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November 11, 2019

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VOLUME 6 EDITION 45 THURSDAY, NOVEMBER 7, 2019

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Fun to run

EXPRESS PHOTO BY CHERYL BUHLER
Gimli Running Club members Lisa Baker, Jessica Slimmon, Chris Struhan, Lindsay Struhan, Heather Clarke, Alan Dann, Michelle Belanger and Oscar Belanger held their own run in Gimli Oct. 20 to honour the cancelled Winnipeg Fire Paramedic Service's annual fundraiser for the Heart & Stroke Foundation.

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Gimli Running Club doesn't let the elements get in the way of a fundraiser

By Patricia Barrett

Gimli Running Club members refused to let the aftermath of an early October snowstorm get in the way of their fundraising efforts for the Heart & Stroke Foundation a few weeks ago.

Club members were set to participate in what would have been the Winnipeg Fire Paramedic Service's 8th Annual Half-Marathon for the foundation on Oct. 20 in the city but were forced to step down after the City of Winnipeg encouraged organizers to cancel the event because of downed trees and debris along the route.

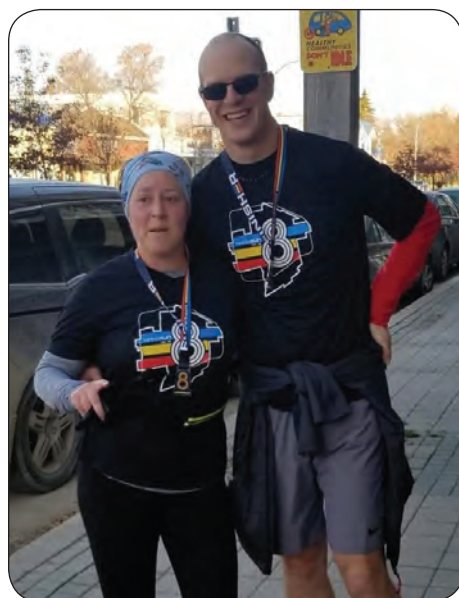
Despite the cancellation, Gimli club members were determined to do the run. They laced up their sneakers and took to the streets of Gimli that day to complete a half-marathon (21 kilometres) or a 10-kilometre run.

Gimli Running Club founder Michelle Belanger said the annual WFPS fundraising event was her and her husband Armand's first run four years ago and they got "hooked."

"We have done the half again twice and the 10K last year," said Belanger, who started the running club in February. "This would have been my fifth time participating and Oscar's [her son] first half-marathon. We are already signed up for next year."

With only a few days to prepare after learning of the WFPS cancellation, she and Armand mapped out a 21-kilometre (13 miles) and 10-kilometre course (six miles) through Gimli, and volunteers stepped up to staff water booths and cheer on the runners. Five club members completed a half-marathon and three others completed the 10K.

"We were very fortunate to have Ar-



EXPRESS PHOTO BY CHERYL BUHLER
Running club members hit the streets of Gimli a few weeks ago to help raise money for the Heart & Stroke Foundation.

mand and Kirsten Dann stop along the route to offer us water and check on us," said Belanger, who ran the 21-kilometre route. "A couple of people even set up water stations for us in Vesturland and Pelican Beach. And Robin's Donuts provided doughnuts for the runners and spectators afterwards. So it was an amazing joint running club effort."

Teacher Heather Clarke said she occasionally runs with the Gimli club and had signed up for the Oct. 20 event to support the Heart & Stroke Foundation.

"This was my first time running in the Fire Paramedic Run," said Clarke, who completed the half-marathon and received her medal, along with other participants, at Robin's after the race. "And I feel that participating in runs is a great way to raise money and awareness for charities."

Over the past seven years, WFPS run participants have helped raise over \$350,000 for the foundation, according to the WFPS participant guidebook. The money goes towards research and programming. Although this year's race was cancelled, registrant fees were sent to the foundation.

Running re-



EXPRESS PHOTO COURTESY OF MICHELLE BELANGER

Running club members Kim Giesbrecht, Clemus Laurila, Michelle, Armand and Oscar Belanger, Heather Clarke, Alan Dann, and Lindsay and Chris Struhan took part in the 2019 Icelandic Festival's annual run in August.

quires motivation and determination, and it helps when your family decides to get into the act, too, said Belanger. She decided four years ago that she wanted to try running and ambitiously signed up for the half-marathon.

"Training was very hard and I had never been an athletic person, but we kept at it and ran for four minutes at a time while slowly increasing our distance. I still remember how excited I was when we ran seven miles for the first time and I started to actually believe that I might be able to do this," said Belanger.

"The day of that race I was full of so many emotions and there were a few times that I wanted to quit, but I pushed through. Nothing prepares you for the rush you get when you finally reach the final stretch and see the crowds on either side or the road cheering you on."

Belanger, who has completed 36 runs so far this year, said she started the Gimli Running Club when she realized the benefits of jogging with other like-minded people.

"I realized that when you have a group running with you, the time goes so much faster," said Belanger. "You are more likely to get out when someone is expecting you, and you will always have a cheering squad to celebrate every run with you."

Throughout the year, Belanger and her family usually participate in eight

to 10 formal running events. They took part in the Icelandic Festival's run in August and completed Fort Whyte's "Frightening Fiver" through the woods on Oct. 24. They even tried trail running this summer.

"While I may have hated [trail running] the whole time we were running, I immediately looked at it as a challenge to improve for next year," she said.

Although the Gimli club may have running in its name, Belanger said walkers are welcome to join them.

Robin's Donuts' owner Cheryl Buhler, who fed and watered the runners after the Oct. 20 event, is among the regular walking members.

"The running club supports each other and that's what I love about it,"

said Buhler. "They help those at the 'back' work their way up to the front."

Although people may find running a bit gruelling, Belanger said they'll usually discover they can overcome the challenge.

"Crossing that finish line and receiving that medal will always stand out in my mind," she said. "It's always the hardest runs that I remember and love because they remind me that I'm stronger than I think and that you never know what you're capable of until you try."

For more information about the Gimli Running Club, visit its Facebook page or contact Belanger by email mbelanger79@gmail.com.

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"I FEEL THAT PARTICIPATING IN RUNS IS A GREAT WAY TO RAISE MONEY."

Arnes residents fight to keep heritage church after attempted removal to Arborg



PHOTO BY MANITOBA HISTORICAL SOCIETY
Arnes Lutheran Pioneer Memorial Church.

By Patricia Barrett

Arnes residents are fighting to keep in their community one of the only original remaining New Iceland churches after the church's board — which may be technically defunct — tried to move it last month to the Arborg Multicultural Heritage Village, a museum that showcases historic pioneer buildings.

Designated a municipal heritage building and heritage site in 2009 by the RM of Gimli (Bylaw No. 09-0010), the Arnes Lutheran Pioneer Memorial Church is an example of the pioneer baroque style with a square tower fronting a rectangular wood-framed church.

After learning of the board's plan to move the building, a group of residents formed a committee to protect the church. They've come up with a plan to repair its foundation and have embarked on fundraising initiatives.

"Our Arnes ancestors worked together to build, move, maintain and worship at the Arnes church. Our goal was to work together with the trustees to plan for the future of the church so that the church can remain at its current location," said Arnes resident Norma Cone, who was part of a delegation at council's regular meeting Oct. 23.

The church was built in 1910 and its interior was completed in 1919. It was moved in 1920 to its present site near the junction of Arnes Road and PR 222 after the Peterson family donated land for it. Although the church no longer belongs to the Lutheran synod, residents hold worship services and

use it for family reunions, weddings and funerals.

To date, 195 people have signed a petition to keep the church in Arnes, said Cone. And there are volunteers in Arnes and in Silver Harbour who are willing to help with its upkeep. Volunteers have already installed a new step into the building, and they clean the church and cut the grass.

The committee had also asked Don Steinmetz, who's experienced in carpentry and renovations, to assess the condition of the church. He came up with an estimate of \$5,000 to \$6,000 to fix part of the foundation.

"The perimeter footing of that building is solid as the day it was put there," said Steinmetz. "What is happening is the centre section of the building was put on pad and post, and over time the pads started to shift. That's allowing the centre section of the floor to droop slightly. It's probably dropped two to three inches."

Despite their attempts to collaborate with the church board, Cone said the board won't work with them.

Church board chair Harold Thorkelson, who attended the meeting, said the best way to preserve the church is to send it to Arborg.

"You're looking at people saying they're going to do this and this and this. It's only words," said Thorkelson. "People get older, they move, they get sick. The odds are of that church being well maintained five years later is very slim. We want to put it in a safe place where it will be well maintained and kept up and ready any time people want to use it."

Arnes resident Diane Dzdyz said the church has a constitution that requires an election of board officers be made every three years. The current board's term likely expired decades ago.

"I think it's a good idea to look into just what authority the current board of trustees have to make decisions," said Dzdyz. "To me, that's a very grey area right now because their terms have long expired."

Along with residents, the Municipal Heritage Advisory Committee (MHAC) expressed its opposition to the board's unauthorized attempt to ship the building to Arborg.

MHAC passed a resolution Oct. 15 stating the church is an important heritage site in Arnes, a designated heritage site of the RM and has strong support in the community to keep the church where it is, according to the document obtained by the *Express*. Furthermore, the Manitoba Municipal Heritage Resource Guide states that a designated heritage building should only be moved if it is in danger of destruction.

MHAC wrote that Reimer [Building] Movers showed up at the church on Sept. 30 and prepared to move it to the Arborg Heritage Village. The contractor had been hired by Thorkelson, but the moving expenses were to be paid by the Heritage Village. A year before that, the church board had signed over ownership of the church to the Heritage Village.

