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VOLUME 7 EDITION 39 THURSDAY, OCTOBER 1, 2020

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EXPRESS PHOTO BY KAREN ABAS

Darci Truthwaite, right, is one of the original Fisher Branch organizers and is a throat cancer survivor. Truthwaite is seen accepting cash from Leonard Heinrichs.

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Fisher Branch hosts virtual Terry Fox Run

By Evan Matthews

Joining the list of communities to raise money for cancer research, Fisher Branch hosted its annual Terry Fox Run, but did so virtually.

Karen Abas, who co-organized the Sept. 20 event with Tannis Yuzwa, said, as so many have heard before: cancer touches the lives of so many people, and COVID has not changed that fact.

"I put it out there on Facebook because the Terry Fox Foundation was encouraging people to register virtually for donations and runs on the day of," said Abas.

"I told people we were having a virtual run, but you could meet — socially distanced — at the health centre between 2 and 4 p.m., make a pledge, and walk, run, bike, etc., any particular route. There was no designated route."

Abas emphasized participants could have registered and donated online if they chose to avoid in-person contact, and also that social distance was maintained by participants, with masks being worn in cases where distance was not maintained.

Sanitizer was consistently distributed, too.

As an innovative idea, Abas put out a wishing well, in which participants (who were not concerned about tax



Michelle Powe, a two-time breast cancer survivor, stands with her son during the virtual run.

receipts) could throw money in on their way by, while making a wish.

The wishing well, according to Abas, was available so that people who didn't take the time to register online



EXPRESS PHOTOS BY KAREN ABAS

Pete, Tanis (co-organizer) and Patrick Yuzwa are pictured just outside the Fisher Branch Health Centre, where participants gathered — while social distancing — prior to the run.

still had the opportunity to donate, which is better than not donating at all.

"I feel like, in our little community, there are so many touched by cancer. If we only raise \$10, it's better than doing nothing," said Abas.

"We want to support the Terry Fox Foundation in any way we can."

That support came in the form of \$2,160, according to Abas, raised in just over two hours.

Marathon of Hope

Terry Fox was born in Winnipeg in 1958 but raised in Port Coquitlam, British Columbia.

As an 18-year-old, Fox was diagnosed with cancer — osteogenic sarcoma (bone cancer) — in 1977 and had his leg amputated above the knee. With the help of an artificial limb, Fox began walking around a mere three weeks later.

In 1980, Fox ran the Marathon of Hope, which was a cross-country run to raise money for cancer research.

Hoping to raise \$1 from each of Canada's 24 million people, Fox began the Marathon of Hope in St. John's, N.L., and was forced to end the run just outside Thunder Bay when cancer spread to his lungs.

He passed away at the age of 22.

As of April 2020, over \$800 million has been raised in Fox's name.



Marianne Neault is a breast cancer survivor and was eager to participate to help raise funds and awareness.

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Inwood gets archery lanes

By Evan Matthews

A local club has hit the mark, as a new recreational activity exists in the RM of Armstrong.

Henry Hendrickson, president of the Inwood Sports Club, said the organization decided to convert the not-so-oft-used curling rink into two archery lanes.

"We gutted the viewing area as well and put in some pool tables, shuffleboard and a bar. Like the old *Dukes of Hazard* show, we're calling it The Boar's Nest," said Hendrickson, adding the décor will match, with deer heads and other game trophies on the wall.

The Boar's Nest has TVs and Wi-Fi for families and sports fans.

The pool and shuffleboard were donated to the sports club, according to Hendrickson.

The organization also runs the Inwood Arena, which offers public skating free of charge, just accepting donations to keep the doors open.

"Anyone can use the lanes. We have targets ranging from 15 to 65 yards, all indoor, even warm in the winter time — -30 degrees outside is about 8 degrees in the archery lane," he said.

Hendrickson added thanks to the

Winnipeg-based business Heartland Archery, as they donated all the "high-grade" targets for the lanes.

The goal of the Inwood Sports Club is not to make money, Hendrickson said, but rather to keep the doors open. For that reason, the club will charge \$5 for someone to shoot, but they may shoot as long as they'd like.

The real support comes in the form of purchasing burgers, hot dogs, drinks, chips, etc., from the canteen, which Hendrickson emphasized as being the biggest generator for the club.

"If you come use the facility, it's pretty reasonable, so we ask people to buy a burger or buy chips. You can only milk the cow for so long before she runs dry," said Hendrickson.

"But so far, the lanes have had phenomenal support from all over, right from Winnipeg to Beausejour to Gimli to Arborg. People are coming from everywhere."

COVID complexities

Despite the hard work and recreational restoration, Hendrickson said the Inwood Sports Club runs the risk of closing its doors if the COVID-19 situation does not improve over the



EXPRESS PHOTO BY HENRY HENDRICKSON

Heartland Archery, a Winnipeg-based company, donated all the high-grade targets, ranging from 15 to 65 yards in distance.

next year or if the government does not offer some form of aid to community groups.

The aforementioned canteen sales and \$5 archery lane charge doesn't cut it in terms of fundraising, according to Hendrickson. The sports club took a major blow after having to cancel the 2020 Inwood Goose Shoot, which was scheduled for Sept. 25 and 26.

"I'm working on a different fundraiser for this upcoming winter. But

if things keep getting shut down and people can't congregate, the arena and the archery lanes will close," said Hendrickson.

"If we get shut down at any point this fall, we won't be able to open for winter 2021."

Despite the changes to the provincial COVID threat level this past Monday, the RM of Armstrong was omitted from the list of municipalities to adhere.




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Laurentia Beach Park redevelopment complete

By Evan Matthews

The redevelopment of a recreational green space in St. Laurent is now complete.

Reeve Cheryl Smith said she was pleased to announce, in a time where fewer activities are available to families, that as of Sept. 11 the RM of St. Laurent has completed its Laurentia Beach Park redevelopment project.

"We're getting a lot of positive feedback. ... They just love when there are new places and new things for kids and for families," said Smith, giving credit to the Laurentia Beach Park Association.

"This is a feel-good project and story. During this time of COVID, the more things outside for youth and young families to do the better."

She added that Laurentia Beach Park is the only park in town with baby swings.

The project, which had conversations dating back six years, was made possible largely back in May when the provincial government announced a total of \$457,221 in funding for Interlake-Gimli constituency projects.

The funding came through the Building Sustainable Communities Program, which funded a total of 344 community development projects via \$10 million in grants.

The province contributed roughly \$15,000 to the Laurentia Beach Park redevelopment project, according to Smith, with the RM of St. Laurent kicking in the remaining \$25,000.

"Our government is committed to supporting neighbourhood, municipal and regional priorities," said MLA for Interlake-Gimli Derek Johnson back in May.

"Each of these projects will go a long way in enhancing the quality of life in their respective communities and will boost local economies as we move towards restoring safe services together."

Other projects around the Interlake included:

Arborg & District Multicultural Heritage Village (building improvements)

Central Interlake Chamber of Commerce (education and training facility development)

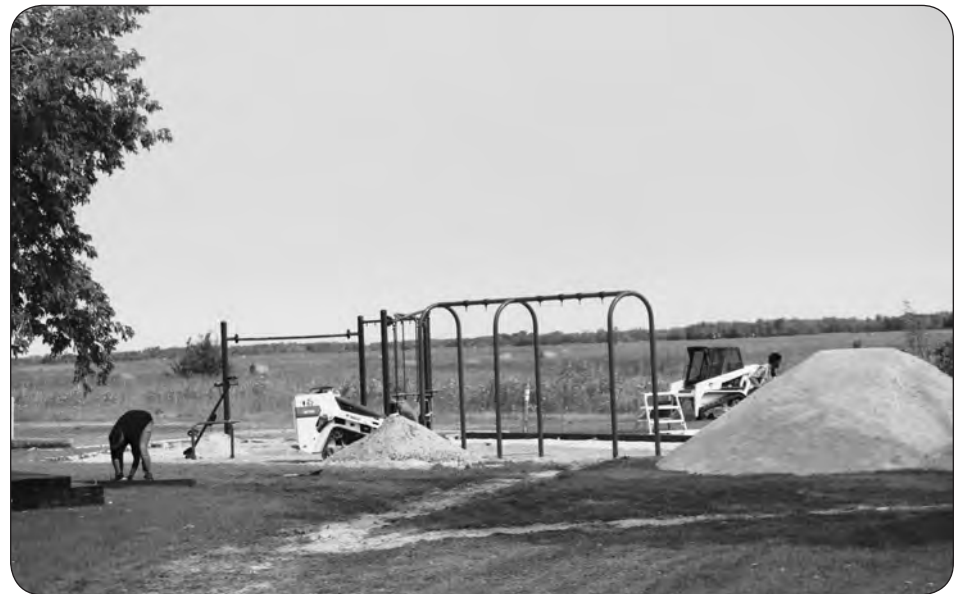
Grahamdale Development Corporation (accessibility upgrades to showers)

Gimli Ski Club (equipment and solar panel)

Grettir Co-op Inc. (change room upgrades)

Lundar Community Recreation Park (park construction)

Poplarfield Community Club



EXPRESS PHOTO BY PATRICIA BARRETT

Laurentia Beach Park redevelopment was completed Sept. 11.

- (renovations to King Buck statue)
- Riverton & District Friendship Centre (security system upgrade)
- Riverton Rec Facilities (kitchen upgrades)
- RM of Bifrost-Riverton (renovate Central Park)
- RM of Bifrost-Riverton (recreation master plan)
- Royal Canadian Legion Branch #182 (games room roof replacement)
- Royal Canadian Legion Winnipeg Beach #61 (kitchen upgrades)
- St. Laurent Legion Metis Branch 250 (Legion Hall renos)
- St. Laurent & District Rec

Commission (Laurentia Beach Park playground)

Town of Winnipeg Beach (community centre gym)

Winnipeg Beach Cross-Country Ski (warm-up shack)

This year's investment in the Building Sustainable Communities program will increase by 25 per cent, according to the province.

The program was developed to help provide a high quality of life for Manitobans by responding to neighbourhood, municipal and regional priorities.

For more information about the program, visit www.manitobago.ca.

New retail crime task force to support safer communities announced

Submitted by Manitoba government

The Manitoba government has established a new retail crime task force to support a safe and thriving retail community that benefits all Manitobans, Justice Minister Cliff Cullen announced Monday.

"In the past three years, retailers have seen retail thefts increase by over 125 per cent, and violent crime targeted at businesses and employees is also on the rise," said Cullen. "The

Manitoba government is pleased to partner with the private sector to create this new task force, which will work collaboratively to address these issues and support retail communities throughout the province."

The minister noted the task force is a recommendation of the Manitoba Retail Crime Round Table, which was hosted by six local business associations in January of this year. Over 90 participants representing 68 private- and public-sector organizations participated.

Other recommendations that came out of the symposium included developing and implementing a retail crime strategy that will serve as a roadmap for a safer, healthier and more prosperous Manitoba and collecting, analyzing and distributing information to support the retail com-

Continued on page 11



REMINDER NOTICE OF PUBLIC HEARING

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for an overall 10.5 per cent decrease to Basic Autopac vehicle insurance rates and premiums, effective April 1, 2021 through March 31, 2022.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Monday, October 19, 2020 at 9:00 a.m.

Please view the hearing via the Board's website (www.pubmanitoba.ca)

If you are interested in learning more about this rate decrease, you are encouraged observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2020**.

For more information, visit www.pubmanitoba.ca

Manitoba Public Utilities Board

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Cornerstone Enterprises Inc.

Annual General Meeting

October 5, 2020

212 Cook Ave

7:00 pm

Due to Covid 19 restrictions please contact 204-642-5028 by October 2, 2020 at noon to register your attendance

Gimli health-care workers mark World Patient Safety Day

By Patricia Barrett

Staff at the Gimli hospital marked the 2nd Annual World Patient Safety Day by reviewing safety protocols to ensure patients get the best care.

That's never been more important than now as COVID-19 continues to spread apace in Manitoba, including in Interlake communities.

"We're going to talk about safe patient care, what areas we can improve in and how to promote safe patient care," said clinical team manager Leanne Nickel-Brown by phone a few days before the Sept. 17 event. "This is an opportunity to promote the day and let patients and the public know that we're doing what we can to provide safe patient care especially with COVID."

The hospital screens all visitors, has them wear face masks and also limits the number of visitors that can be in the waiting room and attend diagnostic appointments, said Nickel-Brown. Staff also wear face masks and eye protection and practise physical distancing and rigid hand hygiene to help prevent the spread of the virus.

