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Lac du Bonnet CLIPPER

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Vol. 33 No. 47 Serving Lac du Bonnet, Pinawa, Alexander, Powerview-Pine Falls and the Winnipeg River corridor November 28, 2024

PCH site preparation set for December

RM, Town councillors travel to Manitoba Legislature for confirmation from Premier

By Simon Ducatel

Site preparation for the future Lac du Bonnet personal care home is scheduled to begin next month.

That was the message received by members of Town and RM of Lac du Bonnet councils, who travelled to the Manitoba Legislature Nov. 7 to meet with Premier Wab Kinew and Minister of Health, Seniors and Long-Term Care Uzoma Asagwara to discuss the lack of activity with the PCH.

"We were promised about a year ago that construction would be starting this year. They confirmed that lot clearing is starting in the second week of December," said Lac du Bonnet Deputy Mayor Keegan Sveinson. "There's been a couple of sod turnings for this same event. But this is the one that's happening."

Sveinson said construction on the two-storey, \$66.4 million, 95-bed facility could get started early in 2025 with the opening expected in April 2027.

This past March, Kinew and Asagwara were in Lac du Bonnet to announce the on again, off again Lac du Bonnet PCH was back on. Since then however, the lack of activity has had locals wondering why nothing was happening on a project that has been 30 years in the making.

Both Sveinson and Reeve Loren Schinkel said the recent meeting in Winnipeg went as well as hoped for.

"It was a very informative meeting... for a project that's been at the top of our regional needs here for many, many years," said Reeve Loren Schinkel. "It was an exciting news day for us, certainly, and our regional residents here as well."

Sveinson said he appreciated the provincial government's collaboration with the Lac du Bonnet Heritage Corporation, which had put in the legwork identifying the community's needs.

"They stated that we have been the lead on this; we're the local experts, so they're... putting their faith in us and building the facility," Sveinson said.

"We understand what the needs are – it's just that we can't do it by ourselves," Schinkel said. "That's why dialogue, a plan



File photo

Lac du Bonnet Couns. Keegan Sveinson (left) and Vi Enns-Preston, Minister of Health, Seniors and Long-Term Care Uzoma Asagwara, Reeve Loren Schinkel, Couns. Jeff Easton and Greg Short, Premier Wab Kinew, CAO Marley Seymour and Coun. Cindy Kellendonk at the Manitoba Legislature.

moving forward and working together is the only way to do it."

While the municipality has donated land, funds have been raised and service groups like the Lions are prepared to offer further support, the province is providing the bulk of the funding, said Sveinson, adding Shared Health will be taking the lead.

The modern design will feature a Scandinavian-style community setup. Sveinson said they'll have neighbours that they can hang out with instead of "boring hallways and everyone being stuck on their own."

Schinkel said previous designs were drafted, with the final version being the third rendition. A lot of money has been spent, and countless volunteer hours accrued along the way.

"Our seniors are waiting and watching, and there isn't a day that passes that we don't get a question saying, 'Hey, what's happening here?'" said the reeve, adding that message was conveyed to the premier.

Describing the facility's design as a "small homes concept," it will provide much-needed capacity, with the community currently limited to a 30-bed personal care home.

"Those 30 beds are going to go over to the new facility, so it'll be an additional 65-bed facility in that regard," Schinkel said.

Once vacated, the existing building – attached to the Bonavista independent living facility – will be converted for assisted care living. That means there will soon be three stages of care: independent, assisted living and the personal care home.

Sveinson said the project is "going to be

super-transformative for the community" and will enable seniors to remain near friends and family.

"What this means for us is that we can keep our grandparents closer to home... rather than shipping them out to Winnipeg where it's hard to visit them," Sveinson said. "I've had two grandparents live out their last days in hospital rooms rather than in a care home, which is a terrible place to see a family member. So I'm just glad that we can increase that quality of life for people in the community."

Although certainly a major step forward, it was perhaps still a bit premature to start celebrating.

"We'll do that when the facility opens," said Schinkel. "That's when we'll pop the corks."

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Photo by Kim Friesen

Amazing actors will impress in Haystack Productions' *Under the Big Top*.

Haystack Productions ready to join the circus

Haystack Production's Youth Company are proud to present their latest production, *Under the Big Top*, at St. Paul's United Church from Dec. 10-14.

Under the Big Top is a raucous circus play, full of clowns and jugglers, laughter and mayhem. It is a definite must see. It seems the bank is going to foreclose on the Marlow Little Big Top Circus unless Mr. Marlow can miraculously get the loan repaid in three days. Step right up for an evening of memorable fun, lots of laughs and of course,

many clowns.

Under the Big Top rolls into Beausejour for six shows only. Don't miss the clowns, and tight rope walkers, the snake charmers, lion tamers and of course the cotton candy.

Running from Dec. 10-14, evening shows are at 7 p.m. with the doors opening at 6:30 p.m. There is a matinee on Saturday, Dec. 13 at 2 p.m. with doors opening at 1:30 p.m.

Tickets are \$15 and available at Beausejour Co-op Gas Bar and Pen-

nyweight Market. For more information call Lori at 204-268-5767.

Haystack Productions is a not-for-profit volunteer organization formed to

provide community theatre opportunities for youth and adults in Beausejour, Lac du Bonnet, Pinawa, Whitemouth, Springfield and beyond.



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2024
Sunday • December 1
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6:30 pm

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Help Light Up the Community Christmas Tree!

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WINTER MARKET & FESTIVAL

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Friday, December 6, 2024.

Have you heard? On Friday, December 6, 2024, from 5:00 - 9:00PM the RM of Springfield is thrilled to bring you Frost & Fun! The event will have the activities you know and love from Magic on Main, now re-imagined with a new name and one convenient, central location.

You can look forward to:

- A Local Vendor Market
- Crafts and Activities for all Ages
- Bonfires and S'mores
- Photos with Springer as Santa
- and more!

The festivities will be held at the Administrative Office at 100 Springfield Centre Drive, Oakbank, and visitors can follow the light tunnel to the Oakbank Firehall and discover unique, handmade goods from local makers. It's the perfect opportunity to support small businesses, enjoy holiday fun, and make memories with family and friends.

Interested in sponsoring the event?

Visit our website for more information.



For More Information
RMofSpringfield.ca/

Motions aplenty at AMM convention

Retail liquor sales, community safety, Crown land misuse all talking points

By Tony Zerucha

Reviewing the Municipal Board and revising liquor regulations were among the motions brought forward by municipalities for discussion at the Association of Manitoba Municipalities (AMM) convention in Winnipeg Nov. 25-27.

The Municipal Board's structure and purpose are under close scrutiny. It's a popular topic, given that 22 municipalities sponsored a joint motion for the removal of "unnecessary or outdated roles and functions", general improvements and a third-party review of the board's processes.

"It has to have a review," RM of Springfield Mayor Pat Therrien said. "As time goes on, outdated parts need changing."

RM of Lac du Bonnet Coun. Cindy Kellendonk is on the AMM Resolutions Committee. She said government policies need regular review to meet the needs of a changing economy and society.

"They're looking to improve (the Municipal Board), which would be good for the Province of Manitoba," Kellendonk said. "What will the changes look like? We're looking for efficiencies and support for economic growth."

Beausejour and the RMs of Lac du Bonnet, White-mouth, Reynolds and Alexander to ask the Province of Manitoba to review current Manitoba Liquor and Lot-

teries eligibility criteria for rural businesses applying to become retail liquor vendors. Increased input from local municipal councils, community organizations and ratepayers should also factor into eligibility assessments.

Kellendonk said these policies are archaic and stifle rural economies and business owners seeking diversification. They also impact people without transportation who need to pick up a bottle of wine for a family event.

"They may work well in an urban setting, but in a rural setting, they don't work at all," Kellendonk said.

A related proposal seeks to remove the requirement for retail beer vendors to be located in a hotel. Sponsors reason that if the government permits stand-alone wine and cannabis vendors, they should also allow such beer vendors. Should the change be made, the sponsors called on the Province of Manitoba to work with the AMM and Manitoba Hotel Association to ensure this doesn't negatively impact rural hotels.

Community safety and health were other popular topics. A motion asks the province to fund institutional safety officers within all Manitoba hospitals due to a growing list of incidents.

Kellendonk said something needs to be done to ensure the safety of patients and staff, someone who can help keep calm and assist.

"In some areas, it definitely is a need," she noted.

Therrien said the underlying problem causing hospital safety issues must be addressed. Don't just throw money at it.

"We have to attack the problem at its core. It's never been addressed," he said.

Eastern Manitoba municipalities banded together to ask the AMM to lobby the province over uncontrolled use of Crown lands. Issues include dangerous ATV use, camping, fires, littering, discharge of firearms, public use of intoxicating substances and brawling. The municipalities said this has caused known deaths and consumes RCMP resources.

Kellendonk said Crown lands don't monitor or maintain their properties. This forces RM staff to clean up refuse and hazardous material at sites. There are even cases where farmers leasing Crown lands are held responsible for nefarious activities there.

Regarding weight restrictions and damaged municipal roads, transportation requests begin with increasing the weight limits to RTAC standards on provincial gravel roads. The sponsor believes that will better allow farmers and other business people to transport goods to RTAC highways. That necessitates infrastructure improvements, which will require comprehensive planning.

Eastern municipalities also teamed up to ask the AMM to lobby the province to allow motor carrier enforcement officers to aid in enforcing spring weight restrictions on municipal roads or designated municipal roads. A standardized set of regulations is also required.

"I'm all for that," Therrien said. "That's what they're there for."

Therrien said larger operations mean larger commercial vehicles are on the roads. Producers need those larger vehicles, but they cause damage.

As the province restricts more provincial highways, traffic is increasingly diverted to municipal roads. This increases the damage and resulting repair costs.

"We've had numerous problems with that over the years," Kellendonk said. "Excessive moisture and weight destroy those routes, and that impacts the residents who live there. There has to be a better process for addressing it."

Law enforcement concerns continue with some municipalities calling for the ability to set speed limits on designated portions of provincial trunk highways and provincial roads passing through urban areas. They argue the need for provincial approval causes significant delays.

Kellendonk said local knowledge of trouble spots must be incorporated into decisions by Manitoba Transportation and Infra-



File photo
Eastern Manitoba municipalities want to lobby the province over uncontrolled use of Crown lands including ATV misuse, camping, fires, littering and discharging firearms.

structure (MTI). She said the RM of Lac du Bonnet has been asking for a speed reduction for several years near the Lee River Bridge, but has been denied.

"They're waiting for another accident to happen," Kellendonk worried. "A few years ago, a woman was killed in that area. "MTI must listen more to what RM identify as critical

areas of need."

There is also a push for the province to allow municipal police services to use image enforcement on public streets and highways. Only Winnipeg currently can.

"I'd be for that," Therrien said, adding secure, mobile units are the most cost-effective. "You can't have police on every corner."

The AMM represents all of Manitoba's 137 incorporated municipalities with a view on what the future holds for municipal governments and the challenges that face them. The association provides the support and leadership needed to promote strong, functional councils that represent the order of government closest to the people.

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8 	9 Pork Tenderloin w/ wild mushroom gravy, mashed potatoes & green beans	10 Lobster Mac 'n' Cheese	11 Brisket Melt w/ Kettle chips & coleslaw	12 Pulled Pork on a golden bun w/ coleslaw & mac 'n' chz	13 Pre-Order HEAT & EAT Turkey Dinner	14 + Beau - Town Big Dawg
15 	16 Traditional Turkey Dinner w/ all the fixings	17 Honey Mustard Ham w/ Scalloped Potatoes	18 Perogie Platter	19 Ukrainian Platter	20 Customer Appreciation Open House 12pm--6pm	21 + Tourtière
22 Stock up on soups & meals	23 Purchase last minute Gift Certificates	24 CLOSED	25 Merry Christmas	26 CLOSED	27 CLOSED	28
29 	30 CLOSED	31 CLOSED	1 CLOSED	2 Heat & Eat Turkey Dinners can be picked up in store Dec. 11 - 23	3 CLOSED	4 FOLLOW US ON SOCIAL

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THE CLIPPER

Publisher/Editor In Chief

Mark T. Buss
news@clipper.mb.ca

Associate Editor

Tony Zerucha
tony@clipper.mb.ca

Sales & Marketing

Traci Klimchuk
Beausejour-Brokenhead
and Springfield
traci@clipper.mb.ca
204-268-4700

Marlene Hrycio

Lac du Bonnet-Winnipeg River
ldbnews@clipper.mb.ca
204-345-8459

Office Managers

Jennifer Kuhn
Dallas Hollett
April Hladun
Beausejour 204-268-4700
Marlene Hrycio
Lac du Bonnet 204-345-8459

Design & Production

Candace Kekish

Administration

Jann Perry
admin@clipper.mb.ca

Circulation Manager

Jennifer Kuhn
circulation@clipper.mb.ca

Writers & Contributors

Cathy Juskow
Mellissa Bourgeois
Edna Barrie
Louise Daymond

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HEAD OFFICE

27 Third St. S., Box 2033
Beausejour, MB R0E 0C0
P. 204-268-4700
F. 204-268-3858
mail@clipper.mb.ca

74 Second St., Box 218
Lac du Bonnet, MB R0E 1A0
P. 204-345-8459
F. 204-345-0380
ldbnews@clipper.mb.ca

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THE COMMENT PAGE

Where Is Agriculture Today?

