoons baking powder
 2 teaspoons ground turmeric
 1 teaspoon baking soda
 1 1/2 cups fresh strawberries, hulled

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs excited to begin training camp

By Brian Bowman

The Arborg Ice Dawgs could not be more excited about opening their training camp on Sept. 17.

Arborg will host a three-day camp in Gimli and most players trying out will be from the Interlake.

"The whole organization and all of the returning players are pretty stoked," said Ice Dawgs' head coach Murray Monkman on Monday afternoon. "The team is full of local talent. Arborg has a good representation

(with four players) that will be key members of the team and that number could increase depending on how things turn out at camp. Same with Gimli, Gimli is represented very well."

Monkman is expecting to have about the same number of players in this year's training camp as compared to last year. That number would be between 35 and 45 players which is a good figure to work with.

"It's kind of perfect, to be honest with you," Monkman said. "The first

season I came on with the Dawgs as an assistant coach two years ago, our numbers were really low. We basically had just over 20, 25 guys so we really worked hard last year during the off-season to promote the organization with my coaching staff and connections with minor hockey and AAA and the different junior organizations."

With the Manitoba Junior Hockey League shutting down last season due to COVID, the Ice Dawgs were able to sign the Virden Oil Capitals' Jack

Einarson of Gimli and Josh Belcher of Rapid City, Man.

Both players are very talented forwards who will bring plenty of leadership to Arborg. Einarson was Virden's captain last season while Belcher was an assistant captain.

The Ice Dawgs are slated to play pre-season games on Sept. 23 and Sept. 26 and Arborg's Capital Region Junior Hockey League home opener is set for Oct. 2.

Blue Jays' bats red-hot in pair of victories

Staff

The Stonewall Blue Jays' offence was in high gear last week.

Stonewall scored 21 runs in just two games - both victories - in Winnipeg Senior Baseball League action.

On Sunday, Stonewall cruised to an impressive 10-0 road victory over the Springfield Sr. Braves.

Scott Harris and Zach Campbell led Stonewall with three hits apiece while

Adam Kirk and Eric Swanson each had two hits.

The Blue Jays led 4-0 after three innings and then broke the game open with five in the fifth. Stonewall then added another run in the top of the seventh.

The Blue Jays, which banged out 11 hits, had runs scored by Zak Johnson (three), Harris (two), Swanson (two), Dave Mabon (two), and Kirk.

James Stolar allowed five hits for the victory.

Last Thursday, Stonewall hammered the Southwest Longhorns 11-4.

Leading 5-4, the Blue Jays, once again, had a huge fifth inning by scoring five runs.

Kirk, Rob Ushy, and Mabon each had a game-high two hits.

Johnson (two), Mabon (two), Derek Petrasko (two), Kirk, Nick Drews,

Bailey Proctor, Stolar and Campbell scored for the Blue Jays.

Chris Norquay pitched 4 innings, allowing just one hit while striking out seven. Swanson came on in relief.

Stonewall, now 8-5, visited Carillon this past Tuesday but no score was available. The Blue Jays will host Elmwood Wednesday and St. James on Thursday. Both games start at 7:30 p.m.

Brent Ingram loses in final of Manitoba Match Play Men's Championship

Staff

West St. Paul's Brent Ingram of the Elmhurst Golf & Country Club was edged by Niakwa's Lyle Mackenzie on the first playoff hole at the Manitoba

Match Play Men's Championship at the Grand Pines Golf Course.

Ingram advanced to the final after a 3 & 2 semifinal victory over Noel Ngo.

The senior men's final featured

Niakwa Country Club members Lorne Duncan and Ken Warwick. Duncan prevailed on the 19th hole for a 2 up win.

On the women's side, Addison Kar-

tusch defeated Cala Korman 3 & 1. Both are members of the Golf Manitoba Junior Girls Development Program.

Orioles' seasons end in playoff losses

Staff

The Interlake Orioles' 15U "AAA" baseball season ended with a tough 16-0 loss to the Carillon Sultans on Saturday in Ile des Chenes.

Earlier that day, the Orioles crushed the Sultans 11-4.

Interlake started the playoffs last Thursday with a 6-2 loss to Pembina

Hills.

In 13U "AAA" action, Interlake lost 13-5 to Caillon on Sunday.

Interlake started its playoffs with a 10-4 loss to Pembina Hills last Thursday.

On Saturday, the Orioles were defeated 11-10 by Pembina Hills and 10-3 by Carillon.

Interlake Impact suffers shutout loss

Staff

The Interlake Impact dropped a 1-0 decision to Scorpions FC in Manitoba Major Soccer League 3rd Division action last Sunday at the Buhler Recreation Park.

On Aug. 24, the Impact lost 3-1 to Niverville Force SC.

Parker Davis, with a pair, and Peter Garrecht scored for Niverville while Eric Plett replied for Interlake in the losing cause.

The Impact will next play the United Punjab Sports Club on Sept. 7 at Buhler. Game time is 6:15 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bandura golfs well at Canadian Men's Mid-Amateur Championship

Staff

Charles Fitzsimmons of London, Ont. was the only competitor to finish under par, resulting in a four-stroke victory at the Canadian Men's Mid-Amateur Championship in Fort McMurray, Alta.

