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The early morning weigh-off of the largest pumpkin contest at the 31st annual Teulon Pumpkinfest attracted a crowd eager to witness the spectacle of five gigantic entries last Saturday. Fisher Branch's Aurele Meilleur's achievements were remarkable, with his second-place giant tipping the scales at an astonishing 1,190 pounds and another impressive entry at 976 pounds securing third place.

EXPRESS PHOTO BY NICOLE KAPUSTA

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Fisherton horse club reopens after 10-year hiatus

By E Antonio

Fisherton Horse Club is open to members again this October.

After a nearly decade-long break, the Fisherton Horse Club is open again to give the horse-loving community near Fisher Branch a place to come to.

Ciara Riddle was elected as the new president of the Fisherton Horse Club at the end of May and has been working hard to prepare the 32,400-square-foot arena user-ready.

"It's been just under 10 years since there has been any kind of events here," said the Fisher Branch Resident.

The Fisherton Horse Club has a large open arena for people to bring their horses.

"The club is for anybody who has a horse and wants to get out into the community," said Riddle.

She added that the club is great for people to train their horses or ride around the arena. She even explained that the horse club would be great for cattle farmers to practise horse roping.

"We are a big farming community and lots of cattle farmers still use horses to rope and treat their farm," added Riddle.

The original horse club dates back 50 years, and Riddle wants to relight the community spirit.

"I want to build it for the community and make the community proud.

To celebrate the Fisherton Horse Club's reopening, Riddle and the other board members will host Gymkhana on Oct. 20.

This event is a first for the new board of directors



Fisherton Horse Club vice-president Kelsey Kaartinen rounds a barrel on her horse.

at the Fisherton Horse Club.

"Gymkhana is a fun day where any can come with a horse, young to old," explained Riddle.

The Fisherton Horse Club will host a full day of fun and exciting games you can play with your horse to win a prize.

"It is a fun way to get the club going again," she added.

From the hundreds of games that can be played on your horse, you can expect barrel racing, pole bending, keyhole and more to be on the Gymkhana itinerary.

"Keyhole is a game with four poles set up into a square and you basically run down through the square," explained Riddle. She added that it is a really fun and fast-paced event.

Riders of all ages and



EXPRESS PHOTOS SUBMITTED

Fisherton Horse Club president Ciara Riddle is excited to welcome back members after a near decade-long break. To celebrate the reopening of the club, Gymkhana will be hosted on Oct. 20.

Continued on page 3

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> FISHERTON, FROM PG. 2

abilities are encouraged to attend the Fisherton Horse Club's Gymkhana, as riders will be grouped into different competitor age categories.

Riders born later than 2014 will play in the Peewee category, riders born 2011-2013 will vie against each other in the Junior division, the intermediate group will be made up of riders born from 2005 to 2010 and riders born before 2004 will play in the Senior category.

"We have the groups to keep it fair," Riddle explained.

Advanced registration is encouraged to enter Gymkhana. Riddle asks that you call or text her directly at 204-297-6606 to register yourself and your horse in advance.

You can still register on the event day; you and your horse must play all the games last.

There is a \$20 fee to participate in Gymkhana, and the cost permits you to play in the 10 thrilling games they have planned.

The fee is cash only and can be paid before the start of the games. Gymkhana's Day of Fun opens its doors at 9 a.m. to help you register, and the games kick off at 10 a.m.

If you are looking for a bite to eat while you take a break from all the fun, the Fisherton Horse Club will have a canteen stocked up with tasty hot dogs and hamburgers, and re-



The Fisherton Horse Club is right outside Fisher Branch. You can find its exact location by looking it up on Google Maps.

freshing beverages to keep you filled at Gymkhana.

The Fisherton Horse Club will also be hosting a Tack Sale.

"If you have some items to get rid of, you can buy a table for \$10 and sell your stuff," Riddle said. If you want to purchase a table for Gymkhana's Tack Sale, please get in touch with Riddle directly through the Fisherton Horse Club Facebook page or by texting her number.

The Fisherton Horse Club is always looking for new members to join in on the fun at their facility. You can get in-

involved by paying a \$10 membership fee once a year. Once your membership fee has been paid, you are invited to attend the Fisherton Horse Club's monthly meetings, and you can visit the horse club whenever you please. Riders under 19 years old are required to wear a helmet for insurance and liability purposes.

Riddle notes that the arena grounds need some work, as they have not been cared for in many years.

"We have a clean-up day on Sept. 30 to pull weeds and such," she said.

Once October arrives, the arena will be better kept. The Fisherton Horse Club is an open-air arena, and snow will not be regularly shovelled once it begins to fall.

The Fisherton Horse Club is right outside Fisher Branch. You can find its exact location by looking it up on Google Maps.

In the meantime, Riddle invites you to join the Fisherton Horse Club Inc. Facebook group to stay updated on what is happening at the club.

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pRETTy awesome campaign debuts Oct. 1 for Rett syndrome

By E Antonio

Across the globe, October is known as Rett Syndrome Awareness Month. Rett syndrome is a genetic disorder that primarily affects women ages four to 45. There are only 20 known Manitobans currently living with Rett syndrome, and 15-year-old Ema Guimond of Oak Bluff was diagnosed with Rett syndrome in 2013.

Rett syndrome was first observed in 1954 when Dr. Andreas Rett identified several body movement behaviour patterns in two girls. Later in 1982, Dr. Bengt Hagberg once again noted these movement symptoms.

According to Trish Guimond, Ema's mom, significant advancement came in 1999 when Ruthie Amir discovered the MECP2 gene. Mutations in this gene cause Rett syndrome, confirming it as an X-linked dominant disorder primarily affecting girls.

Individuals living with Rett syndrome may experience slower intellectual processing, miss developmen-

tal milestones or have a lack of control over their body movements.

"Ema is our youngest of five children. She's just like any other teenage girl," Guimond said.

Guimond is the current president of the Manitoba Rett Syndrome Association (MRSA), a registered organization that aims to promote awareness about Rett syndrome and share resources with Manitobans. Ema's mom and her dad, Lionel Guimond, have been involved with the organization since receiving Ema's diagnosis in 2013.

Guimond wants to raise awareness about Rett syndrome in rural communities. She mentioned that many people go undiagnosed with Rett Syndrome because it is so rare.

"We know there must be more in the province," she added, later noting that if people know what Rett syndrome is, more people might look into getting a proper diagnosis.

Ema's Rett syndrome diagnosis gave some closure to her family. Guimond



EXPRESS PHOTO BY JILL DEMIANIIV

October is Rett Syndrome Awareness Month, a month dedicated to raising awareness for rare genetic disorders. Buildings across Canada will light up purple on Oct. 29 for Light Canada Purple Day in honour of Rett Syndrome Awareness Month. Fifteen-year-old Ema Guidmond was diagnosed with Rett Syndrome in 2013. Since then, her parents, Trish and Lionel Guimond, have been involved with the Manitoba Rett Syndrome Association (MRSA) by promoting education and resources for Rett syndrome.

explained that she first heard of Rett Syndrome when a friend asked her about it.

"We looked it up online, and Ema had many similar characteristics."

After their research, Ema had a genetics appointment which confirmed that she had Rett syndrome.

"The Rett diagnosis gave us information so we could move forward," said Guimond, who added that Ema was initially diagnosed with autism.

Once they received the diagnosis, they were able to access more resources and information to help them navigate Rett syndrome.

Currently, Manitobans looking for more information on Rett syndrome can visit www.rettssyndrome.mb.ca. The website features resources and information on Rett syndrome. Starting Oct. 1, an updated version of the webpage will launch.

"The new website will have updated resources and contact information," Guimond said.

"We want to make us (MRSA) more available to Manitobans by providing resources for the province."

In honour of Rett Syndrome Aware-

Continued on page 7

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Former Gimli fire chief Gary MacGregor and wife Paulette honoured by MAFC

By Patricia Barrett

Gimli's longtime former fire chief Gary MacGregor and his wife Paulette were honoured a few weeks ago by the board of the directors of the Manitoba Association of Fire Chiefs (MAFC) for their outstanding commitment to fire service and for being a positive force in firefighters' lives.

The Dauphin Fire Department's fire chief Cameron Abrey paid tribute to the MacGregors at an event held by MAFC on Sept. 14.

Abrey acknowledged their dedication to MAFC and to Manitoba's fire service, presenting them with commemorative plaques for their work.

Abrey said MacGregor dedicated years to the Gimli Fire Department, the North Interlake Mutual Aid District and MAFC. And he was instrumental in getting a medal created to honour firefighters who had served for 25 years.

"It was through Gary's determination that the 25-year Service Medal was created. Since the inception of the medal, thousands of Manitoba firefighters have been recognized for their years of service," said Abrey, who is MAFC's past president. "Each year, Gary and his wife Paulette would ensure that everything was well organized for the presentation of the awards at the annual conference. And we all know that it was Paulette that made sure all the i's were dotted and the t's were crossed."

Gary MacGregor retired as Gimli's fire chief in 2023. He was a community-oriented chief and tireless advocate for the fire service.

MacGregor was the "driving force" in getting a firefighter licence plate created by Manitoba Public Insurance, said Abrey, and both he and Gary attended meetings with MPI.

"When we found out that they were considering different plates for volunteer or career [firefighters], he argued — which was something rare for Gary as we all know — that it didn't matter if a firefighter was male or female, four feet tall or 10 feet tall, or if you were pink purple or green; a firefighter is a firefighter," said Abrey. "Let's just get the damn plate done."

The Manitoba Association of Fire Chiefs is a non-profit organization that's dedicated to improving the province's fire services and advocating for its members. It supports full- and part-time firefighters, as well as firefighters serving with rural fire de-



Dauphin fire chief and past MAFC president Cameron Abrey (right) presented former Gimli fire chief Gary MacGregor with a plaque recognizing his dedication to the fire service.



EXPRESS PHOTOS COURTESY OF CAMERON ABREY

Dauphin Fire Department Chief Cameron Abrey, left, paid tribute to Paulette and Gary MacGregor at the Manitoba Association of Fire Chiefs conference a few weeks ago.

people in the firefighting community over the years.

"After 37 years with MAFC, we

have been blessed to meet so many wonderful people," she said.

"Thank you for the lovely evening."

"IT WAS THROUGH GARY'S DETERMINATION THAT THE 25-YEAR SERVICE MEDAL WAS CREATED."

partments.

MacGregor represented the North Interlake Mutual Aid District to MAFC's board of directors for many years, served as president and was a "mentor" to many firefighters across the province, said Abrey. He helped Abrey, for instance, get his "feet wet" on various committees and shared friendship though personal and work-related conversation.

Abrey said Paulette MacGregor was integral to making firefighters and their spouses feel comfortable at industry events, and she and Gary welcomed many into their home.

"Paulette was like a mother hen to so many, to both the chief officers and our spouses. How many in the crowd had Paulette look after them during the partners program events over the years at conferences?" said Abrey. "They have opened their home to many of us, some have even travelled to P.E.I. and spent time with Gary and Paulette at their second home. They are a couple like no other."

The MacGregors attended various Canadian Association of Fire Chiefs' conferences over the years to represent MAFC and all Manitoba firefighters, and both were "loved and respected."

Paulette MacGregor told the *Express* that she and Gary felt honoured by MAFC's recognition and feel blessed for having gotten to know so many

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Concerns about plastic in Lake Winnipeg include commercial fishery

By Patricia Barrett

Although Manitoba's commercial fishing industry has been using floats and nets made from plastic for decades, a Gimli environmental group thinks the industry could pivot away from plastic in order to help protect Lake Winnipeg.

After learning of Gimli's Cornerstone Enterprises' work program that converts plastic pop bottles into floats for commercial fishing nets, the Gimli Environmental Advisory Committee (GEAC) thinks it would be better to have that plastic turned in to a recycling depot rather than put to use in Lake Winnipeg.

"Our members are concerned about the use of plastic bottles in the lake where they'll deteriorate and some might break down into smaller pieces. I know you can buy approved cork floaters for fishing nets," said GEAC chair Gail Mastin. "We have enough plastic in the lake already without adding more to it. There have been studies done now that show fish are eating plastic."

Before plastic rose to prominence in the 1950s, wood or cork — cork is the outermost layer of tree bark — were used to make commercial fishing floats for both freshwater and sea fisheries. Fishing nets were traditionally made from organic materials such as cotton or wool. Natural materials were subject to rot. To provide floats for the Pacific salmon fishery in the 1950s, for instance, a British Columbia cork mill cut red cedar trees into bolts and dipped them in tar.

The commercial fishing industry the world over primarily uses plastic floats and plastic or nylon nets. Angling gear is also primarily made from plastic.

Mastin said she's also on the steering committee of the Coalition to Save



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A commercial fishing net using plastic bottles as floats (to keep the net buoyant in the water column) is shown in 2018 near Winnipeg Beach.

Lake Winnipeg, a grassroots environmental group based in the Gimli area that advocates for the health of the lake, and it was "disappointed" to learn that pop bottles are being used as floats for fishers' nets.

GEAC's mandate is to advise Gimli council on environmental matters, but also educate the public on environmental issues.

"We want to educate people and suggest better environmental practices and, hopefully, have better safeguards put in place to keep our lake healthy. Just because fishers have been using plastic soda bottles for a long time doesn't make it right, especially today knowing the problems they cause. In the sun plastic gets brittle and breaks down. Soda bottles emit harmful chemicals into the lake when exposed to the sun and many of them stay in the lake," said Mastin. "Plastic soda

bottles were never meant to be used as buoys. They make very cheap buoys, but there are authorized buoys that should be used and are not costly."