By Cam Dahl

This past January, the Government of Canada announced its "Team Canada" missions to the U.S., to promote Canadian exports in advance of the upcoming renegotiation of the Canada-U.S.-Mexico Agreement (CUSMA, the former NAFTA).

However, I have heard little mention of cross-border trade in agriculture and food products when the "Team Canada" missions are discussed.

Our federal government talks about securing trade vital to national security, but for some reason agriculture and food seem not to be included in the national security bucket. This is despite the fact that agriculture and food is one of our largest export sectors, accounting for about \$60 billion in exports to the U.S. annually.

Canada is an exporting nation and Manitoba is an exporting province. The international agricultural landscape is witnessing a troubling trend towards protectionism, and these exports are at risk. Mani-

toba's farmers and processors cannot afford market access restrictions and need our governments to aggressively fight for our interests.

What protectionist headwinds are farmers facing in the U.S. marketplace? There are state level regulations that reach beyond the borders of individual states, like Proposition 12 in California. Extra-territorial legislation by individual states fractures the integrated North American market for agriculture and food products, increases the price for consumers, and decreases the return for farmers. There is also a new country of origin labelling law from the U.S. Department of Agriculture that will discriminate against Canadian pigs and cattle exported to the U.S. Again, this results in higher prices for consumers and lower returns for farmers. Canada needs to have a strategy to be much more assertive in pushing back against these new trade barriers.

New barriers to cross-border agriculture and

food trade are appearing against the backdrop of the CUSMA. Canadian agriculture will almost certainly be a target following the U.S. election. Canada needs to develop a comprehensive agriculture and food strategy. For starters, agriculture and food export interests should be included in outreach to state and national legislators. Agriculture should be part of "Team Canada". Without a defined national strategy, developed in collaboration with farmers and processors, agricultural and food export interests may be overlooked, or even traded off, to protect other sectors when the CUSMA renegotiations take place.

Farmers have a reason to be wary that their trade interests will not be of primary concern. For example, when the Government of Canada announced a 100 per cent tariff on imports of China-made electric vehicles and a 25 per cent duty on Chinese steel and aluminum, China quickly responded by initiating a dumping probe on canola exports. It is hard

to object to the Government of Canada taking action to protect Canadian jobs from unfair trading practices, however, farmers should not carry the costs if retaliatory measures are taken. The Government of Canada has seen fit to offset the impact of trade agreements on other sectors of agriculture and the same consideration should be given if our exports become political targets. This needs to be part of the comprehensive agriculture and food trade strategy.

The Government of Manitoba also has a key role to play in protecting farmers' market access. Premier Kinew created the Business and Jobs Council, which undertook a trade mission to the U.S. this spring. This is a positive step. However, our voice could be amplified, both in Washington and Ottawa, if there was a common agriculture trade strategy developed across the prairie provinces. Collaboration across Western Canada on agriculture and food trade should extend beyond the U.S.

For example, it would be a breakthrough in collaborative government if Manitoba were to work with the other prairie governments to establish a presence in key Asia Pacific markets that are targeted for growth in agriculture trade from Western Canada.

Farmers who rely on international markets face significant market access threats that will have substantial negative impacts on incomes, especially in Western Canadian provinces, if we fail to act. There needs to be a concerted effort to develop a comprehensive agriculture and food trade strategy aimed at protecting the trade access we have today and breaking open new opportunities to offset protectionist threats. The development of this strategy must include farmers and processors, and it should include collaboration across provincial governments as well as the Government of Canada.

— Cam Dahl is GM of Manitoba Pork

Clipper Publishing's What's It? Challenge

Can you identify
what this item is
and what it was
used for?

Please include your full
name, home community
and date the photo
appeared in
The Clipper.

Photos by Pioneer Village Museum
in Beausejour

Email your answer to
news@clipper.mb.ca
or call 204-268-4700



Paul Meads

Last week's What's It?

The What's It? object in the Nov. 21 edition of *The Clipper* was a RAILWAY LATERN.

Congratulations to Don Marion of Dugald for being one of the first people to provide the correct answer; "This week's What's It? is a railway switch stand lamp."

Other correct answers were submitted by Roger Klym of Brokenhead, Irene Machado and Adele Streib of Winnipeg, Gerry Arcand and Vic Sifton of Oakbank, Harold Krebs, Mike Shewchuk, Ward Omichinski and Norma Buss of Beausejour, Rene Foubert of Whitemouth, Kathleen Prystupa and Emily Kehler of Lac du Bonnet, Allan Raye of Sunnyside, Greg Kalinici of Hadashville, Connie Gratton of Lockport and Carol Syganiec of Cooks Creek.



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MEDIA BINGO

Congratulations to Tyler Manzano for winning
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November 25th, 2024: Game #71 (Gold Card)

The 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st & 62nd numbers
called will be for a chance to win the consolation prize of \$100.
Potential Bingo Winner: The person(s) who bingos out in the
least amount of balls called will be deemed the official winner.

Numbers printed as called from left to right, top to bottom.

I20	O72	B4	I24	I16	N45	I18	B12	I22
N38	I21	B1	O65	G50	O70	I19	N36	O74
G47	N44	B6	G49	O61	N39	B10	B3	B2
N37	B8	B15	B9	G53	I23	N41	N33	N31
G58	G56	G60	I25	G54	I26	O66	I29	B13
N40	O75	G46	G48	O71	O64	O73		

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Numbers are called at 2PM on Mondays at the Beausejour Legion.
The bingo numbers will be called and recorded as called on
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vendor, on the community websites and in the current issue of The
Clipper Weekly which is available to the public on Thursday.

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THE CRIME SCENE

Police are reminding North Eastman residents that when a school bus is stopped with its red lights activated and stop signs deployed, traffic in both lanes on a highway must come to a stop. The fine for failing to do is \$672.

LAC DU BONNET & AREA

The Lac du Bonnet detachment's main incident reporting line for non-emergencies is 204-345-8685. The administration office for general questions is 204-345-6311. For emergencies, always dial 911.

2024-11-20 Lac du Bonnet RCMP received a report of theft of fuel from a private farm property in the RM of Lac du Bonnet. The investigation continues.

2024-11-22 White-mouth RCMP were dispatched to two separate single-vehicle collisions in

the Whiteshell Provincial Park in which icy road conditions had contributed to vehicles sliding into the ditch. There were no serious injuries reported and no indication of intoxicated drivers.

2024-11-23 Lac du Bonnet RCMP were advised of an abandoned vehicle in the ditch in the RM of Lac du Bonnet. The registered owner was contacted, and they advised a tow truck would be arranged.

Additional traffic enforcement in the region over this period resulted in one ticket for failing to produce a driver's licence when required.

BEAUSEJOUR & AREA

The Beausejour RCMP Administration Office is open Monday to Friday from 8 a.m. to 4 p.m. To file a police report, please

call 204-268-2612. If it's an emergency, call 911.

Due to the postal strike, all criminal records have to be picked up at the administration office.

2024-11-15 A report of fraud and \$368 lost over a phone scam in the Town of Beausejour was received.

2024-11-16 Police received a report of an assault in the RM of Brokenhead. A 36-year-old male was arrested and placed on an undertaking with conditions. He awaits his court appearance.

2024-11-17 A report of a break, enter and theft at a residence in the RM of Brokenhead came in. The hydrometer was removed from the residence, and 200 pounds of scrap copper wire were stolen.

2024-11-17 Police received a report of a break, enter and theft at a business compound in the Beausejour Industrial area. An enclosed trailer containing tools was stolen. There was damage to the lock on the gate. The trailer was later located in the RM of Brokenhead. The door was damaged, and all the tools were stolen from it.

2024-11-20 A breach of the peace was reported to police from a residence in the RM of Brokenhead. Police attended, but the situation had calmed down. No charges resulted in this matter.

2024-11-21 A report was received from a school bus driver of a vehicle passing the bus while emergency equipment was on. The police investigation continues.

2024-11-21 A report was received of a stolen wallet at a business in the Town of Beausejour.

OAKBANK & AREA

To make a report to the Oakbank detachment, call the 24-hour dispatch line at 204-444-3391. The administration office for general questions is 204-444-3847.

For emergencies, always dial 911.

2024-11-18 Oakbank RCMP were advised of sheep carcasses being discarded in a ditch in the RM Springfield. Animal protection has been notified, and the investigation is ongoing.

2024-11-19 Oakbank RCMP were called to a business in the RM Springfield. Bullet casings were located in a vehicle that was at the business. Members attended and confiscated the casings. The investigation is ongoing.

2024-11-20 A report of damage to property in the RM Springfield was received. The complainant's vehicle was shot at with a paintball gun. The investigation is ongoing.

2024-11-21 Oakbank RCMP received a report of an erratic driver in the RM Springfield. The licence plate was obtained and provided to the police. The investigation is ongoing.

2024-11-21 Oakbank RCMP responded to multiple calls of vehicles and houses being paintballed in Oakbank. RCMP has obtained some footage. The investigation is ongoing.

2024-11-22 Oakbank RCMP received a call of fraud. A constituent in the RM Springfield had their phone, email and computer hacked. The investigation is ongoing.

CANADIAN ANTI-FRAUD CENTRE

The CAFC handles complaints about false, deceptive, misleading, or fraudulent acts, including telemarketing, mail fraud, ID theft, internet fraud, and other consumer scams with a Canadian connection. It plays a role in the collection and dissemination of information to the appropriate enforcement agency. The CAFC educates the public about specific scams

and distributes educational and prevention resource materials. Coordinated by the Ontario Provincial Police, the RCMP, and the Competition Bureau of Canada, its services are offered in both official languages. Hours are 9 a.m. to 3:45 p.m., Monday to Friday.

<https://www.antifraudcentre.ca/>

Phone: 1-888-495-8501

Emergency scams prey on your fear of a loved one being hurt or in trouble. Scammers claim to be someone you know and tell you they need money immediately.

Scenarios they may use include:

- Needing bail money because they've been arrested;
- Being in a car accident or
- Trouble returning from a foreign country.

Reports are showing a new variation where fraudsters contact you via email or text message, claiming to be a loved one asking for a favour. For this favour, they'll ask you to send money or gift cards.

Fraudsters will:

- Claim to be law enforcement officials, or lawyers or impersonate the grandchild/family member;
- Use urgency and threats to convince you to take out money;
- Claim that there is a "gag order" preventing you from speaking about the situation; or
- If you agree to pay the requested amount (cash or cryptocurrency), fraudsters will arrange to pick up the funds in person or will ask you to send cash in the mail.

Broken Phone Scam

The CAFC is getting reports about a fraudulent emergency text or social media messages. The fraudster might claim to be a family member or loved one, saying that their cell phone is broken or has been dropped in water. The fraudster will then provide an alternate phone number to contact them at. They will proceed to ask for a favour by requesting funds

from the victim to repair the broken phone or to pay a bill.

Grandparent Scams

A senior gets a phone call, typically on their home phone/landline, from a caller claiming to be their grandchild or calling on behalf of their grandchild. They say they need money as soon as possible, whether to pay bail, lawyer's fees, hospital fees, or ambulance fees. They will say the payment is needed immediately to avoid going to jail or to be released from jail.

Note: These types of scams can target anyone, not just seniors or grandparents.

