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## Stellar student

EXPRESS PHOTO SUBMITTED

The Manitoba School Boards Association has recognized Emily Mazur from Lakeshore School Division's Fisher Branch Collegiate with a Student Citizenship Award. Pictured left to right: MSBA president Alan Campbell, Emily Mazure and MSBA Region 3 director Lena Kublick.

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# Fisher Branch student receives provincial award

By Evan Matthews

A Fisher Branch Collegiate Grade 12 student has been recognized for exemplary citizenship in both her school and community.

The Manitoba School Boards Association (MSBA) awarded 18-year-old Emily Mazur with a Student Citizen Award and she was also the recipient of Association of Manitoba Municipalities' George Harbottle Award.

"To be recognized for my efforts in this was such an honour," said Mazur, a Broad Valley resident.

"I've been doing what I love. Coming from a small community, I know what it takes to keep a town alive, and I hope that my actions will inspire others to take part in their community as well."

She expressed thanks to her parents, family, teachers and community members for their love, support and many opportunities provided to her throughout the years.

The MSBA Student Citizenship Awards program recognizes "outstanding" young people throughout the province who are active members in their communities and their schools, with seven awards given annually to one student in each of the association's six geographic regions.

"I have been volunteering in my communities — both Broad Valley and Fisher Branch — for as long as I can remember, at the community halls, community fundraisers and functions, and I am a member on the RCMP National Youth Advisory Council,"



EXPRESS PHOTO SUBMITTED

Lakeshore School Division Grade 12 student Emily Mazur received the AMM George Harbottle Award from AMM president Ralph Groening.

said Mazur when asked about her efforts.

"I coached the youth curling program in Fisher Branch for the past five years. In school, I am an active member in many clubs, and I organized a used book sale in 2019, I have completed a sustainability project.

"Through dedicating my time to my community and school, I have learned the value of being an active community citizen and want to continue giving back and helping others, while learning valuable skills along the way," she said.

Mazur received a certificate and \$1,000 for each award, which will be put toward her post-secondary education. Come fall, Mazur will attend the University of Manitoba's Faculty of Science, as she plans to complete a four-year bachelor program.

Lakeshore School Division Supt. Don Nikkel said Mazur helps out with various activities around her school whenever she is asked. He said the division is proud not only of her achievements but also of the attributes that define a Lakeshore student.

"Throughout the years, Emily has displayed a tenacity for learning and challenging herself. In the face of obstacles, she has been both resilient and humble," said Nikkel.

"In 2018, she signed up for a canoe trip I was the lead for. I remember on the first training trip, while exiting her canoe, Emily lost her balance and tumbled into the lake. As she walked out of the lake with water dripping from her clothes and a pair of soggy shoes, she had an infectious broad grin on her face.

"That snapshot aptly illustrates Emily's perspective on life and her character. We all look forward to hearing about the adventures that lie ahead for her," said Nikkel.

## Premier declares state of emergency to protect Manitobans

Submitted by Manitoba government

The Manitoba government is declaring a provincewide state of emergency under The Emergency Measures Act to protect the health and safety of all Manitobans and reduce the spread of COVID-19, Premier Brian Pallister announced last Friday.

"This decision was not made lightly. However, we must continue to use every tool available to 'flatten the curve' and reduce the spread of COVID-19 on our communities and our health-care system," said Pallister.

A state of emergency has been declared by the powers set out in Section 11(1) and 11(2) of The Emergency Measures Act to enable the province to respond to the COVID-19 pandemic. In addition, the Chief Provincial Public Health Officer is issuing orders

under The Public Health Act as approved by the Minister of Health Seniors and Active Living.

"With this declaration, the biggest roles for all Manitobans to play right now, is to protect yourself, your family, your friends and your community", said Dr. Brent Roussin, chief provincial public health officer. "I cannot emphasize this enough – this is the time for action. We must change our day-to-day lives, and think about your role in protecting ourselves and all Manitobans."

As authorized under The Public Health Act, the following measures will be in place, effective immediately, for a period of 30 days:

1. Limiting public gatherings of more than 50 people at any indoor or outdoor place or premises. This

includes places of worship, gatherings and family events such as weddings and funerals. This does not apply to a facility where health care or social services are provided. Retail businesses including grocery or food stores, shopping centres, pharmacies or gas stations must ensure separation of one to two metres between patrons assembling in the business. Public transportation facilities must also ensure that people assembling at the facility are reasonably able to maintain a separation of one to two metres from others assembling at the facility.

2. Limiting hospitality premises where food or alcohol is served or any theatres offering live performances of music, dance and other art forms as movies theatres to 50 people or 50 per

cent of the capacity of the premises, whichever is lesser. These establishments must be able to ensure social distance of one to two metres between customers.

3. Immediate closures of all bingo and gaming events.

4. All wellness centres offering physical activities, gyms, fitness centres and athletic clubs and training facilities

"This is a time to support our friends, families and communities," said Pallister. "The situation is constantly evolving and changing rapidly. Enacting a state of emergency will further our province's ability to be nimble, act swiftly and support Manitobans when they need it most."

## Manitoba government extends tax payment filing deadlines for businesses

Submitted by Manitoba government

The province is extending tax filing deadlines for businesses impacted by COVID-19, Premier Brian Pallister and Finance Minister Scott Fielding announced on March 22.

"Manitoba businesses are facing a challenging economic situation caused by the COVID-19 pandemic and we want to help them out by giv-

ing them more time to submit provincial taxes," said Pallister. "Some businesses may need access to these extra funds and we want to provide them with that flexibility. The allowance is one of several measures our government has introduced to help Manitobans cope during this trying and uncertain time."

The province will extend the April

and May filing deadlines for small and medium-sized businesses with monthly remittances of no more than \$10,000. It is estimated this could help more than 20,000 businesses in Manitoba, the premier noted. Businesses will have up to two additional months to remit retail sales taxes and the Health and Post Secondary Education Tax Levy, commonly called the

payroll tax.

The minister noted the department will work with businesses regarding flexible repayment options above the \$10,000 cap.

Further information will be available on the Finance Taxation website at [www.gov.mb.ca/finance/taxation/bulletins.html](http://www.gov.mb.ca/finance/taxation/bulletins.html).

# Camp Arnes and partners step up to offer grocery shopping during COVID crisis

By Patricia Barrett

Camp Arnes will be offering a grocery shopping service to help area residents after the province and health authorities ordered businesses and other organizations to implement social distancing measures.

People are being asked not to travel, avoid gatherings and stay at home, where possible, to help reduce the spread of COVID-19, a highly infectious virus that's spread amongst almost 336,000 people around the world and killed nearly 15,000, according to March 22 data from Johns Hopkins University.

Camp Arnes staff have teamed up with the RM of Gimli and the Gimli Lutheran Church to go shopping for residents in the municipality and for people in Riverton and Arborg.

"We are a Christian camp and see ourselves as a church community, and we wanted to consider how we could be focusing not on ourselves, but reaching out," said camp director Brynn Leihkaus. "We want to make sure people who are scared or home alone know that other people are wanting to support them in this way."

Over the past few weeks, the camp has had many groups cancel scheduled activities, right up until June, and that has "wiped out our whole schedule for the foreseeable future," said Leihkaus. The camp was also forced into the position of laying off staff.

It met with RM of Gimli staff and the Lutheran Church to come up with a way to help those who could be most impacted by the virus, deter people from having to leave their homes and prevent the possible acquisition of and spread of the virus.

"We definitely want to keep at-risk people at home where they should be and not out risking themselves and their health," said Leihkaus.

The RM's recreation programmer Brenna Philp is helping organize the service.

In a statement released last week, Philp said the people who will most likely need the shopping service are those who are pregnant, under quarantine, self-isolating or have compromised immune systems.

Sobeys, Co-op Foods, Pharmasave and Taylor Pharmacy are participating in the service and will accept pre-paid orders.

Leihkaus said the RM, the church and the camp will try to co-ordinate deliveries in the areas closest to them. Camp Arnes' volunteer shoppers will try to stick to the northern

part of the RM, as well as to Arborg and Riverton.

In addition to pre-paid orders, Camp Arnes will be accepting cash or cheques for groceries.

Its volunteers will deliver the groceries to residents' homes but will not have close contact with them.

"We want to follow the World Health Organization and the government's guidelines for safety, so we'll not be spending time with people," said Leihkaus. "We'll be in as little physical contact with people as possible."

Because volunteers will have to pay for their own gas, Leihkaus said they may be limited to where they can deliver. If someone lives 20 minutes north of Arborg, for instance, that may not be viable.

"We're not trying to find money, but if people want to donate to the camp and support us that way or toward the gas, they can definitely do that," she said. "Any money we didn't need to use for gas would go to the camp operation and getting kids to camp."

To inquire about the shopping service, call Camp Arnes at 204-642-7618 or the RM of Gimli's shopping line at 204-407-6130 between the hours of 10 a.m. and 3 p.m. The service runs seven days a week.



EXPRESS PHOTO COURTESY OF CAMP ARNES

Camp Arnes staff.

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# 'We know what's coming': IERHA preparing for COVID-19 increase

By Patricia Barrett

If you're looking for a teaching moment with regard COVID-19, look no further than Italy where in about the space of a month, 64,000 people became infected with the highly contagious virus and over 6,000 have died, according to data from Johns Hopkins University as of Monday.

The rapid spread of the virus has resulted in a country of 60 million people now living under mandatory lockdown, where no one can leave their home except for groceries and vital work, and where hundreds have been arrested for violating the quarantine order.

Overwhelmed Italian hospitals have had to triage patients, forcing doctors to decide who will receive ventilative support and who will be left to die. The government called in the military last week to move hundreds of bodies piling up in regions where crematoria can't keep up.

The governor of Veneto, a region in northeast Italy, said the alternative to failing to obey the stay-at-home order is "intensive care, hospitalization and contagion." On one day alone (last Saturday), 793 people died.

Manitoba hasn't reached this point, and the provincial government and health authorities want to keep it that way. That's why they're seeking buy-in from Manitobans, asking everyone to practise "social distancing," which entails staying at home if possible, avoiding get-togethers and staying two metres (about six feet) away from other people in public.

The province announced Manitoba's first presumptive COVID-19 case March 12. Eleven days later, case counts are at 21, with the majority of infected people in Winnipeg and two in the Interlake. The risk of infection increases as more travel-related cases emerge.

The Interlake-Eastern Regional Health Authority (IERHA) is in the midst of preparing for what's certain to come: an increase in COVID-19 infections.

It has set up an incident command centre and holds daily meeting with partners across its region, including the federally run Percy E. Moore Hospital in Hodgson, tribal councils representing First Nations and the Milner Ridge Correctional Centre.

"Because of the [events] going on worldwide, we have actually been meeting as an incident command for over a month now, and over the past week and a half have ramped up our activities quite a bit and do have quite a comprehensive plan," said IERHA chief executive officer Ron Van Denakker during a conference call with

media March 20. "Part of the plan speaks to surge capacity."

That plan is not yet "100 per cent approved" and Van Denakker was unable to say whether the old Selkirk Hospital could be used as a treatment and isolation facility should the virus spiral out of control in the Interlake.

"We are working very hard on trying to establish how we would accommodate quite a significant influx and [demand] for beds," said Van Denakker. "The Health Sciences Centre is in fact moving its medical beds to the old Women's [Hospital] to increase ICU [intensive care unit] capacity, and the province is bringing in a significant number of ventilators in anticipation that there might be some very sick people."