The world is awash in consumer products made with plastic, which is primarily produced from fossil fuels. It's in practically everything we use including computers, telephones, televisions, carpets, recycled grocery bags, eyeglasses, furniture, stoves, diapers, hygiene products, clothing, vehicles and boats. And the majority of our food is packaged in plastic containers, plastic bags, plastic nets (e.g., avocados sold in bulk) or unnecessarily wrapped in plastic film (e.g., cucumbers).

Plastic production ramped up in the United States after the Second World War, and by the 1980s it was recog-

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Gimli interim CAO resigns after a few months, new interim CAO appointed

By Patricia Barrett

The RM of Gimli saw its interim chief administrative officer Jim Fenske resign last week after serving just over two months in the role.

Fenske started in the position on July 9.

Council held a special meeting on Sept. 18 and passed a resolution (2024-392) to accept the resignation of Fenske as of that day and appoint DJ Sigmundson as their new interim CAO, also effective that day.

The Express asked the RM for comment about Fenske's departure.

Sigmundson comes to the role with prior experience as a CAO. He had also been working as a consultant for the RM on some projects.

Since the new iteration of council in 2022, the RM has seen a number of staff changes at the senior management level.

Former CAO Kelly Cosgrove stepped down from her position this summer and took on the role of assistant CAO after former assistant CAO Kristin Strachan, who had returned to the municipality, resigned after several months on the job. The municipi-

pality also saw assistant CAO Doreen Steg resign in 2023 and take a job in finance.

The CAO manages the operations of the municipality, oversees more than 100 employees, provides advice to council regarding members' legislative responsibilities and provides leadership and guidance to the senior management team.

The RM is currently looking for a permanent CAO and also wants to hire an executive assistant/communications officer.



EXPRESS FILE PHOTO

DJ Sigmundson was appointed interim CAO of the RM of Gimli last week after Jim Fenske resigned.

Hwy. 224 getting \$18.3 million for reconstruction

By Haley Cvar

The Province of Manitoba is taking steps to improve the safety of roads for citizens travelling on Provincial Road (PR) 224 from PR 325 to Fisher River First Nation, as announced by Transportation and Infrastructure Minister Lisa Naylor.

Naylor explained that significant damage to PR 224 occurred during the 2024 spring breakup, leading to sections of the road becoming nearly impassable. As a vital access route for Peguis First Nation, Fisher River First

Nation and several other communities, the government is dedicated to restoring its functionality.

The Manitoba government has allocated \$18.3 million for the reconstruction of a 45-kilometre portion of PR 224. This will involve excavating damaged areas, fixing the base layer and replacing the top layer. The minister also mentioned that undamaged sections will be given a thin layer of bituminous asphalt to extend the road's lifespan. Further, the gravel shoulders along the route will also be

reconstructed.

Construction is expected to be completed in fall 2025, said Naylor.

Budget 2024 invests \$500 million in capital funding to repair and rebuild Manitoba's highways and public infrastructure to spur economic development and make it easier to get around the province.

For more information about Manitoba Transportation and Infrastructure's capital projects, please refer to an interactive map available at www.gov.mb.ca/mti/mipmap/map.html.

> AWESOME CAMPAIGN, FROM PG. 4

ness Month, Guimond and fellow Manitoban Rett syndrome mom Sharon Romanow have started a new campaign: pRETTY awesome.

Through pRETTY awesome, Western Canada will unite to educate and spread awareness about Rett syndrome.

"We want to let people know that the children living with Rett syndrome are not just the diagnoses themselves. They just live with Rett syndrome. We want to show them how amazing these kids are," Guimond said.

The pRETTY awesome campaign will launch across Western Canada on Oct. 1 and hopes to spread to the remaining provinces next year. Guimond will post pRETTY awesome updates to the MSRA website so you can follow along on the campaign's journey. pRETTY awesome is graciously sponsored by Acadia Pharmaceutical (Canada) Inc., which is helping fund the initiative.

For now, the MRSA hosts an annual walk and barbecue for friends and families impacted by Rett syndrome. This year's walk is on Oct. 5 and will be held at King's Park.

"We always invite family and friends to come and join us. We use it as an opportunity for families who live with Rett syndrome a chance to do a walk and connect with each other," said Guimond.

She added that you can join them for their walk, but barbecued meals will only be provided to immediate family members.

Canada will honour Rett Syndrome Awareness Month on Oct. 29 for Light Canada Purple Day.

"It's (Light Canada Purple Day) is a Canada-wide campaign where buildings from the east coast to the west coast will light purple," said Guimond.

The colour purple was chosen to represent Rett syndrome from discussions made through an online forum.

"They chose a 'girly' hue that wasn't pink, as pink had already been closely linked to breast cancer awareness. At the time, it was believed that only females had Rett syndrome," Guimond explained.

You can support Rett Syndrome Awareness Month and Light Canada Purple Day by lighting up your building in purple or wearing purple on Oct. 29.

Guimond added, "You can make a positive impact on Manitobans affected by Rett syndrome by engaging with our social media and spreading awareness. By participating in fundraising events or volunteering your time, you can further boost the efforts to improve the lives of those impacted by Rett syndrome."

You can also consider donating to the MRSA.



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Adult Accompaniment Under 14; Frightening Scenes **14A**

Creative Cocoon youth to perform Wizard of Oz in Arborg

By E Antonio

Get ready for an evening of entertainment with Creative Cocoon's live musical performance of *The Wizard of Oz*.

Ten talented performers will take the stage at the Arborg Bifrost Community Hall on Oct. 17 for one night only.

Since June, students ages 10 to 12 have dedicated over 40 hours of rehearsal time to bring you a live performance of *The Wizard of Oz*.

"The cast of *The Wizard of Oz* consists of 10 talented performers who have worked tirelessly to bring this classic story to life. With a small but mighty cast, each actor has had the opportunity to shine and develop their characters, ensuring a captivating performance for audiences of all ages," explained Creative Cocoon co-chair Lisa Klym.

Creative Cocoon is a wellness group that aims to provide creative outlets to Arborg citizens. It has offered a new weekly theatre class to youth in the community.

The Wizard of Oz actors met for 29 rehearsals over their summer break.

"This energetic and dedicated group of pre-teens has been bringing a fresh and youthful energy to the production, and we're excited to see them take the stage," said Klym.

This will be the first production for all ten Creative Cocoon's musical cast members. Klym noted that there are many mixed emotions leading up to the big day: "excited, nervous and anxious ... but ultimately everyone is ready to shine."

The Creative Cocoon has already received tremendous support for its performance from the community.

Several talented individuals have donated their time and creative skills to build many props used in the production.

"In addition to this kindness, we've also sourced some unique supplies to bring the magical world of Oz to life. And let's just say we have some exciting top-secret extras up our sleeve that will help create an immersive experience like no other," said Klym.

The doors open for Creative Cocoon's performance of *The Wizard of Oz* at 6:30 p.m., with the curtain set to rise at 7:30 p.m. sharp. If you are looking to grab a ticket or two to the Thursday night show, tickets can be purchased in advance at the Arborg Library (292 Main St.) and KLYM-TEX Automotive Repair (11024 River Rd. E.). Tickets cost \$20 each and are required to be purchased for you to



EXPRESS PHOTO SUBMITTED

The Creative Cocoon will be bringing *The Wizard of Oz* to life on Oct. 17. Cast members have been rehearsing all summer long and are excited to take the stage for the first time. Tickets for *The Wizard of Oz* can be purchased in advance at the Arborg Library and KLYM-TEX Automotive Repair. Pictured left to right, back row: AJ Platt (theatre assistant), Lucia Borkowsky, Echo Reimer, Eloise Rocan-Morin, Meadow Naylor, Lyla Shachtay, Kaleia Collins, Dani Caldeira (theatre instructor). Front row: Mia Elias, Rory Stansell, Isabel Klym and Mya Young.

watch the showing of *The Wizard of Oz*.

"We encourage everyone to purchase their tickets in advance to ensure availability, as we anticipate a wonderful turnout for this exciting event," said Klym.

Children under 12 years old will be admitted into the audience for free when accompanied by a ticket-paying guardian. A limited number of tickets will be available at the door on performance day. Klym noted that only cash will be accepted at the door.

"Additionally, consider arriving early to grab a good seat and enjoy our pre-show festivities," Klym added.

You must wait and see what Creative Cocoon has for its pre-show activities.

"We'd like some details under wraps to preserve the magic," said Klym.

The concession stand, which will be open before the show, will also offer a variety of *Wizard of Oz*-themed treats.

If you missed out on joining the dynamic cast at Creative Cocoon this summer, you are in luck because Creative Cocoon plans to offer a variety of performance classes this fall. Klym invites you to stay tuned to their social media pages — Creativecocoon-arborg on Facebook or The_Creative_Cocoon on Instagram — and their website, www.thecreativecocoon.ca, for more details on their upcoming classes.

Community Support Service

A.A Meeting in Ashern

Location: #11 2nd Ave North
- Pioneer Manor
(beside the main door entrance
of Pioneer Manor)
Contact Jackiem.lwrc@gmail.com

AA Arborg

Thursdays - 7:30 pm
Arborg Support Centre
327 Main Street
Contact 204-376-5861

AA Eriksdale

Eriksdale United Church building
#7 Main Street, Eriksdale (side door)
Meetings are Mondays
at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach
Meetings are Saturdays
between 7 and 8 p.m.
Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park
Fri & Sun Mtgs at 7:30 pm

AI-Anon Gimli and Winnipeg Beach

Join us at 17B Loni Beach Road, next
to New Horizon building... Gimli at
7:00 pm Wednesday evenings for an
hour of support, strength, guidance
and Hope. Contact 204-389-4777.
All ages welcome.

AA Riverton Group

12 Main St. at the
Riverton Senior Centre
Mondays 7:30 p.m.

IERHA toll-free phone number for local emergency availability

By Patricia Barrett

With the ongoing periodic and permanent closures of emergency rooms in hospitals across the Interlake-Eastern Regional Health Authority, people without internet service have the option of calling a toll-free phone number to get an update on the current status of an ER before heading out.

Dial 1-866-267-5818 at any time for an audio recording of ER status.

Residents will be asked to press a number on their dial pad that corresponds to the hospital ER that they're inquiring about.

Whether people consult the online emergency department schedule that's posted on the IERHA's website or call the phone number, the availability of emergency rooms can change suddenly due to unforeseen circumstances such as physician illness or the need for physicians to accompany patients on ambulances.

Residents should always dial 911 in case of emergencies.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A sign posted outside the Arborg hospital's emergency room in 2016 said the ER was not available. The ER is currently closed because of a lack of staff and patients have to travel to other Interlake towns such as Gimli and Stonewall for ER services.

> PLASTIC, FROM PG. 6

nized that plastic was polluting the environment. That hasn't stopped production, though.

"The worldwide production of plastics reached a staggering 400.3 million metric tons in 2022. This marks an increase of about 1.6 percent from the previous year. Plastics production has soared since 1950s," states Statista online.

Plastic has contaminated every corner of the globe including the Arctic and Antarctic and boreal and tropical forests. It has been found on the highest mountain tops and in the deepest seas. Fragmented plastic or microplastic is also showing up in the human body, including our brains, and the vast soup of industrial chemicals used to manufacture plastic is leaching into our food and water. The effect of plastic on the human is only just beginning to be understood by medical researchers, and the prognosis is not looking good.

Mastin said she contacted commercial fisher Bill Buckels regarding the use of pop bottles and they had a good discussion about the health of Lake Winnipeg. She also spoke with Cornerstone, which doesn't paint the bottles but ties them together and sells them in bundles to fishers.

Buckels told the *Express* that fishers have been using pop bottles as floats for several decades to keep their nets buoyant in the water column. Cornerstone re-jigs the pop bottles for fishers as part of its occupational therapy program, and as far as he knows it's the only Manitoba company making floats. Fishers use the floats for a season then remove them from the lake. When they're no longer useful, they're recycled.

He said plastic pollution is ubiquitous in the environment, and the issue of plastic floats used by the fishing industry is a "drop in the bucket" compared to wastewater. Microplastics are entering the lake from City of Winnipeg effluent and raw sewage and from rural lagoons and wastewater treatment plants that get emptied into the lake. It's also transported to the lake from the agricultural industry that uses plastic twine, plastic feed and seed bags and plastic wrappers for hay bales.

"Some environmental groups are misdirecting their efforts with regard to plastic pollution in Lake Winnipeg and that's why the lake is not being cleaned up. The issue of plastic in the lake is a valid issue, especially for our younger generations, which are going to be poisoned by it," said Buckels. "We as a society need to either come up with alternative materials or better recycle the plastic that continues to be manufactured despite the harms it's

doing. Plastic eventually breaks into tiny particles. Massive quantities of microplastic are getting carried to the lake in wastewater."

A 2017 study on microplastics by researchers from the University of Manitoba and Lakehead University in Ontario showed Lake Winnipeg acting as a "sink" for microplastic pollution because of daily discharges of wastewater from three treatment plants in Winnipeg and from two rivers, the Red and the Assiniboine.

The study titled "Microplastics Flowing into Lake Winnipeg: Densities, Sources, Flux, and Fish Exposures" calculated microplastic (defined as plastic fragments, fibres, films, foams and pellets) loading in the lake. The researchers found that wastewater treatment plants are a "point source" for microplastic.

The estimated annual input of microplastics from the Red and Assiniboine rivers (the Saskatchewan and Winnipeg rivers were excluded), that carry wastewater and surface runoff to the lake were roughly 0.4 billion particles a year. Furthermore, 65 per cent of the fish tested (carp and sauger) had ingested microplastics. The majority (89 per cent) of microplastics found in the two rivers were plastic fibres, commonly found in clothing.

Buckels said the government should be "counting plastic" that's entering Lake Winnipeg. If it can set nutrient targets for the lake, why can't it set plastic targets?