"This was done without communication with either the RM of Gimli or [MHAC]," says the document. The contractor, the church board and the Arborg Heritage Village did not have permission to move the building, nor did they have required moving permits from the East Interlake Planning District. MHAC contacted Pat Eyolfson of the Heritage Village to apprise her of the situation.

Eyolfson did not respond to the *Express*' request for comment.

MHAC wrote that it only found out about the attempted removal when two women from Arnes tried to stop Reimer's from taking the church. Either the contractor himself or Thorkelson had called the RCMP to have the women removed. But upon discussion with the women, MHAC chair Wally Johannson and Coun. Thora Palson, the RCMP ordered Reimer's to stop.

MHAC asked council to deny the church board's application to move the church. It also asked the RM to request from the "expired" board proof it has the legal authority to dispose of the church and that council hold a public hearing before making a decision about the building's future.

Johannson, who attended council's meeting, stressed the importance of having a public hearing to "determine the will of the people of Arnes."

"You [council] have the power and the responsibility over what happens to that church, no question about it," said Johannson. "Also, the church belongs to the religious society, according to provincial law; it doesn't belong to the board of trustees. And if they make any changes, they're required to consult with the congregation of the religious institution —which I don't think they've done in this case."

Coun. Cody Magnusson said he's opposed to holding a public hearing as "our [council] role here is to allow them to move the building."

"It's inviting the public ... and I don't think their opinion should hold more sway than the congregation,"

Continued on page 5

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The changing face of war

By Evan Matthews

"The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you."

It is nearly impossible to imagine what one of the 160,000 Allied soldiers experienced while hearing Supreme Allied Commander Dwight D. Eisenhower's "order of the day" on June 5, 1944.

Leaving the comfort and home of our Manitoba communities, many men and women followed the Americans' lead and were willing to pay the ultimate sacrifice for the betterment of the world.

It wasn't about a paycheque or being forced by government to enlist.

So many of these men and women wanted to sacrifice and serve their community and country.

Some didn't return. Those who did suffered from the after-effects of war's carnage.

Post-traumatic stress disorder wasn't so much a thing in 1945 as it is today. As in, it wasn't talked about the same way it is now, but it was still very real.

For a time they were soldiers, then veterans, but always fathers, mothers, brothers and sisters, husbands and wives.

These people made sacrifices so many of us today cannot imagine, but these veterans also helped build their communities, businesses and government, the values passed on to the next generation.

When you talk to people in the Interlake, so many have military backgrounds or ties.

We thank our ancestors and our veterans for their sacrifices as the face of the world, and war, changes.

Less frequent are the wars fought in the trenches; 320,000 boots on the ground.

As it stands now, there are four major armed conflicts happening in the world: the Afghanistan Conflict, the Mexican Drug War, the Syrian Civil War and the Yemeni Crisis.

But these conflicts don't have the same scale as the First or Second World War.

Technology is as much a part of war than ever. Drone strikes, surveillance and data gathering, outsmarting the enemy while protecting lives and resources.

Foreign relations are different now. Twitter is used by world leaders to convey messages, media plays a role in international government relations, and the White House is now The Apprentice.

Though society operates in a more peaceful world than at any point in human history, countries do still have a need for military.

The world will likely always have evil-doers, and protecting ourselves as a nation should be a priority.

We, as a society, are still so thankful for those who make the sacrifice to protect us.

But we also hope our fathers, moth-

ers, brothers and sisters, husbands and wives never have to make the same type of sacrifice the men and women in 1944 had to make.

In Canada, we can emphasize more than ever that we are not Americans.

Canadians can be optimistic and hopeful in the pursuit of better foreign relations and keeping out of major conflicts.

On a quick side note, maybe someone can convince the government to stop selling arms to Saudi Arabia.

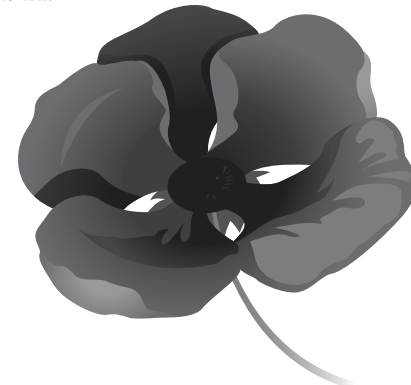
A nation should be collectively aware of its foreign relations and world events.

The world can't allow dictators and terrorists to have their way, and human rights are to be protected.

The world is changing, and the face of war is changing, too.

We might not even fully understand what that means or looks like for some time.

But we can hope nobody ever has to make the same sacrifices they did in 1944.



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Full-circle moment brings writer home, funds for ICF

By Jennifer McFee

A writer with local roots has embarked on a new chapter of her life in a novel way.

Michelle King recently won a local writing contest after returning to a hobby that got pushed aside during busier times of her life.

"I started to write again three years ago just for fun," said King, who grew up in Teulon and now lives in Grande Prairie. "Some people like to knit. I like to write."

She stumbled across the Lake Winnipeg Writer's Group prose and poetry contest and decided to give it a whirl. She penned a story called "Faith. Family. Friends. Farm." and entered it in the competition.

"It's about growing up on the farm, having those community connections with your neighbours, being able to call upon them," said King, who plans to move back to Teulon in two years after her youngest daughter graduates.

"Growing up in a small town, I found that everybody pitched in. Back then, there was no such thing as texting or calling. If your truck's in the driveway, then come in and have a coffee. Everybody helps with the harvest. Everybody helps when something

goes wrong. Everybody celebrates when things go well. There's still the fall suppers, which I miss. All those things create a community spirit."

When she found out she won the contest, King was thrilled. As the winner, she will receive a year's membership to the Lake Winnipeg Writer's Group as well as a prize of \$100.

King's story will also be published in the fall 2019 edition of *Voices*, which explores the theme "The Inevitability of Change." She is invited to read at the launch of the publication, which will be held at McNally Robinson Booksellers (4000-1120 Grant Ave. in Winnipeg) on Saturday, Nov. 23 at 7 p.m.

Since part of her story involves the Willis family, a branch of whom are her family's neighbours, King plans to donate her winnings to the G.M. Willis Family Endowment Fund and to match the contribution from her own pocket. The fund operates through the Interlake Community Foundation, which provides a scholarship to a student that has participated in high school sports and is entering post-secondary education to study agriculture or business. George Willis and his son Chad both spent time volunteering on the Interlake Community Founda-



Michelle King

tion's board of directors.

"Chad Willis will be accepting my donation cheque at the launch. I want to help shine a light on a local foundation that helps our local people. I'm grateful to win it, grateful to be published, and grateful to give back to my community. It's a full-circle moment, all right. I can't wait to move back and be involved even more," King said.

"I know for a fact that growing up in the Interlake shaped me into the person I am today, and I'm incredibly proud to still call Teulon my home."

Thanks to winning the local contest, King said she's also been invited to write for a CBC short story contest.

"I'm super excited because I've been published on my own merit," she said, "so that's a foot in the door."

Copies of *Voices* will be available at McNally Robinson Booksellers in Winnipeg and Tergeson's in Gimli for \$12 each. Digital copies are available for \$3.99 through the Lake Winnipeg

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Writer's Group website at www.lwwg.ca, as well as physical copies for \$12.

If you can't make it to the Nov. 23 book launch, you might still have the chance to see King around town. She'll also be reading to youngsters at the Teulon library's storytime on Wednesday, Nov. 27 at 10:30 a.m.

> HERITAGE CHURCH, FROM PG. 3

said Magnusson.

Coun. Thora Palson reminded him that he's "accountable to the community of Arnes" as well as accountable for a municipally designated heritage building.

Council decided to vote on holding a public hearing and deferring the church board's application to move the church to Arborg pending a legal opinion.

Councillors Thora Palson, Richard Petrowski and Peter Holfeuer voted in favour of a deferral and a public hearing. Mayor Lynn Greenberg and Coun. Cody Magnusson voted against it.



EXPRESS PHOTO BY PATRICIA BARRETT
Norma Cone and Diane Dzdyz.

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Interlake Women's Resource Centre Annual General Meeting

Wednesday, November 20th, 2019

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6:30 pm - membership purchase/renewal
7:00 pm - AGM

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

Dynacare Diabetes Canada hosting Manitoba's largest-ever diabetes wellness initiative

Province-wide diabetes wellness initiative runs till Nov. 30

Submitted

Dynacare and Diabetes Canada are bringing back #Dynacare4Diabetes, Manitoba's largest-ever diabetes wellness initiative, for a second consecutive year.

Dynacare is aiming to get 55,000 Manitobans — particularly those most at risk — to take the A1C (blood sugar) test. The organization will also be making a 50-cent donation to Diabetes Canada for every test completed at a Dynacare location in Manitoba between Oct. 21 and Nov. 30, up to a total of \$25,000.

Coinciding with Diabetes Awareness Month in November, the initiative is meant to encourage Manitobans to assess their risk for the disease by getting tested at any Dynacare location throughout the campaign period. This initiative comes at no cost to Manitobans.

ba Health, Seniors and Active Living as it is fully funded by Dynacare, including the cost of all additional A1C tests ordered.

Diabetes is a serious public health issue, with over 27 per cent of Manitoba's population having undiagnosed or diagnosed diabetes or pre-diabetes, according to data from Diabetes Canada. Recognizing the significance of this issue, last November Dynacare and Diabetes Canada launched this campaign for the first time to spread awareness of the risk factors for diabetes and encourage Manitobans to get tested.

"Early detection is critical to change or reverse the course of Type 2 diabetes," says Andrea Kwasnicki, Diabetes Canada's regional director for Manitoba and Nunavut. "Presently, we estimate that there are approximately

386,000 Manitobans living with diabetes, and many of them don't even know it."