How to protect yourself

- If you receive a phone call claiming to be from a family member in an emergency, hang up the phone and contact them directly using a phone number you already have – not one provided by the suspected fraudster.
- If the caller claims to be a law enforcement official, hang up and call your local police directly using a phone number from a reputable source – not one provided by the suspected fraudster.
- Be suspicious of telephone calls that require you to act immediately and request money for a family member in distress.
- Listen to that inner voice that is screaming at you, "This doesn't sound right."
- It is important to know the Canadian criminal justice system does not allow for someone to be bailed out of jail with cash or cryptocurrency.
- Be careful what you post online.
- Scammers can get details that you share on social media platforms and dating sites to target you or get names and details about your loved ones.
- Don't trust caller ID names and numbers.
- Scammers use technology to disguise the actual number they are calling from and can make it appear as a trusted phone number, also known as spoofing.

Nothing, Neither Way

Dear Editor;

re: *Misinformation on Springfield Agenda, The Clipper, Nov. 21, 2024*

Neither side of the argument is spewing misinformation. The RM is hopeful that more grants will appear and a citizen group is more reality based if grants are not available. The Province's financial position is not great.

The RM is also counting on increased water levies and assessments to help pay for future development.

Citizens supporting STRC see a need to protect our tax dollars and way of life. We have lost trust in our government over the last six years who have not been accountable to the people or transparent on many issues.

Karen Lalonde
Oakbank, MB



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Written by MARTIN FOLLOSE

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For more information call Lori at 204-268-5767

*We welcome your Letters to the Editor.
Please send your letter
with contact info to*

THE CLIPPER

27-3rd St. S., Beausejour

74-2nd St., Lac du Bonnet

e-mail: news@clipper.mb.ca

Final publication of Letters to the Editor remains the sole discretion of the publisher. All are subject to editing for space and/or legal considerations.

Letters must be submitted with author's name and contact info.

Pet Paws



Gibson is an 11-year-old Shepherd cross who loves pizza and fetch. Always ready for a snack, this guy will do just about anything for a slice, then happily chase a ball for as long as you can throw it.

PUT YOUR PET IN PRINT!
Submit a photo of your fur family member to ldbnews@clipper.mb.ca

LOYAL to LOCAL

When you buy from a local business you are not helping a CEO buy a third home. You are helping a little girl from your neighbourhood get dance lessons, a little boy and his friends get their team jerseys, a mom or dad put food on the table, a family pay a mortgage, or a student pay for college.

Thank you for supporting local businesses.

THIS MESSAGE BROUGHT TO YOU BY

THE CLIPPER

DEDICATED TO THE NORTH EASTMAN COMMUNITY

WHAT'S UP Winnipeg River!

By Mellissa Bourgeois

Hello Winnipeg River! How are y'all doing? I am doing well. Just trying to get acclimatized to winter and get my Christmas spirit on

The weather is changing; I suppose it's time. Christmas is around the corner, but what a great fall it was. Now that the time has changed, it gets dark earlier every day, and things are cooling down. We have even had a little dose of rain, freezing rain, and snow, aka slurries. Now, winter will set in, and we will see how we fare.

Last week saw the first Elementary Award Ceremony at École Powerview School. Many outstanding children were recognized for their strengths and superpowers. We have such amazing children growing up in our communities.

As usual, many exciting things are going on, so let's get to it.

École Powerview School is putting on the play Alice in Wonderland on Nov. 27-29. Doors open at 5:30 p.m., and the show starts at 6 p.m. Tickets are \$15 each.

Junior curling started on Nov. 18 at the Pine Falls Curling Club. This is an opportunity for students from Grades 4-12 to learn or improve their curling skills. Students must have clean indoor runners to go out on the ice. Contact Lisa Sippola to register for this program.

On Dec. 3 at 7 p.m., the CPKC Holiday Train rolls into Whitemouth. This train brings live music, a spirit of giving and lights up the area and our Christmas Spirit. This year sees performances by Tyler Shaw and Shawnee Kish.

The Kids Snowflake Bazaar needs volunteers for gift wrapping, shopping assistant, return escort, set up, take down and sweet treat crafter. If you want more information, please call Mellissa at 204-367-9903.

Pine Falls and District Hamper Committee is back this year preparing hampers for families in need. Boxes have been placed around the community for grocery donations. You can also make a cash donation; donations

of \$50 or more receive a tax receipt. Organizers also accept knitted goods like mittens, hats, scarves and socks. The anticipated need for hampers is greater than last year; your help is greatly needed to ensure all those experiencing hunger can enjoy a beautiful meal at Christmas time, too.

The Angel Tree is up at Home Hardware Pine Falls. This tree will hold paper ornaments with information on a person who may need a little extra cheer over the holiday season. We encourage you to pick an ornament off of the Angel Tree. Purchase a gift for this person using the hints on the ornament to help give you ideas, then bring the gift and ornament back to Home Hardware Pine Falls in a bag so it stays together.

You can leave your name or family's names in the bag, too, so a tag can be properly created when the gifts are wrapped. The gifts will be wrapped and delivered to the recipients just before Christmas. Be someone's angel this year and spread some holiday cheer!

Since there is no school on Dec. 6, Mrs. Lucci's in Lac du Bonnet is hosting a day camp which includes Christmas crafts, stories, games and more. Visit rmo.flacclubonnet.com for more information.

On Dec. 6, Wings of Power in Powerview hosts its annual Breakfast with Santa from 10 a.m. to noon.

The Kids Snowflake Bazaar at Great Falls Community Hall is on Dec. 6, from 4 p.m. to 8 p.m. and Dec. 7, from 10 a.m. to 1 p.m. It is a place for children to do their Christmas shopping and have their items wrapped for free. They also support local efforts to eliminate hunger, so please remember to bring a tin for the bin.

This event is an official drop-off location for those special letters to Santa. Bring them along as it is the deadline to ensure Santa will have enough time to reply before Christmas. Ensure the letter includes your child's name and mailing address. No postage is necessary.

At the Friday sale, in addition to the amazing sweets, there will also be a hot snack available for

purchase: a mini cheese pizza, carrot sticks and a drink for \$5. The Access Credit Union St. Bernard will be ready to pose for some fun photos with the kids for a fee.

On Saturday, the sweet-crafted treat sale continues. Santa Claus will be there to take photos with the kids. Those photos will be printed instantly. This is a registered nonprofit organization, and funds raised at this event are put back into programming for children and youth in our local area.

Also on Dec. 7 is Lac du Bonnet's Fill a Sleigh event at Red Apple on 2nd Street. Beginning at 11 a.m., bring a gift or cash donation for the Lac du Bonnet Christmas Hamper.

Our Ukrainian Roots Fundraiser takes place at St. John's Heritage Church and Art Centre at 7 p.m. on Dec. 7. There will be Ukrainian songs and traditions.

On Dec. 11, the Lac du Bonnet Legion Branch 164 hosts a Senior's Christmas Supper.

Lac du Bonnet's Santa Parade is on Dec. 13. Hosted by emergency services and led by the fire department; this parade starts at 6 p.m. Nonperishable food items can be donated during the parade by placing them in the last vehicle. Following the parade is Skate with Santa from 6:30-8:30 p.m. at the Lac du Bonnet Arena. Admission is free.

Pancakes with Santa at the Lac du Bonnet Community Centre is on Dec. 14.

Come and Eat is a free food program supported by multiple community agencies partnering to form the Winnipeg River Kakina Awiya Oma (everyone around here) Food Security Network. It has moved indoors to the Pine Falls Health Complex (37 Maple), downstairs from the old clinic space.

The program is for eve-



ryone and anyone who is hungry. Take out containers and bottled water are available. If you or someone you know needs something to eat, please stop by between 11 a.m. and 1 p.m. on Fridays. No questions asked. Along with freshly made food, you'll get a load of smiles from the welcoming servers.

YANA (You Are Not Alone) meets on the third Thursday of every month at the École Powerview School in Room 80. Everyone is welcome; child care is available. Contact Debbie Majeau if you have any questions.

Open Ice returned to Pine Falls on Friday and Saturday Nights. Public skating is 6-7:30 p.m.; Sticks and Pucks are from 7:30-9 p.m.

Playgroup at Victoria Beach is on Fridays from 10 a.m. to noon. Your child can enjoy free play, yummy snacks, crafts and songs. Call Keri at 204-754-6238 for more details.

Join the Winnipeg River Area Lions Club on Friday evenings for Chase the Ace, meat draw and 50/50 raffle at the Papertown Motor Inn. Chase the Ace draw time is approximately 8 p.m.

Please remember to be kind to yourself and others. If you have something coming up, I would love to hear about it. Please contact me at mellissawerner@hotmail.com or 204-292-2528. The next submission deadline is on Dec. 5.

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Biblio File

StoryWalk News

A huge thank you to our hard working volunteers who installed our new, permanent story signs. These signs were a labour of love, designed and built by George Gibson. We are also extremely grateful for everyone who has donated funds to this project over the last couple of years. A new story will be going up in a couple of days.

Letters To Santa

Who doesn't mind the nostalgic memories of writing letters to Santa? Pinawa Public Library hosted Letters to Santa on Nov. 24. Volunteers provided stories, hot chocolate and cookies, and letter writing!

Dolly Parton Imagination Library

We are about to celebrate one year of being a partner of the Dolly Parton Imagination Library! The program includes every child receiving a free book every month until they turn five.

We are so proud to offer this program to families in the community of Pinawa. If you have a child in your home under the age of five and you are not registered for this program, please

stop by the library and fill out a short form to receive their free monthly book!

You can never get enough books into the hands of children. ~ Dolly Parton

Large Print Books

Large print book just added to our collection – *The Hazelbourne Ladies Motorcycle and Flying Club*.

It is the summer of 1919 and Constance Haverhill is without prospects. Now that all the men have returned from the front, she has been asked to give up her cottage and her job at the estate she helped to run during the war. While she looks for a position as a bookkeeper or (horror) a governess, she's sent as a lady's companion to an old family friend who is convalescing at a seaside hotel. Despite having only weeks to find a permanent home, Constance finds herself swept up in the social whirl of Hazelbourne-on-Sea after she rescues local baronet's daughter, Poppy Wirral, from a social faux pas.

Poppy wears trousers, operates a taxi and delivery service to employ local women, and runs a ladies' motorcycle club (to which

she plans to add flying lessons). She and her friends enthusiastically welcome Constance into their circle. And then there is Harris, Poppy's recalcitrant but handsome brother—a fighter pilot recently wounded in battle—who warms in Constance's presence. But things are more complicated than they seem in this sunny pocket of English high society. As the country prepares to celebrate its hard-won peace, Constance and the women of the club are forced to confront the fact that the freedoms they gained during the war are being revoked.

With sharp humour, biting wit, and a warm heart, Simonson captures the mood of a generation facing the seismic changes brought on by war. *The Hazelbourne Ladies Motorcycle and Flying Club* is a timeless comedy of manners, refreshing as a summer breeze and bracing as the British seaside.

Suggestion Box

We have revamped our book suggestion box to include any and all ideas you may have regarding the library.

Do you have an exciting new program idea to

share? Or a presentation you would like to hear? Perhaps you know of a local author you would like to see visit Pinawa. And of course, we appreciate seeing all the books you suggest to continually improve our collection.

Please share your ideas. We want to hear from you.

New Jr Non Fiction

From Geo Rutherford – the creator of the hit series

Spooky Lake Month with over 65 million likes – comes this thrilling nonfiction book that plumbs the depths of 25 unusual lakes around the world.

Backed by extensive research and packed with all-new content – including eerie and eye-popping watercolour illustrations in full colour – *Spooky Lakes* takes readers on an adventure through weird and wild waters.

Some of earth's strangest and creepiest wonders lie deep below the surface. There's Lake Natron, a Tanzanian lake so briny that its waters can mummify

any creature that touches its surface; Lake Maracaibo, a Venezuelan tidal bay where a constantly brewing storm sends an average of 28 lightning bolts per second into the water; and at the bottom of Lake Superior, the crew of the USS Kamloops – which mysteriously disappeared in 1921 – remains somehow almost perfectly preserved to this day.

Readers will learn not only about the science of hydrology, but why understanding the natural world is crucial to protecting it from pollution and climate change.



Pinawa Public Library

Volunteers installed permanent StoryWalk signs designed and built by George Gibson.

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manitoba.ca/childcarecareers

Canada

Manitoba

Lac du Bonnet tree lighting Dec. 1

It is an event hundreds of people look forward to each year in Lac du Bonnet – the annual lighting of the community Christmas tree on Dec. 1.

This year's festivities, to be held at 6:30 p.m. at the Lac du Bonnet town dock, promises to be extra

special. Organized by the Lac du Bonnet Chamber of Commerce, this is a community event sponsored by the Town and RM of Lac du Bonnet.