"I want the government to set plastic targets so that we know how much plastic we're getting from wastewater sources and from south of the Canada-U.S. border. How much plastic is coming from cottage country? How much from Ontario via the Winnipeg River or from Alberta and Saskatchewan, which are part of the Lake Winnipeg watershed?" he said. "Why can't we monitor plastic use by major industries and make it mandatory for them to report every week?"

For the most part, commercial fishers don't willfully abandon nets and pop bottle floats, but there have been cases of equipment — referred to as ghost gear — abandoned in the lake. Provincial conservation officers are supposed to be on top of that, said Buckels, but the province is "trying to manage everything on a skeleton



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Commercial fishers on Lake Winnipeg have been using plastic pop bottles as floats for decades. Cornerstone Enterprises in Gimli — which offers work programs for adults with disabilities — has been modifying the bottles for floats.

crew."

In addition to plastic nets, Buckels said he sees other sources of plastic in the lake including water bottles, plastic pickerel rigs used by anglers and plastic ropes used by boaters.

To help prevent plastic pollution, Buckels said his industry has been pressing the province to implement a plastic net recycling program — somewhat similar to an incentive program offered to agricultural producers — but can't get a commitment.

"Commercial fishers have been asking for a recycling program for plastic or nylon nets, along the lines of what farmers have for hay bale twine, wrappers and so forth and which can end up in the environment," he said. "I want to see an incentive program created for fishers to turn in their plastic nets. This way the province can track the nets and ensure that every net is present and accounted for. The program could offer a free new net to fishers who turn in, say, 10 or 20 used nets."

A spokesperson for the province's fisheries department said it does not have a commercial fishing net recycling program when asked if it has one or is planning to introduce one.

Nor does the province "track nets or utilize a ghost gear reporting system" similar to a program run by the federal government's Department of Fisheries and Oceans.

"[Provincial] fisheries branch staff and conservation officers collect abandoned nets encountered during regular work," said the spokesperson. "On Lake Winnipeg, conservation officers find and recover about 20 to 30 nets each year. The department, through the Fish and Wildlife Enhancement Fund, also funds clean-up initiatives by local groups that recover lost nets."

Commercial fishers who fail to attend to their nets and have spoiled fish in the nets as a result of their neglect are subject to penalties meted out by conservation officers who catch them, he added.

"However, most commercial fishing gear that becomes lost is done unintentionally and generally is not traceable to a specific fisher," said the spokesperson. "Commercial fishing gear can be lost due to high wind conditions in open water or due to unpredictable or unstable ice conditions in winter."

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THE EXPRESS
WEEKLY NEWS

I Love You, You're Perfect, Now Change musical coming to Selkirk

Advance tickets on sale now for Sept. 27 and 28

By E Antonio

Are you on the scout for some evening entertainment? If you are looking for a fun and entertaining way to fill your evening, join Interlake Players with their live performance of *I Love You, You're Perfect, Now Change* on Sept. 27 and 28.

Interlake Players is a small performing group that first got together in 2016 over their passion for acting.

Mitch Obach, a member of Interlake Players, explained that the group used to tour their shows through different Manitoba communities.

"We would tour different places in the Interlake. We have been to Gimli, Ashern, Selkirk, Teulon, Stonewall and more," said Obach.

Interlake Players began performing *I Love You, You're Perfect, Now Change* in 2019 but had to take a break due to the pandemic.

"This is our first time back on stage in five years," added Obach.

He explained that the group was unsure when they would hit the stage next, but in the spring of 2024 they all felt the urge to perform again.

I Love You, You're Perfect, Now Change is a musical featuring five actors who portray 60 different characters who develop through life. The musical is also the second-longest-running off-Broadway show, originally debuting in the 1990s.

"It is a very funny and crowd-pleasing show," Obach explained.

"You see intimacy to first dates to marriage to kids to family life to in-laws to old age. It shows the life and relationship journey by taking a funny look at it."

Obach started acting in high school and now plays around 15 different characters in *I Love You, You're Perfect, Now Change*.

Obach will be joined on stage by his wife, Kendra Obach, and his lifelong friends, Lily Reder, Lindsey Weber and Chris Arms with Paula Kiwill accompanying them on the piano.

The Obach duo resides in Selkirk, and their fellow castmates are from the Interlake. *I Love You, You're Perfect, Now Change* is featuring a ton of home-grown talent.

Interlake Players debuted their 2024 performance of *I Love You, You're Perfect, Now Change* at A-Spire Theatre in Gimli at the end of August, and it was a thrilling success.

"We had such an awesome response in Gimli," said Obach.



Kendra Obach and Lily Reder's characters lament the shortage of dateable men while performing the song "Single Man Drought."



Lindsey Weber and Mitch Obach perform the "Marriage Tango" (with pianist Paula Kirkland in the background).

Interlake Players will perform two performances of *I Love You, You're Perfect, Now Change* at the Selkirk United Church on 202 McLean Ave.

The performances are on Sept. 27 and 28, with showtime beginning at 7 p.m., and will serve as fundraisers for different community groups in Selkirk.

"We try and partner with community groups who might want to make a few bucks," explained Obach.

The Selkirk Community Choir is one of the organizations raising funds by selling tickets for the musical.

"[The choir] always has ongoing costs of buying music, equipment, rental space, etc. We try to keep fees down for singers in whatever ways we can," said Selkirk Community Choir director Kendra Obach.



EXPRESS PHOTOS BY DEAGHAN MCLEOD

Interlake Players is bringing you *I Love You, You're Perfect, Now Change* to the Selkirk United Church on Sept. 27 and 28. The dynamic musical is sure to fill your evening with fun and laughter. Bride Kendra Obach, groom Chris Armstrong and clergyman Mitch Obach share their emotions on the Wedding Day.



Lily Reder as Mom and Chris Armstrong as Dad driving each other crazy in the song "On the Highway of Love."

Tickets cost \$25 and can be purchased by contacting Kendra Obach at 204-513 0433 or by emailing klobach@gmail.com. Obach encourages you to buy your tickets in advance, as a limited number of tickets will be sold at the door.

I Love You, You're Perfect, Now Change is suited for viewers 14 and older due to its mature content. Obach noted that a cash bar will also be available for their performance at the Selkirk United Church.

If you are interested in fundraising or acting with Interlake Players, Mitch invites you to contact Kendra.

Mitch and the rest of the cast are eagerly awaiting their performance in Selkirk and are excited to provide you with an evening of fun with family and friends.



Mitch Obach and Lily Reder perform the song "Tear Jerk."

get inspired

> MEAL IDEAS



Baked Broccoli Mac

pepper, to taste
 Topping:
 2 cups breadcrumbs
 1/2 stick butter
 1/2 cup grated Parmesan cheese
 Heat oven to 350 F.

In large pot, cook pasta according to package instructions. Drain well then add broccoli, chicken broth, cream, mozzarella, pasteurized cheese product, garlic powder and onion powder. Season with salt and pepper, to taste. Mix well.

To make topping: In bowl, mix breadcrumbs, butter and Parmesan cheese.

Pour macaroni mixture into large baking dish then sprinkle with breadcrumb mixture. Bake 30 minutes.

Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 1 box (1 pound) pasta noodles, such as cellentani, elbow or penne
 2 cups chopped broccoli
 2 cups chicken broth
 1 cup heavy whipping cream or half-and-half
 2 cups mozzarella
 1/2 block pasteurized cheese product, cubed
 1 tablespoon garlic powder
 1 tablespoon onion powder
 salt, to taste



Fried Chicken Tenders

Fill Dutch oven or large frying pan halfway with oil and butter; heat over medium heat.

In large bowl, mix eggs and milk then place chicken strips in mixture.

In separate bowl, mix flour, barbecue seasoning and mesquite seasoning. Add salt and pepper, to taste.

Remove 4-6 chicken strips from milk mixture and cover completely in flour mixture.

Drop pinch of flour in hot oil; if it crackles, it's hot enough. Once hot, fry battered chicken 4 minutes then, using tongs or fork, turn over and fry 4 minutes. When done, chicken will be golden and almost float. Remove from frying pan and repeat with remaining chicken.

Serve with dipping sauce of choice, if desired.

Recipe courtesy of "Cookin' Savvy"
 Servings: 4
 Oil of choice, for frying
 1/2 stick butter
 2 eggs
 2 cups milk
 3 pounds chicken breast, cut into strips
 2 cups flour
 1/4 cup barbecue seasoning of choice
 1/4 cup mesquite seasoning
 salt, to taste
 pepper, to taste
 dipping sauce of choice (optional)

Roasted Sweet Potatoes

Recipe courtesy of "Cookin' Savvy"
 Servings: 4



2 large sweet potatoes, washed and cubed
 1/2 tablespoon garlic powder
 1/2 tablespoon onion powder
 salt, to taste
 pepper, to taste
 oil, for drizzling
 2 tablespoons butter
 Heat oven to 425 F.

In bowl, mix cubed sweet potatoes with garlic powder, onion powder and salt and pepper, to taste. Drizzle with oil; mix well. Place sweet potatoes in baking dish and bake 30 minutes. Remove from oven and spoon butter over sweet potatoes, mixing well. Note: If using small sweet potatoes, use four (one per serving).

Ask the money lady

Dear Money Lady,

I want to buy a house with my children, and we would all be on the mortgage. My lawyer has suggested that we do this purchase as a corporation to protect all of us on this investment. He said this is necessary in the event that circumstances change in the future and a settlement would have to be considered. He also advised me to check with an accountant too. What do you think? Olivia H.

Dear Olivia – I think that's a terrible idea.

It's possible, but this would mean that the corporation owns the home, and the buyers (you and your adult children) would need to set up shares in the corporation to divide ownership. I don't usually like to challenge or disagree with legal advice; but in this case, I have to say, I think setting up a corporation for homeownership is a bit of a money grab and probably not necessary. Buying a home with your children is not the same as buying into a franchise business. Everything you need to protect your ownership and rights can be handled through the registered title.

So how do you do that? Well, you will want to register title on the new purchase as percentages. This is a simple method when using a standard bank mortgage. You are all on title and all on the mortgage, but the ownership is placed by a percentage of ownership at the time of title registration. Another way to do this could be to place a collateral charge on the property, again in all of your names. The collateral charge will be setup for 100 percent of the value of your purchase and you could then split up the loan segments among those that owe a portion of the mortgage debt. Let me give you an example.

Let's say a parent wants to help out their adult child in purchasing a home and this home costs \$500,000. In order to make this a conventional mortgage request, a 20 percent downpayment would be needed to purchase. So, for this example, let's say the parent was willing to buy into this purchase and provide the 20 percent down (\$100,000 investment by parent). So, that would leave a mortgage of \$400,000. With a standard mortgage we would put all owners on title and have the adult child pay the mortgage payment with title clearly setup as 20



Christine Ibbotson

percent to the parent and 80 percent to the child. When the home is sold in the future, perhaps for \$700,000 the parent is still entitled to their 20 percent, which is now worth \$140,000.

A collateral charge makes it easier when you have more than one child or multiple owners making payments to the debt. With a collateral charge example, the parent still owns 20 percent, but now there are separate loan segments on the property registered to the two or more individuals and divided up as per ownership percentage. For example, child 1 could have a loan of \$50,000 (10 percent ownership), child 2 could have \$250,000 (50 percent ownership) and child 3 could have \$100,000 (20 percent ownership). Basically, the collateral charge gives more flexibility to the owners, and it has no term or renewal, so it is highly adjustable over time and can be paid off and drawn down again many times. Personally, I think a collateral charge provides the most freedom with multiple owners and doesn't need to be requalified for over time, when things change for all participants. I also like to use this product as an estate planning tool. Everyone's ownership, debt or investment is clearly defined, and if they pay it off, they could draw down their charge segment in the future for home improvements, etc., without qualifying again.

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and on CTV & BNN, syndicated across Canada. Send your questions through her website at askthemoneylady.ca

Wolf trapping workshops to keep up with increasing livestock attacks

By Becca Myskiw

Manitoba is investing in aiding livestock producers in predator removal, specifically wolves.

Manitoba Agriculture is holding three wolf trapping workshops this month and two more in October. Each workshop is free to attend and is open to those with previous trapping experience, though not with wolves. The government's goal with the workshops is to have Manitoba trappers expand their skills and learn to effectively trap wolves to help with the Targeted Predator Removal Program.

The workshops come as wolf attacks on livestock have become more frequent — and more southern — in recent years.

Wray Whitmore, livestock predation management for Manitoba Agriculture, said though coyote attacks on sheep and cattle are more common, wolves are a much more significant predator.

"They're stronger, more wary, and they just can be very problematic," he said. "They're very efficient killers."

Manitoba Agricultural Services Corporation (MASC) paid 630 wolf claims through its Wildlife Damage Compensation Program in 2022, more than 2021's number of 314. Those numbers only reflect proven or probably kills.

"Wolves that kill livestock can be a big problem,



EXPRESS PHOTO SUBMITTED

Manitoba Agriculture is holding three wolf trapping workshops this month to help trappers expand on their skills to assist livestock producers with claims in the Targeted Predator Removal Program.

and they have to be managed," said Whitmore. "They're killing animals that people make their living with. Wolf management sometimes involves killing wolves."

So, the government is bringing wildlife biologist John Hart from Minnesota to run three wolf trapping workshops at the end of the month. Hart is a certified wildlife biologist and has been involved with wolf damage management in northern Minnesota since 1989. He has "extensive experience" with capturing wolves and training, supervising and assisting trappers.

Whitmore said the wolf trapping workshops are for those with previous trapping experiences and skills looking to expand that skillset. Though people without that prior experience won't be turned away, these workshops aim to increase current trappers' skill sets and get them involved with the Manitoba Trappers Association.