Jack Werhun of the Elmhurst Golf & Country Club carded his second consecutive one-under par 71 and finished 11th on the leaderboard with a 298 total.

Ben Bandura, with a 74 in his final round and 301 total, finished second

in the Mid Masters Division. Bandura earlier carded rounds of 78, 74, and 75.

Other Manitobans who completed four rounds included: Jay Doyle (Niakwa Country Club) 305, Delwyn Doerksen (Golf Manitoba Public Players Club) 312, Jordy Lutz (Elm-

hurst Golf & Country Club) 315, Tyler Hall (Pine Ridge Golf Club) 316, Drew Jones (Shilo Country Club) 323, Jesse Skelton (Breezy Bend Country Club) 332, and Kenny Keeler (Portage Golf Club) 334.

take a break > GAMES

SUDOKU

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Secret clique
- Earliest in and out
- Ancient Egyptian symbol of life
- Olfactory property
- Kidnapping
- Golf prize
- Helps little firms
- Cast a spell on
- Dishonorable man
- Sea eagle
- Part of the healing process
- Vin's last name
- Wings
- Made older
- Political device
- Looks like a rabbit
- Gurus
- Philippine Island
- Not or
- Hindu model of ideal man
- Exam
- Making less difficult
- Without
- Dravidian ethnic group
- A baglike structure
- Buenos Aires capital La ___
- Dab
- Singers who perform together
- Pirates' saying
- OK to allude to
- Somaliland diplomat
- Has to pay back
- Felix is one
- Intestinal pouches

CLUES DOWN

- Harsh cries of a crow
- Type of horse
- ___ fide: authentic
- Doctors' group
- Fugitives are on it

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

- Forged
- Wild goat
- Influential American president
- Calls for help
- Repents
- Palm tree with creeping roots
- Black powder used in makeup
- Happy New Year
- Stretched out one's neck
- Whale ship captain
- Atomic #20
- Border
- River that borders India and Nepal
- After B
- Fencing swords
- Where researchers work
- Expression of satisfaction
- Broadway actor Nathan
- Heavy, heat-retaining stove
- A way to eliminate
- Type of tree resin
- Russian river
- Children's TV network
- Troublemaker
- Averts or delays
- Self-immolation by fire ritual
- It cools your home
- Satisfy to the fullest
- Stinks!
- Popular board game
- Attack by hurling
- A vale
- Type of acid
- Tasmania's highest mountain
- No seats available
- Licensed for Wall Street
- Family of genes
- Constrictor snake

Classifieds



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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.

WANTED

1948 - 1952 Ford or Mercury truck box for 3/4 to 1 ton. Will consider complete truck. Call Larry at 204-793-6937.



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.

HOUSE FOR RENT

Small 2 bedroom house for rent in Selkirk. Incl. washer, dryer. 2 sheds. \$1000/mo. plus utilities. Email bigandcolourful@mts.net for more information.

Please support our advertisers
SHOP LOCAL

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.



Town of Winnipeg Beach PUBLIC FORUM

September 25, 2021 from 10am to Noon

Location: Town of Winnipeg Beach Community Centre
32 Hamilton Avenue, Winnipeg Beach
Pre-Registration and Question Submission Required prior to Wednesday September 22nd
Questions can be sent to the Town online at www.winnipegbeach.ca, by sending an email to info@winnipegbeach.ca or by dropping off or mailing questions in to the Town office.

Masks and ALL COVID protocols must be followed. Limited attendance accepted as per Provincial guidelines.



EVERGREEN SCHOOL DIVISION

Invites applications for the following regular position, effective ASAP:

21.OP.01 **Bus Driver – Gimli/Winnipeg Beach Area**
(approx. 4hr/day)

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

CLOSING DATE: September 13, 2021 (3:30 pm)

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

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



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
(204) 642-1718

Eddie's Gravel Supply Ltd. is hiring

Journeyman Mechanic & Shop Foreman

Competitive Wages, Training
Health Benefits
info@eddiesgravel.com
204-389-2023
102086 PTH9, Wpg Beach, MB

EMPLOYMENT OPPORTUNITY



Is seeking additional staff for the following positions:

- **Service Technician**
- **Parts/Counter Person**

Experience not necessary but a definite asset. Benefit plan available.

Apply in person, fax, mail or e-mail resume to:

276 Ardal St., Box 190,
Arborg, MB R0C 0A0
shachtays@hotmail.com
Ph: (204) 376-5233
Fax: (204) 376-5234

Locally owned and operated.
Serving the Interlake for 55 years.

TENDER NOTICE

Ukrainian Farmers



"Caretaker"

Ukrainian Farmers Co-operative Ltd.

Contract from October 1, 2021 to October 1, 2022.

Must provide proof of 2 Million Dollars liability insurance.

\$1,000 Personal Bond is required for each person the contractor employs to work on our premises

For a copy of the job description and requirements, please stop by our office.

Application deadline will be **September 22, 2021**.
Lowest or any tender not necessarily accepted.

Tenders should be submitted to:
Ukrainian Farmers Co-operative Ltd.
Box 160, Fisher Branch, Mb, R0C-0Z0
Ph# (204) 372-6202 Fax# (204) 372-8402
ukmanage@mymts.net



FINANCIAL ASSISTANT – EMPLOYMENT OPPORTUNITY

Green Acres Art Centre Inc (GAAC) is a non-profit offering arts, culture and wellness programs for residents of all ages in the Town of Teulon, RM of Rockwood and surrounding municipalities.

