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EXPRESS PHOTO BY DONNIE MALCOLM
Breanna Rae and Elie Malcolm and Axel Malcolm were out enjoying the outdoors roller blading on Earth Day in Lundar.

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Glassmaker's artwork making waves across international borders

By Tyler Searle

Hundreds of vibrant glass leaves cast in Teulon have become a piece of functional art in the U.S.

Heather Dawson, the artist behind Glass by Heather, is known locally for her handmade glass creations. Her work includes jewelry, décor and dinnerware — and now, an elaborate art installation.

Karla Rikansrud commissioned Dawson to create 200 glass aspen leaves to feature in a donor appreciation wall at the Frasier Retirement Community in Boulder, Colo.

Rikansrud, the VP for philanthropy and social responsibility at Frasier, wanted to pay tribute to the many donors who supported the community. She found Dawson's work online and reached out.

"I have some cast glass leaves that I had created from commercial manufactured moulds, and she (Rikansrud) liked the design and the concepts, but the size wasn't exactly what she was looking for," Dawson said.

Rikansrud asked for a smaller design that more closely resembled the retirement community's logo. The altered specs required Dawson to create a custom ceramic mould, she said.

Dawson did not have experience with ceramics, so she turned to Alan Lacovetsky for help.



Although the ceramic moulds Dawson uses are identical, no two leaves turn out exactly the same.

"He (Lacovetsky) had been talking to me over the last couple years about making custom moulds, so I knew who to ask," Dawson said.

Lacovetsky is a fellow Interlake artist who uses clay and a wood-burning kiln to make pottery. He was eager to share his knowledge with Dawson, he said.

After some trial and error, the pair designed a suitable clay mould for the installation, and Dawson set to work casting hundreds of leaves.



EXPRESS PHOTOS SUBMITTED

Heather Dawson uses glass frits, tiny grains of glass, to create her multicoloured leaves.

The art piece is now finished and suspended on a wall at the retirement community using stand-off posts —

specialty mounts that create the impression the leaves are floating away

Continued on page 3

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> GLASSMAKER, FROM PG. 2

from the wall.

Pandemic restrictions made it impossible for Dawson to be on-site for the installation, but she has seen photos of the completed piece.

"I thought it looked great," she said.

The next phase of her work may involve more wall-mounted art pieces, but right now, Dawson is fundraising for the Canadian Cancer Society.

For the second April in a row, she's released a daffodil-themed collection and intends to donate a portion of the proceeds in honour of her mother, she said.

Dawson and Lacovetsky are members of the WAVE Interlake Artists Studio Tour, a collective of artists who invite the public to tour their studios every June and September. Attendees watch creators at work, ask questions

and purchase art.

The WAVE tour is an integral part of the Interlake community because it encourages artists to share ideas and provides the public with an opportunity to experience art, Lacovetsky said.

"It's become an important cultural event over the last 20 years."

Last year, the pandemic forced artists to cancel the tour.

Despite pandemic interference, the WAVE added two new creatives to its roster: Shannon Lebel, an acrylic painter, and potter Dawn Mills.

The next tour is scheduled for June 12 and 13.

"We have artists who are saying they are prepared to open their locations out-of-doors," said WAVE jury chair Helma Rogge Rehders.

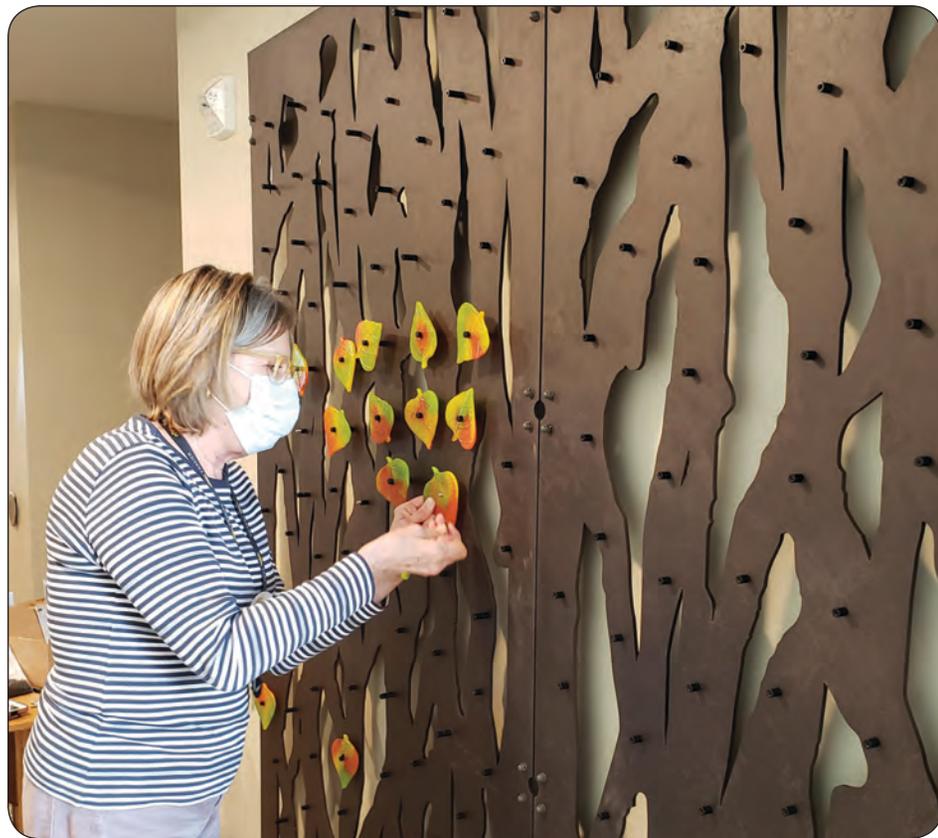
If the province clamps down on out-

door gatherings, it may force WAVE to cancel once again.

The co-operative is doing their best to adapt to the constantly changing restrictions, and they've dedicated time and resources to bolster their online presence, Rehders said.

More information about the WAVE artists and tour can be found online at: <https://www.watchthewave.ca>

Dawson's daffodil fundraiser ends on May 10. Her art can be found at: <https://glassbyheather.com>



EXPRESS PHOTO BY HEATHER DAWSON

Karl Rikansrud fastens the glass aspen leaves to a decorative metal wall. Stand-off posts separate the leaves from the wall to create the impression they are floating.

Happy Mother's Day

Derek Johnson
 MLA for Interlake-Gimli
interlakegimli@interlakegimli.com
 Gimli 204-641-8525 | Arborg 204-376-3401



Alan Lacovetsky stokes the fire in his wood-burning kiln. Each firing takes approximately 30 hours, with wood needing to be fed to the stove every five to 10 minutes the entire time. Lacovetsky created the ceramic aspen leaf mould for Dawson.

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RCMP reminder for farmers and motorists to look out for each other on our roadways

Submitted by RCMP

With the seeding season quickly approaching, we will once again see an increase in the number of large pieces of agricultural machinery and equipment travelling on our roadways.

Due to trying times of COVID-19, we continue to see increases in traffic from those wishing to explore new parts of the province and also those that wish to explore our fabulous ATV trail system in Manitoba.

This is a reminder that all agricultural equipment must be clearly visible and include unobstructed orange flashing lights, visible from all directions, when travelling on any roadway. Other ways to be visible include the use of machinery work lights, a pilot vehicle escort with hazard lights,

magnetic battery-powered flashing amber lights and/or a clean, visible reflective slow-moving sign.

Police understand that equipment can fail on farm machinery and repairs can be difficult and at times unaffordable, but we have to remember the safety of those travelling on our roadways is paramount.

Many of you have all seen the "B AWARE B SEEN" billboards posted throughout the Interlake area as a reminder of the tragic death of Brandyn Falk, a young Interlake man killed when his vehicle collided with a farm implement that had no flashing lights or visible reflective signs. This alone should be a reminder for equipment operators to always utilize their hazard lights in an effort to prevent any



EXPRESS PHOTO SUBMITTED

Motorists are reminded to B AWARE and B SEEN when agriculture machinery is travelling on our roadways.

further tragedies.