The Targeted Predator Removal Program results from a partnership between the provincial government and the Manitoba Trappers Association. When a livestock producer suffers a loss due to a predator, they must first be eligible for compensation under the Wildlife Damage Compensation

Continued on page 13

SCHOOL SAFETY

THE STUDENTS ARE BACK TO SCHOOL!

REMINDER: Students are back to school and you must STOP for all school buses when their stop sign is extended out. WATCH FOR SCHOOL ZONES, speed limits are MAXIMUM 30KMS from 7AM to 5:30PM.

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Rural Municipality of Gimli
Mayor, Council and staff

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School Division

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Mayor, Council and staff

Glorious harvest colours



EXPRESS PHOTO SUBMITTED

Tammy Paulson of Arborg captured her fall bounty of pumpkins with the gorgeous fall sunset in the back. The photo was taken on Sept. 16 at 7:50 p.m. a few miles north of Arborg. It was the perfect summer evening, calm and about 25 degrees. Help the Express record the weather of the week and send in your photos of friends and family enjoying the outdoors. Email news@expressweeklynews.ca

> WOLF, FROM PG. 12

Program. Eligible producers can then contact the Manitoba Trappers Association, which will send a trapper to remove the predator responsible for the livestock loss.

“Even when you get a compensation payment, if you had to pull that calf and tube feed it and dry it off to get it up and sucking, and it gets killed, it’s not just an animal,” said Whitmore. “There’s an investment.”

He said that although the province allows producers to protect their livestock, many don’t have the skill set to do so, especially when it comes to wolves. By helping more trappers acquire that skill set and getting them involved with the association, more assistance will be readily available for producers in need of it.

When a producer discovers a loss to predation, they have 72 hours to submit their claim to MASC. They have to “preserve” all evidence for

an adjuster to view — the problem with wolf attacks is the predators often eat the entire animal carcass and leave no proof of the kill. If there is sufficient evidence to prove the predator attack, producers will receive a 90 per cent compensation payment. If the evidence is inconclusive but a predator is the probable cause, the producer will receive 45 per cent compensation. Without proof, the producer will get no compensation and won’t be able to call the Manitoba Trappers Association to remove the predator.

On Saturday, Sept. 28, Hart will lead a wolf trapping workshop at the Mulvihill Community Pasture at 8:30 a.m. and then at the Justamere Farm at 3:30 p.m. On Sunday, Sept. 29, he’ll lead a workshop at the Manitoba Beef and Forage Initiatives Farm at 1 p.m. Each workshop will include a one-hour lecture followed by two and a half hours of demonstrations.

SMALL TOWN,
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SMALL TOWN,
BIG IMPACT.



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Gimli Children's Centre celebrates 50 years of caring

By Patricia Barrett

The Gimli Children's Centre threw a party last Thursday evening to celebrate 50 years of caring for the community's children. Established in 1974, the licensed daycare offers care to infants, pre-school, nursery and school-aged children.

Executive director Heather Reichert and her staff threw open the doors to the public so that parents and their kids could get a first-hand look at what kinds of activities and programs the centre has to offer, spend time in its outdoor garden and play area and enjoy a slice of anniversary cake with staff, two of whom have been with the centre for 45 years.

The centre is located at the corner of Third Avenue and Goldfield Drive. For more information about the centre, call 204-642-7465.

EXPRESS PHOTOS COURTESY OF
HEATHER REICHERT



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Resignations of majority of Gimli CDC board come to light

By Patricia Barrett

A majority of the Gimli Community Development Corporation's board resigned after failing to secure the confidence of its sole shareholder — the Rural Municipality of Gimli — in taking the organization forward.

The resignations had occurred at some point over the past several weeks but not announced on the CDC or the RM's website. Appointments to and resignations from RM boards or committees are typically approved by council, but the resignations do not appear to be noted on council agendas.

A person close to the CDC who does not have authorization to speak — and whom the *Express* has agreed to not name — said the corporation is currently non-functional.

"The majority of the board of the CDC resigned, with the latest resignation coming about two weeks ago," said the source. "The resignations make it non-functioning. The CDC is still an entity, but it can't operate because



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gimli CDC members are shown at their AGM on July 3. From left: Melanie Specula (vice-chair), Larry Dewar, Kurt Reichert, Kevin Chudd (chair) and Randy Swanson (secretary-treasurer).

they don't have the minimum number of board members to operate."

The Gimli Community Development Corporation Bylaw No. 1A states the board of directors must have at least three persons to "manage the affairs of the corporation."

The resignations have left the board with fewer than three members, said the source.

The CDC had come under intense scrutiny this spring after Gimli Coun. Andy Damm blew the whistle on management issues and significant financial losses since 2019 of just under \$1 million (see April 25 online edition of the *Express Weekly News*).

The reason for the board members' resignations is that the municipality rejected the CDC's plan to move the corporation forward, according to the unnamed source.

"The shareholder, being the RM of Gimli, did

not have confidence moving forward with the CDC's plan for the future," said the source.

The CDC had presented a strategic plan titled "Plan 2024, a plan for the CDC to help the RM of Gimli achieve profitability of the Gimli Industrial Park, training center [stet] and facilities and economic, social and community returns" at its annual general meeting on July 3. The plan noted a number of tasks to complete such as establishing governance protocols, a communications strategy and a marketing strategy.

The CDC did not present a budget or disclose its financial position at the AGM, but there were some candid admissions from the board that included not knowing what their jobs are and wanting a mandate letter from Gimli council, that documents could not be located for certain

Continued on page 21

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Interlake Real Estate is delighted to welcome **AYLA DROPKO** to our team of Realtors@!

Ayla grew up in Selkirk, Arborg, and Gimli, and currently lives in Arborg. She loves to travel in our beautiful province and meet new people. Her clients will appreciate her outgoing and thorough approach! Please feel free to give Ayla a call at our Gimli office at 204-642-8501, on her cell at 204-651-1214, or email her at ayla.dropko@gmail.com.

Graymont invites applications for the 2024 community-focused Carbon Reduction Fund

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If you have a project idea that relates to any of these topics, the GCRF is looking for you!

For additional information, please contact Amanda Kelly: akelly@graymont.com

Applications are due by **October 25th**

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UofM Aggies Bedpush to roll through the Interlake

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By Jennifer McFee

Looking for a memorable way to spend a Sunday?

The annual Aggie Bedpush fundraiser will take place this year in the Interlake on Sunday, Sept. 29.

The initiative is through the student organization for the University of Manitoba's faculty of agriculture and food science. It aims to raise awareness while also raising funds for charity. This year, the organization will support STARS Foundation and Manitoba Farmer Wellness Program as their charities.

They're raising funds through a GoFundMe page called "UofM Aggies Bedpush Fundraiser!"

"Both of these charities hit close to home to us Aggies. Many of us live in rural communities and having a foundation such as STARS is often more times than not the difference between life and death. STARS can provide you with the help you or a loved one may need. They are there for you on what could be the worst day of your life. 'Critical care, anywhere,'" states the GoFundMe page.

"The Manitoba Farmer Wellness Program offers counselling to the farmers of Manitoba. Mental health

is often a silent struggle for many people, farmers especially. Many feel that there is a stigma when it comes to mental health, especially asking for help. Their program offers many different types of counselling that is farm specific. They understand that it is hard to talk to someone who doesn't understand your struggles. That's why they focus on farmers helping farmers. We are very proud to support and fundraise for these charities."

The Interlake route starts in Warren and finishes in Selkirk on Sunday, Sept. 29.

THE SCHEDULE INCLUDES:

- Warren from 9 to 9:30 a.m.
- Stonewall 10 to 10:45 a.m.
- Arborg noon to 12:45
- Gimli 2:15 to 3 p.m.
- Selkirk 4 to 4:45 p.m.

All proceeds are in support of STARS and the Manitoba Farmer Wellness Program. The participants will push a bedframe on wheels through the communities.

This year, they're expanding their journey to visit 20 towns over three days.

EXPRESS PHOTO SUBMITTED

The UofM Aggie's annual Bedpush fundraiser will be in Warren from 9 to 9:30 a.m., Stonewall 10 to 10:45 a.m., Arborg noon to 12:45, Gimli 2:15 to 3 p.m. and Selkirk 4 to 4:45 p.m. on Sunday, Sept. 29 in support of STARS and the Manitoba Farmer Wellness Program.

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Arborg's annual run raises over \$31,000 for Terry Fox Foundation



EXPRESS PHOTOS BY CORRINE EINARSSON

By Patricia Barrett

After about four years of not holding an in-person run to raise funds for the Terry Fox Foundation, Arborg and area residents came out in force a few weeks ago and raised over \$31,000 for cancer research and support.

The first in-person event since the COVID pandemic — the local committee has held online fundraisers in the past — saw about 150 people take to the streets of Arborg for the fundraising event on Sept. 15.

Arborg's Terry Fox Committee chair Donna Gislason, who has been involved in the event for at least 15 years, said the community "really pulled together" and she just couldn't believe how generous people were.

"We were thrilled. As of Sept. 18, we raised \$31,052.99," said Gislason, who will be stepping down as chair this year. "This is the first year since 2019 that we had an in-person community run. People had been asking us when we'd organize a run again. So that was part of why this year was so successful. We also had a good-sized committee that worked so hard

to fundraise. But the biggest part is the support we had — the businesses and the citizens of Arborg and [Municipality of] Bifrost-Riverton were just so generous."

Arborg has a reputation for fundraising prowess when it comes to the Terry Fox Foundation. The town (with help from area supporters) was once the second highest fundraising community in Manitoba. The total raised this year may increase with pledges yet to come in.

The run was headquartered at the Arborg-Bifrost fire hall. It included a silent auction, head shaves, a barbecue hosted by the Arborg Street Festival committee and guest speakers, including Arborg business owner Susan Bauernhuber, who spoke about the loss of her husband Philip Bauernhuber to cancer in 2021 and the impact that had on her family.

The Terry Fox Run sees about 600 communities across Canada take to the streets to raise money for the Terry Fox Foundation. The money goes to

Continued on page 19



PHOTOS COURTESY OF RENE SUTYLA
Team Smitty's (Smitty's Furniture & Appliances) consisted of (from left) Rene Sutyla, Lorna Friesen, Maddie Karlowsky, Kathy Melsted, Sarah Melsted and (back) Stephanie Davies.



Continued from page 18

cancer research and to improve diagnosis and treatment. The annual run takes place in honour of 18-year-old B.C. resident Terry Fox, who had his leg amputated from cancer and who organized a cross-Canada run called the Marathon of Hope in 1980 to raise money for cancer research. He died from cancer in 1981.

Karen Leochko, who is the parts manager at Arborg's Mazergroup, has been taking part in Arborg's Terry Fox Run for about 25 years. This year marks the third time she has boldly stepped up to have her head shaved.

She said she tossed around the idea of having it shaved again and talked with one of her sons before deciding it's "only hair" that will grow back and that it was so worth it to support a great cause.

"Because I had done a head shave once already in the past, I knew it wouldn't be so bad. The second time I did it was a little more nerve-wracking and quite emotional because my boys' dad had passed away that year from cancer — he went fast from the cancer — and it was also an anniversary for my dad's passing. This year marks 20 years since my dad passed away with cancer and five years for my boys' dad," said Leochko, who also took part in the run/walk around town with other community members.

It's important to raise awareness of cancer, she said, because it affects every family in some way.

Leochko had a No. 3 cut, which doesn't shave the hair right down to the scalp but leaves a little bit poking up, she said. And she knows it's not easy for women to have their heads shaved because hair could be important to self-image and women may like experimenting with different hairstyles.

"To me, it's not easy for women to do something like this," she said. "Today at work I had a truck driver making a parts delivery and he asked some-

one what was wrong with me because typically people think you're sick. He was obviously concerned. They told him I did it for a good cause."

It will take some time for her hair to grow back and people may "give you a second look" in the meantime, but the upside is having to use less shampoo, she said. And showing solidarity with those undergoing cancer treatment and opening up the conversation about cancer is far more important.

"People say, 'You're so brave' to have your head shaved. But I think it's braver supporting the cause," said Leochko. "If you don't have hair, it gives everybody a different perspective."

Rene Sutyla was another Arborg resident who volunteered to have his head shaved. He was part of a team from Arborg's Smitty's Furniture & Appliances that took part in the event.

"We've had family members and friends that have gone through cancer, and a lot of our customers over the years too, and we figured this is a way to support them and do our part to fundraise for a good cause," said Sutyla.

He had volunteered for a head shave about 20 years ago and this year marked his second time. It was also the first time he opted to have his



Terry Fox Run T-shirts were sold in advance.



Arborg resident Karen Leochko spoke at the Terry Fox Run on Sept. 15

beard and moustache shaved off.

"When we decided we were going on the walk, staff set the goal at \$1,000. I said if you raise \$2,000, I'll shave my head," said Sutyla. "I happened to go out for breakfast with my brother, Roland, and he says if you'll shave your head for \$2,000, how much for the beard and moustache? So we doubled it to \$4,000. By the time everything was all said and done, we raised \$6,001 for the Terry Fox Foundation."

Sutyla said his brother Roland fundraises annually throughout the year by putting money that he'd normally spend on coffee into a tin then donat-

ing it to someone's pledge. For this year's Terry Fox Run, Roland donated a substantial amount to the Smitty's team.

"Roland raised \$3,300 on his own and gave it to us to make sure I'd have to shave my beard and moustache," said Sutyla. "Smitty's raised \$6,001 but we definitely couldn't have done it without Roland's all-year-around fundraising efforts."



Interlake Girl Guides enjoy Churchill adventure

By Jennifer McFee

A northern excursion marked a memorable experience for a group of local Girl Guides and their leaders.

