



(204) 467-8000
VIEW OUR 3D VIDEOS AT
mckillop.ca
RE/MAX TOWN & COUNTRY
THE MCKILLOP TEAM

Why list with mckillop.ca?

Watch for our
Newsletter/Market Update
in this weeks Tribune

#1 RANKED
STONEWALL
REAL ESTATE
SEARCH

3200+
UNIQUE
VISITORS
PER MONTH

FEATURED LISTINGS ON HOME PAGE

INTENSIVE SOCIAL MEDIA MARKETING

LOCAL & INTERNATIONAL EXPOSURE

STAGING, VIRTUAL STAGING & CONSULTATION

PHOTOGRAPHY, HD VIDEO & 3D FLOOR PANS

3D/360 VIRTUAL TOURS

WE LIVE, WORK, AND PLAY IN STONEWALL & AREA

THE EXPRESS

VOLUME 7 EDITION 40 THURSDAY, OCTOBER 8, 2020

WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD

2020 HONDA TRX420FM
420 c.c.
Toe Shift
1 year warranty
\$7,099
PLUS PDI



HONDA

2021 TRX520
520 c.c.
E. Shift/Auto
Brown, EPS
\$11,899
PLUS PDI



HONDA

2021 TRX520 Rubicon
520cc, auto, EPS, camo
\$12,199
PLUS PDI



HONDA

2020 Honda TRX520 FM
520 cc, toe shift, red
\$8,699
PLUS PDI



HONDA

SHACHTAY SALES & SERVICE
Arborg, MB
204-376-5233



Singing praises of cover crops

EXPRESS PHOTO COURTESY OF CALLUM MORRISON
Callum Morrison tested soil moisture with a special probe before heading off to a gig in Stonewall to sing traditional Scottish songs. See pg. 11 for full story.

> everything you need to know in your locally owned and operated community newspaper

Countryside



Home building centre
204-372-8501

Get a \$50 Home Gift Card
with every \$250 purchase of Owens Corning® PINK® FIBERGLAS® insulation and/or AttiCat® expanding blown-in insulation.
September 10 - October 21, 2020.



OWENS CORNING

Alzheimer conference going virtual for 2020

Webinar focuses on caring for those with brain disease

By Nicole Buffie

The Alzheimer Society of Manitoba's annual Care4u conference on Oct. 24 is going digital for 2020, and while many events across the country have been cancelled due to the pandemic, the society says hosting a virtual seminar is a benefit.

"We'll be able to reach so many more people than we usually would be able to just having our regular conference," said Samantha Holland, the Interlake/Eastern regional co-ordinator for The Alzheimer Society.

The Care4u conference serves as a way to educate and support those caring for loved ones with Alzheimer's, a degenerative brain disease common in elderly people.

What would usually be a one-day event featuring keynote speakers and concurrent sessions covering different topics of interest for caretakers, the webinar will feature the same activities in a virtual session.

The topics covered include areas such as day-to-day care for loved ones

and how to have tough conversations such as when to move to a long-term care home and when to stop driving.

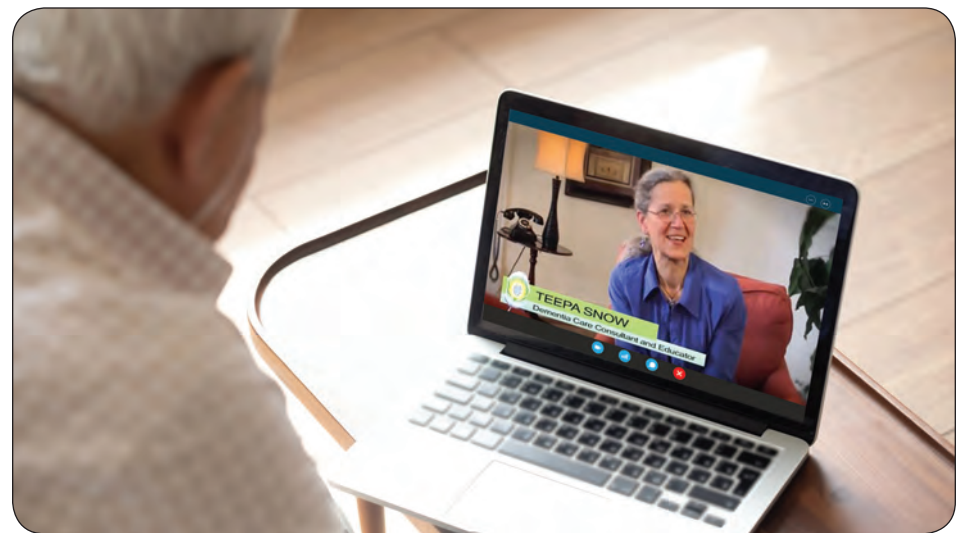
Holland says due to the current pandemic, some of the material will be geared towards how caring for loved ones with Alzheimer's has changed.

"There's a lot more emotional needs that come with this pandemic," she said. "There's that social isolation. There's caregivers having to be more hands-on because home-care has stopped or slowed down. Different activities have been cancelled. People are dealing with anxiety and stress and depression."

Holland noted the conference comes at a good time as caregivers are experiencing burnout from finding ways to look after loved ones from afar.

"They really just need some support," she said.

According to The Alzheimer Society, over 23,000 Manitobans currently live with the disease and the number is expected to grow to over 40,000 by 2038.



EXPRESS PHOTO SUBMITTED

Teepa Snow, a world-renowned dementia care consultant, will be a keynote speaker at The Alzheimer Society of Manitoba's annual Care4u Conference on Oct. 24

Since the onset of the pandemic and mandated public health orders cancelled many in-person events, Holland said there have been many virtual support groups popping up, including one in the Interlake region.

"These people have kind of become a small little family during all of this and they're getting to know each

other," she said. "Despite living in different communities, the feelings and the emotions and what they're going through is quite the same."

Holland hopes online support groups like these continue after restrictions on public gatherings have

Continued on page 6

HAPPY THANKSGIVING

LET US PAUSE AND GIVE THANKS
FOR OUR MANY BLESSINGS

JAMES BEZAN MP
SELKIRK—INTERLAKE—EASTMAN

OFFICE@JAMESBEZAN.COM • JAMESBEZAN.COM • 204-785-6151

DROP OFF A DONATION & ENTER TO WIN!!

Lilian Baron South Interlake Breast Cancer Support Group
ANNOUNCES...
Due to COVID-19 Restrictions, the
2020 Annual Walk & Family Fun Day Fundraiser
has been **CANCELLED**.
However, Breast Cancer doesn't care!!!
It's still being diagnosed!!
~ OCTOBER ~
is Breast Cancer Awareness Month

So for this year, during the week of
Monday, October 5 to Friday, October 9
donations will be gratefully accepted
and can be mailed or dropped off at the office of
L.J. Baron Realty, Box 10, 55 Main Street, Teulon, MB R0C 3B0

Donors to this meaningful cause will have their name entered into our special
"Thank You - Gift Certificate" Basket Draw valued at \$200.
(Draw to be made Saturday, October 10)

**All proceeds stay within our South Interlake Communities
to help those diagnosed and fighting breast cancer.**

For more info call Claudette (204) 886-2393

RDFC commemorates residential schools with orange shirts

By Evan Matthews

The Riverton and District Friendship Centre took time last week to educate youth about one of Canada's most well-known atrocities.

Desarae Bilinski, a youth worker with RDFC, said the organization participated in an awareness campaign for residential schools called Orange Shirt Day on Sept. 30.

"We told everyone in the weeks leading up to wear an orange shirt. Really, all we did was hold a conversation to give everyone an understanding of what happened in residential school," said Bilinski.

"It really wasn't very long ago, and the effects are still felt today,"

She emphasized the importance of educating youth in the region about the history of residential schools, particularly when factoring the demographics of the region.

"We have a large Indigenous population in Manitoba. ... In Riverton, we have a lot of Northern students from Poplar River (First Nation), Berens River (First Nation), Bloodvein (First Nation), etc. We have had a few people within the RDFC movement even, who are residential school survivors. Many have passed on due to health is-

suues over the years," she said.

"This is a step toward reconciliation, and a way to build bridges with one another based on understanding."

Winnipeg is the largest centre of displaced Indigenous people in Canada, she added.

The idea for Orange Shirt Day began with events in May 2013, with the St. Joseph Mission Residential School (1891-1981) Commemoration Project and Reunion.

The original event happened in Williams Lake, B.C., according to the campaign's website.

At the time, Chief Justice Murray Sinclair challenged all of the participants to keep the reconciliation process alive, according to the website, as a result of the realization that every former student had similar stories.

Orange Shirt Day is the legacy of that project, according to the site, and the annual Orange Shirt Day on Sept. 30th opens the door to conversation on all aspects of residential schools.

According to thecanadianencyclopedia.ca, residential schools were government-sponsored religious schools established to assimilate Indigenous children into Euro-Canadian culture. While the first residential facilities



EXPRESS PHOTO SUBMITTED BY RDFC

RDFC staff members, left to right: Linda Spigiel, Sheldon Courchene, Desarae Bilinski and Kennedy Toderan sport orange shirts in their commemoration of residential schools in Canada on Sept. 30.

were established in New France, the website states the term usually refers to schools established after 1880.

Residential schools were created by Christian churches and the Canadian government as an attempt to both educate and convert Indigenous youth and to assimilate them into Canadian society, the site goes on.

It must be noted, however, the schools disrupted lives and communities, causing long-term intergenerational effects among Indigenous peoples, with the last residential school closing a mere 24 years ago in 1996.

It's estimated that 150,000 First Nation, Inuit and Métis children attended residential schools.



Interlake



Moosehorn/Ashern



Inside every Co-op is a story. Tell us yours and you could win a

Win at
Interlake
Co-op

1st \$500 Co-op Gift Card
2nd \$250 Co-op Gift Card

Win at
Moosehorn
Co-op

Interlake Co-op and Moosehorn Co-op take great satisfaction in serving our members and guests.

Tell us how Interlake Co-op and Moosehorn Co-op have made a positive difference in your life!

**HOW TO
ENTER**

INTERLAKE CO-OP:

Enter online by going to www.interlakeco-op.crs OR
Fill out the form located in any of our locations in Arborg and Eriksdale
Ask any team member or call
204-376-5245 for details.

MOOSEHORN CO-OP:

Fill out the form located in any of our
locations in Moosehorn and Ashern
Ask any team member or call
204-768-2770 for details



Ribbon cutting officially opens Lundar Recreation Park

By Evan Matthews

More than 50 people, socially distanced, attended the opening of Lundar's newest recreation attraction.

The Lundar Recreation Park — a skatepark and multi-sport pad — officially opened to the public as of Oct. 3, according to RM of Coldwell's recreation director Breanna Rae.

"We have been overwhelmed by the support and the amount of community members that came out," said Rae.

"It's gone better than we ever could have hoped for. It seems the community is happy with it as well."

The event saw a silent auction, a free skate show put on by Winnipeg-based Scam Skate, and speeches from local politicians including Reeve Brian Sigfusson and MLA Derek Johnson.

Going back a year and a half, a volunteer group sought RM approval to use its land for the park. The group subsequently applied for grants as well as receiving some sponsorship, donations and its own fundraising, making the project 100 per cent independently funded.

The total cost of the project comes in at roughly \$190,000, at no cost to tax payers, according to Rae. The province kicked in roughly \$85,000

through various grants, she said. They also gathered \$55,000 through private sponsorships and about \$33,000 from fundraising efforts.

The volunteer group is still seeking out corporate or private sponsorships in regards to naming the park, a name which will be on the permanent sign.

"All of the sponsorships, no matter how big or small, have all been greatly appreciated as the community is pushing us toward our goal," said Rae.

"We still need \$19,360, and we have an upcoming double feature, Halloween movies, on Oct. 31 — a family Halloween movie and then an adult Halloween movie — and we hope it'll help us further toward that end goal."

The space has a skatepark and multi-sport pad, with the multi-sport pad being used for tennis, badminton, pickle ball, basketball and hockey. The park is located right off Main Street, sharing a parking lot with the arena, and directly across the street from the seniors' home.

The project has been perceived so positively around the province that Rae said she's had inquiries from a couple other Interlake communities about the process. A few communities outside the Interlake have also



EXPRESS PHOTO BY BREANNA RAE

RM of Coldwell Reeve Brian Sigfusson, right, ceremoniously cuts the ribbon to open the park with Lewis Sevigny. Sevigny donated \$20,000 to the project for future generations to enjoy.

contacted Rae, she said.

The skate park has signage installed reminding users to use the facility at their own risk.

For sponsorship questions and donations, contact Rae at rec.coldwell@mymts.net.

Grahamdale holds byelection

By Evan Matthews

The RM of Grahamdale has a new reeve.

With roughly 49 per cent of the votes — 278 votes in total — Grahamdale constituents have voted in Craig Howse as the RM's reeve.

"It's a real honour that the voters have elected me to represent them for the remaining two years of this term," said Howse.

As a first-time-politician, he said he's eager to get to work right away.

"We've already had a public hearing about some lots here in Steep Rock," he said.

"Somebody wants to build a couple of structures (cottages), so we'll be working on that this week."

Finishing in second was Diane Price, who garnered 190 votes. Orville Philippon finished in third with 51 votes, and Pat Allen rounded out the candidates with 50 votes.

Howse said he was raised on a family farm in the Grahamdale area from the age of five, moving to Winnipeg after high school in 1984. After MTS posted him back in Ashern in 1987, he was able to move back home.

He currently resides in Steep Rock.

With a brief campaign period,



RM of Grahamdale's reeve
Craig Howse

Howse ran for reeve on the issues of the area's declining population, the rising cost of running a (geographically) vast RM, and the "high" taxes.

During the campaign, he cited the people of the community being its biggest asset. He said his goals are to lower the RM's mill rate, eliminate ward boundaries and facilitate better co-operation between wards in regards to resources and planning, achieve better managed and more

focused budgets for RM functions, eliminate unnecessary spending, pursue better internet infrastructure for the community, and explore and promote future developments.