Police remind those that any farm machinery or implements being transported without the use proper lighting and/or the required safety equipment on our roadways can face fines under the lighting and marking of agricultural equipment on highways regulation (man. Reg. 149/97).

Officers who receive reports or observe any farm machinery travelling on our roadways at night that are not properly lit or visibly marked can issue fines and/or seize the equipment.

The seizure can be anywhere from five to 30 days or longer, depending on the severity or continuation of the offence.

All individuals operating agricultural machinery must still adhere to provincial traffic laws. If any accidents or injuries occur because of this, the machine operator may be liable for or subject to criminal charges and/or possible civil litigation.

Motorists are also reminded to use caution when approaching or follow-

Continued on page 13

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Provincial government reviews North Perimeter safety issues

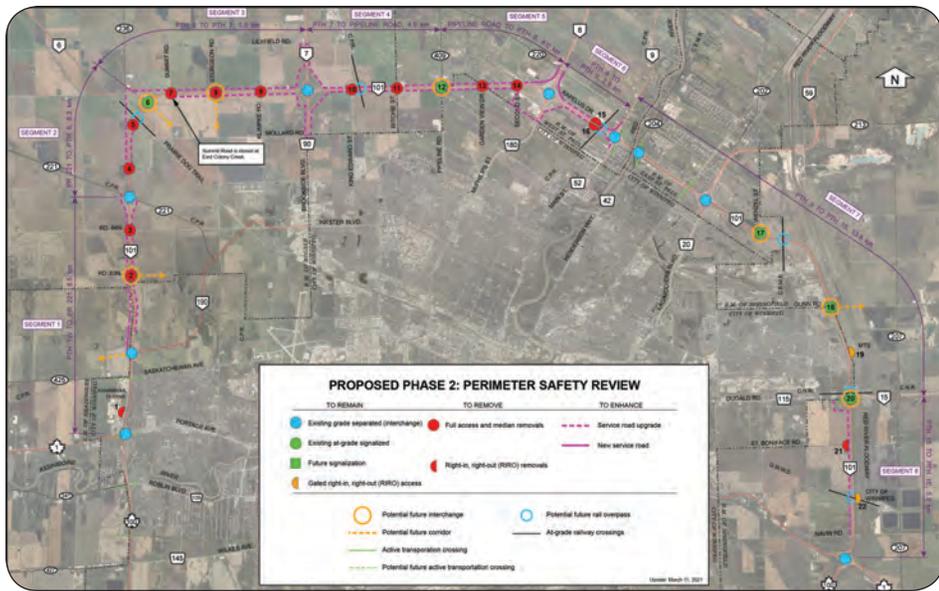


PHOTO SUBMITTED

Map showing the proposed improvements to PTH 101.

By Jennifer McFee

Safety concerns are the driving force behind proposed changes to intersections on the North Perimeter Highway, including the one at Sturgeon Road.

Manitoba Infrastructure proposes to remove the unsafe median opening and provide alternative access to Provincial Trunk Highway (PTH) 101, also known as the North Perimeter Highway, at other safer locations via service roads.

"In order to provide safe access to PTH 101 for the landowners and businesses, the department also plans to upgrade both existing service roads (north and south) along this route," explained John Neufeld, public affairs specialist for the Government of Manitoba.

A 2018 safety audit recommended that all intersections and median openings without signals be removed, he added. Details about the North Perimeter Safety Review are available on the EngageMB website at <https://engagemb.ca/north-perimeter-safety-review>.

"Safety is the primary reason for the proposed changes to eliminate the safety risks posed by traffic at uncontrolled intersections crossing or turning, and exiting/entering the highway," Neufeld said.

The second reason is to improve the movement of goods on the North Perimeter Highway so that it's safer and more efficient.

"The North Perimeter Highway is also one of the most important corridors in Manitoba. It is a key link in the Trans Canada Highway and Manitoba's International Trade Hub," Neufeld said.

"It plays a strategic role in Manitoba's economy by providing Manitoba's industries with access to world markets. It has very high traffic volumes with over 30,000 vehicles per day and growing rapidly."

However, the proposed changes still require approval since only the study has been funded so far. Any outcomes for new work would be part of the regular capital planning process.

As well, Manitoba Infrastructure is completing

additional engagement with directly impacted stakeholders in the area — including local landowners, business owners, farmers and the RM of Rosser — to learn more about their unique access needs to ensure that access to necessary goods and services is maintained. This preliminary work helps to determine options.

"Public feedback and the outcomes from the engagement survey contribute to the overall planning process for this project," Neufeld said.

"Manitoba Infrastructure is now analyzing the responses and working on the best design solutions."

The timeline for the closure is not yet determined. However, the department's proposed plan is to close the intersection gradually while the safer alternative accesses are established. Motorists in the area would need to adjust to using PTH 6 or 7.

For Robin Henderson, general manager of Bel Acres Golf and Country Club, the closure of the intersection at Sturgeon Road would greatly impact the business.

"Apparently they were going to close off the entire intersection so anybody who was coming here would have to travel on two miles of gravel road each way to get in and out, no matter which direction you're coming from," Henderson said.

"With their plan, they do have a future potential interchange planned for that intersection, but that could be years from now. There definitely is a safety issue, but we're trying to convince them that maybe just turning lanes would solve most of those safety issues."

Bel Acres undertook its own surveys about the proposed change, garnering responses from more than 1,000 people.

"From what we're looking at, our loss would be somewhere in the 30 to 40 per cent range," Henderson said.

"In the long run, I'm hoping they won't do it. You still need emergency vehicle access. The



PHOTO SUBMITTED

Graphics for proposed PTH 101/PR 409 intersection used to represent the project on EngageMB.

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Gimli's new bookstore, Lucky Stone Books, sure to please avid readers

By Patricia Barrett

If there's one thing that hasn't fared too badly over the course of the pandemic, it's book sales.

People in lockdown looking for a diversion from daily infection counts have increasingly turned to books, driving up sales in Canada.

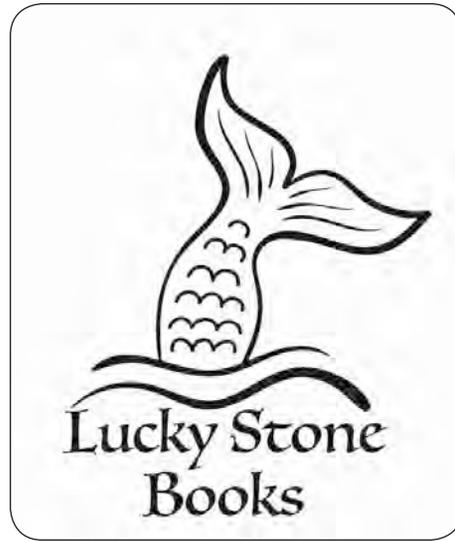
And that's one of the reasons Kristine Dubois wasn't nervous about taking over the former Up a Stump Used Books and ManCave Hobbies store in Gimli and launching her own venture called Lucky Stone Books.

"I read that book sales nationwide [in Canada] are up about 36 per cent," said Dubois by phone last week. "People are definitely reading."

Book sales fell during the first half of 2020 because of public health-mandated lockdowns and store closures, according to BookNet, which tracks the majority of print book sales on the Canadian market. But sales rebounded, with consumers preferring a print book over an e-book or audio book. A similar scenario played out in the U.K. where fiction books alone were reported to have racked up sales of 100 million pounds during 2020's lockdowns.

Dubois said she'll be making a few changes at the bookstore, tailoring the collection to the biggest consumers of books. The book stall she runs at the Arnes Farmers' Market has helped her get to know readers' tastes and preferences.

"I'm still going to have tons of books, but I'm changing some things because I know who my market is for reading



— and that's women aged 25 to 75," she said. "I've been selling books at the [Arnes] market for the past couple of years, and it's not that men don't read — there are very dedicated male readers, dedicated to their authors — but I've been selling mostly to women."

