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Winnipeg Beach School students who are part of Gimli Kiwanis' youth service clubs collected food and toys to help people using Evergreen Basic Needs' food and toy bank over Christmas.

EXPRESS PHOTO SUBMITTED

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GOT SNOW? HERE'S HOW!



Snowshoers trek through mounting restrictions

By Nicole Brownlee

As COVID-19 cases rise and the threat of another imminent lockdown looms, safe ways to socialize are sought after more than ever.

One group in the Interlake is encouraging people to try something new while staying socially distanced outdoors.

The Winnipeg Beach Snowshoe Club launched in December 2021, welcoming experienced and beginner snowshoers to strap on and step out.

"We thought it'd be a nice opportunity to meet up with some people outside," said Pat Nuspl, snowshoe enthusiast.

Pat started the club with her husband Ron to keep them motivated during cold snaps and share their love of the sport.

"It's a nice way to go for a walk once you get used to the snowshoes being on your feet," said Pat.

"It doesn't take a lot of skill, just a little bit of practice."

Ron taught Pat how to snowshoe 20 years ago, and the duo has been trekking ever since. Ron now leads the weekly group on a trail through Camp Morton Provincial Park and repairs the participants' snowshoes.

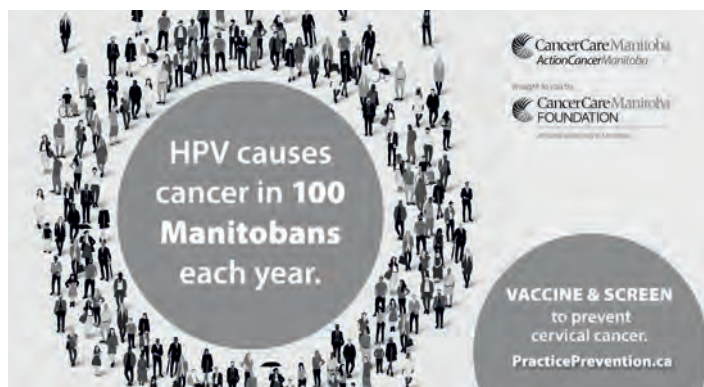
The club met for the first time on Dec. 6 at the Camp Morton park after Pat posted a call for interested snowshoers on Facebook.

Around 10 people showed up, and many of the original participants continue to attend each week on Sundays at 2 p.m.

"It's a learning process. Some people have never tried snowshoeing, so

it's an open invitation for people to come," said Pat.

The Nuspls bought extra pairs of snowshoes for newbies who haven't made the plunge to purchase the equipment yet and want to try the sport.



EXPRESS PHOTO BY PAT NUSPL

The Winnipeg Beach Snowshoe Club meets every Sunday at 2 p.m. at Camp Morton Provincial Park.

"We have people of all ages, fitness and skill levels and we adjust the pace to include everyone."

Jan Morier said she was happy to hear about a new club that motivates residents to get outdoors.

"This is only my second winter in the Interlake, and this group gave me the gumption I needed to get into the exercise and fun that we enjoy on our weekly expeditions," said Morier in a statement.

The club is also looking for dona-

tions of snowshoes so they can offer more spots to beginners.

"We'd like to see this continue over several years," said Pat.

"If you want to come out and try and get some nice sunshine, fresh air and have encouragement and camaraderie, you're more than welcome."

To learn more about the Winnipeg Beach Snowshoe Club, visit the Winnipeg Beach Snowshoe Club Facebook page or contact Pat Nuspl at 204-389-2303.

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Winnipeg Beach School students supporting food needs

By Patricia Barrett

Winnipeg Beach School's K-Kids and Builders clubs collected food and toys last month for Gimli-based Evergreen Basic Needs' food bank after learning about food insecurity in the community.

With COVID lockdowns and layoffs, as well as inflation, access to sufficient food has become more precarious.

The two youth clubs — one for early years students (K-Kids) and one for middle years students (Builders) — are supported by the Gimli & District Kiwanis Club.

The students wanted to help those in need in the community so they organized a food hamper drive at the school.

"The Winnipeg Beach K-Kids have been talking about being helpful for the month of December," said resource teacher Katherine Zahariuk.

"We have been focusing on how we can be helpful at home and the community. The Builders Club learned about hunger and how organizations like Evergreen Basic Needs in Gimli help with this issue. Collecting food

for Christmas hampers seemed to be an obvious fit for both of our groups."

The student clubs planned the food and toy drive, put out the word around school and helped collect non-perishable food items and new toys for EBN between Dec. 6 and 10.

"They created posters for the hallways, collection boxes for the classrooms and set a goal of collecting 300 items for Evergreen Basic Needs," said Zahariuk. "Each morning food was taken from the classrooms, counted and our total was shared by our Builders Club members over the intercom. By the end of the week, we had surpassed our goal by collecting 341 items."

Involvement in the Kiwanis youth clubs teaches young people about community service and offers them a chance to develop leadership skills, self-esteem and respect for others. It also teaches them how to work as a team and provides them with the satisfaction of knowing they've done something to improve the lives of others around them.



EXPRESS PHOTO SUBMITTED

Some of the food students donated to EBN. In total the students collected 341 items.

Westshore Community Foundation 2021 year at a glance

Submitted by Tim Arnason

We recall the optimism as we entered 2021. The optimism stemmed from the general belief that the ill effects of the pandemic were behind us. We were happy to get 2020 behind us. One year later, we find ourselves in a similar state of mind since 2021 has been equally challenging, and Westshore Community Foundation has not been immune to the challenges.

Our performance as a community foundation in terms of how we met these challenges can be measured a number of ways. First, we can look at our financial position and how this has changed over the year. But, more importantly, we can look at how we were able to address the growing needs within our catchment area.

Notwithstanding that we were unable to move forward with our fund-raising efforts due to the pandemic, we are pleased with our very healthy financial position. The market recovery from the 2018 downturn continued, and through these positive gains and the growth of existing funds, and the addition of new funds, our assets are at an all-time high.

The ongoing support we receive from our donors, sponsors and partners strengthens our commitment to our mandate of Building a Lasting Legacy. Our resolve has never been

stronger in maintaining and building upon the exceptional quality of life that we enjoy.

Whether through our Community Endowment Fund or various designated funds, our granting programs supported several projects throughout our catchment area. While the needs of our not-for-profit sector organizations continue to grow, we are pleased that the extent of our support continues to grow as well.

The same holds true for our scholarship programs. The Westshore Community Foundation is proud to assist students from the foundation's catchment in obtaining post-secondary education. This includes students coming out of high school, already enrolled in an accredited post-secondary institution, and returning to school as mature students.

Our 2021 granting and scholarship support of approximately \$80,000 delivers on our community's mandate to build a lasting legacy. Westshore Community Foundation is YOUR community foundation. Our strength is drawn from your support. Your board of directors remains committed to continuing the work necessary towards further growth and support.

Last year saw some movement within our board. With warm thanks, we bid farewell to Michele Couture, Gi-

useppe Dalzotto, Gerry Knudson and Ruby Tretiak. We welcome new members Randy Baldwin, Darlene Devlin and Teri Nicholson.

We also say farewell to Debra Meritt. Debra has been our administrative support for over 10 years. A simple thank you seems entirely insufficient in recognizing what Debra has given to our organization and our community. Debra has been the glue that holds us together. She has always been singularly focused on the health of the foundation. She will be missed.

At the same time, we are delighted to welcome Krista Narfason to the administrative co-ordinator position.

Well known throughout our catchment area, Krista brings a strong skill set and an equally strong commitment to Westshore Community Foundation's goals. Please join us in welcoming Krista.

The new year brings my term as president of Westshore Community Foundation to a close. I am proud of the work we have done during my three-year term. Any successes during my term are entirely credited to an incredible board of directors who tirelessly give of their time and expertise and to our donors, partners and sponsors. Thank you all. It has been an honour.

Community Changes Everything

For people living with dementia, the Alzheimer Society is your first link to a community of caring, support, knowledge and people ready to help.

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Alzheimer Society builds support community

By Nicole Brownlee

Kerri Pleskach first noticed something was off about her dad Terry Law when he was playing checkers with her daughter.

Pleskach's daughter, who was six at the time, kept correcting Law when he would move the wrong colour pieces, move the opposite direction or forget his turn.

"My dad was a very good checkers and chess player. He always thought ahead of the move," said Pleskach.

Their family reached out to their local Alzheimer Society office in Beausejour to find out why Law was acting differently.

The staff at the Alzheimer Society guided Pleskach and her family through the diagnosis process, which entailed having a physical, visiting several specialists and completing tests.

Law was diagnosed with early-onset Alzheimer's disease when he was 64, seven years ago.

"It was devastating," said Pleskach.

"You're grieving a person that's still alive."

Law's Alzheimer's quickly progressed after he was diagnosed. Pleskach's mother Jan retired to take care of Law full time for two years, but Law required constant assistance.

After briefly staying at a personal care home in Stonewall and the Selkirk Mental Health Centre for four years, Law was moved into a care home in Beausejour in January 2021, closer to his family.

Law now uses a wheelchair, is non-verbal and needs help with eating, bathing and moving.

"He needs help with every basic necessity," said Pleskach.

Pleskach and her family relied on the Alzheimer Society of Manitoba to help them understand what was happening to Law.

The family attended information sessions, conferences and workshops hosted by the society to learn more about how the disease would impact Law.

The sessions encouraged the family to prepare for Law's decline in functioning and memory by organizing their finances and learning how to respond to him when he's confused.

Jan used to attend support groups when they were hosted in Beausejour. The Alzheimer Society of Manitoba no longer offers the groups in Beausejour, but Jan keeps in touch with community members she met through the society.

"She's built her own little community of people and supports," said Pleskach.

The society continues to call to check in on Pleskach and her family.

"The (Alzheimer Society) is a great support every step of the way," said Pleskach.

In-person group and information sessions have been inconsistent during the COVID-19 pandemic because of public health restrictions but are slowly being added back to the schedule, said Samantha Holland, Interlake-Eastern regional co-ordinator for the Manitoba society.

In-person support groups for care partners in Selkirk and Gimli have returned, with Gimli already reaching participation capacity.

"We've had quite a bit of interest in that community," said Holland.

People diagnosed with dementia have been able to access virtual sessions led by health-care professionals throughout the entire COVID-19 pandemic.

"With dementia, a great way to slow things down is to remain socially engaged and connected with others, especially with others that are going through the same things," said Holland.

The society reported in June 2021 that 42 individuals with dementia and 240 care partners accessed the online groups. The number of participants has increased since the report was released, said Holland.

"Just because it's through a screen doesn't mean there can't be that heartfelt connection."



EXPRESS PHOTO BY KERRI PLESKACH

Terry Law was diagnosed with early-onset Alzheimer's disease when he was 64 years old in 2015. Law's family relied on supports from the Alzheimer Society of Manitoba to understand the condition.

Participants can also join sessions over the phone and access learning material through the Alzheimer Society of Manitoba website.

"Any day or time, people can find something that fits for them," said Holland.

To raise awareness about the impact of dementia and the resources available for families, the society produced several videos accessible on their website and their YouTube channel, AlzheimerMB.

"We want people to think of us as that community because it takes a village to support someone with dementia," said Holland.

"We want people to reach out as soon as they can."

Access, Sunova and Noventis CU make case for merger

By Lorne Stelmach

Access Credit Union members had their chance to ask questions and have their say this week as member forums were held in the lead up to a merger vote later this month.