Dynacare and Diabetes Canada encourage Manitobans that have never been tested for diabetes to start the process by assessing their risk factors. If they have one or more risk factors, or are experiencing symptoms, they are encouraged to consult with their doctor and request a requisition for an A1C test. The test can be taken free of charge during the campaign at any Dynacare location in Manitoba. Doctors who receive test results with blood sugar levels above the normal range typically contact their patients directly to arrange a consultation and discuss a treatment plan.

This year, Dynacare is also reinforcing its commitment to Manitoba's at-risk communities living in rural and remote areas by organizing mobile clinic locations throughout the province. The goal is to provide access to testing for those most at risk for this

all-too-common disease, so they can be better informed about their health and, if necessary, get on a pathway to care. The mobile clinic schedule will be published on Dynacare.ca.

"We take our role in the Manitoba health-care system very seriously and strive to support healthy living," says Dr. Jenisa Naidoo, chief scientific officer and Winnipeg-based medical director for Dynacare. "Dynacare is committed to serving our community, and our goal with this initiative is to make it easier for Manitobans who are at-risk to get tested."

On World Diabetes Day, Nov. 14, local community leaders will be getting A1C tests to raise awareness and to encourage at-risk Manitobans to do the same.

Please visit <https://www.dynacare.ca/news/dynacare-partnering-with-diabetes-canada-on-diabet.aspx> for more information about the campaign.

Interlake-Eastern RHA receives accredited status from Accreditation Canada

Submitted

Interlake-Eastern Regional Health Authority (RHA) has recently received acknowledgment that it is continuing to deliver health care that adheres to internationally recognized standards of quality and safety. For the second time, Accreditation Canada has granted "Accredited" status to Interlake-Eastern RHA.

Accreditation Canada is a not-for-profit organization that is dedicated to working with patients, policy makers and the public to improve the quality of health and social services for all. Providing organizations with an independent, third-party assessment, Accreditation Canada evaluates organizations on standards that reflect internationally accepted best practices.

A team of surveyors from Accreditation Canada last visited Interlake-Eastern RHA in 2015 as part of a four-year accreditation review cycle. Interlake-Eastern RHA's CEO, Ron Van Denakker, says he's proud of how much the region has evolved since that time.

"At our last survey, the region was only a few years into the amalgamation of two health authorities and we

were still working diligently on developing unified processes," says Van Denakker. "We have come a long way in that time and I commend our staff on their hard work to ensure that required operating procedures that focus on patient safety and quality care continue to be a normal part of our daily work."

As part of the survey, 24 Interlake-Eastern RHA sites were assessed by a team of 10 surveyors who work in the field of health care in facilities all over

Canada. Surveyors met with staff and community members over a six-day period in June. In the accreditation report, surveyor observations reflect: "Patients spoke positively about the care they received in the region. Staff also indicated that they were supported and the IERHA was a good place to work."

Noted successes for the RHA within the Accreditation Canada report include its move to operating within a balanced budget and its focused re-

cruitment of physicians. A highlighted opportunity for improvement that the RHA is working on is the need to develop and implement a strategy to promote people-centred care that more broadly integrates the voice of patients and families into service delivery.

The Accreditation Canada report and executive summary are posted online. Visit ierha.ca and click on "About Us," "Publications and Reports" and "Accreditation Reports."

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Walking a fish with a tight line

Hi gang.

The commercial fisher's skiffs that berthed and worked out of Balsam Bay, Riverton, Grindstone and Gimli harbours this fall have been taken home. Driving from one fishing spot to another, talking with fishers and anglers last week, I noticed ice forming on the Icelandic, Netley and Brokenhead waters. Little kids were playing on new ice in the ditches as I drove past them. Fall is here.

Sitting with someone dear to me, gazing through the windows of the Gimli Hospital at the "healing atriums" pools now drained for winter, I noticed a very tall, very thin patient. His greying hair was shaven close to his stately head and I couldn't help asking him how things fared for him. With a crackling emphatic voice, he introduced himself as Harvey Benson, a local commercial fisher. Naturally I asked him if he had ever experienced something unusual when fishing. He immediately embarked on a story, his head and fingers thrusting forward, illustrating his tale.

"The lake (Lake Winnipeg) will put you in trouble real quick if you don't pay attention. It had to be 25 years ago in the fall I was lifting nets east of here. The wind was howling and the waves were high, throwing water over the front of the skiff. I was into the wind, the motor going ahead slow while I cleaned the fish from the nets, throwing them behind me," he stated.

"The water was splashing my face as I worked then it hit me that the water was coming over the front of the skiff all the time. I looked back and realized there was so much fish in the front of the skiff, it was nose-heavy and I was in danger of swamping. I stumbled to the motor, turning it off, and started throwing the fish more to the back. In a while, I got the skiff leveled but never forgot how easy it was

to get in trouble out there if you're not watching."

You're right and thank you for the story, Harvey!

Just lately I've had occasion to meet a lovely couple, Kazia and K.C. McCormick, who have a cabin at Rainy Lake, Ont. They gave us an exciting story of their "Uncle Gordy," a great family friend, catching a fish with K.C.'s help. Uncle Gordy Lindgren was an unassuming reflective guy who knew every nook and bottom structure of "Rainy" having fished it for years. On last Thanksgiving weekend, the whole gang was at the cottage and Gordy with K.C. went boat fishing. The men had to put their parka hoods up to stave off the cold fall wind. The waves were so choppy they had to sit instead of standing in the boat. They cast against shore line weed fields without success for the better part of an hour.

"Maybe we should try the reef in the middle of the lake," Gordy ventured. K.C., sitting in the back of the boat, started the motor and manoeuvred the craft into the wind and waves with a sideways slip working his way to the middle of the lake. There, they cast out and almost immediately Gordy's line snapped straight. His drag sang as his catch went for the bottom. Slowly he reeled in feeling intermittent jerks. "It's a big walleye!" he shouted at K.C.

Gordy continued reeling in, and just as he thought he saw it below the surface of the almost clear water, it dove but more slowly for the bottom again.

"It's getting tired," Gordy shouted, "I can feel it!"

Again, he brought it up to the surface. It now lay on its side. K.C. quickly reached forward with their net as Gordy "walked" the fish with a tight line into it. Try after try, the huge walleye kept flopping out of the net. Just as they managed to get the head in, the jig hook let go. K. C., working the



EXPRESS PHOTO SUBMITTED

K.C. McCormick holding up a great walleye that he helped Gordy Lindgren catch out of Rainy Lake.

net like a scoop shovel, caught the fish up and dropped it onto the boat floor. True to Gordy's giving nature, he took a picture of K. C. holding it.

Folks continue to marvel at the high water and racing current of the Red River past Selkirk as they shore fish. Last week, along the 320 road, I came across an exuberant, outward-going chap by the name of Dale Cross who used to own a "repeatedly flooded" cottage here. One time, he recounted, he and his wife came back from shopping in Selkirk only to find a 70-foot tree parked on their lawn. Shocked, they stood amassed at the 15-foot-high roots filled with sand and mud. Not willing to sacrifice many saw blades to render it gone, it became a

lawn ornament!

The following and final year there, they woke up one morning and Dale went to the kitchen to make coffee. He looked out the window to see they were surrounded by a foot of water. Dale called back to his wife, "Honey, should we use the car or the boat to get to Selkirk?"

Till next week, good friends. Bye for now.

PLAYSAFE: Don't Let It Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.



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Gimli council defers decision on Hydro's plans for Jill's Junction subdivision

By Patricia Barrett

Gimli council deferred approving plans it received from Manitoba Hydro regarding natural gas and electrical service for Jill's Junction, a wetland subdivision underway south of Siglaviik.

Jill's Junction is located in part of SW 1/4 33-18-4E. In September 2010, Willie Arnason and Donna-Mae Arnason had asked the provincial department of Conservation for permission to construct a 183-metre (600-foot) boat channel to Willow Creek as part of the new subdivision, according to a document from the Environmental Assessment & Licensing Branch. In January 2011, the branch gave its approval, issuing Environmental Act Licence No. 2948 to the Arnasons.

Hydro sent the RM plans/maps of its proposed utility work and asked that it give its approval by Oct. 18.

Deputy Mayor Richard Petrowski said he doesn't understand exactly what Hydro's work entails and whether there will be a cost to the municipality.

"Is the developer paying for it? I don't know," said Petrowski during council's regular meeting Oct. 23.

Coun. Thora Palson said Hydro's

documents don't include any costs and asked that council first obtain a copy of the agreement before they approve the request.

CAO Joann Murphy said the RM usually receives a written document that it or the developer signs. Administration will look into the matter.

Other council briefs:

- The majority of council approved Alta Greens Ally Ltd.'s request for an extension regarding plans for a cannabis greenhouse on land beside Gimli Airport.

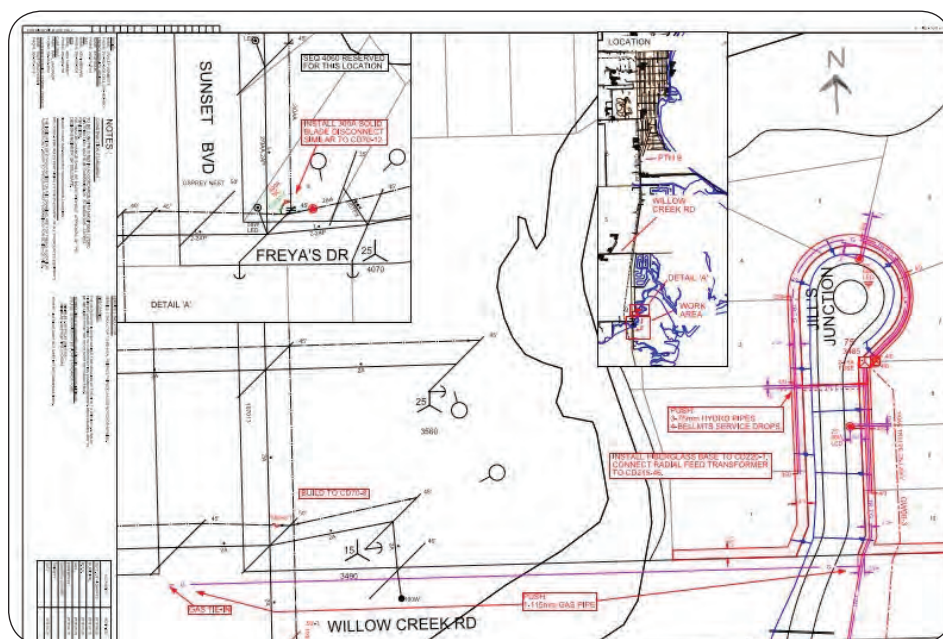
The company asked for a 120-day extension. Council debated whether to grant the full 120 days.