Howse is a member of the Grahamdale Community Club, the Faulkner Ball Club, the Moosehorn Curling Club and the Steep Rock Community Club, where he was recently elected president.

Howse said his hobbies include hunting, fishing, tending to his yard and lending a hand with various projects within the community.

Background

Back in July, former-reeve Clifford Halaburda decided to step down, citing health concerns. Deputy Reeve Randy Sigurdson filled in for the past couple of months.

Dating back to April, Halaburda said he started experiencing stomach issues related to cancer. Though not as bad as it sounds, Halaburda said he's in the midst of chemotherapy treatment and did not feel he could continue in his role as reeve.

"I certainly didn't want this to happen. I wanted to stay right to the end. For over 23 years, I have represented Grahamdale both as a councillor, and as reeve for the last six years," said Halaburda, addressing the RM of Grahamdale's residents and ratepayers.

"My time here has been marked by both challenges and triumphs. I want to thank everyone that has supported me during my time on council. I would like to (add) ... I have enjoyed working with council and RM staff very much."

Correction

Staff

In the Oct. 1 edition of the *Express Weekly News*, an article ran titled "Laurentia Beach Park redevelopment complete."

While the project cost roughly \$40,000, the article originally stated the province contributed \$15,000 through its Building Sustainable Communities Program and the RM of St. Laurent covered the remaining \$25,000.

Reeve Cheryl Smith clarified that the Laurentia Beach Park Association also contributed roughly \$2,000, leaving \$23,000 to the RM.

She also clarified that Laurentia Beach Park is not the only park in town with baby swings, as the same type of swing is present at the École Communautaire Aurèle-Lemoine.

The *Express* apologizes for the error.

Arborg Collegiate student's mathematical prowess recognized with medal

By Patricia Barrett

An Arborg Collegiate student earned a medal and a whole lot of math cred after she excelled in an Ontario university's math contest earlier this year.

Grade 12 student Sonja Friesen entered the University of Waterloo's Fermat math contest before she graduated from Grade 11 this spring, achieving a score of 91 out of 150 and earning first place at Arborg Collegiate.

Friesen said she's always enjoyed working with numbers and gets lots of support and encouragement from her parents.

"I've always liked working with numbers," said Friesen. "My parents really helped foster a love of math, my dad especially. He was always really good at helping me if I was having trouble with my homework."

Friesen's math teacher Heida Simundsson suggested some of her students enter the contest, which takes place every February. The university

sent contest booklets to Arborg Collegiate where Friesen wrote the test.

The test was broken into three sections with the first section having "easier questions that required some thought" but were on the simpler end of things, she said. The last section had harder questions.

"It was lots of problem-solving based on the Grade 11 curriculum," said Friesen. "There were some spatial geometry questions and working with numbers."

Waterloo offers numerous mathematical contests including the Fermat for Grade 11 students or below, the Cayley for Grade 10 or below and the Pascal for Grade 9 and below. It's made up of 25 multiple choice questions that students have to complete in 60 minutes and can earn up to 150 marks, according to the university's website.

The contest tests logical thinking and mathematical problem-solving with harder questions designed to test ingenuity and insight.

Friesen said she didn't feel anxious doing the test as it was for fun, not for marks. And she felt inspired by her teacher's enthusiasm for the subject and support for her students.

"Ms. Simundsson introduced the idea the month before about us writing the test and she said it was something to do for fun and use our math knowledge in a different way than what we do in the classroom," said Friesen. "I didn't think there was anything riding on it. It was just something to do for fun."

The collegiate congratulated Friesen by posting her accomplishment on its Twitter site, saying she received the medal for achieving "the highest mark in the school while exceeding a predetermined threshold. Woohoo!!!"

Because she loves working with numbers, Friesen said she hopes to find a future career that's based on math.

"I would love to go to the University of Manitoba to get a science or mathematics degree and also in physics,"



Sonja Friesen

said Friesen. "Maybe teaching."

Reducing the spread of COVID-19

By Jennifer McFee

The Interlake-Eastern Regional Health Authority reminds residents in the Winnipeg Metropolitan Area to adhere to public health orders in place.

To help slow the spread of COVID-19, Winnipeg and surrounding communities recently shifted to the restricted orange level on the #RestartMB Pandemic Response System.

"Masks are mandatory in all indoor public places for those aged five years and up. There are exemptions for those who have medical conditions that prevent them from safely wearing a mask, and for those who are unable to put their mask on themselves, and for those who are participating in sports and physical activity. In addition, people who are seated in an indoor location distanced two metres from others or who are eating do not need to wear a mask," said Dr. Karen Robinson, regional medical officer of health.

"Non-medical masks are required in health-care settings. Please follow instructions provided at the site. Some indoor visitation is discontinued inside personal care homes. Outdoor visiting will still be allowed with appropriate physical distancing and masks being worn by visitors. Passes for personal care home residents to visit the community are being suspended for the duration of the

Code Orange."

In addition, indoor and outdoor gatherings are restricted to 10 people. For gatherings in a private residence, 10 people in addition to those who live there may attend.

"Participation in services to seniors, congregational meal and adult day programs will reduce to a maximum of 10 people," Robinson added.

"If physical distancing cannot be maintained, non-medical masks will need to be worn. For congregational meal programs, masks can be removed for the consumption of food."

Acute care and long-term care facilities are following provincial guidelines to prevent outbreaks in their facilities, she said.

"Restrictions will be put in place, or lifted, in response to the risk present. People can expect to be screened prior to entering any health-care facility, and those who have symptoms of COVID-19 or who are close contacts of a case of COVID-19 will not be able to enter," Robinson said.

"We appreciate the public's ongoing support in our efforts to help keep everyone safer."

To reduce the spread of COVID-19, Manitoba Health, Seniors and Active Living recommends staying home when sick, washing/sanitizing hands and covering coughs. Everyone should physically distance when-

Continued on page 7

You have options.

kl
KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca



**Fraserwood Hall
FALL DINNER**
Sunday Oct. 18, 2020
12 Noon to 6 pm
Dine in or Take out.
Adults \$15, Child 6 -12 \$10,
under 5 free.
Cash or debit available

Perogies, cabbage rolls, meatballs & gravy,
veggies, dinner roll, dessert & drink

COVID 19 PROTOCOL IN EFFECT.
For info call Nancy 204-643-5133

ANNUAL GENERAL MEETING
Riverdale Place Homes Inc.
Oct. 14 at 5:30 p.m.
at The Connexion
342 First Ave., Arborg
We have a limited capacity for guests due to Covid-19.
If you wish to attend,
please call in advance to
Kathy Finnon, Exec. Director
204-376-2940, Ext. 1

THE
Flicks
CINEMA
319 First Street E., Stonewall, MB
SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary
204-467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

**CLOSED UNTIL
FURTHER NOTICE**

THE EXPRESS
WEEKLY NEWS



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



REPORTER/PHOTOGRAPHER
Sydney Lockhart



PRODUCTION
Debbie Strauss



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta



DISTRIBUTION
Christy Brown



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Allana Sawatzky

OUR SISTER PUBLICATIONS

Stonewall Teulon
Tribune
The Carman-Dufferin
STANDARD
Winkler Morden
Selkirk Record

getheard

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

> Got news?

Call Evan Matthews at 204-990-9871
evan@expressweeklynews.ca



Reminder: social causes other than COVID

By Evan Matthews

October is breast cancer awareness month, according to the Canadian Cancer Society.

While the organization said more people are surviving breast cancer diagnoses than ever before, it's still the most common cancer and second leading cause of cancer death among Canadian women.

Why is this being discussed?

The world has come to a screeching halt. Many, seemingly, are sick of talking about COVID.

"Over it," is a commonly used phrase.

Unfortunately, no matter what you believe, the virus and its effects on society are here to stay for the time being, but that doesn't mean other causes now lack significance.

Many communities just participated in the Terry Fox Run, another fundraiser for cancer research, and here we are in breast cancer awareness month.

Breast cancer starts in the cells of the breast. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body, according to the Canadian Cancer Society (CCS).

Most often, breast cancer starts in cells that line the ducts, which are the tubes that carry milk from the glands to the nipple. This type of breast cancer is called ductal carcinoma, according to CCS.

Breast cancer can also start in the cells of the lobules, according to CCS, which are the groups of glands that make milk. This type of cancer is called lobular carcinoma.

Both forms of breast cancer can be localized and not invade surrounding tissues, according to CCS, or they can also still be invasive and grow into surrounding tissues.

Not to be forgotten, men can also be diagnosed with breast cancer.

The estimated states in 2020 are as follows, according to CCS:

- 27,400 women will be diagnosed with breast cancer. This represents 25 per cent of all new cancer cases in women in 2020.
- 5,100 women will die from breast cancer. This represents 13 per cent of all cancer deaths in women in 2020.
- On average, 75 Canadian women will be diagnosed with breast cancer every day.
- On average, 14 Canadian

women will die from breast cancer every day.

- 240 men will be diagnosed with breast cancer and 55 will die from breast cancer.

The breast cancer death rate peaked in 1986 and has been declining since, according to CCS, who has attributed the reduction in death rates likely reflects the impact of screening and improvements in treatment for breast cancer.

However, it is estimated that about one in eight Canadian women will develop breast cancer during their lifetime, while one in 33 will die from it, according to CCS.

The point?

One's health and well-being are not to be overshadowed by one virus. There are many different aspects affecting health and wellness. Right now, those who had already been battling cancer are now at an increased risk, as well, because of the virus.

Let us as a society not forget there are other causes out there affecting people and try to be sensitive to those causes.

To donate to the Canadian Cancer Society, please visit <https://bit.ly/2F6DS5K>.

> ALZHEIMER, FROM PG. 2

lifted as it's an accessible way for communities to come together.

"It's taken a global pandemic to make us realize that we could be doing things a lot differently," she said.

As for the Care4u conference, featured speakers will include Teepa Snow, a world-renowned dementia care expert, and Dr. Barry Campbell, the medical director of geriatric psychiatry for St. Boniface Hospital. At-

tendees of the virtual sessions will have a chance to pose questions to the speakers.

For caregivers not able to make the conference but still wishing to find resources on how to virtually care for loved ones, an online manual is available for download.

Together Apart: A Guide to Visiting at a Distance, a guide created by The Alzheimer Society of Ontario, aims to

help caregivers navigate the digital world of assisting those living with Alzheimer's. It includes advice on having meaningful conversations using virtual platforms, communicating effectively over the phone or computer and planning activities while visiting.

For more information on the Care4u conference and support groups available, visit The Alzheimer Society of Manitoba website www.alzheimer.mb.ca.

ADVERTISING OR PRINT CONTACT INFORMATION

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

PHONE 204-467-5836

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

> EMAIL US

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

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.

Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication
View the Express Weekly News online at
www.expressweeklynews.ca



No sale or service of liquor in licensed premises after 10 p.m.

Staff

Public health officials advise the current five-day COVID-19 test positivity rate is 2.4 per cent and 51 new cases of the virus have been identified as of 9:30 a.m. Monday, bringing the total number of cases in Manitoba to 2,191.

As of Monday, Interlake-Eastern had a total of 44 active cases: Fisher/Peguis district with 16; Winnipeg Beach/St. Andrews, 6; Springfield, 4; Arborg/Riverton, 3; Beasejour, 3; Eriksdale/Ashern, 1; Gimli, 1; Northern Remote, 3; Pinawa/Lac du Bonnet, 2; Powerview/Pine Falls, 2; Stonewall/Teulon, 2; and the unknown district, 1.

Today's data also shows:

- one case in the Northern health region;
- three cases in the Southern Health-Santé Sud health region; and
- 35 cases in the Winnipeg health region.

The data also shows:

- 739 active cases and 1,429 individuals have recovered from COVID-19;
- 23 people in hospital and six people in intensive care; and
- the number of deaths due to COVID-19 is 23.

Laboratory testing numbers show 2,313 tests were completed Friday, 2,070 tests were completed Saturday and 1,235 tests were completed Sunday, bringing the total number of lab tests completed since early February to 194,698. Solutions to specimen collection site wait times continues to be

examined.

Case investigations continue and if a public health risk is identified, the public will be notified.

Public health officials are advised about additional possible exposures at the following schools:

- IQRA School at 404 Web Pl. in Winnipeg on Sept. 22, 23, 25 and 28. Based on the public health investigation, there is no evidence of in-school transmission or that a case was acquired in school. Public health is reaching out to close contacts to advise self-isolation, and one cohort has been moved to remote learning.
- Stonewall Collegiate at 297 Fifth St. W. in Stonewall on Sept. 28 and 29. Based on the public health investigation, there is no evidence that a case was acquired in school. Public health is reaching out to close contacts to advise self-isolation.
- College Louis-Riel at 585 St. Jean Baptiste St. in Winnipeg on Sept. 28. Based on the public health investigation, this exposure was assessed to be low. The infection was not believed to be acquired at school.

The public is also being advised of possible exposures at these sites:

- Chaise Corydon at 691 Corydon Ave. in Winnipeg at a private gathering on Sept. 26 from 11:30 p.m. to 1 a.m. in the second level lounge area with bar and side patio.

People who attended any of the above locations on the dates/times

listed should self-monitor for symptoms and immediately isolate if they develop and seek testing.

After consultation with the restaurant and food industry, public health is implementing the following orders on Wednesday, Oct. 7 for licensed premises:

- No sale or service of liquor may take place in licensed premises between 10 p.m. and 9 a.m.
- The operator of the licensed premises must ensure that all members of the public vacate the licensed premises by 11 p.m.
- Licensed premises must be closed for dine-in services between 11 p.m. and 6 a.m.
- Staff must obtain contact information in writing from at least one person in each party attending the licensed premises and the licensee must retain this information for 21 days, after which it must be destroyed.
- The order does not prevent food from being sold from licensed premises after 11 p.m. for delivery or take-out.
- These orders impact the Winnipeg Metropolitan Region currently under orange and do not apply to liquor retail.
- Additional information can be found at www.manitoba.ca/covid19/restartmb/prs/winnipeg/index.html#licensedpremises.