Two virtual online sessions were held Monday and Wednesday ahead of the vote scheduled for Jan. 25-27 on the amalgamation of the Access, Noventis, and Sunova credit unions.

"It looks like the scale we're creating will provide savings on some of the technology and the implementations the government is looking for," said Access CEO Larry Davey. "There's been a significant amount of due diligence completed by all three credit unions. It looks like a great fit."

Davey had earlier addressed members in a video posted online where he made reference to the fact they were still working through final steps of the amalgamation with Crosstown Civic Credit Union.

"To some members, this feels too quick and too early to be looking at another merger," he said. "The biggest question that all our members ask is why now."

In response, Davey has cited two key factors that

they say in the near-future will require credit unions to invest millions of dollars in financial technology to meet new government-mandated standards.

As a larger credit union, they maintain they can save money on these investments and that those savings will allow them to continue to offer competitive rates, lower fees, cash rewards, and better account packages as well as increase the funds available to invest in our communities.

One key change is the move to open banking or consumer directed finance, while another is a move to payment modernization.

Open banking will allow people to more easily move money from one institution to another, and Davey said that will require a significant and costly change in technology.

"We're still trying to determine exactly how much it's going to cost the credit union and the system, but again, when you're buying technology, there's usually volume discounts."

Payment modernization basically involves speeding up the time it takes for payments to go through the system. Right now, it allows three days for payments to reach their destination. The government

has mandated that to be reduced to three hours and eventually to be instantaneous.

"With the three credit unions coming together, it's about a million and a half dollars savings per year on the payment side that we wouldn't realize without the amalgamation," said Davey.

"As a result, having the scale of the merger allows us to reduce the cost for members ... by bringing the three credit unions together, we're able to reduce that cost."

"These mandatory changes come at a significant cost for every credit union, and we have to find a way to manage those costs," he said. "This partnership that we're entering into allows us to tackle those changes and to reduce the impact on our members."

Aside from those issues, Davey also touched on other advantages ranging from being able to continue offering competitive rates, charges and patronage refunds to seeing no impact on local branches and services while in fact expanding on the insurance and wealth management divisions.

"It's always nice to pick partners who are aligned

Continued on page 7

Preliminary study suggests T cell immune defence effective against omicron

By Patricia Barrett

The omicron variant has sparked a tsunami of infections worldwide shortly after it was first detected in November 2021 because of its extremely high transmissibility and its ability to evade antibodies, the immune system's first line of defence.

But T cells, which are part of the immune system, are thought to mediate the risk of serious disease, hospitalization and death from omicron in vaccinated people and in those with a prior COVID infection.

Chinese and Australian researchers put that hypothesis to the test by assessing the ability of T cells to fight omicron in a study titled "SARS-CoV-2 T Cell Responses Elicited by COVID-19 Vaccines or Infection Are Expected to Remain Robust against Omicron," which was published on-

line Jan. 2 in the journal *Viruses*.

The researchers' findings suggest that T cells in vaccinated people or those who had a prior COVID infection "remain largely intact against omicron." Furthermore, a new specific T cell may have been created in direct response to the variant.

"Overall ... our preliminary analysis suggests that the effectiveness of pre-existing T cell immunity will remain intact," they wrote.

Antibodies are secreted from a type of white blood cell called B cells and are the body's first line of defence against foreign invaders. They bind to pathogens such as bacteria, viruses, fungi and parasites and prevent them from entering human cells. But if antibodies fail, T cells, which are a type of killer white blood cell, get dispatched to root out and kill the invaders.

Although T cells may help prevent severe illness, they cannot stop omicron from infecting people.

"T cell responses alone, however, do not block infection and therefore do not prevent transmission. Thus, while the number of infections may rise considerably as a consequence of Omicron's ability to evade antibodies, robust T cell immunity provides hope that, similar to other VOCs [variants of concern] the level of protection against severe disease would remain high."

Although emerging data suggest a lower risk of hospitalization and death with omicron, the researchers say the extent to which T cell immunity is contributing to that needs to be better established. They had examined only T cell epitopes [peptide fragments], which were "known" to be targeted

in infected or vaccinated people, and that list may "not be exhaustive."

Manitoba Public Health has run out of capacity to test everyone who thinks they're infected with COVID and is handing out rapid antigen tests to some people showing up at testing sites. Since the end of December, the government has reported over a thousand new COVID cases each day, but says those case counts are an underestimate; the true number of infected people is likely eight to 10 times higher.

Along with burgeoning omicron infections, hospitalization and ICU admissions in Manitoba have shot up since the end of December as they have across the country.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Restore democracy - fight for women's rights

I would like to thank reporter Patricia Barrett for her well-written article on the removal of the mayor and reeves' duties and the loss of our democracy.

Fact: Mayors Gordon Peters and council and Lynn Greenberg and council are absolutely correct that this can happen to any mayor and reeve in Manitoba and that we all should be concerned about the usurping of our democracy. It can happen to anyone, male or female. The fact that elected women are being targeted is more than shameful.

Fact: The AMM should be embarrassed that their board of directors have shown no leadership by sitting back and not lobbying the provincial government to correct the Municipal Act to stop this uprising. Their home

page states that they are described as "closest to the people." Their mission is to address and needs and concerns of members to achieve strong and effective municipal government. Wow, kind of failed that benchmark here.

Fact: The provincial government has allowed our democracy to be overthrown. Maybe the removal of school boards was Part 1 of their master plan and municipal governments are next on the hit list.

Fact: In a ward system, you vote only on a councillor but all ratepayers get to vote on who their mayor/reeve is. That is democracy and needs to be respected. Democracy in municipal elections is every four years. Don't like the job they have done, vote them out then. There is no place for petty politics and old boys' clubs.

Fact: Jan. 1, 1887, Manitoba Women female property owners won the right to vote in municipal elections, 29 years before women could vote in a provincial election.

Fact: Jan. 1, 1890, Manitoba Women female property owners won the right to vote in school board elections and run for trustee 26 years before women could vote in and hold office in provincial elections.

Municipal elections are in 2022. Are we, as women and as enlightened men, going to allow this travesty to continue to prevail? Are we going to sit back as shy violets and not support what our pioneer women fought for 135 years ago? No rights were given to any of us. They were fought for.

Get involved. Run for office. Restore democracy. Ask your candidates where they stand. Are they going to remove these draconian bylaws and restore what has been taken away or can be taken away by back room deals and slaps on the backs?

Is this the legacy that we are prepared to leave our children and grandchildren that we sat on the sidelines and rung our hands and did nothing?

Time to take our rightful place at the table. A table that is inclusive to women and men who support true democracy.

- Lois Wales



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AA Winnipeg Beach

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COVID-19 hospitalizations up 51 per cent over past week

By Ashleigh Viveiros

Manitoba was reporting a total of 31,618 active cases of COVID-19 on Monday, but the actual number of infected people could be many times higher.

Dr. Jazz Atwal, the province's deputy chief public health officer, acknowledged last Wednesday that the spike in cases due to the more contagious omicron variant of the virus had overwhelmed testing capacity. The backlog then totalled 6,800 swabs, though the province after the weekend said they had since completed all the tests awaiting processing.

Changes made to the testing protocols last week means many cases of the virus are no longer being reported.

Manitoba has shifted most symptomatic people from receiving PCR tests to self-administered rapid antigen tests, the results of which are not included in the daily case counts.

Healthy individuals under 40 showing mild symptoms are also advised to assume they have the virus and to stay home and isolate to avoid spreading it, Atwal says.

With daily case counts not serving as an accurate reflection of just how many people are actually sick with the virus, the most important number to focus on moving forward is hospitalizations, including the number of our province's limited intensive care beds being filled with COVID-19 patients.

On Monday, 378 Manitobans were in hospital with COVID-19, 39 in in-

tensive care. Manitoba saw a 51.1 per cent increase in hospitalizations over the previous week.

Another 19 people lost their battle with the virus Saturday through Monday, bringing the number of COVID-19 deaths in the province to 1,427.

Another statistic of interest is the number of unvaccinated people versus vaccinated people requiring intensive care in hospital for the virus.

Vaccinated individuals can still contract COVID-19, but for most the symptoms are relatively mild, as the vaccine has already instructed one's immune system on how to battle the virus.

There are far fewer unvaccinated people in Manitoba than vaccinated (just 15.4 per cent of Manitobans age five and up had not received a single dose of vaccine at press time) but yet the unvaccinated make up 73 per cent of the ICU patients with COVID-19 and account for 63 per cent of deaths due to the virus.

That's why public health officials continue to urge people who have not yet been vaccinated to reconsider that decision.

"So far, Manitoba is seeing that people who are not fully vaccinated remain more than 20 times more likely to end up in the ICU compared to someone who is vaccinated," said Dr. Joss Reimer, medical lead of Manitoba's vaccination task force. On Monday, that stat had increased to 26 times more likely. Unvaccinated individuals are also twice as likely to test positive for the virus, seven times more likely

to be hospitalized, and 14 times more likely to die with COVID-19, according to the province's online dashboard.

Considering the contagiousness of the omicron variant, fully vaccinated Manitobans still need to remain vigilant against spreading the virus and protecting themselves.

To that end, Reimer strongly encourages Manitobans who haven't yet gotten their third shots to do so as soon as possible to further boost their immune system response.

"The booster works, most importantly, to prevent severe outcomes," she said, noting studies have shown a third shot boosts one's protection by over 50 per cent compared to two doses. "So if you are over the age of 50 or you have health conditions that put you at risk of severe outcomes, please get your third dose as soon as possible."

While there are challenging times ahead, the fact the vast majority of Manitobans have rolled up their sleeves means the province is in much better shape when it comes to COVID-19 hospitalizations than it would have been otherwise, Reimer noted.

"There is still a very good news story to tell about the effectiveness of the vaccine in saving lives," she stressed. "It is still protecting our communities from further restrictions and, more importantly, from loss."

"It is still giving us something to look forward to and to contribute to getting us out of this pandemic."

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EXPRESS PHOTO BY JO-ANNE PROCTER

One-and-a-half year old border collie Lucy was jumping for joy to be out in the cold for her walk in Siglavik last Sunday morning while owner Paul Maier was bundled right up. The temperature registered at -27, but with the windchill felt like -39 in the community just south of Gimli. Help the *Express* record the weather of the week and send in your photos of friends and family enjoying the outdoors. Email: weather@expressweeklynews.ca.

Public health orders extended for three weeks

Staff

The public health orders slated to expire this week have been extended until next month.

The province on Friday announced that all current COVID-19 prevention orders will remain in place for three more weeks, until Feb. 1

"Ongoing restrictions are a challenge for many Manitobans, but

remain necessary to help slow the spread of the virus and protect our health-care system," said Health Minister Audrey Gordon in a statement.

"While these orders remain in place, we continue to take steps to improve supply and access to testing and other important initiatives that support our pandemic response and protect our health system. Nothing is

off the table and we will act swiftly in the weeks ahead if further action is required to protect Manitobans."

The current orders include widespread restrictions on both public and private indoor and outdoor gatherings as well as capacity limits in businesses and proof of vaccination requirements for certain spaces.

Manitobans with COVID symptoms to visit provincial testing sites

Submitted by Pharmacists Manitoba

Pharmacists Manitoba is reminding Manitobans who have symptoms of COVID-19 and/or individuals have been a close contact of a positive case of COVID-19 to visit public testing sites for the appropriate testing.

"We need Manitobans to visit a public testing site if they have symptoms of COVID-19 or if they have been in close contact with a positive case," says Ashley Hart, past-president of Pharmacists Manitoba.