Last Saturday and Sunday, 116 people province-wide tested positive for the virus, including 11 in the Interlake-Eastern Regional Health Authority.

The Manitoba government's COVID-19 dashboard (as of last Sunday) showed five active COVID cases in the Arborg-Riverton district, five in the Stonewall-Teulon district, eight in the Fisher River and Peguis First Nations district and three in the Winnipeg Beach-St. Andrews district for a total of 21 active cases.

World Patient Safety Day was established in 2019 by the World Health Organization to enhance global understanding of patient safety, reduce harm and increase public awareness. The day not only focuses on patient safety but also on keeping health-care workers safe so that they can provide the best care to patients.

The pandemic has underscored the challenges facing frontline staff and the critical importance of

keeping them safe.

The WHO calls the pandemic the "greatest crisis" in patient safety ever because it has created "unprecedented pressure on health systems" around the globe. In many countries, health-care workers are at risk of infection, face violence and stigma and thousands have died.

"Working in stressful environments exacerbates safety risk for health workers, including being infected and contributing to outbreaks in the health-care facility, having limited access or adherence to personal protective equipment and other infection prevention and control measures, and inducing errors which can potentially harm patients and health workers," states the WHO on its World Patient Safety Day 2020 webpage.

In August, over 900 health-care workers in the United States died of COVID, according to an interactive database called Lost on the Frontline, which was created by Kaiser Health News and the Guardian newspaper along with teams of journalists and journalism students dedicated to identifying those who lost their lives to the deadly virus.

The death toll includes nurses, doctors, paramedics, hospital custodians, administrators and nursing home workers. The data indicate many were unable to access adequate personal protective equipment.

The Canadian Federation of Nurses Union identified 16 health-care workers who died from COVID as of June 5, 2020.

World Patient Safety Day also goes hand-in-hand with public displays of support for frontliners, who risk their lives to care for virus-stricken patients. Towns and cities light up iconic monuments, landmarks or public places in orange, the colour chosen to show appreciation for the sacrifice health-care workers make on our behalf.

"Last year 75 cities participated in a display, showing their support for health care workers by lighting up public spaces or a monument in orange," said Nickel-Brown.



EXPRESS PHOTOS BY LEANNE NICKEL-BROWN
Leanne Nickel-Brown (front) and Gimli hospital staff lined the halls of the hospital to mark World Patient Safety Day.

To mark the event, she and other hospital staff posed for a photo in the hallway where local artists have their work on display. Many donned orange scrubs or other orange-coloured clothing and footwear. Gimli Mayor Lynn Greenberg said there was a bit of a hitch with the electric when the RM tried to illuminate the Viking statue in orange on Sept. 17. Nevertheless, he paid his respects to health-care workers and the vital work they do to support us.

"It's very important to support our health-care workers," said Greenberg. "And particularly now with COVID, we should appreciate all the good work they do."

Manitoba sees its 20th COVID-19 related death

By Ashleigh Viveiros

Manitoba recorded its 20th death related to COVID-19 on Monday.

Public health officials said the man was in his 70s and lived in the Prairie Mountain Health region.

Monday's update also saw the total number of active cases in the province grow to 618 (up 255 cases from the same day a week ago), including seven new cases in both the Interlake-Eastern and Northern health regions, three in Southern Health-Santé Sud and 22 in Winnipeg. The five-day test positivity rate was 2.2 per cent.

There were 13 people in hospital with COVID-19 at press time, seven in intensive care. A total of 1,281 Manitobans have recovered from the illness.

Skyrocketing case numbers in Winnipeg led the province to elevate the #RestartMB Pandemic Response System level for the Winnipeg Metropolitan Region to restricted/orange effective Monday.

The move affects not just Winnipeg but also 17 surrounding communities and municipalities, including Selkirk, Stonewall and Niverville.

Masks are now mandatory in all indoor public places in these communities. Gatherings are also restricted to 10 people, both indoors and outdoors.

The restrictions will be in place for at least four weeks (two incubation periods of the virus).

"We know that all of these actions not only protect ourselves, they protect the people around us, the people we love and our community," said Dr. Brent Roussin, Manitoba's chief public health officer. "We encourage Manitobans to step up once again to reduce the transmission of this virus."

That includes sticking to the fundamentals, Roussin stressed.

"Staying home when we're ill, even mildly ill; washing our hands frequently; trying to practise that physical

distancing when at all possible and wearing a mask when in indoor public places," he said. "When wearing a mask it's important to use it properly, ensuring it's covering the nose, mouth and chin without any gaping. Wash your hands frequently if you are required to touch the mask."

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PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Evan Matthews



REPORTER/PHOTOGRAPHER
Patricia Barrett



REPORTER/PHOTOGRAPHER
Becca Myskiw



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Province proclaiming pandemic piteousness

By Evan Matthews

This week was a tough one. Manitoba's chief provincial public health officer, Dr. Brent Roussin, looked, well, dejected this week. As COVID-19 cases seem to exponentially be rising, the province felt compelled to put us all back on high alert. But perhaps deservingly so, as some really concerning opinions are starting to come out of the woodwork.

We're all tired of talking about COVID, and it's become a convoluted and confusing topic. What's accurate and what's not? How do we behave and what do we believe?

The reality is, what we "know" about this virus seems to continuously change, which means it's OK to change your opinions and perspectives as more information comes to light.

What is troubling, though, is the amount of people who are saying at this point COVID-19 is not a real thing, and subsequently behaving as such.

This past week, opinions like "COVID isn't real" or "Dr. Roussin has a politicized agenda" or "Plandemic/Scamdemic 2020 is in full swing" have become very audible.

The reason for these opinions, likely, is because reducing public gatherings to 10 people or less, while allowing hockey rinks, community centres and schools to stay open, seems counter-intuitive, no?

Some of the decision-making here doesn't seem to make sense, which can cause people to be frustrated. But

everyone, public health officials included, is doing their best to manage this situation in a way that is best for everyone.

Let's clarify a few things, though:

- COVID is definitely real
- Yes, the transmission rates may not be as high as we originally thought

- Yes, the death rates may not be as high as we originally thought

- Yes, the recovery rate may be higher than we originally thought

- But, there may be long lasting, chronic symptoms that stay with you once the virus itself has gone. Nobody wants the virus or its lingering effects.

- Dr. Roussin does not have a politicized agenda

- In chatting with a good friend at Doctors Manitoba, to insinuate any doctor or public health official is putting political ideas before public health is ludicrous

- The contact inside Doctors Manitoba said this: "Dr. Roussin has trained his entire life for this moment. Who else would I trust?"

- Plandemic/Scamdemic 2020?
- Honestly, what's the agenda

here?

- Shutting down the economy so those in power lose some?

- Putting governments under such stress and scrutiny that they're unlikely to be re-elected?

- There is no conspiracy here, let's be real. There is a virus.

A person can only speak to their own proactive behaviours, and whether or not they're practising them: Wear

masks when required (by either the province or private business), practise social distancing, and practise proper hand hygiene (religiously).

But our society should not live in fear at this point; this is not defiant, but rather reasonable.

If we do our part, that is all we can do.

If you have to go somewhere, take precautions and follow public health advice, but go.

Look to official sources for your information.

Maybe most importantly, try to stay calm and reasonable, not hostile.

It's a cliché to say we're all in this together, but let's not blame and turn on one another, and remember that our society is stronger in banding together and keeping morale up than it is when we turn on one another and place blame.

Stay healthy.

WHAT IS TROUBLING, THOUGH, IS THE AMOUNT OF PEOPLE WHO ARE SAYING AT THIS POINT COVID-19 IS NOT A REAL THING; AND SUBSEQUENTLY, BEHAVING AS SUCH.

> Got something you want to get off your chest? How about an act of kindness to share?

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PHONE 204-467-5836

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

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

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

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

ADDRESS

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

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Gwen Fox Gallery flips for new October exhibit

“The Eclectic Mix” to feature artists

By Nicole Buffie

October 1st marks a new month, and a new exhibit at the Gwen Fox Gallery.

Featured in this month’s exhibit, titled “The Eclectic Mix” are four artists who vary in artistic mediums.

The artists included are Bernice Phillips, Dave Feeney, Gina Roth and Neva St. Dennis.

Attendees of the exhibit will be able to see work by the artists in multiple forms, including photos, claywork, paintings, and glasswork, all unique to each artist’s style.

Phillips, one of the artists featured this month, said while the different work might not produce a common theme, the exhibit itself celebrates diversity among each artist.

Phillips work in the exhibit features floral paintings with warm colours, with texture that can be seen in the details of her work. She gets her inspiration from living on the banks of the Winnipeg River, being able to see fauna grow and change throughout the year.

Along with working on canvas, Phillips also experiments with glass and wood surfaces.

Other exhibitors include Feeney, who’s photography featured in the gallery contains landscape photos from his time in New Zealand. One sunset scene was a two-hour wait for the perfect shot.

Feeney, a long-time artist of various mediums throughout his life, rekindled his love for the craft after retirement in 2011 and started to experiment with photography and watercolour. His work can be seen in the municipal building of East St. Paul and



EXPRESS PHOTOS BY NICOLE BUFFIE

Gimli’s Neva St. Dennis looks forward to sharing her art with the community for the month of October at Gwen Fox Gallery in Selkirk.

private spaces across Manitoba and Ontario.

For those interested in art that quite literally comes off the canvas, Roth’s mixed media work combines clay and paint to create multi-dimensional pieces of different themes.

“Every artist here has a different style, so it’ll be interesting to see the show all together as one,” Roth said of the October exhibit.

One of Roth’s pieces on display is a clay piece of women, representative of missing and murdered Indigenous women and girls.

The final artist featured in this month’s dis-

play is St. Dennis, a painter from the Gimli area.

St. Dennis’ work features bright colours and outdoor scenes, from pops of spring colours in flowers to muted winter landscapes. She is a member of the Gimli Art Club and her work is featured on the Gimli Seawall.

The gallery runs for the entire month of October. Hours of operation are Tuesday – Saturday from 11 AM – 4 PM. Masks are mandatory while inside the gallery and admission is free.

Drivers reminded to slow down when passing emergency vehicles

By Nicole Buffie

RCMP Traffic Services are urging drivers to remember the rules of the road and to slow down when passing emergency vehicles.

According to the Highway Traffic Act, vehicles must slow down and get into the farthest lane applicable when passing any emergency or service vehicle when its lights are flashing or using warning signs. These vehicles include police cruisers, ambulances, firetrucks and tow trucks.

East Selkirk Sgt. Catherine Farrell said far too often officers or emergency personnel feel their safety is put at risk when conducting services on highways due to drivers whizzing past without slowing down.

“The safety of our police officers or emergency workers is really important,” she said. “Firsthand being on the highway and trying to talk to someone or keep myself safe while I’m on the roadside has been challenging.”

As the law states, vehicles travelling in a zone with a posted speed limit of 80 kilometres per hour or higher must slow to 60 kilometres, and 40 kilometres if in a zone with a posted speed limit between 40 and 79 kilometres per hour.

While Farrell said she doesn’t recall any serious incidents related to vehicles failing to slow while passing, conducting traffic stops is becoming increasingly difficult.

“On the Perimeter, I can’t even hear drivers if people are speeding by me,” she said.

In a July report released by Manitoba Public Insurance, between April and June there were 148 speed-related offences reported — a 60 per cent increase from the same time period in 2019. The average speed was 59 kilometres over the posted speed limit.

Farrell also noted that while the safety of emergency personnel is important, so is the safety of anyone pulled over on the side of the road.

“Even being cognizant of somebody on the side of the road changing their tire,” she said.

Farrell analogized operating a vehicle in a safe manner to other things that can be dangerous if not used correctly.

“Driving a vehicle is like handling a firearm,” she said. “It is your responsibility to get that vehicle safely from Point A to Point B without hurting anyone or hurting yourself.”

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Smoothie company returns to Manitoba

By Jennifer McFee

It's a sweet homecoming for a local entrepreneur who has returned to her roots by bringing her healthy smoothie business to Stonewall.

With a focus on her own health, Christina Paganelli founded her home-based company in Stonewall called "drinkme" in 2007 to offer smoothies made entirely of fruits and vegetables. Before long, her delicious and nutritious drinks began earning recognition and awards in Manitoba.