A group of Interlake Girl Guides recently travelled to Churchill for an adventure they likely won't forget.

In total, three leaders and 13 youth embarked on their journey on July 22. They travelled by chartered bus to Thompson, where they began their 16-hour train ride to Churchill. They spent the night on the train and arrived at their destination the following morning.

They had pre-booked two vans to transport the girls and their belongings to a Girl Guides and Scouts camp located about 11 kilometres outside Churchill, where they spent five jam-packed days.

They slept in a building that also included an attached common room and kitchen. And they hired a bear guard who slept in a nearby cabin. The bathrooms were outside in another building — and anyone headed there always had to carry a horn to alert others if they saw a bear.

"We didn't see any bears there, but it was for precaution's sake that we had to hire a bear guard," said Danelle Hanchar, a leader from Stony Mountain who went on the trip.

While they were in Churchill, the group was supposed to go kayaking but the weather didn't co-operate. Instead, they went beluga whale watching in Zodiac boats.

"It was really cold and windy that day. The water was choppy, but we saw lots and lots of whales that came right by the boat," Hanchar said.

"There are lots of picture of belugas up close on almost everybody's phone. It was mesmerizing. I would go back just to see the belugas."

The group also enjoyed a short dogcarting adventure around the boreal forest, complete with a presentation from the guide about his heritage and way of life with dogsledding.

They also went on a low-tide hike to see the Ithaca shipwreck and learn about the circumstances that led to it running aground in 1960.

"When the tide goes out, usually around in the evening, you go with bear guards and guides to walk out to this abandoned ship that got stuck and hasn't moved in years," she said. "It was really interesting."

In addition, they went looking for polar bears on a Tundra Buggy ride — and they even had the chance to drive the Tundra Buggy. They didn't spot any polar bears that day, but they saw lots of other wildlife.

Back at their camp, an elder worked



The guides visited the Federal Explorer that was sold for the final time, to the Ithaca Shipping Company in 1960. She was chartered to the Clarke Steamship Company to deliver nickel concentrate from the works at Rankin Inlet, and sailed from Churchill on Sept. 10, 1960, to collect her cargo, carrying supplies for the settlement. She was caught in a severe gale while making the voyage, losing her rudder. She dropped anchor, but the anchors failed to hold, and she ran aground in Bird Cove, about 10 miles east of Churchill, on Sept. 14.

with the girls to make pins for their shirts, and she also made delicious homemade bannock for the group to enjoy.

On their last day, they had planned to

Continued on page 21



EXPRESS PHOTOS BY DANELLE HANCHAR

Thirteen Interlake Girl Guides and three leaders travelled to the Town of Churchill this summer for an adventure of a lifetime.



They also went looking for polar bears on a Tundra Buggy ride — and they even had the chance to drive the Tundra Buggy.



The youth went beluga whale watching in Zodiac boats.



> CHURCHILL, FROM PG. 20

visit the Prince of Wales fort; however, it was too foggy and the weather wasn't great. So instead, they went whale watching again on a regular boat — and that's when they spotted a polar bear.

"The girls were quite excited that they got to see belugas — and on their last day in Churchill, they got to see a bear."

On July 27, they caught the train back to Thompson, where their charter bus picked them up. They spent a night at a Scout camp near Liz Lake and then headed back for home. For the group of travelling Guides and leaders, home includes the communities of Stony Mountain, Stonewall, Warren, Clandeboye, Winnipeg Beach, Fisher Branch and Winnipeg.

"There were so many different experiences for these girls," Hanchar said. "I've never slept on a train before and we didn't have the berths with rooms or beds. It was a different experience trying to get to sleep on the train, but we did it."

The trip took more than three years

to plan, and it got a bit side-tracked due to the pandemic, followed by increased costs for travel.

On behalf of the group, Hanchar expressed gratitude to everyone who supported their fundraising efforts over the years.

"We're very thankful to all the communities. People were so generous buying cookies from us and supporting all our fundraisers," she said.

"Some of the girls wouldn't have been able to go without the community's support. We want everyone to know that we are very thankful."

The group travelled by bus and train to Churchill in July.

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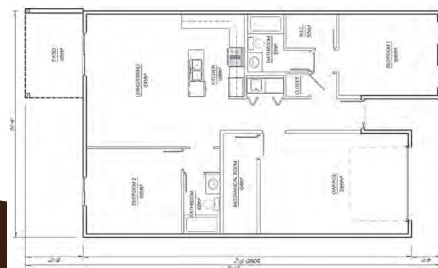
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> RESIGNATIONS, FROM PG. 16

transactions, that record-keeping needed to be improved and that "large chunks" of money went to the operation and maintenance of the dormitory (also known as the training centre that now houses Ukrainians and other newcomers from various countries) during the COVID pandemic when it sat empty.

The CDC held a closed-door meeting with the shareholder on Aug. 27.

The Express had reached out to the RM and the CDC a number of times over the past few weeks, asking for information regarding the outcome of the shareholder meeting — namely, whether the RM had approved or rejected the CDC's plan, confirmation as to who currently sits on the board as the CDC's website is out of date, the current financial position of the CDC and the RM's future intention with regard to the CDC.

Neither the RM nor the CDC provided answers.

To see more photos of your favourite Interlake Athletes

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Storm FC's magical run continues after playoff upset

By Kieran Reimer

Storm FC are proving anything can happen in September.

Last week, they pulled off back-to-back blowout victories to earn the sixth and final playoff spot in the Manitoba Major Soccer League's Division 5.

Then, in Tuesday night's first-round playoff match, they shocked the

league again, defeating third-ranked BFR AC 1-0 to advance to the Div. 5 semi-finals.

"The boys have been battling hard the last two months, and it's been really encouraging to see our discipline and hustle helping us flip our season around," said Storm FC's Kai Friesen

Continued on page 23



Storm FC celebrating as they took a 1-0 lead in the first round playoff match.



EXPRESS PHOTOS BY JO-ANNE PROCTER

Storm FC Dylan Lowen controls the ball against third-ranked BFR AC on Sept.17.

Youth to rock the Arborg Curling Club with exclusive league for U15 and U18

By Patricia Barrett

The Arborg-Bifrost Parks & Recreation Commission (ABPRC) is dusting off the rocks for youth curling this season and is establishing an exclusive league for junior curlers.

An under 15 (U15) and an under 18 (U18) league will be established to help boys and girls interested in developing curling skills and honing those skills.

"Junior curling doesn't have a league or a place in the Interlake for youth to improve their skills, and this league will hopefully be able to fill this void" said ABPRC recreation director Tom Chwaliboga. "Every year it's a challenge to get enough people to curl. Providing a league for junior curlers will hopefully generate interest and sustain the game into the future."

Curling is a sport that can be enjoyed by all ages with many clubs offering programs like Little Rocks, Junior and

Adult leagues, he said.

The Interlake Junior Curling League will be open to boys, girls and mixed teams. It will start Nov. 20 and run until the end of February. The schedule will be a round robin format before breaking for Christmas, then there will be a couple of training/skills sessions. The season will finish with another round robin playoff.

"With every new program, it will take a while to grow," said Chwaliboga. "I am hoping to get four teams this year and slowly expand the program."

In addition to the new league, ABPRC offers a Little Rocks Program (grades 3-5) and a Learn to Curl Junior Program (grades 6-10) along with a Stick League.

For more information about the Interlake Junior Curling League and other curling programs, contact the



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A bonspiel in 2017 is shown at the Arborg Curling Club.

Arborg-Bifrost recreation office at 204- mymnts.net
376-5576 or email Tom at tom.abprc@

Thunder Report: Crunchers win for first time in two years

By Kieran Reimer

The Cruncher Thunder won their first game in two seasons on Sunday in Transcona.

The Thunder defeated the Transcona Nationals 26-18 after entering the second half tied at 12.

In the second half the Cruncher defence got a timely sack on the Nationals quarterback to get a safety.

Late in the game the Thunder scored one more touchdown to get some much needed insurance and held off the Nationals offence one last time to win the game.

Adam Kauk was one of the stars of the game for the Thunder reach the endzone three times while also getting the timely safety points.

QB Riker Grantham went 4/6 in the air, while finding Lincoln Preun for a touchdown.

The Thunder now sit 1-4 in the Manitoba Minor Football Association.

Their next game will go Saturday, Sept. 28 against the North Winnipeg Nomads at 2:30 p.m. from Stonewall Collegiate Field.

PEEWEE

The Pee wee Thunder lost 33-20 to the St. Vital Mustangs on Saturday in St. Vital.

Though they dropped to 0-5 on the season, head coach Jared Boville believes it was the team's best game of the season so far.

The Thunder kept it close all game even with multiple linebackers and defensive linemen injured.

Their 21 points for on Saturday are the most they have put up in a single game this season.

Boville said their offence had their most consistent game so far this season as his young team is starting to become more competitive each week in the Manitoba Minor Football Association.

"The kids played well," said Boville.

"Weston (Preun, quarterback) was solid and our offensive line did a great job in both pass protection and run blocking. Ben Marcia got player of the game off the offensive line. Defense was solid again, but we were banged up. Titus was a beast with three or four sacks or tackles for losses. Mustangs would just run every play to the opposite side of the field to stay away from him."

The Thunder focus now shifts to getting healthy ahead of next week's game against the North Winnipeg Nomads.

Kick off in that one will go Saturday, Sept. 28 at 11:30 a.m. from Stonewall Collegiate Field.

VARSITY

The Varsity Thunder lost the long awaited rematch of the 2023 Rural Manitoba Football League championship to the St. Vital Mustangs on Saturday.

Again the Mustangs got the best of the Thunder winning 57-26 on home field in St. Vital in week three of the regular season.

The loss is the Thunder's first of the season. They now sit 1-1, and second in the RMFL's Urban Division while the Mustangs improved to 2-0 and take sole possession of first place.

"I feel the Mustangs are the standard in our league this year," said Thunder head coach Christof Hasselfield. "Like I told the team going into it, if we want to win we need to play championship football, which boils down to not making mental mistakes, otherwise they'll make you pay for it. I was proud of the plays when we executed and showed we can go toe to toe with a team like that, but when we didn't execute our fundamentals we got exposed. Ultimately, that boils down to me and the coaching staff needing to go back to basics and reinforce proper technique. There's lots to



EXPRESS PHOTOS BY LANA MEIER

The Thunder's Aiden Isfeld of Gimli attempts to catch the ball. Interlake lost 33-20 against the St. Vital Mustangs last Saturday.



Jakob Samborski of Gimli takes down a St. Vital Mustang in his team's loss 57-26 in Winnipeg last Saturday.

build off of and even more to work on and refine. We will be better prepared for the rematch in three weeks."

The Thunder now have another bye week this weekend before taking on

the Falcons Football Club (0-2) in their next game on Friday, Oct. 4.

Kick off in that one will go at 7 p.m. from Falcons Football Club.

> STORM, FROM PG. 22

following the match.

The victory came from a full group effort from Storm FC, who were tasked with needing to score against BFR's defence, which allowed the fewest goals in Div. 5 in the regular season.

The night's lone goal came off the foot of Friesen, who was able to pick the top right corner of the net from a shot just inside the box early on in the match.

Storm FC erupted into cheers as they grabbed the 1-0 lead, and as

the match progressed, they were able to hang on, in part due to some exceptional shutdown play by their defenders.

Storm FC now finds itself two wins away from an MMSL title as four clubs remain in the playoffs.

"Handing BFR two of their three losses this season makes this win extra sweet," said Friesen. "Being able to get an early goal, then shut down all of their offensive chances with the boys is always a treat."

Standing in their way now is the

top-ranked club in Div. 5, Akal FC, who they will take on in the semi-finals on Tuesday.

Akal controlled much of the league this regular season, going 13-3-2 while scoring 66 goals over 18 matches, the most of any team in Div. 5.

They have also had Storm FC's number on two occasions this season, winning 4-2 back in May and 3-nil earlier this month.

Storm FC will need to take the same defensive approach to the

match if they want to shut down Akal's offensive firepower.

They are currently riding a three-game winning streak and have won five of their last six, making them the hottest club in the playoffs right now.

The match will go on Tuesday, Sept. 22, at Ralph Cantafio Soccer Complex with kick-off at 9 p.m.

The winner will advance to the MMSL Championship game on Sunday, Sept. 28.

Bomber stars make surprise visit to Interlake Thunder practice

By Kieran Reimer

Interlake Thunder practices stopped on Tuesday evening when two unexpected visitors entered Stonewall Collegiate Field.

As the duo grew closer, players and coaches from the Varsity, Peewee and Cruncher teams quickly identified them as wide receiver Lucky Whitehead and offensive lineman Eric Lofton of the Winnipeg Blue Bombers.

It was an unexpected but pleasant surprise for the Thunder players and coaches who had no idea that current professional football players would be showing up for their practice.

When the visitors arrived, Whitehead and Lofton told the Thunder teams the Bombers had sent them to come visit the practice.

Though none of the Thunder coaches knew they would be showing up, the sudden opportunity to learn from professional football players was one both the players and coaches were thrilled to take advantage of.

Thunder coaches set aside their practices, handing them over to the Bomber stars who spent over 20 minutes talking to the players, telling them about their careers and holding a question-and-answer time before returning to practice.

As practice resumed, Whitehead and Lofton stayed to cheer them on from the sidelines.

"The kids were excited; they were pumped for practice, ready to go," said Peewee Thunder assistant coach Alan Sookermany. "Lucky Whitehead and Eric Lofton spent probably 20

minutes with our team specifically answering questions. Lucky gave all the kids the opportunity to ask any sort of personal questions about his career so the kids were really enthused about football after that. Once we finished getting to know them a bit we practised and they watched our practice for another five, 10 minutes probably and cheered them on when we were scrimmaging, so it was pretty exciting for the kids. They were working a little harder than they had been all year."