Hart adds, "Rapid antigen testing at pharmacies was always intended for asymptomatic individuals. That has not changed. However, moving for-

ward, asymptomatic close contacts of positive cases should now also visit public testing sites."

Public testing sites in Manitoba are providing rapid antigen testing kits, free of cost, to individuals with symptoms, individuals age five and older with symptoms of COVID-19, asymptomatic close contacts of someone who has tested positive for COVID-19, and those advised by public health officials. The cost of a rapid antigen test administered by a Manitoba pharmacist ranges from \$15 to \$70.

"It is an extremely busy time for Manitoba pharmacists. We are fielding many questions daily related to

who can come into a pharmacy for a rapid antigen test. We wanted to help share the current public health recommendations to Manitobans," says Hart.

Furthermore, many pharmacies will still continue to have rapid tests in-stock for service for those that do not have symptoms of COVID-19 and/or have not been a close contact of a positive case. As well, some pharmacies will continue to sell take-home rapid antigen tests to the public; however, only nine self-testing devices have been approved by Health Canada and the supply of these devices is extremely low.

> MERGER, FROM PG. 4

on where you want to go," he said. "They're very focused on supporting communities; they're very focussed on member service, and that is a great fit with Access."

Both Noventis and Sunova have agreed to go with the Access name and system, Davey added, so there will be no real cost to Access in that respect, and members will benefit from the flexibility and convenience of an even-wider branch network throughout Winnipeg and the southern, eastern, and Interlake regions.

In the question and answer time Monday, one member wondered what impact there might be particularly with some of the smaller branches.

"One of the benefits we saw from coming together with Crosstown Civic was the ability to maintain all of our branches ... I see that continuing with Noventis and Sunova," said Davey.

Another member wondered if Access was getting too big with too many branches to manage and noted Steinbach by comparison has far fewer branches, but Davey pointed out that Steinbach though still has a similar number of employees.

"It is a wider expanse that we are covering than some of the other credit unions," he acknowledged, but added that "we've put in a structure that has been able to provide that service to members. We have not found the number of branches to be arduous at all."

And another member wondered about the impact on staffing, or if there were "efficiencies in staffing" to be found.

"Staff can be reduced in certain areas. We have moved to some specialized areas so that we can provide better member service overall," said Davey. "At the same time, the business has grown a fair bit, and we haven't seen that growth in staffing."

Approval of the amalgamation will require two thirds approval from members. Voting details are available online at the cusuccess.ca.

Access Credit Union has assets that exceed \$6 billion with 92,000 members, and it is currently the second largest credit union in Manitoba. Noventis serves 28,000 members with \$1.14 billion in assets and is the 10th largest credit union in Manitoba, while Sunova has grown to serve 49,700 members with \$2.3 billion in assets and is the fifth largest credit union in Manitoba. The new credit union would have over \$169,700 members and \$9.5 billion in assets with about 800 employees in 52 branches.

Students donated \$1,000 to community programs

By Patricia Barrett

Students in the Kiwanis Builders Club at Dr. George Johnson Middle School (DGJMS) in Gimli embarked on a major fundraiser before the holiday season and raised a significant amount of money for people and pets in need, as well as collected non-perishable food items.

"Using Mom's Pantry as their fundraiser, the students chose to donate \$400 to Christmas hampers, \$300 to

the Gimli Humane Society and \$300 to the breakfast/snack program at Dr. George Johnson Middle School," said Kiwanis member Frances Petrowski.

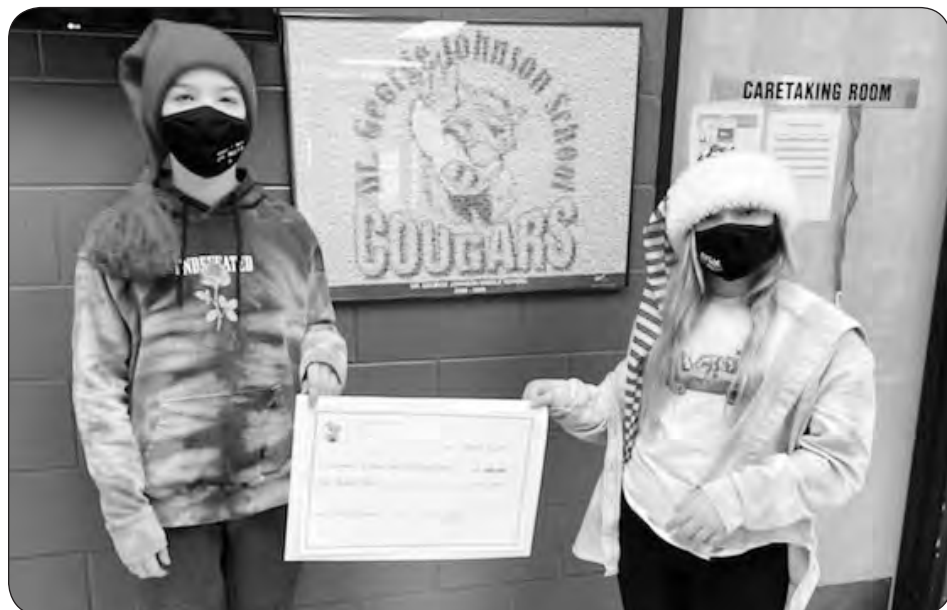
The DGJMS Builders Club is supported by the Gimli & District Kiwanis Club. Middle school and junior high students learn leadership skills and teamwork to help their school and those in need in the community.

The students registered for Mom's Pantry, a fundraising food service

that allow groups to raise money for a community cause. When people place an order for food — items range from perogies and baked goods to dips and teas — part of the proceeds go to the group holding the fundraiser.

Not only did the students raise money, but they also collected non-perishable food items and were able to fill five Christmas hampers for families in need, said Petrowski.

They've also started a "Warmest Wishes Campaign," in which they're collecting new and used warm clothing such as socks, mitts, hats, ski pants and jackets for their fellow students at DGJMS, said Petrowski. And they haven't forgotten their furry friends: they're collecting old sheets, towels and blankets that will be turned into dog pillows and blankets.



EXPRESS PHOTOS SUBMITTED

DGJMS students in the Kiwanis Builders Club raised funds for community organizations.



Students are collecting new and used warm clothing for fellow students.

GHS students donate \$700 to Evergreen Regional Library for Indigenous collection

By Patricia Barrett

Gimli High School students donated \$700 to the Evergreen Regional Library after holding a vegetable fundraiser last month.

In December the students put together packages from 1,300 pounds of vegetables and set up a pick-up depot at the school for people who placed an order.

The funds will go towards the expansion of the Gimli library's collection of Indigenous books, said Kiwanis member Frances Petrowski.

The Gimli library is the main branch of the Evergreen Regional Library system. Books are shared between Gimli and two other library branches in Riverton and Arborg.

The students are part of the high

school's key club, a service leadership group supported by the Kiwanis Club of Gimli & District.

Key clubs provide high school students with leadership and volunteer service opportunities. There are thousands of key clubs in over 38 countries. Western Canada has 12 clubs, with five in Manitoba and seven in Alberta, according to Kiwanis' club information report for 2020-2021.

On its Facebook page, the Gimli Kiwanians extended a thank you to the community from the students and

their teacher Jasmine Schumack, who teaches foods and nutrition, and geography, as well as oversees the school's key club.

"On behalf of the Gimli High School Key Club, teacher Jasmine would like to sincerely thank everyone who supported our Farm to School Fundraiser," said Kiwanis.

The club also thanked everyone in the community for their ongoing support of Kiwanis initiatives, which help improve life in the community.



Key Club students at Gimli High School delivered a cheque for \$700 to the Evergreen Regional Library's Gimli branch.



EXPRESS PHOTOS COURTESY OF FRANCES PETROWSKI

Students packaged 1,300 pounds of vegetables.

Early Christmas gift for a family struck by tragedy

By Nicole Brownlee

After a fatal automobile accident changed two boys from Ebb and Flow First Nation's lives forever, one man from Pinaymootang First Nation promised to deliver a small dose of holiday cheer to their family.

Clifford Thompson was at Lakeshore General Hospital in Ashern on Nov. 6 when he heard a boy wailing from the next room.

Zayne Malcolm-Fleming, two years old, was crying because his mother Melinda Malcolm and his six-year-old brother were involved in a collision 16 kilometres west of Ashern at 7 a.m.

The vehicle struck an entrance driveway to a field, flipping several times, ejecting the passengers from the car. The young boys' mother Melinda, 31, died at the scene.

Hearing Zayne's distress stayed with Thompson after he left the hospital. Thompson felt he needed to do something.

"That young boy's screams in the hospital, I couldn't get over it," said Thompson.

"I wanted to reach out to these people."

Thompson reached out to friends in Ebb and Flow to track down Joan Malcolm, the children's grandmother and now their caregiver. Thompson asked Joan what presents the boys might like for Christmas, then got to work.

Thompson's daughter Destiny helped him raise awareness about the boys' situation through Facebook. Thompson asked for donations of toys, winter clothes and treats to give the boys for Christmas.

"People from all over the place started sharing my post," said Destiny.

Two staff members from Lakeshore General Hospital were the first to donate to the project.

Thompson collected winter jackets, snow pants, toques and boots for the boys along with stuffed



Thompson collected winter gear, toys and treats for the Malcolm family, hoping to brighten their holiday season.

animals, toy trucks and chocolates for them to enjoy over the holidays.

"My dad has always had a kind heart," said Destiny.

"This was something that he believes in and feels really strongly about."

Everyone should help



EXPRESS PHOTOS BY DESTINY THOMPSON
Clifford Thompson connected with the Malcolm family through his friend in Ebb and Flow First Nation, Tyrone Desjarlais, who is shown here dressed as Santa Claus.

in whatever way they can during the holiday season, said Thompson.

Thompson and his nephew delivered the presents on Dec. 19.

RCMP locate 13-year-old male in breach of release order

Staff

On Jan. 8 at approximately 12 p.m., Ste. Rose du Lac RCMP officers were conducting a patrol on the Ebb and Flow First Nation when they pulled up along side a young male walking along the road who was not dressed appropriately for the extremely cold temperatures.

In speaking with the 13-year-old youth from Vogar, the officers confirmed his identity and determined that he was on several court imposed conditions that included not being in the community.

The youth was placed under arrest and upon his search, officers located a large knife in his front waistband, a smaller knife in his pocket and two digital scales.

The accused was transported to the Ste. Rose du Lac RCMP detachment where he was later remanded into



PHOTO SUBMITTED

RCMP officers located a large knife, a smaller knife and two digital scales.

custody on charges including possession of a weapon, carrying a concealed weapon and failing to comply with a release order.

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Hope threaded into new jewelry line

By Nicole Brownlee

Stacy Markusson strings pendants etched with words like trust, brave and family onto keychain rings to remind herself to stay positive during a difficult time.

Markusson's dad, Larry Markusson, became sick last September. She decided to cut her hours working at her full-time job at the Riverton boutique Lux + Livey and started spending more time at home and with her family.

"I wanted something that I could do from home, and I wanted something inspirational to motivate me," said Markusson.

Larry is known in Gimli for helping out in any way he can. He spent years volunteering as an ambulance driver and working with the Gimli Legion and the Interlake-Eastern handi-van service. Larry also helped the Gimli Kinsmen Club and the Icelandic Festival of Manitoba.

"Even as he retired, he still wanted to help people," said Markusson.

"I could go on forever."

Despite his illness, Larry has been eager to share his ideas and support Markusson's business any way he can.