Over time, Alberta business advisors encouraged her to consider a more global scale since the products had merit. She started to research ways to preserve her product without pasteurization and she moved her production to Alberta, where she received the first beverage licence in Canada for high-pressure processing (HPP) through a novel food application to the Canadian Food Inspection Agency.

During this process, she got a call from Whole Foods Market in Texas, which wanted her to pioneer her raw smoothies across the United States, starting in Southern California. To scale the manufacturing capacity and wait for the technology review, she set up production of her cold-blended beverage in Los Angeles, where HPP was a common process in food manufacturing.

However, when Amazon eventually bought Whole Foods Market and shook up the natural and organic industry from Ma-and-Pa to corporate, Paganelli made the difficult decision to pull her products from the shelves rather than be priced out of the business, even though they were in 200 Whole Foods stores and over 1,000 other stores across the U.S.A. and Canada.

In 2018, she began making arrangements to move her manufacturing process back to Canada.

"I had to put forth a serious business plan showing that I was going to continue to operate in Canada and demonstrate how I was going to keep manufacturing in Can-



EXPRESS PHOTO SUBMITTED

Business owner Christina Paganelli is pleased to be back in the Interlake.

ada long term. It was quite a lengthy process," Paganelli said. "The idea always was to bring it back to Canada if I could get approval. I got the approval last fall and planned a test run in March — and then COVID happened so I had to push back my production month over month."

She planned to undertake a test run to get staff trained and licence to operate her production in Canada but the pandemic derailed those plans.

"I decided that while I was waiting for COVID, I was going to start getting my product ready for retail sale. I've been here in Stonewall since April and I re-crafted my business from the inside out. I can actually think without any distractions, and innovation is right at my fingertips," she said. "By July, I flew out to California, picked up my commercial orange juicer, drove it here and started a test run in my garage so that I could get costing and suppliers on line. I have a production run in Leduc, Alta., scheduled for Dec. 1 for launching into Sobeys, and I'm going to position it in the west from Manitoba to B.C."

Another major grocer has also expressed interest in stocking her product, she added.

So now Paganelli will have two production facilities — one in Canada to serve the Canadian market and one in the United States to serve the American market.

"I've learned that Canadians don't want American-made products. So this whole idea of coming back to Canada and setting up as a core market in Manitoba is super important for me and for the company," she said.

While I was waiting, I also ended up submitting and landing an approval for five flavours at Whole Foods Market in Southern California (60 stores) once again. To be approved by the indus-


try's best, twice in a lifetime, is the biggest honour and testament to the authenticity and sustainability that I have tried to build right from Day 1. I'm going to be launching products in an Amazon-owned retailer in March in Southern California, my way, at my prices, so that I can deliver value to my customers."

At the same time, Paganelli is looking for local Manitoba companies in the industry to explore potential collaborative opportunities.

"I'm going to take all the trends from the big world and craft out my own deals here in Manitoba with real people I can trust. We've always been a Manitoba company, but after time spent here, I can see there is something so unique about this place. I really want to redefine my roots here a little bit more in terms of connections, other companies and community that maybe can help me grow along the way," she said. "If I can raise financing in Manitoba, then I want Manitoba to be my central place and head office this time around. Even though I'm not manufacturing in Manitoba, it's still going to be a Manitoba company."

Reflecting on her previous experience, Paganelli plans to grow the company at her own pace and not be pressured by competitors, suppliers and retailers.

"It's not easy in the industry to find a woman-owned and operated business without any corporate partners, especially with science and technology behind you. My brand has all of that," she said. "I'm finding that retailers are coming to me now and saying they want my product, so the scale-up is going to be pretty big. But I want to grow at my own pace be-



Interlake-Eastern
Regional Health Authority

Please join us!

Annual General Meeting

Monday, October 5, 2020
2:00 p.m. – 4:00 p.m.

ALL ARE WELCOME TO PARTICIPATE

Due to the COVID-19 pandemic, the Annual General Meeting will be held virtually using ZOOM. Meeting materials will be posted on www.ierha.ca under "News" on the bottom left corner of the page on October 5.

Agenda highlights:

- Review of the year's activities by members of the board of directors
- CEO report
- Award presentations

Join the Annual General Meeting by clicking on the webinar link provided below or by calling the phone number provided. We recommend you join us 15 minutes in advance in the event that you experience technical difficulties:

Webinar link: <https://ca01web.zoom.us/j/67923280913?pwd=MDRoNWd2dGxkdGtSTOMramJlZWRYQT09>

Phone details: Dial: 1-833-955-1088 (Toll Free)

Meeting ID / Webinar ID: 679 2328 0913

Webinar Passcode / Password: 745345

Feel free to contact us at **1-855-347-8500** or info@ierha.ca if you have questions or wish to submit questions in advance of the meeting.

The Renaissance nearly ready for first residents

By Jennifer McFee

The first occupants of The Renaissance are gearing up move into the brand new luxury independent living site in Stonewall.

On Nov. 1, the doors will open and people will start moving into Building 1 of the Ventura project, which is geared for downsizers and empty nesters within the Interlake.

"We're about 50 per cent leased and we're doing tours now," said Ventura vice-president Tim Comack.

"We have a display suite that has been furnished and an office on site as well."

The spacious units focus on luxurious design elements, as well as enhancements for increased accessibility.

"I think people will be quite impressed with all the fine details that we've put into the designs, such as the nine-foot ceilings, quartz countertops, big walk-in closets, grab bars in all the washrooms and very wide hallways," Comack said.

"It's quite high end and nothing really compares to it in the town of Stonewall. In the Interlake, it might stand on its own two feet as well."

All the furniture has been ordered



EXPRESS PHOTO BY LANA MEIER

The first residents of The Renaissance will be moving in on Nov. 1.

for the common rooms and outdoor patio as well, he added.

"It's exciting that the common room will be fully furnished within the next 15 days with couches, TVs, sitting areas, card tables and a kitchen area," Comack said.

"The outdoor patio will feature outdoor furniture, fire pits and different seating areas. It will be able to seat and host the majority of the building, each with individual spaces to talk one-on-one or gather as a group,

which is quite nice."

The exterior of the building is already finished, and the creation of a new park area is currently underway.

"You'll see some green space enhancements and landscape improvements. It will be coming together over the next few days quite nicely,"

Comack said.

"Overall, the project is on time, on budget and on schedule — and we've had a very pleasurable experience with council."

Comack notes that they're still looking for a resident caretaker for the building.

"There's going to be someone on site making sure this building is professionally managed and that this site is cared for. The resident caretaker will be readily accessible to tenants as well," he said.

"So from the perspective of living in the building, you'll actually have your neighbour who is going to be the person helping to run everything. The goal is to keep it as up-market and luxury as possible, while making sure the quality of the management is of the highest standard."

For more information or to apply for the resident caretaker position, email info@venturadevelopments.ca.

To organize a tour, contact realtor Dallas Clearwater at 204-799-6286.

New Iceland Heritage Museum receives funding to ensure future operation

By Patricia Barrett

The New Iceland Heritage Museum, a designated provincial signature museum, received endowment funding from the province in July to enable it to keep operating in the future.

The province provided the museum with \$1.4 million that will be placed in an endowment fund and managed by the Westshore Community Foundation.

The museum's executive director Julianna Roberts said some people were under the impression the NIHM received the entire amount.

"We will only get the interest generated by that \$1.4 million," said Roberts. "The endowment ... will provide us with funding for years to come."

In July the province announced it invested \$10 million in Manitoba's seven signature museums to ensure stable funding support. Each muse-

um gets its own \$1.4 million endowment fund and will be able to use the interest each year.

The signature museums will also have access to about \$10,000 each year through a \$200,000 Signature Museum Capacity Building Fund managed by the Winnipeg Foundation.

The signature museum program was created in 1998 to assist selected museums that act as heritage tourism attractions.

In addition to the NIHM, the museums that received an endowment are the Commonwealth Air Training Plan Museum in Brandon, the Royal Aviation Museum of Western Canada in Winnipeg, the Mennonite Heritage Village in Steinbach, the Manitoba Agricultural Museum in Austin, the St. Boniface Museum in Winnipeg and the Canadian Fossil Discovery Centre in Morden.



PUBLIC NOTICE

PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY TELECOMMUNICATION TOWER

BellMTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, BellMTS is proposing to construct a 107 metre guyed tower with ancillary radio equipment including an equipment shelter approximately 3m x 3m at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development (formerly Industry Canada), BellMTS' regulator under the Radiocommunications Act, Bell is inviting the public to comment on the proposed tower location before November 4th, 2020 in compliance with ISED's telecommunications policy. This tower is fully compliant with ISED guidelines, as found under the CPC.

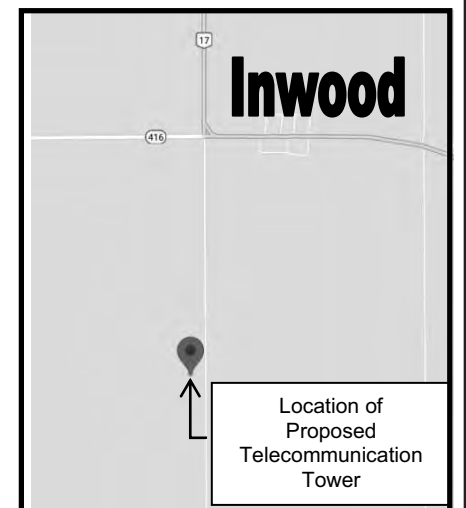
TOWER LOCATION: Approximately 1.75km South of Inwood, MB

COORDINATES: 50.491150, -97.507907

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ANY PERSON MAY comment by close of business day on November 4th with respect to this matter.

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Marshall Rasmussen
Medallion Wireless
Consultants for BellMTS
2417 Main Street
West Kelowna, BC, V4T 2H8
Fax: 604-469-6838
Email: feedback@Medallionwireless.com



Sidewalk in Gimli's Vesturland neighbourhood displeases, baffles residents

By Patricia Barrett

Some Gimli residents expressed displeasure and confusion about a sidewalk that was recently constructed in the Vesturland neighbourhood, west of Highway 9, which had been designed and built without pedestrian walkways.

Council had promised residents a few years ago it would build a sidewalk along main thoroughfares to address safety concerns in the neighbourhood, which has plenty of children and two schools.

The Benson-Baldwin family lives in the neighbourhood and observed the sidewalk being built, wondering if there was any more to come after construction stopped.

"I don't know what the town intended to do, but what they have built is basically an extension of the road, creating a white line on the shoulder," said Tannis Benson last week. "You can't call it a sidewalk because there's no curb. And you can't call it a bike path or permit bikes on it if the purpose is for pedestrians."

Benson questioned whether it will be safe for pedestrians without a curb and suggested the municipality may have to put up signs indicating what it's supposed to be used for, as well as signs stating "no bikes," "no parking this side" and "watch for pedestrians."

"The town could have built a curb and raised up the sidewalk. You find a way," said Benson. "Now there's just the illusion of safety."

Joel Baldwin said there was "a lot of equipment" used while it was being built and wondered why the RM couldn't have put in a "proper" sidewalk.

Several people took to social media to express bafflement or poke fun at the result.

A social media user by the name of Calvien Stressfry posted photos of the sidewalk on a public site,



SUBMITTED PHOTO

What looks like a crooked line near the junction of Solvin Road and Highway 9 drew sarcastic comments (note: the *Express* covered up an offensive acronym in one of the posts).

drawing attention to what was perceived as defects.

"I'm actually embarrassed to see the new addition to the area. When the idea of adding a sidewalk to Solvin Road was thought of, I can't speak and don't want to speak for everyone when I say it was well overdue and highly anticipated," Stressfry wrote. "This was a perfect opportunity to transform a great neighbourhood into something for the town to be proud of..."

Other people on social media said they thought the sidewalk looked like a bike lane.

Vesturland, like many other neighbourhoods in Gimli, including its older areas, was built without sidewalks, forcing pedestrians onto the road to take their chances with motorists. Contractors would commonly design and build new residential developments without sidewalks, leaving it to municipalities to provide the infrastructure and deal with pedestrian safety.

The previous iteration of Gimli council had discussed how it could make future developers provide vital infrastructure such as sidewalks.

The sidewalk is "not the best," said Mayor Lynn Greenberg last week. But for years, a lot of people in Vesturland had complained about having no sidewalks, so the end result is "better than what we had before."

The sidewalk starts at the east end of Solvin Road, at the junction of Highway 9, he said, and continues west to the junction of Autumnwood Drive, where it turns south and goes past Sigurbjorg Stefanson Early School and the Gimli West apartment building.