Waking up every morning to news of more COVID-19 infections and deaths in Canada and around the world could be causing heightened anxiety and fear, but at the same time the dire news is a testament to how robust the virus is and how it's incumbent upon us to modify our behaviour.

And it's not only older people with underlying health conditions that are being picked off, but also younger people.

Johns Hopkins University COVID-19 data, which is hours ahead of World Health Organization reports, show 372,563 infected and 16,381 deaths in 168 countries as of Monday.

World leaders are saying that now is not the time for complacency. Yet despite the surge in infections, especially in Europe and America, along with daily death reports, people insist on congregating, flocking to seaside towns, holding coronavirus parties and lining up cheek by jowl for toilet roll and booze. Hospitals weren't built with this virus in mind. People flouting social distancing rules can become infected and put others' lives at risk.

In European cities and U.S. states such as California and New York, governments have been forced to steadily curtail civil liberties and are even actively policing the infected. In Canada, Quebec police arrested a COVID-19 patient last week for stepping out for a spot of shopping during her quarantine.

A total lockdown in Manitoba is not beyond the realm of possibility should the virus breach preventative measures we've thus far put in place. If we have to stay cooped up in our homes for months on end, and doctors and nurses, as is the case in Italy and the U.K., struggle with unmanageable numbers of sick and dying people, we may experience some mental health issues.

To that end, the IERHA has put mental-health supports in place.

"We have a particular set of tools we have created online for not only the public, but also for our staff to do a lot of self-management," said Van Denakker, "[and] there's an entire module developed by our mental-health team that is very specific to the staff."

For those who are already taking social distancing seriously or who are housebound, communication devices such as telephones, FaceTime, Skype — and perhaps even old-fashioned pen, paper and post — are means by which they can keep in touch with friends and family.

The Interlake-Eastern RHA region has two COVID-19 cases as of Monday. When asked why the RHA can't identify the communities in which those cases reside, if only to encourage people to become more aware of their own behaviour, Van Denakker said that's the way our centralized public health system "typically functions and we're following provincial direction."

The myth that the virus cannot survive in hot, humid climates and in cold climates is just that — a myth. It's our body temperature that counts, not the weather.

"The normal human body temperature remains around 36.5C to 37C, regardless of the external temperature or weather," says the World Health Organization on its COVID-19 "advice for the public — myth busters" webpage.

The WHO's daily Situation Reports, listing confirmed infection numbers by country/territory, attest to that. "Hot" countries: Saudi Arabia (511); Mexico (251); South Africa (274); Australia (1,396). "Cold" countries: Iceland (568); Greenland (2). Data as of March 23.

What makes COVID-19 different from influenza — although the symptoms may be similar — is our immunity to it, or lack thereof. Because this is a new virus we've not experienced before, we're highly susceptible to infection.

The U.K. government infuriated health experts and doctors for its seeming pursuit of a "herd immunity" strategy as people fell ill. Rather than "test, test, test" as WHO director-general Tedros Adhanom Ghebreyesus has been exhorting all countries to do, the U.K.'s dithering has seen many of its hospitals run out of capacity and equipment to support COVID-infected patients, as well as the continuing spread of the virus throughout its countries.

Herd immunity is an immunological concept referring to the vaccination of

populations, not to real-time experiments with a virus to which we have no immunity. Had the U.K. — before quickly reversing gears mid-March — decided to let the virus go unchecked, experts said 400,000 people would die before 60 per cent of the population developed immunity.

And at this point, medical researchers don't even know whether a person who survives a COVID-19 infection has developed immunity to it and whether they can become re-infected.

For the moment, our only defences are our immune system and identifying and immediately isolating infected people. Scientists say a COVID-19 vaccine is roughly two years away.

Underscoring the importance of people adhering to social distancing rules is the sobering fact that scientists don't know whether infected people who show no symptoms can spread the virus to others.

"We cannot exclude the possibility of unknown infected persons (e.g., asymptomatic carriers) spreading the virus," said Chinese and American researchers who published a letter in an early online release of the journal *Emerging Infectious Diseases* (Vol. 26, No. 6).

Because the incubation period of the virus can vary, looking at the numbers of cases — whether high or low — does not tell the whole story of who's infected.

Manitoba's chief provincial public health officer Dr. Brent Roussin implied as much last week when he remarked on our relatively low number of confirmed cases.

Researchers at Johns Hopkins University Bloomberg School of Public Health, who published March 10 in the journal *Annals of Internal Medicine*, found the average incubation period is five days and suggested 97 per cent of people who develop symptoms will do so within about 11 days of exposure.

They estimated that for every 10,000 individuals quarantined for 14 days, about 101 people would develop symptoms after being released.

If some people think Canada's response to the virus is somewhat overblown — the federal government has asked industry to re-tool to make ventilators and personal protective equipment, restricted our airspace, closed the border with the U.S. to all but vital supports and is exhorting people to stay home — it's being done in recognition of the power of the virus to mass kill and swamp health-care facilities.

The IERHA is also taking no chances.

# Interlake to get more COVID-19 testing sites

By Evan Matthews

With two confirmed cases in the Interlake-Eastern region as of Monday, the province announced new testing locations will open this week.

Neither Manitoba's chief provincial public health officer Brent Roussin nor Lanette Siragusa of Shared Health said where, specifically, the testing locations will be opened or how many there will be. However, they said the province has plans in place to increase its testing capacity.

Community screening locations will not accept walk-in patients. You must call Health Links first who will advise you if you have to go for testing. Call 1-204-788-8200 or 1-888-315-9257.

The Interlake-Eastern region currently has one testing location, which opened on March 18 at 622 Superior Ave. in Selkirk. The testing site is open from 9 a.m. to 4 p.m. daily and is only for individuals who have an appointment for testing.

"We've been prioritizing certain groups of people for COVID-19 tests — health-care workers and those who

are critically ill, including those in long-term care facilities and first nations," said Roussin.

The current lab test is called polymerase chain reaction (PCR), which involves a throat swab, in combination with blood samples that are used to identify antibodies specific to COVID-19.

"We've been backlogged a bit but are moving back toward full capacity by early this week. We've had days where (CADHAM Lab) is testing over 500 samples in a day," he said, adding the PCR test itself is not new or revolutionary in any way.

New testing methods "at the molecular level" are on the way, Roussin said, but the province doesn't expect them to be ready for quite some time. He said CADHAM will update the province as new ways to test emerge.

The CADHAM Provincial Laboratory (CPL) is Manitoba's provincial public health laboratory. It provides several services: early detection of health risks associated with infectious agents; monitoring of outbreak inves-

tigations; and identification of causes of disease to help in treatment and prevention.

Roussin said while the province continues to test individuals and has plans to expand the capacity for daily testing, testing is only one part of the strategy against COVID-19.

"We have syndromic surveillance, in combination low intensive care unit demand, low demand for hospital beds, and reports of respiratory illness in emergency rooms," said Roussin. "We need to remain vigilant with other methods like social distancing, and if you're sick, you need to stay home."

When asked how long Manitobans are expected to practise social distancing measures, Roussin said "multiple weeks, minimum." When pressed for more specifics, he said, "There is no way of knowing, and anyone who says they know, doesn't know."

Roussin said while the province hopes to loosen some of the social distancing strategies, and state of emergency, there is no defined timeline as

to when that may happen.

For the time being, the province doubled down on measures used to reduce risk, including disinfecting frequently used surfaces; encouraging frequent hand washing; following public health advice for monitoring symptoms and self-isolation; avoiding travel and crowded places; cancelling or postponing gatherings of more than 50 people; maintaining a distance of two metres between oneself and others; minimizing public contact with others to 10 minutes; and avoiding touching such as handshakes and hugs.

As of Monday's press deadline, Manitoba had 16 confirmed cases with four presumptive cases of COVID-19, two of which are in the Interlake-Eastern region. Probable cases of COVID mean the patient has tested positive at CADHAM but has yet to test positive at the federal microbiology lab.

At press time, there were 367,457 cases of COVID-19 worldwide, with the death toll now over 16,000.

## Interlake's Special Olympic Athletes come home victorious

By Katelyn Boulanger

Steven Walcer, Nolan Penner, Shirley Lavallee, Kim Jones, Alysia Roy, Savannah Thompson, and Alec Baldwin all came home with something to celebrate from the National Special Olympic Winter Games, which were held in Thunder Bay, Ont. Feb. 25-29.

"I was beyond proud of all of them. It was an amazing experience to have them all do so well and to get those medals and to really see all their hard work pay off was a really proud moment. I was really proud of them," said Reagan Croy an assistant coach for the Team Manitoba's Special Olympic Snowshoeing team and the head coach of the Interlake Athletics Snowshoe Team.

The snowshoe competitors were Alec Baldwin who came first in the 800m and first in the 1600m, Nolan Penner who came second in the 100m and third in the 200m, Steven Walcer who came first in the 100m, Alysia Roy who came first in the 200m, and Shirley Lavallee who came second in the 100m and third in the 200m. Kim Jones took fifth place at her bowling event. Savannah Thompson came in third in the 111m, 222m, and 333m, and second in the 500m speed skating races she competed in.

"I think all of our athletes did so well because they have the right mentality going into it. Our training is never about winning medals. We kind of lay that on the line. It's about having fun and being in a community, liking to race, liking to do well, and wanting to beat yourself. It's never about a medal it's about wanting to better your time so having that mentality going into something can keep you quite relaxed

Continued on page 14

## Access roads into Fisher River Cree Nation and Peguis First Nation to be monitored

Submitted

Peguis First Nation, in co-operation with Fisher River Cree Nation with support from the RCMP, will be setting up check points at Access Points coming into and out of the two communities beginning March 20.

Only essential travelling and deliveries of goods and services will be permitted during this time. Travelling for groceries, going to pharmacy, hospital and checking on the vulnerable or elderly is considered essential.

Non-essential travelling and non-residents of the two communities will

be asked to turn around.

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## Importance of social distancing

By Evan Matthews

Manitoba is now up to 20 confirmed cases of COVID-19, 13 more than last week.

That number is only going to rise for the time being.

Last week's editorial discussed the importance to remain calm amidst the panic but also to do our part in stopping the spread by using common sense: avoiding unnecessary trips out of the house, washing your hands more often than normal, avoiding face touching, covering your mouth when you cough, and of course, social distancing.

What we didn't discuss is why remaining at home as much as possible — social distancing — is so important.

Let's use a hypothetical situation, one that has been shared many times on social media, originally written by a woman named Kate Roper.

Look forward two weeks from today's date. You open your eyes in the morning and realize you have a deep

cough, a fever and full body aches.

It's bad, so you venture to the doctor's office and are diagnosed with COVID-19. Over the last two weeks, you were oblivious to the fact you were infected. You carried on with life as normal — the bar, the gym, your favourite restaurant — refusing to consider social distancing because you didn't feel sick.

After a few days on the couch feeling terrible, you recover and you're well again because you're young, healthy, and have a strong immune system.

But then you hear your elderly grandfather — who you've visited about a week ago and who lives with a chronic health condition (like COPD or a heart condition) — wasn't so lucky.

He passed away.

This hypothetical situation showcases the importance of social distancing, which is that it's not about you.

Moreover, the statistical and probable reality is there are likely far more

active cases than society has measured to date, based on the incubation period of the virus and its exponential spread.

The less we interact with others, the better chance we give the numbers of those infected to hold firm, thus stopping the spread.

While many — most — of us don't have to worry, we should still consider others in this time of uncertainty.

It's not a matter for fear or panic but rather of logic.