The GAAC is seeking an experienced, positive, enthusiastic and reliable individual to fill the position of Financial Assistant who will provide support with financials for the GAAC's Board of Directors.

Job Description

The Financial Assistant will be responsible to assist with all aspects of financials. This position is part-time and will start at 10 hours a week. Scheduling of this position allows for flexibility. Saturdays would be required during the training period and when necessary to meet deadlines. Attendance at the monthly evening board meeting is expected.

Employment is a term of 15 weeks, starting after first day of employment. This position has potential to increase weekly hours and become permanent.

Qualifications & Skills

- Excellent working knowledge and understanding of banking/ accounting procedures
- Experience working in an accounting position – receivables, payables, and/or payroll OR
- Post Secondary Education in accounting
- Willingness and ability to learn
- Simply Accounting experience an asset
- Experience with Excel Spreadsheets
- Excellent organizational skills
- Excellent time management and multi-tasking skills
- Excellent written and oral communication skills
- Proficiency with Microsoft Office and Outlook
- The ability to work independently and with groups of people
- The ability to be flexible with scheduling
- Must provide Criminal & Child Abuse Checks
- A reliable vehicle for running GAAC errands (mail, bank deposits etc)
- Understanding of how a Board of Directors for a not-for-profit organization operates an asset

Salary will be on an hourly basis and will be determined based on experience. Please email resumes to gaac@mymts.net Subject: Financial Assistant. Only candidates considered for an interview will be contacted. This position will remain open until the right candidate is hired.

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Classifieds



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HOUSE OF HOPE

185 St. Phillips Drive, Arborg

1 Spacious Bedroom Suite Available

- In suite laundry
- Accessible bathroom
- Fridge, Stove, and Dishwasher
- Walk-in closets
- Wheelchair friendly design

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



Town of Arborg PUBLIC NOTICE DUTCH ELM DISEASE MANAGEMENT

Public notice is hereby given that the Town of Arborg intends to conduct a Pesticide Control Program to control Elm Bark Beetles by spraying the bottom one-half meter of all American Elm trees within the boundaries of the Town of Arborg with an insecticide containing "Chlorpyrifos".

The projected dates of application will be between September 7th to September 17th. All product and procedures will be in accordance with regulations set out by Manitoba Conservation.

Should anyone **not** want their Elm trees sprayed, or require further information, please call the Town Office at 204-376-2647.

Dated this 30th day of August, 2021.

Cindy Stansell, CMMMA
Chief Administrative Officer
Town of Arborg

HELP WANTED

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

HEALTH CARE AIDS, must be licensed, all shifts available. Wages dependant on experience. Must be willing to relocate to the Selkirk area. To join our Bonded Mobility Team drop resume in person or email resume to ihebert@bondedhealth.ca

MISCELLANEOUS

Let us be thankful for the institution of the Christian Sabbath. It is a thing wherein God has shown His mercy to us and His care for our souls. He shows that He, by His infinite wisdom, is contriving for our good as Christ teaches us that the Sabbath was made for man. It was made for the profit and comfort of our souls. Jonathan Edwards. Feel free to check out our website or contact us for further information. www.clda.ca

MISCELLANEOUS

Need staff??? Registering people for fall programs? Are your efforts to recruit staff on social media and the internet NOT creating the results that you need??? We can 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 us at 204-467-5836 or MCNA at 204-947-1691 for details. MCNA - Manitoba Community Newspapers Association. www.mcna.com

WANTED

WANTED: Buying estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! Contact twojunkies@outlook.com, text/phone: 204-918-1607. Junkies Estate, Salvage, Antiques & Oddities.

WANTED

WANTED NOW - 1970-76 Plymouth Duster for client build. Must be a rust-free body. Any model considered. Rockhaven Auto 204-793-6100

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 under the "Types of Advertising" tab or Email classifieds@mcna.com for more details.

UPCOMING EVENTS

Evergreen Basic Needs Annual General Meeting on Tuesday, Sept. 28, 2021 at 7 p.m. at EBN - 71 4th Ave., Gimli. Subject to current Public Health Orders.

Please support our advertisers **SHOP LOCAL**



SANITATION ASSISTANT - EMPLOYMENT OPPORTUNITY

Green Acres Art Centre Inc (GAAC) is a non-profit offering arts, culture and wellness programs for residents of all ages in the Town of Teulon, RM of Rockwood and surrounding municipalities.

As part of a Canada Summer Jobs Grant, GAAC is seeking a mature outgoing individual between the age of 15 to 29 who is enthusiastic and reliable with a positive attitude who enjoys working with people of all ages and is committed to following public health orders.

Job Description

The successful candidate will be responsible for sanitizing the GAAC or facility being used for programs/workshops and screening members prior to entering facility. Other duties will include assisting instructors with preparations for class and assisting instructors/members during class with activities.

Employment is a term of 18 weeks for 15 hours a week starting September 14th 2021. This position has potential to increase weekly hours. Employment includes evenings and weekends.