"It's really nice to see my dad excited and involved. It helps us both along the journey," said Markusson.

Her experience working at Lux + Livey gave her a sense of what to expect when starting a business; launching a website, photographing her products and advertising, but she was surprised by the response to her work.

Two weeks after creating a Facebook page for her business, Stacy Jo Creations, Markusson has over 120 members following the business.

"I have just been blown away with the momentum it has already."

Listed on the Stacy Jo Facebook page and the newly launched website, stacy-jo-creations.myshopify.com, are bullet necklaces in an array of colours from rich amber to vibrant red howlite; pendants carved into delicate hearts, rounded cubes and plump flowers; and personalized bracelets, which Markusson favours.

"I was a '90s kid, and I always had a hard time finding my name spelled properly on items," said Markusson.

She insisted that all customers can order their personalized bracelets with the exact spelling of their names.

During the COVID-19 pandemic, Markusson connected with several female entrepreneurs and built relationships through her job at Lux + Livey.

Wen's Photography shot Markusson's products at the Lux + Livey store, female business owners are offering Markusson advice and welcoming her products into their stores.

Stacy Jo Creations are sold in-store at Lux + Livey, The Parlour Beauty and Day Spa also in Riverton, the Interlake Handmade Boutique at the Lakeview Gimli Resort, SweetFern Sugaring also in Gimli and Polished by Tiffany in Arborg.

"It's a very supportive community," said Markusson.



EXPRESS PHOTOS BY STACY JO CREATIONS

Stacy Markusson launched her homemade jewelry business, Stacy Jo Creations, last week. The collection includes bracelets, pendants, bullet necklaces and keychains.

Former patient purchases treatment chair for Gimli Cancer Care

Submitted by IERHA

Wendy McConnell, a patient who received treatment at the CancerCare unit inside the Gimli Health Centre for four and a half years, reached out to the foundation in June 2021 with the intention of purchasing a new treatment chair for the unit as a thank you for amazing service. Sadly, on July 5, 2021, Wendy passed away.

Wendy's husband Dave wanted to honour her commitment to the CancerCare unit so he worked with the foundation to get the donation together and the chair ordered in her memory.

CancerCare staff in Gimli Julie Kumps, Donna Wishnowski, Amanda Stroucken and Samantha Giesbrecht collectively said that the new chair is a beautiful reminder of a very special patient.

"Receiving this chair is a beautiful reminder of a very special patient. It never mattered how she was feeling, this lovely lady always took an interest in everyone else around her — from the staff, the pharmacist and the other patients around her. This chair provides a comfortable spot for someone to

help them get through a difficult time in their life," said the staff.

Pamela McCallum, executive director of the Interlake Eastern Health Foundation, worked with Wendy from the beginning on this thoughtful gift.

"Although I never met Wendy in person, I was lucky enough to work with her on establishing this donation for the CancerCare program in Gimli. It saddens me to know that she wasn't able to see this gift through, but I take comfort in the fact that we were able to complete the vision in her honour," says McCallum.

The foundation's mission is to raise funds that support health care in the Interlake-Eastern health region. For more information, visit www.iehfc.ca or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation, at 204-785-7044.

EXPRESS PHOTO SUBMITTED
Nurses Julie Kumps and Donna Wishnowski with the Gimli CancerCare unit treatment chair purchased by Wendy McConnell.



Manitoba

Winter Explorer Ideas

Discover the thrill of ice fishing & snowmobiling

With wide-open lakes and an abundance of snow, there's a reason Manitoba is a winter paradise for outdoor enthusiasts. Manitoba boasts thousands of kilometres of groomed trails for snowmobiling and our winters make for ideal conditions on numerous lakes for incredible ice fishing.



↑ Gull Harbour

SWAN VALLEY AREA

MANITOBA WEST

When asked about their favourite trail systems in Manitoba, snowmobilers bring up **Swan Valley** again and again. The Swan Valley Snowmobile Association takes exceptional care of 370 kilometres of trails that wind through wooded terrain, meadows, and rolling hills.

FLIN FLON TO THE PAS

MANITOBA NORTH

If you're adventurous, challenge yourself with the 144 kilometre trail from **Flin Flon** to The Pas. The Border Explorers Snowmobile Club has all the information you need to take on this epic snowmobile adventure.

INTERLAKE AREA

MANITOBA CENTRAL

Known for its ice fishing, Manitoba's **Interlake** region is also a hotspot for snowmobiling. The Interlake Snow Trackers maintain 430 kilometres of trails that will take you through Arborg, Hecla, Riverton, Gimli, Winnipeg Beach and even across frozen Lake Winnipeg to Grand Marais.

WEKUSKO FALLS LODGE

MANITOBA NORTH

When it comes to ice fishing in **northern Manitoba**, Wekusko Falls Lodge is a staple. With several legendary lakes nearby and once-in-a-lifetime big fish opportunities, Wekusko Falls Lodge is the ultimate ice fishing experience.

ICEBOUND EXCURSIONS

MANITOBA CENTRAL

One option for ice fishing on **Lake Winnipeg** is Icebound Excursions. Icebound offers anglers the unique experience of heading onto the lake in the luxury of a SnoBear—a fully equipped mobile fishing shack.

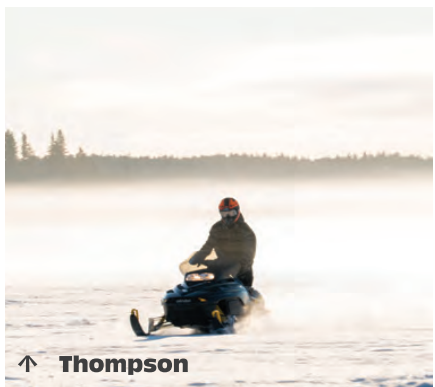
BRUIN OUTFITTING

MANITOBA EAST

On a Bruin Outfitting excursion, they take care of all the ice fishing necessities including shacks, rods, bait, and drilling the holes in the ice. Anglers heading out with Bruin will get the chance to catch a variety of species from perch to pike, all in **eastern Manitoba**.



↑ Wekusko Lake



↑ Thompson



↑ Golden Walleye



↑ Thompson



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- ➔ Stay home when you're sick
- ➔ Be prepared to provide proof of vaccinations at restaurants, events and museums
- ➔ Follow all local travel restrictions

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Find more family fun ideas at
manito.ba/winter-explorer.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.

Manitoba
CANADA'S HEART BEATS

Volunteers prepare trails for cross-country skiing

By Nicole Brownlee

As the latest cold snap ends, walking, hiking and cross-country skiing groups are returning to trails across the Interlake.

The RM of Coldwell has prepared two trails, which are new additions to the municipality.

The municipality received a \$6,206 grant from Trails Manitoba in the summer of 2021 to help maintain the Lundar Marsh Self-Guiding Trail.

The remaining funds from the clean-up of the trail last summer were used to groom and prepare the three-kilometre trail loop for winter use.

This is the first year the trail was groomed for the winter, said Breanna Rae, recreation director for the municipality.

Snowshoers and walkers can use the trail on the left, while cross-country skiers can pass on the right.

"It's been great because there have been lots of people using it," said Rae.

"They're braving the cold."

For the first time in around 15 years, the municipality has also groomed a trail at the Lundar Co-op Golf & Country Club.

Visitors can walk, snowshoe and cross-country ski on the golf course trail.

The municipality plans to add signs marking the length and direction of the trail.

Rae said the municipality hopes to receive a few more Manitoba Trails grants in 2022 to continue expanding and maintaining the trails in the community.

The Gimli Ski Club grooms several trails in Gimli for the community to use in the winter.

The club has been caring for the trails for over two decades, said Matthew Mckelvey, an executive member and coach with the ski club.

Most years, four volunteers groom the trails most years, but this year only two volunteers can help.

"It's been challenging," said Mckelvey.

The two volunteers, including Mckelvey, have made slow progress working on the trails and adding signage.

On the west side of Camp Morton Provincial Park, the club maintains a five-kilometre skating and cross-country skiing trail called Pincherry and Fox Den. Also on the west side is a two-kilometre skiing trail called Jackrabbit and a two-kilometre multi-use trail for dog walking and skiing. There is also a three-kilometre snowshoe trail on the creek bed.

On the east side, there is a single-lane seven-kilometre skiing trail. Steeple View, Birch and Ravine trail make up the east side stretch along Lake Winnipeg. Moonshine is a 1.3-kilometre multi-use trail also on the east side.

There used to be a warming shack on the east side of the park for skiers to visit, but the shack has been vandalized and is no longer open for public use.

"The door was smashed in. The wood storage area was smashed. All the wood and the stove were stolen," said Mckelvey.

The warming shack on the west side



EXPRESS PHOTOS BY BREANNA RAE

Two trails have been groomed in the RM of Coldwell for walkers, snowshoers and cross-country skiers. One at the Lundar Marsh Self-Guiding Trail and the other at the Lundar Co-op Golf & Country Club.

of the park is still open.

In the meantime, the club is working

on a 3.5-kilometre multi-use trail on the north side of the park.

Volunteers carve annual river skating trail

By Nicole Brownlee

The Icelandic River Skating Trail is open for visitors to skate, play hockey and ski beside from the town of Arborg to the municipality of Bifrost-Riverton.

The trail and additional amenities were made possible by dedicated community volunteers, said Cindy Stansell, Arborg's chief administrative officer.

"We have an amazing group of people in the community that wanted to have this trail, took it upon themselves and maintain it on a regular basis."

Five to 10 volunteers have maintained the seasonal trail and skating rink for around three years.

The Arborg Home Hardware store also sponsored the warmup shack on the trail for skaters and skiers to have a reprieve from the chilly air.

Viking Motors donated some equipment for ski trail maintenance.

The trail starts in Arborg and twists along the Icelandic River for over three kilometres. The town also cleared the Icelandic River walking trail beside the river.

The walking and skating trail are illuminated with new lights by Creative Cocoon so visitors can enjoy the journey day or night.

"It's been a great way for people to get outdoors ... And we've seen such a huge uptake of users of the skating trail," said Stansell.

Arborg is calling for community members to donate their unornamented Christmas trees to the trail.

"It would certainly be nice to see some trees along the trail."

Tree donations can be dropped off next to the warmup shack.



PHOTO SUBMITTED

The Icelandic River Skating trail has been flooded for skaters.

Noventis gives back.

At Noventis, it is our vision to *build strong community*. So, each year we support a variety of projects within our communities - through our *Community Connections* program.

In 2021, we gave a total of **\$51,680** in funding to more than **twelve separate projects in the Interlake and south-western Manitoba**. For more information on our *Community Connections* program, or to apply for funding, visit noventis.ca.



Englemore House, Riverton
Porch restoration & walkway



Gimli Viking Park Connectivity Project
Cenotaph project



Bedford Heritage Foundation Inc
New chairs for Johnson Hall



Care-a-Lot for Tots, Fisher Branch
Playground upgrade



Gimli Children's Centre
Countertops



Lake MB Narrows Game & Fish Assoc.
New AED machine



Riverton & District Friendship Centre
New washer and dryer



Lundar Recreation Park
Final development phase



Riverton Bifrost Parks & Recreation
Kitchen upgrade



Eriksdale Chamber of Commerce
Moggey's cabin storyboards



Arborg Bifrost Parks and Rec Comm.
Multiple facility upgrades



Central Interlake Training Facility
Facility upgrades & equipment



noventis.ca



Fish plant to be built in Gimli Industrial Park

By Patricia Barrett

A new fish plant will be built in the Gimli Industrial Park after an Ontario-based company bought a number of lots.