The RM and Town, Manitoba Hydro and GP Construction donated their time to seek out the tree, cut

it down, transport it, erect it on the town dock and decorate it for the event.

The people who donated the tree, Nicole and Sal Napoleone from Hadashville will be lighting the tree. Reeve Loren Schinkel and Mayor Ken Lodge will each say a few words while Santa will be there handing out candy canes and carols will be sung.

The whole event takes about 20 to 30 minutes. The tree will stay lit until the Lac du Bonnet Ice Fishing Derby in February.

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THE
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BREAK

time

Orzo and grilled chicken salad

Ingredients

- 2 chicken breasts
- 1/4 cup olive oil
- 3 cups cooked orzo
- 1 cup cherry tomatoes, quartered
- 1 cup red pepper, chopped
- 1/2 cup feta cheese, crumbled
- 1/2 cup fresh basil, chopped
- 1/4 cup French shallots, chopped
- Juice of one lemon
- 2 tbs white wine vinegar
- 1 tbs Dijon mustard
- Salt and pepper, to taste

Servings: 6

Directions

1. Season the chicken with salt and paper and cook it on the barbecue or on a ridged grill pan. Set aside.
2. In a large bowl, combine the orzo, tomatoes, red pepper, feta cheese, basil and shallots.
3. Cut the chicken breasts into small cubes and add to the salad.
4. In a small bowl, whisk together the lemon juice, olive oil, white wine vinegar and Dijon mustard. Season with salt and pepper to taste.
5. Pour the dressing over the salad and toss.

This gourmet salad is an absolute explosion of flavours. Try it for yourself

Sudoku

PUZZLE NO. 319

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

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

HOW TO PLAY:

Fill in the grid so that every row, every column and every 3 x 3 box contains the numbers 1 through 9 only once.

ANSWER TO PUZZLE NO. 319

CROSSWORD

PUZZLE NO. 558

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ACROSS

1. Roe producer
5. Monastery head
10. Opposite of a credit
15. Sheep shelter
16. Polio
18. Undermine
19. Control the realm
20. Cheese shredder
21. Hollows
22. Disorder
24. Fourth piggy's parden
26. Have supper
27. Merchandise: abbr.
28. Divide in two
31. Glen
33. Old Japanese money
34. Art medium
36. Cook eggs, in a way
39. Provoke
41. Net
43. Confirmation
45. Quicksilver
47. Chromosome component
49. Greek harp
50. Woodsman's implement
51. Forecaster's device
54. Old Danish money
56. Fawn's father
57. Mountain cat
58. Voter
60. Add up
62. Diminish slowly
64. Theatre enthusiast, e.g.
65. Chude fabric
67. Insect egg
68. Often-dried fruit
69. Hawaiian gala
71. Chocolate bean
73. Buchanan of 'One Life to Live'
76. Boat walker
79. Out of _____
81. _____ Years' War
83. Gaffe's kin
85. Sarcastic
88. Shred
89. He has an army
90. Harangue
91. Complacent
92. Spud
93. Father
94. Shawl

DOWN

1. Skinny one
2. Derotes
3. Map book
4. Elk, e.g.
5. Crocheted blanket
6. Emerald
7. Swimsuit section
8. Food titbit
9. Young driver
10. Process, as film
11. Time span

Kids' Corner

For the up-and-coming artist

Your Outside Mindset



By Verla Fortier

Get Intentional About Using Your Senses

I read a good book recently titled *Better In Every Sense: How the New*

Science of Sensation Can Help You Reclaim Your Life. The main message of the book is that by taking time to pause and engage with your senses (seeing, hearing, touching, tasting) you can feel better right away. You can do this indoors or outdoors.

University of Toronto psychology professors – Dr Farb (neuroscientist) and Dr Zindel (clinical psychologist) urge you to – “break out of negative thought patterns by engaging your senses.”

Grounded in decades of research, the authors explain, “we often think that

when we are struggling with a problem or a bad habit or life in general, we think we need to try harder, or tough it out. However this rarely works... when we do this, our brains double down on thinking patterns that got us stuck in the first place.”

This book explores the power of sensory experiences to liberate us from our ruts and dead ends.

Your Brain Has Two Networks

According to Farb and Segal your brain has two networks: the habit and the sensory networks.

The habit network is

devoted to rapid problem solving. You do need what the authors call your “house of habit” to glide through the essentials of your daily life. The is the hardware of your brain that you cannot adjust. It is also called the default mode network or DMN. The DMN system prioritizes self-judgement which can lock you into resistance mode. Here is where you can get stuck.

Your Sensory Network Needs Your New Mindset

Your sensory network is devoted to fresh insight. This is the software of your brain. This part you can ad-

just. You do this by 1) pausing and 2) noticing by using your senses. So for example, if you are in your house and the lamp is on – you can notice where the light is cast on the wall, where it is strongest, and how far out the light reaches, and the quality of the light in different places. This simple type of activity can change your brain. This change is called neuroplasticity. And you need the right mindset to get there.

In my book *Take Back Your Outside Mindset: Live Longer, Stress Less, and Control Your Chronic Illness* I give you 101 ways to engage your senses and notice when you are outside in green space. By for example when you notice a tree, this taps into your DMN and tells it to let go – to relax.

Your time is green space is non-pharmaceutical therapy that provides immediate relief, increases your ability to pay attention, think clearly, solve problems, increases working memory and recall, increases your positive mood, lowers your resting heart rate... and let's your brain restore itself.

Make a Game With Your Senses

What I like about *Better In Every Sense* is the simple exercises to practice noticing by engaging your senses. Here are some that are provided in the book:

1) Seeing – look around and name the first 5 things you see. Close your eyes, open them, and name five things that you didn't see.

2) Touching – ask a friend to collect small objects for you in a bag. Close your eyes and feel the objects to name the objects.

3) Sound – before you go outside think of five sounds that you have heard out there. When you get out there try to check off the five sounds.

4) Smell five things and name them as vividly as possible – name what each smell reminds you of (memory and smell are connected).

5) Taste – the next time you eat something try to name each distinct taste (salty, sweet, sour, bitter, or savory). When you recognize a taste – say it out loud.

Learn to Sense Forage

When you feel stuck, stressed, lonely or bored, Farb and Segal ask you to “sense forage” – to get intentional about noticing your senses. The authors want you to remember that the world is dynamic, alive and ever changing. The main idea is to move out of your “house of habit” and notice how something smells or feels or changes how it looks. And listen for sounds or for silence. Practice using all of your senses – to immerse yourself in pure sensation. Often there are many other

things that are going on and it is sometimes difficult to pay attention and take the time to simply notice.

The authors suggest that even when you are busy try to notice the feel of your feet in a crowded street, the breeze on your face when you first step outside, the sight and sounds of peoples faces and voices. Or try noticing the height of trees, the repeating patterns in the tree branches and leaves, their movement, the sunlight as it filters through the branches. Take off your shoes and reconnect with the earth, get out of the office/house to buy a coffee and look up at the sky, eat your lunch outside. Suddenly you are connected to a larger world.

Noticing And Balancing Your Nervous System With Green Space

My book *Optimize Your Heart Rate: Balance Your Mind and Body With Green Space* shows why getting out into green space moves your nervous system into calm and back into balance. By simply looking around at fractals or nature's patterns in the clouds, grass, shrubs, leaves, trees, flowers, weeds, stones, waves, and more....your mind and body settles down. This happens automatically as your nervous system goes back to the rest/digest side and away from the flight or fight side. When you get stuck on the speedy flight-flight side for too long, your heart in particular, is at risk of sudden cardiac arrest.

Research shows that time in green space lowers your resting heart rate (a sign of wellness) and increases your heart rate variability (a research measure of your mental and physical wellness).

Immerse yourself in your senses. Have fun, play games with your senses, and know that you are changing your brain and body.

Keep The Conversation Going

Are you ready to open up all of your senses? To sense things more acutely? To let your senses swirl?

Would you like to play games that make you focus on the sensory details of your daily life?

Would you consider noticing how you feel during or after you have noticed a particular scent, sound, sight or touch?

– Verla Fortier is a retired nursing professor, an author, podcaster and speaker. Medical treatment for disease and treatment should be discussed with a medical professional. The preceding information is intended to provide general guidance on matters of interest for the reader, who accepts full responsibility for its use. It should not be used as a substitute for professional consultation.

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As the days become shorter and temperatures dip, Manitobans may feel the tendency to cocoon inside their warm abodes. But remaining active, even through the coldest months, can help maintain your physical, emotional and mental well being. Here in the North Eastman region, we are fortunate to have access to a wide variety of health and wellness services and facilities, that can help ensure we remain active and healthy throughout the year.

WELLNESS TREATMENTS Prairie Willow Wellness Training

Prairie Willow Wellness Training is bringing mental well-being training to the prairies one community at a time. Current offerings include Mental Health First Aid, and The Working Mind. Our facilitator is certified through the Mental Health Commission of Canada. Participants come together for the in-person training in a safe space to learn about mental health, ways to support themselves and others, while working towards ending stigma. Additionally, we offer Laughter Yoga – a

combination of movement and breathing exercises designed to help you induce deliberate laughter - it is shown to improve your overall wellness and may help you manage the day-to-day stressors you may be experiencing. To learn more about training options please visit www.prairiwillowwellnesstraining.ca or call 204-799-4905. Let's connect!

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Managing the impact of stress

Stress can impact your health and well-being. Understanding where it comes from and how it can affect you is crucial to remaining mentally and physically fit. Here's what you need to know.

WARNING SIGNS

It's important to be able to recognize if stress has become a problem. The symptoms below are common and not a cause for alarm when they occur occasionally. However, if they get worse or become ongoing, this could indicate that something's wrong. Watch out for:

- Increase or decrease in appetite
- General fatigue
- Mood swings
- Difficulty concentrating
- Headaches
- Irritability or aggressiveness
- Sleep problems

POSSIBLE SOURCES

If you realize you're living with too much stress, you need to identify its source. Think about your relationships, both personal and professional, your home life, your job and how busy you are. You should also identify daily irritants such as a long commute, as these tend to add up and can impact your mental health.

WHAT YOU CAN DO

Once you have an idea of where your stress comes from, you'll be in a position to take steps to improve your situation and health. In some cases, it's a matter of adjusting an aspect of your life, such as how much work you've taken on, or working out a problem in a relationship. Importantly, things like meditation, regular exercise and therapy can help as well.

Whatever you do, don't let stress take over your life. Over time, it can cause you to develop serious health issues and poor coping mechanisms like consumption of fatty foods, alcohol and drugs.



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CLIPPER SPORTS

Rumble to Remember in Beausejour

CWE wrestlers to settle the score Saturday in 20-man over-the-top-rope match

By Tony Zerucha

Simmering rivalries threaten to boil over when Canadian Wrestling's Elite invades the Brokenhead River Community Hall on Nov. 30.

Former allies turned bitter rivals clash for the CWE Central Canadian Championship belt when Hotshot Danny Duggan faces former protégé James "The Real Deal" Roth. In an exclusive interview with *The Clipper*, Roth said he and Duggan ran together for the better part of two years before their falling out. The reasons began with Duggan shunning Canada to embrace the United States.

"When I saw what he was doing and how he got things done, I didn't agree with that and went our separate ways," Roth said.

Duggan recalls it differently. He said he was coming off knee surgery a few years ago and was seeking a prime young talent to bestow his wisdom on, one who could carry the CWE torch. It began fruitfully before Roth made a big mistake.

"Somewhere along the way, he got the idea in his head that he could think for himself," Duggan said.

Roth considers himself the dominant athlete in the CWE. A former junior

hockey player, he's a hard hitter and a wrestler's wrestler. He wouldn't divulge his strategy for Nov. 30, save for one prediction.

"At the end of the night, I'll be pinning his shoulders 1-2-3."

"I'll beat him again, just like I've beaten him every other time we've met," the champ countered.

The CWE Junior Heavyweight Championship is also on the line, as the recently-crowned Jackson "The Miracle" Conway battles former champ Ronnie Attitude. Attitude, a member of the local Krebs family who ran the Cadbury Holstein Farms from the 1950s to the 1970s, held the belt for 428 days before losing to Conway in early November in controversial fashion.

On Nov. 16, Attitude's bodyguard, Johnny Malibu, was handcuffed to Canadian wrestling legend Chi Chi Cruz, preventing him from providing counsel during the bout.