Qualifications & Skills

- Willingness and ability to learn
- The ability to work independently and with groups of people
- The ability to be flexible with scheduling
- Cleaning or custodial experience an asset
- Excellent organizational skills
- Excellent time management and multi-tasking skills
- Excellent oral communication skills
- Must provide Criminal & Child Abuse Checks

Salary will be on an hourly basis and will be determined based on experience. Please email resumes to gaac@mymts.net Subject: Sanitation Assistant by September 7th. Only candidates considered for an interview will be contacted.

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

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

HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$2,500 yearly tax credit and up to \$30,000 Lump sum refund.**

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help: 204-453-5372

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF SHIRLEY MARLENE STRATTON, late of the Town of Arborg, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500-360 Main Street, Winnipeg, Manitoba, R3C 4H6 on or before the 2nd day of October, 2021. DATED at Winnipeg, Manitoba this 25th day of August, 2021. PITBLADO LLP Attention: Leith Robertson Solicitors for the Estate of Shirley Marlene Stratton

IN THE MATTER OF THE ESTATE OF: EMMA CECILIA STYCK, late of the R.M. of Gimli, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72a Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0 on or before the 4th day of October, 2021. DATED at Gimli, Manitoba this 1st day of September, 2021. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS Attention: Grant D. Baker

Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



PUBLIC WORKS HEAVY EQUIPMENT OPERATOR

The Rural Municipality of Woodlands invites applications for the full-time position of Public Works Heavy Equipment Operator (HE Operator). The HE Operator's main responsibilities are the operation of a grader and/or excavator. The HE Operator reports to the Public Works Foreman.

Contact the RM of Woodlands Office for a complete job description

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Starting salary without Class 1 license \$23.52/hr. Starting salary with Class 1 license \$23.99/hr. There is a \$2.00/hr premium for all hours operating the excavator.

Upon completion of probation employees receive Health & Dental, Pension, Group Benefits, and Long-Term Disability.

Applications will start to be reviewed September 13, 2021. Additional applications will continue to be accepted until the position is filled.

R.M. of Woodlands
Box 10
Woodlands, MB R0C 3H0
Fax: (204) 383-5169
Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

Everything you need to promote your business



Call Today! 467-5836

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 Cymbalysty
210-870 Cambridge St. S.,
Wpg, MB R3M 3H5
Inquiries: 204-801-1062

Classifieds



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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

Moosehorn Co-op is hiring a Petroleum Driver/ Hardware hand at our location in Moosehorn, Manitoba!!!



What you'll do:
 Duties to include, but not limited to, customer service, processing customer transactions, product knowledge, maintaining and finding new farm contacts, petroleum acquisition in the trading area, inventory control, merchandising, perform direct sales calls, and general Occupational Health and Safety responsibilities. Operate the delivery unit in a safe and lawful manner and practice safe handling of products, and other equipment always, including completing daily truck and trailer safety checks. Verify that the product type(s) and quantity(s) match the delivery manifest before travelling. Maintain a delivery schedule and ensure the timely delivery of all products. Deliver and place products according to the customer's desires, while ensuring a high level of safety is maintained. Confirm that all products delivered are invoiced correctly with effective communication skills. Maintain and clean the delivery unit, keeping a record of all regular maintenance required, and scheduling appointments when needed. Maintain, organize, and ensure the tidiness of all primary access facilities. Safety and efficiencies are the #1 priority.

Why it matters:
 Our team provides a range of products and services to support our member-owners. Through the work that we do, we help to build, fuel, feed and grow Western Canadian communities together.

- Qualifications:
- Excellent communication and customer service skills
 - Highly motivated and ability to multi-task
 - Strong interpersonal and communication skills
 - Must have a clean Driver's Abstract
 - Class 3 Driver's License with Air Endorsement required
 - Petroleum knowledge would be an asset but not required
 - Must provide a valid Driver's Abstract dated within 30 days.

At Co-op, we embrace diversity and inclusion, and we're working to create a workplace that is as diverse as the communities we serve. We support and provide an environment that allows all to bring their skills and teamwork.

Who we are:
 Co-op does business differently. As a co-operative, we believe in working together to serve Western Canadians, delivering profits back to our communities and investing in sustainable growth.

Contact: gm@moosehorncoop.ca
if interested or 431-253-0254



NOTICE OF NOMINATIONS

By-Election R.M. of Grahamdale

NOTICE IS HEREBY GIVEN that on the following days: **September 15, 16, 17, 20, 21, 2021** between the hours of 8:30 AM to 4:30 PM at the following location; R.M. of Grahamdale Municipal Office, 23 Government Road, Moosehorn, Manitoba, nominations will be received for the office of:

COUNCILLOR WARD 2

For term – October 2021 to October, 2022

The nomination deadline is September 21, 2021. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) minimum 3. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified or by an agent, or by fax, or email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Sandra Falk, SEO, R.M. of Grahamdale
 PO Box 160, 23 Government Rd.
 Moosehorn, MB R0C 2E0
 Cell: (204)768-0069
 Fax: (204) 768-3374
 Email:seo@grahamdale.ca

Dated at Moosehorn, MB this 24th day of August 2021.

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 ft2 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: lindaorb@gmail.com

Viewing by Appointment Only

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: lindaorb@gmail.com



Rural Municipality of **FISHER**

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

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NOTICE OF REGISTRATION

OF PROSPECTIVE CANDIDATE FOR A MUNICIPAL BY-ELECTION R.M. OF GRAHAMDALE

Please be advised that a municipal by-election will be held on October 27, 2021 for the office of Councillor for Ward 2.