Dubois is no stranger to the importance of literacy as she has been teaching English, art and media at Gimli High School since 2013. She said she'll be retiring early from teaching, at the end of June, to focus on her new business.

Lucky Stone will offer pre-owned books in good condition. With over 25,000 titles, the collection runs the gamut of genres, including fiction and literary works, mystery, suspense, westerns, science fiction, romance, natural history, travel and art. Dubois will also be stocking best-sellers so that avid readers won't miss out and she'll endeavour to order titles upon



EXPRESS PHOTOS COURTESY OF KRISTINE DUBOIS

Kristine Dubois will be opening a new bookstore in Gimli called Lucky Stone Books. The store will also serve as a UPS package delivery and pick-up location.

request.

In addition to tweaking the collection, Dubois said she'll be selling items such as art supplies, paint-by-number pictures which are "popular again," puzzles, handmade crib boards, greeting cards made by local artists, loose tea from a Winnipeg-based company and Hartmont Candles.

"I'm trying to stick with made-in-Manitoba products," she said. "I'm hoping more businesses would like to use my store for their products because I'll be offering curbside pick-up."

Dubois is also dedicating part of the business to parcel delivery, becoming a United Parcel Service (UPS) access

point for package delivery and pick-up. Customers can have incoming parcels sent to Lucky Stone rather than their homes, if they prefer, and pick them up later in the day.

"I'm pretty excited about the UPS service," said Dubois. "I think people need an alternative for their packages."

Lucky Stone Books is located at 33 Centre St. It's set to open on Saturday, May 15. Dubois said the hours from that date until June 30, when school ends, will be Wednesday to Friday afternoon and Saturdays and Sundays. She'll post new hours at a later date.

For more information, email Kristine Dubois at luckystonebooks@gmail.com

> PERIMETER, FROM PG. 5

highest chance of there being a medical emergency would be at the golf course, so it would take them a little bit more time to get here if they do close that off, in this area."

Henderson also noted that Bel Acres Golf and Country Club is not impacted by quarry traffic.

"Right now, as far as the golf course is concerned, the quarry has zero effect on us," he said.

Lilyfield Quarry is located between Sturgeon Road and Summit Road, with its entrance off Road 68N, east of Provincial Road 236. Truck traffic will be managed onsite to exit the property at the southwest corner, west on Lilyfield Road to Highway 236.

Rosser CAO Larry Wandowich explained that quarry traffic will not use Sturgeon or Summit roads.

"There is a prescribed haul route and they leave on the southwest side of the quarry. When they're leaving,

they have to travel west down Lilyfield Road to 236," he said.

"If a truck is going towards Stonewall, they can turn to the right on 236, but most of these trucks are going into Winnipeg. They have to then turn left on No. 6 to get to the Perimeter."

Lilyfield Quarry will also be involved in the upgrading of Lilyfield Road and its intersection with Highway 236 intersection as required.

Wandowich also noted that informa-

tion about the North Perimeter Safety Review, which is unrelated to the quarry, is posted on RM of Rosser's website at www.rmofrosser.com.

"We tried to give notices to everybody that would be affected," he said. "We tried to flood information out there for the municipality."

In late March, the RM of Rosser provided a notice about the North Perimeter study to let residents know how to provide their input.

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A similar provincial undertaking for improvements to the South Perimeter Highway is nearly complete. The entire safety audit of the Perimeter Highway aims to enhance traffic safety, reduce collisions and save lives.

Any further questions regarding safety study on PTH 101 can be direct to Perimeter.Engagement@gov.mb.ca.

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EXPRESS PHOTOS BY CHERYL LAW

Mother Nature continued to play tricks last week with a dump of snow early Friday morning in Eriksdale. By noon the snow had melted as temperatures rose to 12 degrees and soared to 24 degrees on Saturday. Help us record the weekly weather by emailing your photos to weather@expressweeklynews.ca

letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

The comfort room makes shopping more enjoyable

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I prefer to shop early in the morning to beat the crowds. Unfortunately, on my last few outings, I have had the need for a washroom.

Teulon Shoppers — no washroom; Teulon TBS — no washroom; Bigway

— no washroom. Teulon restaurants, not open until 11 a.m. Chicken Chef, Teulon Hotel, etc.

This is not a pleasant situation and perhaps some would not understand, but it is extremely uncomfortable and embarrassing!

Gimli Pharmasave — no public washrooms. I asked a cashier where in Gimli I could find a washroom and was told “maybe the hotel.” Gimli Red Apple — no washrooms. Subway — no washrooms (but the gentleman who runs the store could see I was obviously in pain and allowed me to use their facilities).

Gimli TruValue — no washrooms. There were several other stores that

I visited and was told no.

This has not been a pleasant experience and I understand stores’ point, but sometimes it just can’t be helped.

- Sincerely L. Jones

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address and phone number for confirmation purposes.

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Manitobans encouraged to stay home as much as possible

By Ashleigh Viveiros

Manitoba's third-wave COVID-19 numbers continue on their upward trend.

On Monday, health officials announced 251 new cases of the virus and one new death.

That brings the province's total cases to 39,524 and the active number of cases to 2,593.

The bulk of new cases (184) were in Winnipeg, while the Interlake-Eastern health region added 20, the Northern health region 15, Prairie Mountain 14, and Southern Health-Santé Sud 18 new cases.

Monday's update noted a total of 35,952 Manitobans have recovered from COVID-19 since last spring. The death toll is at 979.

Hospitalizations jumped in recent days to 178 (up from 167 the day before), as did the number of COVID-19 patients in ICU (from 40 on Sunday to 45 Monday).

The current five-day COVID-19 test positivity rate is eight per cent provincially and 8.7 per cent in Winnipeg.

These rising numbers are alarming, said Dr. Brent Roussin, Manitoba's chief public health officer.

"There have been more than 800 cases reported over the weekend and including today," he said at a briefing in Winnipeg on Monday. "If we look at March compared to April there's 110 per cent increase in cases."

Manitoba is now seeing case numbers higher than we did in October shortly before the entire province

went into lockdown.

"Just comparing April, we saw 4,800 cases ... compared to 4,100 cases in October of 2020," Roussin said. "This is why we put stronger public health orders in last week and this is why we're asking Manitobans to stay home."

The latest public health orders prohibit indoor and outdoor private gatherings entirely and limit gatherings on outdoor public property to 10 people.

"We certainly recognize that people are tired of this pandemic, tired of these public health orders, tired of hearing about the fundamentals," Roussin said. "But if we look to February and March of this year we can see that these measures work. We brought our case numbers down, we reduced the strain on our health-care system. But once again we're seeing these numbers climbing, and these numbers only climb because we're increasing the amount of contacts we have, we're increasing interactions."

"We need to reduce the number of contacts we have, and the best way to do that is to stay home as much as possible."

Meanwhile, vaccine eligibility has been expanded.

In addition to Manitobans age 50 years or older, as of Monday any Indigenous person aged 18 and older can book an appointment at a vaccination super site.

Also eligible are people who are pregnant, clients of Community Living disABILITY Services, work in any health care setting (including outpa-

tient settings), frontline police officers or firefighters, and adults living or working in certain high-risk communities (which at press time included several Winnipeg neighbourhoods and northern Manitoba).

Eligibility for the AstraZeneca/Covishield vaccine has been expanded to include people aged 30-39 with certain health conditions. This vaccine is also open to anyone age 40 and over.

The detailed list of eligibility criteria—which has been changing pretty quickly of late—can be found online at manitoba.ca/covid19/vaccine/eligibility-criteria.html.

Eligible individuals can book their appointment at a super site online at protectmb.ca or by calling (toll-free) 1-844-626-8222. Appointments for the AstraZeneca/Covishield vaccine can be made at your local pharmacy or medical clinic.

As of Monday, 495,482 doses of vaccine had been administered, representing 38.7 per cent of Manitobans age 18+

State of Emergency extended

The Manitoba government also extended the provincewide state of emergency to continue its efforts in reducing the spread of COVID-19 and its variants, Infrastructure Minister Ron Schuler, minister responsible for the Manitoba Emergency Measures Organization, announced last week.