"I've had to wrestle him a few times," Attitude said. "A while back, he thought he had me beat, but I jumped him from behind and hit him in the head. He hurt his neck and was unable to finish, so he went to CWE management for another shot."

Conway is a top contender and one of the faces

of CWE. However, that doesn't deter Attitude from his goal.

"He's very professional, unlike me," the former champ conceded. "Once I get him in the Attitude Adjustment, I'm gonna lay him out flat."

Some of Canada's top talent is headed to the Beausejour event, sponsored by *The Clipper*. Josh "Cheeks" Holliday will have his hands full with veteran "Rebel" Bobby Collins. Holliday is on a roll after winning a 50-man, over-the-top battle royale. Duggan said Holliday's 2024 to date has been one of the best years in CWE's history.

In other key battles, "Mastermind" Kevin Cannon meets "Red Hot" Sammy Peppers. Adrian "Bamm Bamm" Burton faces off against Dragneel. Dr. Marty Goldstein emcees the evening.

The card concludes with a 20-man, over-the-top-rope rumble, where participants have the same goal, but 19 are going to be disappointed.

"Anybody who gets in my way gets thrown over the top rope," Attitude predicted.

"If you're running into James Roth, you're hitting the floor," he promised.

Duggan, who claims to have won more rumbles



Photo by Mark Whatman

Hotshot Danny Duggan (standing) clashes with former protégé James "The Real Deal" Roth for the CWE Central Canadian Championship belt.

than anyone in CWE, plans on adding one more to the win column.

"I'm looking out for number one. Stay out of my way."

Fans will have the chance to meet the wrestlers, ask questions, get autographs and buy merchandise.

Heel or babyface, every grappler encouraged fans to cheer for their favourites and boo the ones they hate. The intimate venue allows fans to get up close, ensuring their targets will hear every word. Just be prepared to hear something back.

"The louder, the better," Attitude said. "Come check

it out; it's always a great time."

"The more the crowd gives us, the more we give back to the crowd," Roth added.

"It'll be electric," Duggan promised. "Let's have a great time."

Advanced tickets are \$20 for VIP First Access and \$15 for general admission. They are available at Breezy Oaks Inn and Tavern and cwetickets.com. Prices rise by five dollars at the door. VIP doors open at 6 p.m. and general admission at 6:30; bell time is 7 p.m.



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Little things get big results for Xtreme

By Tony Zerucha

Off to an 11-0 start, the Springfield Xtreme have found perfection in doing the little things well, over and over again.

The Xtreme are eight points up on the division's second-place team, the Mitchell Mustangs, and have a game in hand. In 11 games, they have only surrendered seven goals; the next parsimonious squad has allowed 24. Their 59 goals scored are the second-most.

"I think we're off to a pretty good start," first-year head coach Paul Binda said. "We have a good group of guys connecting on and off the ice."

Part of that connection

is veterans setting the tone after a couple of near misses in the HTJHL finals over the last two seasons. Two years ago, it was a heartbreaking double-overtime loss in Game 7. Last season, it was a sweep by the Steinbach Huskies.

Veteran Nathan Bartecki set the tone before the first practice. He hung his silver medal in the dressing room, and the message was clear: second place isn't good enough.

"We have a mission to complete this year, and guys are pushing it," Binda said.

Binda and assistants Trevor Jette and Jason Carpenter are listed as the coaches, but the roster is full of veterans setting the

tone. Binda sees it on the bench constantly.

Long been known for their consistent scoring, this year is no different. After losing veteran Braeden Rebeck, Binda knew he'd have to replace that firepower. He's done it with a deep roster boasting nine players with at least 10 points after 11 games. So far, 18 different players have scored a goal; seven have scored five or more. While no Xtreme player has cracked the top 20 in scoring, 10 occupy spots 21 to 35.

And then there's the defence and goaltending. Fans don't have to scroll down to find Xtreme goalies on the stats page, Hayden Bartecki, Dylan Kizlik and Josh Rach are one-two-three.

Binda said that consistent production has kept the lines mostly intact. That could change over the next two weeks, as a few injuries and some suspensions will see some fresh faces inserted. When Binda's called up reinforcements, they've delivered. High schoolers Owen Chmelnyski, Cam Sylvester and Parker Fazio

have scored in their cups of coffee, while Taigan Newton, Rach, Cam Osborne and Ethan Dasilva have also produced.

"I wanted to go with a 24-man roster to show local kids that there's more than the MMJHL or MJHL out there," Binda said. "We're trying to get the APs as many opportunities as possible."

The Xtreme get production from all levels including rookies Hayden Bartecki, John Pelletier, Aidan Osborne and Eric Bartel. Then come improving second and third-year players like Mattix Carpenter.

Binda credited the stellar defensive showing to a defence corps that is committed to winning, being first to the dump-ins, winning puck battles and clearing the net. Carpenter has taken a step forward this season. Binda said he's big on both special teams and shows an infectious work ethic. New import David Hazlitt is a big body who controls the gaps and has a combination of intensity and physicality.

"He's not afraid to shoot

a puck," Binda observed.

Everyone knows their role, and they're executing it to a T. The forwards play 200-foot games, the defence wins battles and clears the net, and the fourth liners get pucks in deep and bang bodies. Two months in, it's been a coach's dream.

And it all comes back to

doing the small things well.

"Our outlook before every game is to look at that one game," Binda said. "We go shift by shift, period by period, and game by game. Then it's on to the next mission."

Springfield hosts the East St. Paul Gators on Nov. 30 at 8 p.m.



Photo by Mark T. Buss

Beausejour's Hunter Ransom throws up a block against Niverville on Nov. 18.

Sabres reach volleyball provincials, Barons done

By Tony Zerucha

The Springfield Sabres varsity boys' volleyball team will be off to the MHSAA provincial AAA championships Nov. 28-30, but the École Edward Schreyer School (ESS) Barons will not be making the trip.

The Sabres began their playoff run on Nov. 6 when they topped the Calvin Christian Eagles in four sets. After winning the first set 25-22, they dropped the second 25-18. They rebounded to win the final two sets by identical 25-19 scores.

That set up a thrilling semi-final matchup against the Garden City Gophers on Nov. 13. Springfield took control, winning the first two sets 25-22 and 26-24. The Gophers dug deep, winning the third set 25-22, but the Sabres plugged the hole in the fourth set, triumphing 25-21 to win three sets to one.

On Nov. 15, the Sabres fell in straight sets, 25-21, 25-15 and 25-14 to the River East Kodiaks. Those Kodiaks have a perfect record this season, winning 11 of their 14 matches in straight sets and are No. 1 in Manitoba AAAA volleyball rankings.

The Sabres were ranked second in Manitoba provincial AAA volleyball as of Nov. 4.

The Barons were ranked No. 10 in the AAA rankings but will not be going to the provincials after falling to Steinbach Christian in the wildcard game Nov. 25 at Calvin Christian School in four sets, 25-22, 20-25, 21-25 and 22-25.

In the Zone 13 playdowns, the Barons fell 25-19, 25-20 to the Niverville Panthers Nov. 18 in Beausejour. The Panthers went on to defeat Steinbach 26-24, 25-20 to claim the banner.

Highlights of the Barons' season involved them winning their home tournament Nov. 9, topping Faith Academy 25-18, 26-5 in the final and also winning the Ste. Anne tournament one week earlier defeating the Beliveau Barracudas 25-23, 25-22 in the championship game.

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CLIPPER SPORTS

Gault commits to Northern Michigan Wildcats

By Tony Zerucha

Reece Gault has committed to the NCAA's Northern Michigan Wildcats and will report next fall on a full-ride scholarship.

The Oakbank defenceman spent the 2020-21 and 2021-22 seasons with the Eastman Selects, scoring seven goals and 25 points in 36 games. He spent the next two campaigns with the Rink Hockey Academy Prep Program. In 64 games, he netted 11 goals and 66 points.

This season, Gault is toiling with the MJHL's Steinbach Pistons. In his first 15 games, he has two goals and eight assists for 10 points in 15 games.

"It was a great feeling and honour to commit, especially to Northern Michigan," Gault said. "It was an amazing place to visit and an awesome staff and community."

Gault said he had other options but chose Northern Michigan for a few reasons. The biggest was head coach Dave Shyiak, who has kept in regular contact for months. The two reviewed Gault's games and developed a rapport.

Next up was a college tour, where Gault and his parents met the staff and toured the facilities.

"(That) made up my mind," Gault explained. "The coaching staff were awesome, and in that short time, I al-

ready felt at home. Also, there's great snowmobiling, and it had a small-town feeling, which was cool. Made me feel at home!"

Gault's current priority is the Pistons, who are currently in first place in the Manitoba Junior Hockey League's East Division with a 17-4-1 record. He said the coaching staff is great, and they're helping to develop his game.

He also could be representing Canada at the Junior A World Challenge in Camrose, Alta. He is headed to the training camp, which begins on Dec. 3.

Reece's brother Caiden Gault is also in the NCAA with the Ferris State Bulldogs. In his third season, Caiden leads the squad with five goals.



MJHL
Blueliner Reece Gault has two goals and eight assists with the first place Steinbach Pistons.

Selects tame Wild, cut down by Wheaties

By Tony Zerucha

The Eastman Selects split a pair of weekend games that saw them play twice within 24 hours, with a three-hour bus ride in between.

On Nov. 23, Ty Mistelbacher's fourth of the season at 17:37 of the third period was the winner as the Selects tamed the Winnipeg Wild 2-1 in Beausejour. The game was scoreless for more than 50

minutes before the Wild broke through at 11:33. Daniel De Gagne tied it at 16:20 before setting up Mistelbacher just over one minute later.

Eastman outshot Winnipeg 36-30 to make a winner of Sam Fontaine.

The Selects then drove to Brandon for a test against the first-place Wheat Kings. Grayson Slaney gave them a 1-0 lead on the power play midway through the opening period. His fourth of

the season was assisted by Calyb Moore and Malachi Thiessen.

The Wheaties took control with four straight goals to grab a commanding 4-1 lead late in the second. That surge saw starter Wyatt Minsky pulled for Fontaine. The Selects responded with an unassisted goal from Seth Hooper at 16:27 to make it 4-2 heading into the third period.

Brandon scored the only third-period goal, making

the final 5-2. The Selects were outshot 37-34.

Eastman hosts the Southwest Cougars for a weekend double-dip at the Beausejour Sportsplex that begins at 7:30 p.m. on Nov. 30 and concludes at 1:30 p.m. on Dec. 1.

The Selects are tied for sixth with the Winnipeg Thrashers, one point behind the fifth-place Parkland Rangers, though Eastman has a game in hand. Their .583 points percentage is

fifth-highest in the league. Their power play ranks sixth at 19.7 per cent, while their penalty-killing rate of 76.7 per cent is 10th.

Moore is 10th in league scoring with 25 points; his 16 assists are fifth-best in the league. With 24 points, Noah Stott is in 11th spot. His 12 goals are second among rookies. Mistelbacher's 14 helpers are the second-best first-year total.

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CLIPPER SPORTS

Comets sweep Habs, alone in first

By Tony Zerucha

The Beausejour Comets are alone in first place in the CRJHL following a weekend sweep of the La Broquerie Habs.

On Nov. 22, the Comets were down 1-0 after 20 minutes but exploded for three goals in six minutes to open the second. Easton Gaffray, Merrick Hurcul and Jarvis Ewasko hit the board.

Les Habs battled back as former Eastman Selects Calem Normandeau and Colton Pakoo set up Connor Tallaire's seventh of the season at 12:14. The powerplay goal made it 3-2 Comets.

Hurcul restored the two-goal cushion at 15:27 with a shorthanded

tally. Ewasko added a man-advantage score at 16:24.

Hurcul completed his hat-trick early in the third period to make the final 6-2 Comets. Ewasko, Hurcul and Gaffray had three-point games. Alex Cavanagh turned aside 40 shots for the win. The Comets took 40 at former Eastman Select Jaxon Loewen.

The Nov. 24 rematch saw another slow start, with the Comets finding themselves down 3-1 midway through the contest with Gaffray's fourth of the season their lone response. Liam Johnston scored at 10:19 of the second and Tanner Amos tied it at 16:35. Clint Thomas' powerplay goal in the final minute gave the Comets a 4-3 lead after 40 minutes.

Braeden Bowes scored an insurance goal at 13:22 to make the final 5-3 Beausejour. Beausejour outshot La Broquerie 46-30. Cavanagh won again.