Sookermany said that Whitehead and Lofton's visit has increased his team's overall excitement about football.

Hearing the career stories of a player such as Whitehead, who has NFL experience with the Dallas Cowboys and New York Jets, allowed them to see what it takes to go from playing youth football in your hometown to one day competing under the bright lights of professional football at the highest level.

For a Peewee Thunder team that is 0-4 this season in the Manitoba Minor Football Association, Sookermany believes Whitehead and Lofton's visit came at the perfect time. The team now feels energized to turn their season around.

"It's exciting, our team has come together," said Sookermany. "It seems like everyone is friends and gets along. When something like this happens for them it really, it's hard to explain how it is, but you could tell they all had a different level in them



EXPRESS PHOTOS SUBMITTED

Winnipeg Blue Bombers wide receiver Lucky Whitehead and offensive lineman Eric Lofton surprised Interlake Thunder teams by showing up to their practice last Tuesday. The pair held a question and answer with each team before cheering them on in their practices.



The Interlake Thunder Cruncher team with Lucky Whitehead and Eric Lofton, in the back row. Front row: Max Mitchell, Kristjan Gislason, Austin MacDonald, Sage Parenteau, Aden Kauk, Riker Grantham, Ryker Rutledge, Landon Girard, Lincoln Preun and Brayden Ballentyne.

after they guys left. They want to win. Whitehead and Eric Lofton." They want to get a win for Lucky

Gimli pickleball players represent Manitoba at Canada 55+ Games

By Patricia Barrett

Gimli's pickleball players came out swinging last month at the Canada 55+ Summer Games that were held in Quebec City from Aug. 26 to 30.

Isabelle Tache, Ute Vann, Edwin Reichert and Jack Reeb represented Manitoba at the games.

Edwin Reichert competed in the men's doubles with partner Jack Reeb (not shown) and the mixed doubles with Isabelle Tache. Isabelle Tache and Ute Vann placed fourth in the women's doubles.

The team had qualified at the Mani-

toba 55+ Games, which was held in Brandon in June.

The Canada 55+ Games draws about 2,500 competitors from across the country. In addition to pickleball, 55-plus athletes compete in sporting events such as track and field, 5- and 10-kilometre runs, badminton, bowling, golf, baseball, swimming and tennis. There are also games of intellect such as cribbage, scrabble and bridge.

Winnipeg will be hosting the Canada 55+ Games in 2026.



EXPRESS PHOTO COURTESY OF UTE VANN

From left: Ute Vann, Edwin Reichert and Isabelle Tache. Missing from the photo is Jack Reeb. Vann and Tache placed fourth in the women's doubles.

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PROPERTY FOR SALE

For sale - 17.14 acres with treed yard site with 24x40 fully wired shop with heated floor and washroom; also, 36x44 truck shop with 3 doors, fully wired with 200 AMP service; approx. 15 acres is pasture with heated drinker; property has hydro service, 4 year old well & septic field. Ready for mobile home, RTM or build on site. Located 9 miles NW of Riverton. Call or text 204-642-2249.

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.

MISCELLANEOUS

New Power Physics can help you with any kind of problem. Problems with your family, with your job or if you are going to jail, we can help you. Call for appointment. Winnipeg Beach 204-389-3449.

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mcsherryltd@gmail.com

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Charisons Turkey Hatchery is currently hiring for general labourer type positions.

- Full time and part-time positions available with competitive compensation and benefits package which includes health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

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Adam.stringer@homehardware.ca

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EMPLOYMENT OPPORTUNITY
Educational Assistants

Lakeshore School Division is currently looking for Casual and Full-Time Educational Assistants, commencing as soon as possible. EAs work under the supervision of a teacher, and shall assist the teacher in meeting the needs of all students as designated by the teacher/principal.

The ideal candidate

- Must have a passion for working with students
- Must be physically fit and reliable
- Must have strong interpersonal and organizational skills.
- Must conduct day-to-day business in a professional manner with respect for confidentiality regarding staff and students.
- Grade 12 or equivalent is required.

SALARY: As per collective agreement
- Casual positions available at all Lakeshore Schools
- Full-time (30 hours per week) anticipated positions open at Alf Cuthbert School, Ashern Central School, Ashern Early Years School, Fisher Branch Collegiate, Fisher Branch Early Years School, Broad Valley Colony School, Marble Ridge Colony School

Interested candidates may forward their application to:
Terri Otto
Student Services Administrator
PO Box 100
Eriksdale, MB R0C 0W0
Phone: 204-739-2101 Fax: 204-739-2145
Email: ottot@lakeshoresd.mb.ca

Deadline for applications: Ongoing until all positions are filled

Lakeshore welcomes applications from people with disabilities and accommodations for them may be available upon request. We thank all who apply for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers. For more details, please refer to the division's job description. Successful candidates must complete a Criminal Record/Vulnerable Sector and Child Abuse Registry check prior to commencing employment.

RECYCLING NOTICE FOR OCTOBER / 2024

Riverdale Place Workshop Inc. **WILL NOT** be picking up recycling on the below mentioned dates

October 8
at Arborg curbside pickup

October 10
at Riverton curbside pickup

October 22
at Arborg curbside pickup

October 24
at Riverton curbside pickup

The workshop will be closed on Monday Sept. 30 Truth and Reconciliation day and Mon. Oct. 14 Thanksgiving Day
Please rinse your containers
Thank you for recycling

NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
TOWN OF TEULON

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 16th day of October, 2024, at the hour of 11:00 AM, at Town of Teulon, 44 - 4th Avenue SE, Teulon, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
6600	LOT 3 BLOCK 5 PLAN 1155 WLTO IN E 1/2 21-16-2 EPM - 146 MAIN ST., TEULON	L -\$18,200	\$2,781.27
6700	LOTS 4 AND 5 BLOCK 5 PLAN 1155 WLTO EXC OUT OF BOTH OF SAID LOTS ALL MINES AND MINERALS AND THE RIGHT TO WORK SAME AS MORE FULLY SET FORTH IN INSTRUMENT NO. 460015 WLTO IN E 1/2 21-16-2 EPM - 152 MAIN ST., TEULON	L -\$36,300 B -\$165,600	\$9,378.01
34900	LOT 1 PLAN 2371 WLTO EXC ELY 60 FEET IN NE 1/4 21-16-2 EPM - 55 FIFTH AVE SE, TEULON	L -\$30,900	\$3,504.42

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Town of Teulon as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 10th day of September, 2024.

Managed by:
 Chris Yuen
Chief Administrative Officer
Town Of Teulon
Phone: (204) 886-2314
Fax: (204) 886-3918

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

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WANTED

Coins, Coin Collection, Old Jewelry,  Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

Wanted: USA, Canada, World Coin Sets & Coin Collections. Will buy entire collections & accumulations!

Todd
306-774-2420

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: **LULU INGIBJORG REBIZANT**, late of the R.M of Armstrong, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, ROC 1B0, on or before the 24th day of October, 2024. DATED at Gimli, Manitoba, this 26th day of September, 2024. **BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS** Attention: Grant D. Baker



NOSTALGIARAMA PRESENTS GRAND TRUNK NOSTALGIA CLUB Annual Vintage & Collectible Sale SAT, Sept 28th 2024 10AM - 5PM Manitoba's Largest Indoor Fall Vintage and Collectibles Sale with over 180 tables! If you're looking for something Vintage or Collectible, this IS the place to be. Admission is only \$5.00 12 and under FREE **Assiniboia Downs 3975 Portage Ave, Wpg. FREE Parking** For info: 204-990-3463 or 431-374-6925

SNOW REMOVAL TENDER

Ukrainian Farmers Co-operative Ltd. 

Ukrainian Farmers Co-op in Fisher Branch is accepting tenders for snow clearing.

- Contract is from November 2024 to March 2025
 - Snow to be stored on site
 - Must provide proof of 3 million Liability Insurance
 - Front 1/2 of lot must be cleared before 8:00 am
- For more information or if you have any questions, please contact Sandra Lappage at 204-372-6202. Tenders can be emailed to sandra.lappage@ukfarmerscoop.com or dropped off in a sealed envelope at our Customer Service counter. Lowest tender not necessarily accepted.
- Deadline for tenders is 5:00pm, October 24th, 2024.**



RURAL MUNICIPALITY OF COLDWELL PUBLIC NOTICE

BOARD OF REVISION

Public notice is hereby given that the 2025 assessment roll for the Rural Municipality of Coldwell has been delivered to the Municipal Office at 35 Main Street, Lundar, Manitoba and is open for public inspection during regular business hours.

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

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought.
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board

The Board of Revision will sit on Tuesday, November 12, 2024, at 10:00 am. in the Council Chamber of the Rural Municipality of Coldwell, 35 Main Street, Lundar, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is 4:30p.m. October 28, 2024.

Dated this 17th day of September, 2024.

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

RIVERTON CO-OPERATIVE ASSOCIATION LTD.

CO-OP SNOW CLEARING TENDER

The Riverton Coop is requesting Snow Clearing Tenders for the 2024/25 - 2025/26 winter seasons.

Snow clearing is required for the Food Store, located at 39 Reggie Leach Drive - front customer, back, employee parking lots. and west side delivery area.

Please provide tenders based on clearing (per hour) and possible removal of snow if necessary. Removal of snow is to be provided per load and indicated separately.

Please provide proof of insurance (Commercial/General Liability) in quote. Lowest tender not necessarily accepted.

Please contact Darlene or Kris for detailed information at (204)378-2251.

Tenders must be submitted to Riverton Coop Snow Removal Tender Box 160 Riverton, MB ROC 2R0 or hand delivered to administration office - Riverton.



Deadline for submission is October 23, 2024 at 5:00 PM.

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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **23rd** day of **October, 2024**, at the hour of **10:00 AM**, at 329 River Road, Arborg, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
166100	ALL THOSE PORTIONS OF LEGAL SUBDIVISIONS 9 AND 16 OF SECTION 8-23-4 EPM WHICH LIE TO THE WEST OF THE WESTERN LIMIT OF PUBLIC ROAD PLAN 3185 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN - 133128 ROAD20 E	L -\$51,000 B -\$140,100	\$8,584.51
410800	S 1/2 OF LOT 3 PLAN 2799 WLTO EXC. GREENWOOD AVE. PLAN 15218 WLTO IN LOT 5 WEST. OF 20-23-4 EPM. - 87 REGGIE LEACH DR., RIVERTON	L -\$7,000 B -\$119,400	\$6,104.86
411700	N 1/2 OF LOT 10 PLAN 2799 WLTO IN LOT 5 WEST OF SECTION 20-23-4 EPM - 129 FORD ST., RIVERTON	L -\$6,100 B -\$98,900	\$6,571.16
419600	LOT 11 PLAN 4961 WLTO IN RL 5 AND 6-23-4 EPM - 148 WILLIAM AVE., RIVERTON	L -\$6,600 B -\$19,700	\$3,713.83
437060	PARCEL 5 PLAN 10040 WLTO IN RL 6 WEST OF ICELANDIC RIVER IN 23-4 EPM - 190 PARK AVE., RIVERTON	L -\$9,500 B -\$139,500	\$8,085.25

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Municipality of Bifrost-Riverton as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 17th day of September, 2024.

Managed by:



Larissa Love
Chief Administrative Officer
Municipality of Bifrost-Riverton
Phone: (204) 376-2391
Fax: (204) 376-2742

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

www.mcna.com

ANNUAL GENERAL MEETING MONDAY, OCTOBER 7, 2024 2 P.M. TO 3:30 P.M.

Interlake-Eastern Regional Health Authority's Annual General Meeting will be held virtually via Teams. Registration is not required. Anyone interested may attend.

Visit <https://www.ierha.ca/about-us/annual-general-meeting/> for meeting documents that will be posted the day of the meeting and for the Teams meeting link.

Please don't hesitate to contact us at 1-855-347-8500, info@ierha.ca for more information and if you would like to submit a question in advance. We strive to make this meeting as accessible as possible. If you have recommendations, please email us at info@ierha.ca.



Interlake-Eastern Regional Health Authority



25 YEARS
Westshore
COMMUNITY FOUNDATION INC

Administrative Coordinator (Part-time, 6-month Term)

The Westshore Community Foundation, a charitable organization serving not-for-profit groups in the Gimli, Riverton, Fraserwood, Winnipeg Beach and Dunnottar areas, is seeking an Administrative Coordinator, responsible for the day-to-day operation of the Westshore office, located in Gimli and will report directly to the Westshore Board of Directors.

Working 20 - 30 hours per week, the Administrative Coordinator will be responsible for the day-to-day operation of the Westshore office. Duties will include, but are not limited to, support of the Board of Directors, including preparation of Agendas, recording minutes of meetings, assisting with event planning and execution. Also Donor and volunteer support, responding to telephone or email inquiries, updating files and maintaining financial records, preparing monthly reports and general administration support.

Qualifications and Experience

- Proficiency with QuickBooks and Microsoft programs required, including Word, Excel and Outlook.
- Experience with working with the public, maintaining filing systems, ability to create and interpret financial statements. Effective written and verbal communication skills, strong interpersonal skills with organizational skills.
- Able to work independently and prioritize tasks.
- Experience working with a Board of Directors and coordinating volunteers would be an asset.

As a Foundation committed to equity and accessibility, we encourage members of equity-seeking communities, including racialized minorities and Indigenous persons, persons with disabilities and persons of all sexual orientations and gender identities/expressions to apply.

To apply, please forward your Resume to admin@wcf-foundation.ca no later than October 9, 2024. All applications are appreciated, however, only those selected for further consideration will be contacted.