Prospective municipal by-election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of Ward 2 Councillor: Between August 24, 2021 and September 24, 2021.

at the R.M. of Grahamdale office, 23 Government Rd., Moosehorn, MB during the regular hours of business.

To obtain a registration form contact the S.E.O. at the telephone number listed below.

Sandra Falk, SEO
cell: (204) 768-0069
fax: (204) 768-3374

Dated at Moosehorn, MB this 24th day of August, 2021.

Sandra Falk
Senior Election Official, RM of Grahamdale



REQUEST FOR PROPOSALS

The R.M. of Grahamdale is seeking a certified contractor to undertake the following work:

Road upgrades – ¾ of a mile West of Ditchfield Rd. on Township Line

Scope of Work:

- Shallow ripping 6-8 inches deep and removal of stones
- Subgrade to be packed with a sheepsfoot packer
- Re-establish crown to 4 percent slope and approximately 34 foot compacted base (existing width)
- Water as required and compacted with a wobbly packer in a series of 1.5 inch lifts while establishing a consistent crown
- Material to be used: ¾ minus – 6 inch minimum on finished top

*All materials to be hauled from the gravel pit on Birch Lake Road (Mulvihill)

*The Municipality will source the clay, if needed. As a separate quote, please quote hourly rate for loading and hauling clay. Please include the equipment you will be using.

A site meeting has been scheduled for **Monday, August 30th at 9:00 a.m.**

Sealed proposals marked "Township Line Road Upgrades" must be received by **12 Noon on Wednesday, September 8, 2021** at the R.M. of Grahamdale Municipal Office, 23 Government Rd., PO Box 160, Moosehorn MB, ROC 2E0.

If you have any questions or require clarification contact Councillor Randy Sigurdson – (204) 280-1254.

The Project must be completed by October 1, 2021.

Shelly Schwitek, CMMA
Chief Administrative Officer
Rural Municipality of Grahamdale

Dated this 24th day of August, 2021.



STEEP ROCK BEACH PARK

CAREER OPPORTUNITY

Under the general direction of the Steep Rock Beach Park Board, the Park Manager, supervises and is responsible for the daily operation and maintenance of the Park, assuring that the programmatic and maintenance objectives are accomplished by coordinating personnel, adhering to Board policy, adhering to Municipal, Provincial and Federal rules and regulations and providing a high level of customer service. The successful candidate will have extensive experience and knowledge in the Hospitality Industry.

The Park Manager is responsible for the quality and satisfaction of every guest's stay and staff member's work life.

The position of Park Manager is a salaried position. In general, the Manager supervises all aspects of the Park and has the ability to exercise independent judgement and ingenuity to accomplish program objectives and meet the needs of campers, day guests and area residents.

For a detailed Job description, please email your request to: board@steeprockbeach.ca

Salary will be based on knowledge and experience.

Please forward your information, including pertinent past work experience, and 3 work related references, no later than noon on September 11, 2021 to: board@steeprockbeach.ca

Only individuals being considered shall be contacted.



NOTICE OF VOTERS LIST/PERSONAL SECURITY PROTECTION

R.M. of Grahamdale

Notice is hereby given that a copy of the VOTERS LIST may be revised at 23 Government Rd., Moosehorn, MB from August 24, 2021 to September 21, 2021 between the hours of 8:30 a.m. and 4:30 p.m. (Monday to Friday).

During this time, we will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address/fax number below) no later than September 21, 2021 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail, email, or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 21, 2021.

Dated at Moosehorn in the Province of Manitoba on August 24, 2021.

Sandra Falk, Senior Election Official

R.M. of Grahamdale
PO Box 160, 23 Government Rd.
Moosehorn MB ROC 2E0
cell: (204) 768-0069
fax: (204) 768-3374
email: seo@grahamdale.ca

TIRE TECHNICIAN/ MECHANICS HELPER WANTED

Powerbend Tirecraft in Arborg

is looking to fill a full time position of a tire technician/mechanics helper. Light mechanic duties include oil changes, tire changeovers and repairs. Experience an asset but will train the right individual. Competitive wages and optional benefit package.

Contact Jeff at 204-376-2247 or drop off a resume 441 River Rd in Arborg

What's *Your* story?

We want to hear from you.

The Express Weekly News

connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion?

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At the Ukrainian Farmers Co-op we provide our staff with a competitive starting wage, a wide range of available courses and training opportunities and a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

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If you would like to join our team, please fill out an application or submit a resume to our store office.

Closing date for all applicants is set for September 22nd, 2021.

For more info, please see Kyle Yaciuk at our store office.
Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, ROC-020

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

Announcements Classifieds

Book Your Classified Ad Today - Call 467-5836



CARD OF THANKS

Thank you to everyone for attending Peter's memorial service on August 26, 2021. Thank you for the cards, flowers, and donations to St. Michael's North Foley Cemetery. Thank you to Father Peter and Father Isidore for their service, and to Kevin Zazulinski for being urn bearer.