Coun. Peter Holfeuer said the "last extension" was until Nov. 4.

Coun. Petrowski suggested that council agree to an extension only if the company hosts an open house, which had been requested.

"Everyone is waiting to hear from him [owner] about his proposals and to have that open house," said Petrowski.

But Coun. Cody Magnusson said "you can't add conditions on it." He added that letting the land "sit there" affects the RM "absolutely in no way whatsoever."



EXPRESS PHOTO BY MANITOBA HYDRO

Hydro map of Jill's Junction.

Murphy disagreed, saying it does affect the RM because there's a current lease agreement on the land.

"There is a person who has a lease right now and we have an obligation to give notification if we're going to continue to lease it," said Murphy. "I'm thinking we'd need some information [from Alta Greens] by the be-

ginning of March."

The current extension was to give the company time to complete certain things and "there's no indication that they've started any of those," she added. "A zoning hearing will require the RM to advertise and the owner needs

Continued on page 13

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Manitobans invited to invest in hometowns

Westshore Community Foundation is participating in the Endow Manitoba 24-Hour Giving Challenge, a special campaign encouraging residents along the west shore of Lake Winnipeg from Matlock to Gimli to Riverton to consider a gift to Westshore Community Foundation on the 16th of November, 2019.

"Giving to a community foundation means giving back to your hometown forever," says Tim Arnason, President of the Westshore Community Foundation. "It's a great opportunity to take care of your community now and for future generations to come."

Donations to Westshore Community Foundation are pooled and permanently invested. The income earned on these investments is distributed each year by way of grants to local charitable organizations within our catchment area.

Each \$5 gift is worth \$7 during the Endow Manitoba 24-Hour Giving Challenge on Saturday, Nov. 16.

The Winnipeg Foundation and the Province of Manitoba will stretch each \$5 gift made to the Westshore Community Foundation by \$1 each.

For more information, please visit us at Sobeys's, Gimli or the Riverton Co-Operative on Saturday Nov.16 between 9:00 a.m. and 3:00 p.m. Gifts can be made onsite or by credit card online through endowmanitoba.ca or westshorefoundation.com or by phoning The Winnipeg Foundation at 1-877-974-3631. A tax receipt will be issued on all donations over \$20.00.



Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019

A War Story: Bruce Goodridge

By Evan Matthews

The stories of Canadian war heroes are aplenty. In Eriksdale, one of those stories is just a generation removed.

Bruce Goodridge went to war when he was just 19 years old, according to his daughter, Sandra Hogue, 72.

"He joined the army in 1942, and he was sent to England. He also spent time in Belgium," said Hogue, who is also an active member of the Eriksdale Legion.

"So many of the young men from this area joined, and I think he felt like he wanted to fight for his country but also for his community and the other men from his community ... all of whom were joining at the same time," she said.

Goodridge was a member of The

Queen's Own Cameron Highlanders battalion, which is still an active Army reserve. It's the oldest highland regiment in Western Canada, according to Canadian Armed Forces (CAF) publications, dating back from 1910 to present.

CAF publications state the Highlanders battalion took part in "Operation Jubilee," also known as the Dieppe Raid, on Aug. 19, 1942. The battalion returned to France on July 7, 1944, as it continued to fight in north-west Europe until the end of the war, according to CAF publications.

It was in France that Goodridge experienced a gunshot wound to his left thigh, according to Hogue, and left to survive on his own for three days.

"He was in the forest, or deep brush,

Who were the GCKs?

Some of the WWII servicemen will remember the *Gossip Column Kids* who wrote letters to them during 1944-45.

They were a small group of Eriksdale High School girls who met once a week to write to *the boys* who were overseas. Each wrote one letter per meeting, always hoping for a reply, of course. When replies came, sometimes with pictures, they felt greatly rewarded.



The Gossip Column Kids wrote letters to the boys overseas during the war.



EXPRESS PHOTO SUBMITTED
Bruce Goodridge, Second World War veteran, was father of Eriksdale resident Sandra Hogue.

trying to protect himself from the enemy, while also hoping and trying to come across his own Allied soldiers," said Hogue.

"He wasn't found by his own regiment, but he was found by another

Continued on page 12

Lest we forget.

In honour of **Remembrance Day**, all Noventis branches, iTMs and the contact centre will be closed on **November 11th**.

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LEST WE FORGET

THEY DIED THAT WE MIGHT LIVE
1914 - 1918
1939 - 1945

Reeve and Council of the RM of Coldwell



Eriksdale unveils new cenotaph

Legion president credits father

By Evan Matthews

When driving down Highway 6 near Eriksdale, a bright light may just catch your eye at night.

The Eriksdale Legion “unofficially” unveiled its new cenotaph on the east side of highway, according to president Keith Lundale, who said the unveiling took a little longer than anticipated due to finding the correct lighting.

“I’m hoping to get the lighting all done before everything freezes and the snow comes. ... But even if you’re travelling through when it’s dark, you’ll see the cenotaph,” said Lundale,

adding the ambiance will be one of respect and commemoration.

“You’ll know something is there. We’re planning to do an official unveiling ceremony in the spring, once everything is complete.”

The final bit of landscaping around the cenotaph’s perimeter is expected to be completed in spring 2020, Lundale said.

Originally, the goal was to have the cenotaph complete for Remembrance Day 2019, but Lundale said things have taken longer than anticipated.

A cenotaph is typically defined as a monument to someone buried elsewhere, especially one commemorating veterans who have died in a war.

“The RM had wanted to do some enhancements at Railway Park, so we said, ‘We’d like to have a larger foot-



EXPRESS PHOTO BY EVAN MATTHEWS

Eriksdale Legion president Keith Lundale stands at the new cenotaph. He credits his father, Robert “Bob” Lundale, with getting the Eriksdale Legion to where it is today. The cenotaph’s landscaping will be completed by the summer of 2020.

print relating to our cenotaph,” said Lundale.

“We thought it’d be nice to eventually incorporate it into our Remembrance Day ceremony, you know, with our cadets and so forth,” he said, adding the community usually sees about 200 people at each Remembrance Day ceremony annually.

The legion was able to subsequently secure a grant through Veterans Affairs, according to Lundale, in combination with some of the legion’s own funds, and a cost-sharing agreement with the RM and the local Chamber of Commerce.

In a roundabout way, the cost-sharing agreement is also represented in the cenotaph.

“One of our chamber members was the champion for railway park, and he has since passed away. But I always had a running joke with him, ‘Big’ Al Kelner, about this giant rock he had on his property. I always said I was going to steal his rock,” said Lundale.

“I asked his wife if she’d consider using the rock as our the base for our cenotaph, and she thought about it and agreed. So we’ve got a little plaque on about that, too.”

Until everything is fully complete in spring 2020, the Remembrance Day ceremony will stay in the same location.

The Remembrance Day ceremony will be held at the Eriksdale Recre-

Continued on page 12

On Remembrance Day, honour the sacrifice of our brave men and women in uniform.

LEST WE FORGET

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'Lest We Forget'

By Dale Yeo

Remembrance Day 2019 — once again we pause to give thought, and thanks, to those who have served militarily to guard our beloved Canada and who serve today.

These past three years have seen the honouring of major 100-year or 75-year milestones in the military annals of our nation: Vimy Ridge, the Dieppe Raid, the November 1918 Armistice and D-Day.

This past September saw yet another epic benchmark in Canadian history — the 80th anniversary of our entry into the Second World War in 1939.

That world-wide struggle was to have a life-altering effect on the people of Canada — indeed, on all people everywhere.

Canadians of that era seem to us today to have been people of a special breed. They had somehow eked out a precarious existence through the terrible decade that we know now as "The Dirty Thirties."

Then came another powerful blow — the global conflict of the Second World War from 1939 to 1945. Somehow, those people emerged victori-



EXPRESS PHOTO SUBMITTED

Canada played many roles in the Second World War.

ous from that struggle, too, but not before an all-out effort by Canadians of all ages and all backgrounds.

Like many seniors who may read these words, my brother and I are the offspring of a mother and father who survived those two fearful events. Only in later years, though, did I fully comprehend the enormity of their effort to overcome such adversity.

Veteran newsman Tom Brokaw once paid tribute to the people of that era with this basic but lasting homage: they were, he said, quite simply "The Greatest Generation." He was right.

The Second World War began on

Sept. 1, 1939, with Nazi Germany's invasion of Poland.

Two days later on Sept. 3, Britain and France finally ended their agonizingly long appeasement of Adolf Hitler by declaring war on Germany in fulfilment of promised support to Poland. A line in the sand had, at last, been drawn.

It is significant that Canada did not automatically declare war merely because mother country Britain had. The recent 1931 Statute of Westminster had finally cleared the way for Canada to control its own foreign affairs, and so Canada's declaration of war was made independently on Sept. 10, 1939.

The Second World War was a devastating conflict that saw fighting around much of the globe. In the years that followed 1939, Canadians came to learn the military significances of far away battles in Hong Kong, Dieppe, Sicily, Ortona, Monte Cassino, Normandy, Caen, the Scheldt, the Netherlands and a host of other battle sites right into Germany itself.