Put more eloquently in a tweet from David Futrelle, "Most people staying home aren't doing so out of fear; they're trying to avoid becoming coronavirus vectors that could sicken and kill others who are vulnerable. Going out to bars and restaurants isn't 'brave'; it's selfish and is the moral equivalent of deliberately coughing in someone's face."

Don't be afraid, but don't deliberately cough in someone's face. Do your part.

## Manitoba introduces legislation to streamline municipal acts

By the Manitoba government

The Manitoba government has introduced legislative changes that would increase transparency, create a level playing field and provide a fair say to municipalities for municipal elections, Municipal Relations Minister Rochelle Squires announced this past Monday.

"Voters in municipal elections should have the same assurances as those in provincial elections that their elected officials are not unfairly using their position as incumbents or using taxpayer resources to influence voters," Squires said. "These changes also include measures that have been requested by municipalities that will reduce red tape for them during elec-

tions."

The proposed changes include measures such as:

- giving fair say to municipalities to pass a bylaw establishing rules and procedures for the use of municipal resources in a municipal election by candidates;
- restricting incumbents from using their position title in election communication;
- allowing Brandon, Thompson, Portage la Prairie and Flin Flon to set their council size, aligning practices among all other municipalities outside of Winnipeg;
- streamlining how all municipalities are required to refund excess taxes in a fair manner, effective July 1;

- exempting regional public libraries from municipal taxation to ensure public libraries remain exempt from municipal taxation; and
- strengthening provisions to protect vulnerable Winnipeg residents facing a tax sale from unscrupulous lenders.

The province has had ongoing consultations with the Association of Manitoba Municipalities and many of these changes are the result of municipal requests. Additional consultations will occur as the changes are implemented, as they are expected to be in effect for the 2022 municipal general election, the minister noted.

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## Budget 2020 delivers significant tax reductions

### Submitted by Manitoba government

Budget 2020 continues moving Manitoba forward and building a brighter future for all Manitobans, Finance Minister Scott Fielding announced today as he presented the provincial budget in the Manitoba legislature.

"In just four years, Manitoba has made tremendous progress on the road to recovery," said Fielding. "Budget 2020 continues the hard work by focusing on the issues that matter most to Manitobans — by providing better services, protecting our environment, making our communities stronger and safer, making life more affordable, and building a better, brighter and more prosperous future for all Manitobans and their families."

The province is introducing a made-in-Manitoba Green Levy effective July 1 at a flat \$25 per tonne that will not increase each year, unlike the federal government's carbon tax. The minister noted it will cost Manitoba families and businesses less than the federal carbon tax plan and will be more effective in reducing greenhouse-gas emissions. In order to offset the impact of the Green Levy, the government will lower the PST rate to six per cent as of July 1.

"Budget 2020 delivers significant tax reductions, which, combined with the 2019 tax cuts, are the largest in Manitoba history. Manitoba will be the only province that has cut its sales tax in recent years and we've done it twice," said Fielding. "This PST rate reduction will ensure that all who pay the Green Levy will benefit through a lower sales tax rate."

Combined with last year's PST rate reduction to seven per cent, Fielding estimated this additional reduction and implementation of the Green Levy will grow the provincial nominal GDP by \$108 million, which is good for the environment and good for the economy. It will increase labour income by an estimated \$50 million annually and generate an estimated 1,042 person-years of employment growth.

The PST reduction is expected to create an average annual savings of approximately \$345 per household, with approximately 510,000 households in Manitoba. Combined with an additional \$131 in savings estimated to be passed along by Manitoba businesses, it results in total average savings of \$476 per year to Manitoba households.

The province will replenish the rainy day fund and will contribute an additional \$300 million to the fund by the end of 2020-21. This will result in a balance of \$872 million, at which point the rainy day fund will be fully funded.

"Our province will be in a far stronger position to respond to unforeseen emergencies and we have never been as prepared to deal with those situations," said Fielding. "While the previous government left Manitoba without the resources to respond to natural disasters, our government is replenishing the rainy day fund."

Additionally, the emergency expenditures contingency is increased to \$100 million, which is effectively \$86 million higher than it was in 2016, and

an incremental \$45 million available for infrastructure projects aimed at improving environmental resiliency. The government is determined to complete the Lake Manitoba and Lake St. Martin Outlet Channels Project as soon as possible and Budget 2020 allocates a total of \$101 million for the important flood mitigation initiative.

The expected provincial deficit for Budget 2020 has been reduced to \$220 million, an improvement of \$140 million over the previous year. Fielding also reconfirmed the government is on track to balance the budget within its current term. Importantly, the province is also forecasting that its debt-to-GDP ratios will be declining over the next four years, which is a significant signal of improving fiscal health, the minister noted.

"Supported by strong revenue growth and responsible expenditure controls, we are now one step closer to delivering a balanced budget during the current term of government," said Fielding. "We have modestly exceeded our plans each year and we are predicting, for the fourth year in a row, an improvement to our earlier forecasts. We have reduced the deficit each year, while making record investments in health, in education and

for families. We have made life more affordable for Manitobans by cutting the retail sales tax rate, by ending income tax bracket creep and by eliminating many other fees."

Budget 2020 provides record investments in health care at \$6.8 billion and education with \$1.3 billion in operating grants to public school divisions. The Manitoba Health, Seniors and Active Living budget includes funding for a range of capital projects, such as the Health Sciences Centre master campus plan and St. Boniface Hospital redevelopment, with a total strategic infrastructure budget of \$1.8 billion. A \$160-million investment on capital projects in the kindergarten to Grade 12 education system will result in 4,425 new classroom spaces either open or under construction by the end of the 2020-21 fiscal year as the government builds seven new schools and several major additions and renovation projects.

The budget commits to keeping Manitobans safe in their homes and communities, and strengthens provincial plans to work with communities and law enforcement to prevent crime.

To view the Budget 2020 documents, visit [www.manitoba.ca/budget2020](http://www.manitoba.ca/budget2020).

### > COVID-19 INCREASE, FROM PG. 4

"What we're trying to do — and it's working — is we're testing and we're isolating. Presumably, in some areas where it got out of control, testing couldn't happen because it was early days and people didn't know what was coming," said Van Denakker. "We know what's coming. So that's why we're testing. It's too early to tell right now in terms of exactly what the magnitude is."

If people, including IERHA staff, are sick, they need to stay home and self-isolate, he said.

People who do venture out in public should physically stay two metres

away from other people and minimize contact to no more than 10 minutes. They should also engage in frequent and thorough hand-washing. One of the best defences is to not touch your face as the eyes, nose and mouth are entry points for the virus.

People showing symptoms of COVID-19, which include a sore throat, runny nose, fever, cough and difficulty breathing, are asked not to show up at health facilities or dedicated COVID-19 test sites but to first call Health Links at 204-788-8200, or toll free at 1-888-315-9257, and get further instructions.

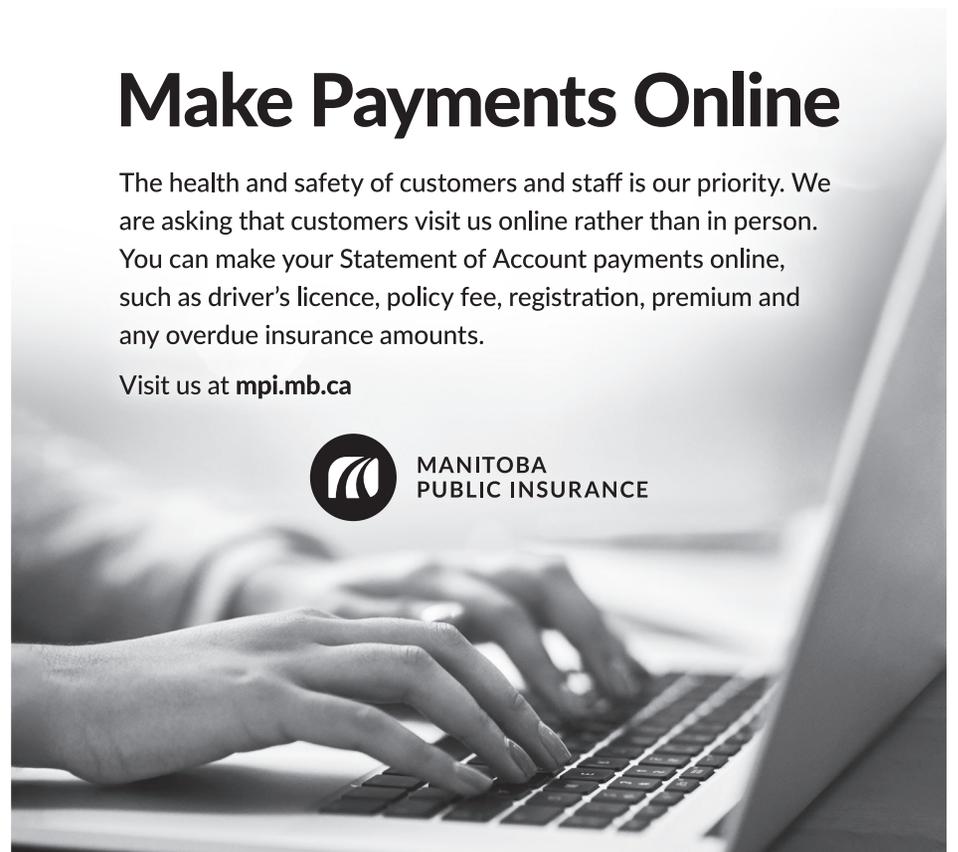
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## Why aren't you watching my line?

Hello again, my nature loving friends.

It's unfortunate that our enjoyment of going fishing has been interrupted because of the COVID-19 virus outbreak. For myself, I have stopped visiting anglers on the ice and am contacting folks by the phone or internet while staying home. The provincial fishing closure in our southern district will soon be upon us starting on April 1, leaving us to sit at home looking longingly at our rods, summer tackle and boats. Come May 11, hopefully we'll be able to again practise our favourite pastime.

I met a young lad, Trayton Smith, from Selkirk on the Lake Winnipeg ice some time ago and he shared a story where he wound up feeling guilty for not doing what his friend wanted. Trayton and a bunch of his friends, including his best friend "Ossy," were shore fishing on the Red River. With their baited hooks in the water, the guys stood around laughing and joking. Ossy had to walk away along the riverbank to answer the call of nature and told Trayton to watch his line. Ossy disappeared into the willows and Trayton turned his back on Ossy's line, continuing to joke with the other guys.

Soon Ossy came back from the bushes and was startled to see his rod freeing itself from a willow branch only to splash into the water and begin skip-

ping away on top of the water.

Trayton!" Ossy shouted. "Why aren't you watching my line?"

"Oh," was all Trayton said.

Ossy plodded into the soft mud along the shore, watching and following his rod as it plowed through the water being towed by a fish.

"Darn it, Trayton. That's my best rod!"

Ossy exclaimed as he pulled off his shoes, socks and pants. The gang of young guys stood bug-eyed as they watched Ossy wade into the muddy river water after his rod. Ossy had strong legs and in no time was within reach of his prize. But just as he reached for it, the fish darted away and Ossy fell, belly flopping into the water.

He stood up dripping water, his arms spread wide from the cold. Undeterred, with an enraged growl, he leapt forward and grasped the handle of his rod. He stood there up to his waist in water and reeled in whatever was on his hook. His friends cheered him on! Soon, not far from Ossy, the water heaved up and the white belly of a gigantic catfish rolled up on the surface, its head twisting downward as it fought for freedom and the river bottom.

Ossy screamed at it, "You're mine!"

He kept on reeling in, determined, slowly wading toward his fish as its tail thrashed the water.