CALVIEN STRESSFRY FACEBOOK

The recently completed new sidewalk runs along Solvin Road and Autumnwood Drive.

"Of course, the sidewalk should have gone along the boulevard on the other side of the ditch, but the engineers that worked on it said there's buried utility lines," said Greenberg. "So they made a recommendation to basically ... [extend] the road."

Bituminex Paving Ltd. from Winnipeg built the sidewalk and it hired a subcontractor — Eddy's Gravel — to pave over the surface, said Greenberg.

Deputy Mayor Richard Petrowski said he's not happy with the sidewalk, but it was the "only choice" council had because of what lies below and above ground on the other side of the road.

"We have gas, hydro, MTS, water and sewer lines, plus a buried culvert on the other side of the road," he said. "And there are birch and spruce trees planted that we wouldn't want to dig up even though they're on municipal property."

Council was under pressure from residents who wanted the sidewalk and those who opposed it. When some homeowners heard work on the project was about to begin, they reached out to the RM, he said.

"We did get some backlash from people when they heard we were starting. They thought it would be too close to their house," said Petrowski. "And when it first came up [a few years ago] that we might build a sidewalk, people were saying, 'You better not be building that sidewalk in front of my house.'"

Petrowski said he had suggested to council that the designated walking space be painted in a colour such as blue or dusty rose to clearly distinguish it from the road surface and to indicate that it is for walking rather than biking.

"I made the suggestion that we should paint the whole thing — the way bike lanes are painted in green — to make it more distinct," said Petrowski. "I don't know if we'll end up doing it, but it would probably make it safer. Drivers would see the different colour and be reminded not to drive on it."

Assistant chief administrative officer Kelly Cosgrove said council awarded the tender to Bituminex during its regular meeting April 22 at a cost of \$269,069.33.

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Send your recipe to ads@selkirkrecord.ca or call 204-485-1419 for more information.

Funding announced to replace live fire training building in Brandon



Submitted by government

The Manitoba government will replace the live fire training building at the Manitoba Emergency Services College (MESC) in Brandon, Municipal Relations Minister Rochelle Squires, minister responsible for the Office of the Fire Commissioner, announced Friday.

"The Manitoba Emergency Services College here in Brandon is a critical training facility for firefighters and we want to ensure they have the best teaching tools available so when they graduate they are ready to respond to emergencies and save lives," Squires said. "This building has been heavily used for more than two decades and needs to be upgraded so students can train safely for this important career."

The live fire training building is 22 years old and must either be upgraded or replaced in order to meet current national training standards. The

building, known as a "burn house," is specifically designed and built so that students can fight fires and experience real-life situations in a safe, controlled environment. Over the life of the building, thousands of students have used the facility to put into practice the skills they acquired at the college.

The new building will be specially designed to suit the college's site at the Brandon airport, with construction expected to begin next spring, Squires noted. The old building will remain in use while the new facility is under construction so there will be no loss of training time for students.

The MESC trains professional structural firefighters and paramedics. Approximately 40 students graduate from the college every year and take up careers with emergency service agencies in Manitoba and across Canada.

EXPRESS PHOTO BY
LIAM PATTISON PHOTOGRAPHY

Firefighters train at Brandon MESC "burn house."

> RETAIL CRIME, FROM PG. 4

munity's safety needs.

The Retail Crime Task Force includes representatives from Manitoba Justice, Winnipeg Police Service (WPS), RCMP, national, local and independent retailers, private security firms, Manitoba Liquor and Lotteries, Commissionaires Manitoba and the Retail Council of Canada, with additional support provided by MNP.

"Manitoba is leading the way in its collaborative response to crime that is undermining the safety and viability of retailer stores across this province," said John Graham, director of government relations (Prairie region), Retail Council of Canada. "We are appreciative of this community response to addressing this issue and enthusiastically anticipating the impact the efforts of this task force will have on creating safer communities and stores."

The minister noted Manitoba Justice will be a key participant in the task force, which will discuss and share best practices and seek out innovative ideas to address possible prevention, suppression and intervention strategies. The group will also work to identify potential loss prevention strategies to address the root causes of retail theft, and review initiatives and programs that have been successful in other jurisdictions.

The province has also convened an operations table to bring law enforcement and justice personnel together, with the goal of reducing the number of thefts and robberies from the retail sector in Manitoba. In addition, Project Stop Lifting is a joint initiative between WPS and Manitoba Justice that targets chronic retail theft offenders.

"Our partnership with the Manitoba government is allowing us to better identify and apprehend chronic offenders involved in retail theft," said Insp. Shawn Pike, WPS. "This targeted approach benefits city businesses and citizens alike, and supports safer communities for everyone."

The minister noted the Winnipeg Police Service, working in tandem with Manitoba Prosecutions and Manitoba Probation Services, has made significant efforts in targeting chronic, repeat retail crime offenders.

Members of the Retail Crime Task Force are:

- John Graham, director, government relations (Prairie region), Retail Council of Canada (co-chair);
- Shannon Martin, MLA, McPhillips (co-chair);
- Scott Kolody, associate deputy minister, Manitoba Justice;
- Michele Jules, executive director, Manitoba Prosecutions Service;
- Chief Supt. Rob Hill, RCMP;
- Deputy Chief Jeff Szyszowski, Winnipeg Police Service;
- Bryan Payne, Commissionaires Manitoba;
- Damien Smith, district loss prevention officer, Rexall (national retailer);
- Brian Scharfstein, Canadian Footwear (small independent retailer);
- Shawn McGurk, director, corporate security and surveillance, Manitoba Liquor and Lotteries;
- Scott Young, vice-president, Western Canada, Garda World (private security); and
- Dr. Rick Linden, professor, sociology and criminology, University of Manitoba (data expert/research advisor).

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Below is a sample of our listings. To view all listings, visit www.interlake.mb.ca.		

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Interlake Real Estate is excited to be utilizing 360° 3D Interactive Tours to market our properties. This allows us to provide the highest level of safety to our sellers, our buyers and our Realtors®.

Fire Prevention Week

October 4-10, 2020



How

Smoke detectors are a source of a fire when there is a fire. Plus, if you have them, the firefighters can compromise an emergency.

Here are a few things to reduce the risk of a fire starting off a fire:

- Move :



Serve up fire safety in the kitchen!

Derek Johnson
MLA for Interlake-Gimli

204.641.8525
InterlakeGimliMLA@gmail.com



“Serve up Fire Safety in the Kitchen!”

The 2020 Fire Prevention Week theme is “Serve up Fire Safety in the Kitchen!” where we bring awareness to the dangers of cooking and how to stay safe in the kitchen. Please stay tuned for information on the children’s contest, Fire Prevention Week kickoff and other exciting news.



Left to right
Lundale, Dr



Ashern Fire Department

EXPRESS PHOTO BY SANDRA FALK

Left to right, Troy Fritzler, John Bezemer, Michael Kufus, Ken Falk (Fire Chief), Desmond Defoort, Cory Johnson, Thomas Michaleski. Missing Andrew McPherson, Kalder McPherson, Scott Price, Art Malcolm, Kevin Gasper, Parker Charles, Jay Ruchotzke, Khushwant Dhillon.



Fraserwood Fire Department

TRIBUNE PHOTO BY

Left to right, Lenny Welchinski, Kevin Zazulinski, Kevin Porteous, David Pomaranski, Brad Genik, Robert Spulnick, Ian Ross, Joe Zaik, Rudy Singbiel, Clayton Zaik, Eugene Zalevich, Devin Kohler, Tristen Olivier, Ryan Farrell, Leo Fouasse, Robert Gillies, Braxton Genik, Branden Porteous, Adam Senga.

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How to avoid setting off the fire alarm

Smoke detectors are life-saving devices, but they can also be a nuisance if they go off when it isn't an emergency. Having a monitored system alarm might dispatch a fire department to your home. This can be a public security risk if a real fire arises elsewhere. Here are a few steps you can take to reduce the risk of mistakenly setting off a fire alarm at home:

• Avoid sources of smoke and steam such as the stove, shower and fireplace.

• Opt for photoelectric smoke detectors. They're less sensitive to steam than ionization smoke alarms.

• Activate the delay setting on your detector. This way you'll have 90 seconds to cancel a false alarm before it alerts first responders.

• Make sure everyone in your household knows how the detectors work and what to do if an alarm goes off by accident.

• Inspect the smoke detectors in your home at least twice a year to ensure they work, and replace them every 10 years.

Before you cancel a fire alarm, make sure you know why it was triggered. If you notice smoke or flames, evacuate your home and call 911.



Eriksdale Fire Department

TRIBUNE PHOTO BY HAILEY RUSSELL

Members: Jodie Thorgilsson, Ray Miller, Jenn Heroux, Craig Pottinger (Chief), Keith Gleich, Davina Mason, Brian Bottrell, Randy Mason.



Arborg-Bifrost Fire Department

EXPRESS PHOTO BY ELMA KAREN LOEWEN

Back Row, left to right, Randy Dueck, Braiden Hallet, Jacob Wieler, Kristin Bartsch, Jason Elias, Kevin Petkau, Eric Jonson. Middle row, Ed Sumka, Jeramie Revilla, Captain Rob Hofer, Jeremy Goschke, Cathy Kozminski Kirby, Wilson C Delnos Trinos. Front row, Deputy Chief Jeff Pearce, Chief Leroy Loewen and Deputy Chief Terrell Kerbrat. Missing, Andreas Lik, Jonathan Pull, Jayden Kornelsen and Damon Rundle.



Riverton-Bifrost Fire Department

EXPRESS PHOTO SUBMITTED

Members: Cole Meisner, Dylan Furgala, Dayle Neufeld, Bryden Johnson, Stan Brandt, Colin Cormack, Travis Meiners, Waylen Johannson, Troy D'Hont (Deputy Chief), Jason Comeau (Fire Chief). Missing Tom Sprenger, Nathen Sigurdson.



Winnipeg Beach Fire Department

TRIBUNE PHOTO BY VANESSA DUBOWITS

Members: From left to right, Dave Schellenberg (Chief), Darren Johnson, Julian Pona, Mike Kehler, Carson Bennett, Andrew Good, Randy Arnold, Travis Taylor, Chris Stienke, Charissa Melnick and Trevor Pemkowski. Missing, Billy Robillard, Kevin Ford, Billy Huminicki, Kim Ford, Ryan DeGrave and Matt Johnson.

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Fisher Branch dentist returns to his roots to serve the community



By Patricia Barrett

A recent dental school graduate returned to his roots in Fisher Branch to provide regular service so that residents don't have to seek treatment outside the community.

Branden Truthwaite graduated from the University of Manitoba's dentistry school this spring after four years of study and is part of the team at the Fisher Branch Dental Clinic.

He works on Wednesdays and Thursdays every week then drives back to the city where he works part-time at another clinic.

"There are a lot of people going elsewhere for dental work that could have been helped here in Fisher Branch," said Truthwaite, who earned a doctor of dental medicine. "So I figured I would help the community that raised me."

The dental clinic is currently owned by Dr. Kevin Kalra and Dr. Geoff Shaffer. Truthwaite's regular weekly schedule will provide more options for residents looking for dental service close to home.

"We're starting to get regular patients now and I've had some patients and families switch over to me since I'm going to be here every week," said Truthwaite. "Before that, we had part-time people and when COVID hit, they reduced their hours because no one knew what was going to happen. It was hard for any patient to be seen regularly."

Truthwaite said he knew when he was about 12 years old what he wanted to do after he graduated from high school.

"I always knew I wanted to go into a medical field and I thought I'd be working in a hospital job," he said. "Then my brother needed braces and I met his orthodontist. I realized dentists are a big part of the medical system, focused on preventative care rather than emergency care. That interested me a lot, trying to solve problems at the outset rather than fixing mistakes afterwards."

He was helped along the way by a number of mentors he either job shadowed or worked with while studying, including Dr. Zayac when he worked in Arborg, Dr. King and Dr. Kang when he worked in Peguis.

Truthwaite spent about two years working on patients at the university's Bannatyne dental clinic as part of his four-year degree. He also treated patients at the Access medical site on Main Street in downtown Winnipeg.

Just before he was set to graduate, COVID struck.

"We lost a month of clinic in the spring because that's when COVID got to North America and everyone shut down," he said.