The extension is in effect from April 30 at 4 p.m. for a period of 30 days.

Our area, by the numbers

Interlake-Eastern RHA started the work week with 118 active cases of COVID-19, 2,578 recoveries and 38 deaths. There were eight total hospitalizations due to the virus, including three in ICU.

In the Interlake-Eastern region, the Unknown district was leading the way in active cases with 18, followed by Gimli at 17, Eriksdale/

Ashern, 16; Winnipeg Beach/St. Andrews, 12; Powerview/Pine Falls, 10; Fisher River/Peguis, nine; Springfield, eight; Stonewall/Teulon, eight; Selkirk, seven; St. Clements, six; Beausejour, five; and Northern Remote and Whiteshell, each with one. Meanwhile, Arborg/Riverton, Pinawa/Lac du Bonnet and St. Laurent all recorded zero.

StatCan urges Canadians to fill our 2021 census online

By Ashleigh Viveiros

If you haven't received it already, chances are you'll be getting a reminder in the mail for the 2021 Canadian Census this week.

Statistic Canada's Sri Kanagarajah says every household in the nation will receive a letter with a link and an access code to fill out the census online, as well as information on alternative ways to complete it. The survey went live on Monday.

They expect most people will do it online — over 68 per cent of Canadians opted for that route in 2016.

"That was much higher than the previous census," Kanagarajah observed, "and this time around we're hoping for an 80 per cent response rate online."

Given the pandemic, StatCan hopes not to have to send many enumerators door to door to remind people to complete the census.

"If we do go door to door, we will

ensure social distancing as required," Kanagarajah said, explaining staff will wear masks and will not enter households. "We'll knock on the door and step back and talk to respondents, if we need to."

But they'd much rather not have to send them at all, he stressed, urging Canadians to get the surveys back in as soon as possible. Households who fail to do so will first get a phone call and then, if absolutely necessary, a visit from an enumerator sometime in late May or June.

Filling out the census is mandatory under the Statistics Act. Not doing it could land you a fine of up to \$500.

Fines aside, though, it looks like most Canadians are well aware of how important it is to do their civic duty, the majority doing so without much in the way of prodding.

"[In 2016] we had nine out of 10 households complete the questionnaire without any help from an enu-

merator," Kanagarajah said. The 2016 census had an overall response rate of 98.3 per cent.

The census — which includes the 2021 Census of Population and the 2021 Census of Agriculture — helps paint a portrait of our nation as it stands today, Kanagarajah said.

The population data is used by governments of all levels to determine things like transfer payments for health and social programs and support for infrastructure projects like roads and new schools.

"In order to have evidence-based decisionmaking you need to have data," said Kanagarajah.

For example, in recent months that information has allowed governments to better assess COVID-19 vaccine rollout programs across the country, including figuring out where vaccine shipments are needed most based on population data.

The census also collects information

on the demographic, social, and economic situations of Canadians and how that may have changed since previous census years.

The majority of Canadians — 75 per cent — will receive a short-form questionnaire to fill out. It collects basic information on your age, marital status and language.

A quarter of households will get the long-form census, which goes deeper into your social and economic situation.

"This is a wealth of information ... there's no other data source that can give you all these details," Kanagarajah said, noting the data is used not just by governments but also community groups, urban planners and businesses for decisions that can have a real impact on people's lives.

You can learn more about the 2021 Census online at census.gc.ca.

Grade 9 student nabs first place in national science fair

By Tyler Searle

Marissa Magsino, 14, represented Manitoba in the nation's largest science competition last week, winning \$1000 and a first-place certificate to bolster her scientific resume.

Sanofi Biogenius Canada (SBC) hosts the annual science fair, and students compete on national and regional levels. Magsino won first place for the Manitoba region.

Magsino is a grade nine student at St. Mary's academy in Winnipeg. She lives in the Interlake, and her love for the rural community inspired the experiment that secured her first-place win, she said.

"I see the beauty of nature from a different perspective every single day, but I know that sadly, the disastrous effects of climate change will continue to incur unless we find creative solutions."

Magsino believes biodegradation using microorganisms may be one possible solution. It sounds complicated, but it's actually quite simple, she said.

"In doing some simple research, I had discovered that mealworms can actually consume Styrofoam because of the microbes in their stomach," Magsino said.

In layman's terms — Magsino fed Styrofoam to mealworms.

Environmentalists consider Styrofoam to be a significant contributor to global pollution.

The petroleum-based plastic is non-biodegradable. While it can technically be recycled, a report from the Canadian Chamber of Commerce estimated as much as 80 per cent of Styrofoam ends up in the country's landfills.

Magsino gathered hundreds of mealworms in plastic containers and fed them 45-gram Styrofoam blocks. Over two weeks, she measured how variations in temperature, light, and humidity affect the mealworm's ability to digest Styrofoam.

Her goal was to determine the optimal environmental conditions for mealworm recycling, she said.

When the experiment was complete, Magsino compiled her data and prepared a presentation.

This year, the SBC competition culminated in a two-day, virtual event where students showcased their research and results.

"We really had to reinvent ourselves this year to redesign and transform this competition into something virtual," said SBC media rep. Andrew Ross.

It was a shame the students couldn't meet in person, but Ross said there were advantages to moving things online.

SBC pairs every student who registers in the competition with a professional mentor. There were no physical limitations this year because everything was online, so the organization could match students with mentors located anywhere in the country, Ross said.

"It became a much more national experience."

The opportunity to work with a professional scientist was part of what compelled Magsino to compete in the first place, she said.

"I just got really excited when I heard about Sanofi Biogenius because there's a mentor, and I've never worked with a mentor before," she said.

Magsino's mentor was Saba Miri, a PhD candidate from York University in Toronto.

The pair communicated through video calls and emails, and Miri coached Magsino through the entire scientific process, Magsino said.

"She (Miri) really helped to develop my skills of creating graphs, charts, and how a scientist would speak."

Connecting with people who share her passion for science is the best part, she said.

Ross agrees with Magsino.



EXPRESS PHOTOS SUBMITTED

Marissa Magsino won first-place in the Manitoba region during the Sanofi Biogenius Canada Innovation Summit after she discovered that 3,000 mealworms can eat an entire microwave sized container of Styrofoam in two weeks.



When mealworms consume Styrofoam, half is converted into CO2 and the rest becomes castings—otherwise known as mealworm manure. The dry, odorless remains are a safe alternative to fertilizer.

Science competitions like SBC exist to facilitate those connections, he said.

I am constantly in awe of the level of scientific expertise these kids bring forward. These are the scientists of tomorrow and the next generation of Canadian researchers, and it's so amazing to get them together and see what they are capable of, he said.

Magsino is no stranger to scientific competition.

In the past, she has participated in

the Manitoba School Science Symposium and the Canada-Wide Science Fair, and she will continue to compete in the future, she said.

After high school, Magsino plans to pursue a PhD in environmental science.

The SBC science fair takes place annually. Registration for the next event begins in October, and all students from grades nine to 12 are eligible to compete.

COVID-19 tickets jump 167 per cent week over week

Staff

The third week of April saw no businesses get hit with COVID-19 tickets, but the number of individuals fined for violating public health orders certainly went up.

In its weekly COVID-19 enforcement update on April 27, the Manitoba government reported officers issued a total of 92 warnings and 56 tickets for the week of April 19-25—a jump of 167 per cent from the week before.

That included 39 tickets of \$1,296 to individuals for various offences, 33 of

which were in relation to gatherings in private residences or outdoors.

Another 17 tickets of \$298 were given to people for failing to wear masks in indoor public places, which has been part of the public health orders since last November.

The government notes that enforcement officials investigate all public health order violations they are made aware of, including large gatherings and rallies. To that end, they were at The Forks in Winnipeg April 25 when hundreds of anti-mask protesters

gathered. Twenty \$1,296 tickets have been issued thus far in connection with the event, and more are expected.