In time, the fish became quiet and Ossy turned and made his way to shore with the fish in tow. As his feet found mushy ground with his friends rushing over to him, he turned and bent down to gill grab the cat. He dropped to one knee, tossing his rod aside, and tried to work his hook out of the fish's mouth. His hands and the fish became a grey muddy soup as he reclaimed his hook.

Then Ossy lost his footing. He fell over into the mud, losing his grip on the fish, which disappeared like a shot into the water! Ossy's buddies came to his aid, helping him up. As he caught his breath, Trayton uttered, "Good catch, Ossy!"

Our fellow fisher and good friend Guy Proulx has graciously agreed to share an experience he had with an old buddy, Larry Gagnon, from Grande Point when they were fishing in Guy's ice shack some time ago. Guy and Larry were about three kilometres off shore on the Lake Winnipeg south basin and both were jigging their short rods in ice holes when Larry got a bite. He became so excited he started shaking and began reeling in much too fast.

Guy cautioned him, "Your drag isn't working. You're turning your crank, but your line isn't winding up."

Guy could tell he wasn't getting through to his friend, so he went over to him. Bending over Larry's hole, he



EXPRESS PHOTO SUBMITTED

Larry Gagnon of Grande Pointe with his big walleye catch out of Lake Winnipeg.

grabbed the line and began hauling it up by hand.

"When the fish gets its head up to the hole, grab it!" Guy shouted.

Larry just stood there. Soon there was a splashing in the ice hole water as the head of a good-sized walleye appeared. Guy looked up at Larry and realized he wasn't going to be much help so he bent down and grabbed it by the gills, pulled it out of the hole and handed it to his friend.

"I guess I gotta throw him back," Larry said looking at its size.

"Well he's too big to eat," Guy countered.

With great sadness after Guy took his picture, Larry sent his fish down the ice hole back into the water.

Until next time, my friends. Bye for now.

## Online tool to connect volunteers safely with Manitobans needing assistance

### Submitted

The generosity and innovation of Manitobans to help those in need of assistance is displayed in the new web application [www.HelpNextDoorMB.ca](http://www.HelpNextDoorMB.ca), Premier Brian Pallister announced today immediately after the online tool went live.

"This new online tool captures the spirit of our province, where Manitobans in communities across our province can always be counted on to step up to assist others who need help, especially in times of need," said Pallister. "The innovative tool, created by Manitobans for Manitobans, puts people all over the province who need assistance easily in contact with those nearby — while adhering to social distancing protocols — who want to help them."

The premiers said [www.HelpNextDoorMB.ca](http://www.HelpNextDoorMB.ca) is an important initiative for the Manitoba government, safely matching volunteer and community support to needs for goods and services such as groceries, medication, snow-clearing and various other necessities. Residents in greatest need, such as the elderly, disabled and those at high risk of contracting COVID-19 during the current global pandemic, will find the application very useful, he noted.

Built by Manitobans for Manitobans, the provincewide online platform was quickly designed and developed by North Forge Technology Exchange, a non-profit and team-led Winnipeg technology organization, in response to the COVID-19 pandemic. North Forge collaborated with others in the

community, resulting in development of the app — the first online service of its kind in Canada — within five days.

"There are a lot of amazing people out there creating volunteer platforms, but we wanted to ensure that security and safety are embedded to protect our citizens," said Joelle Foster, CEO of North Forge Technology Exchange. "As such, we turned to our community of innovators and we are so pleased that software development partners like Permission Click and ID Fusion Software stepped up to collaborate with us and have built this tool in record time."

The online tool [www.HelpNextDoorMB.ca](http://www.HelpNextDoorMB.ca) will be vital for requests ranging from home computer and data security assistance to prescription medication pickups and deliv-

eries. Manitobans can access [www.HelpNextDoorMB.ca](http://www.HelpNextDoorMB.ca) directly or via [www.Manitoba.ca/COVID19](http://www.Manitoba.ca/COVID19).

"This is how Manitobans pull together, put their heads together and bring ideas to life to assist each other when help is needed," said Pallister. "Manitoba has been the home of hope for over 150 years, and we will continue to be the home of hope for generations to come. We will get through this pandemic together."

The premier added the province continues to rely on the recommendations of the chief provincial public health officer and encourages all Manitobans to engage in good social distancing protocols, including practising following the 3Ps — protect yourself, protect your loved ones and protect your community.

# Local food banks suffering amid COVID-19 crisis

By Teresa Carey

Both Evergreen Basic Needs (EBN) in Gimli and the Riverton and District Friendship Centre (RDFC) in Riverton have been forced to reduce hamper distribution from twice each month to only once each month. This comes as more and more families are turning to food banks as a result of the COVID-19 situation.

Since the coronavirus has landed on Manitoba's doorstep, Winnipeg Harvest has seen a significant drop in donations due to the public's stock-piling of food and supplies at grocery stores everywhere. What this has meant for Winnipeg Harvest is that big box stores like Costco, Sobeys and others have fewer supplies to donate at the end of the day. In turn, Winnipeg Harvest, which is a clearing house for food hamper programs throughout the province, has insufficient resources to pass around to everyone who needs them.

In addition, Winnipeg Harvest has started running their hamper distribution differently and is restricting the number of people coming into their warehouse in an effort to avoid potential viral transmission by outside people. Whereas out of town food banks used to be able to go to their warehouse to pick through surpluses, Winnipeg Harvest is now preparing all of the hampers themselves in an effort to enforce social distancing.

These factors have conspired to put additional stress on local food banks, which are now seeing more and more people sign up for hampers as businesses close and employment income for many



**EXPRESS PHOTO BY TANIS GRIMOLFSON**  
Pictured left to right, Sihem Spigel, Martine Sawanas and Dylan Furgala.

dries up amid COVID-19.

"People are calling like crazy to register for the food bank — people who have never called before," said Tannis Grimolfson, executive director of RDFC. "It's going to be tough."

RDFC, which has clients from as far away as the RM of Fisher in addition to those in Arborg and Bifrost, will be hard-pressed to service these new clients, adding to the 173 adults and 87 children that RDFC already helps out. As it is, RDFC normally receives supplies from Winnipeg Harvest for 83 families but has had to stretch that out to fill hampers for the 111 families who were registered last time.

For the Gimli area, EBN provides between 35 and 40 hampers each week to a wide cross-section of

people, including single parents, seniors, lower income people, and people living with disabilities. In addition to receiving resources from Winnipeg Harvest, EBN needs the support of the local community through cash donations and drop-off boxes at grocery stores in town.

"If anyone wants to help, the best thing they can do is donate money to the food bank," said Elaine Gibb, co-executive director of EBN.

Donations from local community members unfortunately have been down significantly in Riverton in 2019, with no donations at all in January and February of this year and only a small number of donations in March, Grimolfson said. She has put a call out on Facebook asking for donations and has requested an annual \$5,000 contribution from the RM of Bifrost, the matter of which is to be discussed at the next council meeting.

"We're in a crisis situation and need help more than ever now," Grimolfson said.

EBN has been in discussions with the RM of Gimli regarding their food bank situation.

"What we've said is, if needed, the municipality is prepared to help out a little bit," said Lynn Greenberg, RM of Gimli mayor.

"The RM is a last resource if they can't pull it together. If they are in dire need and supplies get short, we'd be able to support them financially. We didn't talk about any dollar value.

"I am optimistic that the community will step in," he said.



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# Businesses, councils enacting social distancing measures in wake of COVID-19

By Patricia Barrett

Municipalities, businesses and retail and cultural organizations in the eastern half of the Interlake have begun to put social distancing measures in place to help prevent the spread of COVID-19.

The virus has infected almost 336,000 people worldwide as of Sunday, according to Johns Hopkins University's interactive coronavirus map. The death toll is nearly 15,000.

Manitoba has 21 cases as of Tuesday, including two in the Interlake-Eastern region. Manitoba's chief provincial public health officer Dr. Brent Roussin said nearly all the cases are related to travel, with one case becoming infected after visiting British Columbia.

To help slow the spread of COVID-19, Manitoba Premier Brian Pallister issued a 30-day state of emergency last Friday, giving the government enhanced powers under the Emergency Measures Act.

The province has banned public gatherings of over 50 people, reduced the numbers of people in restaurants, bars, movie theatres and performance centres to 50 or half of an establishment's capacity, whichever is less, and has closed gyms, wellness centres and bingo halls. Grocery stores and other retail outlets must maintain at least two metres between shoppers.

Those who break the rules can be fined up to \$50,000 or six months in jail. Corporations can be fined up to \$500,000.

The government and health authorities are

strongly urging people not to travel.

Workplaces are encouraged to follow social distancing practices such as keeping people two metres apart and minimizing contact to no more than 10 minutes.

Given the seriousness of the highly infectious virus, for which there is no vaccine, Pallister encouraged the public to use social media to post photos and shame establishments that break the new rules, as well as encourage people to boycott them.

Municipalities began closing their administrative offices to the public last week as COVID-19 cases increased and after health officials and the province advised everyone to reduce contact, self-isolate for 14 days after travel, refrain from attending gatherings and work from home where possible.

**RM of Gimli:** In addition to the administration office being off-limits to the public, the RM of Gimli closed its recreation centre and public works building to the public.

Council will continue to hold meetings that will be open to the public, but those will occur off-site using social distancing measures.

Acting CAO Kelly Cosgrove said council chamber is not large enough to keep people two metres (just over six feet) apart as recommended by health experts so they will be moving meetings to the Gimli Curling Rink.

Council also suspended all delegations and planning matters, she said, until further notice to help "flatten the curve" of the virus.

"Our staff and resident's safety and health concerns are a top priority at the RM of Gimli. We are taking necessary precautions to continue with our daily operations and ensure the safety of our community," said Cosgrove by email. "We are paying close attention to every development being announced by our federal and provincial partners to make informed and responsible decisions regarding all necessary adjustments to normal practices."

People wishing to attend a council meeting are asked to first register with the RM by email at [gimli@rmgimli.com](mailto:gimli@rmgimli.com) or by calling the office at 204-642-6650.

**Town of Arborg:** CAO Cindy Stansell said council held a special meeting March 17 and decided to close municipal buildings to the public.

"Council will be reviewing their options in the coming days and weeks for future meetings and operations," said Stansell by email.

**RM of Bifrost-Riverton:** The RM of Bifrost-Riverton closed its administration office to the public March 17 until further notice.

**RM of Armstrong:** The RM of Armstrong closed its office to the public, but business will continue by phone, email, electronic banking and mail.

"Council is advising that community centres and halls be closed to the public and that all public events be cancelled," states a notice on the RM's website.

**Town of Winnipeg Beach:** The town closed its administration office and public works building to the public, as well as its community centre. Business will be conducted by telephone, email, electronic banking and mail.

"Council is reviewing methods by which we will continue to hold public meetings," states a notice on the town's website.

Beach council has also asked residents who spend the winter months away from the province to self-isolate for 14 days upon immediate return to town.

The Association of Manitoba Municipalities, which represents 137 municipalities, cancelled its mid-April seminar and trade show for mayors, reeves and CAOs, and has asked members to check in at the end of April to see whether district meetings in June can proceed. The RM of Coldwell is to host the Interlake District meeting on June 25.

Many businesses and entertainment venues in Gimli have already suspended operations or reduced their hours. Some restaurants are offering only pick-up or delivery service in order to comply with the social distancing rules.

Red River Co-op has implemented early shopping hours for seniors and people with compromised immune systems. The Gimli Co-op store is scheduling early shopping from 7:30 to 8:30 a.m., according to a news release.