He said he never expected to graduate into a full-blown pandemic, but he and his classmates were able to find work with little problem despite the fact that dentists were forced to scale back services.

Currently, dental offices adhere to strict guidelines set out by the Manitoba Dental Association in conjunction with provincial public health.

"The biggest thing is pre-screening our patients when they get here to make sure they're not symptomatic or that no one in their family is quarantining," said Truthwaite. "Then we check their temperature and make sure they sanitize their hands. In addition to masks, we wear extra protective gear such as face shields and surgical gowns."

Because COVID can be transmitted through aerosol particles, Truthwaite said they can't do certain procedures or use ultrasonic cleaners.

"People are being seen for cleanings because it's not as high risk, but we're still spacing out patient appointments," he said. "And we're not allowed to use the ultrasonic cleaners because they cause way too much aerosol."

He said he realizes he's in a high-risk profession as dentists are in patients' mouths all day and he's vigilant about adhering to COVID hygiene protocols

"I don't want to pass it on to my family so I'm extra careful, washing my hands twice as much as I think I need to and not touching my face," he said.

For now, he's providing services such as fillings and root canals, but he said he could take advanced courses in the future if he ever wanted to go into orthodontics or other specialties.

And while he enjoys both city and country life, he said he can see himself in future owning his own rural clinic somewhere.

The Fisher Branch Dental Clinic is located at 78 Tache St., beside the new pharmacy and across from the elementary school. For more information about services and to make an appointment, call the clinic at 204-372-6180.

"PEOPLE ARE BEING SEEN FOR CLEANINGS."

EXPRESS PHOTO SUBMITTED
Branden Truthwaite from Fisher Branch has come home to help serve the dental needs of his community.

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cause the first time around I grew at an alarming pace. I'm rebuilding this entire business and I'll be launching in both countries at the same time in early 2021."

She feels compelled to share her story to show that it's possible to come back from whatever life throws your way.

"I left because the technology and the red tape was such that I couldn't manufacture this product in Canada, but then they made it very difficult for

me to come back. I just kept on pressing them to let me manufacture in Canada again using this technology and then putting it on the shelves," she said.

"This is home to me. I can dream big here and I'm happy to be back."

For more information about Paganelli's products, visit the company's website at www.drinkmebeverages.com or call her directly at 204-467-5957.

Gimli council approves proposal to build 70-bed private personal care home

By Patricia Barrett

A company got the green light from Gimli council last month to build a private personal care home on land near the Gimli Recreation Centre.

Baldur Nelson and Donald Benson of Nordic Canada Ltd. applied for a conditional use permit, which was approved at council's Sept. 23 regular meeting.

Currently the parcel of land at 16 Centennial Rd. is zoned residential multiple-family under Gimli's zoning bylaw but does allow a conditional use for an institution or care facility to operate within the zone.

Nordic Canada issued a news release the same day stating it plans to have the PCH operated by an unnamed health-care company.

Nordic entered into a "non-disclosure agreement with a prominent national health care provider," states the release, and that "professional experienced management will be operating the facility."

The project entails a 70-bed facility. Sixty-two rooms will have one bed and four rooms will have double occupancy to accommodate couples, according to the release. It will also include state-of-the-art ventilation and wide hallways to "deal with pandemic situations."

The project won't require "operational services" provided by the Interlake-Eastern Regional Health Authority, states the notice of public hearing attached to council's agenda.

The PCH project might also include the construction of an assisted living facility on the site.

"Consideration will be given to expanding the development to include a second building on the location which will provide for up to 40 units of assisted living accommodations," states Nordic's release.

Council voted unanimously in favour of the conditional use, said assistant chief administrative officer Kelly Cosgrove by email last week.

Construction is slated to begin in spring 2021.

Other council news:

- Council approved a second request from the owner of Mordens' Meadows Trailer Park to expand the park. A majority of council had turned down the request several weeks ago.

Owner Blake Morden appeared again before council on Sept. 9 with more detailed information about his proposal to expand the park, which is about 18 kilometres north of Gimli.

According to the minutes, Morden clarified that 36 lots are in progress and there's underground wiring throughout the trailer park.

Mayor Lynn Greenberg said by phone last week that Morden had originally applied for a larger development [40-45 new sites] at the seasonal trailer park, which has been operating since 1972.

"This time it passed unanimously by myself and the councillors. We approved it, but a smaller portion of it," said Greenberg, who had initially voted in favour of the expansion.

- The installation of car charging stations that council had budgeted for a year or so ago will be built close to the Viking Park re-development near Gimli harbour.

Deputy Mayor Richard Petrowski said the original



ILLUSTRATION COURTESY OF DONALD BENSON OF NORDIC CANADA

plan had been to build the stations at the Second Avenue parking lot, but council decided to move the location to the parking lot on First Avenue, behind the Europa Restaurant and near the Coast Guard building.

"Basically, we're getting four stations with 80 amps each," said Petrowski by phone last week. "There'll be two pedestals between each one and they'll hold up two stations on each side."

He said the charging stations are not part of the Viking Park Phase 2 redevelopment but are being accommodated within the electrical upgrades that form part of the park.

"We had to put the [Viking Park] infrastructure in anyway, so we thought we could just share the electrical boxes and save the RM a little bit of money in the long run," said Petrowski. "The charging stations are not part of the Viking Park budget; they had their own budget line as this was an initiative by council."

The Viking Park re-development received \$900,000 in funding, with \$300,000 from the municipality and equal shares from the provincial and federal governments.

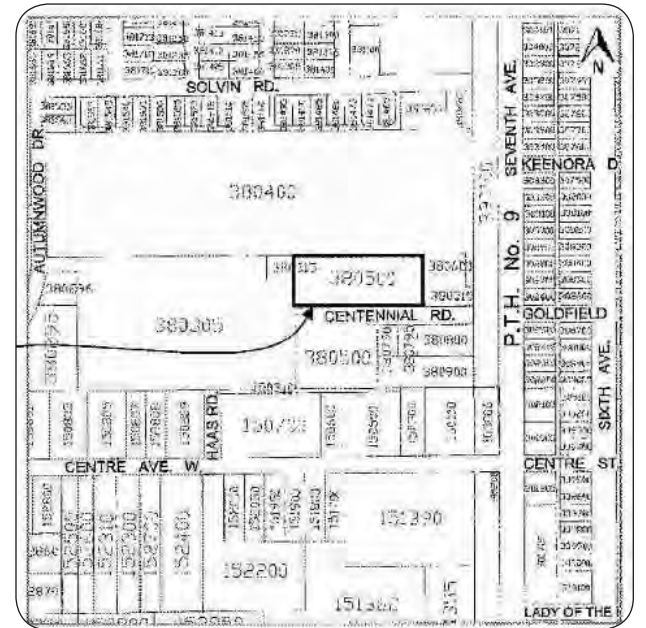
- Council presented a new bylaw to regulate the conduct of council members after the province introduced legislation making it mandatory for each municipality to write and pass a conduct bylaw.

Some Manitoba municipal councils, including St. Andrews and Teulon, experienced bullying and other incidents of disrespectful conduct.

Gimli's bylaw, called the Code of Conduct for Council Members, was introduced at council's Sept. 23 meeting and received first reading.

The bylaw will set out procedures for receiving reports of contraventions, which include bullying and sexual harassment, and the sanctions that may be imposed.

It applies to behaviour that reflects negatively on the municipality, affects a council member's ability to perform his/her duties effectively, affects the ability of other council members or employees of the municipality to perform their duties effectively, and



MAP COURTESY OF RM OF GIMLI
16 Centennial Road where the proposed new PCH will be located

restricts council or administration's ability to meet operational requirements.

"The public is entitled to expect the highest standards of conduct from the members that it elects to council for the Rural Municipality of Gimli," states the bylaw, and council "has a duty to consider the well-being and best interests of the municipality as a whole."

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THE EXPRESS
WEEKLY NEWS

"CONSIDERATION WILL BE GIVEN TO EXPANDING THE DEVELOPMENT TO INCLUDE A SECOND BUILDING."

Lake Winnipeg fishers concerned about algal blooms

By Patricia Barrett

They had expected to pull up nets teeming with fish, but instead some Lake Winnipeg commercial fishers found their nets full of slimy green algae last week.

This is roughly the 20th year an algal bloom near Grindstone has fouled nets during the fall fishing season, said one fisher, resulting in fewer fish caught and reminding those who care about the environment that nothing's really changed as far as political promises go to reduce nutrient loading in the lake.

Nitrogen and phosphorus from agricultural activities and municipal wastewater that flow into the lake spur on the growth of algae, leading to oxygen-deprived dead zones and at times to highly toxic blooms known as cyanobacteria or blue-green algae.

"I was on the lake this morning and only got 14 fish," said fisher Robert T. Kristjanson late last week. "There was an absolute wall of algae this morning. My nets are so full of algae. Every time we get a south wind it comes."

Kristjanson had just spoken to the *Express* a few weeks ago about an extensive amount of moss in the same area, an unusual occurrence by his estimation. And he should know as he's been on the lake for over 70 years and can detect changes and trends. Algae has been trending for over 20 years now.

The blooms get swept north with the current from the lake's south basin, said Kristjanson, and bung up

the narrow channel area where they swirl around with currents converging from both south and north and clog up fishers' nets. The temperature soared one day last week ago likely exacerbating the growth.

Water is a precious resource, he said. Just ask the thousands of people living in an extremely parched California that's currently burning up and those living in other American cities where drinking water has been compromised by pollution.

During a Red River Basin Commission meeting he attended a few years ago, Kristjanson said he met a U.S. Water Services Corporation employee who told him algae is a big problem on the Mississippi River. The Americans use satellite technology (remote sensing) to monitor and detect disturbances in water quality in rivers, lakes and oceans.

"Any city, town, municipality, pigeries and other agricultural producers, if they pollute the water, it can be detected," said Kristjanson. "And this should be done in Manitoba. When our water becomes as vital as it is in California, it will have to be done here."

The North End wastewater treatment plant has long been on the radar of scientists, commercial fishers and property owners along Lake Winnipeg. The plant has been identified as a point source for nutrient loading. Kristjanson said he's fed up after years and years of delay in upgrading

the plant to stop the nutrients and raw sewage from entering the lake. And he won't stop speaking out until political leaders actually take concrete action.

"We're being dumped on here. When are we going to understand that we must respect our water?" said Kristjanson. "We do not seem to realize how important it is. This is one thing the people in Winnipeg cannot hide behind any more, what they're doing to our lake."

His son Chris Kristjanson, who fishes in the same area, took photos and video of the green slime then tried to clean his boat, which was dripping with it. He scooped up a handful of algae and let it slide slowly off his palm and through his fingers, illustrating how bad the problem is.

"I don't know what going green means to you, but it makes me sick to the stomach," he said. "Come on the lake with me and I'll stick your head right in it and then you can tell me whether you think that's good for your kids or grandkids."

Millions have been spent already, some on research and support for organizations that have called time on the algae problem, but "you have to wonder where the hell the money is going" because the problem continues, he said.

"Lake Winnipeg has become a disposable by-product of creating wealth on the land. And the saddest part of all this is that we all know what the problem is and we all know how to solve it. Everybody is hyper-aware of the problems on Lake Winnipeg," said Kristjanson.

Commercial fishers have traditionally shied away from legal action, he



EXPRESS PHOTO BY CHRIS KRISTJANSON
Commercial fisher Chris Kristjanson took photos and video of the algae, showing how fishers have to handle it when they pull up — or try to pull up — nets laden with the heavy slime.

said, but that might have to change because fishers are ignored by government. "Maybe it's time to make those responsible accountable so that we can make the lake better for fishermen and all Manitobans," he said.

The province has been on algae watch since Robert Kristjanson brought the blooms to its attention over 20 years ago. He even earned the Order of Manitoba, the province's highest honour, for his efforts. But the nutrients keep flowing.

When asked what the province does with the data it collects on algal blooms, a provincial spokesperson said: "We post it and use it to make decisions on whether any sort of notice should be issued or swimming advisories updated."

"COME ON THE LAKE WITH ME AND I'LL STICK YOUR HEAD RIGHT IN IT."

Indigenous Healing Garden unveiled at Selkirk Friendship Centre

By Nicole Buffie

On a crisp Sept. 23, Selkirk welcomed The People's Medicine Garden, the first of its kind in the community.

Designed by LSRCSS teacher Mark Walterson, Jeannie Red Eagle and Dan McDermid from the City of Selkirk, the garden is to provide a space for Indigenous teachings of medicine and healing.