The Health Canada COVID Alert app is now available to Manitoba resi-

dents and provides digital COVID-19 exposure alerts once the app is downloaded to a smartphone. It is available at no cost in the Apple and Google Play app stores. For more information, visit www.manitoba.ca/covid19/updates/covidalert.html.

The chief provincial public health officer strongly encourages Manitobans to reduce the number of close contacts outside their household and avoid closed-in or crowded spaces. In addition, they should focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick.
- Wash/sanitize your hands and cover your cough.
- Physically distance when you are with people outside your household.
- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing. Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present.

Employers are asked to only send employees for testing if they have symptoms or if testing has been recommended by public health officials.

B.C. resident seeks historic Inwood photo

Staff

Earl Sande of Surrey, B.C., is hoping that someone could help him find a photo of his great-grandfather, Edward Petersen, for a family history that he is writing.

Sande's family pioneered the Inwood area in the early 1900s and were

part of the Scandinavian religious community called the Guds Menighet.

His mother had told him that his great-grandfather refused to be photographed due to his religious beliefs. However, Sande recently received a note that someone recalls seeing a

photograph posted at an Inwood history celebration.

"He was uncertain when he saw it. And therein lies the problem," Sande said in an email.

"Other old photographs included in the display were of my foster grandfather, Ludwig Riishoy."

Sande is hoping that someone in the Inwood area has these photos and perhaps made the display.

Anyone with information about these family photographs can contact the *Express* at 204-467-5836 or news@expressweeklynews.ca.

> COVID-19, FROM PG. 5

ever they're with people from outside their household. If it's impossible to physically distance, public health orders require wearing a mask.

"Those who are most at risk of severe illness from COVID-19 are those over the age of 65 years who have underlying medical conditions," Robinson said.

"We encourage individuals to assess their own health and how much risk they are willing to tolerate in deciding which activities to participate in."

The Interlake-Eastern Regional

Health Authority hasn't hired additional staff members to help with contract tracing. However, all public health nurses are trained in contact tracing and participate in contact tracing as needed.

"We have not hired additional public health nurses to support our response to COVID-19," Robinson said, "but we have drawn on additional existing public health staff to support contact tracing as needed."

Since mid-September, the Selkirk testing site has been experiencing increased demand, she said.

"We are working to increase capac-

ity in response. We know it can be frustrating to see the lineups and for people to have to wait to be tested. Staff are doing the best they can. We hope to see improvements in wait times now that more testing sites have opened up elsewhere in the province," she said.

"The testing sites in Pine Falls and Eriksdale are seeing increased demands as well, but not to the same extent as Selkirk, and these two sites are good alternatives to Selkirk for people who are able to travel."

Anyone who is unsure if they should be tested can use the online screen-

ing tool at www.sharedhealthmb.ca - COVID-19 > Screening Tool or call Health Links toll-free at 1-888-315-9257. No appointment is needed at testing sites.

"Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing," Robinson said.

"Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present. Symptoms include cough, fever, runny nose, sore throat, headache, among others."

Birds flock to Oak Hammock Marsh

Staff

While many snow birds can only dream of their usual warm-weather vacations this year, flocks of Canada geese are now ready to escape the inevitable cold temperatures.

Oak Hammock Marsh Interpretive Centre hosted Fall Family Fun Days last weekend with extended hours to allow for optimal viewing.

"Traditionally, the last week of September and the first week of October is peak migration time," said Jacques Bourgeois of Oak Hammock Marsh.

"That's when you have tens of thousands, if not hundreds of thousands, of waterfowl at the marsh."

Attendees also had the chance to participate in a guided walk on the trail and to see a bird banding dem-

onstration.

"Of course, the highlight is the flying at night. All the birds come back to the marsh for the night to rest, so that is the most magical time," Bourgeois said.

"It's huge groups of geese. It's so loud too with the rustling of the feathers and the honking in the air all around you. It's pretty amazing."

Other upcoming events at Oak Hammock Marsh Interpretive Centre include a Thanksgiving birdseed sale from Oct. 10 to 12, a migration astronomy night on Oct. 15, birding hour focused on cowbird parasitism on Oct. 18, a Spooky Marsh Critters event on Oct. 23, and a Halloween fun and pumpkin carving workshop on Oct. 25.



EXPRESS PHOTO BY JACQUES BOURGEOIS

A flock of birds returns to Oak Hammock Marsh for the night to rest.

Manitoba calls on federal government to remove block on rapid test for COVID-19

Submitted by Manitoba government

The Manitoba government is calling on the Government of Canada to reverse its ban on the direct sale to provinces of a new rapid test for COVID-19, Central Services Minister Reg Helwer announced Monday.

"Our government is committed to increasing access to COVID-19 testing for Manitobans," said Helwer. "We were pleased to learn that Health Canada had approved the Abbott ID NOW rapid test for use. Access to testing is top of mind for Manitobans, which is why our government attempted to place an order for these new tests within 24 hours of Health Canada's announcement."

When Manitoba officials contacted Abbott to place an order for the new ID NOW rapid test, they were informed the Government of Canada is blocking the sale of this test directly to provincial governments.

"This is a completely unacceptable action by the

federal government," added Helwer.

"Although the federal government has secured its own supply, it has indicated that it will decide how that supply will be allocated. Provincial governments are the front-line providers of health care in this country and are best able to determine their own needs."

The federal government's actions are the latest in a series of clear examples where provincial needs are being disregarded, the minister said.

Earlier this year, an order of two million N95 masks placed by the Government of Manitoba was blocked by the U.S. government and redirected to Ottawa. Because of these federal seizures, Manitoba has only received a fraction of the quantities to which we were entitled, Helwer noted.

"The federal government has also cancelled funding for a program to help improve fibre-optic access in northern Manitoba," said Helwer. "The cancellation of this \$55-million federal commitment rein-

forces the importance of our government's work to engage the thousands of kilometres of fibre-optic cable owned by Manitoba Hydro. This pandemic has reinforced the need for access to reliable internet, which is why the Province of Manitoba is stepping up to connect rural and northern communities using a publicly owned asset that has sat idle for far too long."

Premier Brian Pallister has written to Prime Minister Justin Trudeau to express Manitoba's disappointment in the federal government blocking Manitoba's access to an important tool to increase COVID-19 testing capacity. The premier is asking the prime minister to relieve immediately Abbott of any prohibitions on the sale of the ID NOW rapid test to Manitoba, which will enable the provincial government to make immediate arrangements for the purchase of sufficient testing machines and kits to meet the needs of Manitobans.

Lundar RCMP looking for the public's assistance in identifying suspects



SUSPECT 1

EXPRESS PHOTOS SUBMITTED
Suspect #1 is described as a male in his 20s with an "A" shaped tattoo on the back of his neck and tattoos on his fingers.



SUSPECT 2

Suspect #2 is a male, believed to be in his 30s, and was wearing a red ball cap.

Submitted by RCMP

Lundar RCMP are asking for the public's help in identifying two suspects who walked into the Petro Canada gas station at approximately 4 a.m. on Sept. 21, on Highway 6 near St. Laurent after they stole a car and a pickup truck from the RM of Coldwell.

The suspects then used a credit card from one of the vehicles to purchase goods from the store. Both vehicles have since been recovered.

Suspect #1 is described as a male in his 20s with an "A" shaped tattoo on the back of his neck and tattoos on his fingers. Suspect #2 is a male, believed to be in his 30s, and was wearing a red ball cap.

If you have any information or can identify these two suspects, please contact the Lundar RCMP at 204-762-5088. Anonymous tips can also be made through Manitoba Crime Stoppers at 1-800-222-TIPS (8477) or by visiting www.manitobacrimestoppers.com. #WantedWed

Fisher River institutes travel ban, recording of mileage as COVID outbreaks continue

By Patricia Barrett

Fisher River Cree Nation instituted a travel ban and curfew on Tuesday to restrict band members and residents to essential travel only in the wake of increasing COVID-19 numbers.

The restrictions, which will be in place for two weeks, include a list of communities that band members are allowed to travel to and a notice that their mileage will be monitored to ensure compliance.

"Due to the recent outbreak of cases of COVID-19 in the community, leadership has made the decision to move forward with a travel ban," states a notice from Chief David Crate and leadership that was posted on the band's website on the weekend.

People are allowed to travel for only groceries and medicine and will have their mileage recorded when they leave checkpoints in the community and when they return. They can travel to Fisher Branch, Arborg, Ashern, Riverton and Gimli.

"If your mileage is substantially further than the mileage it takes to travel to these listed locations, you will be subject to the 14-day self-isolation where you must stay at your place of residence during that time," states the

notice.

People who have medical appointments in communities farther than the ones listed will be asked to provide a letter from Fisher River Health Services.

A curfew will also take effect between midnight and 6 a.m. Check points will be closed and there will no access in or out of the first nation.

Residents in neighbouring Peguis First Nation, Kinonjeoshtegon (Jackhead) First Nation, Dallas, Red Rose, Fisher Bay and Harwill can enter Fisher River for goods and services and visit with people in their family bubbles, states the notice.

Non-residents will not be allowed to enter the community unless they are deemed "essential."

Essential service providers such as Bell MTS, Manitoba Hydro and emergency personnel are free to enter the community. However, off-reserve members will not be allowed to enter during the restriction period. That includes post-secondary students and people who reside outside the community for employment purposes.

Indoor and outdoor gathering are limited to a maximum of 10 people.

According to the provincial dash-



EXPRESS PHOTO BY PATRICIA BARRETT

A health-care worker screens people waiting in line for a COVID test at the Main Street MPI building in Winnipeg. Demand for testing continues amid daily new infections and possible exposures at restaurants, bars and other establishments, as well as on airlines.

board of COVID cases by district, Fisher River-Peguis had 11 active cases of the disease with six recovered as of Oct. 5.

On Sunday the province recorded its 23rd death from COVID, a male in his 50s, and 696 active cases of the virus.

A total of 2,140 people in the province have been infected with COVID, the majority in Winnipeg.

For more information about the new restrictions, call the Fisher River Cree Nation COVID-19 Hotline at 431-256-0041.

WE WISH 2020 WAS FAKE NEWS, TOO.

Happy National Newspaper Week to the readers who need it most.

OCTOBER 4-10TH, 2020

THE **EXPRESS**
WEEKLY NEWS

CANADA'S NEWS MEDIA.
CHAMPION THE TRUTH.

COVID alert app launched in Manitoba

Available for Apple and Android devices

Submitted by Manitoba government

The Health Canada COVID Alert app is now available to Manitoba residents and will provide digital COVID-19 exposure alerts once the app is downloaded to a smartphone, Health, Seniors and Active Living Minister Cameron Friesen announced Oct. 1.

"With case numbers currently on the rise, the COVID Alert app is one more tool that people can use to be aware of a possible exposure to COVID-19," said Friesen. "The introduction of the app builds on our public health contact tracing efforts to inform people of possible exposures and ensure they are given the advice they need to reduce the spread of the virus."

The national COVID Alert app uses Bluetooth technology to detect when users are near each other. If a user tests positive for COVID-19, they can choose to let other users know about potential exposure risk without sharing any personal information.

Someone who tests positive for COVID-19 will be provided a one-time key from public health when they call to provide test results. By entering the key into the app, it will notify other app users who have been within two metres of a person who has tested positive for COVID-19 for at least 15 minutes over a 24-hour period within the last 14 days. Subscribers who receive this exposure alert can then assess their risk and seek testing, if needed.

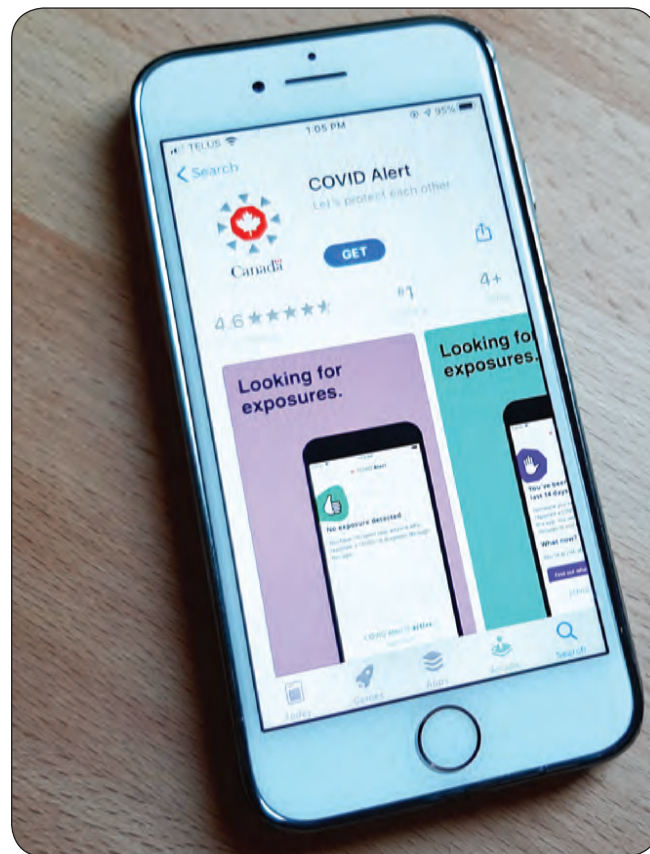
The COVID Alert app does not collect personal information or health data, and does not know or track the location, name, address or contacts of any user. All aspects of the app are completely voluntary.

The minister noted the COVID Alert app does not replace contact investigations. People who do not have a smartphone or device that will support the app will still receive notification from public health officials if they have positive test results or are determined to be a close contact of a confirmed case.

"It's important for people to remember that we all need to continue to focus on the fundamentals to reduce the risk of spreading COVID-19 to others," said Friesen. "Stay home if you are sick, reduce your number of contacts, wash or sanitize your hands often, physically distance from others and wear a mask if you cannot, or as required in your community."

The Health Canada COVID Alert app is available at no cost in the Apple App Store and Google Play. For more information, visit www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html.