Presteve Foods Limited from Wheatley, Ont., sought approval from council to purchase land in the park. Presteve catches, processes, purchases and distributes freshwater fish from the Great Lakes, Manitoba and Europe.

"It's a good news story for the Industrial Park," said Gimli Mayor Lynn Greenberg last week. "Presteve said they wanted to start construction on a building very soon. First they have to go to the planning district and get all the approvals and meet building codes."

The lots are located west of King's Flooring, which is close to PR 231, he said. A majority of Gimli council — Greenberg and councillors Peter Holfeuer and Richard Petrowski — approved the land sale during a special meeting held Nov. 29. Councillors Thora Palson and Cody Magnusson were absent.

"Council authorized the sale of lots 7, 8, 9 and 10, Block 5, Plan 23733 to Presteve Foods Limited under Resolution 2021 726," state the meeting minutes.

Council also authorized the sale of Lot 6 to Presteve and gave the company first right of refusal for lots 3, 4, 5.

Other news:

- The ice road into Gimli harbour is closed as the federal government works on upgrading the boat launch ramp.



Gimli mayor Lynn Greenberg

"That harbour access will be closed all winter," said Greenberg. "They are probably not working right now during this terribly cold weather. But if it warms up a little bit, they'll be back at it."

Anglers with fishing shacks can access the lake from an ice road built behind the library on First Avenue.

The mayor said there are lots of shacks out on the ice and they're going some way to helping sustain local businesses, which have had to scale back capacity to 50 per cent under provincial public health orders.

- The Interlake-Eastern Regional Health Authority is trying to minimize disruptions to health-care service and deal with staffing vacancies as the highly transmissible omicron variant continues to spread throughout the region.

Gimli hospital has had to suspend 11



MARK DANN FACEBOOK

The federal government is upgrading the boat launch ramp at Gimli harbour.



EXPRESS PHOTOS SUBMITTED

Anglers can access the lake using the ice road behind the library on First Avenue.

acute care beds because of staff shortages.

"They are doing their best," said Greenberg. "We've not only lost beds in Gimli, but they've shut down beds in Stonewall, Beausejour and Power-view-Pine Falls."

- The pandemic has put pressure on the municipality, especially when staff get ill.

"COVID has been a terrible strain

on the municipality. We've been juggling staff but we're really fortunate that we have good staff who will pitch in and do a lot," said Greenberg. "The pandemic has upset everybody's life. People have to continue to stay safe, wear their facemasks and get vaccinated if they haven't already."

He said he wishes everyone a happy new year and is looking forward to a better year in 2022.

IERHA preparing for acceleration of omicron hospitalizations

By Patricia Barrett

The Interlake-Eastern Regional Health Authority's chief executive officer Dr. David Matear held a virtual briefing and question period for municipal leaders on Jan. 10 on the state of the health-care system as omicron infections accelerate and hospitalizations and ICU admissions rise.

- Omicron is the primary cause of illness in Manitoba, said Matear. Total case counts are unknown because of a lack of provincial testing capacity and some people having acquired rapid tests. With 3,265 cases reported on Friday (Jan. 7), the actual number of infections across the province is likely 30,000.

- In the space of a week (Dec. 26-Jan. 1), 915 health-care workers got COVID. The IERHA is anticipating an increase in staff calling in sick as omi-

cron spreads across the region.

- Staff shortages and vacancies have led to lab suspensions in Arborg, Teulon and Beausejour. Tests will be, however, available to hospitalized patients. Acute care beds in a number of IERHA hospitals have been suspended to "ensure patient safety."

- Where feasible, staff will be shifted from one part of the health-care system to another to meet demand for service.

"In the event that it's required, we are working regionally and provincially to identify staff resources that can be shifted to support essential care. This is work is being co-ordinated provincially," said Matear.

If there are health service disruptions in IERHA communities, they will be communicated to municipal leaders.

- Stonewall Mayor Clive Hinds asked Matear for an update on what the IERHA is doing to address staff shortages.

"How do you see ... getting help in the health-care system?" Hinds said. "In December it looked as if we might have had ... nurses [coming] into the system and other health-care workers. Is there any movement towards this at all?"

Matear said in the short term the region is using nursing students and uncertified health-care aides who will be trained.

"[We're] looking at the deployment of clinical staff in the fourth year of a nursing program. That is taking effect ... and uncertified health-care aides, attracting additional staff into the system, providing training with a commitment for ongoing training,"

said Matear. "We hope to then retain those uncertified health-care aides as health-care aides in due course or move [them] on to other roles in the health-care system."

- Matear was asked how the general public can get rapid tests (antigen tests). The federal government distributed rapid tests to provinces and territories, but they are not being distributed broadly to the general public in Manitoba.

Beausejour Mayor Ray Schirle said he is getting calls from businesses asking for rapid tests so that their employees can test themselves in order to return to work.

"Is there some way people can get these tests through pharmacies in some of our communities? It's better if people are testing so they'll know if

Continued on page 16

Gimli Film Festival hires operations manager



Gary Thompson

Staff

Gimli Film Festival welcomed Gary Thompson as the operations manager effective Jan. 3. Thompson holds a Masters Arts/ Recreation Degree from the University of Manitoba and many years experience in the Recreation and Wellness industry as well as being the Manager of Operations for Evergreen School Division in the Interlake area. Gary looks forward to learning more about GFF and contributing to its mission.

Terrific Kids spread Christmas cheer



EXPRESS PHOTO SUBMITTED

Students at Sigurbjorg Stefansson Early School in Gimli spread the cheer among residents at the Betel Personal Care Home over Christmas. Grade 4 students in the Terrific Kids club (terrific stands for thoughtful, enthusiastic, respectful, responsible, inclusive, friendly, inquisitive and capable) made Christmas cards for all the residents. Terrific Kids is supported by the Gimli & District Kiwanis Club. The program promotes character development and self-esteem through volunteer community initiatives. Students work with a teacher to establish goals and complete them.

First time Vandor Denture patients recommend their services

BY ELISHA VANDOR

Over the past month or so during the holiday season we helped many get their teeth back in time for the festivities! It was a whirlwind of fun as we worked during the day seeing patients and at night making their teeth. The joy of it all was seeing their smiles transform, for most, just in time for Christmas. Now, of course, we had to ask them about their experience while in our denture clinic and here's what they had to say:

"From reception to completion, wonderful, friendly professional staff. Vandor family makes you feel like family. Their attention to detail is awesome! My new dentures gave me a face-lift, I'm not afraid of smiling, they feel good and stay in place. Fantastic! I will definitely recommend Vandor without a hint of hesitation. THANK YOU VANDOR!" - Raymond M. December 28, 2021

"Never believed dentures could be so comfortable until I

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"Very good Denturist. Meticulous work and very reasonable price." - Barry B. December 13, 2021

"The cleanliness of the office, great staff - friendly atmosphere. Brock appears extremely confident and efficient and proficient. I love the time taken to fit the dentures perfectly. A great all-around experience." - Marlene D. December 15, 2021

"Everything was made special from the time I walked in the door! The front desk people are very special. Then I met

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We are so encouraged by all the wonderful feedback and hope you are too! We declare that 2022 is going to be a great year for you, so start it off right by making an appointment to see us. Consultations are absolutely free. As an added bonus, the majority of dental insurance plans restart January 1, 2022. When you call, Manon or Elisha will be happy to assist when booking your appointment. We will see you soon!



- supplied photo -

Happy patient Linda poses with Brock after receiving her partial denture. **SENIOR PRICING**

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COVID hospitalizations spike after Christmas; over 900 health-care staff sick

By Patricia Barrett

Manitoba has seen an increase in the number of people with COVID-19 being admitted to hospital for care since Christmas and New Year's Eve.

The sharp uptick is in lockstep with a Canada-wide increase in hospitalizations and ICU admissions as the incredibly transmissible omicron variant drives up infections, overstretching hospital resources and staff and has prompted the federal government to hold talks with premiers on mandatory COVID vaccination.

The Interlake-Eastern Regional Health Authority's chief executive officer Dr. David Matear said omicron is so highly transmissible that the health system was expecting an increase in people needing hospital care.

Although it's still too early to precisely determine how virulent omicron is in comparison to delta or other COVID strains, the indicators of illness severity are hospital and ICU admissions. And a week's worth of data show Manitoba's hospitalizations rising.

On Dec. 31 there were 192 COVID hospitalizations reported by public health. That increased by 60 people to 252 hospitalizations less than week later on Jan. 5, said Matear.

"With those two checkpoints on Dec. 31 and Jan. 5, the numbers are going up [in terms of] severity for patients who are receiving intensive care for COVID," said Matear Jan. 7. "But we have to be cautious with the data because anyone admitted to hospital is tested for COVID; if someone who needs surgery or comes to hospital with a non-COVID-related illness and tests positive for COVID, that is counted as a COVID hospitalization. That's really not a true reflection of

the number of people coming into acute care or who require hospitalization from COVID."

Matear said in terms of public health reporting, the province is working on how differentiate between people being admitted to hospital for another illness – but who happen to have COVID – from people who specifically need care for COVID. That data will contribute to knowledge about how omicron is affecting the health system.

Other health updates:

-Health-care staff across the province are falling ill with COVID and calling in sick, resulting in absences that need to be filled by other staff, overtime hours or agency staff.

From Boxing Day to New Year's Day, a total of 914 health-care workers were infected with COVID. Of those 29 were amongst physicians or physicians in training, 194 amongst nurses/LPNs, 656 amongst allied health workers and support staff and 35 in unspecified health occupations, said Matear.

"We're seeing more staff calling in sick with COVID symptoms and self-isolating," said Matear. "That's inevitable; when you see numbers increasing in the community, you're going to see numbers increasing within the health-care system and health-care workers being affected."

The consequences of having health-care staff (and agency staff) laid up include having to suspend acute care beds in hospitals in order to "protect patient care," said Matear.

"You would have less ability in the health-care system to staff beds, and omicron has now exacerbated that picture. We don't have enough staff



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gimli hospital has had to suspend 11 acute care beds (as of Jan. 7) because of staff shortages.

to provide safe patient care," he said. "And the alternatives are to look at agency staffing and overtime. If you use [overtime] too much, then you burn your staff out. We don't want to do that; we want to protect our staff as much as possible. What that means at the end the day is we haven't the ability to staff safely."

The health authority is trying to maintain acute care services in the region, but if staff vacancies reach 30 per cent, beds have to be closed, he said. IERHA hospitals are still maintaining emergency and/or urgent care services.

-Provincial Shared Health's return-to-work memo of Dec. 29 directs health-care staff to get back on the job even if they are mildly symptomatic with COVID. Staff do, however, have to test negative for COVID through a PCR test or a rapid antigen test.

"The premise is to maintain the stability of the health workforce. In terms of the province's approach and the change to self-isolation and public health orders, fully vaccinated health-care workers can now return to work after a five-day isolation period if

they're not experiencing fever and not using fever-reducing medications. Staff themselves will be advising their managers when they're fit for work," said Matear. "We always knew human resources would be our most limiting factor and this is truer in the fourth wave of COVID."

Staff will not be pressured to return to work if they don't feel well enough to perform their duties, he said. Because of the nature of the profession, health-care professionals may feel compelled to put patient needs above their own, but they have to "protect their own health" first. For those who do return to work, they'll be required to wear "full PPE" [personal protective equipment] to help protect patients and co-workers.