Similarly, enforcement officers were on hand at rallies in Winkler and Winnipeg this weekend and "collected video evidence in support of ticketing for non-compliance with public health orders," the government said in a statement on Monday.

"Officials advise the choice to defy public health orders is a serious offence and violators will be held to

account," the province said. "Investigations continue for all events and charges are expected."

Since enforcement efforts began in April 2020, a total of 3,896 warnings and 1,236 tickets have been issued (as of last Tuesday), resulting in more than \$1.7 million in fines to businesses and individuals.

Manitobans can report compliance and enforcement issues by calling 1-866-626-4862 or heading online to www.manitoba.ca/COVID19.

Province to provide more than \$25 million for youth employment in summer

Submitted by Manitoba government

The Manitoba government will provide more than \$25 million that will support more than 8,000 youth employment opportunities this summer through the new Manitoba Youth Jobs Program and existing Green Team grants, Premier Brian Pallister and Municipal Relations Minister Derek Johnson announced Wednesday.

“Our government is working to protect Manitoba’s youth from the health and economic impacts of the pandemic, as they have been hit particularly hard and face unemployment rates of nearly double the rest of the population,” said Pallister. “Our new wage subsidy program will directly contribute to our government’s growth and jobs agenda outlined in Budget 2021 by supporting our businesses and organizations that will be the drivers of Manitoba’s economic recovery.”

The new \$15-million Manitoba Youth Jobs Program will provide employers a 50 per cent subsidy on wages paid to eligible employees during the program period of May to September 2021, with a maximum of up to \$25,000 per employer. The premier said he anticipates the program will support more than 2,000 Manitoba employers recover from the pandemic and create sustainable long-term, seasonal and short-term employment opportunities for more than 6,000 Manitoba youth.

The Manitoba Youth Jobs Program builds upon

and streamlines the Manitoba Summer Student Recovery Jobs and Back to Work This Summer programs, which helped create and sustain more than 6,000 jobs for young Manitobans in 2020. The new program:

- gets money to businesses faster, as employers will be eligible to apply for an advance payment of up to \$750 per eligible employee, up to \$7,500;
- broadens eligibility criteria to include all Manitoba youth under the age of 30;
- allows employers to claim employees hired as early as April 1, 2021;
- aligns the program’s eligible wage subsidy period to the employer’s own pay schedule to cover full pay periods between May 1 and Sept. 5; and
- provides a 50 per cent wage subsidy on all regular, overtime and statutory wages earned during the 18-week period as opposed to a flat per-hour wage subsidy.

The province is also investing more than \$10 million in Green Team grant programs to help an estimated 2,000 young Manitobans find summer employment and gain valuable work experience. This includes nearly \$9 million for the Urban and Hometown Green Team Program and more than \$1 million for the Manitoba Parks Green Team.

“These have been challenging times, and now more than ever, we need to support local projects and give our youth the work experience they need to take advantage of future career opportu-

nities,” said Johnson. “We also recognize the critical role of Manitoba’s community-based organizations as they help shape sustainable and thriving neighbourhoods and communities.”

Urban and Hometown Green Team grants allow communities to hire youth aged 15 to 29 to work on community projects between May 1 and Sept. 30. Non-profit organizations in Winnipeg and rural Manitoba are eligible to receive 100 per cent of wage costs and \$250 per position for support costs, while eligible municipal governments in rural Manitoba receive 50 per cent of wage costs and \$125 per position for support costs, on a cost-shared basis.

Johnson noted priorities for the 2021 summer season are focused on community-based organizations and municipal governments that can offer full-time employment opportunities for youth, and projects that support COVID-19 response and recovery efforts.

The province is maintaining its 2020 funding level for Green Teams, which had doubled from 2019 to stimulate youth job creation during the pandemic, to meet significant program demand. At the Feb. 15 application intake deadline for the Urban and Hometown Green Team Program, the province had received record funding requests. The province has completed its review of project applications and will begin to notify applicants of funding decisions today.

More information is available online for the Green Team program at www.manitobago.ca and Manitoba Youth Jobs Program at <https://manitoba.ca/covid19/programs/youth-jobs.html>.

Knowledge and safety are key when riding an ORV

Staff

Getting outside and enjoying Manitoba’s beautiful outdoors is long-awaited and eagerly anticipated. There are so many ways to spend your time outside, and one of those is riding off-road vehicles (ORVs).

While great fun, and a great way to explore Manitoba, it is important for riders to know the laws governing ORV use for everyone’s safety as well as everyone’s outdoor enjoyment.

Most of the laws around ORVs fall under the Off Road Vehicles Act. For details, please refer to the act, but here are some general rules to keep in mind when riding an ORV:

- Anyone under the age of 14 must have direct supervision of a parent or legal guardian who is a minimum of 18 years of age. Youth over the age of 14 can ride without parental supervision, but cannot cross a roadway until they obtain a valid driver’s licence.

- ORVs are not to be operated on roadways, shoulders, medians of divided roadways or sidewalks.

- ORVs are permitted to be in the ditch, provided travel is in the same direction as vehicle traffic, the ORV is to the right of the roadway and the shoulder, and the ORV is being operated in an area where ORV use is permitted. Always remember to be on the lookout for hazards in the ditch, such as culverts, driveway approaches and road signs.

- No riding: On privately owned or leased land without permission; within 30 metres of a



PHOTO SUBMITTED
RCMP are reminding motorists to follow the rules when riding off-road vehicles.

dwelling that is not yours between midnight and 7 a.m.; within 30 metres of a playground or area set aside for recreation that is not fully fenced; in a careless manner; without reasonable consider-

Continued on page 12

PUBLIC NOTICE

Pesticide Control Program

Public notice is hereby given that Manitoba Housing intends to conduct the following pesticide-control programs in and around their housing units in Manitoba during 2021.

- To control rodents from January 1, 2021 to December 31, 2021 using the following pesticides:
 - Brodifacoum
 - Chlorophacinone
 - Difethialone
 - Diphacinone
 - Sulfur
 - Zinc Phosphide
- To control insects from January 1, 2021 to December 31, 2021 using the following insecticides:
 - Abamectin
 - Beauveria Bassiana Strain GHA
 - Beta-Cyfluthrin
 - Boracic Acid
 - Borax
 - Cyfluthrin
 - Dichlorvos
 - Dinotefuran
 - D-Phenothrin
 - D-Trans Allethrin
 - Hydramethylnon
 - Imidacloprid
 - Lambda Cyhalothrin
 - Methoprene
 - N-Octyl Bicycloheptene Dicarboximide
 - Permethrin
 - Piperonyl Butoxide
 - Propetamphos
 - Propoxur
 - Pyrethrins
 - Silica Aerogel
 - Silicon Dioxide
 - Tetramethrin

The public may send written submissions or objections (within 15 days of the publication of the notice) to the department below:

Manitoba Conservation and Climate
Environmental Approvals Branch
Pesticides Program
1007 Century Street
Winnipeg, Manitoba R3H 0W4



manitobahousing

Lundar/Ashern RCMP remove three impaired drivers off our highways

Staff

In the span of less than eight hours on Friday evening, April 23 officers with the Lundar/Ashern RCMP located and apprehended three impaired drivers and removed them from our highways.

In Canada, it is a criminal offence to operate a conveyance while your ability to operate the conveyance is impaired by alcohol and/or drug as well as having a Blood Alcohol Concentration (BAC) that exceeds 80 mg% (.08). Failing to comply with a demand will result in criminal charges, which carry the same, or greater, penalties as driving while impaired.

At approximately 6:35 p.m. officers received a complaint of an erratic driver on Highway 6, located near St. Laurent. The vehicle was located and a traffic stop occurred where

the driver provided a lawful breath demand on an Approved Screening Device (ASD) to which he failed. The 29-year-old male driver from Lundar was arrested for impaired driving and returned to the detachment where he refused to provide any further samples of his breath. He was released for court scheduled July 15 in Lundar on a charge of refusing to comply with a lawful breath demand.