Visit www.manitoba.ca/COVID19 for information about the #RestartMB Pandemic Response system, testing, public safety alerts and the latest Manitoba case surveillance information.



EXPRESS PHOTO BY KATELYN BOULANGER

The national COVID alert app launched in Manitoba Oct. 1 and all residents are invited to join. The app does not collect personal data and allows people to be notified if they've come in contact with someone with a positive COVID-19 test.

<p>Liske Bros Electric Ltd. YOUR NEXT SOURCE OF ENERGY</p> <p>Electricians who design, install and repair electrical and solar power systems.</p> <ul style="list-style-type: none"> - AGRICULTURE - COMMERCIAL - INDUSTRIAL - RESIDENTIAL - COTTAGES <p>Phone 204-281-3394 or email: info@liskebrosselectric.com www.liskebrosselectric.com</p>	<p>pampered chef</p> <p>INDEPENDENT CONSULTANT</p> <ul style="list-style-type: none"> • Cooking Shows • Meal Prep Solutions • Fundraisers • Individual Orders <p>204-485-4272 call or text stoneware444@gmail.com www.pamperedchef.biz/michellebalharry</p>	<p>JEFF'S PLUMBING SERVICES INC.</p> <ul style="list-style-type: none"> • RESIDENTIAL • COMMERCIAL HNAUSA, MANITOBA <p>For All Your Plumbing & Repair Needs - ROTOR ROOTER SERVICES -</p> <ul style="list-style-type: none"> • Sewer Camera • Cell: 204-485-4227 JEFF FLETT jeffsplumbing1@gmail.com 	<p>INTERLAKE INSULATORS</p> <p>BALMORAL, MANITOBA</p> <ul style="list-style-type: none"> • Spray Foam • Blow In <p>Brent Meyers 204-461-4669 interlake_insulators@hotmail.com</p> <p>SPRAY FOAM SPECIALISTS</p>			
<p>Biz Cards <i>Get The Job Done!</i></p> <p>Call 467-5836 or ads@expressweeklynews.ca</p>						
<p>CONVENIENCE</p> <ul style="list-style-type: none"> Grocery • Drinks • Snacks Coffee to Go • Ice • Firewood Fireworks • ATM • Greeting Cards Newspapers • Books • Pet Food Toys & more <p>LOTTO</p> <p>20088 First Ave, Sandy Hook</p> <p>OPEN YEAR ROUND 10AM - 6PM 7 DAYS A WEEK</p>	<p>PharmaChoice</p> <p>You have QUESTIONS, We have ANSWERS!</p> <ul style="list-style-type: none"> • Prescriptions • Liquor Store • Home Health Care Aids • Snacks and more! <p><i>Advice for Life</i></p> <p>LUNDAR PHARMACY 204-762-5431 18 Main St., Lundar</p>	<p>Glass Specialists</p> <ul style="list-style-type: none"> • Sealed Units • Flat Glass • Mirrors • Laminated • Tempered • Plexi/Lexan <p>Interlake Glass WINDOWS, DOORS & MORE</p> <p>Construction</p> <ul style="list-style-type: none"> • Windows & Doors • Siding • Custom Cladding • Decks • Construction/Renovations <p>19046 Ukrainian Park Road Camp Morton, MB 204 376 5177 204 642 2980 Intlglass@mymts.net</p>	<p>WE DO IT ALL!</p> <ul style="list-style-type: none"> • Window Coverings by HunterDouglas • Floor Coverings • Countertops • Cabinetry by Kitchen Craft & More! <p>Mon-Fri 9am-5pm Hwy #9 & Colville Dr., Gimli (204) 642-8585 www.thehomestoregimli.com</p>			
<p>NEW VALLEY ROOFING Serving The Interlake</p> <p>For all your roofing needs. FREE estimates.</p> <p>Henry Reimer 204-642-2551 henry.reimer@newvalleyroofing.com BP & IKO Certified Roofer www.newvalleyroofing.com</p>	<p>Everything you need to promote your business</p> <table border="0"> <tr> <td>FLYERS BROCHURES POST CARDS STICKERS BUSINESS CARDS</td> <td>PRESENTATION FOLDERS SIGNS SOCIAL TICKETS DOOR HANGERS LETTERHEAD</td> <td>ENVELOPES INVOICES ESTIMATE SHEETS POSTERS MEMO PADS And MORE...</td> </tr> </table> <p>Interlake Graphics For all your printing and publishing needs</p> <p>467-5836</p>		FLYERS BROCHURES POST CARDS STICKERS BUSINESS CARDS	PRESENTATION FOLDERS SIGNS SOCIAL TICKETS DOOR HANGERS LETTERHEAD	ENVELOPES INVOICES ESTIMATE SHEETS POSTERS MEMO PADS And MORE...	<p>ALICE ROOFING LTD.</p> <p>Complete Roofing Service</p> <ul style="list-style-type: none"> • Residential • Agricultural <p>Licensed & Insured www.aliceroofing.ca 204-757-9092</p>
FLYERS BROCHURES POST CARDS STICKERS BUSINESS CARDS	PRESENTATION FOLDERS SIGNS SOCIAL TICKETS DOOR HANGERS LETTERHEAD	ENVELOPES INVOICES ESTIMATE SHEETS POSTERS MEMO PADS And MORE...				

Cover crops in the Interlake have potential to remediate soil problems

By Patricia Barrett

Planting a cover crop rather than a cash crop is one method Interlake farmers can use to remediate soil problems, and it may be starting to catch on as the climate crisis is expected to put enormous pressure on food crops in the future.

Two researchers at the University of Manitoba have set out to catalogue the number of farmers using cover crops, what they're using them for and what benefits they've found so that other farmers across the Interlake and the Canadian Prairies can benefit from their experience.

Callum Morrison is a PhD student in the department of plant science at the University of Manitoba. He and his professor, Yvonne Lawley, conducted the first-ever cover crop survey in 2019. And they're currently looking for feedback from farmers who didn't participate in last year's survey or may not know about it in order to get a better picture of the beneficial practice.

"Not every farmer is using cover crops for soil health, but for the majority of farmers the No. 1 reason they told us they grew them last year was to build soil health," said Morrison, who moved from Scotland to Manitoba to pursue his doctorate.

Cover crops are grown for protection and enrichment of the soil and are typically not harvested, according to a strict definition of the practice. And different crops are used as cover crops depending on what kind of soil problem farmers want to address.

Even if they forego planting a cash crop, Morrison said farmers can still obtain an economic return by improving the health of their soil for future crops and also use the cover crop to graze animals.

"If you grow a full-season cover crop, you're taking a whole field out of production for a year to manage problem soil. Maybe you want to add some nitrogen into your system and you'd do that by growing leguminous crops [peas, beans] that take nitrogen from the air and turn that into nitrogen in the soil," said Morrison. "Then at the end of the season, you have a massive crop, which cows can eat."

Another soil problem that Morrison said can possibly be alleviated by growing a cover crop is compaction. Planting radishes, for example, can help create channels in the soil with their long roots.

The use of cover crops across the Prairie provinces appears to be a trend as it has been increasing in recent years, said Morrison. Some respondents in the 2019 survey told him they've been cover cropping for over a decade.



Callum Morrison is conducting a 2020 cover crop survey across the Prairies, including in the Interlake region.

Yet information about what Prairie farmers are doing has been unavailable, he said. Farmers have had to extrapolate cover crop data from surveys undertaken in America, and those don't necessarily "match up with the reality" of western Canadian farming or with our climate, which determines what crops we can grow and when.

"We're just working out how best to use it up here with our different growing seasons and different soils," said Morrison, who, in addition to becoming known as a cover-crop researcher, has been making a name for himself across the north (Stonewall) and south (Brandon) as an acapella singer of beloved Scottish songs such as Loch Lomond and Robbie Burns' Banks and Braes O' Bonnie Doon.

As well as capturing nitrogen, cover crops have the potential to suck up phosphorus, which can be swept off the land during snowmelt or heavy rainfall and flooding events and make its way to Lake Winnipeg. Excess phosphorus spurs on the growth of toxic algal blooms, creates dead zones in the lake and interferes with commercial fish catches by fouling nets.

Morrison said phosphorus capture by cover crops hasn't seen a lot of study and it's not 100 per cent certain that they can reduce the amount of phosphorus flowing into our waterways, but they have the "potential" to keep the nutrient on the land.

But cover crops can reduce the effects of global warming.

"Cover crops do take carbon out of the atmosphere. And whether or not people believe that global warming is happening — scientists definitely believe it is and I'm a scientist of sorts and believe it's happening — it's a great thing to take carbon out of the



EXPRESS PHOTOS COURTESY OF CALLUM MORRISON

Different cover crops can remedy specific soil problems, including compaction and nitrogen levels.

atmosphere with cover crops and store it in the soil," said Morrison.

According to the weekly provincial crop report of Sept. 29, the Interlake region has experienced a season of "many stresses" that included cool and dry conditions, insect pressure and spring frosts. Harvest is continuing in the region as heavy dews and nuisance rains have limited harvest hours.

Despite some wet weather, the report says crop moisture levels have dropped with "most areas looking for rain post-harvest" in order to benefit soil moisture levels for next year and to improve tillage conditions in some soils.

Dry conditions in the Interlake — whether or not caused by global warming — have beset farmers over the past few years. Last August several RMs in the Interlake and Parklands regions declared a state of agriculture emergency because of severe drought.

Morrison said the use of cover crops are "part of the solution" to help tackle the climate crisis and help offset agricultural stressors, "making the soil a far better place for your crops to grow."

In the first-ever cover crop survey undertaken in 2019, Morrison and Lawley heard from one respondent each from the Interlake municipalities of Bifrost-Riverton, Gimli, Armstrong and Coldwell.

That left a wide swathe of non-respondents in municipalities such as Grahamdale, West Interlake, Fisher, Woodlands, St. Laurent, St. Andrews and Rosser.

Morrison said they're trying to get the word out about the 2020 survey, particularly to farmers in the gap areas, which include the northern and

southern reaches of the Interlake and the region east of the Red River Valley. But they're hoping for robust responses from the entirety of the province.

"This year we're allowing farmers who haven't grown cover crops before to have their say whereas last year we had only farmers who grew cover crops," said Morrison. "We'd like to connect with farmers from every single region across Manitoba, filling in every RM."

The survey includes basic questions about a respondent's farm, what concerns they have about cover cropping (whether or not they've grown them before), what goals they want to obtain by using them and whether they cover crop in the shoulder season or for a full season.

Results from the 2019 cover crop survey is expected to be released next month, said Morrison, and they'll start focusing on the 2020 report when the current survey wraps up.

"If farmers are thinking about growing a cover crop, they'll be able to see from our report what others in the Interlake are doing and that will help them make informed decisions," he said. "Our only goal is to produce good data, not to convince farmers to grow a cover crop. The [survey results] will reflect what people have told us. We hope it will be useful to farmers."

The 2020 Prairie Cover Crop Survey for Manitoba, Saskatchewan and Alberta farmers is available through a link on Morrison's Facebook account or Twitter account (@CameronMorrison) or through a link on Yvonne Lawley's Twitter account (YvonneLawley_UM). It can also be accessed through Survey Monkey: www.surveymonkey.com/r/RP5SVWL.

CancerCare's BreastCheck mobile unit bringing screening to Interlake

By Patricia Barrett

The BreastCheck mobile mammography unit has been on the move across the Interlake to provide women with an opportunity to get a diagnostic test close to home.

The fully equipped van and its team of medical radiation technologists (MRTs) stopped in Gimli last week after visiting several Interlake communities.

Kathy Bumstead, an MRT who has been with the CancerCare-run program off and on since its inception in 1995, said she and other technologists drive one of two vans across the province, bringing the service to communities where women don't have access to breast cancer screening.

"We have almost 90 communities in the province that we go to. We go annually to sites with larger populations and go to other sites bi-annually," said Bumstead. "We've already been in Peguis, Hodgson, Riverton, Arborg, Ashern and we're here right now in Gimli. We will be going to St. Laurent."

Formerly, a team of technologists would drive vans loaded with mammography equipment to rural sites and set up the equipment in clinics, community centres or hospitals, she said. But the vans can now accommodate the procedure right on board.

It's the exact same procedure used at diagnostic facilities in Winnipeg,

Brandon, Boundary Trails (Morden/Winkler region) and Thompson.

Bumstead said she and another technologist will record a client's demographic information, ask a number of questions related to the exam and then carry out the procedure.

"We ensure we have a quality study, that all the images are showing the breast tissue properly," said Bumstead. "It takes about 10 minutes on average when the woman is here. She will then receive the results in the mail afterwards and so will her doctor."

The images are examined by radiologists to detect signs of breast cancer. If follow-up is required, BreastCheck will contact the woman.

The spread of COVID-19 has changed the mobile unit's procedure somewhat, but the service is still being offered. Only one woman at a time can enter the van while others wait outside or in their cars.

"We are screening [for COVID symptoms] all the clients as they come in, we're limiting numbers in the truck and we're wearing personal protective equipment," said Bumstead. "All clients are required to wear a mask when they're coming in for their tests and they're told that ahead of time."

Mammograms can detect the early signs of cancer but do not find all breast cancers. The program screens



EXPRESS PHOTO BY SALIN GUTTORMSSON

MRTs Kathy Bumstead (left) and Stacey Gerardy stopped in Gimli.

women aged 50 to 74. Trans men and women may also need regular screening. Every year, 900 women in Manitoba are diagnosed with breast cancer and 200 will die from the disease, according to CancerCare's BreastCheck website.

Symptoms of breast cancer include puckering of the breast tissue; a change in the nipple; new or bloody discharge; change in the size, shape or colour of the breast tissue; thickened

Continued on page 15

How to transition from natural teeth to dentures

BY ELISHA VANDOR
www.vandordenturecentre.com

Do you find yourself hiding your smile from unsightly and/or decaying natural teeth? If yes, then it might be time to replace one, some, or all of your teeth. So, where do you go from here? Well, let me answer that question for you!