"We had this awesome opportunity to really show reconciliation by putting something positive from the indigenous community into a Selkirk city park where people can see it," said Walterson, who teaches a First Nations, Métis and Inuit Studies course. "It reflects the positive [aspects] of indigenous communities."

Walterson said the idea for the gar-

den came from working with Red Eagle when she was a guest in his class providing guidance and teaching about the sacred Indigenous medicines as well as later discussions surrounding the need for space to further explore the subject.

Red Eagle played with the idea of creating a medicine garden with her family, but after working with Walterson decided it would be beneficial to involve his students.

"There was this revitalization project, and we thought, what a great opportunity for kids to be active in their communities," he said.

Nearly two years later after Walterson and his students penned letters to all levels of government, the area came to be located beside the Selkirk

Friendship Centre.

The reveal of the space featured speeches by Mayor Larry Johannson, Walterson, Red Eagle, Elder Peter Atkinson and Dennis White Bird of Rolling River First Nations.

Red Eagle gave an emotional speech at the unveiling, speaking about what the new space means to her.

"This is our youth, this is our elders, this is our community," she said at the event. "And I am so proud to be here."

"That's what this is about: this is a safe space for us to gather, Indigenous and non-Indigenous for cultural teachings and for educational purposes."

Walterson said the development of the garden will provide learning opportunities for his students and him-

self on the cultural importance of various plants and medicines, including sage, cedar, sweetgrass, and Kinnikinnick or sacred tobacco.

The tobacco teaching, one of the oldest traditions in Indigenous cultures uses Kinnikinnick, an herbal smoking mixture made from a combination of leaves and bark for social, spiritual and medicinal uses.

At The People's Medicine Garden unveiling, Red Eagle offered Kinnikinnick to the patrons in attendance to release it in the space with intention.

"Put your spirit and intent into it and what you're hearing," she said. "Put that in, and then place it down gently, and see what happens. See what can grow out of that."

get inspired

> MEAL IDEAS



Hummus Flatbread Pizza

English cucumber slices
Preheat oven to 500 F.
Brush pizza sauce to edges of flatbread. Swirl to spread hummus to edges of flatbread. Sprinkle 1/4 teaspoon garlic powder over flatbread. If using canned pineapple tidbits, drain and pat dry with paper towel. Add pineapple tidbits to flatbread and sprinkle with remaining garlic powder.
Bake 5-10 minutes, or until flatbread is light golden brown.
Cool and cut flatbread. Serve with strawberries and mix chopped romaine lettuce and English cucumber slices for simple salad.

Recipe courtesy of Tabitha Brown
Prep time: 10-15 minutes
Yield: 1 flatbread
4 teaspoons pizza sauce
1 rectangular flatbread
3 tablespoons Sabra Classic Hummus
1/2 teaspoon garlic powder, divided
1/3 cup pineapple tidbits or fresh pineapple pieces
strawberries
chopped romaine lettuce



Vegetable and Rice Power Bowls

1/2 cup crumbled goat cheese
1/3 cup pumpkin seeds
1/2 cup prepared balsamic dressing
Preheat oven to 400 F. In large bowl, toss together butternut squash, sweet potatoes, 2 tablespoons oil, thyme, maple syrup, salt and pepper. Arrange in single layer on parchment paper-lined baking sheet.
In same bowl, toss beets with remaining oil until well coated; add to baking sheet with butternut squash and sweet potatoes. Bake 30-35 minutes, or until golden brown and tender.
Prepare rice according to package directions; divide among six bowls. Top each with greens, roasted vegetables, lentils, goat cheese and pumpkin seeds. Drizzle with balsamic dressing.

Total time: 45 minutes
Servings: 6
2 cups chopped butternut squash
2 cups chopped sweet potatoes
3 tablespoons olive oil, divided
1 tablespoon fresh thyme leaves
1 tablespoon maple syrup
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups peeled, chopped beets
2 bags Success Jasmine Rice
4 cups mixed greens
1 can (15 ounces) brown lentils, drained and rinsed



Sausage, Egg and Cheese Muffins

directions. Preheat oven to 400 F. Coat 16 muffin cups with nonstick cooking spray.
In large bowl, combine quinoa, sausage, baking mix and cheese. Stir in milk and eggs; blend well.
Pour 3/4 cup mixture into each muffin cup.
Bake 18-20 minutes.
Serve warm with maple syrup, if desired. Refrigerate leftovers.
Substitution: In place of baking mix, substitute 2 cups all-purpose flour plus 1 tablespoon baking powder and 1 pinch of salt.

Total time: 30 minutes
Servings: 16
1 bag Success Tri-Color Quinoa
nonstick cooking spray
1 package (9.6 ounces) cooked turkey sausage crumbles
2 cups prepared baking mix
1 cup cheddar cheese
1 cup milk
4 whole eggs, lightly beaten
maple syrup (optional)
Prepare quinoa according to package

Fitness motivation – how to get it, keep it, and spread it

Hey, you okay? Because... 2020.
Caring for yourself and helping friends and family to get through these tough times has a lot to do with physical activity. Spending more time at home inevitably means a more sedative lifestyle, which is terrible for your overall health. Many of us have experienced weight gain from the stress hormones, emotional over-eating, or snacking due to boredom.



Health and Wellness Fitness expert Julie Germaine

Exercise is better than any drug to get your health back on track. The endorphins that flood your system after a great workout will also boost your energy and improve your mood for hours. Mental well-being is directly linked to one's physical health, so using fitness as a coping mechanism is wonderful.

Maintaining motivation is challenging, but I got you! Here are some of my top tips to overcome obstacles and feel great about inspiring those you love! Even the smallest change can make a big difference.

Start Simple:

- Drink More Water: Infusing it with cucumber or watermelon promotes balanced hydration within your body, which will help you lose excess water weight.

- Write Down Your Goals: Create realistic short- and long-term goals. Achievement is 42% more likely if you put pen to paper.

- Choose a Mantra: It's not cheesy, well... maybe it is, but it works! Try "Never miss a minute of cardio". This reasonable rule will motivate you to get your physical activity done earlier, so you can feel good all day about your accomplishment.

Keep At It:

- Force the Habit: Be dedicated to exercise at least twice per week, even for 20 minutes.

- Stay Positive: Your attitude matters. Focus on what you've done right and give yourself credit for every effort.

- Unfollow Contradictions: Mute your favourite food blogger and limit your exposure to media cov-

erage to push temptations and stress away.

- Try Meditation: Forge a winning mindset by visualizing the end result – a happier YOU.

Get Support:

- Socialize while Distancing: Be creative! Pop in your earbuds to talk with a friend during your separate power walks. Start a group chat to be accountable.

- Invest in a Plan: Start a fitness program and hire a coach! I have a perfect solution – The 90-Day Weight Training Plan is my brand new book, available at www.juliegermaine.com. This workout-at-home with minimal equipment book is coming out right on time, as so many of us are training at home and are ready to challenge our bodies in a new way.

If you are feeling down and unmotivated, try doing a random act of kindness, like paying it forward at the Tim Hortons drive-through or simply holding a door open for a stranger. It's tough to stay in a negative place as you earn a friendly smile, plus that good karma never fails to come back around right when you need it.

I would love to support you by answering your health and fitness question! Please reach out and submit your topics of interest to info@juliegermaine.com

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Motion to remove ice from Winnipeg Beach Community Centre defeated

By Patricia Barrett and Brian Bowman

A proposal to decommission the ice surface in the Winnipeg Beach Community Centre over the 2020-21 season ended in a tied vote and uncertainty about whether programs such as public skating and recreational hockey will go forward this year.

Council voted on the resolution to get rid of the ice at its Sept. 23 regular meeting.

"The vote on the ice issue was a tie vote, with the mayor [Tony Pimentel] and Coun. [Pat] Green voting in favour and councillors [Daryl] Carry and [Barry] Hoel voting against the motion," said acting chief administrative officer Roger Bouvier by email. "Coun. [Larry] Banks abstained, thus creating a lost vote."

A tie vote defeats a bylaw or resolution, said Bouvier, citing the provincial Municipal Act. And a council may not reconsider or reverse a decision within one year after it is made, he said, with a few exceptions.

The Act does permit a council to reconsider a decision in one of two ways: "At the same meeting at which the decision is made and all the members who voted are present" or if a council member "gives written notice to the council, from at least one regular meeting to the next regular meeting, of a proposal to review and reverse the decision."

Winnipeg Beach Mayor Tony Pimentel said there were a couple of reasons behind the motion to remove the indoor ice surface.

"No. 1 was the cost," he said Monday evening. "When you look at the revenues and you look at the costs of the operations for the season, we were losing money on it. Another thing was because of COVID, there were a lot of facilities that weren't going to be open, schools and stuff, that weren't going to be open for other things. So we thought it could be an opportunity for other activities for the winter time."

Pimentel is hoping Winnipeg Beach council and the residents can end the debate of keeping or removing the indoor ice surface.

"When we get all of our facts and figures to present to the taxpayers of

Winnipeg Beach then we can have a clear direction to council to which way they want to go," he said. "This was a council decision and we each had our own opinions and, at the end of the day, the council decision, the council resolution was defeated so we're going ahead with it. We all have to get along at the beach, we all like the beach, so we just want to keep it in a positive note."

The community centre is home to the Winnipeg Beach Kids Rec Hockey Program, a non-competitive youth league.

Jay Adam, who chairs the hockey program, said it started five years ago for kids who wanted a less competitive model of hockey that wouldn't require any travel.

"It's fantastic news and very exciting," said Adam of council's decision last Friday. "Of course, we're excited that we will have ice this year in Winnipeg Beach."

This year, there were more than 60 kids waiting to register, said Adam. With school sports currently shut down due to the COVID-19 pandemic, this will give kids something to do during the winter.

"I think they're great numbers ... and we hope to grow," Adam said. "We feel really good about it. For the most part, they're kids in the Winnipeg Beach/Gimli area with a short drive. A lot of these kids have already been exposed to each other through cohorts at school so it's really not increasing their COVID risk a great deal."

"With so much being cancelled over the last six months, and so many other sports being cancelled or minimized, it's nice to offer them something to do rather than play video games and sitting at home playing on their phones."

The program typically begins in late October or early November and runs for approximately 16 weeks.

Adam noted that the rink also hosts senior hockey and public skates. He said there was a lot of support from the community in favour of saving the indoor rink.

In fact, concerned parents started a petition in support of allowing the kids to skate in the rink. The petition generated 344 signatures as of Monday.

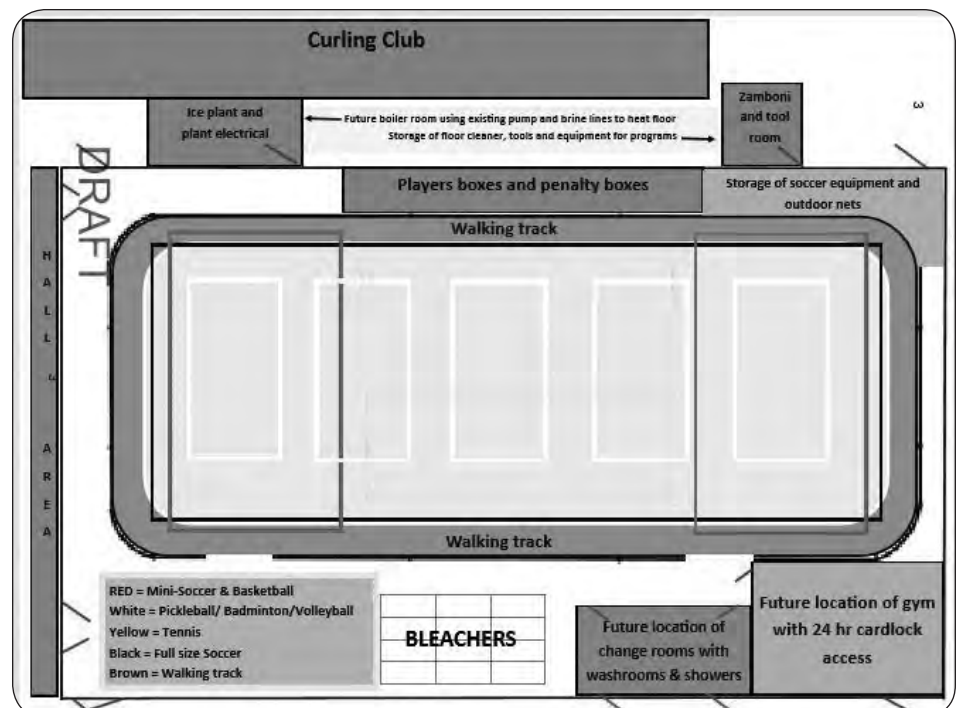
"It was a diversity of people that wanted to keep the ice surface," Adam noted. "It just wasn't a few of us. In addition, we had about 40 people outside during the meeting. I guess we'll call it a public protest, a very friendly protest with signs and kids playing street hockey to let them know how much kids love hockey here."