Co-op is also asking people who bring their own reusable shopping bags to bag their own groceries and, where possible, to pay by debit or credit card to reduce the handling of money.

The Gimli A-Spire Players' board of directors issued a notice Sunday suspending rehearsals along with its summer program.

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# Local farmer named president of Manitoba Beef Producers

By Evan Matthews

The Manitoba Beef Producers (MBP) has named a Lake Francis farmer president.

Dianne Riding, who runs a commercial cow-calf operation, became the organization's president at its 41st annual general meeting in Brandon.

"I have been on the MBP executive for some time and I am one of the more experienced directors on the board, so this is a natural progression," said Riding, who joined the board in 2014.

"I have always been interested in advancing opportunities for the beef industry and working to overcome challenges affecting our sector. I'm excited to be working with the board on behalf of Manitoba's 6,500 beef producers."

She has held leadership roles, including vice-president and chair of different committees.

Riding takes over from former president Tom Teichroeb, who had reached the maximum allowable term for MBP directors as per the organization's bylaws after his year and a half as president.

Teichroeb made it known to Riding that she may contact him at any time if need be.

Riding's goals as president include continued discussions with the province over changes to the Agricultural Crown Lands Leasing Program, launching the Livestock Predation Prevention Project, and advocating for effective water management strategy with both the provincial and federal governments.

"Concerns continue related to the Agricultural Crown Lands Leasing Program's increase in the rental rate, valuing of improvements, and the future of unit transfers," said Riding.

"MBP has asked for the first right of renewal on legacy leases and when the provincial government opens the consultations on that particular piece, we strongly encourage lease holders to provide their feedback."

Predation-related challenges pose a significant concern for Manitoba's livestock producers, according to Riding. The Predation Prevention Project will help improve the understanding of the risks and work toward developing effective prevention and mitigation methods to reduce future losses.

The project includes stakeholders such as Manitoba Agriculture and Resource Development, Manitoba Agricultural Services Corporation, Manitoba Sheep Association, Manitoba Trappers Association and Agriculture and Agri-Food Canada, she said.

Effective water management strate-

gies, according to Riding, could include the completion of the Lake Manitoba and Lake St. Martin outlet channels project.

"These topics and others are part of MBP's ongoing advocacy and outreach efforts," said Riding.

"We will work with governments and other stakeholders to advance work in each of these respective areas."

## Forage Insurance Review

Riding encourages MBP members to take the Provincial Forage Insurance Review survey.

Forage production is subject to a variety of risks, including droughts and floods, Riding said, and it's important that business risk management tools can react to a variety of challenging production conditions.

"By taking part in this review, we can help shape the suite of forage insurance offerings in Manitoba in a way to make them more responsive for beef and forage producers," said Riding.

"All input is valuable, so we are encouraging producers to take part in the process whether or not they are currently using the products."

Producers have often raised concerns about gaps or challenges with the current forage insurance offerings that limit their responsiveness and discourage them from taking out policies, Riding noted.

Right now, producers are being provided with an "opportunity" by the provincial government to provide feedback on what is or isn't working, as well as what would be valuable in



EXPRESS PHOTO SUBMITTED

Lake Francis farmer Dianne Riding will lead the 6,500 members who make up the Manitoba Beef Producers association.

terms of program changes, she said.

Producers can access the online survey on <https://engagemb.ca/>, and the deadline for the survey has been extended until March 31.

## MBP and coronavirus

Riding said MBP is in the early stages of trying to understand COVID-19's impacts, and how long they may last, as is everyone else.

MBP will have to be flexible, she said, and adjust advocacy efforts as the year progresses.

"As a member of the MBP board, I cannot say often enough how appreciative we are of the support from our

members," said Riding.

"There will be challenging issues affecting our sector from time to time, but our cattle producers are deeply committed to the industry, and we thank them for their constant insights and suggestions. It makes our organization stronger."

Farmers in the region have said, though, the virus has put another drop in what they receive for cattle (sales).

Some farmers have reported prices down between 50 and 60 cents per pound from last year in what can already be described as a difficult marketplace based on the 2019 season.



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# Manitoba Justice program, Re-START, launched in Interlake

By Patricia Barrett

A provincially funded program for young adults who've had contact with the justice system has been launched to provide them with vital supports and facilitate their integration into the community.

Young adults between the ages of 18 and 29 are eligible for the program, which provides supports in key areas such as substance abuse, family concerns, mental and physical health, housing, employment and education.

Sara Good is the program co-ordinator for the Gimli catchment area, which includes Arborg, Riverton, Winnipeg Beach and all the smaller communities in between.

"The program is 100 per cent voluntary," said Good, who is a registered social worker. "The participant has to be motivated to change otherwise the program isn't going to help them."

Self-referral is one option to take part in the program, but social service, mental health and justice agencies can also refer clients to the program, said Good, who is in contact with several different agencies to broaden awareness of the supports Re-START offers.

Involvement with the justice system can vary from having a conviction or having charges pending, being on probation, having been involved in high-risk driving or the subject of a complaint with the RCMP.

Funded by Manitoba Justice, Re-START was launched last year and is available in select regions of the province. In addition to Gimli and its catchment area, the program is offered

in Selkirk and Stonewall. The Gimli and area program started up in December 2019.

Good said participants' involvement with the program typically lasts one year but can be extended depending on a client's situation.

Although Good works out of the Gimli RCMP detachment building, she said she can travel to the other communities in the Gimli catchment area to meet with clients. Those meetings take place at a designated site or in a public venue that offers a degree of privacy.

Good said she meets with participants every two weeks to provide as much support as possible.

"I do understand that when people turn 18, they might not have supports around them as a youth would, like parents or other family members, so that's why we meet every two weeks," said Good. "And once a month we have a team meeting — if they have a team. Some people don't have a team when they start because they might not have any involvement with other agencies."

Participants who are involved with other agencies can choose whom they wish to bring along to monthly meetings. They can invite agency representatives or family or friends — whom ever they see as a support person.

Depending on an individual client's needs, Good said Re-START can refer him/her to specialized services such as community mental health support program or to the Addictions Foundation of Manitoba.

Re-START provides services in the following regions:

Selkirk 204-785-4001  
 Dauphin 204-638-4882  
 Stonewall 204-906-9670  
 Gimli 204-642-5106 ext. 110  
 Steinbach 204-320-8202

Re-START has access to multiple resources in a variety of areas that can provide you with non-judgmental supports

You set the goals, we help you reach them!  
 Call us today.

If you are between the ages of 18 and 29 and have had contact with the Justice system, then you qualify for this Manitoba Justice funded program.

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 OR MORE?

EXPRESS PHOTO COURTESY OF RE-START

Re-START is now offering programs throughout the Interlake including Gimli, Selkirk and Stonewall.

The program is flexible and will be tailored to each client's needs, said Good. She and client will work on a plan to identify top priorities, which could entail anything from counselling, acquiring life skills and finding housing to creating resumes, searching for job opportunities and finding a means of transportation — a critical issue in the Interlake.

"We'll identify the highest priority needs for clients and we'll have tasks for each goal and how they'll be achieved," she said. "Not everything is immediate; it could take some time to

achieve. But we break it down so that each goal is more attainable."

The overall intent of Re-START is to reduce participants' involvement with the justice system or to eliminate it completely, she said.

To contact Sara Good, call 204-642-5106 ext. 110 or email sara.good@rcmp-grc.gc.ca.

The Stonewall Re-START program coordinator can be reached at 204-906-9670. The Selkirk Re-START coordinator can be reached at 204-785-4001.

# Noventis working with COVID-affected clients

By Evan Matthews

Amidst COVID-19 chaos, one Interlake financial institution is attempting to put its clients at ease.

Kevin McKnight, CEO of Noventis Credit Union, said the organization is aware that throughout the coronavirus pandemic many may fall on hard economic times due to layoffs and workplace closures.

"We are already receiving requests from industries — and people working in them — who have been hit early on with this, particularly the hospitality industry," said McKnight.

"We expect (requests) to continue as this unfolds. Nobody knows how long this will go on for."

In addition, many people across the province — and country — are seeing decreased investment values, as well as continued payments on mortgages and lines of credit.

But rather than foreclosing on

homes and having clients entering into financial delinquency, McKnight said Noventis is ready to help.

"We don't want that type of situation. We've got programs in place that we've been working on to provide payment relief in the short-term, likely up to six months, depending on the situation. Each situation is different," said McKnight.

"We'd like to encourage clients to contact us if they've been directly affected by the COVID-19 pandemic, especially financially, so we can look at their individual situations.

"We'll always see what we can do to help our clients, whether it's an extension of some kind, deferring payments to get them through the crisis period; we want to work with our members," he said.

## Safety is paramount

Though financial strain is a concern on everyone's mind, so too is safety.

McKnight said the safety not only staff but also of clients must be paramount and at the forefront of everyone's minds.

"When it comes to deposits, withdrawals, transfers, etc., we're encouraging clients to use means other than face-to-face interactions for services," said McKnight, adding the organization is keeping up to date with the situation daily.

"We have a variety of other service options available including telephone or online banking, our app or e-transfers."

Noventis is the only financial institution in Manitoba to have six interactive teller machines (iTMs) located in Ashern, Lunder, Selkirk, Gimli, Starbucks and Headingley. The iTMs allow clients to deal with Noventis' staff via video chat directly at the machines.

With roughly 27,000 members, Noventis predominantly serves the In-



EXPRESS PHOTO SUBMITTED  
 Noventis Credit Union CEO  
 Kevin McKnight

terlake, with locations in Ashern, Lunder, Moosehorn, Selkirk, Gimli, Winnipeg Beach, Arborg, Riverton, Fisher Branch but also has locations in Headingley and Starbucks.

Noventis labels itself as a group of financial "solutioneers," focused on the needs of its members and its communities.

# Tips for parents and caregivers to encourage learning at home

By Jennifer McFee

The Interlake School Division has compiled a list of resources to help support students and their caregivers while learning from home.

Student services administrator Michelle Procter was involved in the process, along with the school division's social workers, behaviour specialist and occupational therapist.

"It truly takes a village to raise a child, especially in times of crisis," Procter said.

"It is amazing to see how educators, caregivers, parents and community are coming together to support the children of the Interlake School Division."

To keep kids healthy, active and learning while at home for a prolonged period, it's important to get outside. That could mean going for a walk or run or playing in the backyard or at nearby outdoor area. Outdoor play stimulates the senses and central nervous system while building coordination and gross motor skills. It also allows kids to get their heart rate up, soak in some Vitamin D and build skills through play and exploration.

Another suggestion is for caregivers to engage in interactive play with their child such as board games, hide and seek or playing catch. This type of interaction builds a sense of attachment, connection and belonging that can improve mental health and well-being.



EXPRESS PHOTO SUBMITTED

To keep kids healthy, active and learning while at home for a prolonged period, it's important to get outside.

Kids can also learn some life skills such as washing dishes, making meals together or helping with a home project. As a result, they'll learn about teamwork and collaboration while also improving self-esteem and helping others.

It's also important to stay connected with others in times of self-isolation, whether that's through Skype, FaceTime, WhatsApp, Zoom or a good old fashioned telephone call.

Let's not forget self-care, which could mean trying a new activity, engaging in a mindful practice, taking time to read, or indulging in a nice long bath. To be well for others, we must make sure that we stay well ourselves. It's easy to get overwhelmed during this stressful time, so try to enjoy the simple things in everyday life that can bring us peace in the absence of our busy routines.