Once you know or have received information that you'll be needing all or some of your teeth extracted; the first step is to contact us for a free consultation to talk with our Denturists Brock or Matthew about how we can help get your smile back.

Getting dentures put in the same day the teeth are pulled is possible! Actually, it really is a preference based on the individual. Some like to wait until the extraction site is healed before they get dentures and some like to have dentures right away. For the latter preference, having a denture on the same day has some great benefits:

1. You can smile!
2. You can eat!
3. The denture(s) act like a bandaid™ over the extraction site helping the gums heal.

When replacing your teeth immediately, you'll need a denture that's crafted a bit differently from a regular denture. The dentures are called immediate dentures. It's pretty simple to remember because they go in IMMEDIATELY after your teeth are extracted. Of course,

this means we have to make the denture(s) before your teeth are pulled, so we need to know as soon as possible.

Once the dentures are in, it's not the end! Immediate dentures are designed to fit over inflamed or swollen gums. As the gums start healing, the denture becomes loose. Maybe one day we will invent a way to have dentures self-mould every morning to the mouth, but until then, we want to see you more often to make sure that you're happy and loving them. So, there's a series of follow-up appointments that are necessary to keep the denture fitting, feeling, and functioning great. These appointments are included in the cost the denture(s)... thank God! At the beginning, we will see you more frequently because the gums are healing and changing. The majority of these appointments are scheduled within the first month and will extend for another 6-months to 2-years. I know what you may be thinking, 'Yikes, two years of seeing my Denturist?!' Not to worry, this time frame really depends on each individual and their gums ability to heal. It is all of these careful follow-ups that really make the difference for patients.

In a nutshell, replacing missing teeth can be a mystery and often daunting for most. There's a lot of options for replacing your teeth too, other than dentures. Immediate dentures are currently the most common and inexpensive way to replace missing teeth. If they're made right, they can work great and look very natural too! For any tooth replacement questions, call us anytime!



Recent Vandor Denture Centre patients reveal their before and after transformations. They went from decaying upper natural teeth to custom designed upper immediate dentures.

VANDOR • DENTURE • CENTRE
AWARD-WINNING DENTURES AND IMPLANTS

(204) 482-6698
299.5 Eaton Ave, Selkirk

SUV AND VAN Sale

2017 BUICK ENCLAVE PREMIUM AWD

Loaded,
39,000 km's,
sunroof,
NAV system,
heated &
cooled seats &
much more
Stk# 49144A



\$33,995 PLUS TAX

2020 BUICK ENCLAVE PREMIUM

Loaded, 5,200
km's, every
option,
sun-roof, NAV
system, heated-
cooled seats
and much,
much more.
Stk# 49150A



\$54,995 PLUS TAX

2018 CHEVROLET EQUINOX LT AWD

Loaded,
sun-roof,
heated seats,
remote start,
power lift-
gate, rear
view camera,
59,000 km's
Stk# 48188A



\$24,999 PLUS TAX

2017 BUICK ENCORE PREMIUM AWD

Loaded, 79,000
km's, sunroof,
navigation,
heated seats,
heated steering
wheel, remote
start, rear
camera
Stk# U2820



\$21,995 PLUS TAX

2016 HONDA ODYSSEY EX 8 PASSENGER

Loaded,
112,000 km's,
6 cylinder,
heated seats,
power sliding
doors, power
seats and much
much more.
Stk# 49005A



\$22,995 PLUS TAX

2015 BUICK ENCLAVE PREMIUM AWD

Loaded, 183,000
km's, White
Diamond,
sun-roof, leather
heated & cooled
seats, remote
start, Bose stereo,
power lift-gate
Stk# 48132A



\$19,995 PLUS TAX

2015 CHEVROLET EQUINOX LT FWD

158,000
km's, White
Diamond,
remote start,
heated seats,
rear camera,
leather power
lift-gate & more
Stk# 49060A



\$13,995 PLUS TAX

2015 GMC ACADIA SLT AWD

7 passenger,
sun-roof,
heated seats,
remote
start, power
lift-gate,
rear camera,
163,000 km's
Stk# 48129A



\$18,995 PLUS TAX

2015 CHEVROLET TRAVERSE LT AWD

White Diamond,
159,000 km's,
7-passenger,
heated seats,
remote start,
XM Radio, rear
camera, fog
lamps and more
Stk# 48065A



\$16,995 PLUS TAX

2015 DODGE GRAND CARAVAN SXT

7 passenger,
85,000 km's,
remote start,
power seat,
front-rear
air & heat
Stk# 48152A



\$15,995 PLUS TAX

2014 CHEVROLET EQUINOX LS AWD

5 passenger,
remote start,
XM Radio,
bluetooth,
128,500 km's,
Champagne
Silver
Stk# 49099a



\$13,995 PLUS TAX

2014 CHEVROLET TRAX 2LT AWD

5 passenger,
power seats,
remote start,
rear camera,
air, cruise, XM
radio, On-star,
bluetooth,
175,000 km's
Stk# 48074A



\$13,995 PLUS TAX

2012 GMC ACADIA SLT AWD

White Diamond,
8 passenger, heated
seats, Bose stereo,
power lift-gate,
remote start, rear
camera, bluetooth,
On-Star, trailer
package, 123,000 km's
Stk# 49131A



\$17,995 PLUS TAX

2012 GMC ACADIA SLE AWD

Silver Metallic,
7 passenger,
sunroof, remote
start, XM radio,
fog lamps,
bluetooth, rear
camera & more,
155,000 km's
Stk# 48191A



\$14,995 PLUS TAX



Canada

Giesbrecht & Sons

Your car. Your choice. Your way.

CHEVROLET • BUICK • GMC

HWYS 8 & 231, 1/2 MILE WEST OF GIMLI
(AIRPORT RD, 1-1/2 M W/ OF GIMLI)

DEALER PERMIT
0778

TEL: 204-642-5133 • TOLL FREE 888-296-9666 • FAX: 204-642-8418



Prince wins Song Writer of the Year at WCMAAs

By Evan Matthews

While 2020 has been tough for many, one Interlake man continues to make it his year.

Peguis First Nation's William Prince, 34, took home three 2020 Western Canadian Music Awards including songwriter of the year, recording of the year and roots artist of the year.

Prince won the awards for his efforts on his 2020 11-track album *Reliever*, released Feb. 7, with the album's themes largely centring on love, loss, dissolution and finding peace.

He also won the 2020 Society of Composers, Authors and Music Publishers of Canada (SOCAN)'s Songwriting Award in August for his song "The Spark" from the same album.

"Thank you, SOCANmusic! Thank you to everyone who voted for The Spark," said Prince via Twitter.

"Congratulations to all the nominees. Art is not a competition. Art is a way of life and I'm so thankful I get to share mine with you."

Reliever comes almost five years after his debut and Juno-winning album *Earthly Days*.

Known for his country-folk style, Prince once said he is largely influenced by Johnny Cash and Kris Kristofferson.

"This is quite the contrast to when *Earthly Days* came out," said Prince in a CBC radio interview back in February.

"My dad (had) just passed away before the record came out, and it changed everything."



EXPRESS FILE PHOTO BY EVAN MATTHEWS

William Prince performed at the Peguis Multiplex Centre for Rogers Hometown Hockey this past February where his music was featured on the national broadcast.

Prince, the father to his pre-school son Wyatt, said parental reflection is a huge theme in the new album.

Reliever is a what Prince labels a "transition piece,"

dealing with the grief and dissolution of the relationship with his own father while also focusing on the relationship he has with his own son.

"It was an odd sandwich to bite into at the time, with these two contrasting (situations)," said Prince to Marcy Markusa.

"Now that we're here, when people are paying attention to the music — and there is any anticipation (for my music) at all — it's very affirming.

"That's all I was after. A place I belong, with this thing I like to do," he said.

Prince called *Reliever* one chapter in a "lifelong art project," a very important chapter, and he said he's excited for the future but is also excited being immersed in and enjoying the moment.

In February, Prince performed at the Peguis Multiplex Centre as part of Rogers Hometown Hockey, hosted by national icons Ron MacLean and Tara Slone. Prince performed many tracks from his new album on the national broadcast.

"I can't tell you what an honour it is to have William Prince join us. He's a Juno award-winner," said Slone. "But today, he's just a kid playing in his hometown."

Prince played *Reliever* to the local audience, had his song "That's All I'll Ever Become" featured prior to the Vancouver Canucks versus the Columbus Blue Jackets game, and had his song "7" used in the broadcast's introductory scene.

William Prince did not respond to our request for comment.

10 DAY ^{x2} SALE!

"Twice as Nice"

All these customers received their purchase FREE! Congratulations!

Tuesday, September 1st was the **WINNING** day

Dennis & Marlene Riehl – Arnes.....\$899	Arnold & Shirley Jonasson – Arborg\$969	Rita Kirkness – Koostatak\$2,897
Ruth & Steve Macduff – Gimli\$868	Eric & Stella Funk – Gimli\$889	Kassidy Brooks – Peguis\$668
Christine Loff – Riverton\$399	Donna Dolphin – Arnes\$515.65	Crystal & Aaron Magnusson- Riverton\$999
Thomas Pardoski – Stonewall.....\$399	Maureen Blandford – Arborg\$79	Barry McKay – Fisher River\$399
Cindy & Derek Grimolfson – Riverton\$749	Christina Asham - Peguis\$2,007	
Louise Baryliski – Arborg\$1,128	Julia Penny – Winnipeg\$549	

We are pleased to add these winners to our ever growing list...

**Total amount won
\$14,413.65**

"The largest selection of Furniture & Appliances between the lakes"

Smitty's
FURNITURE & APPLIANCES

321 MAIN ST. ARBORG
376-5242
TOLL FREE 1-800-361-4156
Fax: 376-5577
E-mail: smittysfurniture@mts.net
www.smittysfurniture.net

HOURS: 9 - 6
TUES. - SAT.



**Total amount now
given away to date
\$283,884.83**

Arborg-based Wave artists offer virtual studio tours

By Patricia Barrett

The Wave Interlake artists group put together a virtual studio tour recently after COVID-19 cancelled the public tours they hold every June and September.

Several artists participated in short videos at their studio, introducing the public to their unique artwork and in some cases, showcasing their techniques. The videos were uploaded to YouTube.

Arborg-area artists Jerry Maryniuk and Greg Palsson are the newest artists to join the Wave and never had a chance to get their first studio tour off the ground after COVID-19 spread throughout the province, including the Interlake.

Maryniuk is a multi-disciplinary artist who specializes in gourd art while Palsson specializes in carving bird sculptures from wood.

"I've been doing carving for a long time. For 35 years I've been trying to perfect what I do and I always feel there's room for improvement and to keep trying things," said Palsson, a former school teacher. "I just finished carving an Atlantic puffin, which I've never done before, to do something different from birds of prey and game birds. It's always nice to stretch yourself and try something new."

During the pandemic, Palsson said he's been doing a lot of wood carving now that there's less social contact. Although he hasn't been able to visit

other Wave artists' studios, he said he's met a lot of artists virtually.

"I haven't been to their studios. That's what I plan to do when this is all over," he said. "It has certainly been nice to become part of this group."

He said the video he made with the Wave has resulted in people reaching out to him about his artwork.

Maryniuk also participated in a video for the Wave to showcase his artwork, which includes sculptures, paintings, pottery and wall murals to name a few. Many of his works incorporate natural materials such as gourds, wood and rock and has many humorous elements.

"I'm working on some trolls that are in jail. I've got them in the kiln right now and they'll be painted," said Maryniuk. "I'll get about a dozen done this winter and I'm also working on my second book."

Maryniuk, a former forensic police officer who wrote a humorous book titled *Snowbird Sketches*, has a large gourd patch that comes into bloom in September. Some of them grow up to five feet long. After drying them, he turns them into works of art.

Although COVID has stopped him from throwing open his studio this summer, Maryniuk has taken the opportunity to work on new creations.

"We'll have a hell of a tour next year with the amount of stuff I'll be generating," he said.

To view artists' biographies and videos, visit the Wave Artists' Studio Tour at www.watchthewave.ca.

"I'M WORKING ON SOME TROLLS THAT ARE IN JAIL. I'VE GOT THEM IN THE KILN RIGHT NOW AND THEY'LL BE PAINTED,"

> BREASTCHECK, FROM PG. 12

hard skin that feels different from the rest of the breast; and a new lump.

"It is the No. 1 procedure to detect breast cancer before we have any breast symptoms," said Bumstead.

To mark the contributions MRTs make to the medical profession, the Manitoba Association of Medical Radiation Technologists is gearing up to celebrate MRT Week from Nov. 8 to 14. The event will include an annual general meeting, which will be held virtually, and awards.

The week also allows technologists to show pride in their profession and educate the general public about what they do.

"The fact that technologists are working on the frontlines during COVID is a key thing, and we're proud of them," said the association's executive

director Salin Guttormsson.

There are four distinct but related career specialties that fall under the MRT banner, she said. They are radiological technologists who take X-rays (that includes mammographers such as Bumstead), MRI [magnetic resonance imaging] technologists, nuclear medicine technologists who do bone scans, and radiation therapists who carry out cancer treatments.

"MRTs have specific scientific knowledge and they're also very caring and compassionate," said Guttormsson. "They're dealing with people who are hurt, ill or need radiation treatment."

To book an appointment for a mammogram, call BreastCheck at 1-855-952-4325 (1-855-95-CHECK).



Jerry Maryniuk in his gourd garden in August.



PHOTOS COURTESY OF JERRY MARYNIUK AND GREG PALSSON
Greg Palsson painting one of his bird sculptures.



Jerry Maryniuk's sculptures of trolls and stunning artwork out of dried gourds.



Greg Palsson carves birds with great attention to detail.

Thank You

For early mornings and late nights
FOR MAKING SAFE SPACES
For coaching and consoling
FOR SHINING A LIGHT
For strength, creativity, and love
FOR FINDING A WAY
For leading and learning
FOR BEING OUR TEACHERS



World Teachers' Day
October 5, 2020

mbteach.org

Locally filmed movie to open on Friday

By Jennifer McFee

A locally filmed movie will hit the big screen this weekend, so movie-goers can keep their eyes peeled for familiar faces and places.