Rural Municipality of **FISHER**

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

INVITATION TO TENDER

SNOW REMOVAL

For the Hamlets of Hodgson, Broad Valley and Poplarfield

Please state what equipment will be used
Interested applicants must have liability insurance and registered with Workers Compensation Board
Equipment must be available upon request
Tenders to be dropped off at the Municipal Office, 30 Tache, Fisher Branch, no later than October 1, 2024 at 4:00 p.m.

Hodgson

17.7km from the town of Fisher Branch.
Approximately 1.91 KM Road to be cleaned

Broad Valley

15.4 km from the town of Fisher Branch
Approximately .9 km of Road to be cleaned

Poplarfield

22.5 KM from the town of Fisher Branch
Approximately 1.9 km of Road to be cleaned

Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher



Rural Municipality of **FISHER**

PUBLIC HEARING NOTICE

FOR CONDITIONAL USE ORDER

UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING
Conditional Use Order [2024-01]

The Rural Municipality of Fisher, under the authority of The Planning Act, will hold a PUBLIC HEARING, 30 Tache Street in Fisher Branch on October 2, 2024 at 11:00 a.m. at which time and place Council will receive representations from the applicant and any persons who wish to make them in respect to the following application under the RM of Fisher Zoning By-law 1055/00

Where: 9 Lilac Street in Fisher Branch Being Lot 2 Plan 23086 WL TO

Property Owner: Clinton and Evan Plett

Proposal: To allow a Two-Family Dwelling on UR Zoned property

Zoning: UR (Urban Residential)

Area: 9 Lilac Street in Fisher Branch



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

For information contact:

Kelly Marykuca, Secretary
Fisher Armstrong Planning District /CAO RM of Fisher
204-372-6393

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Estate & Moving
October 9th @ 7:00PM

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Stonewall, MB
204-467-1858
or 204-886-7027
McSherryAuction.com

MANITOBA BEEF & FORAGE CONFERENCE

8 AM - 5 PM
October 30th, 2024
William Glesby Centre,
Portage la Prairie, MB

Hear from industry experts and local producers about a variety of topics related to beef cattle production!

Organized by MB Agriculture in partnership with MB Beef & Forage Initiatives, and MB Beef Producers.

For more info call:

204-761-3300

Or visit: manitoba.ca/agriculture/livestock/beef-conference.html

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BRIDAL SHOWER



Please join us for the Bridal Shower of Darcie Stanowski
Bride-elect of Eldon Sinclair
on October 5th at 1 p.m. at
The Arborg Community Hall
Registry at Arborg Home Hardware
and myregistry.com

They will also graciously accept gift cards for Amazon, Canadian Tire & Home Hardware
Donations at
Arborg Co-op Grocery and Home Hardware

BRIDAL SHOWER



Join us for a
Bridal Shower in honour of
Samantha Janower
Bride-elect of Simon Cutler
October 26, 2024
Arborg-Bifrost Community Centre
1 p.m. - 3 p.m.
The bride-to-be is registered
at myregistry.com
Donations may be left at Interlake Co-op
Halloween themed social to follow at 8 p.m.
For social tickets contact 204-378-0323

OBITUARY



Gordon Neal Johnson

June 4, 1974 - September 13, 2024

It is with heavy hearts that we announce the passing of Gordon Johnson, a devoted husband, loving father, and dedicated community volunteer, who left us peacefully on September 13, 2024 at the age of 50, after a brave battle with cancer.

Gord is survived by his loving wife, Amanda; their three children, Hanna, Riley, and Brent, who were his greatest joys and sources of pride. He instilled in them the values of hard work, kindness, and community service. He is also survived by his parents, Tom and Maureen Johnson; brothers, Mark (Kristina) Johnson and Jamie (Sandra) Johnson; mother-in-law Lorna Hordal; sisters-in-law Deanna (Justin) Cooper and Kara (Justin) Crockatt; brother-in-law Ryan (Melissa) Hordal and a close-knit family of nieces, nephews, aunts, uncles, cousins and friends who will carry his spirit in their

hearts.

Gord is predeceased by his father-in-law Randy Hordal.

Born on June 4, 1974 in Winnipeg, MB, Gord spent his life working the land he loved, embodying the values of hard work and perseverance. He took immense pride in his farm where he nurtured crops, cattle and relationships with his family, friends, and neighbors. Gord's commitment to service extended beyond the farm; he was actively involved in local organizations and initiatives, always ready to lend a hand. He spent many hours at the rink, sharing his enthusiasm for the sport of hockey with friends and family, playing the sport, coaching local teams, and being President of the Lundar Falcons Junior B team for 10 years. During his free time, Gord enjoyed vacationing with his family and many outdoor activities such as hunting and fishing with family and friends.

The family would like to thank all of the wonderful doctors and healthcare professionals who helped Gord over the past year. A special thank you to Doctor Dawe at CancerCare Manitoba and Doctor Tinguely at Sanford Roger Maris Cancer Center in Fargo, ND.

A Celebration of Gord's life will take place at 2:00 p.m. on October 5, 2024 at the Lundar Curling Rink with Cindy Thorkelson officiating. A luncheon will follow.

In lieu of flowers, donations may be made to the Lundar Grettir Co-op Inc., PO Box 334, Lundar, MB R0C 1Y0, a cause Gord passionately supported.

Gord's spirit will live on in the fields he tended and the hearts of those who loved him. He will be profoundly missed but fondly remembered by all who had the privilege of knowing him.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1-204-768-2072

1-866-323-3593

OBITUARY

Laurence Pepler

December 14, 1935 - September 21, 2024

Laurence passed away peacefully at home at the age of 88.

He will be dearly missed by his partner Joyce; daughter Kim (Bruce); granddaughter Heather (Frank); great-granddaughters Rayna (Jace) and Chloe (Kobe); sister Audrey (Jerry) as well as many nieces, nephews and friends.

As per Laurence's wishes no formal funeral will be held.

Arrangements by:

ARNASON FUNERL HOME

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OBITUARY

Tanas (Dennis) Deneka

A kind man of gentle spirit left us on Saturday, September 14, 2024 and has now joined his loving wife Alice who predeceased him in 2013. Also predeceased are Dennis' parents Andrew and Katerina Deneka, his siblings: Katherine Lisowick, John Deneka and Metro Deneka.

He is survived by sister-in-law Emily (Metro) Deneka. Left to cherish his quick witt, charming personality and many heartwarming memories are his nieces and nephew: Margaret du Croix, Lydia Firman, Sharon Melnychuk, Angela Smikles and Hank Deneka along with their extended families.

Dennis was born in Nowy Lubliniec, Poland on August 10th, 1932. At the age of four, he immigrated to Canada with his mother and siblings to join their father on a homestead in Okno, Manitoba. Following the completion of his education in Arborg, he moved to



Winnipeg and got his first job at The Marlborough Hotel. With his first pay check he purchased a new jacket and said he looked just like James Dean.

In 1954 at a Social Gathering in Winnipeg Dennis met Alice Rojowski, a visitor from Alberta. They dated and were married on October 27th, 1956. Their first home was in Transcona followed by their cherished home in St. James until his passing. He had a long standing sales career with Welder's Supplies in Winnipeg. At the age of 61 Dennis took up farming on weekends on the family homestead and neighbouring quarters. He continued grain farming until his senior years.

A Funeral Service was held on September 20th, 2024 at Cropo Funeral Chapel in Winnipeg, Father Michael Winn officiating. Interment followed at All Saints Cemetery 4535 Main St. Winnipeg.

Donations may be made to your charity of choice.

Rest in Peace Dear Uncle - "Vichnaya Pam'yat"

Tributes: www.cropo.com

OBITUARY



Lisa Gail Baker

It is with great sadness that we announce that Lisa Gail Baker (nee McDonald) passed away suddenly on August 18, 2024. She was 57 years old.

Lisa was the best mom, wife, daughter, sister and aunt. Left to miss her are her son Mitchell; husband Grant; parents Sophie and Bill McDonald; sisters Wendy (Ron) Ellis and Joanna (Tim) Broschuk; nieces Katie (Andrew) Choat and Alex (Cody) Page; great-nephew Billy; and her Labradors, Barkley and Murphy.

Born in Winnipeg and grew up in Transcona, Lisa settled in Gimli, where she worked as a registered nurse on the dialysis unit at the Gimli Hospital. Lisa loved being a part of the Gimli community and was a supporter of many community events and causes including the Evergreen Festival of the Arts.

Lisa was an enthusiastic camper since her childhood. She travelled all over Manitoba, Canada, and the United States, chasing eclipses, the best fishing spots, and a good berry patch. Every year she looked forward to bringing the camper out to her favourite place in the world: the Winnipeg Folk Festival. Lisa always looked for the next great adventure. She was a friend to everyone and knew how to make those around her feel truly special.

Lisa took great pride in being a nurse, the past 25 plus years being spent working in dialysis units in the Health Sciences Centre, Seven Oaks Hospital, and for the past 10 years in the Gimli Hospital. Lisa cared about her patients and she was a strong advocate for each of them. She also developed many friendships with the nurses and other staff in every place where she worked and she valued these friendships greatly.

Over anything, Lisa's greatest joy in life was being Mitch's mom. She was there for every special event, and every bump in the road, cheering him on with her trademark enthusiasm and a big smile.

Lisa loved with her whole heart and made things magical wherever she went. She was the rock of our family and we miss her more than anything.

A gathering of her friends, family and colleagues will be held at the Lakeview Gimli Resort at 2 p.m. October 6th, 2024.

Flowers are gratefully declined. Those who wish may make a contribution to the Evergreen Festival of the Arts, Box 1565, Gimli, MB., R0C 1B0.

Your memory will live forever Engraved within our hearts

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OBITUARY



Lawrence Grabowiecki
October 10, 1935
– September 6, 2024

Lawrence Grabowiecki's
favorite quote:

"Life's journey is not to arrive at the grave safely in a well-preserved body, but rather to skid in sideways, totally worn out, shouting, my goodness, what a ride!"

It is with profound sadness that we share the passing of Lawrence Grabowiecki on September 6, 2024, who left us

unexpectedly due to a heart illness that he kept private. We never saw this coming and certainly never thought this would happen to him. Dad was an amazing husband, father, grandfather, brother, and partner. His sense of humor and laughter lit up a room while his warmth and kindness left a lasting impression on anyone he met.

Dad was born on October 10, 1935 at the family homestead in Sandy Hook, Manitoba, the second child of John and Jenny Grabowiecki. Growing up in a hard-working family, Dad's father, John, ran a construction company, while his mother tended a large garden and worked at the Johnson Memorial Hospital in Gimli. As a child, Dad often joined Jenny in selling vegetables by horse and buggy, a memory he cherished. During Manitoba's cold winters, Dad, his dog Oscar and his friends played road hockey, using frozen cow dung as a puck—a story he loved to retell, especially with his best friend Lornie Bohonos.

By the 1950s, Dad was ready for adventure. He bought his first Harley Davidson motorcycle he rode to Edmonton, Alberta, where he found work operating heavy machinery. Whether on a bulldozer, a belly scraper or his Harley, Dad was always smiling.

On a sunny day in Edmonton in 1958, Dad's life took an unexpected turn. While riding his motorcycle, he was involved in an accident with a semi-truck. Close to death, Dad was taken to a local hospital where he was subjected to many surgeries and medical treatments. The road to recovery was long, but this accident truly ended up being one of the best things to happen to Dad as it was at the Edmonton Hospital that he met his future wife, Claudette.

Over the next two years, their relationship flourished. In 1960, Claudette's family relocated from Edmonton to Los Angeles, California. Her father, George, had made it clear that Dad could not propose to Claudette until she turned 18. Two years later, just days before her 18th birthday, Dad set off on a 2,900-kilometer journey from Edmonton to Los Angeles in his Volkswagen Beetle. Arriving at their home at 12:01 a.m. on February 10, he knocked on the door, waking Claudette and her family to propose. Within five months they were married!

Dad and Claudette were blessed with three children: their eldest, Colette, followed by Larry Jr. and their youngest daughter, Claudine.

In the spring of 1974, the family, along with their cat Eddie, packed their belongings and moved back to Canada, first settling in Vernon, BC, before eventually making Kamloops their home.

Canada Safeway became Dad's second home where he spent over 30 years as one of Kamloops best meat cutters! Every fall during hunting season, he became well known as the "Traveling Butcher". For over 20 years he processed game on the side, enjoying all the stories and people he met along the way.

Family dinners were enjoyed with many laughs and plenty of love to go around. Vacations alternated yearly between visiting family in Los Angeles or family in Sandy Hook, Manitoba.

In the fall of 1994, tragedy struck when Dad and Claudette lost their eldest daughter, Colette, and then in February 1996, just two days after her 52nd birthday, Dad lost his wife Claudette to a broken heart. The next few years proved to be rough for this man, but in true Grabowiecki spirit, he picked himself up, dusted himself off, and began to enjoy all the things that life has to offer and vowed to live to 100 for his children.

In 1997, Dad joined Sun Peaks Resort as a Sun Guide and for 15 years he guided hundreds of guests from around the world every Monday morning during the ski season. His dedication was recognized when he was awarded the prestigious Sun Guide of the Year award. Dad was always on the move and was physically active as a member of the Kamloops Hiking Club, the Dragon Boat Club, the Kiwanis Club, and additionally volunteering his time selling charity raffle tickets.