-Linda Zazulinski and family

CARD OF THANKS



We would like to send a special thank you to Maureen, Jenna, Shaun, Ingen, Brett and Heather.....for putting together such a memorable drive-by Bridal Shower on July 15, 2021! We are forever grateful for the Arborg and surrounding communities' support and generosity!

-With love, Brad, Cara and Emma

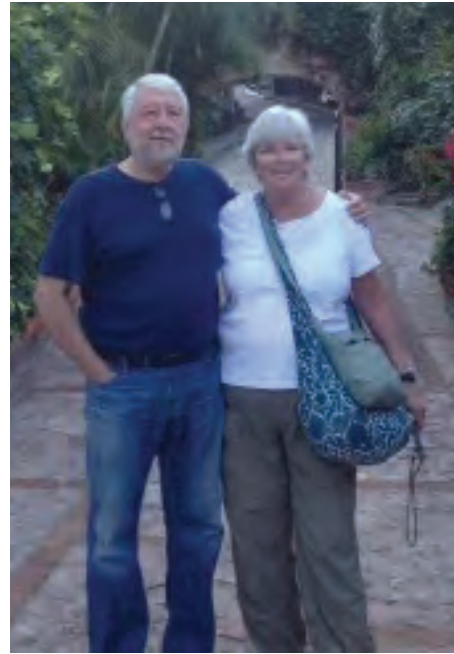
BIRTHDAY



Guess who is having a Special Birthday on Sept 2nd?? Have a fabulous day!!

-Pat and Lorne

ANNIVERSARY



Golden Anniversary Isabel and Garry Peterson September 4, 1971

They still do! Isabel and Garry will celebrate 50 years of marriage this September 4th. We wish you both all the best in the years to come! Happy Anniversary Mom and Dad!

IN MEMORIAM

In loving memory of Gladys Karish September 8, 2016

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

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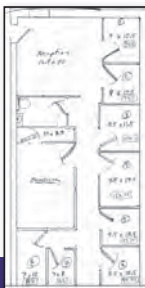
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CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



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EASTMAN IMMIGRANT SERVICES A Steinbach Chamber of Commerce Program

Settlement Facilitator - Interlake Region (1.0 FTE)

Eastman Immigrant Services is seeking a full-time Settlement Facilitator for its Interlake Division, operating out of Arborg, MB.

Reporting to the EIS Program Director, this person will:

1. Intake, assess, and create solution-focused action plans for clients
2. Assist with completion of application forms for MB Health, Social Insurance, Child Tax Benefits, etc.
3. Provide information and orientation regarding life in Canada, customs, laws, health and education systems, housing and employment, etc.
4. Provide clients with ongoing support in the community during the settlement process
5. Promote programs and services offered by EIS
6. Provide written monthly summary reports to Program Director
7. Maintain and update client files as required by funders
8. Assist in updating settlement resources
9. Provide feedback on potential future programs and services
10. Participate in distribution, collection, and analysis of participant surveys and other evaluation and tracking procedures
11. Direct clients and the greater community to translation and interpretation services
12. Maintain up-to-date knowledge of community resources and network
13. Develop partnerships with service providers and ethno-cultural groups in the community to ensure access to programs and supports
14. Attend immigrant community events and greater community events when appropriate
15. Identify community educational opportunities EIS could facilitate as identified by immigrant communities or the greater community

Please send your resume and cover letter to Gwen Reimer, EIS Program Director, at gwen@eastmanis.com. Closing date is Friday, September 10, 2021.

EASTMAN IMMIGRANT SERVICES A Steinbach Chamber of Commerce Program

Settlement Workers in Schools (SWIS) Position - Interlake Region (1.0 FTE)

Eastman Immigrant Services is seeking a SWIS Worker for its Interlake Division, operating out of Arborg, MB.

Reporting to the EIS Program Director, this person will:

1. Work collaboratively with the school to ensure that needs of both schools, newcomer students and parents are addressed
2. Provide information/referrals to newcomer students and families regarding education and community resources
3. Interpret and translate documents, meetings, gatherings that pertain to school
4. Assess and evaluate needs of newcomer students and families in relation to education and in the community
5. Develop rapport with students through regular school visits and activities
6. Design school orientations for newcomer students and parents
7. Design and coordinate presentations regarding Canadian culture in the education system (Parent teacher interviews, report cards, graduation, extra-curricular activities at school, etc.)
8. Problem solve with schools on behavioral issues that teachers may be encountering
9. Provide culturally appropriate training or access to training for high school students looking for jobs
10. Network with organizations that directly affect students between the ages of 5-18 years (school age)
11. Conduct needs assessments with students and families
12. Refer families when issues are outside of school (CFS, finances, document renewals)
13. Complete monthly reports and maintain up-to-date client files
14. Provide cultural background information to school staff as needed
15. Participate on committees, workshops and conferences as the schools see fit
16. Provide service in accordance with the policies, guidelines, and protocols of the program and the local school divisions

Please send your resume and cover letter to Gwen Reimer, EIS Program Director, at gwen@eastmanis.com. Closing date is Friday, September 10, 2021.

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OBITUARY



Drew Marion Lambert (nee Davis)
Born: March 1, 1921
Date of Passing: August 27, 2021

After 100 years, well lived, on Aug 27 at home, Drew peacefully left us, surrounded by loved ones, with dignity and absolutely on her terms.