When it comes to talking to kids

about COVID-19, caregivers should remain calm and reassuring. Kids might have a variety of emotions about the current situation, so it's important to acknowledge and accept these feelings.

Caregivers should make themselves available to listen and talk with kids, letting them know that they can come forward with any questions they might have. At the same time, they should make sure to avoid language that might blame others or lead to stigma.

In addition, caregivers might consider reducing screen time that focuses on COVID-19 since too much focus on one topic can add to anxiety. They should provide information that is fact-based and age appropriate. Keep communication open and let kids know that you'll update them as you learn new information.

To reassure kids, focus on everyday safety precautions such as proper handwashing and coughing or sneezing into their elbow. Kids should understand the concept of social distancing and why it's important right now.

Routines can also alleviate anxiety, with scheduled times for meals, academic work, free play and bedtime.

Procter also encourages parents to visit the Interlake School Division website at [www.interlakesd.ca](http://www.interlakesd.ca) as well as individual school websites.

## School's out for Evergreen students, but it's no holiday during government-ordered shutdown

By Patricia Barrett

Although schools across the province closed Monday after the provincial government ordered a mandatory suspension of classes, it's going to be no holiday for students and staff as learning will continue.

The province suspended classes in kindergarten to Grade 12 schools from March 23 to 27 and from April 6 to 10 as way to prevent further transmission of the highly infectious coronavirus, or COVID-19, that has spread around the world and infected almost 336,000 people as of Sunday, according to Johns Hopkins University's interactive coronavirus map. Nearly 16,000 people have died.

The provincial government confirmed 20 cases of COVID in Manitoba as of March 22, with the majority of people infected in Winnipeg. The Interlake has two cases.

The two-week mandatory school closure occurs before and after spring break, scheduled for March 30 to April 3, giving students a three-week

stretch away from the classroom.

Many parents had pulled their children out of school a week prior to the mandatory closure after Premier Brian Pallister encouraged them to do so.

Students in the Evergreen School Division will be continuing their studies at home. The division started contacting families and arranging pick-up times for print materials, as well as providing information about distance learning resources.

"Teachers have been given the option to work from home," said ESD Supt. Roza Gray by email, "but teachers will be checking in with students and families at least once per week. Teachers will also be responding daily to questions or requests for learning support."

Attendance during the shut-down period will not be tracked, she said.

All events, including concerts, theatrical performances and school trips, have been cancelled "until further notice," she said, but there hasn't been any discussion about whether gradu-

ation ceremonies at the end of June will have to be cancelled.

Being cooped up at home might be stressful for some students. The division posted on its social media site some tips, including sticking to a daily routine such as getting up at the same time every day, setting aside regular time for school work, getting exercise, connecting (virtually) with friends and family, limiting social media, getting creative with writing, music or art, and eating healthily.

Supports for mental health are also available through the Kids' Help Phone and the Crisis Line.

Contact the Kids' Help Phone by calling toll free 1-800-668-6868, or texting "CONNECT" to 686868 or downloading an app on your phone. The Crisis Line can be reached toll free at 1-866-427-8628.

Until the threat of COVID-19 abates, health authorities and the government are advising everyone to:

- Stay home unless you're required to perform essential work.

- If you must go out, stay two metres (about six feet) from people.

- Refrain from contact with people for more than 10 minutes.

- Wash your hands thoroughly and frequently, especially if you've been in public places and touched a number of surfaces.

- Don't touch your face; your eyes, nose and mouth are entry points for the virus.

- Cough and sneeze into your sleeve or into a tissue, not into your hands. Dispose of tissue right away.

- Walk away from people showing signs of respiratory illness.

People showing symptoms of COVID-19, which include a sore throat, runny nose, fever, cough and difficulty breathing, are being asked not to show up at health facilities or dedicated COVID-19 test sites but to first call Health Links at 204-788-8200, or toll free at 1-888-315-9257, and get further instructions.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Haywood giving powerlifting a huge lift

By Brian Bowman

There are certain athletes that have the ability to truly inspire others in their sport.

Susan Haywood is one of those rare athletes.

The 70 year old from Erinview is continuing to set records in powerlifting. She is also continuing to attract many admirers of all ages.

"When I competed in December for the nationals there was a 59 year old lady and first-time competitor and she saw me on TV when somebody did a story on me in the summer and she said, 'If (Susan) can do it at 70, I can do it,'" said Haywood from her home last week.

"So, she had her first meet at 59. That really inspired me to keep doing this because I know I inspire people. I have so many people come up to me at every meet and say 'You inspire me' and that's another reason why I do it. I know I inspire young and older people."

Haywood said powerlifting is a sport for everyone — regardless of size or athleticism.

"People that are different sizes and shapes and perhaps aren't as nimble on their feet, powerlifting is pretty good because it's a static movement and anybody can do it," she stressed. "Short, tall, small, fat whatever, you can do it as old as me or young - they start at 14 years old. It's not a sport that you're judged by your appearance and I think that's very important to young women of today. Let's say a young girl who is 15 and weighs 200 pounds and she envies her friends that are ballerinas and figure skaters and she thinks, 'Oh gosh, I wish I could be like that' and yet she goes into a gym and deadlifts 300 pounds. Hey, she's a hero. I think the attraction of the sport for me, I wouldn't say it's for the odd-ball, but for people that don't fit into the categories that young women are supposed to fit into."

Haywood continues to lift the same weight as she did almost 20 years ago.

"I think to myself, 'I'm not getting any stronger but, at the same time, I actually am because medically they say every year you lose bone mass and muscle mass, etc,'" she said. "Maybe I'm not getting better but I'm maintaining. A lot of these records I



EXPRESS PHOTO SUBMITTED

Susan Haywood competed at the 2020 nationals in Winnipeg earlier this month.

break are mine ... and that means I did more than in December or September."

Haywood really loves the sport. There are many motivating factors that compel her to compete in the gruelling sport of powerlifting.

"I think because it gives me joy and that's a reason to do things," Haywood said. "It keeps me motivated to go work out because I'm not a self-motivated person. I need a goal so if I have a goal of breaking a record or an upcoming meet that I could potentially win, that's my fuel, my goal, or my drive. That's what keeps me interested."

"If I give it up, then I'm just going to be a couch potato and I might become like a lot of people my age like using a walker, an oxygen (tank), and the whole nine yards."

"What keeps me interested is the fun, the joy, the sense of accomplishment and, a little bit in the back of my mind, fear if I stop then I'll fall apart and turn into a bag of mush."

Powerlifting is obviously a physical sport. But the mental game plays a huge role among athletes.

"I always say the strongest part of your body is your mind," Haywood said. "You have to tell yourself that you're going to move that weight. You can't get under that weight and say, 'Oh my God, that's heavy I can't do this.' I use visualization a lot and I visualize myself succeeding."

enjoyed winning his medals. Lavallee enjoyed the exercise. Jones liked the bowling and winning her event. Roy had fun running on her snowshoes and getting her beautiful medals. Thompson enjoyed competing against other athletes that were a similar age to her and she enjoyed the food.

"The hardest part of it would have probably been the being away from home aspect of it and being away from family and friends," said Croy.

The snowshoe athletes did have to deal with some cold conditions which affected them mostly when they were marshalling up to their races, however, that was combated with some fleece blankets that kept everyone warmed up before their big events.

Earlier this month, Haywood broke three national records at the Canadian Powerlifting Union's 2020 national championships held at the Victoria Inn and Conference Centre.

There were 435 athletes from across Canada — including a record 39 Manitobans — that converged on Winnipeg throughout the week and tested their strength in two categories of competition.

Lifters could do a bench press only, or a combination of bench press/squat/deadlift, while competing in age- and weight-related categories.

Haywood had another good showing at nationals despite battling a nagging injury.

"I had hurt my knee a couple of weeks prior so I was supposed to open with 90 (kilograms) which would have been a record but I opened lighter because of my knee and I ended up getting 73, which was a record anyway," Haywood explained, noting she qualified for nationals back in December.

"But I wanted to blow it out of the water with 90. I got 73 squat, 67 bench, and 90 k deadlift, so I was pretty happy with that. I had three Canadian records and, of course a gold medal, because I was the only one (in the 70-plus age division)."

Hosting the nationals in Winnipeg was a rare treat for Haywood and her fellow Manitoba powerlifters.

"It was wonderful because a lot of times I have to travel but it was amazing being on my home turf," Haywood said.

The powerlifting community is a very supportive one. Athletes from across the country have bonded and made lasting friendships over the years.

"You don't see each other very often, but when you do it's like old friends," Haywood said. "That's a wonderful part of our social life. Meeting these people from across the country and we all have the same goals. It's nice to talk to people with the same goals and interests and they don't think, 'Are you ever weird doing this' and like my family, 'Why are you doing this and how long are you going to do this.'"

"It's the same questions over and over," she laughed. "And I always think to myself, 'Why am I doing this?' And it's because I can."

### > SPECIAL OLYMPICS, FROM PG. 5

when you're up against your race because if you're focused mainly on placing sometimes you can get a little tense and you can lose your form and you're not in the right zone," said Croy.

She thinks that there is a good chance that Interlake will be able to represent at the international games.

The athletes each had a favourite part of their experience at the games. Walcer enjoyed getting his medal saying that it was pretty cool. Penner also

"I think if you ever want to be an amazing runner you should try to be a great snowshoer first because you will definitely learn those skills of resiliency and having to put up with the weather being against you and sometimes the conditions being against you, snowshoeing itself is just sometimes a tough one but if you're able to do that running on a track becomes quite easy," said Croy.

She feels that participating in these events teaches these lessons in resiliency and commitment that all athletes learn throughout their athletic journeys.

"As a coach it was humbling to see so many people in an inclusive sport and having everybody out there," said Croy.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Sutherland, Bear honoured as Manitoba aboriginal volunteers of the year

### Staff

The Manitoba Aboriginal Sports and Recreation Council recently recognized their athletes and volunteers of the year.

Peguis First Nation's Mike Sutherland was selected as the Manitoba Aboriginal Male Volunteer of the Year while Peguis' Emma Bear was named Manitoba's Aboriginal Female Volunteer of the Year.

Bear has dedicated many hours to volunteering in her community with youth in wrestling, baseball and hockey. She wrestles for the Peguis Wolverines and always makes sure that she is helping the younger athletes around her with technique and positioning.

Bear's dedication shines through as she travels from Peguis to Winnipeg four times a week to participate in practices.

As a volunteer, she referees, along with timekeeping and scorekeeping for many minor hockey and baseball games in Peguis. Bear has been recognized as one of the hardest-working student athletes, maintaining a high GPA while volunteering and participating in sports.

She displays the leadership and work ethic that every coach hopes for in their athletes and young volunteers.

Sutherland, meanwhile, boasts 35-plus years of volunteering with softball and has proven himself to be a very determined volunteer with a great work ethic.

This past year, Sutherland was the

Host Committee Chair of the 2019 Canadian Native Fastball Championship, a 70-team event with clubs from across Canada. For many years, he has coached the Peguis Senior A Redmen along with the under 23 Redmen team.

In 2019, Sutherland led the Peguis Senior Redman to winning the Senior Men's division at the Canadian National Fastball Championship. Over the past year, his under 23 and Senior Men's clubs both represented Softball Manitoba at the National Amateur Fastball Association Championships in Las Vegas, the Fargo Memorial Tournament in North Dakota, and numerous 'A' and 'AA' championships throughout the United States.

Aside from softball, Sutherland is a very dedicated family man who also shares his values at hockey venues and by introducing youth to land-based outdoor education.