At approximately 10:35 p.m., officers received a report of a vehicle travelling southbound on Highway 6 at a high rate of speed, heading towards Ashern. An officer, heading northbound on Highway 6, picked up the suspect vehicle on radar travelling at 170 km/h. The officer attempted to pull the vehicle over with the suspect finally coming to a stop at the Ashern Vendor. The driver provided a lawful

breath demand on an ASD, which he failed. The 33-year-old male driver, from the Fairford First Nation, was arrested and taken to the detachment where he provided breath samples which were found to be over twice the legal limit. He was released for court scheduled July 14, in Ashern, on charges of dangerous operation of a conveyance as well as operating a conveyance with a BAC that exceeds 80 mg% (.08).

At approximately 2 a.m., officers received a report of a single-vehicle collision that occurred in the community of Lundar. The 23-year-old male driver from Lundar was transported to hospital with minor injuries. Officers spoke with the driver at the hospital and had reason to believe he had been drinking. The driver was provided a lawful breath demand, which

he refused to comply with. He was arrested for refusing to comply with a lawful breath demand and released for court scheduled July 15 in Lundar.

All three accused each received a 90-day licence suspension as well having their vehicle seized and impounded.

“Road safety in Manitoba has been and always will be a priority for the RCMP,” said Sgt. James Munro, detachment commander of the Lundar/Ashern RCMP. “We are committed to eliminating impaired driving and the tragedies that are all too often associated with this high-risk driving behaviour and we encourage anyone who observes this dangerous behaviour to please contact the police.”

Lundar/Ashern RCMP continue to investigate.

RCMP advise vigilance in protecting home from break and enters

Submitted by RCMP

With warmer weather on the way, it is common for more break and enters to be reported to police.

The RCMP wants to remind the public there are precautions that can help prevent such an occurrence.

Here are a few tips that can help keep your home safe:

- Close and lock doors and win-

dows of your home and any vehicles on the property

- Do not keep valuables in your vehicle
- Secure belongings if you need to keep them outside, such as bicycles, scooters, lawn mowers and ATVs
- Keep trees and brush cut back to make your home visible from the street

If you are away, create the illusion of occupancy by making sure your mail is picked up, the yard is maintained and lights are on timers

- Keep outdoor lights on and consider installing motion lights around your home
- Do not hide spare keys outside your home
- Do not post any plans to be

away from your home on social media

- Consider investing in a monitored alarm system

Public safety is everyone’s responsibility. If you see something, say something. Report any criminal or suspicious activity to the police. Protect yourself, protect your community.

> OFF-ROAD VEHICLE, FROM PG. 11

ation for other persons and property.

- Stay away from environmentally sensitive areas and wetlands, and areas easily damaged by churning wheels
- When conditions are dry, use caution as sparks from an ORV can ignite grass and branches, starting a fire
- Be aware of local bylaws in the area you are riding
- Impaired driving laws apply to ALL motorized vehicles. Only operate an ORV when sober and alert

The laws are in place to keep everyone safe. When not followed, people can get seriously injured. In 2020, RCMP in Manitoba responded to seven fatal collisions involving ORVs and 46 collisions where serious injury occurred. Contributing factors in these collisions included speed, no helmet, impaired driving, and driver inexperience.

Knowledge and safety are key, so make sure you are aware of the rules in place in the area where you are riding. Be respectful and courteous of others using the outdoors, and enjoy the ride!

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.....

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To view or to see if you qualify, please contact:

Trevor Jaworski, Manitoba Housing
204-451-3960 or 1-855-201-4624



PUBLIC NOTICE

Notice of dust control program

.....

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Infrastructure office. The deadline for these applications will be **no later than May 28, 2021.**

For more information, please contact one of the following Infrastructure offices:

Steinbach	204-346-6266	Dauphin	204-622-2061
Swan River	204-734-3413	Portage la Prairie	204-239-3292
Brandon	204-726-6800	Thompson	204-677-6540
Boissevain	204-534-2030	The Pas	204-627-8272




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Federal government in negotiations with third party to implement vaccine injury support program

By Patricia Barrett

The federal government is currently in negotiations with a third party to implement a national vaccine injury support program (VISP), which could be similar to the program offered by Quebec.

The federal Liberals announced in December 2020 they would create a program to provide support to Canadians who suffer an injury after receiving a vaccine, including vaccines for COVID-19.

In February the government launched an open solicitation process to seek a third party to implement the program.

"The Public Health Agency of Canada is presently negotiating a funding arrangement with a third party to implement the program," said André Gagnon, media relations advisor for Health Canada and the Public Health Agency of Canada, last week by email. "It is anticipated that information on when the third party will begin to accept applications for support will be

available later this spring."

The name of the third party wasn't provided.

Gagnon said the program will be modelled to some extent on the vaccine injury program Quebec has had in place for 34 years. The Quebec government's Vaccine Injury Compensation Program was created in 1987 (claims accepted in 1988) after the Supreme Court of Canada awarded compensation to a child who developed viral encephalitis (inflammation of the brain) a few days after receiving an inoculation for measles in 1985.

Quebec is the only Canadian jurisdiction to provide such a program.

Any victim of bodily injury caused by a voluntary or compulsory vaccination that was administered in Quebec will be compensated by Quebec's Health and Social Services ministry. There are currently 32 diseases/infections listed on the government's webpage, from anthrax, chickenpox and coronaviruses to Lyme disease, rabies and shingles.

Between 1988 and April 1, 2020, 284 claims were submitted to Quebec's support program. Of the total claims, 53 were accepted. The total amount of compensation paid out was over \$6.5 million.

A 54-year-old Quebec woman died last month after developing a blood clot days after she received the AstraZeneca vaccine. Two other Quebecers also developed blood clots as did a man in Alberta. All were linked to the vaccine.

Presumably, all vaccines authorized by Health Canada will be covered under the national VISP. But Gagnon did not say whether those approved under interim orders — of which the COVID vaccines are — will be included under that coverage.

"The VISP will cover all Health Canada-authorized vaccines administered in Canada," he said. "It will ensure that all people in Canada who experience a serious and permanent injury after receiving a Health Canada-authorized vaccine have access to

financial support."

Canadians who receive vaccines outside of Canada may not be eligible, according to that response.

Manitoba Premier Brian Pallister struck a deal with North Dakota last month to vaccinate Canadian truckers and also said last week that school teachers can drive across the border to get a COVID vaccine, although North Dakota said there was no deal for that in place.

As the federal government's VISP is not yet accepting claim applications, it's unknown how many Canadians may have claims against COVID-19 vaccines, particularly the AstraZeneca vaccine.

Gagnon did not say what the eligibility criteria for the program will be or what kind of support will be offered.

"As the Public Health Agency of Canada is presently negotiating a funding arrangement with a third party to implement the program, no further details are available at this time."

Health Canada puts Johnson & Johnson COVID vaccine on hold

By Patricia Barrett

Health Canada announced last Friday it's not yet distributing the 300,000 doses of the one-shot Johnson & Johnson (Janssen) COVID-19 vaccine that arrived in Canada on April 28, citing concerns over unsanitary conditions and other violations at an American plant that made the vaccine.

Canada's top health agency, which approves the use of drugs and medical devices in Canada, said it has to check the quality, safety and efficacy of the vaccine before Canadians are offered it.

The Emergent BioSolutions plant in Baltimore, Md., makes both the Johnson & Johnson (also called the Janssen vaccine) and the AstraZeneca COVID vaccines.

The plant was cited by the U.S. Food and Drug Administration for "multiple failures" that included unsanitary conditions, unidentified residue and peeling paint on walls and the possible cross-contamination of vaccine substances. Emergent had been forced to dump 15 million doses of the Johnson & Johnson vaccine.

Health Canada released a statement April 25 after the FDA reported the violations at the plant, then released an update on April 30, saying one of the substances in the vaccine had been made at the plant.