Our Canadian contribution to the

Allied war effort was massive by any calculation. Canadians followed that war effort closely, hearing daily reports on the fighting from iconic radio voices like Matthew Halton's and others. Even today, long years later, hearing a re-broadcast of Halton's vivid frontline battle accounts is both chilling and inspiring.

By war's end, 1.1 million Canadians and Newfoundlanders (not part of Canada until 1949) were in uniform — one for every 11 people in our nation.

From a standing army of but a few thousand, the Canadian army grew to 791,743 by 1945. Of that figure, 25,252 were women. But 22,900 were killed in the Second World War in both combat and non-combat action.

The air force of Canada began the war with only 3,100 members but swelled to 249,624 by the end of the

Continued on page 14

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Salute to Veterans

**REMEMBRANCE DAY
NOVEMBER 11, 2019**

> BRUCE GOODRIDGE, FROM PG. 9

Canadian regiment, fortunately."

After spending a couple of months in hospital in France recouping, Goodridge was shipped home the summer of 1945.

He was lucky to have survived, according to Hogue, as many others were not so lucky, some of whom even called the Interlake region home.

"My dad had a literal chunk out of

his leg," said Hogue, referring to her father's forever altered physiology resulting from his gunshot wound.

When he had come back from the war, Hogue said he experienced what is now commonly referred to as post-traumatic stress disorder (PTSD).

He was a good father, according to Hogue, but she said she knew Goodridge harboured some heavy emotional baggage from the war.

"He was a good dad and a hard-working man," said Hogue, who mentioned Goodridge working in the Eriksdale Creamery once he returned home.

"But he seemed to have a chip on his shoulder or even a little bit angry at times ... though I don't really think it was that. I think he had seen so much horror.

"He had trouble dealing with that," she said, adding many of the veterans in the community had similar issues relating to anger, alcohol or PTSD after the war.

Love finds a way

Interestingly, Hogue's mother and father were "definitely" acquainted prior to him going to war but not romantically involved.

Once the war started, Hogue's mother, Elsie Dowsett, joined a group called the Gossip Column Kids.

The Gossip Column Kids were a group of girls who'd get together once or twice a week and write letters to "the boys" overseas, according to Hogue.

It was in the letters that the couple's relationship flourished, according to Hogue, specifically while Goodridge was in a French hospital.

"They'd all write letters, but they would take turns each week writing to the different men from home," said Hogue.

"My dad came home in 1945. ... They were married March 11, 1947," she said.

Hogue was born in October 1947.

Both of Hogue's parents have passed away, but Hogue said their memory lives on with her, especially around this time of year.

Remembrance Day is Monday, Nov. 11. The day marks the end of the First World War, at 11 a.m. on the 11th day of the 11th month in 1918, but the annual tradition is used to honour all veterans who have made the ultimate sacrifice in any war.

Remembrance DAY *november 11th* SERVICES

2019 Remembrance Day Ceremonies

Legion	Location	Date	Time
Gimli BR 182	Gimli High School Gym	Mon. Nov. 11	10:30 AM
Winnipeg Beach BR 061	Legion - 20 Hamilton Ave	Mon. Nov. 11	
Seating at 10:30 am Service at 11:00 am (Lunch to Follow)			
Eriksdale BR 140	Eriksdale Recreation Centre	Mon. Nov. 11	10:45 AM
Dinner to Follow			
Ashern Legion BR 057	Ashern Legion Hall	Mon. Nov. 11	10:45 AM
Arborg Legion BR 161	Arborg-Bifrost Community Centre	Mon. Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Mon. Nov. 11	10:30 AM
Riverton & District Friendship Centre - Aboriginal Veterans Service	Riverton Hall	Fri. Nov. 8	11:00 AM

Camp Morton - 20th Annual Service - Monday, November 11 at 10:45 a.m.
Cenotaph at main entrance of Camp Morton Provincial Park.

The public is welcome to join past and current serving members at the only outdoor service in the Interlake. Free hot chocolate/coffee and cookies served following service.

2019 Remembrance Day School Ceremonies

Lakeshore School Division	Date	Time
Alf Cuthbert School	Fri. Nov. 8	10:30 AM
Ashern Central School	Fri. Nov. 8	11:00 AM
Ashern Early Years School	Fri. Nov. 8	10:45 AM
Eriksdale School	Fri. Nov. 8	10:30 AM
Fisher Branch Collegiate	Fri. Nov. 8	10:45 AM
Fisher Branch Early Years School	Fri. Nov. 8	1:30 PM
Lundar School	Fri. Nov. 8	10:30 AM
Evergreen School Division	Date	Time
Arborg Early Middle School	Fri. Nov. 8	11:30 AM
Riverton Early Middle School	Fri. Nov. 8	9:30 AM
Winnipeg Beach School	Fri. Nov. 8	11:20 AM
Sigurbjorg Stefansson Early School	Fri. Nov. 8	11:30 AM
Dr. George Johnson Middle School	Thurs. Nov. 7	10:00 AM
Arborg Collegiate	Fri. Nov. 8	10:30 AM
Gimli High School	Fri. Nov. 8	10:30 AM

> CENOTAPH, FROM PG. 10

ation Centre at 10:45 a.m.

Thanks to Bob

Everybody called him Bob, but his name was Robert Lundale.

Keith's father.

A veteran of the Second World War, Bob became very invested in the local legion once he returned home.

From the Annual Poppy Campaign to Cancer fundraisers to the Remembrance Day ceremony, Robert did his best to be highly involved in every aspect of the legion.

"He'd get up and go to the legion at 1 a.m. the night before the Remembrance Day ceremony to start cooking the roast," said Keith.

"The CAF, the legion, it was his life, his passion."

Commemorative wall

In 2016, the Eriksdale Legion completed the installation of a commemorative wall at the Eriksdale Recreation Centre with roughly 200 veterans honoured.

Many of the names on the wall — including the Allans, the Goodridges,

the Lundales, the Lindells, the Knoxes and the Forsythes — remain familiar today since there are still community members with those surnames, according to Keith. The impact of the region's veterans is still felt every day, he said.

However, some names, like the Hart family, are no longer present in the community.

Poppy Campaign Clarification

In last week's edition of the *Express*, it was stated that, "the money raised (from the annual poppy campaign) does not stay local, as all local legions give their funds raised to "the (provincial command," where the money is then given to veterans and their families directly.

Keith said that piece of information was a miscommunication and incorrect.

In fact, that money raised during the campaign does stay locally.

Sales are reported to the provincial command, but funds are spent on local veterans as per guidelines set out by the legion.

get inspired

> MEAL IDEA

Prep time: 15 minutes, plus cooling time
Cook time: 25 minutes
Servings: 8
Source: Dole/Disney
Nonstick cooking spray
8 eggs
1 tablespoon olive oil
1 package (8 ounces) DOLE® Mushrooms, sliced
1 Dole Red Onion, chopped

1 medium red bell pepper, chopped
4 cups Dole Baby Spinach
1 cup fat-free milk
1/4 teaspoon kosher salt
1/2 teaspoon fresh ground black pepper
8 100% whole-grain English muffins, split
8 frozen chicken breakfast sausage patties
Heat oven to 375 F. Spray 13-by-9-inch baking dish with nonstick cooking

Make-Ahead Frozen Brrr-eakfast Bites

spray.
In large bowl, whisk eggs. In large skillet over medium heat, heat oil. Add mushrooms, onion and bell pepper; cook 2 minutes, stirring occasionally. Add spinach; cook 3 minutes, or until spinach wilts, stirring occasionally. Stir milk, salt, pepper and vegetables into eggs; transfer to prepared dish. Bake 25 minutes, or until set and internal temperature reaches 160 F; cool and cut into eight equal pieces.



Assemble sandwiches with muffins, sausage patties and egg mixture; wrap tightly with plastic wrap and freeze up to 2 weeks.
Unwrap one sandwich; wrap loosely with paper towel. Heat in microwave oven on high 2 1/2-3 minutes, or until completely heated through and internal temperature of sausage and egg mixture reaches 165 F.

> GIMLI COUNCIL, FROM PG. 8

to let the RM know 45 days prior to a hearing.”

Mayor Lynn Greenberg and councillors Petrowski, Holfeuer and Magnusson agreed to an extension until March 1, 2020. Coun. Thora Palson voted against it.

- Council agreed to spend \$7,452 to fix the security system at the Recreation Centre, which was damaged by electrical surges during a storm.

- Council approved covering the costs of sending several staff and a council member to various training courses.

Tyler Yellowega, manager of parks of recreation, and Brenna Philp, recreation programmer, will be attending a course dealing with inclusive programming for people with disabilities in East St. Paul in February. Council agreed to cover registration, mileage and “applicable expenses.”

Philp and Nicole Gottfried, recreation clerk, will be attending a course on dealing with difficult people in Niverville in November, with registration, mileage and applicable expenses paid by the RM.