On Friday, Oct. 9, *Percy* will open in Winnipeg at Cineplex Odeon McGillivray Cinemas and Landmark Cinemas at Grant Park. The same day, the film will also open in Toronto, Vancouver, Regina and Saskatoon.

The film stars Christopher Walken in the Clark Johnson drama, which is based on the true story about Saskatchewan canola farmer Percy Schmeiser who defends himself against Monsanto. Other actors in the Canadian film include Roberta Maxwell, Christina Ricci, Zach Braff, Martin Donovan, Peter Stebbings, Luke Kirby and Adam Beach.

Each year, Percy Schmeiser saved seeds from his farm near Bruno, Sask., carrying on a practice used by his dad and grandpa. Somehow, Monsanto's gene ended up in Percy's stock. In 1998, Monsanto claimed that he had used its genetically modified seeds without a licence. Percy fought back, realizing that he was standing up for other farmers just like him all over the world.

The scenes for the movie were shot locally in 2018 in Rockwood, Stonewall and Rosser, as well as in Elie, Starbuck, Winnipeg and as far away as India.

Heather Campbell-Dewar of Stony Mountain served as the location scout for the film. Familiar locations include Boonstra Farms, Sig's Grill, Lilyfield Church and the steps leading up to the Town of Stonewall building, which served as one of the court buildings in the film.

"My request to casting was to give the parishioners first shot at being background of the church scene at Lilyfield Church," Campbell-Dewar said. "So some of the parishioners were in the scene."

She also needed to find a canola farm so she reached out to Bill Matheson, who was her councillor in the RM of Rockwood at the time.

"The producer didn't realize that I was a farm girl and I knew what canola was. I phoned Bill and asked him who was growing canola. He said he was and they could check out his place if they wanted to shoot," Campbell-Dewar said.

"They had to bring a film crew in early July even though we didn't go to camera until Aug. 30. I told them if they didn't get here before August, they're

going to miss the shot of canola in bloom. They got a drone to fly in here real quick to make sure they got the canola shots, which are pretty outstanding."

For Bill Matheson and his wife Patti, it was an unforgettable experience to have *Percy* filmed on their property, which is now home to their son Nick and daughter-in-law Danielle.

"It's an interesting true Canadian story — and it's probably going to split the farm community like it did when the situation occurred. You can pick your sides, but the story was told. As a farm community, we all knew it was going on," Bill said.

"The whole group was extremely nice and so good to work with. They made it easy for us and it was just a pleasure. It gave me an appreciation that these places in movies really do exist. Every time you watch something, it had to be filmed somewhere."

This marks the second film that has been shot at the Mathesons' farm, following *Harvest of the Heart* years ago.

"It's what a lot of society thinks a farm would look like — a white house with a red barn," Bill said. "It's also not far from Winnipeg, which is another drawing factor."

Patti played the organ for the church scene, so her performance can be heard in the movie. Even their barn kittens made it into the film.

"Christopher Walken is a cat lover," she added, recalling how he sent a driver to buy cat food to entice the kittens to be filmed in a scene.

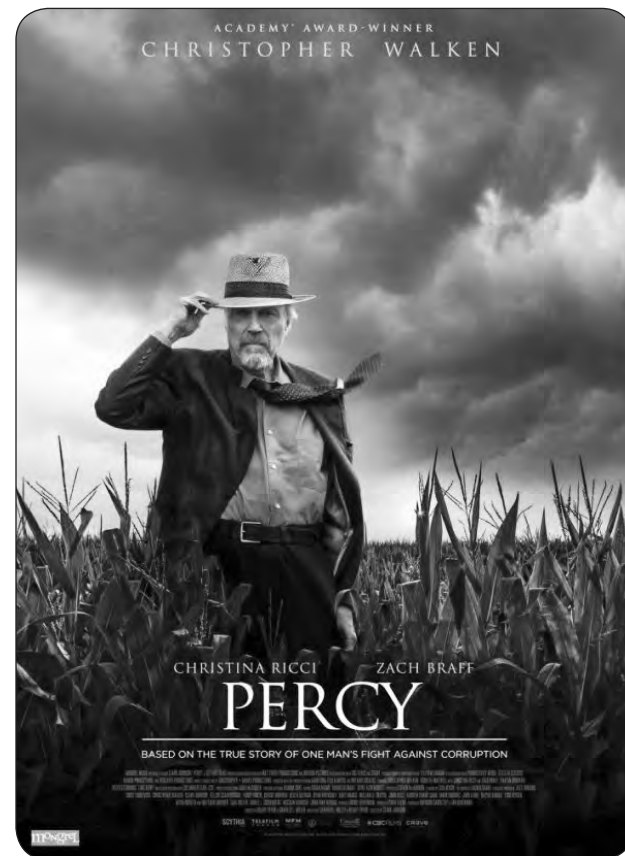
The Mathesons' truck is shown throughout the film, and so is some of their farm furniture — and even family photos.

"It had to be real. Because the story was in the late '90s, that was the era of most of our machinery. Percy had an old Dodge, and I still drive my '84 Dodge. That truck is driving all over through the movie," Bill said.

"For a lot of the people involved, it was an unbelievable experience to see what goes on in a farm community. They didn't realize how much we work together as a family on the farm."

Patti adds that she and Bill had the chance to remain on their farm during the filming.

"Normally if you have a movie shoot, you are moved off the farm but they were filming in the middle of harvest. My garden was coming in and I put up produce for the winter, so they allowed us



EXPRESS PHOTO SUBMITTED

Percy is a film based on the true story of one man's fight against corruption.

to stay. We have a little guest house cottage on the farm that we stayed in," she said.

"In some way, I think it helped them out a bit because if they had questions about some of the agricultural aspects in the movie, they had Bill or Nick to go to right away."

While the actors and crew gained insight into farm life, the Mathesons also got a glimpse of the efforts involved in filmmaking.

"The interesting thing is you get a new appreciation for how many people it takes to put together a movie," Patti said.

"Without the actors, you'd never put together a movie. But it's all the people who are behind the scenes and the work that they do to bring it to fruition. I have a real appreciation for the film industry because of that."

Lundar and Ashern RCMP take down man armed with rifle

Submitted by RCMP

Lundar and Ashern RCMP were notified of a 25-year-old male with a gun threatening to shoot police at a rural property near Moosehorn in the RM of Grahamdale on Oct. 1, at approximately 2:45 p.m.

When officers arrived on scene, there was one male on the property. No other civilians were present. He was carrying a loaded rifle and had a significant amount of ammunition.

Over the loudspeaker from a police vehicle, officers directed the male to put down the weapon. He refused. He

began intentionally shooting in the general direction of where the RCMP officers were taking cover. The male appeared to be intoxicated and was very agitated. Officers continued to talk to the male in an attempt to get him to put his weapon down.

At approximately 5:30 p.m., officers became aware that the male was out of ammunition and were able to safely arrest him and place him in a police vehicle.

RCMP officers did not fire their weapons at any point during the incident. No RCMP officers were in-

jured, and no civilians were in danger throughout the event. The male suspect was not injured during the arrest. He was transported to hospital, examined and released. He remains in police custody.

"This situation was resolved safely with no injuries, and I am very grateful for that," said Insp. Chris Moore, incident commander.

"Our officers are in dangerous situations day in and day out, but when a firearm is involved, it takes that danger to another level. The training these officers receive as well as the

genuine concern they have for the people of their community kept this incident from escalating and allowed for a peaceful resolution."

The male is facing charges of possession of a firearm knowing it is unauthorized, discharge with intent x3, reckless discharge of a firearm, and possession of a firearm contrary to court order. Other charges are being considered.

The investigation continues with the assistance of RCMP forensic identification section out of Winnipeg.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Lightning split exhibition games with Pembina Valley Hawks

By Brian Bowman

The Interlake Lightning were able to hit the ice for a couple of exhibition games last week.

Interlake played well in both games while earning a split in a pair of Manitoba U18 "AAA" Hockey League games with the Pembina Valley Hawks.

The Lightning defeated the Hawks 4-1 last Thursday in Teulon and then was edged 4-3 by Pembina Valley on Saturday.

"We played well," said Lightning head coach Scott Wong. "The young guys are fighting for spots and we beat them quite handily and then Saturday we fell short."

Goaltending kind of let us down a little bit. They didn't have a ton of shots and there was stuff that should have been saved. But that's what happens."

Wong said they have a younger group of players this season with two new goalies. But they are a bigger, faster, stronger and more skilled team compared to

last year's squad, Wong said.

The Lightning also has a pretty large Interlake presence with 15 guys coming from our area. Wong said on Monday afternoon that he was close to finalizing his

roster. All teams have to submit their rosters by this Friday.

Interlake will play the Eastman Selects on Wednesday (7:30 p.m.) in Beausejour and then Thursday (7:45 p.m.) in Teulon to wrap up their preseason schedule.

The Lightning's regular-season opener will be



EXPRESS PHOTO BY RICK HIEBERT

Interlake Lightning goaltender Dawson Cowan and Kaden Stewart keep the puck out of the net against Pembina Valley during Manitoba U18 Hockey League preseason action. The two teams split a pair of exhibition games.

against the Central Plains Capitals on Oct. 17 in Portage la Prairie. pretty antsy to get back to playing," Wong said.

"We're looking forward to the season and guys are

Ice Dawgs have high hopes for this season

By Brian Bowman

The Arborg Ice Dawgs had a very good training camp before Saturday's exhibition game with the Lunder Falcons.

In fact, the Ice Dawgs training camp was popular with the players.

"We had the highest numbers in attendance in quite some time," Murray Monkman said, noting guys have a keen interest in playing in Arborg. "Last year, we only had 22 guys in attendance for the start of camp and this year we had 38 guys and there's guys still coming through."

Arborg will be without former key players Dylan Furgala, Blaze Bezecki and Tom Moneyas this season as they have aged out of junior hockey.

"Those were a solid core of guys that were big leaders in the room," Monk-

man noted.

"However, guys like Shaydon Mousseau and Preston Seymour are guys that we brought on as 19-year-olds last year and we have six 20-year-olds this year and it's a good mix with the underagers that we have."

Josh Roche and Logan Clarke, Arborg's top two points producers a year ago, are back. Clarke is a dynamic 17-year-old defenceman that was exceptional in his CRJHL rookie campaign.

A nice addition for the Ice Dawgs is Gimli's Jordan Einarson, a very talented defenceman, who is back on the ice after taking a year away from hockey, according to Monkman.

A big question mark for the team, however, is their goaltending situation. Arborg's No. 1 goalie Tre Stra-

chan is currently at the Dryden Ice Dogs' camp. Arborg will find out in the next week or so if he will be coming back to them.

Monkman said the Ice Dawgs have picked up players from "AAA" and high school. He also noted that their local talent has improved as well.

"Last year, we didn't have anyone on our roster that was from Arborg itself," he said.

"But we're looking to have three or four Arborg locals."

Monkman likes having that local flavour on the team. He also really likes the depth on this year's squad.

"Last year, we were running two lines, for the most part," he said. "I'm happy with all four of our lines and with COVID we're able to roster 25 right now until January. We're go-

ing to have a good depth of forwards straight through and thorough and I'll be happy with all four lines. I'm really excited for the season with the guys on the back end and on the front."

Arborg registered just 11 regulation wins last year in 32 regular-season games to place fourth in the five-team league. But Monkman has much higher expectations for this year's team.

"We're going for it," he said confidently. "The team that we're going to be putting on the ice is going to be much better. We're excited with the local talent and we have recruited (players). The feeling in the (dressing) room is way different already compared to the beginning of last year."

Manitoba Curling Hall of Fame & Museum names most notable 150 teams

Invites public participation in ranking the Top 25

Submitted by Manitoba Curling Hall of Fame & Museum

In recognition of Manitoba's 150th anniversary, the Manitoba Curling Hall of Fame & Museum (MCHoF&M) has named what it is calling the Most Notable 150 Teams in Manitoba's long and storied curling history.

The list has been published on the CurlManitoba website (curlmanitoba.org) and is attached herewith.

"People have been curling in Manitoba since before we were a province," said Peter Nicholls, the recently elected president of the MCHoF&M board of directors.

"Manitoba's curlers have built a remarkable reputation for the province as home to some of the best to ever play the game. We want to pay tribute to all of the curlers who have built and added to the Manitoba curling legend over the years."

MCHoF&M directors and volunteers deliberately steered the discussion away from "the Greatest Teams" toward "the Most Notable Teams" and their accomplishments. Teams such as those skipped by Jeff Stoughton, Jennifer Jones, Connie Laliberte and Ken Watson no doubt fit in both categories. However, focusing on the most notable accomplishments of Manitoba curling teams allows the inclusion of Manitoba's World Junior Champions and teams such as the Manitoba Deaf teams, which earned honours in recent years at the Deaflympics and World Deaf Championships.

There has been no attempt to rank all 150 teams. However, 25 of the most notable teams have been identified

and the committee's ranking of these 25 will be publicized in mid-December.

In the meantime, Manitoba curling fans are invited to participate in a People's Choice ranking of the Top 25 — with an opportunity to make "wild-card" additions to the list if they don't happen to agree with the committee's choices.

Donations to support the efforts of the MCHoF&M to honour Manitoba's curling heritage are invited in the name of the team of your choice as No. 1 Most Notable Team in Manitoba curling history.

The People's Choice ranking will be determined by the total donations made in the name of each team. A minimum donation of \$10 is suggested and all donations are eligible for a Revenue Canada charitable donation receipt. Donations can be sent to Manitoba Curling Hall of Fame & Museum Inc. c/o CurlManitoba #309, 145 Pacific Avenue Winnipeg, Manitoba R3B 2Z6.

The board of directors has committed to using the net proceeds of the campaign for both current and future operations. Through the Manitoba Curling Hall of Fame and Museum Endowment Fund at the Winnipeg Foundation, MCHoF&M is eligible for a matching contribution, which has been committed through the Manitoba Heritage Trust Program.