"Since issuing our statement, Health Canada has learned that a drug substance produced at the Emergent site was used in the manufacturing of the initial Janssen vaccines

received on April 28 and intended for use in Canada," said the statement. "The drug substance is the active ingredient that undergoes further processing before becoming the final product (i.e., the vaccine). The final Janssen vaccines were manufactured at a different site located outside of the U.S."

The agency said it's working with Janssen and the FDA to obtain the

information it needs to complete an assessment before it can release the vaccine for distribution.

"Health Canada has rigorous processes in place to continually monitor the quality of vaccines that are administered to Canadians," the statement said. "We will continue to ensure that products coming from the Emergent facility, or any other facility, will only be imported and distributed in Canada if they are of high quality and safe for use."

> B AWARE B SEEN, FROM PG. 4

ing large pieces of agricultural equipment on our roadways. Many of these machines and pieces of equipment are wider than they appear, have obstructed views and cannot stop or maneuver as quickly as a vehicle due to their immense weight and size. Please be safe, do your part and let's all look out for each other.

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PUBLIC NOTICE

Pesticide Control Program

Manitoba Conservation and Climate is introducing the 2021 Pesticide Control Program.

The program is needed to:

- control invasive plants and noxious weeds in Wildlife Management Areas (WMAs) and provincial parks
- control vegetation encroachment on WMA and park infrastructure
- rejuvenate native prairie in Beaudry Provincial Park

Scheduled application dates are from June 15, 2021 to October 31, 2021.

Pesticides to be used include:

Banvel VM	Mecroprop-P
Buctril M	Navius Herbicide
Credit 24	PAR 111 Commercial liquide Turf
Crush R plus	Round Up Transorb
Dyvel DSP Liquide	XRM-5171

If you have comments or concerns, send them in writing to:

Manitoba Conservation and Climate
Environmental Approvals
1007 Century street
Winnipeg, MB R3H 0W4

Comments must be received by May 28, 2021.



Winnipeg Sports Car Club feeling blindsided by Gimli RM/CDC

By Patricia Barrett

The Winnipeg Sports Car Club (WSCC) is the major stakeholder in the Gimli Motorsports Park yet hasn't been able to get an audience with municipal council regarding the future of the park, including its possible sale.

Council hired Landmark Planning & Design in March to put together a request for proposals (RFP) for the park, and could possibly sell the municipally owned asset, which borders the Gimli Airport (see the April 1 edition of the *Express* online).

The WSCC says it has had 50 years at the motorsports park and has poured hundreds of thousands of dollars into its upkeep, including two resurfacing projects in 2018 and 2019. But the RM and its Community Development Corporation (CDC) won't respond to its repeated requests for engagement.

The 235-acre multi-use park is managed by the Gimli CDC on whose board two council members sit.

"It's hard to understand why they won't engage with us. We're a major stakeholder of this asset," said the WSCC's publicity and road race director Mathieu Leveille. "Since last summer we have sent countless communications to the CDC and the RM trying to get an audience with them — this was before the RFP was even news."

Leveille said the non-profit WSCC built the motorsports park in the early 1970s and has held long-term leases with the RM. It has had to financially "nurture" the park. It spent nearly \$200,000 over the past couple of years upgrading the park as the RM has put "no money into the venue" for the last decade.

"We want to spend more money on the motorsports park, but we want assurances in place that we'd not be doing that in vain," said Leveille.

"This is our home. Without the Gimli Motorsports Park, the WSCC would cease to exist in any capacity it does now. It generates 90 per cent of our revenue, and 100 per cent of that revenue goes back into the asset."

The club has about 300 members. In addition to Manitoba, racers come from Ontario, Alberta, B.C. and a large contingency from Saskatchewan. The park has drag and road racing strips, karting and motocross tracks, an ATV mud bog pit and a special events area. The Manitoba Roadracing Association, Interlake Dragway and Manitoba Motocross are regular users of the park.

The WSCC offers a "Track Day" to the public (cost \$125), whereby they can learn how to harness the potential of their own vehicles in a safe and

controlled environment.

In 1975 Canadian racing legend Gilles Villeneuve tore up the strip at the park, marking a "stepping-stone" to his future career in Formula 1 racing. And in 1983, no one can forget that powerless Air Canada jetliner, the Gimli Glider, touching down on the strip in the midst of a WSCC race.

Leveille said the WSCC is concerned that the Gimli CDC allowed a potential developer to present to the board last fall before a majority of council passed a resolution in March to scope out redevelopment ideas, yet will not do the same for them.

Should a for-profit enterprise take over the park, user groups could potentially be squeezed out with high fees or the park could see a multitude of "car condos" on site, he said.

"We offer grassroots racing. Nothing would change if we were to enter into some agreement with the RM; we wouldn't take away the other groups' access by making it unaffordable to race here," said Leveille.

Since at least 2015 the club has made a point of buying as much as possible from local businesses such as KC Enterprises (lumber store), Sobey's, Co-op and restaurants, and tells its members to buy their supplies and gas locally to help support the Gimli economy, he said.

The WSCC would like to see a scenario whereby the RM maintains control of the motorsports park but the WSCC and/or other users fund upgrades and maintenance, he said. The WSCC has plans to make a major investment in improvements over the next five years.

"We believe the best-case scenario is for the RM to retain ownership its asset and, ideally, the user groups or primarily the WSCC, which is the major stakeholder, take over the management of the facility and ensure it stays accessible to the community," said Leveille.

According to the Gimli CDC's minutes, which are publicly available online, Myles Kraut presented to the board on Oct. 1, 2020. He is president of Karma Development and he also races, according to online profiles.

Leveille confirmed that Kraut is a member of the WSCC but has no authorization to speak for the club or act on its behalf.

In response to a question as to why the RM/CDC won't hear what the WSCC has to say, Gimli Mayor Lynn Greenberg (who sits on the CDC board) said he's in favour of meeting with the club, but the board doesn't agree.

And one thing he wants to correct is



EXPRESS PHOTOS SUBMITTED

Canadian racers Gilles Villeneuve (foreground) and Bill Brack at the WSCC's starting line in Gimli in 1975.



PHOTOS COURTESY OF MATHIEU LEVEILLE, WSCC

The Winnipeg Sports Car Club was on the strip when the famous Gimli Glider interrupted a race in 1983.

the idea that the RM wants to sell the park, contrary to what other council members have said.

"We're putting out a proposal, but it's not to sell the park," said Greenberg by phone. "I think people have been getting that wrong. We're putting out a proposal to lease the motorsports park."

That said, a lessee who's had an agreement for four or five years might find that "there could be an option ... to buy it," he said. But that would come before a future council.

Every year somebody contacts the RM and wants to lease the park, saying "they can do better," said Greenberg. That's why the RM hired Landmark Planning to put out a request for proposals.

"We want to see if we can get the best operation for the municipality," said the mayor. "It's better if it's in private hands. The municipality has no business being in business."

The economic benefit to the RM, should the park become privatized, would be having a private owner paying all the expenses, he said.

He said he's not aware of what the

WSCC has spent to upgrade the park.

There is more than one person interested in the park, and everyone will get a "fair shot" at bidding on the RFP when it's released, said the mayor. It will be advertised across western Canada.

He said "he understands" the WSCC has been with the park for a long time, but it, like anyone else, has the option of putting in a proposal.

As to the Gimli CDC's meeting with Kraut last fall, there was no favoritism shown to the developer, said Greenberg. He in fact said he told the board that "we've heard him [Kraut] out and we should hear everybody else out. He [Kraut] had spoken to a previous council, which I wasn't on, and they didn't entertain what he had to say. So we thought it best we hear what he had to say."

The RM of Gimli's CAO Kelly Cosgrove said the RM is still working with the planning company to finalize the RFP.

"The RM is still engaged in the information-sharing process with Landmark Planning," she said by phone.



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Indigenous mural finds home in Selkirk

Mashkawigaabawid Abinoojiiyag to be debuted this summer

By Nicole Buffie

In Selkirk, 260 Superior Ave. will soon have a new mural adorning its walls, dedicated to the lives of children who went through the residential school system and the legacy it left.