Left to cherish her memory and all her life lessons are her sons Larry, Daniel (Sherrill), Brian (Jan); daughters, Leanne Dion (Dave), Wendy Osiway (Gord); grandchildren: Tristan Lambert, Sandy VauxDeRomona, Jim Lambert, Shannon Lambert, Darren Lambert (Monique), Michael Mager (Leanne), Tamara LaBarre (Aaron) Lance Dion (Stacey), Russell Dion (Jennifer), Dawnett Osiway, Ross Osiway (Katharine), Aaron Osiway (April), many great and great-great-grandchildren.

Drew was predeceased by her husband Evert and son Vernon.

Drew was born in Breckinridge, Texas and lived her early childhood years in various parts of the USA. She came to Canada as a young girl after the death of her father. This brought her to the Marleridge area. To attain her high school education, she moved to Winnipeg graduating from Norwood Collegiate, she then worked for Dr. Fred Cadham (now known as Cadham Labs) while waiting to take her nursing. This career would be put on hold for many years as she met Evert who was in the RCAF and married him in 1942. After the war they moved to the Hodgsonville area where they raised their family. After most of her children were grown, she went to Winnipeg and pursued and achieved her lifelong dream of nursing. She nursed at St. Boniface and Winnipeg General Hospital, Gillam, Fisher Branch Medical Centre and lastly Fisher Branch Public Health.

In later years they moved to Stonewall, spending summers at Winnipeg Beach at their cabin. These retirement years she enjoyed a lot, learning to golf, going on trips, tending her flowers, visiting her children and grandchildren. She made many personalized quilts, pillows and blankets for them. She also was an accomplished artist, painting on buildings, rocks or canvas. Her love of cake decorating during her life led to her being responsible for decorating hundreds of wedding, birthday or any special occasion cake all over Manitoba.

During her life Drew was instrumental in starting Hodgson Royal Canadian Legion Auxiliary in 1958, she was the first President. After moving to Stonewall she was President there also. She held a life membership to both the Auxiliary and Legion. Drew joined the Order of the Eastern Star, Aurora Chapter in 1953 and was a lifetime member.

Her deep faith also was an important part of her life, a faithful member of the Anglican Church in both Hodgson and Stonewall, working with the ACW all her life.

The family wishes to thank Dr. Donnelly, Arborg Home Care Aides and nurses. Lastly a HUGE thank you to Maureen and ALL the staff at Arborg Assisted Living for their exemplary care and love to Mom for the last few years, and all the wonderful residents who made her feel at home. Thank you also to anyone else who helped in any way.

At Mom's request "in lieu of flowers" make a donation in Drew's memory to Arborg Assisted Living, Box 935, Arborg, MB, R0C 0A0. Or a charity of one's choice.

In keeping with Mom's wishes a private family service has taken place.

Although you're gone your memory forever will live on.

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MEMORIAL SERVICE



Allan Morley Bruce
June 16, 1937 - July 16, 2020

A Memorial Service to honour Allan's life will be held at 12:00 p.m. on Monday, September 6, 2021 at Allan and Elaine Bruce's residence: from #6 Hwy, turn West on Road 147N (Scullen Rd.) and proceed 1 1/4 miles to Driveway 39036. A BBQ will follow the service. Please bring a chair.

COVID restrictions will apply.

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- The site will provide faster and reliable high speed internet and phone services in the general area within The Narrows, Manitoba.

Further information may also be obtained through the following contact:

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c/o Vertex Professional Services Ltd.
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Calgary, Alberta T2G 4E6
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Toll Free: 1-844-7VERTEX (783-7839)
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Rural Municipality of West Interlake