To cast your vote, go to [canadahelps.org](https://www.canadahelps.org/en/charities/manitobacurling-hall-of-fame-museum-inc/p2p/most-nota-) (<https://www.canadahelps.org/en/charities/manitobacurling-hall-of-fame-museum-inc/p2p/most-nota->

ble-teams).

There you'll find an opportunity to select and vote for any one of the named 25 teams or your wild-card choice.

The Notable 25 teams in Manitoba Curling History which are included in the voting are:

- Howard Woods' 1925-1929 Granite Team: First Manitoba Champion
- Gordon Hudson's 1928-29 Strathcona Team: First Back-to-Back Brier Champion
- Ab Gowanlock's 1934-38 Glenboro Team: First Rural Manitoba & Brier Champion
- Ken Watson's 1942-49 Strathcona Teams: Six Consecutive MCA Bonspiel Grand Aggregates
- Billy Walsh's 1952 & 1956 Deer Lodge Team: Manitoba and Brier Championships Four Years Apart
- Lily Clark's 1953-57 Portage Team: First Back-to-Back Manitoba Women's Champion
- Terry Braunstein's 1958 Granite Team: High School Team Wins Manitoba, Loses Brier Final
- Ernie Boushy's 1964-67 Heather Team: Four Consecutive Manitoba Mixed Titles & two Canadians
- Joan Ingram's 1967-73 Fort Garry Team: Three Manitoba Championships with Three Different Skips
- Don Duguid's 1970 & 1971 Granite Team: Back-to-Back World Titles Undeclared
- Orest Meleschuk's 1972 Fort Rouge Team: World Title Makes Three in a Row for Manitoba
- Chris Pidzarko's 1972-74 Team: Two Canadian Championships in Three Years
- Lloyd Gunnlaugson's 1982-84

Valour Road Team: Three Consecutive Canadian Senior

Titles

• Bob Ussel's 1983-84 Granite Team: First Manitoba Team to Win a World Junior Championship

• Connie Laliberte's 1984 Fort Rouge Team: First Manitoba Team to Win a World Women's

Championship

• Vic Peters' 1992-97 Granite Team: Back-to-Back Manitoba Titles and a Brier Championship

• Connie Laliberte's 1992-95 Fort Rouge Team: Team Canada at Scotties and Worlds in

Brandon

• Kelly MacKenzie's 1995 Deer Lodge Team: First Manitoba Team to Win a World Junior

Women's Championship

• Kerry Burtnyk's 1995-2001 Team: Only Manitoba Team to Win a World Championship at

Home in Manitoba

• Jeff Stoughton's 1999-2006 Charleswood Team: Trials Finalist, Three Manitoba Titles and Brier Champion

• Jeff Stoughton's 2011-14 Charleswood Team: World Gold and Three Time Manitoba Champion

• Mike McEwen's 2008-18 Fort Rouge Team: A Decade of Excellence

• Braden Calvert's 2014-15 Team: Back-to-Back Canadian Juniors and a World Championship

• Jennifer Jones' 2005-20 Team: Olympic Gold Medal and So Much More

• Kerri Einarson's 2020 Gimli Team: Built a Winning Team but Pandemic Shortened Season

Winnipeg ices female U18 Lightning twice

By Brian Bowman

The Interlake Lightning were defeated twice by the Winnipeg Ice in Manitoba Female Hockey League U18 "AAA" action last weekend.

Winnipeg won both games by identical 5-1 scores on Friday and Saturday.

"It was such a great series," said Lightning head coach Tatiana Rafter on Monday afternoon.

"When it was time for tryouts, we weren't allowed to do any 5-on-5 play so this was the first time that they played a full game. It was really great to see where their strengths and weaknesses are.

"It was really positive and I was

proud of what I saw with the girls."

The Lightning have spent a lot of time with skill development during training camp and Rafter is excited to see how much the girls will improve over the course of the season.

Interlake's roster is split almost in half with 12 returning players and eight others that are new to the U18 league. Rafter said the average age of the players is around 15.

"We have a really young squad this year but that was kind of the whole point," she said. "We're going to develop and bring lots of girls into the fold. We're going to develop as many girls as we can from the region and then next year we can maybe take a

shorter roster."

Interlake will begin its regular-season schedule this Saturday against the Winnipeg Avros at the Seven Oaks Arena. Puck drop is 1:15 p.m.

The Lightning can't wait to begin their season.

"I think it's awesome for the girls because they have been waiting long enough," Rafter said.

"I think the main thing in general with this offseason is that it hasn't been

the easiest for teams, even for more established programs that have the same coaching staff. You have girls quarantining in their house for months. It wasn't real easy to get into a gym at times. In general, the whole league faced adversity."

Rafter will be helped out behind the bench this season by an all-female staff which includes Stacey Crawford and Taylor McCaskill. The team's manager is Darrell Humeniuk while Crawford also serves as the club's dryland instructor.

"IT WAS REALLY POSITIVE AND I WAS PROUD OF WHAT I SAW WITH THE GIRLS."

Classifieds

THE EXPRESS
WEEKLY NEWS

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

SCRAP METAL

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

SCRAP METAL

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

PROPERTY FOR SALE

3 ac. (ideal hunting area) for \$30,000. Comes with 29 ft. 5th wheel camper, well and some trees on site. Road 129 North and 33 West (near Eriksdale). Phone 204-739-3031.

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.

ENCOURAGEMENT

*Love the Lord
your God with
all your heart
and with all
your soul and
with all your
strength.*

*Deuteronomy
6:5
Paid
Advertisement*

FOR SALE

**HOME ON 2.01 ACRES
PLUS 3 LOTS**



**BY APPOINTMENT ONLY
204-642-7654**

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

ASHERN



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.

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.

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

Trailers, truckbeds & tires. Full repair and safeties. Vehicle parts, tires & wheels. Vehicle & trailer parts & batteries. Sales, financing & leasing. Kaldeck Truck & Trailer Inc. Hwy #1, MacGregor, MB. 1-888-685-3127. www.kaldecktrailers.com

EXPRESS
WEEKLY NEWS
204-467-5836

Riverdale Place Workshop Inc. REQUIRES A

CASUAL SPECIAL CARE SUPERVISOR

To assist with one to one care with daily activities to a person with disabilities. Also to help in all areas at the workshop. A Criminal Record check and Adult Abuse check required. First Aid course provided. Additional details and information about the job is available at the workshop.

**Please send resume or drop off at
the workshop to**

**Alex Janower, Manager
Riverdale Place Workshop Inc.
Box 609 Arborg, MB R0C 0A0
Tel: 204-376-5584
Fax 204-376-5584
email riverdalew@mymts.net**

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.



NOTICE OF APPLICATION RURAL MUNICIPALITY OF WEST INTERLAKE REVISED WASTEWATER RATES ERIKSDALE WASTEWATER UTILITY

October 1, 2020

The Rural Municipality of West Interlake (RM) has applied to the Public Utilities Board (Board) for revised wastewater rates for the Eriksdale Wastewater Utility (Utility) as set out in By-Law No. 15-2020, read the first time on August 18, 2020. Rates were last approved in 2006 in Board Order No. 25/06.

The current and proposed rates are as follows:

	Current Rates	Proposed Rates		
	By-Law No. 2-06	Year 1	Year 2	Year 3
Annual Service Charge	\$ 19.74	\$ 18.51	\$ 17.28	\$ 16.04
Wastewater (per REU)	\$ 62.70	\$ 97.84	\$ 132.98	\$ 168.13
Minimum Annual Charge*	\$ 82.44	\$ 116.35	\$ 150.26	\$ 184.17

*Based on 1 Residential Equivalency Unit (REU)

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

If you have concerns/comments regarding the RM's application for wastewater, rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before **October 31, 2020**.

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

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

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

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

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

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

Frederick Mykytyshyn

Frederick Mykytyshyn
Assistant Associate Secretary
Manitoba Public Utilities Board

Everything you need to
promote your business



**Call Today!
467-5836**

**FLYERS
BROCHURES
BUSINESS
CARDS
STICKERS
WINDOW
DECALS**

**SOCIAL
TICKETS
DOOR
HANGERS
LETTERHEAD
ENVELOPES
INVOICES**

**ESTIMATE
SHEETS
POSTERS
MEMO PADS
POST CARDS**

Classifieds

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

MISCELLANEOUS

Book your classified advertising and be seen in over 340,000 homes! For as little as \$189 + GST, get your important messaging out! Call us at 1-204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

WANTED

Wanted - 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.

NOTICES

Urgent press release & media advisories. 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.

TRAVEL

Travel snowbirds! Osoyoos, BC - Canada's warmest climate. Very special weekly & monthly rates available through April, 2021. Choose from studio, 1 & 2 bdrm. luxury condos from \$36/night! www.osoyoossnowbirds.com or 1-888-OSOYOOS

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 stonewood@mymts.net

Tender Notice "CARETAKER"

Ukrainian Farmers Co-operative Ltd.



Contract from December 1, 2020 to December 1, 2021.

Must provide proof of 2 Million Dollars liability insurance.

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

Application deadline will be November 13, 2020.

Lowest or any tender not necessarily accepted.



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

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.

Everything you need to promote your business
Call Today! 467-5836



Invitation to Tender for Snow Clearing

Ukrainian Farmers Co-operative Ltd.



- Contract from November 2020 to March 2021
- Front 1/2 of lot must be cleared before 7:00am
- Snow to be stored on site
- Must provide proof of liability insurance

If you would like to receive a tender application form or if you have any other questions, please contact our office. You can also print the application form from our facebook page at [Ukrainian Farmers Co-operative Ltd.](https://www.facebook.com/ukfarmers)

Application deadline is October 30th. Lowest or any tender not necessarily accepted. Thank you.

Ukrainian Farmers Co-operative Ltd.

Box 160, Fisher Branch, Mb, R0C-0Z0

Ph# (204) 372-6202

Fax# (204) 372-8402

kyaciuk@mymts.net



RURAL MUNICIPALITY OF GIMLI

BOARD OF REVISION 2021 & ADJUSTED ASSESSMENTS 2020

APPLICATION FOR REVISION

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

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under sub-section 13(2).

APPLICATION REQUIREMENTS

43(1) An Application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the office of the RM of Gimli in the RM of Gimli, Manitoba, or
 - serving it upon the Secretary, at least 15 days before the scheduled sitting of the Board of Revision.
- provide a daytime contact telephone number

The Board of Revision will sit on **November 19th, 2020**, in the Council Chambers of the Municipal Office of the Rural Municipality of Gimli, 62 2nd Avenue, Gimli, Manitoba.

ADJUSTED PROPERTY TAXES

must be appealed within 30 days after mailing.

The final date on which all other applications must be received by the Secretary of the Board is **Wednesday, November 3rd, 2020 no later than 4:30PM.**

APPLICATIONS RECEIVED AFTER THIS TIME WILL NOT BE ACCEPTED.

Dated at RM of Gimli Office, in Manitoba, this 28th of July, 2020.

Cindy Makowsky
Board of Revision
Rural Municipality of Gimli
Box 1246, Gimli, MB R0C 1B0
Telephone (204) 642-6666
Fax (204) 642-6660



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



Rural Municipality of
GRAHAMDALE
www.Grahamdale.ca

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 R0C 2E0
Phone: (204) 768-2858 Fax: (204) 768-3374

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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

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 Pamela Menard, late of the Town of Gimli, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 4th day of November, 2020.
DATED at Stonewall, Manitoba this 30th day of September, 2020.
GRANTHAM LAW OFFICES
Solicitor for the Executors



**BECOME
A RED CROSS
VOLUNTEER
IN YOUR
COMMUNITY**

JOIN US!

VISIT
REDCROSS.CA/
VOLUNTEER

**Get up to
\$50,000**

from the Government of Canada.

All ages & medical conditions qualify. Have a child under 18 instantly receive more money.

Call Manitoba Benefits 1-(800)-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your free benefits package.

McSherry Auction
12 Patterson Dr.
Stonewall, MB

Online Timed Auctions
@ iCollector.com

Estate & Moving
Closes Wed Oct 14 @ 7:30pm
NH 590 Large Square Baler
* Case IH 8820 Swather * 90 Chev 1500 * 03 Polaris 330 4x4 Quad * 76 Hondamatic CB750 Street Bike * Horse Saddles * Sleigh * Carriage * Saulky * Corral Panels * 4 Hi Qual 10' x 12' Horse Stalls w Rubber Flooring*

Estate & Moving
Closes Wed Oct 21 @ 7:30pm
Consignments Welcome!
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd

**ONLINE TIMED AUCTIONS @
ICOLLECTOR.COM
ESTATE & MOVING**
Closes Wed Oct 14th
@ 7:30 PM

**12 Patterson Dr.
Stonewall, MB**
Late Additions- 03 Chev 2500 Dsl Ext Cab 4x4 Safetied- Clean Truck* Goebel 1800 Bushel Hopper Bin * Building Jacks * More Tools!

ESTATE & MOVING
Closes Wed Oct 21st
@ 7:30 PM

Consignments Welcome!
Stuart McSherry, Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

BATTERIES FOR EVERYTHING!

**50,000 BATTERIES
IN STOCK**

*Auto *Farm *Marine
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Phones *Computers
*Solar Systems & design
* Everything Else!

THE BATTERY MAN
1390 St. James St.,
WPG
1-877-775-8271
www.batteryman.ca

HIP/KNEE Replacement?

Other medical conditions causing
**TROUBLE WALKING
or DRESSING?**

The Disability Tax Credit allows for
**\$2,500 yearly tax credit and
\$20,000 Lump sum refund.**

Apply NOW; quickest refund Nationwide!

**Expert Help:
204-453-5372**

POWERBEND TIRECRAFT REQUIRES AN AUTOMOTIVE TECHNICIAN

Looking for an experienced mechanic for full-time position.

Competitive wage and optional benefit package.

Monday - Friday, 8:00 - 5:00
must have valid drivers license.