Those interested in the program can email Adam at wpgbeachkid-



EXPRESS PHOTO SUBMITTED

Winnipeg Beach town council defeated a motion to remove ice from their community centre last Wednesday evening.



EXPRESS PHOTO SUBMITTED

Draft illustration showing the ice surface converted into an indoor sports centre

srechockey@gmail.com.

Dispensing with the ice is part of a wider proposal to completely revamp the town's community centre by turning it into a year-round indoor sports facility. The proposal is set out in an unsigned draft document titled, Future Use Proposal 2020, which is posted on the town's website.

In place of ice, the 16,150-square-foot ice surface could be reconfigured into a walking track, five pickleball, badminton and volleyball courts, two tennis courts, a basketball court and mini-soccer fields at the north and south ends of the rink (or a full-sized soccer field). The document also outlines other indoor sports that could be offered such as flag football, dodge ball, broom ball and frisbee.

The document outlines last season's ice costs versus the revenue ice rentals brought in. Total expenses (which include the installation and removal of ice and propane for the Zamboni)

were \$33,020.57. Total revenue (from men's and children's hockey, public skating and the canteen) was \$21,183. That represents a loss of almost \$12,000.

Sports such as pickleball earned nearly \$10,000 in revenue "with most of the revenue occurring when we offer daytime programs," states the document.

"Our community centre could be utilized seven days a week with varied programs throughout that would appeal to everyone," says the document. "This would also create a need for our canteen to be open more hours and in turn create rental revenue for the community centre."

The proposal would not, however, leave residents without ice. It says an outdoor ice rink could be constructed near the Caboose, which has parking and electricity and is not used during the winter season.

Winnipeg Beach Curling Club
 Curling starts the week of October 19th
Mondays: Ladies'
Wednesdays (every second one): Doubles
Thursdays: Men's
Fridays: Mixed
 Register your team today!!
 Contact Shawna Pawluk:
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

By Ty Dilello

Moosehorn's Talyia Tober captured her first MJCT event over the weekend as her Winnipeg-based team won the Hardline Curling Larry Jones Classic at the St. Vital Curling Club.

In the finals, Tober defeated Katy Lukowich of East St. Paul by a 6-5

scoreline to finish a perfect weekend of four wins and zero losses.

On the boys' side, Winnipeg's Jordan McDonald defeated Ryan Wiebe 5-4 in the final. Petersfield's Tanner Graham and Winnipeg Beach's Josh Maisey both missed the playoffs with 1-2 records.

Interlake Impact wins again

Staff

The Interlake Impact continued their red-hot play on Sunday.

Interlake is now undefeated in its past seven Manitoba Major Soccer League 4th Division games after defeating Central Plains Impact 3-2 at the Ralph Cantafio Soccer Complex

in Winnipeg.

With the victory, the Impact is now 6-3-2 and has 20 points to sit tied for third place with Central Plains FC.

Interlake is back in action Friday when it takes on Winnipeg FC at Shaughnessy Park. Game time is 7 p.m.

Moosehorn's Tober wins first MJCT



EXPRESS PHOTO SUBMITTED

Team Tober was victorious at the Hardline Curling Larry Jones Classic in Winnipeg. Left, to right, Stephanie Feeleus (lead), Lexa Sigurdson (second), Tansy Tober (third), and Talyia Tober (skip).

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

M	T	S	E	T	A	S	S	V	H	C								
V	O	C	I	D	N	I	S	V	D	O	S							
L	E	T	N	O	I	T	P	U	S	N	O	C						
V	L	I	N	V	M	S	V	O	N	V	S							
S	R	E	N	E	N	C	A	V	A	G	U	S						
S	E	I	R	E	B	V	K	U	V	S								
S	V	M	O	S	I	N	D	E	R	U	S							
B	B	E	N	V	A	T	E	N	N	I	S							
M	A	J	H	V	A	T	N	I	V	S								
S	T	E	T	S	R	V	P	I	V	I	S							
P	S	T	S	T	S	I	D	E	S	R	A	V	A	R	E	M	E	R
S	N	O	S	E	S	R	O	R	E	S	G	E	S	R	O	E	W	
S	N	O	S	I	S	P	M	O	C	O	S	R	E	R	O			
S	N	O	S	E	L	B	A	S	A	B	A	S	R	U	E			
S	N	O	S	E	L	B	A	S	A	B	A	S	R	U	E			
S	N	O	S	E	L	B	A	S	A	B	A	S	R	U	E			

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Part of (abbr.)
- 4. Persons
- 9. Moved with a curving trajectory
- 14. Bitterly regret
- 15. Cause to feel embarrassed
- 16. Type of toast
- 17. Bobby __, NHL champ
- 18. Analogies
- 20. Mixes
- 22. Beloved flowers
- 23. Clinton special prosecutor
- 24. Avoids
- 28. Innermost brain membrane: __ mater
- 29. Atomic #18
- 30. Remain as is
- 31. One who's been canonized
- 33. Indian king or prince
- 37. The Bay State
- 38. Forms adjectives
- 39. Give off
- 41. Partner to flow
- 42. Biblical Sumerian city
- 43. Popular clothing material
- 44. Organism parts
- 46. Central US Native American people
- 49. Blood type
- 50. Wrath
- 51. Perennial tropical grass
- 55. Vetches
- 58. Buffaloes
- 59. Envelope type
- 60. Tuberculosis
- 64. Israeli city __ Aviv
- 65. Pops
- 66. Indo-European languages
- 67. Fiddler crabs
- 68. Large bank
- 69. Not fresh
- 70. Scientist's device (abbr.)

CLUES DOWN

- 1. High schoolers' dances

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						62	63			64	
65							66				67	
68							69				70	

- 2. Style of rock music
- 3. Maryland athlete
- 4. Softened by soaking
- 5. Native Aussies
- 6. Some are on it
- 7. Clairvoyance
- 8. Broken piece
- 9. Wrong
- 10. Starts over
- 11. Where to hang clothes
- 12. One point north of due east
- 13. Gov't lawyers
- 19. Mass of eggs in a shellfish
- 21. Smile
- 24. Wrap
- 25. A citizen of Iran
- 26. Island off the coast of Tanzania
- 27. Knives
- 31. Beloved "Doctor"
- 32. Type of turtle
- 34. Leg (French)
- 35. Indicates position
- 36. Self-doubt
- 40. Of I
- 41. Retired but allowed to retain title
- 45. Algerian port
- 47. African country
- 48. "Wayward Son" rockers
- 52. Bring out of sleep
- 53. Auburn legend Newton
- 54. Heavy wooden shield in ancient Greece
- 56. Choose to represent
- 57. Peace
- 59. Work hard
- 60. Reciprocal of a sine
- 61. Express delight
- 62. Explosive
- 63. Journalist Tarbell

Classifieds



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FOR SALE

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204-642-7654**

**#20042 - GLEN BAY ROAD
RM OF GIMLI**

Do YOU have a unique product or service you would like to advertise? Get the word out with an ad in the Express!

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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, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

**NEWS TIPS?
STORY IDEAS?**
call the Express
204-467-5836

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.

FARMLAND FOR SALE

Farmland for sale - SE-16-24-2E RM of Bifrost, 157.25 acres cultivated. Offers. Phone 204-750-2281.

LOTS FOR SALE

For sale in Gimli - large residential serviced lots (only 9 left). Sizes and prices vary. Call 204-642-8309 or 204-641-8099.

HOUSE FOR SALE

Gimli - 137-5th Ave. 3 bdrm., 1 bath, 950 sq. ft. bungalow and garage. Well care for, smoke free, with many upgrades. View on Kijiji. Ph 204-641-2877.

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.

MISCELLANEOUS

Is business slow? It doesn't have to be! Advertise now and make the most of things before winter. Don't delay. Each week our blanket classifieds could be helping your company get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with your future customers. For as little as \$189 + GST, get your important messaging out! Call us at 204-467-5836 or email classified@mcna.com for details. MCNA 204-947-1691. www.mcna.com

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Car collector searching! I want your old car or truck, or anything interesting! Tell me what you have! Whether it's been in the barn for 25 years, or fully restored. Call David 204-900-9399.

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204-467-5836



**Interlake
Cattleman's Co-op**
ASHERN, MB

LOOKING FOR TREASURER / SECRETARY

Applications are now being accepted for the full time position of Treasurer / Secretary at the Interlake Cattleman's Co-op at Ashern which is located in the Interlake area of central Manitoba. Position is for Tuesdays, Wednesdays and Thursdays. Duties include: Accounts Payable, Accounts Receivable, Payroll, Accounting, Supply Orders, and other duties as required. Job to commence immediately. Wages negotiable depending on experience.

To be considered for this position, please call, email or fax resumes to:
icca@mymts.net or fax 204-768-3690

For more info: call Kirk Kiesman @ 204-768-0019

Interlake Cattleman's Co-op
Box 599, Ashern, MB. ROC 0E0
(our website www.ashernauctionmart.com)



PUBLIC NOTICE

BOARD OF REVISION FOR 2021

Public notice is hereby given that the 2021 Assessment Roll for the Rural Municipality of Grahamdale has been delivered to the Municipal Office and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 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 subsection 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 the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property;
- a refusal by an assessor to amend the assessment roll under subsection 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;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the Secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **Thursday November 12th, 2020 at 1:00 p.m.** in the Council Chambers of the Rural Municipality of Grahamdale to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, October 27, 2020 at 4:30 p.m. The Applications must be sent to the address printed below:

Dated at Moosehorn, Manitoba, this 16th day of September, 2020.

Shelly Schwitek, Secretary, Board of Revision
Rural Municipality of Grahamdale, Box 160, 23 Government Road
Moosehorn, MB ROC 2E0
Phone: (204) 768-2858 Fax: (204) 768-3374

RURAL MUNICIPALITY OF GIMLI UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 20-0020
Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

HEARING LOCATION: Gimli Recreation Centre
45 Centennial Road, Gimli, MB

DATE & TIME: October 14, 2020, 7:15 pm

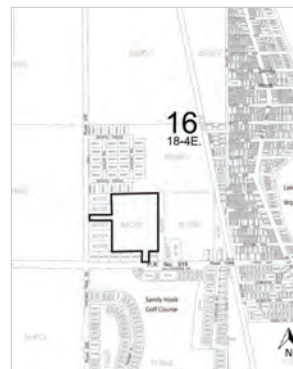
APPLICATION: RMG-20-03R

AFFECTED AREA: Lot 6, Plan 54478 in Pt. SW ¼ 16-18-4 EPM Roll 82100, 24.24 acres

GENERAL INTENT: To rezone an area in the RM of Gimli from "AL" Agricultural Limited Zone to "RM" Residential Multiple-Family Zone for a residential condominium development.

FOR INFORMATION

CONTACT:
Nancy Thom,
CAO/Development Officer
Eastern Interlake Planning District
62 2nd Ave,
Box 1758 Gimli MB ROC 1B0
Ph: 204-642-5478
Fax: 204-642-4061
Email: eipd@mymts.net
website: www.interlakeplanning.com



COVID-19 PROTOCOL: Should you wish to attend the hearing, you must PRE-REGISTER NO LATER THAN 4:30 p.m. ONE (1) DAY PRIOR TO THE HEARING with the RM of Gimli office at 204-642-6650.

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

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.



IS HIRING!

Full-Time or Part-Time CASHIER

As Cashier, you would be responsible for the front-end of our store:

- Assisting customers at the till with purchases and returns
- Assisting with customer carry-outs
- Managing check-out supplies
- Answering phones and referring customers to sales staff
- Sanitizing doors, customer counters, and other surfaces regularly
- Offering masks and hand sanitizer to customers
- Cleaning and dusting products and shelves
- Putting away stock
- Cleaning floors near the door daily

Must be able to work Saturdays, other days would be flexible.

Must be able to lift a minimum of 50 lbs unassisted. Previous experience in a retail sales or a retail cashier position would be an asset, but we will train the right candidate.