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Roxanne Roche, Arborg.....\$1,868.00	Glen & Phyllis Stevenson, Peguis.....\$877.00	Chris and Charlene Stevenson, Peguis.....\$154.98
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Don & Betty Johnson, Arborg.....\$1,299.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
Nancy Woychystyn, Arborg.....\$499.00	Patricia McCallum, Gimli.....\$569.00	Delores Wallbridge, Peguis.....\$2,186.00
Donna & Ray Andert, Gimli.....\$899.00	Joyce Bielik, Riverton.....\$29.95	Al and Gloria Wiebe, Poplarfield.....\$152.94
Will Ashley, Arborg.....\$479.00	Marvin Olson, Arborg.....\$29.95	Irene Zazulinski, Fraserwood.....\$279.00
Jake Barkman, Riverton.....\$619.00	Jeroline Smith, Peguis.....\$1227.00	Kurtis and Iris Stansell, Arborg.....\$239.00
Mike & Thelma Blahay, Arborg.....\$557.00	Sandra Jonasson, Arborg.....\$549.00	Sharon McLeod, Gimli.....\$1385.97
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Melissa & Jeff Abuda, Arborg.....\$3.39	George and Mary Lywak, Koostatak.....\$629.00
Karen Dzaid, Arborg.....\$499.00	John Paul Avison, Arborg.....\$679.00	Eric & Stella Funk - Gimli.....\$889.00
Natalia & Roger Eyllfson, Riverton.....\$1638.00	Carol & Dan Beauchemin, Inwood.....\$1,329.00	Matthew Smith, Eriksdale.....\$2,297.00
Randy & Glenda Forster, Hodgson.....\$1898.00	Jim Dingwall, Camp Morton.....\$1,038.00	Sharon McLeod, Gimli.....\$1385.97
Perry & Genni Hibbert, Arborg.....\$479.00	Eugene Feschuk, Gimli.....\$698.00	George and Mary Lywak, Koostatak.....\$629.00
Kris & Begga Johannesson, Riverton.....\$939.00	Jason Hudson, Riverton.....\$1,278.00	Lorna Friesen, Arborg.....\$599.00
Rick & Sheila Johnston, Arborg.....\$349.00	Darlene Jonsson, Gimli.....\$359.00	Teddy Ferkel, Sandy Hook.....\$699.00
Bertha Jonasson, Arnes.....\$769.00	Ruth Kennedy, Arborg.....\$549.00	Darrell and Donna Thaddeus, Koostatak.....\$138.00
Donna Jonasson, Arnes.....\$399.00	Benita Muzyka, Arborg.....\$388.00	Joyce and Glenn Peden, Gimli.....\$1,019.00
Jeanette Kist, Gimli.....\$121.87	Archie Thompson, Arborg.....\$549.00	Lilja Macaulay, Gimli.....\$829.00
Kevin & Lisa Klym, Arborg.....\$774.00	Amanda Unger, Riverton.....\$799.00	Dennis & Marlene Riehl - Arnes.....\$899.00
John & Tina Kornelsen, Arborg.....\$689.00	Evelyn Wallach, Poplarfield.....\$899.00	Ruth & Steve Macduff - Gimli.....\$868.00
Kent & Helena Koststyn, Lunder.....\$639.80	Judy Wells, GrandePointe.....\$119.00	Christine Loff - Riverton.....\$399.00
Thomas Kowalchuk, Fraserwood.....\$499.00	Lynn Bear, Peguis.....\$239.00	Thomas Pardoski - Stonewall.....\$399.00
Layne & Holly Kulbacki, Arborg.....\$599.00	Hazel Brunen, Eriksdale.....\$729.00	Cindy & Derek Grimoison - Riverton.....\$749.00
Edward Penner, Arborg.....\$619.00	David Chudy, Fisher Branch.....\$1,499.00	Louise Baryliski - Arborg.....\$1,128.00
Keith Poleschuk, Arborg.....\$2082.00	Susie and Brian Eyllfson, Riverton.....\$528.00	Arnold & Shirley Jonasson - Arborg.....\$969.00
Curtis Spence, Hodgson.....\$479.00	Nelson Hudson, Koostatak.....\$629.00	Eric & Stella Funk - Gimli.....\$889.00
Tanya & Lyle Thorliffson, Lunder.....\$329.00	Larry and Valerie Kornelsen, Arborg.....\$799.00	Donna Dolphin - Arnes.....\$515.65
Nancy Woychystyn, Arborg.....\$768.00	Jason Loewen, Arborg.....\$859.00	Maureen Blandford - Arborg.....\$79.00
Mathew & Gemma Avison, Arborg.....\$219.00	Rita Milne, Gimli.....\$1,327.43	Christina Asham - Peguis.....\$2,007.00
Raymond Bazinet, Eriksdale.....\$389.00	Minerva Ladies Aid, Gimli.....\$659.00	Julia Penny - Winnipeg.....\$549.00
Lynn Bear, Peguis.....\$1,044.00	Ruth Murdoch, Koostatak.....\$1,018.00	Rita Kirkness - Koostatak.....\$2,897.00
Ken & Linda Cherepak, Arborg.....\$49.01	Sheila Otto, Ashern.....\$1,829.00	Kassidy Brooks - Peguis.....\$668.00
Debbie Deveau, Eriksdale.....\$249.00	Gwen Adams, Matlock.....\$1499.00	Crystal & Aaron Magnusson - Riverton.....\$999.00
Dorothy Dubchak, Gimli.....\$899.00	Buddy Chudy, Fisher Branch.....\$1298.00	Barry McKay - Fisher River.....\$399.00

GRAND TOTAL TO DATE \$283,884.83

A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.
At closing, 6 p.m. Sat. Oct. 2nd we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.
Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.
We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.
Larry Kornelsen
Smitty's

6 PC DINING SET
Table
4 Chairs & Bench
Only **\$799**

ALL PURCHASES PAID IN FULL QUALIFY!
• Furniture
• Appliances
• Clearance Items

Glider Rocker Recliner \$499

STOCK ONLY
Sofas STARTING AS LOW AS \$819

PLUS
DON'T PAY FOR 3 MONTHS INTEREST ON EVERYTHING O.A.C.! FURNITURE, APPLIANCES

Frigidaire Chest Freezers
7 cu. ft.
\$379

BEDS, BEDS, BEDS,
15 Models on Display From **\$349-\$2549**

SALE RULES
• All sales must be paid in full to qualify for this sale.
• Visa, Mastercard or Smitty's Credit Cards accepted.
• Sale Starts 9 a.m. Tues., Sept. 7th and ends Sat., Oct. 2, 6p.m.
• All purchasers on free day will be notified and receive their full refund by Friday, Oct. 8, 6p.m.
• All sales tallies and free day will be verified.
• Commercial sales excluded in tallies and free day.
• All taxes excluded in tallies and refunds.
• No returns or cancellations.



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