-Matear said he is unable to speak about whether there has been a rise in critical incidents because of staff burnout or overtime hours; critical incidents are protected under legislation. He does recognize, however, that in any industry in which staff have to work extremely long hours, a "risk of errors potentially would increase."

> OMICRON, FROM PG. 14

they're able to go to work or not go to work," said Schirle. "People right now are saying the heck with it because it's so hard to get rapid tests. And the turnover for getting the other test [PCR test] done is taking too long."

Matear said rapid tests are available at IERHA testing sites.

"It's just the case of how do we make them available to most of the general public and how do we make them available to support private enterprise and the economy in general for people on a day-to-day basis? I can't answer that question ... right this second," said Matear. "We will as soon as we have more definitive information."

A spokesperson for the IERHA later added that those with symptoms are being prioritized for rapid tests and populations with the highest needs.

"Over 500,000 tests have been distributed at no cost to Manitobans (as of earlier last week and will be more now)," said the spokesperson by email. "Distribution is currently prioritized to those with symptoms and we are using existing distribution channels to reach populations with highest need. As supplies of tests increase, points of distribution may increase as well. More information will be released publicly when available."

- Visits with residents in personal care homes have been suspended, and visitor access to patients in hospital have been restricted given the surge in omicron infections.

- Pfizer's COVID vaccine is in short supply, and people over the age of 30 are being offered Moderna's vaccine in its place, said Matear.

"All adults aged 30 years up should expect to receive the Moderna vac-

cine for their first, second or third dose. People under 30 may face an increased risk of myocarditis, which is inflammation of the heart muscle, and pericarditis, an inflammation of the outer lining of the heart, as rare side effects," he said.

Inflammation is a rare occurrence for people receiving Moderna and "even rarer" after receiving Pfizer, he added. People over 30 have not experienced the same increase in risk from these side effects with either vaccine.

- Recommendations on masks may be changing from homemade masks, surgical or procedural masks to N95 masks, "which are thought the best protection possible," said Matear. Protocols in health-care facilities may be changed for patients and family members as provincial incident command looks at the issue.

- Later on Monday, the Manitoba

government reported 2,383 new cases of COVID and said a PCR test backlog has been cleared. The case count, however, is an undercount of total infections. Eighty-one more people were admitted to hospital last weekend and 19 died of COVID.

The *Express* asked the IERHA how many Manitoba health-care staff have been hospitalized with COVID.

"At the end of December, five of the 915 staff cases recorded were hospitalized; only one remained hospitalized at last report on Jan. 5," said a spokesperson.

The spokesperson added that staff who are testing positive on rapid tests are no longer required to get a PCR test to confirm it, which means the numbers of positive COVID cases in staff are being under-counted.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Kolomaya off to Brier

By Ty Dilello

St. Martin's Jared Kolomaya punched his ticket to the 2022 Tim Hortons Brier on Sunday evening after winning the 2022 B.C. Men's Curling Championships in Kamloops.

Kolomaya, who plays second for Team Brent Pierce, emerged victorious after a high-scoring 11-8 extra-end win in the final over Victoria's Paul Cseke to capture the B.C. crown.

The victory sends Kolomaya and Team Pierce to the 2022 Tim Hortons Brier in Lethbridge, Alta., which will take place from March 4 to 13.

Kolomaya, who graduated from Ashern Central School, will be making his first appearance at the fabled national championship. Team Pierce is now the fourth team confirmed to compete at this year's Brier, along with Bren-

dan Bottcher of Canada, Kevin Koe of Alberta (with Gimli's B.J. Neufeld at third), and Thomas Scoffin of Yukon. Manitoba's men's provincial championships will be held from Jan. 25 to 30 in Selkirk.

Ironically enough, another former Ashern resident, Sasha Carter, also booked her ticket to nationals over the weekend. Carter, who throws second rocks for Mary-Anne Arsenault, won the 2022 B.C. Women's Curling Championship on Sunday afternoon by defeating Kayla MacMillan in a thrilling 8-6 come-from-behind victory.

Carter is best remembered for winning back-to-back Scotties National Championships in 2006 and 2007 and a World Championship in 2007 with Kelly Scott. The upcoming nationals will mark Carter's 10th Scotties appearance.



EXPRESS PHOTO SUBMITTED

Jared Kolomaya, formerly of St. Martin and now living in Kamloops, played second for Brent Pierce's rink that defeated Paul Cseke 11-8 in the final of the BC Men's Curling Championship last Sunday.

U18 Lightning weekend games postponed

By Brian Bowman

Due to the province of Ontario being shut down because of COVID, the Interlake Lightning U18 "AAA" male hockey team's weekend home series with the Kenora Thistles was cancelled.

Interlake was scheduled to host Kenora last Friday evening and Saturday afternoon in Teulon.

Last Wednesday, the Lightning lost 4-3 to the Winnipeg Bruins at the

Southdale Community Centre.

Interlake forward Hayden Wheddon scored three goals, including a pair shorthanded.

Bruins' goals were tallied by Rhett Marchant (two), Hayden Moore and Nathan Brown.

Lightning goaltender Zach Meadows stopped 31 Bruins' shots.

Interlake will host the Norman Northstars on Saturday (1:30 p.m.) and the Bruins next Wednesday (8

p.m.).

The Lightning U18 "AAA" female team, meanwhile, had a pair of games postponed last weekend due to COVID protocol.

The Lightning were scheduled to play the Westman Wildcats in Hartney on Saturday and then the Yellowhead Chiefs on Sunday afternoon in Shoal Lake.

Interlake is scheduled to play three home games this weekend in three

different locations.

On Friday, the Lightning will host the Winnipeg Avros at 8 p.m. in Stonewall. Interlake will then battle the Wildcats on Saturday (7:30 p.m.) in Warren and then the Chiefs on Sunday (2:30 p.m.) in Lundar.

At press time, it was not known if those games would be played.

U17 Lightning bounced twice by Bruins

Staff

The Interlake Lightning U17 "AAA" hockey team lost 6-3 to the Winnipeg Bruins on Sunday afternoon in Warren.

Ian Buors led Interlake with a pair of goals while Hayden Kaczorowski also tallied.

Buors and Adam Vigfusson each finished the game with three points.

Bruins' goals were scored by Carter Wilson, Dylan Jaquet, Jaxson Fillion, Nick Giasson, Aven Cockerill and Peyton Allard.

Lightning goaltender Alex Myers stopped 44 Winnipeg shots.

On Friday, Interlake lost 4-3 to the

Bruins in Winnipeg.

Vigfusson, Brandon Burak, and Buors scored for the Lightning. Vigfusson and Kaczorowski each had two points in the game.

Winnipeg goals were scored by Allard, Eric Voth, Dylan Bauknecht and Jaquet. Jaquet's goal at 13:38 of the third period was the eventual game winner.

Interlake goaltender Dylan LeClair made 46 saves as the Lightning were outshot 50-15.

The Lightning will play the Eastman Selects on Saturday (6:30 p.m.) and next Wednesday (7:30 p.m.) in St. Anne.

The U15 "AAA" Lightning, meanwhile, lost 7-4 to the Winnipeg Bruins Black on Saturday in Arbog.

Interlake, which led 3-1 after the first period, received goals from Cole Swanson, Evan Deprez, Noah Oughton (shorthanded), and Gavin Holod.

Tyreece Pattyn (four), Tyler Free (two) and Lucas Boulanger scored for Winnipeg.

On Friday, Interlake lost 10-3 to the Eastman Selects in Landmark.

Lightning goals were scored by Justin Baird (two) and Blake Farthing.

Kasen Mateychuk (two), Cameron Sylvester (two), Brek Liske, Calyb Moore, Zachary Lansard, Owen Mar-

tin, Trystan Hunter and Archer Ives replied for Eastman.

On Jan. 4, the Lightning beat the Winnipeg Wild Gold 5-3.

Farthing led Interlake with a hat trick while Foxx Domansky and Cole Swanson also tallied.

Winnipeg goals were scored by William Marceus, Oli Chenier and Jett Deschamps.

Braedan Cormack made 32 saves for the win.

The Lightning will host the Winnipeg Thrashers White on Sunday at 6:30 p.m. in Warren.

Einarson excellent in Ice Dawgs' victory

By Brian Bowman

Jack Einarson is the best forward in the Capital Region Junior Hockey League this season.

He proved that again on Sunday.

Einarson scored three goals and added two assists to lead his Arborg Ice Dawgs to a 6-4 road victory over the St. Malo Warriors.

Einarson currently leads the CRJHL in points with 51 (21 goals, 30 assists).

Brayden Stevenson scored for Arborg in the second period and then Stevenson and Troy Johanneson tallied in the third.

Ice Dawgs' forward Kalen Guimond also had a strong game with four assists.

Evan Wuerch (two), Teagan Fillion, and Jeremie Collette scored for St. Malo.

Tre Strachan made 29 saves for the victory.

Last Friday, the Ice Dawgs lost 3-2 in overtime to the Fishermen in Selkirk.

Reece Tessier was the star of the game, scoring three goals. He tied the

score at 2-2 in the second period and then netted the game winner in OT.

Arborg's Logan Clarke opened the game's scoring with a power-play goal in the first period.

Tessier tied the score at 1-1 before the Ice Dawgs' Dyson Pelletier potted a shorthanded goal late in the opening period.

Selkirk's Travis Spratt finished the game with two points.

Owen Derewianchuk made 27 saves for the victory. Strachan stopped 41 Selkirk shots in the losing cause.

Arborg, in second place with 36 points, will visit the Lundar Falcons on Friday (8 p.m.) and then host Lundar on Sunday (2:30 p.m.).

The Falcons, meanwhile, had their home game against Selkirk postponed on Saturday due to poor travel conditions and heavy snowfall.

After the two weekend games against Arborg, Lundar will visit the North Winnipeg Satellites next Tuesday. Puck drop is 8 p.m.



EXPRESS PHOTO BY BRETT MITCHELL

Ice Dawgs' goaltender Tre Strachan made 41 saves in Arborg's 3-2 overtime loss to the Fishermen in Selkirk.

MHSAA updates Return to School Sport Plan for 2021-22 season

Staff

The Manitoba High School Athletic Association updated its Return to Play documents tied to the ongoing coronavirus pandemic that will impact school sports in January.

The following statement was released last Friday:

There are many factors that school divisions, or independent school administrations, must navigate during this most recent public health order regarding remote learning. In the midst of the current state of affairs, the MHSAA will continue to support school sport through athletic and educational opportunities.

The guidance the MHSAA has received from public health and Manitoba Education is that current public

health orders allow for extra-curricular school sport activities such as practices and exhibition/league games as an option. With this in mind, and to remain in line with the MHSAA's Return to School Sport Plan, it is the perspective of MHSAA that school divisions, or independent school administrations, determine how they wish to proceed in terms of participation in school sport for the week of Jan. 10-14.

As a reminder, public health orders currently prohibit tournaments. Current public health orders expired this past Tuesday and the MHSAA will send out additional guidance once new public health orders have been released.



EXPRESS PHOTO BY BRETT MITCHELL

The Arborg Ice Dawgs' Dyson Pelletier races past the Selkirk Fishermen's Reece Tessier during CRJHL action last Friday.

Viterra Championship changes dates, venue

Staff

The Viterra Championship is moving its dates and venue due to the province's health orders regarding COVID-19.

The 32-team provincial men's curling championship was slated for Jan. 25-30 at the Selkirk Recreation Com-

plex.

But the event is now tentatively scheduled for Feb. 9-13 at the Selkirk Curling Club with four fewer teams.