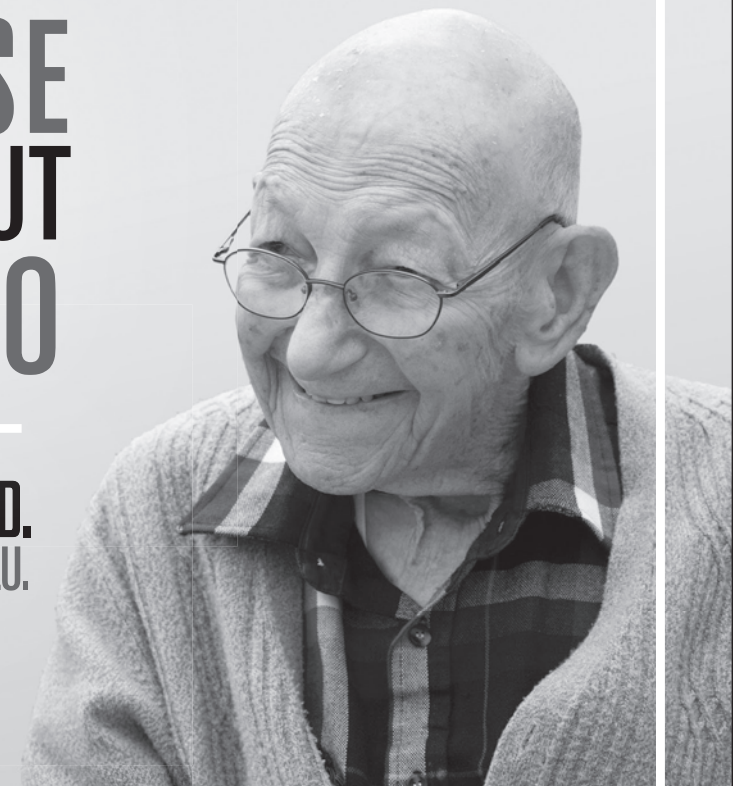
Yellowega, Darcy Hjelmeland, public works manager, Kelly Cosgrove, assistant CAO and Palson will attend a course on difficult situations in Selkirk in October, and “applicable indemnities” were authorized for payment.

Cosgrove and Murphy were approved to attend media training in Selkirk in November with mileage, “applicable indemnities” and expenses authorized for payment.

- Council received as information Animal Control’s report for September. It did not discuss the report.

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Gimli Chamber of Commerce elects co-presidents

By Patricia Barrett

The Gimli Chamber of Commerce elected co-presidents and a new executive last Thursday night during its annual general meeting at the Lakeview Resort.

Cheryl Buhler, owner of Robin's Donuts, and Melanie Specula, owner of Chicken Chef, will share the duties of president, promoting sustainable economic growth.

"We're co-presidents because we're both running full-time businesses," said Buhler a few days after the election. "Our past-president was retired and had a bit more time."

The chamber advocates for the common interests of businesses and works collaboratively with the board of the Gimli Community Development Corporation and the Municipality of Gimli to foster economic growth and prosperity and to promote tourism.

Buhler said sharing a position is becoming quite common these days given the demands of business ownership or holding down a full-time job, volunteering and other activities.

"We thought we'd be able to complement each other's skills," said Buhler, "and continue to move the chamber forward."

Over the 2018-2019 term, Buhler served as vice-president and tourism committee chair, and Specula served



James Bezan spoke at the Gimli Chamber of Commerce.



Rob Jantz of Prairie Sea Kayak Adventures was guest speaker.



MLA Derek Johnson.

EXPRESS PHOTOS BY CHERYL BUHLER

as an executive member.

"I feel we have a good group of people on the executive, and we're going to continue to move forward," said Buhler.

The AGM included reports from the chamber's various committees and networking with business owners from Gimli and surrounding area.

Special guest Rob Jantz spoke about his business Prairie Sea Kayak Adventures, which takes kayakers on two-hour tours of Willow Creek, south of

Gimli, and promotes appreciation for the ecosystem and species diversity. Selkirk-Interlake-Eastman MP James Bezan and Interlake-Gimli MLA Derek Johnson brought greetings from government.

The new executive is as follows: Vice-president, Susan Holfueur, Gimli Ice Festival

Treasurer, Ron Moore, Lighthouse Accounting

Past-president, Steve Bannister
Nic Mundy, Noventis Credit Union

Damon Kennedy, Spruce Sands RV Resort

David Douglas, Westshore Community Foundation

Bill Barlow, New Iceland Heritage Museum

Stefan Tergesen, H.P. Tergesen & Sons

John Bucklaschuk, Royal Lepage JMB & Associates

Elena Olafson, Sandstone Gift Essentials

> LEST WE FORGET, FROM PG. 11

war. Of that number, 17,100 perished (there exists in Brandon a beautiful block granite wall that lists all their names today).

Our Canadian navy had only 13 military vessels of all descriptions in 1939 but had become the third largest navy in the world by 1945 with 373 fighting ships. Navy personnel rose from 1,800 at the commencement of fighting to

113,000 by war's end. Of that total, 1,190 died during the war. I am indebted to the Department of Veterans Affairs publications for these precise statistics.

In all, Canada was to lose at least 45,000 men and women in the Second World War. The First World War had cost us 66,000 lives, the difference being attributable at least in part to medical advances and to the absence of the murderous trench warfare that characterized so much of the earlier 1914-18 war.

The losses in the Second World War seemed a terribly high price to pay not much more than 20 years after what was supposed to have been "the war to end all wars." How much talent, how much potential in human life did we lose for Canada's future as a result?

Canada's aid took other forms. We gave massive financial help to Britain to sustain her during the lonely stretch of time after the Nazi conquest of Continental Europe and until the entry of the U.S.A. into the Second World War after the Pearl Harbour at-

tack of December 1941. That financial help was crucial, Winston Churchill said later, as Britain faced near bankruptcy as she and her Commonwealth fought on alone.

The creation of the British Commonwealth Air Training Plan in December 1939 was yet another form of invaluable assistance to the Allied war effort. Canada, because it was far from most live fighting abroad, proved to be an ideal training ground for young air force personnel from the entire British Commonwealth. In all, Canada saw 131,553 air crew trained at bases here (many in Western Canada) from 1940 to 1945. Eventually, 3,000 graduated every month.

The role of women in society was also much impacted by the Second World War. They played an absolutely essential part in the war effort, a harbinger of the changing role women were to assume in the evolving society of Canada in the latter 20th century.

On a very personal note, it was the Second World War that allowed my mother and father to meet. Dad, a Saskatchewan farmboy, was stationed at Camp Shilo when he enlisted. Mom, a farmgirl from Strathclair, Man., had

moved to Winnipeg in the '30s to find work as a store clerk. Only the war brought them together when Dad visited Winnipeg on leave. That story will have been repeated many times over.

As I look back now over a long life, I realize more and more what I owe to this nation. In particular, though, I realize just how much I owe to men like my father and uncles who donned a uniform in 1940 to help defend this country. I will not be alone in that feeling. That appreciation extends to all Canadian men and women in various world conflicts who sacrificed years of their lives — and life itself — to uphold what seemed precious to them and their families. That applies, too, to those currently serving.

We remain in their debt.

Years ago I noticed what was a marvelously appropriate biblical tribute etched into the wall of a great archway in downtown Ottawa "All these were honoured in their generations and were the glory of their times" (Ecclesiasticus 44.7).

On Nov. 11, we will take time again to honour those who were the "glory of their times" and of ours.

Lest we forget.

IS THE
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning U17 Prep team showing glimpses of playing well

By Brian Bowman

The Interlake Lightning U17 Prep hockey team has played nine regular-season games so far.

And they have lost all nine of them.

But the Lightning have had some close games this season. In fact, three of those losses have been by just one goal.

"(They've been) hot and cold," said Lightning head coach Liam Wheddon. "We definitely have a problem scoring and even the blowout games, we're only down a couple going into the third. In the third, it seems like we just don't grind it out to finish the races as they say. We have to start playing a little more desperate to win those games."

Interlake had another close game on Sunday, dropping a tough 2-1 decision to the Wheat Kings in Brandon.

"We played well and again the third period we seemed to get bad-time penalties," Wheddon said. "Coincidental penalties that take our better players off and just taking penalties that cost us a goal or whatever."

Alexander Kaczorowski scored Interlake's lone goal in the second period, assisted by Stefan Schaible-Schur and Matthew Wagner.

Kaczorowski leads the Lightning in goals (four) and points (seven) so far this season.

Brandon's Brayden Mackay scored in the first period and then the Wheat Kings' Jackson Jacques netted the game winner in the third.

Zach Meadows made 30 saves in the losing cause.

Interlake wasn't sure if they would even ice a team this season. But they were able to pick up some players late

from different areas which makes it tough to win games early in the season.

"All of these other teams have played together before over the last five, six, seven years while we have a half a team that has never played together before," Wheddon noted. "It's a tough grind and there's glimpses of us playing well but we're just not as talented as some of these other teams. You have to bear down and grind out and be a little more gritty to win some games."

The Lightning will play the Winnipeg Thrashers on Friday (8:30 p.m.) at Gateway Arena and then will host the Winnipeg Bruins on Saturday (2:30 p.m.) in Lundar.

In Bantam action, the Lightning lost 5-2 to the Eastman Selects last Saturday in Stonewall.

Interlake's Hayden Wheddon opened the game's scoring with a power-play goal just 2:15 into the first period but Eastman's Job Peters replied about nine minutes later.

Ty Woods gave Interlake a 2-1 lead with a shorthanded goal midway in the second period but the Selects answered with goals from Seth Hlady and Mason Hooper late in the second period.

Luke Mistelbacher, on the power play, and Cohen Kemball rounded out the scoring in the third.

Dylan Leclair and Dawson Cowan shared the goaltending duties for the Lightning.

Interlake will host the Monarchs on Saturday at 5 p.m. in Lundar and then will visit the Winnipeg Hawks at the Seven Oaks Arena on Sunday (3 p.m.).

Interlake Lightning win two of three U18 games last week

By Brian Bowman

The Interlake Lightning U18 AAA hockey team had a pretty good week.

Interlake won two of three games after defeating the Brandon Wheat Kings 3-1 on Sunday afternoon in Teulon.

"The boys played well and their coming together well," said Lightning head coach Scott Wong. "The games are going good and they're following protocol and the discipline has been great and it needs to continue."

Brandon's Mitchell Thiessen opened the game's scoring at 19:30 of the first period.

But it was all Interlake after that.

The Lightning's Cameron Jones scored in the second period and then the Ayden Manningway tallied twice in the third.