In 2014 while spending time at the family homestead in Sandy Hook, Manitoba, Dad met Heather Ritchie at a mutual friend's dinner. It did not take long for these two "Winnipeg Beach" locals to hit it off and quickly a strong loving relationship developed. Over the years Dad spent more time in Winnipeg Beach/Sandy Hook and less time in Kamloops. The relationship between Dad and Heather continued to blossom, right until his passing. These two were fortunate to enjoy a decade of love, travel, snowmobiling, socializing, dancing, laughter and many nights in front of a wood burning stove, sipping on a "holy water" while solving the world's problems. For the second time in his life, Dad found a woman he was madly in love with!

A lifelong reader, Dad's personal library exceeded 1,000 books at the time of his passing. His passion for reading sparked a deep desire to write, and he authored several books filled with his own favorite inspirational quotes and sayings. He often wrote late into the night and even in his final days in the hospital, he continued his creative work, dictating one last piece to his daughter Claudine.

Dad is survived by his sister June Petersen, his son Larry Jr, daughter Claudine, his daughter-in-law Kelly Grant and grandsons Skyler and Taytum as well as his favorite sister-in-law Terri Cosgrave.

A gathering of Family and Friends will be held to Celebrate Larry's Life on Saturday, October 19, 2024 at 103045 Trevino Trail, Sandy Hook, Manitoba from 2:00 p.m. to 4:00 p.m.

A good man, a kind heart and a great storyteller. He had a way of making those around him feel special and he appreciated and coveted every relationship that he had.

To a life well lived. We love and miss you Dad.

OBITUARY



Olga Phyllis Huminicki (nee Legin)

Peacefully, on the morning of September 17, 2024, Olga passed away at the age of 95 at the Betel Care Home in Gimli. Touchingly, she joined her late husband, Nicholas, on what would have been his 101st birthday. Left to cherish her memory are her three children: David (Debbie Ammeter), Donna (Myron) Paryniuk and Bill (MaryAnn Kibsey); five grandchildren: Amanda (Roland Gillies) and Sarah Huminicki, Nicholas and Alexis Paryniuk, and Elias Huminicki; as well as numerous nieces, nephews and friends.

Olga was predeceased by her husband of 55 years, Nicholas; her father Vladimir (Walter) Legin; her mother Maria Legin (nee Zelinska); her sister Antonia (Peter) Dobrowolski; her brother Michael (Annie) Legin and her brothers and sisters-in-law Christine (Joe and Kay) Nazimek, Paul (Pauline) Huminicki, Walter (Mary and Anna) Huminicki, Mary (John) Trach, Pearl (Walter) Senick, Doreen

(Boris) Musick, and her niece Patricia Tennescoe.

Olga was born on December 8, 1928 and raised in Poplarfield. She was very bright and skipped two grades, making her the youngest girl at the Teulon High School, where she lived in residence. In 1950, Olga obtained a Professional First Class Teacher's Certificate and began her career teaching in Broad Valley. Later, Olga wanted to update her credentials and in 1977, she graduated with a Bachelor of Arts degree with a Major in History from the University of Manitoba. Olga taught for a total of 43 years, most of which were spent teaching Grade 2 at Winnipeg Beach School.

On October 17, 1953, Olga married Nicholas and moved to the family farm west of Winnipeg Beach. She added farm-assist to her resume, when she helped raise the animals and grow the vegetables that sustained her family through the winter. Olga was a wonderful baker (amazing donuts) and a great cook (could make something out of nothing). Olga loved her grandchildren and was always available to help care for them. She and Nick liked to travel to warm places like Barbados and to not so warm places like Weyburn to visit Mike and Surrey to visit Antonia. Later in life, Olga developed dementia which stole her precious memories and left her frustrated and bewildered.

The family would like to thank the staff at the Betel Home Foundation for the care and compassion given to Olga during her time there, and the staff at Gilbert Funeral Home for their professional and helpful service.

In lieu of flowers, donations may be made to the Alzheimer Society of Manitoba. A Service of Remembrance was held on Monday, September 23rd at 11:00 a.m. at Gilbert Funeral Home at 309 Eveline Street in Selkirk. The interment followed at Holy Rosary Roman Catholic Cemetery, Kernstead Road, Winnipeg Beach.

Tributes: www.gilbertfuneralhome.com

Rest in peace our beloved mother.
VICHNAYA PAM'YAT

Gilbert Funeral Home, Gimli in care of arrangements.



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> MEAL IDEAS



Caterpillar Sandwich

each.

Lay American cheese, ham and lettuce leaf on one bread slice then top with other bread slice.

Using biscuit cutter, punch four holes into sandwich, removing crust from sandwich, then set aside.

Using toothpick or knife, poke two holes into cherry tomato. Insert small cores of carrot into tomato for "antennae."

Using pastry tip, cut "eyes" out of provolone cheese. Cut out sliver of provolone cheese for "mouth."

Dab mayo on back of "eyes" and "mouth" then attach to cherry tomato.

Use black decorating gel to add tiny dots to eyes for pupils; set aside.

Place four mini sandwich circles on plate to form caterpillar body then place cherry tomato face at one end.

Total time: 20 minutes
 Servings: 1
 2 slices whole-wheat bread
 mayonnaise, divided
 1 slice Kretschmar American Cheese
 2 slices Kretschmar Off the Bone Ham
 1 leaf iceberg lettuce
 1 cherry tomato
 1 carrot, shaved
 1 slice Kretschmar Provolone Cheese
 black decorating gel
 On two slices whole-wheat bread, spread thin layer of mayonnaise on



Spiced Pineapple Skewers

Total time: 30 minutes
 Servings: 4
 8-10 stainless steel or wooden skewers
 16 ounces pineapple,
 1 1/2 pounds Kretschmar Spiced Pineapple Ham
 1/2 cup Hawaiian-style barbecue sauce
 1 green bell pepper
 1 red bell pepper
 1 small red onion
 1/4 cup canola oil
 1 teaspoon salt
 black pepper, to taste
 oil, for grates

Prepare skewers. If using wooden skewers, soak in water 30 minutes.
 Heat grill to 300 F.
 Trim and cut pineapple and ham steak into 1-inch cubes, 1/2-inch thick, and lay on paper towel to pat dry before placing in mixing bowl. Add barbecue sauce to bowl. Toss to combine.
 Cut bell peppers and red onion into equal-sized, 1-inch cubes. Place in small bowl and coat with canola oil, salt and black pepper, to taste.
 To assemble skewers: Alternate threading ham, pineapple, bell peppers and onion onto skewers then place on baking sheet.
 Using paper towel, apply oil to grill grates or grill pan then place skewers on grill uncovered, turning every few minutes until charred, no longer than 6-7 minutes.

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Wilf Ashley, Arborg.....\$479.00	Archie Thompson, Arborg.....\$549.00	Arnold & Shirley Jonasson - Arborg.....\$969.00
Jake Barkman, Riverton.....\$619.00	Amanda Unger, Riverton.....\$799.00	Eric & Stella Funk - Gimli.....\$889.00
Mike & Thelma Blahay, Arborg.....\$557.00	Evelyn Wallace, Poplarfield.....\$899.00	Lorna Dolphim - Arnes.....\$515.65
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Judy Wells, GrandePointe.....\$119.00	Maureen Blandford - Arborg.....\$79.00
Karen Dzaid, Arborg.....\$499.00	Lynn Bear, Peguis.....\$239.00	Christina Asham - Peguis.....\$2,007.00
Natalia & Roger Eyoifson, Riverton.....\$1,638.00	Hazel Brunen, Eriksdale.....\$729.00	Julia Penny - Winnipeg.....\$549.00
Randy & Glenda Forster, Hodgson.....\$1,898.00	David Chudy, FisherBranch.....\$1,499.00	Rita Kirkness - Koostatak.....\$2,897.00
Perry & Genni Hibbert, Arborg.....\$479.00	Susie and Brian Eyoifson, Riverton.....\$528.00	Kassidy Brooks - Peguis.....\$668.00
Kris & Begga Johannesson, Riverton.....\$939.00	Nelson Hudson, Koostatak.....\$629.00	Crystal & Aaron Magnusson - Riverton.....\$999.00
Rick & Sheila Johnston, Arborg.....\$349.00	Larry and Valerie Kornelsen, Arborg.....\$799.00	Barry McKay - Fisher River.....\$399.00
Donna Jonasson, Arnes.....\$399.00	Jason Loewen, Arborg.....\$859.00	Oliver & Florence Flett - Peguis.....\$498.00
Jeanette Kist, Gimli.....\$1,217.87	Rita Milne, Gimli.....\$1,327.43	Leonard & Donna Gulay - Arborg.....\$669.00
Kevin & Lisa Klyn, Arborg.....\$774.00	Minerva Ladies Aid, Gimli.....\$659.00	John & Carol Petkau - Arborg.....\$49.99
John & Tina Kornelson, Arborg.....\$689.00	Sheila Murdoch, Koostatak.....\$1,018.00	John & Carol Petkau - Arborg.....\$49.99
Kent & Helena Kostshyn, Lundar.....\$639.80	Ruth Otto, Ashern.....\$1,829.00	John & Carol Petkau - Arborg.....\$49.99
Thomas Kowalchuk, Fraserwood.....\$499.00	Gwen Adams, Matlock.....\$1,499.00	John & Carol Petkau - Arborg.....\$49.99
Edward Penner, Arborg.....\$619.00	Buddy Chudy, Fisher Branch.....\$1,298.00	John & Carol Petkau - Arborg.....\$49.99
Keith Poleschuk, Arborg.....\$2,082.00	Dave Crate, Koostatak.....\$529.00	John & Carol Petkau - Arborg.....\$49.99
Curtis Spence, Hodgson.....\$479.00	Frank Dziedzic, Stonewall.....\$859.00	John & Carol Petkau - Arborg.....\$49.99
Tanya & Lyle Thorngilsson, Lundar.....\$329.00	Heath Fedorchuk, Gimli.....\$1,119.00	John & Carol Petkau - Arborg.....\$49.99
Nancy Woychyszyn, Arborg.....\$766.00	Ilean Halidane, Winnipeg Beach.....\$1,979.00	John & Carol Petkau - Arborg.....\$49.99
Mathew & Gemma Avison, Arborg.....\$399.00	Susan & Greg Brown, Lundar.....\$1,713.00	John & Carol Petkau - Arborg.....\$49.99
Raymond Bazinet, Eriksdale.....\$389.00	Joan Krulicki, Arborg.....\$1,269.99	John & Carol Petkau - Arborg.....\$49.99
Lynn Bear, Peguis.....\$1,044.00	John Logan, Teulon.....\$439.00	John & Carol Petkau - Arborg.....\$49.99
Ken & Linda Cherepak, Arborg.....\$49.01	Todd and Lisa Mazur, Fisher Branch.....\$72.40	John & Carol Petkau - Arborg.....\$49.99
Debbie Deveau, Eriksdale.....\$249.00	Peter and Sarah Naylor, Arborg.....\$1,328.99	John & Carol Petkau - Arborg.....\$49.99
Dorothy Duchack, Gimli.....\$899.00	Peter and Lisa Sawatzky, Arborg.....\$249.00	John & Carol Petkau - Arborg.....\$49.99
Sid & Beatrice Dueck, Arborg.....\$569.00	Donna Skinner, Arborg.....\$50.94	John & Carol Petkau - Arborg.....\$49.99
Don Firman, Arborg.....\$529.00	Allen Spence, Hodgson.....\$1,199.00	John & Carol Petkau - Arborg.....\$49.99
Heather Hamberg, Teulon.....\$749.00	John and Mary Troyan, Arborg.....\$868.99	John & Carol Petkau - Arborg.....\$49.99
Matthew Hamberg, Winnipeg.....\$399.00	Boyd Abas, Hodgson.....\$338.99	John & Carol Petkau - Arborg.....\$49.99
Star Johnson, Arborg.....\$548.00	Sharon J. Bear, Peguis.....\$39.99	John & Carol Petkau - Arborg.....\$49.99
Allan & Janie Johnson, Riverton.....\$1,039.00	Sophie Bristow, Gimli.....\$49.00	John & Carol Petkau - Arborg.....\$49.99
Brenda Kayer, Teulon.....\$399.00	Susan & Greg Brown, Lundar.....\$1,713.00	John & Carol Petkau - Arborg.....\$49.99
Wayne & Kathy Kristinnson, Arborg.....\$499.00	Elaine Foster, Ashern.....\$449.00	John & Carol Petkau - Arborg.....\$49.99
Jeff Meisted, Gimli.....\$120.00	Linda Bruce, Matlock.....\$408.00	John & Carol Petkau - Arborg.....\$49.99
Beverly & Bryan Plett, Arborg.....\$2,148.00	Dan & Nyla Klatt, Grahamdale.....\$649.00	John & Carol Petkau - Arborg.....\$49.99
Bruce Reimer, Arborg.....\$1,308.00	Rosemarie Kawalenko, Arnes.....\$1,929.00	John & Carol Petkau - Arborg.....\$49.99

A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.
At closing, 5 p.m. Sat. Sept. 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.
Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.
We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.
Larry Kornelsen
Smitty's

SOLID WOOD CANADIAN MADE BEDROOM FURNITURE AVAILABLE

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

Recliners starting as low as \$579

Sofas STARTING AS LOW AS \$699

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

Fridge 17.6 cu. ft. \$899

BEDS, BEDS, BEDS, 17 Models on Display From \$389-\$2899

SALE RULES
• All sales must be paid in full to qualify for this sale.
• Visa, Mastercard or Smitty's Credit Cards accepted.
• Sale Starts 9 a.m. Tues., Sept. 3rd and ends Sat., Sept. 28th, 5p.m.
• All purchasers on free day will be notified and receive their full refund by Friday, Oct. 4, 6p.m.
• All sales tallies and free day will be verified.
• Commercial sales excluded in tallies and free day.
• All taxes excluded in tallies and refunds.
• No returns or cancellations.

GRAND TOTAL TO DATE \$323,765.66



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