"Unfortunately, COVID is once again causing a disruption and events are affected," said a statement on the CurlManitoba website on Monday.

"CurlManitoba has been in constant communication with the Selkirk Host Committee, Sport Manitoba and other stakeholders to run the men's provincial championship.

"CurlManitoba has explored multiple options, however, has been unsuccessful to date. With the current

public health orders having been extended until Feb. 1, CurlManitoba has been forced to postpone the Viterra Championship that was to start on Jan. 25. As public health orders continue to change, CurlManitoba will keep you updated with any further changes to our plans."

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In accordance with Section 11 of the above Act, notice is hereby given that the original monument establishing the following location has been lost:

- ¼ N Section 28-19-3 EPM

A new monument to perpetuate the original location has been planted by Norman Nachtigall, Manitoba Land Surveyor, on October 7, 2021.

Any person wishing particulars about the re-establishment of this monument is advised to contact the following:

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Manitoba Land Surveyor
Isaac & Denchuk Manitoba Land Surveyors Ltd. or
200 Clandeboye Avenue
Selkirk, Manitoba R1A 0X1
Phone No. 204-785-2924
nnachtigall@idsurveys.com

Examiner of Surveys
Teranet Manitoba
PO Box 50030
Brandon South East
Brandon, Manitoba R7A 7E4
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Tim.Cassan@teranet.ca

Any persons having any objection to or having any evidence which he/she desires to give against the confirmation of the re-establishment of this lost corner is to submit any such objection or evidence in writing verified by affidavit to the Registrar-General within thirty days from the publication of this notice in the Express Weekly News.

Where no objection to or evidence against the confirmation of the re-establishment of this lost corner is received by the Registrar-General within thirty days after publication of this notice, or where any such objection is subsequently withdrawn in writing, the Registrar-General shall confirm the re-establishment of this lost corner.

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Gimli Seniors Resource Council Inc. is seeking a full time Resource Coordinator

We are looking for a reliable, self-motivated person to join our team in coordinating and supplying support services to seniors in our communities. Programs include Meals on Wheels, Transportation, Lifeline, Housecleaning and others.

This position reports to the Manager. Requirements include good administrative skills, interpersonal skills, commitment to seniors' health and well-being, being a team player, the ability to work independently, and willingness to take on other duties as assigned.

University or college credentials, plus related experience or some equivalent combination is required, along with a valid driver's license, a vehicle, and all pre-employment checks. We offer a competitive starting wage which includes pension and benefits package.

Deadline for applications is: January 24, 2022

Please submit a resume including 3 references to: gsrsc@mymts.net
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Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



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Contact the RM of Woodlands Office for a complete job description

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Starting salary for the Operator 2 position (without Class 1 license) \$23.52/hr. Starting salary for the Operator 3 position (with Class 1 license) \$24.41/hr. There is a \$2.00/hr premium for all hours operating the excavator.

Upon completion of probation employees receive Health & Dental, Pension, Group Benefits, and Long-Term Disability.

Applications will start to be reviewed January 21, 2022. Additional applications will continue to be accepted until the position is filled.

R.M. of Woodlands
Box 10
Woodlands, MB R0C 3H0
Fax: (204) 383-5169
Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.



RURAL MUNICIPALITY OF GIMLI INVITES APPLICATIONS FOR THE FOLLOWING POSITION FACILITY MAINTENANCE B

Under the direction of the Public Works Foreman, and with oversight/guidance from the Facility Maintenance A, the Facility Maintenance B is responsible for minor carpentry and repairs to municipal buildings, parks and playground equipment.

High school diploma, GED or equivalent combination of education and experience. Certification, diploma or degree in related field would be an asset

One year of related experience as a carpenter or in the construction industry

Possess a valid class 5 driver's license

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Candidate must be physically fit, able to lift at least 50 lbs.

Must be flexible to work odd hours and available for overtime when required.

Excellent communication and organizational skills, and a demonstrated ability to work independently and in a team environment are required

Salary is in accordance with the Collective Agreement.

Completed applications stating the position(s) applying for, with resume and references, should be submitted to the Municipal Office located at 62 2nd Avenue by 4:00 p.m. on January 21, 2022

Karl Bergman
Public Works Foreman
Rural Municipality of Gimli
PO Box 1246, 62 - 2nd Avenue
Gimli, MB R0C 1B0
Email: kbergman@rmgimli.com
Fax: (204) 642-6688

We thank all applicants; however only those selected for an interview will be contacted.

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RURAL MUNICIPALITY OF GIMLI MUNICIPAL GRANT APPLICATIONS 2022

The deadline for the Municipal Grant applications is **February 15, 2022**

If your organization would like to apply for a grant, the grant application package is available 3 ways:

- On the RM of Gimli website, www.gimli.ca
- By email request, gimli@rmgimli.com
- By mail, call (204) 642-6650

Applications received after the deadline date will not be considered.

Dated this 4th day of January, 2022

Kelly Cosgrove

CAO

Rural Municipality of Gimli



EVERGREEN SCHOOL DIVISION Invites applications for the following regular positions, effective ASAP:

21.0P.09 **Bus Driver – Riverton Area** (approx. 4hr/day)

21.0P.10 **Bus Driver – Arborg Area** (approx. 4hr/day)

See website for details and application procedures:
<http://www.esd.ca/Employment under Support Staff>.

CLOSING DATE: Open Until Filled

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

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.

Confirmation of COVID-19 vaccination/or routine testing is required of all Evergreen School division employees.

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Please send resume to
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Only qualifying applicants will be contacted.

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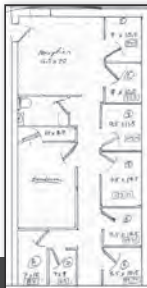
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For information please contact:

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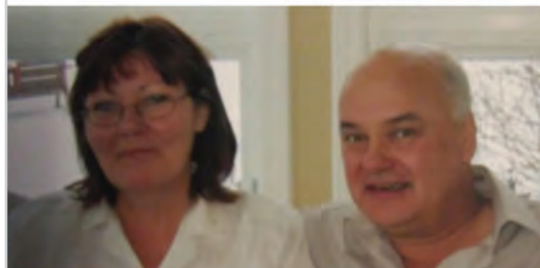
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OBITUARY

Howie Hamaberg

January 30, 1952 - December 25, 2021



Howie passed peacefully on his own terms on December 25, 2021. He was born to Courtney and Eleanor Hamaberg (deceased), in Teulon, MB their second son, a little brother for Bob and big brother to Wendy and Cindy. From the very beginning, stories were told of Howie being funny, sensitive, loving, mischievous and stubborn. Nothing changed as he aged except one huge thing...his profound love of music. He got his first drum kit at around age 10 and never looked back. He was raised in Inwood and then on the farm in the Norris Lake area. Howie attended school in both Inwood and Teulon. The farm held precious memories and endless stories - his favourites being playing the drums while Bob played the accordion, listening to records, and sending for and reading drum magazines. He never had one music lesson! Drumming had to be worked in along with school, farm work and other chores. Howie also shared many adventures he had with both sets of grandparents (deceased), aunts, uncles (with only Auntie Olive and Uncle Roy remaining) and many cousins, also endless and precious to him. Howie would play his first "gig" at age 12, a wedding. Being so young, Dad had to drive him and attend the wedding and bring him home. The gigs never ended.

He would go on to have two precious children - son Cory and daughter Casey (husband Blair) and two adored grandchildren Carter and Keaton who survive him. Howie was predeceased by an infant son, Jamie. Howie moved to Winnipeg and spent over 20 years working at Advance TV & Stereo, leading the car stereo department. Being surrounded by music equipment and installing car stereos where music would blare was a perfect

fit. Cars were another passion for him; sports cars, vintage cars, and classic models. He at some point owned every one of them. Many friends were made at Advance who remain close to him to this day. He supplemented his income playing drums during the week and on weekends with numerous bands right up until his health disallowed it. Even in hospital, he would drum on the bed, sing, and relay countless stories of the road trips and gigs he had with many different bands (all of whom he considered extended family). The longest gig was as drummer for The Platters, touring Canada and the U.S.A. for close to a year. These same band mates visited and called him endlessly in hospital. We thank all of you for that. Your visits and stories kept us all laughing and in awe that he made it this far! Howie would often end these stories with "Yep! It's been a hell of a ride!"

After leaving Advance, he and brother Bob opened a car stereo shop in Winnipeg; followed by a couple years spent running the hotel in Treherne. Howie then returned to Winnipeg, where he landed what he considered a "perfect job." With his outgoing personality, charm, incredible wit and ability to communicate with anyone of any age, he became the skeleton and parrot that would greet you as you entered the Club Regent Casino. He had to make a good impression as these characters were the first contact that customers had. He LOVED it and his mischievous self was once again hard at work as he worked in a small area with his animatronic equipment, being the voice and controlling the body actions of these characters (while he himself was completely out of site). It was here, he would meet his last love Deborah Ruse, who also worked at the casino.

They would eventually make a permanent move to their beloved place at Winnipeg Beach and turn it into their version of a cozy paradise. Deb would go on to work in the Gimli Collegiate and Winnipeg Beach Elementary School, a job she loved. They enjoyed their neighbours, (who we cannot thank enough for everything you did for them), bonfires, the peacefulness of smalltown living, nature, and the changing seasons. Many gatherings large and small were held here. The door was always open to everyone.

They made their family complete, adopting a soft coated Wheaten Terrier puppy, Sam. He was truly their everything.

Deb and Sam would go on to be Howie's primary caregivers and constant companions as his health deteriorated. Sadly, both Deb and Sam predeceased Howie this past year. He told us part of him went with them when they passed, and his life was never the same.

Not being able to live alone, plans were for Howie to move in with lifelong friends (extended family), Donna and Mike, in Belair, MB. They too were constant friends, providing endless love, support, and completing the many tasks needed around the home in Winnipeg Beach for many years.

Fortunately, Howie was able to live with them, if only for a short while, saying he was treated like "the Prince of Belair". Our family will never be able to thank Donna and Mike enough for everything they did and were to Howie (and Deb) through everything. We also thank Maureen, Howie's go-to gal, for everything tax-related. Another cherished friend who always went above and beyond for both Howie and Deb.

Sadly, Howie's health had deteriorated to a point where the living arrangement in Belair didn't last very long. He ended up doing a "tour of the Winnipeg hospitals", finally landing at Seven Oaks, where he remained for close to a year. With dialysis, blindness, being a COVID survivor, a leg fracture surgery, and being a cardiac bypass survivor, these things kept him essentially confined to bed. He would say "if there is something that can go wrong, I'll be in the thick of it, I don't want to miss anything!" And then laugh. Although he managed this with his positive attitude and sense of humour, it took its toll on him. He never once said "why me?" Instead, he tried to look forward to what was to come and how he could make the best of it.

We are eternally grateful to all the medical staff from doctors and nurses to all the support staff, at all the hospitals. It was not always smooth sailing for Howie, family, or staff, but we all did our best.

Howie was a facts guy, a straight shooter, no holds barred kind of patient, who spoke his mind on all issues (colourfully at times). He often spoke of wanting to write a book on the hospital system.

If one desires, donations can be made to the Kidney Foundation of Manitoba, in his honour.

Besides his children and grandchildren, Howie leaves to mourn his brother Bob (Sharon), sister Wendy (Mark) and sister Cindy (Al), and numerous nieces and nephews.

As per Howie's wishes he has been cremated. A private interment of ashes will take place at a later date. He also requested a party be held with drinks, food and GOOD bands to celebrate his life. That too will take place at a later date.