Chris Fines and Dominic Jacobson split the goaltending duties for the Lightning.

On Saturday evening, Interlake was defeated 5-2 by the Winnipeg Bruins on home ice.

The Bruins erased a 2-1 third-period deficit with four unanswered goals.

"We fell asleep," Wong lamented. "But it will happen. We're a young team."

After a scoreless first period, Interlake's Ashton Fisher and Aiden Bruce tallied to give the Lightning a 2-0 lead.

But Winnipeg's Ethan Williment scored late in the middle frame and then Sam Alsip netted his first of two straight goals just 27 seconds into the third period while the Bruins enjoyed the man advantage.

Jack Kaiser and Mathieu Catelier (into an

empty net) scored late goals to secure the win.

Winnipeg outshot the Interlake 42-21 as Fines took the loss.

On Oct. 30, the Lightning defeated the Eastman Selects 4-1 as Lyle Murdock netted a hat trick in Teulon.

Wong was able to exact some revenge on his former team that he had previously coached.

"It's all about the boys, of course, but it always feels good to beat you're old team," Wong said. "(Lyle) was definitely our player of the week this week. It's not just him, the rest of the boys also played well. Everybody is chipping in and when the scoring is spread out all over, it's going good."

Murdock opened the game's scoring with a power-play goal 4:54 into the game and then Eastman's Michael Svenson tied the score just over 12 minutes later.

Murdock scored the lone goal in the second period and then he put the Lightning up 3-1 at 5:11 of the third.

Manningway added an empty-net goal with just three seconds remaining in the game.

Kaden Stewart and Austin Adair each had two assists in the game.

Fines made 36 saves for the win.

Interlake, now 7-6 and tied for fifth place with the Central Plains Capitals, will play the Pembina Valley Hawks on Saturday at 7:30 p.m. in Lundar. The Lightning will then battle the Winnipeg Thrashers at Gateway Arena on Sunday at 1 p.m.

Arborg beats Lundar, gets spanked by St. Malo

By Brian Bowman

The Arborg Ice Dawgs did not have much time to celebrate Friday's victory over the Lundar Falcons.

Two days after edging Lundar 3-2, Arborg was defeated 9-2 at home by the St. Malo Warriors in Capital Region Junior Hockey League action.

St. Malo scored early and often in this one, building period leads of 4-1 and 6-2.

Jordan Klippenstein and Josh Berger scored for the Ice Dawgs.

Alex Murray (two), Gavin Pott (two), Maxime Collette, Brendan Spence, Brayden Jonasson, Tyler Cormier, and Christian Hince had St. Malo's goals.

Michael Merpaw made 42 saves in the losing cause.

Last Friday, Arborg edged the Falcons as Blake Wishnowski and Connor Dowhy scored first-period goals and then Klippenstein added a power-play marker in the third.

Dennon Sichevski and Ryan Gleich, on the power play, replied for Lundar.

Tre Strachan made 39 saves for the victory.

Arborg, now in third place in the five-team league with six points in seven games, will visit the first-place Selkirk Fishermen on Friday (7:30 p.m.). The Ice Dawgs will then host a team from Thunder Bay in an exhibition game on Saturday (2 p.m.).

Lundar, meanwhile, played at the North Winnipeg Satellites on Tuesday but no score was available at press time.

The Falcons, currently in fourth place with four points in four games, will host Thunder Bay in an exhibition contest on Friday (8 p.m.) and then will travel to St. Malo to take on the Warriors on Saturday (7 p.m.).

Colton and Tanner Lott win DEKALB Superspiel

By Ty Dilello

Winnipeg Beach's Colton and Tanner Lott were victorious at the DEKALB Superspiel in Morris this past weekend. Their rink, which included Tanner Horgan (skip) and Kyle Doering (second) defeated Mike McEwen in the event final 7-6 (extra end). Team Horgan cashed in for \$9,500 for their efforts and picked up lots of valuable world ranking points.

"It's just great that we were able to put it all together at the right time," said Doering. "We had a really good bonspiel and beat some pretty good teams along the way so we're all just pretty happy about that."

"Anytime you can come out of the weekend with winning the whole bonspiel you feel on top of the world," said Colton Lott. "Now we can't wait to head to the Grand Slam this week and see if we can keep our hot streak going!"

Horgan qualified in the B-Side of the 24-team event and then defeated Saskatchewan's Kody Hartung in the quarterfinals and Assiniboine Memorial's JT Ryan in the semifinals before

their final with McEwen.

In the event final, Horgan drew the four-foot with his final stone in the extra end to defeat the perennial Manitoba champ.

"Tanner (Horgan) was clutch all weekend," relays Doering. "He was making everything and giving us a chance to win every single game. I can't be more proud of our team's efforts. We really showed we can beat some of the best teams in the world and I'm excited to see what the future brings for our team."

Team Horgan will now be heading to Pictou County, Nova Scotia for the Grand Slam of Curling Tour Challenge Tier II event that begins this Wednesday.

On the women's side at the DEKALB Superspiel, Team Ackland featuring Marquette's Sara Oliver who is coming off a Mixed World Championship victory reached the semi-finals before falling to Mackenzie Zacharias.

Alberta's Laura Walker won the women's event by defeating Zacharias in the final by a 7-5 scoreline.



EXPRESS PHOTO BY TY DILELLO

Team Horgan hoisting the DEKALB Superspiel trophy. From left-to-right: Tanner Horgan, Colton Lott, Kyle Doering and Tanner Lott.

Bonspiel champions

Peguis pounds Norway House twice

Staff

The Peguis Juniors sure know how to host a home opener.

Peguis scored five goals in the first period and then added six more in the second on their way to a convincing 14-5 win over the Norway House North Stars in Keystone Junior Hockey League action Saturday evening.

Tyrome Spence led the Juniors with three goals and two assists while Quinton Flett also had a hat trick to go along with a helper.

Darian Murdock (two), Nathaniel Murdock (two), Sundance Paul, Brayden Deluene, Coulson Nepinak and Shane Bear also tallied for the winners.

Tanner Poker (two), Troy Muswagon, Roman Muminawatum and Elvis Bal-

four replied for Norway House.

Nolan Favel made 26 saves for the win.

On Sunday afternoon, Peguis pounded Norway House 7-1.

Spence had another great game, scoring four goals while adding two assists.

Flett and Ethan Daniels each had a goal and two assists while Nathaniel Murdock also tallied.

Balfour scored a second-period goal for the North Stars, beating Juniors' goalie Drey Flett. Flett made 26 saves for the victory.

The Juniors will visit the North Stars for a pair of games this weekend. The two teams will hook up Saturday (7:30 p.m.) and Sunday (1:30 p.m.).



EXPRESS PHOTO SUBMITTED

Stonewall Curling Club Team Bijl played in the large Manitoba Junior Curling Tour (M.J.C.T.) Bonspiel Oct. 25 to 27, and after a marathon of seven games, managed to win the bonspiel. The M.J.C.T. competes with the Top 21 and Under Jr. curling teams in the province. This event, Quality Inn Winkler Junior Classic, featured 12 Jr Men's and 8 Jr Women's teams. They faced a busy draw with three round robins games, then also a tie breaker. In playoffs, they managed to beat Winnipeg Beach team Maisey. Then in the semi-finals, they managed to knock-off the M.J.C.T. No. 1 ranked team Hykaway. In the final, they played the very strong team Klimpke (with Emerson Klimpke also from Stonewall) ... and Team Bijl made two final hard draws to squeak out the win at a score of just 6-5. Team Bijl plays in Stonewall men's league as club members (pictured right to left) event chairman skip Matt Bijl of Winnipeg, third Elias Huminicki of Winnipeg Beach, second Johnny Trinke of Winkler, lead Liam Wachal of East St. Paul, coach Darrel Argan of Stonewall (and fifth Tyler Giesbrecht from Winnipeg Beach, not pictured). Team Bijl earned \$600 as champs and continued their successes, advancing to playoffs in three of four recent M.J.C.T. bonspiels.

Arborg varsity girls win home volleyball tournament

Staff

The Arborg Collegiate Athletics won their six-team home tournament last Friday.

Arborg swept the Ashern Cobras 2-0 by scores of 25-14, 25-21 in the championship game.

The Athletics reached the final after beating the Peguis Wolverines 2-0 (25-13, 25-5).

Peguis opened the playoffs with a 2-0 (25-17, 25-20) win over the Riverton Patriots.

In the other first-round playoff game, the Fisher Branch Cougars beat the Lundar Kodiaks 2-1 (16-25, 25-13, 15-6).

Arborg and Ashern each finished their three-team pools with 4-0 records in sets.

Announcements



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311 acres cultivated cropland in the RM of Bifrost-Riverton. Section 29-SW and NE 1/4's between RD 130 NE and RD 131 NE north of PTH 68 on PR 222 and PTH 8. Interested parties can make contact by mail at Box 634, Riverton, MB. R0C 2R0.

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

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EXPRESS
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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Edward Daniel Bottrell, late of the Postal District of Eriksdale, 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 December, 2019.

DATED at Stonewall, Manitoba this 29th day of October, 2019.

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RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER – JANITORIAL SERVICES

The Municipality is accepting tenders for Janitorial Services required at the Municipal Building located at 62 2nd Ave in Gimli.

Tender documents, complete with specifications, are available at www.gimli.ca or at the Municipal office between 9:00 am to 5:00 pm, Monday to Friday. Sealed tenders will be received at the RM Office until noon, November 21, 2019.

Kelly Cosgrove, Assistant CAO
Rural Municipality of Gimli

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

October 31, 2019

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

The current rates and proposed rates are as follows:

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

*Based on 13.5 cubic meters

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

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

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

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

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

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

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

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

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

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

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

"Original Signed By:"

Jennifer Dubois, CPA, CMA
Assistant Associate Secretary
Manitoba Public Utilities Board

**BOM Specialist**

**Vidir Solutions Inc.,
elevating Careers and Community**

If you're looking for a chance to foster a deep sense of purpose in your work and the opportunity to elevate as a leader both in your career and in your community, exciting possibilities are waiting for you with Vidir! Working at Vidir is about more than just being an employee; it's about being part of a growing family making a positive impact both globally and in your community.