The Comets are one point ahead of the Lunder Falcons. The Comets host the Falcons in a first-place battle on Nov. 29 at 8 p.m. at the Beausejour Sportplex.

Ewasko is the Comets' top scorer with eight goals, 11 assists and 19 points, all team bests. His goals and points are tied for sixth in the CRJHL, while his assists are seventh-best. Dylan Liske is the top goalie with a 1.86 goals-against average. His six wins are tied for the top spot. Cavanagh is tied for third-best with five wins.



File photo
Jarvis Ewasko is the Comets' top scorer with eight goals, 11 assists and 19 points.

Winterhawks chomp Beavers

By Tony Zerucha

Two-goal nights from Carter Barley, Owen Blocker and Keith Grondin led the Springfield Winterhawks to a 6-1 win over the Carman Beavers on Nov. 23, elevating Springfield into sole possession of first place in the SEMHL.

Blocker opened the scoring 13:14 into the contest from Dane Hirst.

Grondin followed that up 38 seconds later with an unassisted tally.

Grondin scored again four minutes into the second period. Blocker and Quinton Howden set him up. Barley made it 4-0 less than one minute later. Carman broke Steve Christie's shutout bid at 8:19. Blocker and Barley scored in the third period to make the final 6-1.

Springfield outshot Carman 42-

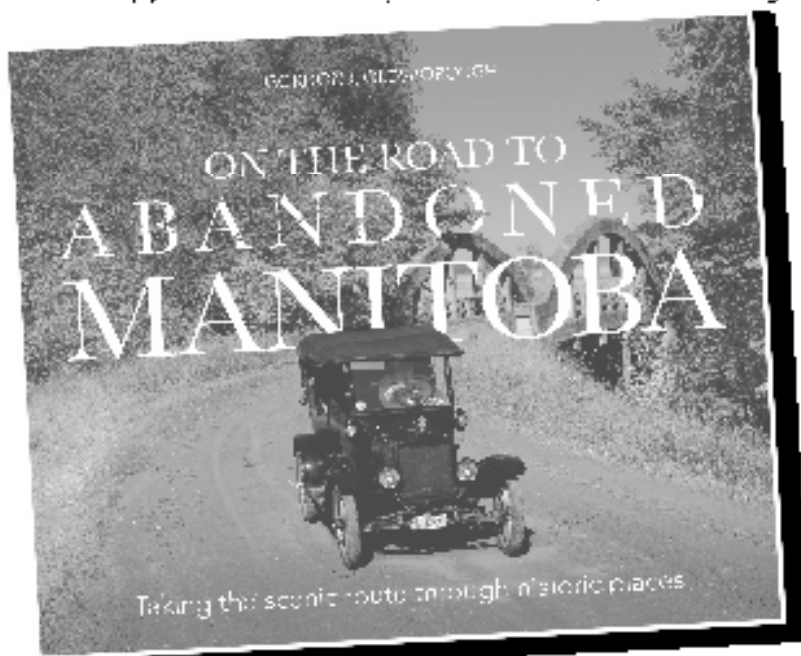
26. Blocker and Grondin finished with three points each, while Howden, Barley and Connor Grunsten had two apiece.

The two teams meet again in Carman on Nov. 30. The Winterhawks' last remaining 2024 home game is on Dec. 14 at 8 p.m. against the high-flying Ste. Anne Aces. Those Aces are in second place with a 4-1 record as of Nov. 25.

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Licensed gun dealer looking for firearms in all classes, and anything firearms related. Inheritance assistance provided. Can store handguns during the ban. Call or text Keith 204-471-9015.

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Looking for all unwanted firearms. Cash buyer, top dollar paid. Fully licensed for both non-restricted and restricted. Anything from individual items to estates. Please call or text Adam at 204-795-2850.

FIREWOOD

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Beausejour - 2 bedroom townhouse. Includes fridge, stove, washer, and dryer, 2 car parking. No pets, no smoking. Call 204-266-3066, available Dec 1st.

FOR RENT RESIDENTIAL

The Pinawa Ironwood - Exclusive 50+ Apartment Living. Accepting names to the "wait list". Indoor heated parking, exercise and common rooms, meals available. For more information or to arrange your personal tour contact Mike Berry at 204-753-2105 or visit the website www.pinawaironwood.com
1-TFN

FOR SALE

6 cyl International motor DT 570 Rebuilt 2021, NOT A MAXXFORCE. Safety 2024, 3200 gallon stainless steel milk tank price \$115,000.00. Service records available Reason for selling...retired. Also have a 2000 Peterbilt with 3000 gallon stainless steel milk tank. Price \$90,000.00. Call Kenny 204-939-1154.
47-2

HELP WANTED

WORK WANTED - Looking for part-time work for winter. Have Class 3 with airbrake. Experience operating Tandem truck and Bobcat load and dump snow, clearing sidewalks and parking lots. Call Les at 204-333-9597.
46-2

continued on page 18

WE'RE HIRING

Association for Community Living
Beausejour Branch Inc.

Join Our Team

Accounting Assistant
Status: Permanent Full Time (75 hours bi-weekly)
Wage: \$26.00/hour

The Association for Community Living Beausejour Branch is looking for an Accounting Assistant to join our senior management team. The Accounting Assistant will be working closely alongside our Senior Executive Assistant and Payroll & Benefits Coordinator. This role will implement office and administrative policies and procedures including maintaining accurate records of various office processes (data bases, spreadsheets, etc). The Accounting Assistant will also provide direct and back up support in relation to financial administration including reconciling accounts, accounts receivable and payable duties.

Requirements:

- Strong knowledge of QuickBooks Accounting System
- Strong knowledge MS Office Suite Skills
- Excellent knowledge of payroll processing procedures
- Excellent knowledge of benefits administration procedures
- Strong knowledge of e-filing and government remittance procedures
- Must be able to complete Non-Violent Crisis Intervention and First Aid
- Must possess a valid Driver's License
- Must have a reliable, insured vehicle

Core Competencies Needed:

- Excellent written and verbal communication skills
- Excellent collaboration and team building skills
- Strong time management skills
- Highly adaptable/flexible
- Able to think innovatively/creatively
- Strong decision making/judgment ability
- High standards of ethics, accountability, dependability and integrity
- Ability to change roles and responsibilities in response to changing needs and environments
- Excellent conflict resolution, mediation and negotiation skills

Please apply to Allison Kulikowski, Human Resources Generalist, with your resume: allisonk@aclbb.com

****Only those applicants considered for the position will be contacted. ****

RURAL MUNICIPALITY OF BROKENHEAD

LUD OF TYNDALL-GARSON 2025 GARBAGE STICKER PICK UP

The 2025 garbage stickers are available for pick-up

December 4th, & December 9th, 2024
6:00 – 8:00 p.m.
Tyndall Village Community Centre
69 Pierson Drive, Tyndall

Garbage stickers are also available at the RM of Brokenhead Office, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Garbage stickers must be picked up by the registered property owner. If you are unable to attend in person, you may send another person to pick them up on your behalf. Please call our office to notify us who will be picking them up as we will need to record the name.

Please note: The RM office will be closed December 23rd, 2024 to January 2nd, 2025 inclusive, so please plan ahead to have enough yellow stickers for the rest of the year and to have your orange stickers on hand for the first pick-up January 7th, 2025!

SUNRISE SCHOOL DIVISION

Public Consultation on Budget
Tuesday, December 3, 2024 – 7:00 PM

Each year, the Sunrise School Division holds a Public Consultation on the Budget. The purpose of this meeting is to inform the public about current budget discussions and to invite comment on education and budget initiatives. The meeting typically includes a budget presentation and provides an opportunity for questions from public stakeholders.

The Sunrise School Division values your input and relies on community feedback in planning for the programs and services offered. Stakeholder input will help guide the Board's decisions and actions.

This year's Budget Consultation meeting will be held in person at the Sunrise Education Centre (344 - 2nd Street North, Beausejour, MB). Should you wish to present, please email jody.thiessen@sunrisesd.ca by noon on Friday, November 29, 2024.

If you are unable to attend the meeting but would like to provide input, please send an email to budget@sunrisesd.ca.



**BROKENHEAD RIVER
COMMUNITY FOUNDATION**
www.brcfoundation.ca

Did you know?

The foundation invests the funds that you give, retains the principal, and allocates the annual interest or investment income to worthy community projects. This assures that in the future your gift will continue to maintain its original spirit and intent.

*Any donation is appreciated. No amount is too small.
Together we can make a difference!*

What is the BRCF? It is a collection of funds that are invested, with the resulting interest given out in grants to charitable community organizations and scholarships and bursaries to deserving students.

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... continued from page 17

HELP WANTED

SUBWAY Beausejour and Oakbank are now hiring Full Time and Part Time staff. Management potential. Apply at www.mysubwaycareer.com or drop of a resume at store.
46-4

Looking for a local bookkeeper as current one is retiring. Must be experienced in QBO & supporting a small business. Please email: lydia@voloshahair.ca No phone calls please.
46-2

PERSONALS

New to area, retired, assets. Like to meet lady any age, don't be shy. Call me 431-347-3006. Thanx Wayne.
47-3

SCRAP WANTED

Pops & Son Scrap and Salvage – We buy scrap cars, trucks, vans, etc. Scrap clean-up of farm yards, residential property. For fast service please call 204-268-9112 or 204-470-9261, email popsandson@yahoo.ca
1-TFN

WANTED

REWARD - Wanted Dead or Alive. Cars/Trucks wanted... for scrap or restoration... 204-482-2222. No cars after November 30 so get rid of your vehicles now!
38-10

Looking to buy an electric Queen Anne frying pan. Phone 204-268-4740.
47-1

WATER TREATMENT

Pentair softeners. Iron removers. Reverse osmosis systems \$288.00. Replacement poly-spun \$3.50. Carbon fillers \$7.50. All sizes water filters. Res-Care softener cleaner, one gallon \$29.80. All Seasons 204-661-8581.
46-4

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LOCAL GOVERNMENT DISTRICT OF PINAWA

PUBLIC NOTICE is hereby given, pursuant to Section 194 of The Municipal Act, that the auditor's financial report for the 2023 fiscal year has been deposited in the office of the Resident Administrator of the Local Government District of Pinawa at 36 Burrows Road in Pinawa, Manitoba. The report and the municipality's financial statements are available for inspection by any person or his/her agent, Monday to Friday, 9:30 a.m. to 4:30 p.m. Any person or his agent, at his/her own expense, may make a copy.



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COMMUNITY

EVENTS

The Clipper Weekly is pleased to offer free advertising under its Community Events heading for events within our distribution area which are offered free of charge to the public. Free ads run on a space availability basis, and therefore are not guaranteed to appear in the paper. An event where there is an exchange of cash, such as ticket sales, door admission or merchandise sales, would be considered a paid ad. Community Event pricing is the same as the Clipper's Classifieds: \$11.00 per week for 25 words or less and .30¢ per additional word.

MB FARM & RURAL SUPPORT SERVICES

Are you feeling distressed and/or in crisis? Our trained counsellors are here to listen and to help. We offer telephone and on-line counselling for all rural and northern Manitobans. Toll free and confidential. Call 1-866-367-3276 or visit www.supportline.ca

HERITAGE LIVESTOCK CANADA

HLC is a federally-registered charity which helps conserve and promote heritage and rare breeds of Canadian farm animals. Memberships available and donations accepted at www.rarebreedscanada.org

WELLNESS NEWSLETTER

Stay up to date with wellness in the Interlake-Eastern RHA. Send an email with SUBSCRIBE in the subject line to wellness@ierha.ca to receive a free monthly e-newsletter including recipes and information about health promotion and education programs in the region.

TWO RIVER-GRIEF SUPPORT GROUPS

A friendly support program, led by trained volunteers, where people can speak openly about their feelings. Four locations to choose from (Whitemouth, Seven Sisters, Lac du Bonnet, Pinawa). Everyone welcome. To register or for more info, please contact Sandra 204-348-4610 / white_mouthtworivers@gmail.com or Pat 204-345-1227 / ldbtworivers@gmail.com Free!

IERHA HEALTHY BABY DROP IN

FREE program for expecting and new parents of children under one year of age. Connect with other parents, receive info on prenatal and postnatal health & nutrition. Mrs. Lucci's in Lac du Bonnet. Call Robin for info 204-345-0284 rcyr@ierha.ca

LAC DU BONNET CHIRSTMAS HAMPERS

The 2024 Lac du Bonnet applications will be available November 12th – November 29th, 2024 at Mrs. Lucci's Resource Centre, 76 3rd Steet. Confidential, Phone 204-345-9901.