### The Manitoba Aboriginal Female Athlete of the Year was:

Heaven Moneyas - Multi-Sport - Lake St. Martin First Nation

### Manitoba Aboriginal Male Athlete of the Year

Conner Roulette - Hockey - Misi-pawistik Cree Nation

Meanwhile, as the Sport Manitoba Coaching Awards were cancelled to reduce the public health risks associated with COVID-19, Sport Manitoba recognized and celebrated the deserving finalists and award winners last Saturday on its website and social media channels (Facebook Twitter

and Instagram).

Clandeboye speed skater Alexa Scott was selected as the Sport Manitoba Performance Female Junior Athlete of the Year. Scott had a phenomenal season in 2019. She won gold in the 500, 1000, 1500, and 3000-metre races at the Canadian Junior Championships and she was also a star for Team Manitoba at the 2019 Canada Winter Games, winning three more gold medals in Red Deer and setting two Canada Games records. The 18-year-old also skated personal bests in three separate distances throughout the season.

Selkirk's Sarah Ekosky was also a nominee for the award. She won a bronze medal for Team Manitoba in judo in Red Deer. She also won five gold medals throughout her 2019 season, including a provincial championship, an under-16 national championship, and she also won an under-16 international event in Edmonton. Ekosky was also selected to compete at the under-18 Elite 8 Nationals event in January, where she won a gold medal in the under-57 kilogram category.

West St. Paul's Tanya Pilat (figure skating) won the Konica Minolta Dr. Jack Hunt Memorial Award - Learn to Train.

The other award winners were:

### Vince Leah Memorial Award Fundamentals

Krystle McDougall - Boxing - Winnipeg

Janet Arnott Memorial Award - Train to Train

Garth Goodbrandson - Golf - Winnipeg

Peter Williamson Memorial Award - Train to Compete/Train to Win Cole Grant - Water Skiing - Winnipeg

Global News Active for Life Award Tracy Sterdan and Tanya Manaster-sky - Rhythmic Gymnastics - Winnipeg

Peter Dick Award - School System Kathleen Muirhead - Rugby - Minnedosa

Sport Manitoba also honoured coaches from across the province who have coached at international events in the previous year as well as individuals who have been coaching a minimum of 25 years in Manitoba.

They also recognized the winners of the 2020 Manitoba Aboriginal Coaching Awards - Manitoba Aboriginal Female Coach of the Year, Danielle Daniels, and Manitoba Aboriginal Male Coach of the Year, Curtis Nepinak.

"Coaches have a significant impact on building a strong foundation for our sport community, whether it's through developing the next generation of champions and leaders, or helping to grow and advance amateur sport programs across the province," said Jeff Hnatiuk, president and CEO of Sport Manitoba, in a media release.

"It's our honour to recognize and celebrate Manitoba's deserving coaches for their incredible contributions throughout their careers."

## Marquette Curling Club hosts annual stick spiel



TRIBUNE PHOTOS BY DIANNE SHERRIN

The Marquette Curling Club prides itself on the loyal and dedicated volunteers who come together to host the annual Marquette stick curling bonspiel. On March 6-9, the club's two sheets of ice were busy with 40 teams competing. Left photo, left to right: Winners of the A-side final Tyler Williams and Calvin Janke. Second from left, B-side champions Blaine Becker and Jenn Brown. Second from right, C-side champions Ray Sherrin and Don Adamko. Far right, D-side champions Bill and Judy Kitching.

# Spence selected as KJHL MVP

Staff

The Keystone Junior Hockey League's Board of Governors announced that the league's Most Valuable Player for the 2019-20 season is Peguis Juniors' forward Tyrome Spence.

The Most Valuable Player award is bestowed upon an individual determined to be the most valuable to his team during the regular season.

Spence was a key player in the success of the Juniors. Leading the league in scoring this past season, Spence scored a whopping 74 goals and added 47 assists in just 25 games. His 4.8 points per game helped the Juniors wrap up third place in the regular season.

Spence also led his team with 10 power-play goals and six shorthanded markers.

The winner of the 2019-20 Top Defenceman Award was Tyler McKay of the Norway House North Stars. McKay led Norway House in scoring during the regular season, tallying 14 goals and 16 assists for 30 points in just 18 games.

His 1.7 points per game from the back end was outstanding as he also chipped in with five power-play goals and five power-play assists.

The NCN Flames' Braedin Melstad was named the league's top goaltender. Melstad was one of the driving forces in NCN wrapping up first place during the regular season.

In 18 games, he posted a 12-6 record and had a league-leading .860 save percentage.

Peguis' Drey Flett was one of three nominees for the top goaltender award.

Meanwhile, the KJHL's Most Sportsmanlike Player was OCN Storm forward Bryson Werbicki-Mallett.

He scored 41 goals and collected 89 points in 25 games.

At press time, the KJHL's Top Rookie winner had not been announced. The three nominees were OCN's Dion Fontaine, the Cross Lake Islanders' Wilfred McLeod and NCN's Henry Muchikekwanape.



**EXPRESS PHOTO SUBMITTED**  
Peguis Juniors' forward Tyrome Spence was named the KJHL's most valuable player last week. Spence scored 74 goals and added 47 assists in just 25 games.

## SEMHL announces co-champions

Staff

The South Eastern Manitoba Hockey League has announced that the Warren Mercs and Portage Islanders have been crowned co-champions for the 2019-20 season.

Warren was leading Portage 2-0 in their best-of-seven final series when

Hockey Canada cancelled all sanctioned games and programs for the remainder of the season in response to the COVID-19 (coronavirus) pandemic.

The Rocky Mountain Equipment Trophy will be awarded to both league finalists.

The 2019-20 playoff MVP trophy will not be awarded to one individual. Instead, the league will take this opportunity to dedicate the trophy to the many volunteers that make such a difference to the game.

# Western Hockey League cancels regular season

Staff

Western Hockey League commissioner Ron Robison announced on March 18 the conclusion of the 2019-20 regular season.

Following a meeting with the WHL Board of Governors and consultation with medical professionals, it was determined that the remaining 54 games on the 2019-20 WHL schedule would

be cancelled. The goal remains to conduct the 2020 WHL playoffs at a later date.

"The WHL takes the safety of our players, officials, staff, fans, and everyone associated with the WHL very seriously," Robison said on the WHL website.

"Given the ongoing public health developments regarding COVID-19,

we deemed it necessary to cancel the remaining games on the 2019-20 WHL regular-season schedule.

"We will continue to monitor ongoing public health developments regarding COVID-19. We will make every effort possible to conduct the 2020 WHL playoffs at a later date. We thank WHL fans and partners for your patience and understanding during

these challenging times," he added

The final standings for the 2019-20 WHL were determined by using win percentages for all clubs.

The Winnipeg Ice finished ninth out of 22 teams with a 38-24-1-0 record and 77 points. The Brandon Wheat Kings were 10th, one point back of the Ice with a 35-22-4-2 mark.

## Athletics Canada postpones 2020 Olympic and Paralympic Track and Field Trials

Submitted by Athletics Manitoba

Athletics Canada has made the difficult decision to postpone the 2020 Olympic and Paralympic Track and Field Trials presented by Bell, which were scheduled to occur June 25-28 in Montreal.

This postponement includes the Canadian U20 Championships which were part of the event. Full refunds will be issued shortly for all guests who had already purchased passes and tickets.

Athletics Canada has also cancelled the 2020 Panamerican and Canadian Combined Events Championships

which were slated for May 22-23 in Ottawa. The 10,000-metre Championships, to be held May 31 in Burnaby, B.C., have also been postponed.

"I'm in full support of the joint COC and CPC decision," said Simon Nathan, High Performance Director of Athletics Canada.

"In the short term, it is an incredibly difficult decision for so many people – our athletes, their coaches and medical and sport science support teams, our team managers and administrators. All of these people have dedicated themselves for years towards success in 2020. However, I'm sure

that they will also agree that this is the right decision for their safety and the safety of their families, friends and communities. We will do everything in our power to help our athletes safely prepare for when national and international competition resume."

With the cancellations, Athletics Canada expects to take a huge financial hit.

"The COVID-19 pandemic is much bigger than sports. These difficult decisions also come with an impact on the operations of Athletics Canada. These postponements and cancellations will dramatically reduce our

revenue, from sponsorship to ticket sales, to merchandising, to streaming audiences. These anticipated reductions in revenue will have impacts on Athletics Canada's operations going forward," said David Bedford, CEO of Athletics Canada. "Like the general public is experiencing, Athletics Canada will not be immune from the devastating health and financial impacts from the COVID-19 pandemic.

"The health and safety of our athletes, coaches and staff is our first priority."

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## AUCTIONS

Ward's & Bud Haynes Spring Firearms Auction Saturday Apr. 18th at 10 a.m. 11802-145 Street NW, Edmonton, AB. Hundreds of lots, online bidding, antique & modern firearms, www.WardsAuctions.com. To consign call Brad Ward 780-940-8378, Linda Baggaley 403-597-1095.

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

## APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

## FOR RENT

Partially furnished farmhouse, close to Arborg/Riverton. Nice retreat with 2 acres of parking and storage. Will rent by the week or month to month. \$1000/mo. or \$300 per week. Ph 204-805-0891.

## FIREWOOD

Firewood for sale – cut & split, 14" – 16" in length. White poplar. Taking orders for now & fall deliveries. Ph Lonnie at 204-886-3407 or cell. 204-861-2031.

## HELP WANTED

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Rockwood Pork Inc. is looking for 2 full time hog farm workers. Job duties include daily chores, facility maintenance, minor record keeping. Teulon, MB (NE 30-16-3E) and Arborg, MB (SW 14-23-1E) area. Weekend work required. Experience an asset but not required. Starting wage \$11.65 – \$18 per hour, plus benefits. Please forward all resumes to stanem@mts.net or mail to Box 1181 Arborg, MB R0C 0A0.

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Covid-19. Do you need to tell the public something right now? Guarantee that your information is seen. The blanket classifieds reach over 400,000 Manitoba readers weekly. For as little as \$189 + GST, get your important messaging out! Business changes, the need for staff, cancellations. As people are increasingly staying home, they will rely on this information even more to stay informed in your area and across the province. Keep people in the loop. The 48 weekly community newspapers can help. Call 204-467-5836 or email classified@mcna.com for details. MCNA 204-947-1691. www.mcna.com

## LIVESTOCK

KLCC Charolais has purebred registered yearling bulls for sale. For more information call Ken at 204-376-2418.

# Manitoba Government Job Opportunities

## Labourer/Operator 1

Seasonal Departmental (Approximately 15-18 weeks, May - September)  
Manitoba Conservation and Climate, Hecla/Grindstone Provincial Park  
Advertisement Number: 35976  
Closing Date: April 3, 2020  
Salary Range: \$1,376.00-\$1,522.40

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities). Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, visible minorities.

### Qualifications:

#### Essential Qualifications:

- Experience with building and ground maintenance.
- Experience operating hand held power equipment and tools, such as grass trimmers, push mowers, chainsaws, etc.
- Ability to work independently with good time management skills.
- Strong interpersonal skills with the ability to work in a team environment.

### Desired Qualifications:

- Janitorial experience.
- Ability to operate light vehicles, all-terrain vehicles, riding mowers.

### Conditions of Employment:

- Must be legally entitled to work in Canada.
- Must possess and maintain a valid full stage Manitoba Class 5 driver's license.
- Must be physically able to perform the duties assigned to the position including lifting approximately 50lbs in weight.
- Must be willing and able to work weekends and statutory holidays
- Must be able to work outdoors for extended periods of time under various weather conditions.