Call Jeff @ 204-376-2247, or drop off a resume at 441 River Rd. in Arborg

TOWN OF WINNIPEG BEACH



SURPLUS EQUIPMENT FOR SALE

The Council of the Town of Winnipeg Beach will receive sealed offers for the purchase of 1 only 1995 GMC T8500 truck with approximately 10,000-gallon water tank. Truck being sold "as is" with no current safety.

Offers will be received until October 27, 2020. Truck may be viewed by appointment with the Public Works Manager. For additional information, please call 204-641-1614.

EMPLOYMENT OPPORTUNITY

TDM SPORTS
is currently seeking

1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

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

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

Send resume to:
Box 38, Arborg, MB R0C 0A0
Fax to: 204-376-5836 or
Email to: tdmsports@hotmail.com or
Apply in person at 279 Main St., Arborg

FULL-TIME CAREER OPPORTUNITY



"Full-Time" "Grocery Clerk/ Teller"

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

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

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

**Closing date for all applicants is set for
October 23rd, 2020.**

For more info, please see
Kyle Yaciuk at our store office.

Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, R0C-0Z0

SALES CAREER OPPORTUNITY

BigandColourful 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.

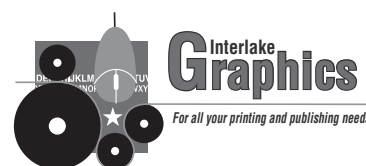
-Strong computer skills, including Microsoft Office

-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



EXPRESS
WEEKLY NEWS

BigandColourful
PRINTING & PUBLISHING

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

Classifieds Announcements

THE EXPRESS
WEEKLY NEWS

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



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**



Power Builder Advertising WORKS!

- GET SEEN by over 340,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 37 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

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

www.mcna.com

ANNIVERSARY



**Happy 60th Anniversary
George and Loretta Hibbert**

October 8, 1960 – 2020

Wishing our very special
parents and grandparents
many more years of love,
health and happiness
as you celebrate this special milestone!
-Lots of love,
your family

Interlake Co-op
You're at home here.
CO-OP
**Now Hiring:
(Part Time Position)**

Administrative Department Team Member

Duties/Responsibilities:

- **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

**SALE BY
TENDER**

CO-OP
Interlake

FUEL TRUCK FOR SALE

For more images, go to interlakeco-op.crs

2010 Freightliner

- * Tank Size: 23,500L
- * 5 compartments
- * 12,785 engine hours
- * 485,340 km

Truck is not safetied and will be sold as is.
If you have any questions or would like to make an appointment to view, contact **Ken Whalley:**
(204)-376-5201 | (204)-214-0051
Fuel@interlakecoop.com

Submit all tenders/offers to Ken Whalley

McSherry Auction Service Ltd

ONLINE TIMED OUT AUCTION
FOR DALE BOWMAN

**Closes Thurs Oct 22nd,
2020 @ 7:30 PM**

Argyle, MB
1 Mile West on Rd 323
Then North 2 Miles on Rd
322 Then 3 1/2 Miles West
on Rd 82 #4064

11 Chev 2500 4x4 6 Litre
104,787 KM- Safetied * 15
Norberts 16' Gooseneck
Stock Trailer Only Used 2000
Miles * 96 Norberts 20'
Gooseneck Flat Deck Trailer
* 15 Excursion 18' BH Flat
Deck Trailer – Less Than 500
Miles * 14 Can Am Com-
mander 800 Side By Side-
2275 Miles * 13 Honda Four
Trax Quad * Int Farmall 966
Factory Duals * White Field
Boss 2-105 * Vers 145 4WD
* Gehl 1870 Rd Baler * New
Idea 3639 Manure Spreader
* Hesston BP25 Bale Pro-
cessor * Gehl 95 Mix Mill
* Hutchmaster 10' Offset
Disc * Ajax 40' Springline
Harrows * Morris L-160
20' Cult * Glenco 26' Cult
* Cockshutt 26' Deep Tiller
* Silver Lake Trailer Post
Pounder * 38' Hay Trailer
* 30' Hay Trailer * 4 Wheel
11' Horse Pull Wagon * 10'
Packer 24" Rd Drum * 3PH
Post Hole Auger * 80's GMC
6000 w 18' B & H * Lakeland
Portable Creep Feeder * Ma-
ternity Pen * Along w More
Equipment * Trailers * Rd
Bale Feeders * Panels * Oil-
ers * Calf Shelters * 6 Grain
Bins - 1350 to 1650 Bushel
* Farm Misc * Tools * Go To
Web For Full Listing *

Stuart McSherry, Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Announcements

OBITUARY



Louise Matthewson (Dudar)

Peacefully, on Sunday, September 27, 2020 with family by her side, Louise Matthewson aged 70 years of Gimli, MB passed away. Her memory will be cherished by her beloved husband Don of 50 years; children Chris (Candace), James (Jennifer) and David (Barb); and grandchildren Emily, Tyler, Savannah and Amber.

Louise courageously, survived raising three boys who brought a lifetime of adventure, shenanigans, various injuries, minor property damage, but most of all laughter and joy. She entered the work force to pursue areas of interest. She developed passions for crafting, horticulture, quilting, tree farming, puzzles, Pinterest and YouTube. She was a steward of the environment before it was a fad. Louise planted hundreds of trees in her lifetime and she was an avid recycler finding a second use for absolutely everything.

In retirement, Louise became an excellent foreperson in the garden, the family property lovingly known as Oakridge Farm, or on a construction site building her dream home at the lake. She had a natural talent and vision for collecting rare finds and antiques on her many excursions and travels. Every rock, shore glass, rustic find, and collectable in her home had a story from a destination which also made for interesting carry-on luggage.

Her travels took her across Canada, USA and overseas. Favourite activities during travel included camping with the grandchildren, treasure hunting, searching craft stores, boat excursions, touring cheese factories, searching for the perfect souvenir for each grandchild, antiquing, and exploring small towns via the back roads.

Louise held the most significant pride in being the biggest fan of her grandchildren. Grandma looked forward to the events such as ringette, basketball, dance, gymnastics, school and band concerts. The grandchildren will remember painting, sewing, trail building, gardening, crafting, shore collecting, playing board games and bird watching with Grandma. They all have fun memories and stories to tell about camping with Grandma.

Thank you to special visitors and caring neighbours especially Darlene, Brian and Al.

In keeping with her wishes, cremation has taken place and a private family celebration will be held at a later time.

In lieu of flowers, a donation may be made to the Westshore Community Foundation (westshorefoundation.com) or plant a tree in her honour.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Wendy Louise Elgby

October 17, 1957 - September 22, 2020

On Tuesday, September 22 Wendy entered heaven. Rejoicing with her there is daughter Anna and Wendy's brother Dan. At the age of seven Wendy believed Jesus died for her sins. She repented of her sins and asked Jesus to take her to heaven when she died. Most precious to her is her Saviour and Lord, Jesus Christ.

Left to mourn is her husband of 38 years, Hans Elgby; their oldest son, Jonathan and Doralyn (with grandchildren Annika, Michael, Luke, Caleb, Linnaea, Jace) and their youngest son, Shawn; Wendy's faithful mother, Mary Murray; and brother Dave (Carrie) Helston; sister Lori (Ron) Smith; sister Deb (Tony) Ware; sister-in-law Shauna (Gabe) Beaubien; brother-in-law Bo (Debbie) Elgby; step-brother David (Louise) Murray; and precious nieces and nephews and their children. All are most cherished!

Wendy is also predeceased by father Ray Helston, step-father Bill Murray and step-brother Daniel Murray.

Wendy graduated from Prairie Bible College. She also became a Registered Nurse. She and Hans were missionaries in Pakistan for eight years. Hans pastored in Maryfield, Saskatchewan for 18 years and is presently pastoring at Hodgson Bible Church in Manitoba. Wendy loved helping her husband in the ministry! Wendy felt so blessed to serve alongside her husband as missionaries in Pakistan and as her husband pastored in Maryfield and Hodgson.

She considered it one of her greatest privileges to be the mother of Jonathan, Anna, and Shawn. In the spring of 2019 the Lord gave Wendy the gift of cancer. She was thankful for the time to say good-bye to loved ones on earth and to reflect on the legacy she wished to leave behind. "Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever." (Psalm 23:6) Wendy would like all to know that God's mercy and goodness have followed her all the days of her life and that she is now in the house of the Lord forever.

On Saturday, September 26 a Celebration Service was held at Hodgson Bible Church. Officiating were pastors James Thiessen and John Plantz.

OBITUARY



Robert Warren Newman

Peacefully, after a brief illness, it is with deep sorrow that we announce the passing of Robert Warren Newman on Tuesday, Sept 29, 2020 at the Grace Hospital at the age of 92.

Robert is survived by his beloved wife Sigrid of 68 years of marriage; two sons, Ralph (Karen) and Jeff (Cheryl); six grandchildren and five great-grandchildren. He was predeceased by his parents John and Ruth and his brother Johnny.

Robert was born in 1928 in Hyas SK. Robert joined the RCAF in 1947, graduating as a pilot with course 4 at Centralia, ON. First posting was to the Joint Air Training Centre at Rivers where he flew the Dakota (and completed the Army paratroop course, six jumps). He then instructed on Harvards at Gimli and on Expeditors and Mitchells at Saskatoon. A tour at AFHQ came next, followed by a posting in Winnipeg where he flew the Mitchell and Dakota. In 1960 he was posted to 412 Squadron, Ottawa. While at 412 Squadron, he flew the Dakota, Cosmopolitan and Yukon, and acted as Flight Safety Officer and Instrument Check Pilot. Promoted to Major in 1966, he attended the Canadian Army Staff College at Kingston, and in 1967 was posted to CFHQ. His final posting was to Winnipeg where he served as Chief Pilot, ANS Flying Wing and D/CO 429 Composite Squadron.

Major Newman married Sigrid Suhr in 1952 and they have two sons Ralph and Jeff. Following retirement in 1974, the Newman's moved to Hyas, SK where they were involved in various business enterprises. He also enjoyed flying his Aircraft which he eventually sold.

Robert and Sigrid moved from Hyas to Gimli in 2007 and finally to Selkirk in 2016. His love for his family and all his kind words and advice will be sadly missed by all.

Special thank you to Andrew Skene Nurse Practitioner and Dr. Burton Abbott and the staff of Grace Hospital 4 North, Winnipeg MB for their compassion and wonderful care.

A private family service will take place.

In lieu of flowers, if friends so desire, memorial donations may be made to a local animal shelter.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



Your memory will live forever Engraved within our hearts

Calling all Bakers and Cooks!

Do you have a family favorite Christmas recipe?

Would you like to be featured in our 2020 Holiday Family Favorites Cookbook?

Our readership base has a wealth of knowledge and experience that we would love share.

Your family recipe could be a part of our special edition cookbook!

Please submit a recipe in one of the following categories:

- Appetizers
- Beverages
- Soups & Salads
- Main Dishes
- Baking & Dessert
- Ethnic Favorites

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

THE EXPRESS

WEEKLY NEWS

WILL BE CLOSED ON

THANKSGIVING

Monday, October 12th.

FALL SAVINGS

MS 170
GAS CHAIN SAW 
30.1 CC • 1.3 KW • 3.9 KG / 8.6 LB ①



SAVE \$30
\$259⁹⁵
MSRP \$289.95 with 16" bar

MS 180 C-BE
GAS CHAIN SAW 
31.8 CC • 1.5 KW • 4.2 KG / 9.3 LB ①



SAVE \$20
\$359⁹⁵
MSRP \$379.95 with 16" bar

MS 250
GAS CHAIN SAW 
45.4 CC • 2.3 KW • 4.6 KG / 10.1 LB ①



SAVE \$10
\$449⁹⁵
MSRP \$459.95 with 16" bar

NEW MS 250 C-BE
GAS CHAIN SAW 
45.4 CC • 2.3 KW • 4.9 KG / 10.8 LB ①



\$499⁹⁵
MSRP with 16" bar

MS 261 C-M
GAS CHAIN SAW 
50.2 CC • 3.0 KW • 4.9 KG / 10.8 LB ①



SAVE \$50
\$729⁹⁵
MSRP \$779.95 with 16" bar

MS 271
GAS CHAIN SAW 
50.2 CC • 2.6 KW • 5.6 KG / 12.3 LB ①



SAVE \$20
\$549⁹⁵
MSRP \$569.95 with 16" bar

LIMITED TIME ONLY
PRICE WITHOUT WOOD-PRO™ KIT
MS 291
GAS CHAIN SAW 
55.5 CC • 2.8 KW • 5.6 KG / 12.3 LB ①



SAVE \$110
\$499⁹⁵
MSRP \$609.95 with 16" bar



RECEIVE A FREE WOOD-PRO™ KIT
WITH THE PURCHASE OF ANY ELIGIBLE STIHL CHAIN SAW. ②
• Woodsman® Carrying Case • OILOMATIC® Chain • STIHL Hat

Dealers may sell for less. Pricing on all chain saws, power tools and accessories will remain in effect until December 4, 2020. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only.

① Weight with powerhead only. ② Don't miss your chance to get the Wood-Pro™ Kit. Simply purchase any one of the following chain saws between now and December 4, 2020 and you will receive a STIHL Wood-Pro™ Kit FREE. This kit includes: a Woodsman® Carrying Case, STIHL hat and a replacement loop of OILOMATIC® chain - an \$85 value! Hat may not be exactly as shown. Offer valid until December 4, 2020, while supplies last. Eligible Models: MS 170, MS 171, MS 180 C-BE, MS 181 C-BE, MS 194 C-E, MS 211, MS 250, MS 250 C-BE, MS 251, MS 251 C-BE, MS 261 C-M, MS 271, MS 291 C-BE, MS 362 C-M and MS 391.

     | [STIHLCANADA](https://www.stihlcanada.com)

[WWW.STIHL.CA](https://www.stihl.ca)

STIHL

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
Arborg, Manitoba
Family Owned
Servicing the Interlake for 54 Years!