VOLUNTEER MUSICIANS LAC DU BONNET PCH

Wanted: Local musicians willing to volunteer their time to perform for the residents at the Lac du Bonnet Personal Care Home. This is for the weekly happy hour program each Thursday from 2:30 pm to 3:30 pm. Your generosity would be greatly appreciated. If interested please contact Debra, Recreation Coordinator at 204-345-1210 or dbilawka@ierha.ca

LAKESHORE AL-ANON

Every Thursday at 7pm, Lac du Bonnet Medical Centre, 75 McIntosh St. East.

TOASTMASTER'S ON ZOOM

Speaking Made Easy Toastmaster's meet on Zoom, Tuesdays at 7 p.m., try something new. We welcome guests! Contact Suzanne Bacler 204-340-3091.

LAC DU BONNET MMF LOCAL

For citizenship & harvester applications contact SE Regional office 204-754-2721 or LdB Rep Ken 204-345-2212 or email: mmf.ldblocal@gmail.com

PINAWA SUPPORT SERVICES FOR SENIORS

Two Rivers Resource Council Inc. Lac du Bonnet, Pinawa, Whitemouth/Reynolds. Phone 204-345-1227, 204-348-4610, 204-753-2962.

WHITEMOUTH WHITEMOUTH HAPPY HOURS FUNDRAISER

Whitemouth Happy Hours Fundraiser/ Western - Saloon Theme. Saturday, November 30, 2024. Doors open at 5:30pm. Supper, live band, and cash bar -\$30.00/ticket. Contact: Sheila @ 204-348-2942 or Debbie @ 204-348-2608. Prepay and booking required by November 25, 2024.

WHITEMOUTH LIONS CLUB CHRISTMAS HAMPERS

If you or someone you know who is in need of a Christmas hamper and resides in the RM of Whitemouth, please call 431-588-8900. Requests will be accepted until Dec 6. All hampers are to be picked up between 10am and noon Dec.14.

WHITEMOUTH PICKLEBALL

Whitemouth School Gym. Thursday evenings 7-9pm. No drop in fee, equipment provided. Come and have fun!

BEAUSEJOUR/ BROKENHEAD BEAUSEJOUR & AREA FOOD BANK

730 Park Avenue, Beausejour, MB. Phone 204-268-3600. Open Mondays & Thursdays from 10:00 - 11:45 am. Open Tuesdays after a long weekend.

ALZHEIMER SOCIETY SUPPORT GROUPS

Support groups offer the opportunity for care partners to meet and share info of caring for a person living with dementia. Beausejour (in-person) East-Gate Lodge Personal Care Home, 646 James St. 2nd Tuesday of the month, 6:30pm – 8pm. Register with Dan Bourrier (Regional Coordinator) dbourrier@alzheimer.mb.ca Virtual options available.

RED CROSS VOLUNTEERS

24 hours a day. Seven days a week. Red Cross volunteers provide support to households experiencing small-scale disasters. Help your community! Join our team! Call 1-844-818-2155.

EASTMAN MEN SHED

A group of retired and semi-retired men who socialize, make friends, share skills, play a game of pool or cribbage, find companionship, do woodworking or small construction projects (with instruction provided), or just talk to one-another. Regular meetings: Tuesday & Thursdays anytime between 10 am-12 noon at the BREACH building in Beausejour: 630 Park Avenue (across from the town office). For information call Steve Day at 204-268-5669 or Ken Zirk 204-268-8235. "A safe place in Beausejour for MEN to come together to socialize, stay productive, and contribute to the community".

BEAUSEJOUR COPP VOLUNTEERS NEEDED

Are you and a partner looking for something to do at least once a month? Your Beausejour COPP is currently looking for volunteers to help patrol the community. Patrols are once a month or more often if you have more time to offer. You will use your own vehicle and phone. Other patrol methods are acceptable and can be discussed. Training documentation will be provided to successful applicants. Do you think you might be interested? If so, send an email to beausejourcopp@gmail.com and someone will contact you back to discuss the COPP program in more detail. Or visit our website at citizenonpatrolmb.ca

PREGNANT?

If you are pregnant and feeling confused; if you want to talk to someone about your situation, please call 1-800-665-0570.

SPRINGFIELD ANOTHER TIME AROUND SHOP

530 Main Street, Oakbank, Phone 204-444-5100. Tuesday-Friday 10:30-4, Sat 11-3. A non-profit organization managed by volunteers. The shop is stocked up for the Christmas Season...decorations, gifts, sweaters, and the list goes on. Drop in! "Our Mission is Paying it Forward to the kids and families of the RM of Springfield, and beyond! We are eco-friendly....and giving back to the people is what we do...Come see us.

SPRINGFIELD PLAYGROUP

A free drop-in playgroup for children 0-6 years with their caregivers. We meet Tuesdays 10am-12 noon at the United Church, Oakbank. For more information please call 204- 293-5534 or find us on Facebook.

SPRINGFIELD FOOD BANK


Open to residents of the RM of Springfield from 10am to 12 noon Saturdays. The Food Bank operates out of the Anola United Church, directly behind the senior's residence on Weiser Crescent. For more information or to arrange alternate access hours, please contact Gerry 204-866-2654 or Lorri 204-866-3403.

STE. RITA MMF LOCAL

For memberships & Harvester cards contact 204-866-2813 or 204-866-4036.

PRAIRIE VOICES TOASTMASTERS CLUB

Meet with us to practice and improve our communication skills. 2nd and 4th Tuesdays of each month at 6:45 p.m. at the OakBank United Church. Virtual option available. Contact Joelle at 204-698-2865.



SNOW REMOVAL

The Rural Municipality of Lac du Bonnet hereby gives notice that any party who deposits snow upon a highway or the shoulders thereof, may be in contravention of Section 217 (2) of the Highway Traffic Act, which reads as follows:

"A person, who drops, throws or deposits upon a highway any substance or thing likely to injure a person, animal or vehicle shall immediately remove or cause it to be removed."

As the practice of cleaning private lanes and driveways and leaving of snow on the road and/or shoulders creates hazardous driving conditions, the Rural Municipality of Lac du Bonnet will take whatever action is necessary to enforce the above-mentioned section of the Act.

NOTE: The term "highway" applies to all roads and streets within the municipality, both provincial and municipal.

Council of the Rural Municipality of Lac du Bonnet


RECYCLE YOUR PLASTIC CLIPPER NEWSPAPER BAGS

You can bring back the plastic sleeves from your Clipper newspapers to our Beausejour office to be recycled.

THE CLIPPER

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204-268-4700

BROKENHEAD RIVER REGIONAL LIBRARY



REQUEST FOR QUOTE LIBRARY LIGHTING UPGRADE

The Board of the Brokenhead River Regional Library is seeking proposals from qualified bidders for the Supply and Install of LED lighting fixtures at the Brokenhead River Regional Library facility. Quotations are to be submitted to the Brokenhead River Regional Library, located at 427 Park Avenue or emailed to Ashley Myers at brlrlbr2@mymts.net no later than 4:00pm December 9th 2024.

SCOPE OF WORK:
Supply and Install:
• 6 1x4 LED Panels • 70 2x4 LED Panels
1 2x2 LED Panels • 8 A19 LED Lamps • 19 LED Potlight Lamps

CONTRACTOR TO SUPPLY:
All materials • Necessary permits

NOTE: All contractors must be approved by Manitoba Hydro and Efficiency Manitoba. All contractors must have \$2 million liability insurance.

All inquiries related to the Quote should be directed to Ashley Myers, Director of Library Services, by email at brlrlbr2@mymts.net or by phone at 204-268-7570.

Dated at Beausejour, Manitoba this 26th day of November 2024.

Ashley Myers
Director of Library Services Brokenhead River Regional Library
427 Park Avenue Box 1087 Beausejour MB R0E 0C0



The Rural Municipality of Springfield WINTER REMINDER TO RESIDENTS

The Municipality of Springfield would like to remind residents pushing or piling snow, slush or ice removed from private property across public roadways is not an acceptable practice.

FAST FACTS

1. It is hazardous for snow removal equipment, and the travelling public;
2. Piles act as snow traps causing roads to become blocked, and, in some cases, impassable;
3. Ridges are quite often left across roads which is especially hazardous at night when the travelling public are unable to see them;
4. Spring run off is often impeded when snow, slush or ice is pushed into the municipal drains

The Municipality requests the general public to clear their driveways without pushing snow, slush or ice across roadways, or into Municipal ditches.

The RM of Springfield will take the necessary action to enforce the Highway Traffic Act. Any person acting in contravention of the Highway Traffic Act will be held liable for any claims arising out of their actions.

Your cooperation is greatly appreciated. Any concerns or questions can be addressed to the Public Works Department at 204-444-2241, or the Springfield Police at 204-444-4308.

Rural Municipality of Springfield

WHEN & WHERE TO WORSHIP

SPRINGFIELD

ST. JOHN PAUL II ROMAN CATHOLIC CHURCH OAKBANK

Mass is celebrated every Saturday at 5:00pm and all are welcome. We offer Catechism at 4:30pm before Mass. Please contact Michelle at 204-444-4313 to register. We are located at 27107 Oakwood Rd. Oakbank. For further information, please contact Fr. Omali at 204-268-9020 or visit our website at <https://stjohn-paulii.org> 1-TFN

ANOLA FELLOWSHIP CHAPEL

58006 Monominto Rd. We are a congregation made up of a variety of age groups and backgrounds. Our goal is to build Christ centred families. Sunday indoor service at 10:00 am. Information and sermons available online at: www.anola-chapel.com 204-866-3597.

WILLOWDALE FELLOWSHIP

Willowdale Fellowship is a non-denominational, Christ centred church that meets at the Cooks Creek Community Center at 10:30 Sunday Mornings for a service and light lunch. A Kids Church program coincides with the message part of the service. Further info: text/call Pastor Norm Neufeld 204-444-4779, willowdalefellowship@gmail.com or www.willowdalefellowship.com *Jesus said, "Come to Me, all who are weary and heavy-laden, and I will give you rest." Matthew 11:28.*

OAKBANK BAPTIST CHURCH

Join us Sunday mornings for Worship Services starting at 10:00am. Sunday School for all ages 11:30am. 26033 Springfield Rd., Oakbank, 204-444-3348 Visit www.oakbankbaptist.org to register. Christmas Program December 15th, @ 5:30pm - Christmas Eve Service December 24th, @ 6:00pm

ST. MICHAEL'S ROMAN CATHOLIC PARISH COOKS CREEK

Masses are celebrated Sunday at 11 AM. and Thursday at 10 AM. Sunday mass is live streamed. Please go to our website www.stmichaelsrc.com and click on the live stream icon. For further information please contact Fr. Sylvanus at 204-444-2248 or visit our website www.stmichaelsrc.com All are welcome to attend.

OAK BANK UNITED CHURCH

All are invited to join Oak Bank United Church, 582 Balsam Crescent, for worship on Sundays at 10:45 am. Worship bags for youth engagement in the pews will be available on Sundays. Check our website at www.oakbankunitedchurch.com or call the office 204-444-2815 for more information.

OSTENFELD LUTHERAN CHURCH

Worship service with Pastor Kolleen Karlowsky-Clark at 11:30 a.m. on the first Sunday of the month. Call 204-866-3599, or see www.brokenheadshared.com for more information. You are welcome!

REDEEMER CANADIAN REFORMED CHURCH

Redeemer Canadian Reformed Church, 15 Bates Ave. Winnipeg. Please join us for worship, every Sunday at 10 & 3. Bibles and song books can be provided and a nursery is available. Our live stream and more information can be found on our website: Reedemer-CanRC.ca

IMMACULATE CONCEPTION CHURCH & GROTTO OF COOKS CREEK

Sunday Divine Liturgy 10:30 am, Father Taras Kowch, Priest. All are welcome! All services in English with traditional Seasonal Hymns sung in Ukrainian. 68003 Cooks Creek Road. Call 204-444-2478 for more information.