From our operations in Arborg and Teulon to our work with communities, everything we do is with the future firmly in mind. We are always looking for innovative ways to do our business, deliver results and build a great work environment. Our mission is to "Make the world's products safely accessible". We continue to innovate, implement best practices and adopt new technologies in all areas.

The Opportunity: For our Arborg facility, we are seeking a: BOM Specialist

Responsibilities:**Reporting to Arborg Production Supervisor**

- Act as a liaison between engineers (designers) and production.
- Import/Export, organize and maintain BOM and product data.
- Support procurement and production in terms of inventory information, cost accuracy and organization of technical information.
- Support production and service in terms of quality control and quality assurance.
- Support production during process control changes and implementation.
- Provide accurate BOM and product data routing to production team.
- Provide "ready for production" product data, information, and BOMs.
- Maintain correct information process and flow between engineering and production.
- Edit and make adjustments to existing BOM as required.
- Perform administrative duties as assigned.
- Conduct work flow analysis and make recommendations for improvement in material handling, shop layout, parts and paper flow.
- Research and understand company's products, purpose and functionality.
- Demonstrate the accountabilities under Vidir's Safety Management System and Continuous Improvement Programs and lead by example.

Qualifications:

The successful candidate must have a high school diploma, manufacturing experience, and related experience in providing technical support in areas of engineering files and technical information. In addition, the following competencies are required.

- ERP training or knowledge
- Microsoft Office – Excel – data manipulation, charts
- Organizational skills, team worker, reading/ understanding of electrical drawings and schematics
- Written and oral communication skills
- Technical Writing experience
- Demonstrated effective writing skills

Working at Vidir:

Vidir offers a competitive salary and benefits package; as well as incentives and promotes a culture of recognition. We support professional growth, development and success! Explore our company and products at www.storevertical.com

Apply at HR@vidir.com

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

**Applications will be received until
Friday, November 8th, 2019**

**CUSTOMER CARE REPRESENTATIVE**

Vidir Solutions is a leading manufacturer and worldwide supplier of automated material handling solutions. We are currently looking to fill a full time position in our Customer Care Department. A customer care representative is genuinely excited to help customers. The CCR will develop constructive and cooperative working relationships with the sales, production, logistics and installation departments of Vidir. They will start and monitor the progress of the order from initial receipt to completed installation ensuring optimum timely results are achieved to meet the expected delivery date of the customer. The CCR will act as liaison, provide product/services information and resolve any emergency problems that our customer accounts might face with accuracy and efficiency. The CCR can put themselves in their customer's shoes and advocate for them when necessary, keeping Vidir in the forefront of their decisions. The CCR will manage the installation schedule.

Position:

- Manage multiple customer orders
- Identify and assess customers' needs to achieve satisfaction
- Organize and control the installation of product
- Build sustainable relationships and trust with customer accounts
- Provide accurate, valid and complete information by using the resources available –production, engineering, sales department
- Handle customer order changes and customer complaints; provide appropriate solutions. Follow up to ensure resolution.
- Keep records of customer interactions, and file document and email correspondence in appropriate customer record in Syteline
- Manage installation process

Qualifications:

- Customer Oriented
- Excellent Communication and Presentation Skills
- Good Problem Solving Skills
- Detail Oriented
- Excellent organizational skills
- Excellent Microsoft Office knowledge
- Familiarity with CRM systems and practices
- Patient/Empathetic

Salary commensurate with qualifications.

Please send resume to hr@vidir.com

**Closing date for applications
Friday, November 8th, 2019**

*Only those selected for
interviews will be contacted.*
www.storevertical.com

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CARD OF THANKS

Words cannot express our heartfelt thanks to our families and friends, as well to the St. Boniface Hospital staff for all the comfort and care during our loss of Dennis Marks; son, brother, uncle and friend.

Many thanks to everyone who reached out to us with sympathy cards, phone calls, words of comfort, flowers and donations for St Peter & Paul cemetery.

Sincere thanks to everyone who joined us in our celebration of life for Dennis on October 19th. A very special thank you to all who helped with the preparations, brought donations of dainties/food, and shared videos, pictures and memories of Dennis. We will cherish these forever.

-Lucy Marks and family

IN MEMORIAM

Lorne Johnson
September 3, 1926 – November 4, 1994

In loving memory of
my dear husband, father,
grandpa and great-grandpa
who passed away
25 years ago

Gone are the days we used to share,
But in our hearts you are always there.
The gates of memory will never close,
We miss you more than anyone knows.
Life goes on we know that's true,
But its not the same since we lost you.

-Always loved and remembered by
wife Winnie, and all the family

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

Sudoku Answer

take a break

> GAMES

SUDOKU

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

Level: Intermediate

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

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



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OBITUARY

Reg (Reginald) Pendgracs
September 4, 1931 – October 30, 2019

The world lost a sparkling spirit on October 30th, when Reg Pendgracs passed away. Anyone who knew Reg for a long period of time, was likely the recipient of his "kibitzing" and jokes. Reg loved to laugh, but even more, he loved to make other people laugh and feel good.

Reg was born in Bowsman, Manitoba, the only child of Edythe (Peggy) Van Kleek and John Pendgracs. He spent several childhood years in Woodrow, Saskatchewan, and throughout his life, immediately warmed to anyone he met who also had SK roots.

Reg married Lil Elwood in the 1950's and they had two daughters, Debbi and Sharon. Debbi and Dale White had two daughters, Marika and Kyra. Sharon and Jeff Muirhead had two sons, Brendan and Liam, all of Winnipeg. Reg always enjoyed family gatherings and wished there were more of them.

In 1990, Reg began his relationship with Doreen (von Thuelen/Herneshen) and the two married in 1995, enjoying 12 years together on an acreage near Birds Hill Park, followed by 12 years in Matlock.

When Reg was diagnosed with vascular dementia, he moved to the Gimli Betel Personal Care Home, where he lived from May, 2018, until his passing.

Prior to his ill health, Reg and Doreen took many trips abroad, where Reg would befriend nearly everyone he spoke with. He loved to dance, golf, ride motorcycles and snowmobile. He enjoyed music and social gatherings of all kinds—especially time with his best friend Horace Paulmark.

Reg spent the majority of his working life in the insurance industry, making a name for himself as the Corporate Columbo of Manitoba Public Insurance, where he worked as a claims investigator for 22 years, saving the corporation millions of dollars fighting claims against arson, embezzlement and fraud.

Suffering from a fall that broke his hip, Reg developed complications and succumbed to a peaceful passing exactly two weeks following hip surgery at Grace Hospital.

The family would like to thank the staff at Gimli Hospital for the incredible care Reg was given during the final week of his life. And heartfelt thanks to the entire staff at Gimli Betel Home, with extra special thanks to Gina, Glynnis, and Melissa for always taking time to be kind and caring. Thanks also, to Dr. Jeff Wiebe of Kin Place in Oakbank who gave Reg incredible care for many years before he moved to Gimli Betel Home.

It was Reg's wish that there be no formal service. An informal celebration of life will be held for family and close friends at a later date.

Thanks to Season Funeral Service in Oakbank for taking care of the final arrangements.

OBITUARY

Thomas George Kowalchuk

With great sadness, the family of Thomas George Kowalchuk, 76, of Komarno/Teulon, announces his sudden, but peaceful, passing on Sunday, November 3, 2019 at the Stonewall & District Health Centre. Tom is survived by Christine, his cherished wife of 52 years; his mother, Mary; his children, Tommy, Marilena and Kristopher, and their spouses; and the bright shining lights of his life, his grandchildren Camryn, Annika, Max and Chase. He will also be missed by his sisters Rosalie (Mike) and Lucy (Terry); sister-in-law, Patty; and sisters-in-law Darlene (Ronald) and Rosalie (Jeff); his nieces and nephews; and all who loved him. He was predeceased by his father, George; his brother, Eddie; and his parents-in-law, Mike and Lena Oliniuk.

Tom was born in Pickle Crow, Ont. on December 15, 1942. He grew up in Komarno and did many different mechanical jobs in many different locations, including remote outposts in the far North, and serving as the head of support services for many years at Teulon Hunter Memorial Hospital. He met the love of his life, Chrissy, at Crabby Steve's Barn, and they married in 1967. Tom and Chris made their home in Komarno, where they raised their three kids, and had just recently moved to the dream house in Teulon that Tom designed himself.

Tom struggled with various health issues for most of his life, and while sometimes they kept him down, he never once demonstrated bitterness or resentment for the "crappy" hand he was dealt. Instead he exuded kindness, patience and warmth. He was known to many as "the baby-whisperer" for his otherworldly ability to calm small children, but he had a similar effect on grown-ups. All will miss his clever stories and caring heart.



A funeral service will be held in Komarno Holy Trinity Church on Saturday, November 9 at 10:30 a.m. followed by a light lunch at Komarno Community Hall. Interment will occur privately. Honorary pallbearers: Archie Buchkowski, Trevor Lloyd, Mike Shupenia, Ronald Komonko, Jeff Scaife, Corey Kowalchuk, Kelsev Kowalchuk, Tommy Kowalchuk, and Kristopher Kowalchuk.

Flowers are gratefully declined. If desired, donations can be made to Crohn's and Colitis Canada or a charity of one's choice.

Special thanks to Dr. Kerr Graham and the staff at Stonewall Hospital. Extra special thanks to Tom's angels-on-earth, Patty, Rosalie and Lucy.

KL
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Gas Chain Saw

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