Well Howie, you leave a gaping hole in our lives that we will only be able to fill with our memories of this incredible life you lived and the profound impact you had on all of us. Rest easy Bro, you have earned it. We will see you on the other side.

Look out Heaven, the party has just begun!

We thank MacKenzie Funeral Home, Stonewall, for their care, compassion, and guidance. Please share your condolences and memories at mackenziefh.com

Ladies and Gentleman, Happy Howie has left the planet!

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OBITUARY



Albert Victor Robert Dickson

Albert Victor Robert Dickson passed away peacefully on December 31, 2021 at Betel Personal Care Home in Selkirk, Manitoba.

Albert was born in London, England on October 14, 1934 to Robert and Margaret (Beattie) Dickson. The family relocated to Belfast, Northern Ireland, when Albert was four years old. Albert grew up and attended grade school in Belfast. He also took piano lessons and, by 12 years of age, was quite an accomplished pianist. He could play the piano for family sing-a-longs. He continued his education and training to become a weaving loom mechanic in the fine linen industry.

As a young teenager in Belfast, Albert seriously injured his left knee in a cycling accident. He spent over a year in hospital recuperating from orthopedic surgery. His knee joint was replaced

with a bone graft which caused him to walk with a limp thereafter. After his stay in the hospital, he spent another year at home recuperating. During this year, Albert decided to pass the time by practicing and further developing his piano playing skills. He spent numerous hours at the piano. Throughout most of his life, if he heard a tune that caught his attention, he could usually sit down at the piano and play it by ear. He was also talented at playing the accordion. Sometimes he would bring his accordion to family gatherings where everyone would gather around and sing songs.

Albert had a spirit for adventure. He responded to an advertisement to work in Canada. In 1956, he made the trip by ship, across the Atlantic Ocean, and landed in Montreal, Quebec. He started work at Caldwell Linen Mills in Iroquois, Ontario.

In 1957, the love of his life, who was still in Belfast, also made the trip across the Atlantic Ocean. Albert and Margaret (McAlister) were married in Morrisburg, Ontario in April 1958.

Through the years, Albert and Margaret worked at a number of jobs in the Seaway District. They were also heavily involved in their church, where Albert played the piano for most of the services. Albert was very mechanically minded and could fix almost anything around the house. To complement his love of music and the piano, he took a course on how to tune and rebuild pianos. As a result, he was able to establish a part time business tuning and rebuilding pianos.

In 1967, the family moved to Granby, Quebec where Albert worked for Dominion Textiles. In 1977, the family relocated to Arborg, Manitoba where Albert was employed as a manager for Promo Wear. A couple of years later, Albert moved on to Johnson's Hardware store in Arborg and worked there for many years before retiring.

In his later years, he took a locksmithing course and added this service to his sideline business.

Albert also enjoyed the outdoors and camping. In the early years, many family summer vacations were spent camping in Vermont and Maine. In Manitoba, camping was enjoyed at Hecla Island, Hnausa and Falcon Lake.

Through the years, wherever he lived, Albert was very involved in the church. Albert and Margaret, along with three other families, were instrumental in establishing Arborg Christian Fellowship in 1978.

Albert is survived by his wife, Margaret, and children Mark (Debbie), Carol (Brad) Hogg, and Andrew (Nicole). He will be lovingly remembered by his grandchildren Jennica (Ethan), Ashleigh, Kayley, Caitlyn, Nikolas, and Sarah (Jonah). He will be dearly missed by his sister, Marie, in Northern Ireland, along with his nieces and their families.

Cremation has taken place. Due to COVID restrictions, a memorial service will occur at a later date.

The family would like to thank the staff at Betel Personal Care Home in Selkirk for their excellent care and compassion.

Memorial donations may be made to the Alzheimer Society of Manitoba at www.alzheimer.mb.ca

Condolences may be left on Albert's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Roger George Gaida

July 28, 1949 - December 19, 2021

Peacefully, at the Gimli Community Health Centre, Roger quietly slipped away.

He will be greatly missed and lovingly remembered by his wife Josie; sisters Grace and Sylvia (Terry); brother-in-law Brian (Mare); his nieces and nephews and their spouses; also many family members cousins and friends.

He was predeceased by his mother Elsie; father Stanley; uncle Johnny and brother-in-law Ron.

After finishing school Roger went to work for the CPR and always said he liked to go to work everyday. After 35 years he retired and moved with his wife to Gimli. After a few short years Roger had a life changing accident. He no longer was able to do many of the things he enjoyed, fishing, hunting and just being outside. Folks

may remember him on his scooter (looked like a motorcycle). He would go all through Gimli to look at people and all the sites during the summer, in winter he would do his wood working which he loved in the shop. He loved to watch all and any wildlife.

As with Roger's wishes cremation has taken place and we will have a celebration of life at a later date (to be decided).

Thank you to the staff at Gimli Community Health Centre that helped Roger with his journey by caring and doing what he needed.

If you so wish, donations can be made to the Gimli Humane Society or CancerCare Manitoba. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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OBITUARY

Bjorgvin (Beggie) Anderson

January 1, 1931- January 2, 2022

Our beloved father Beggie passed away peacefully, one day after his 91st birthday.

Beggie will be lovingly remembered by his four kids Grant (Tracy), Blaine (Svetlana), Shianne (Carl) and Kevin (Lynn). Afi will be missed by his grandchildren, of whom he was so proud: Nathan, Leah, Julia, Schuyler, Alex, Max, Jakob, Bryndís, Kristján, and Erin. He is survived by his brother Martin (Barbara) Anderson and a host of in-laws, cousins, nephews and nieces, with whom he enjoyed keeping in touch.

Beggie was predeceased by his wife of nearly 65 years, Josephine; his parents Magnus and Rannveig Anderson; grandson Craig; sisters Rose, Dora, Kristin, Doreen, Margaret, Lillian and brothers Magnus, Harold, Oli, and many dear in-laws.

Beggie was born on the family farm near Riverton, and often regaled us with memories of growing up in that big loving family. He married his 'little red-coat' Josephine Hokanson on October 29, 1955 and they lived happily together until her passing in June, 2020. He missed her terribly and we're grateful they are together again.

Dad was self-employed most of his working life, and worked away from home a lot. He was a self-taught engineer at heart despite a grade 9 education and had incredible skills in designing and building just about anything he could imagine. His company Cheyenne Construction took on excavation, drainage, roadbuilding and property development work, and was highly respected in the business. He taught his sons how to operate various heavy machinery and these skills served them well. He could fix almost anything, worked with wood or metal as the project needed, and took pride in contributing to community projects in his retirement.

Working with heavy equipment damaged his hearing and he was an early recipient of a cochlear implant. This gave him more years of visiting with people, one of his and Mom's favourite pastimes. They thought nothing of taking a quick trip with their trailer anywhere to visit family or friends. Dad kept up with technology and would spend hours looking up things that interested him or keep in touch with family via email and messaging. He loved music and could pick out a tune on any instrument he picked up.

Beggie was a kind and generous man and helped many people with whatever they needed – sometimes money, sometimes mentorship, and sometimes some serious motivation to change their lives for the better.

The family would like to thank our cousin Tracey Finnson, who was so good to Dad and to us in these difficult past 18 months. The staff at the Arborg Personal Care Home took great care of Dad and we are grateful to all of them.

Cremation has taken place and Beggie will be buried "when the weather is better" as per his request. When numbers permit, we will celebrate both of our parents' lives with a grand gathering of family and friends.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Marvin Marks

It is with a heavy heart we announce the passing of Marvin Marks on January 6th, 2022.

Forever loved and never forgotten by his loving partner of 18 years Arlene; his children Les (Kirsten), Stacey (Scott); his step-children Kurt (Heather), Theresa (Kris), Clayton (Sharmon); grandson Jaxon, step-grandchildren Eva, Beau and Luko. Also cherishing his memory are his siblings Andy (Linda), James (Charlotte), Laura, Ruth (Richard), Kenny (Marj), Lisa (Andrew), and his treasured nieces and nephews.

Growing up on the farm gave Marvin an appreciation of an honest day's work. Through this he learned that no matter how hard the work, family and friends are the cornerstone to a simple and fulfilling life. This is the spirit that will forever live within us, and his soul will inspire all those that it touched.

He now walks peacefully hand in hand with his grandson McKenzie and his parents John and Margaret.

We take comfort knowing he is no longer in pain and will be looking down on us from above.

A private service will be held at a later date.

A special thank you to all the staff at Gimli Community Health Centre for their care and compassion for Marvin in his final days.

In lieu of flowers please make a donation to Canadian Cancer Society in his name.

Condolences can be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



take a break

> GAMES

SUDOKU

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

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Level: Intermediate

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

Sudoku Answer

L	X	E	N			S	I	S		E	E	E	I	
N	I	S	O			E	B	T	I	L	I	O		
E	N	V	H	I	E	I	I	T	V	C	H	V		
H	N	E	C	O	V	S	B	I	N	T	V	E	W	
				R	O	T	V	C	D	I			E	
G	N	I	O	R	E				V	E	R	O		
G	V	E	T	I	V	M	E	B	N	L				
E	N	R	O	L										
									I	C	R	C	S	
				E	S			E	D		B	R	E	C
	B	I	W	V	E	P					N	O	B	E
	L	A					C	V	C	H	R			
E	L	R	V		E	T	V				O	N	S	E
K	V	T	F	T	O		T	O			R	O	S	E
O	L	N	V	C	O	E	B	E	H	O				
O	I	S	E	C	O	E	S	K	S	V				

Crossword Answer

CLUES ACROSS

- Requests
- Calendar month
- Invests in little enterprises
- Bird sound
- S. American plant cultivated for tubers
- Car
- Bullfighter
- Hill (Celtic)
- Strong criticism
- Detector
- When you hope to get there
- Having the skill to do something
- Legendary MLB broadcaster
- Vulcanite
- C. Asian mountain range
- In a way, healed
- Midway between east and southeast
- Small appendages of insects
- ___ Greene, "Bonanza" actor
- A place to bathe
- Postal worker accessory
- Classical music
- A way of wrecking
- Terminator
- You eat three a day
- Pointed end of a pen
- NATO official (abbr.)

- Genus of clams
- Boxing's "G.O.A.T."
- A colorless, odorless gas used as fuel
- Covered thinly with gold paint
- Bachelor of Laws
- Red fluorescent dye
- Engineering group
- Female sibling
- Adjacent

CLUES DOWN

- What a thespian does
- Footwear
- Adjust spacing between
- Witnesses
- Who shows excessive fondness
- Distinct form of a plant
- National capital
- Hunting expedition
- Related to medulla oblongata
- European country
- Cola
- Excluded from use or mention
- Speak
- Bloodshot
- Make better
- Keyboard key
- Type of degree
- Paddle
- Peacock network

CROSSWORD

1	2	3	4			5	6	7		8	9	10	11	
12				13			14			15				
16					17		18			19				
20							21			22				
				23		24				25				
26	27	28	29					30						
31								32						
33										34	35	36	37	38
				39	40	41		42	43					
			44	45				46						
	47						48							
49					50				51		52	53	54	55
56					57				58					
59					60					61				
62					63						64			

- Not young
- Baseball stat
- One's grandmother
- Breakfast food
- Bathroom features
- Disease-causing bacterium
- NY ballplayer
- Got up
- Prophet

- Part of the mouth
- Unnatural
- Acronym for brain science study
- Three are famous
- Languages spoken in Patagonia
- Freedom from difficulty
- Widely used OS
- Many people pay it

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