### Duties:

Providing great customer service and a friendly smile is always top of mind for a Labourer Operator 1. These positions provide general park information for park visitors, responsible for the maintenance, construction, landscaping and upkeep of various park facilities and grounds within the Hecla/Grindstone and Beaver Creek Provincial Parks. Under minimal supervision, the incumbent will do general labourer duties using hand tools and operating equipment within the Operator 1 classification.

### HOW TO APPLY:

Candidates are required to submit a resume and application form to be considered for this competition. Your application must clearly indicate how you meet the qualifications. Applications forms are available by contacting the address below.

### Apply to:

Advertisement No. 35976  
Manitoba Civil Service Commission  
Manitoba Conservation and Climate  
Box 70, Riverton MB, R0C 2C0  
Attn: Jim Fisher, District Park Supervisor  
Phone: 204-378-2261; Fax 204-378-5274  
Email jim.fisher@gov.mb.ca

An eligibility list may be created to fill similar positions in Hecla/Grindstone Park and will remain in effect for 6 months. Bunkhouse accommodations may be provided.

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request



## RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

### PLEASE BE AWARE OF THE IMPORTANCE OF SOCIAL DISTANCING

The RM of Gimli would like to make residents aware that volunteers from Camp Arnes and Gimli Lutheran Church will provide delivery services of essential products from Sobeys, Co op Foods, Pharmasave, and Taylor Pharmacy. Delivery will be for pre-paid orders only.

To flatten the curve of the COVID-19 spread, services will be offered to residents from Sandy Hook to Arnes. Some examples of residents who will need services are those under quarantine, self isolating, have compromised immune systems, are pregnant, etc.

If you have placed your order at the above noted stores and would like delivery, please call 204-407-6130 between the hours of 10am and 3pm, 7 days a week.

The Chamber of Commerce and the Gimli Community Development Corporation are working together to determine the levels of service the businesses are providing.

Information will be forth coming in the next few days.

Information about COVID-19 is posted on the RM of Gimli website.

Beginning on March 25, 2020 The RM of Gimli Council will hold their meetings upstairs in the Recreation Centre, to allow for adherence to social distancing practice.

# Classifieds

To Book Your Classified Ad Call 467-5836



**LIVESTOCK**  
For sale - purebred yearling Charolais bulls & purebred yearling Black Angus bulls. Also - one 24' Sokoal 5th wheel cattle trailer for sale. Ph 1-204-280-0122.

**HAY/FEED**  
70 unthrashed canola bales. Ph 204-641-3860.  
Feed corn & barley for sale. Delivery available. Ph 204-461-0706, Nick Matheson.

**VILLAGE OF DUNNOTTAR PUBLIC NOTICE Meeting Change**

TAKE NOTICE THAT the Regular Council Meeting scheduled for **Wednesday, April 15, 2020**, has been changed to **Thursday, April 9, at 10:00 a.m.**

By Resolution No.2020 026  
J. M. Thevenot C.M.M.A.  
Chief Administrative Officer  
Village of Dunnottar

**The 52nd Annual Lundar Bull Sale has been CANCELLED due to the Covid-19 Pandemic**

The catalogue's have been mailed out and the Bulls and Heifers in it are still for sale. Please contact one of the consignor's if you want to make a deal privately. With the mandatory guidelines that have been put in place there was no other option. **Good luck Bull buying and see you at next years Sale.**

**RELIGION**  
Let us be thankful for the institution of the Christian Sabbath. It is a thing wherein God has shown His mercy to us and His care for our souls. He shows that He, by His infinite wisdom, is contriving for our good as Christ teaches us that the Sabbath was made for man. It was made for the profit and comfort of our souls. Jonathan Edwards. Feel free to check out our website or contact us for further information. [www.clda.ca](http://www.clda.ca)

**HEALTH**  
Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelk@mymts.net](mailto:stonewoodelk@mymts.net)

**VILLAGE OF DUNNOTTAR PUBLIC NOTICE Regarding the 2020 Financial Plan**

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Village of Dunnottar intends to present its financial plan for the fiscal year 2020 at a public hearing in the Council Chamber, Municipal Office, 44 Whytefold Road on **Tuesday, the 31st day of March, 2020 at 10:00 a.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Copies of the financial plan will be available for review and may be examined by any person during the regular office hours of the Municipal Office following the Regular Meeting of Council of March 18, 2020. A copy of the financial plan will also be posted on the Dunnottar website ([www.dunnottar.ca](http://www.dunnottar.ca)) at that time.

Dated this 21st day of February, 2020.  
J.M. Thevenot, C.M.M.A.  
Administrator

**OBITUARY**

**Sonya (Hickman) (Kelner) Dodd**  
On Tuesday, March 17, 2020 at the Gimli Community Health Center, Sonya Dodd, aged 83 years, of Winnipeg Beach, MB. passed away. In keeping with her wishes, cremation has taken place and a Memorial Mass will be held in the Our Lady of the Lake Roman Catholic Church in Winnipeg Beach at a later date. Details to follow.  
Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home,  
Selkirk in care of arrangements.



**PRAIRIE SPIRIT SCHOOL DIVISION**  
**School Psychologist**  
1.0 FTE Term for 2020-21

**Master's Degree in School Psychology**  
Resume with (3) references to [psdd@prspirit.org](mailto:psdd@prspirit.org)

Deadline:  
**Noon, April 3rd, 2020**

Details website:  
[www.prairiespirit.mb.ca](http://www.prairiespirit.mb.ca)

**McSherry Auction Service**  
Our Spring Gun Sale is **TEMPORARILY POSTPONED** to a suggested date of **Saturday May 2nd @ 9:30 AM**. Please check back 2 weeks prior to ensure date is a Go!  
We will comply with all public health safety recommendations!  
We will still be accepting consignments daily!  
We are still booking auctions.  
If you are needing items moved out, we offer buy outs and storage! Please check our website for up to date info on sales!  
(204) 467-1858 or (204) 886-7027  
12 Patterson Dr., Stonewall, MB  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

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**1-888-685-3127**  
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**ASHERN Home Hardware IS HIRING!**

**2 - Full Time Seasonal Summer Positions**

Ideal candidate is a Post-Secondary student, but open to all interested applicants. May 1 - August 31, some flexibility in start and end dates. Must be able to lift 50 lbs. unassisted. Class 5 driver's license would be a strong asset.

**Drop your resume at**  
**#28 Railway Avenue, Ashern, or e-mail to:**  
[jason.carpenter@homehardware.ca](mailto:jason.carpenter@homehardware.ca)  
**Deadline for applications is April 18.**

**HIP/KNEE Replacement?**  
**Other medical conditions causing TROUBLE WALKING or DRESSING?**

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

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**Call 204-467-5836 or email [ads@expressweeklynews.ca](mailto:ads@expressweeklynews.ca)**

**Biz Cards**

**Kim Kowalchuk (Foot Care Nurse)**  
Mobile foot care service in Eastern Interlake  
• Lower leg and foot assessments • Toenail trimming  
• Reduction of callous and corns • Referrals • Diabetic teaching  
• Footwear assessments and recommendations  
(204) 641-2543 [kskowalchuk@outlook.com](mailto:kskowalchuk@outlook.com)  
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# Manitoba Government Job Opportunities

## Labourer/Janitor (LAB)

Seasonal Departmental (Approximately 16-18 weeks, May - September)  
Manitoba Conservation and Climate, Hecla/Grindstone Provincial Park  
Advertisement Number: 35975  
Closing Date: April 3, 2020  
Salary Range: \$1,376.00-\$1,473.60 bi-weekly

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities). Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, visible minorities.

### Qualifications: Essential Qualifications:

- Experience in janitorial cleaning of interior and exterior of buildings.
- Strong Interpersonal skills with the ability to work in a team environment.
- Experience working with the public.

### Desired Qualifications:

- Experience with minor building and grounds maintenance such as painting, gardening and landscaping.

### Conditions of Employment:

- Must be legally entitled to work in Canada.
- Must possess and maintain a valid full stage Manitoba Class 5 driver's license.
- Must be physically able to perform the duties assigned to the position including lifting approximately 50lbs in weight.
- Must be willing and able to work evenings, weekends and statutory holidays.
- Must be able to work outdoors for extended periods under various weather conditions.

### Duties:

Providing great customer service and a friendly smile is always top of mind for a Labourer / Janitor. These positions provide general park information for park visitors, responsible for the cleaning of washrooms, showers, cabins and the maintenance of various park facilities and grounds within the park. The incumbent will be responsible for general maintenance and operation duties along with refuse disposal and picking up debris and litter from beach, day use area and performs other related duties as assigned.

*When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Candidates are required to submit a resume and application form to be considered for this competition. Your application must clearly indicate how you meet the qualifications. Applications forms are available by contacting the address below.*

### Apply to:

Advertisement No. 35975  
Manitoba Civil Service Commission  
Manitoba Conservation and Climate  
Box 70, Riverton MB R0C 2C0  
Attn: Jim Fisher, District Park Supervisor  
Phone: 204-378-2261 Fax: 204-378-5274  
Jim.fisher@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

An eligibility list may be created to fill similar positions in Hecla/Grindstone Park and will remain in effect for 6 months. Bunkhouse accommodations may be provided.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted. We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at [manitoba.ca](http://manitoba.ca).

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

# Manitoba Government Job Opportunities

## Park Attendant (KA2)

Seasonal Departmental (12-18 Weeks, May – September)  
Manitoba Conservation and Climate, Hecla/Grindstone Provincial Park  
Advertisement Number: 35974  
Closing Date: April 3, 2020  
Salary Range: \$1,270.40- \$1,423.20 bi-weekly

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities). Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, visible minorities).

### Qualifications: Essential Qualifications:

- Experience in customer service dealing directly with the public.
- Experience collecting revenue, working with a cash float and handling all forms of currency (ie cash, credit and debit card payments).
- Demonstrated ability to interact professionally with the public, including handling stressful situations (that might include customer enquiries, complaints and comments).
- Demonstrated ability to work independently under minimal supervision.
- Experience using computers for email, browsing, reading material and entering data/information.

### Essential Qualifications:

- Experience with grounds maintenance (mowing grass or gardening) and janitorial duties (cleaning washrooms).

### Duties:

Providing great customer service and a friendly smile is always top of mind for a Park Attendant. These positions provide front line services for park visitors, responsible for registering campers and sale of park entry permits using the Parks Reservation Service, including handling cash and debit/credit card payments. Park Attendants regularly provide park visitors and campers with information related to park activities, facilities and rules.

*When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Candidates are required to submit a resume and application form to be considered for this competition. Your application must clearly indicate how you meet the qualifications. Applications forms are available by contacting the address below.*

### Apply to:

Advertisement No. 35974  
Manitoba Civil Service Commission  
Manitoba Conservation and Climate  
Box 70, Riverton MB, R0C 2C0  
Attn: Jim Fisher, District Park Supervisor  
Phone: 204-378-2261; Fax 204-378-5274  
Email jim.fisher@gov.mb.ca

An eligibility list may be created to fill similar positions in Hecla/Grindstone Park and will remain in effect for 6 months. Bunkhouse accommodations may be provided.

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at [manitoba.ca](http://manitoba.ca).

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## F220K Tiller

21"  
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36/24/12"  
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9" Easy Start  
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## WB20XT Water Pump

2" Easy Start  
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**\$449<sup>00</sup>**



## HRR21610VKL

PushMower bag/mulch/side  
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**\$639<sup>00</sup>**



## WB30XT Water Pump

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