ROMAN CATHOLIC PARISH OF OUR LADY OF HOPE, ANOLA 34131 PTH 15

Sunday Mass: 11:00 am with our new pastor, Rev Fr. Michael Agazie. Parish office 204-268-2453. Email: admin@ourladyofhopeanola.com For more information see our website: www.ourladyofhopeanola.com

THE CHURCH AT PINE RIDGE

Everyone welcome! Sunday Gathering at 10am or streaming live online. Aiming to love God with everything we've got and loving others extravagantly. A family church with ministries for all ages. More info at www.thechurchatpine-ridge.org

ABUNDANT LIFE LUTHERAN CHURCH

Address: 3586 Raleigh St, East St. Paul. Pastor Murray Still. Youth Ministry Coordinator, Lisa van Dijk. Sunday services 9:45 am. Phone 204-255-5433 e: office@abundantlifelutheran.ca Check our website: <https://www.spiritoffeministry.ca/all-home> Abundant Life Lutheran Church is part of Spirit of Life Ministry, a two point parish, with Peace Lutheran Church. Where ALL are welcome.

OAKBANK CHRISTIAN CHURCH

We are located at 27101 Oakwood Road in Oak Bank. For more information, please visit www.oakbankchristianchurch.com or call 204-444-2089.

BEAUSEJOUR/ BROKENHEAD

ST. PAUL'S UNITED CHURCH

Join us for in-person worship services, Sunday mornings at 10 AM, 730 James St., Beausejour. All are welcome. Office hours: Wednesdays 9 AM - 4 PM. Please phone for appointment with Rev. Susan Tilleman, 204-268-2893.

ROMAN CATHOLIC PARISH OF ST. MARY, BEAUSEJOUR

530 Atlantic Ave Beausejour - Masses - Saturday Evening 5:00 pm, Sunday 9:00 am. Weekday Masses have been cancelled until further notice. For more information, visit our website www.stmoloh.ca Parish office: 204-268-2453 Email: info@stmoloh.ca

TRINITY LUTHERAN CHURCH, THALBERG

Worship every Sunday at 11:00 AM. Sunday School during worship, everyone welcome! Contact Lana at 204-635-2009.

HOLY GHOST UKRAINIAN CATHOLIC CHURCH

823 Park Ave, Beausejour. Regular Sunday Services at 8:30 a.m. Services in English. All are welcome.

ZION EVANGELICAL LUTHERAN CHURCH

Serving the faith community for 124 years, 403 First St. at Gertrude Ave., Beausejour, Pastor Terry Gudmundson. 204-268-1253. Email: zionbsjr@mymts.net Facebook: www.facebook.com/ZionBeausejour Office Hours: Tuesday and Thursday 8:00am – 3:00pm. Join us for Worship – Sundays 10:00am, all are welcome. Inquire about Sunday School, Confirmation and other program events.

GRACE LIFE CHURCH

Call Pastor Mark at 204-266-0886 or visit gracelifebeausejour.ca for more information.

SAINT JULIAN'S TABLE

Our roots are Anglican, Catholic, Mennonite, Lutheran, Evangelical and Indigenous. We have not cut ourselves off from any of these, but are growing together in a life at the end of us versus them. Currently we are gathering on bi-weekly Sundays at Ploughshares Community Farm or on Zoom at 10:30am. Email saintjulianstable@gmail.com or call Marcus at 204-205-0664 for directions.

ELIM BAPTIST CHURCH

We welcome you to join us for worship every Sunday at 10:30 am for music, teaching and fellowship. 645 James Ave., Beausejour.

SACRED HEART OF JESUS ROMAN CATHOLIC PARISH

Sunday mass at 9:00 am (18 Pine Avenue in Garson). Daily Mass Tuesday, Wednesday and Friday at 9:00 a.m. Info: Father Sylvanus Omali, 204-444-2248. www.sacredheartgarson.com

ST. OUENS COUNTRY CHURCH

Come and fellowship with us at St. Ouens Country Church. We are 1/4 mile south of Hwy 44 on St. Ouens Rd. For further information, call Pastors Darrell & Maralee Wurch 204-268-1629 or wurchpastor@gmail.com

GRACE LUTHERAN CHURCH SERVICE

418 Gertrude, Beausejour, MB. Call 204-268-2724 for more information. Everyone Welcome!

BEAUSEJOUR COMMUNITY CHURCH

We are a family church where everyone is welcome. For more info, phone Pastor Ben Boutwell at 204-268-9950, or visit our website at www.beausejourchurch.org

PINAWA

PINAWA CHRISTIAN FELLOWSHIP

A congregation recognized by the Anglican, Mennonite, Presbyterian and United denominations. Join us for worship services Sunday mornings at 11:00 am at the Pinawa Lutheran Church, Massey @ Burrows. Please visit the church's website, www.pinawa.church for the latest information. Visitors are welcome.

continued on next page

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Messages


IN MEMORIAM



BARRY SOKOŁOSKI
April 22, 1948 – November 26, 2018

In Loving Memory of My Brother, Barry
Sadly missed along life's way,
Quietly remembered every day,
No longer in my life to share,
But in my heart you're always there,
Love you and miss you,
Linda

IN MEMORIAM



BARRY SOKOŁOSKI
November 26, 2018

*If I could write a story
It would be the greatest ever told.
Of a kind and loving Uncle
Who had a heart of gold.
You were a firm foundation
Through all the storms of life,
A sturdy hand to hold onto
In times of stress and strife
In times of good and bad
One of life's greatest blessings
The best Uncle I could have had.*

Loved and forever missed
Deidre

WHEN & WHERE TO WORSHIP

...continued from previous page

PINAWA ALLIANCE CHURCH
(Corner of Burrows and Bessborough). Sunday Service 10:30 AM. Check our website for more info: PinawaAlliance.com or call 204-345-6535.

ST. FRANCIS OF ASSISI CATHOLIC CHURCH
37 Burrows Road, Mass Sunday at 9:00am, Thursday at 10:00 a.m. All are welcome to join us.

PINAWA LUTHERAN CHURCH
Pinawa Lutheran Church at 25 Massey Ave. Sunday Service at 9:15 am. For more information check Pinawa Lutheran Church's website at pinawalutheran.ca

LAC DU BONNET LUTHERAN CHURCH OF THE CROSS
253 McArthur Ave. LdB Worship service is every Sunday at 11 am. All are welcome. Contact us at luthldb@outlook.com Call Pastor Kolleen Karlowsky-Clark at 204-272-0444.

NOTRE DAME DU LAC CATHOLIC PARISH
(English Mass) Saturday @ 5 Sunday @ 11. All welcome to join us.

ABUNDANT LIFE CHAPEL
90-4th Street, Lac du Bonnet. For more info visit our website abundantlifechapel.ca or contact the office at 204-345-2934. Pastor James Schwab.



PINE FALLS PINE FALLS UNITED
Please join us for Sunday worship at 10:30 a.m. at Pine Falls United Church, 5 Walnut Street, Pine Falls.

NOTRE DAME DU LAUS
Our Mass times are every Saturday at 5:00 p.m. and Sunday at 10:30 a.m. Notre Dame du Laus Catholic Church in Powerview-Pine Falls.

RIVER HILLS ST. PAUL LUTHERAN
Regular 11:00 a.m. service. Following health guidelines.

OBITUARY

ARMANDE SELLERS
(nee Dubé)
November 12, 1931 ~ November 21, 2024



With great sorrow and heavy hearts, we announce the passing of our beautiful Mom on November 21, 2024.

Armande was predeceased by her husband Ken, mother Flora and father Oscar, sister Lucy Bruneau (Maurice), brothers, Henry, Fern, Gillis and Leon Dubé (Sadie), sister-in-law Grace Dubé, brothers-in-law, Bill Frederick and Bill Antonyshyn and son-in-law Jerry Grewinski.

Armande will be lovingly remembered by her four daughters, Mary Ann, Shirley (Grant), Kim (Peter), Gail (John); grandchildren, Farrah (Chad), Wynter (Devon), Clint (Char), Lonny (Amanda), Misty (Garrett), Sheena (Chris), Chelsey (Brett), Cole and Kendall (Jeff); great grandchildren, Eva, Milton, Violet, Noah, Myla, Beau, Kaden, Liam, Kirsten, Talys, Bennett, Carleigh, Carter, Kate, Brooks and Walker. She is also survived by sisters, Frieda and Marie (Glen); brothers, Roger (Margaret), Edgar (Diane), Norman and Marcel (Lila); sisters-in-law, Simone and Odille; and many other nieces, nephews, cousins and friends.

Armande grew up on a farm in Mud Falls. She worked in Pine Falls which is where she met her beloved husband, Ken, at Manitou Lodge. Their love blossomed, and they were united in marriage on September 8, 1951. Throughout their marriage, Armande and Ken moved frequently, but ultimately settled in Lac du Bonnet, where they raised their family. Armande enjoyed gardening and had a particular fondness for flowers, especially peonies. She was a natural joker, and loved to laugh and often teased her loved ones.

Armande's devotion to her family was evident in every aspect of her life. She cooked and baked with passion and it was the family dinners that were a highlight in her home, bringing everyone together in celebration and love. Her love and nurturing spirit extended to her cherished grandchildren and great-grandchildren. She leaves behind a legacy of love, laughter, and cherished memories that will forever remain in the hearts of all who knew her. She will be missed but fondly remembered for her joyous spirit and the warmth she brought into the lives of her family and friends.


In lieu of flowers, donation may be made to the Lac du Bonnet Personal Care Home, PO Box 1030, Lac du Bonnet, MB R0E 1A0.

As per mom's wishes, cremation has taken place and a private family service will be held at a later date.

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OBITUARY

PETER KLAUS EIBISCH
1935 – 2024



With profound sadness, yet grateful for a life well lived, I wish to inform you of Peter's passing on November 22, 2024 at Pinawa Hospital.

Peter is survived by his wife, Gudrun, his nieces Petra, Katrin (Karsten), as well as nephews and one niece.

Peter was born December 15, 1935 to Helmut and Margarete Eibisch in Aue, Germany. He emigrated to Canada in August 1959 as a tool and dye maker. He worked for Washtronics, Pritchard Engineering and the Royal Canadian Mint. In 1989 he obtained his Bachelor of Education and taught Industrial Art at Tech. Voc. School and St. Johns School. He retired in 1993 and made beautiful Lac du Bonnet the place to live.

Peter loved the outdoors, enjoyed travel, sailing, skiing and riding. Together with his wife and their motorhome they travelled extensively in Canada and the USA. Later on they preferred cruises.

He was an eternal optimist, loved people and they loved him. Peter had a deep love for Canada and was grateful to have been given the opportunity to come to this country. His wife would like to thank the compassionate caring of Dr. M. Bruneau and staff at Lac du Bonnet Clinic as well as the staff at Pinawa Hospital.


A Celebration of Life will be held on Wednesday, December 4, 2024 at 1:30 p.m. at Sobering Funeral Chapel, 1035 Park Ave. E, Beausejour.

In lieu of flowers, one may consider donations to the Humane Society, 45 Hurst Way, Winnipeg, MB R3T 9Z9.

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OBITUARY

ARTHUR SOMMERFELD
April 25, 1934 – November 19, 2024



With deep sadness the family of Arthur Sommerfeld, age 90 of Whitemouth, announces that Arthur went to his Heavenly home surrounded by his family on Tuesday, November 19th, 2024.

Arthur will be lovingly remembered by his loving wife Gerda of 63 years; children Werner (Audrey), Reinhard (Gail); Guenther, Trudy (Chris) and Helga (Dean); 14 grandchildren and 25 great-grandchildren; brother Horst; and nieces, nephews and cousins.

He was predeceased by his parents Adolf and Martha Sommerfeld (nee Kuehn); his stepmother Auguste (nee Kujat); his brothers Reinhard Sommerfeld (Hilde), Ewald (Irmgard), Edmund (Olga); sister Ruth in infancy; grandparents; aunts; uncles; cousins; nephews; great grandson Deegan in infancy; and sister-in-law Elsie.

Arthur was a generous, honest, hardworking soul and would never hesitate to lend a helping hand, something we can learn from him.

He loved fishing, from his favourite locations along the Whitemouth River to secluded lakes hidden deep in the Whiteshell Provincial Park and would never come home empty-handed. He enjoyed watching football and hockey, and listening to music and spending time with his wife, Gerda.


A public viewing and devotional prayer service was held on Tuesday, November 26, at Sobering Funeral Chapel; 1035 Park Ave. E., Beausejour, MB. A private funeral service and interment has taken place.

Flowers are graciously declined. Donations in Arthur's memory may be made to a charity of your choice.

Many thanks to all the people that cared for Arthur and visited.

Special thanks to Libby and the staff at Sobering Funeral Chapel.

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