To apply, send resume to jason.carpenter@homehardware.ca, or drop off at #28 Railway Avenue in Ashern.

Classifieds



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

UPCOMING EVENTS

2020 Telus Manitoba Motorcycle Ride for Dad. 'Ride Alone Together' format - register to ride, collect pledges, and Ride Alone Together on the day and route of your choice. Details at ridfordad.ca/Manitoba

NOTICES

Urgent press release &/media advisories. The news never stops, and neither do we! We are assisting organizations, businesses, and the public in getting their messaging out about important news, changing operations, cancellations, etc. 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, or email classified@mcna.com for details. www.mcna.com. We are here to help you.

HAY/STRAW

Large round hay bales for sale. Alfalfa & brome. Call 204-461-0722.

Flax straw - \$3/bale. Also wheat straw & hay. Monday - Saturday. Call Nick at 204-461-0706 or Bill Matheson at 204-461-1906, Stonewall.

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: ROY WILLIAM BALL, late of the Village of Dunnotar, 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 2nd day of November, 2020. DATED at Gimli, Manitoba, this 30th day of September, 2020. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS Attention: Grant D. Baker

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

INVITE FOR TENDER:

Contract Caretaker of Inwood Seniors Lodge

21 Housing Units in Inwood, MB Responsible for the Building & Yard Maintenance

- TENDER PACKAGE contains a Complete list of Duties
- Interested person(s) must have a VALID Drivers License, reliable vehicle and pass a criminal record check.
- TENDERS will only be accepted on properly completed Tender Packages
- TENDER PACKAGES can be obtained by calling 204-278-3534 or email: inwoodm@highspeedcrow.ca
- TENDERS ACCEPTED until October 16th, 2020 at 4:00 p.m.
- The Lowest Tender May Not Necessarily be Accepted.

ENCOURAGEMENT

Paul wrote
"Let us work for the good of all."

Paid Advertisement

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12 Patterson Dr. Stonewall, MB

Online Timed Auctions @ iCollector.com

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Closes Wed Oct 7th @ 7:30 PM

Featuring Large Amount & Variety of Antiques * Signs * Coke Machine * Furniture * Glassware * Ford Model A Parts *

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(204) 886-7027

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Expert Help: 204-453-5372



MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

BAR WASTE CO-OP INC EXPANSION FOR \$300,000 PROPOSED BY-LAW NO. 6-2020

The Council of the Municipality of Bifrost-Riverton has scheduled a public hearing in the Council Chambers at 329 River Road, Arborg on the 14th day of October, 2020 at 9:00AM to present the following general borrowing proposal:

The Municipality of Bifrost-Riverton is partners with the Town of Arborg in BAR Waste Co-op Ltd. and initial estimates had the current waste disposal grounds with a life span to 2025 but now requires expansion by 2021. The total estimated cost of the expansion is \$300,000.00 with the Municipality of Bifrost-Riverton responsible for 66.67% or \$200,000.00 and the Town of Arborg responsible for 33.33% or \$100,000.00. The Municipality of Bifrost-Riverton's portion of \$200,000.00 is to be borrowed. The maximum anticipated interest rate on borrowing is 3% on a five-year term with a fixed interest rate and first payment made October 1, 2021. The maximum annual payments of \$43,670.91 will be paid by a mill rate levy, based on the portioned assessed value of all property in the Municipality of Bifrost-Riverton. Based on the 2020 Assessment Roll, an estimated mill rate of 0.208 Mills will be required. Further information/inquiries/copies of the proposal are available at the municipal office located at 329 River Road in Arborg, MB. Dated at the Municipality of Bifrost-Riverton this 23rd day of September, 2020, and issued pursuant to Section 169(6) of *The Municipal Act*.

Jordan Willner
Chief Administrative Officer
Municipality of Bifrost-Riverton

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



First Notice of Tax Sale Auction Municipality of Bifrost-Riverton

Pursuant to subsection 367(1) of *The Municipal Act (MA)*, notice is hereby given that unless the tax arrears for the designated year and costs shown below in respect of the hereinafter described property are paid in full or an agreement under Section 369(1)(b) MA to pay the arrears and costs has been made prior to the commencement of the auction, the said property will be sold by public auction at following date, time and place:

Date and Time: March 17, 2021 at 10:00 a.m.
Where: 329 River Road, Arborg, Manitoba

Registered Owner:	KARA-DAWN MARIE BOURGEOIS			
Roll #	Civic Address	2018 Arrears	Costs	Total
405500	49 THORVALDSON STREET, RIVERTON	\$364.47	\$2,498.00	\$2,862.47

Legal Description: LOTS 5, 6, 7 AND 8 BLOCK 2 PLAN 2389 WLTO IN RL 5 WEST IN SECTION 20-23-4 EPM

- The tax arrears amount shown above includes penalties calculated to the day of the sale.
- Costs will continue to be incurred to the tax sale date and added to the amount required to redeem.
- The property may be sold at the auction for less than the amount of the tax arrears and if this is the case, the balance of the arrears and costs owing is deemed to be cancelled.
- Contact the number below for verification of costs. Any overpayment will be applied to payment of subsequent tax arrears. Payment must be made by cash, certified cheque, debit card (where available) or any other form of guaranteed payment.
- For any inquiries regarding the tax sale process or auction, contact TAXervice at 204-734-6381.
- IF THE PROPERTY IS SOLD, THE SALE IS FINAL AND ANY INTEREST YOU HAD IN THE PROPERTY BEFORE THE SALE WILL BE EXTINGUISHED.
- There will not be an opportunity to redeem this property from tax sale and a property transfer application will proceed immediately after the auction.

Dated this 25th day of September, 2020

Jordan Willner
Chief Administrative Officer
(204) 376-2391



This Notice is published for the purpose of effecting substitutional service thereof upon Kara-Dawn Marie Bourgeois as set out in the Notice pursuant to Order of the District Registrar dated May 15, 2020.

SALES CAREER OPPORTUNITY

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

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

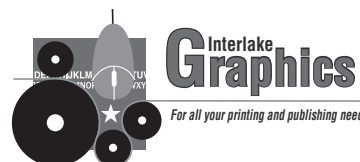
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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

Customer service, sales experience and passion is a must.

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

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



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



BECOME A RED CROSS VOLUNTEER IN YOUR COMMUNITY

JOIN US!

VISIT REDCROSS.CA/ VOLUNTEER

VIRTUAL AGM

Arborg Ag Society will be holding their annual General Meeting Virtually this year on Wednesday October 21st @ 8:00 pm

All members are encouraged to renew their memberships prior to the meeting. As always new members are Welcome. Only membership who's fees are paid prior to October 20th will be included in on the virtual meeting. Please call Lenore @ 204-642-2700 for details.

FARMLAND FOR SALE IN THE R.M. OF FISHER with good road access, located approx. 9 miles west and 6 miles north of jct. of HWY 17 and HWY 325E.

- NW 22-26-3W - Approx. 161A, incl. approx. 121 Arable Acres and approx. 40 Non-arable Acres
- SW 22-26-3W - Approx. 160A, incl. approx. 124 Arable Acres and approx. 36 Non-arable Acres
- NE 21-26-3W - Approx. 159A, incl. approx. 132 Arable Acres and approx. 27 Non-arable Acres

CONDITIONS OF SALE: Interested parties shall submit a signed Offer to Purchase to "Lucky Davidow", as Executor of the Estate of Josephine Davidow", c/o Duncan Geisler Law Office, 24 Main Street, P.O. Box 200, Ashern, MB, R0C 0E0, ATTN: Paul D. Geisler, J.D. The highest or any offer will not necessarily be accepted. Property sold "as is."

For further information, or to arrange to view the property, please phone 204 768 2848.



SELKIRK

NOW HIRING!

The Canadian Tire Selkirk Automotive Department is now seeking staff for the following position:

EXPERIENCED Red Seal Mechanic

Strong candidates must have:

- Solid communication skills
- Problem solving abilities
- Strong interactive skills

Compensation based on experience.

Full time position includes benefit package.

Email resume and references to mick.walsh@thetire.ca



RURAL MUNICIPALITY OF COLDWELL PUBLIC NOTICE BOARD OF REVISION

Public notice is hereby given that the 2021 assessment roll for the Rural Municipality of Coldwell has been delivered to the Municipal Office at 35 Main Street, Lundar, Manitoba and is open for public inspection during regular business hours.

Applications for revision must be made in accordance with sections 42 and 43 of the Assessment act:

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 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, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 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.
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board

The Board of Revision will sit on Friday, November 6, 2020, at 10:05a.m. in the Council Chamber of the Rural Municipality of Coldwell, 35 Main Street, Lundar, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is 4:30p.m. October 21st, 2020.

Dated this 25 th day of September, 2020.

Nicole Christensen – Secretary, Board of Revision
Rural Municipality of Coldwell, Box 90, Lundar, Manitoba, R0C 1Y0

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- **Approach to Work:** To come to work with a positive, professional approach and attitude.
- **Customer Service:** To help ensure outstanding courteous customer service is provided at all times.
- **Policy & Procedures:** To help ensure all policies & procedures are adhered to in accordance with Interlake Co-op policy & procedures manual.
- **Accounts Payable** – To assist in the preparation & administration for all accounts payable as required.
- **Accounts Receivable**– To accept & process payments and assist with all accounts receivable procedures as required.
- **Period End Statements** – To be well versed in the procedural items that are required to be done within agreed-upon timelines and ensure they are completed within those timelines.
- **Payroll**– To be knowledgeable and work within Interlake Co-op policy to process all aspects of payroll.
- **Data Entry** – To process data and to file invoices and correspondence in a timely and efficient manner.
- **Balance Cash Ups** - To assist in daily cash audits.
- **Internal Controls**– To assist in internal control procedures.
- **Petroleum Office** – To assist the Petroleum Manager with the administration/operation of the dept.

Competencies/Qualifications:

- Organizational Savvy, Desire to work in a team setting, Past administrative experience an asset, Computer skills, Great communication skills, Interacts effectively with others, Desire to make a positive difference in our members' lives

Submit questions/applications to:

Interlake Co-op
Michelle Johnson (Office Manager)
204-376-5245 ext 101 info@interlakecoop.com

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-Love,
Mom and Dad (Michelle and Terry),
Adam and your entire family

OBITUARY

Leslie Michael Marchak

October 23, 1940 - September 23, 2020

After another successful haying season and a brief battle with cancer, Les passed away peacefully surrounded by his family on September 23, 2020 at the age of 79 years.

Les will be lovingly remembered by his wife Lydia of 58 years, his daughter Pam, son Darcy (Marni), granddaughter Chantel (Josh) and his great grandson Karsen...aka Little Papa. He will also be greatly missed by his sisters Sharon (David) and Jeannette (Richard), brother-in-law Albert, sisters-in-law Huguette and Marilyn, his favourite neighbour boys Henry and Luke, numerous nieces & nephews and close friends.

Les was predeceased by his parents Michael and Frances, sister's Lorraine, Betty, Helen, Irene; brothers Andy, Bert and Anthony; sister-in-law Elizabeth, nephews Sheldon, Darrell and

Brian.

Les was born on October 23, 1940 in Gimli, MB. One of the first babies to be born in the new Gimli hospital. He grew up in Inwood and Narcisse, MB. He went to school up to grade 6 and then worked on the family farm. He met Lydia and they married in 1962. His first job was pounding fence posts for the Community Pasture. After that he worked numerous construction jobs; for BACM, Commonwealth Construction, Harrison's Trucking, and Missawa homes. In 1979 he went to work for the Town of Gimli. In 1997 he retired, and worked full time at the job he loved - making hay. He always said making hay was his vacation, and he anxiously awaited to get haying every year. He served on the council for RM of Armstrong as counselor and Reeve for 16 years. He liked fishing, hunting and the occasional trip to the casino. He was a jokester and loved a good prank or a dirty joke. He was proud of his family and liked nothing better when they all came home to visit. Chicken soup on Sunday's was always a guaranteed meal. It made him extremely happy to see his great grandson Karsen zip around on his ranger with a big smile on his face.

A celebration of his life took place at 11:30 on September 29, 2020 in the Gilbart Funeral Home in Gimli, MB. Les would have loved to have a huge celebration but unfortunately due to COVID-19 restrictions that's not possible.

If so desired, in lieu of flowers please make a donation to Cancer Care Manitoba. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Gimli in care of arrangements.



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