Mashkawigaabawid Abinoojiiyag - Stand Strong Children, the product of one year and nearly 10 artists, will be up soon after struggling to find a home. The massive four-panel, 20 feet high by 160 feet long piece of art tells the stories of life pre-colonization and post-residential school.

The culmination of ideas that turned into a real-life piece of work came from local artists Jordan Stranger, Jeannie Red Eagle and Charlie Johnston. Red Eagle, also a member of the Interlake Art Board, said not only is the project important for educating local residents about the heinous acts against Indigenous people over time but it serves as a piece in her own healing journey.

"I was part of the Sixties Scoop. The way I like to present it is I was part of the federal and provincial policy of forced removals of Indigenous children from their families, communities, which resulted in loss of culture, heritage and language," she said.

"But along the way, and along that healing part of my journey, being educated about the impacts of the residential schools was important for me to understand for myself, and so

it's important that I turn around and I help educate the community."

Between Red Eagle, Stranger and Johnston, the three engaged in consultation with Indigenous elders and got to work on designing the project. From there, they enlisted the help of young and emerging artists to help with the painting of it, including Sierra Anderson.

Anderson said she hopes the mural will help with the healing of others like it has with her. Anderson's great-grandmother was a victim of the residential school system and took her own life as a result of the painful, lasting memories.

"It's something that's reverberated through my family for quite some time now. It's very gratifying to get to work on something that goes towards the healing for everybody involved," she said. "The more we learn about it, the more we learn about ourselves and where we come from, the better off we'll be."

Joan English, president of the Interlake Art Board, said the mural fits in with the board's goal of providing commemorative, community-minded and pieces of positive awareness for Selkirk.

"We want to support and strengthen our community through the arts. And, we do it through our education," she said.

The mural will become one of many included in Red River North Tour-



EXPRESS PHOTOS BY NICOLE BUFFIE

Nearly 10 artists came together to paint the 160-foot mural that will be displayed on Superior Avenue in Selkirk. Below: Jeannie Red Eagle, a designer and contributors to the piece, said the mural will be a healing and learning opportunity for residents in the community.



ism's mural tour, an interactive event displaying the many murals painted or installed on the sides of buildings throughout the city.

The Mashkawigaabawid Abinoojiiyag - Stand Strong Children mural full of colour, history and stories will be on display in the coming months.



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Interlake Eastern to become regional hub for mental health education

CMHA introduces new online resource addresses mental health in the Interlake

By Tyler Searle

This year marks Canada's 70th annual Mental Health Week, and the Canadian Mental Health Association (CMHA) is celebrating the milestone by introducing a new online resource to the Interlake.

The CMHA is a non-profit organization that aims to improve the national dialogue on mental health. Tristan Dreilich is a mental health resource developer with the CMHA's Interlake Eastern branch. He and his colleagues have developed an online learning hub to help promote mental wellness, he said.

The CMHA Interlake Eastern Online Learning Hub will provide information relating to mental health and various educational classes specific to the Interlake region, Dreilich said.

The learning hub launch coincided with the start of Mental Health Week on May 3, and the new online tool is the first of its kind for the Interlake.

The first course offered on the hub is an educational seminar featuring a conversation between Dreilich and Wyatt Lincez.



Tristan Dreilich is a mental health resource developer with the CHMA. He helped create the new Interlake Eastern Online Learning Hub, which will provide online mental health courses.

Lincez is a land-based therapist with Southeast Child and Family Services. His work involves teaching Indigenous youth skills like fishing and fire keeping.

The seminar looks at how traditional Indigenous knowledge contributes to mental health.

Lincez believes that combining clinical therapy with getting out on the



EXPRESS PHOTO COURTESY OF OAKD MEDIA

Wyatt Lincez, left, sat down with Tristan Dreilich to discuss how Indigenous knowledge can contribute to mental health. Lincez is a land-based therapist who teaches youth how practising traditional Indigenous skills like fire-keeping can improve their mental wellness.

land is crucial for maintaining mental wellness, he said.

Most of the course offerings will be from agencies that serve the Interlake, but visitors can also tap into the extensive list of classes in the CMHA network, Dreilich said.

"We're seeing increases in people who are maybe struggling with their mental health or need tools and resources that they haven't always been able to access," Dreilich said.

COVID-19 is placing increased strain on the public's mental health. A recent survey from the CMHA found 40 per cent of Canadians report their mental health has declined during the pandemic.

"We've created a resource for the community where people can access all of these resources in an organized way. We want it to not only accessible but meaningful for people too."

Dreilich credits the Selkirk District and Community Foundation, Selkirk Community Renewal Corporation,

and Interlake-Eastern Suicide Prevention Committee for their help in creating the learning hub.

The organizations have been collaborating for nearly a year to get the project running, he said.

Dreilich looks forward to seeing the community engage with the new online resource, and he hopes it will encourage more people to speak about their mental health.

"If we're able to name our emotions and reflect on those, we have better outcomes for our mental health," he said.

Mental Health Week ends on May 9, but the CMHA encourages people never to stop talking about their mental health.

The learning hub can be accessed at <https://interlakeeastern.cmha.ca/learning-hub/>

Additional mental health resources can be found online at <https://cmha.ca>

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MLA for Interlake-Gimli
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Gimli 204-641-8525 | Arborg 204-376-3401





2020 Celebrating 10 years.



REPORT TO THE COMMUNITY

Yearly Review

2020 was a big year for Noventis Credit Union – we turned **10 years old** and went through a lot of evolutions along the way.

And, although the past year was filled with unique challenges, we realized just how prepared we were to help keep our membership safe in trying times. **Our iTM, app and mobile banking** proved to be invaluable in the face of provincial restrictions, and our **staff worked hard to make our branches safe** for all who entered them.

2020 was also challenging for our community groups and their annual events due to the provincial restrictions which caused multiple cancelations and postponements of events. For those community groups that were able to proceed safely, we were proud to support them with **\$65,855** in **sponsorship funds**. Noventis also supported community projects in the amount of **\$81,709** via our **Community Connections Program** over the course of the past year.

This past year, we also returned cash to our members in the form of **service fees rebates** and **surplus shares payouts**, in the amounts of **\$240,000** and **\$466,386**, respectively.

We look forward to serving our community in 2021 and getting back to a more 'normal' way of life once again.

Here at Noventis, we always strive to be North of *Ordinary.*

Overview of Giving

Service fee rebates: **\$240,000**



Surplus shares redeemed: **\$466,386**



Sponsorship: **\$65,855**



Community Connections **\$81,709**

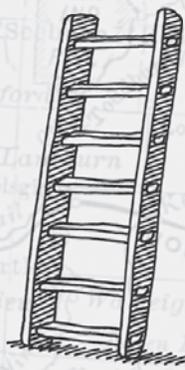


Noventis gives back.

2020 was a year to build strong community and our local volunteers did just that!

For our part, we were proud to be able to extend a helping hand to those community groups and volunteers. We pledged \$5,000 to local Christmas hamper groups, helping make the holidays a little merrier for everyone.

10 years of EVOLUTION



2010

Noventis Begins!

Gimli, Riverton, Arborg and Eriksdale Credit Unions merge to form Noventis. Our mission: "We are financial solutioneers, focused on the needs of our members and our community."

\$426,546,000 in assets reached.

2011

Noventis Gives Back

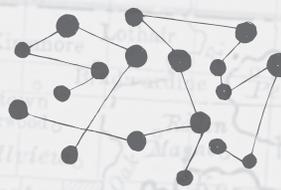
The Noventis Community Connections program is established; its goal is to give back to our communities by supporting projects which strengthen them.



2017

Online Voting

Noventis holds its first online election for board directors, enabling members to vote from the comfort of their home and on their schedule.



2016

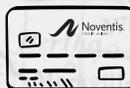
Deposit Anywhere!

Deposit Anywhere is launched to our membership, allowing our members to deposit cheques with a snap via their smart phone.

2018

Collabria

Noventis teams up with Collabria Financial to create and launch a brand new suite of personal and business Visa and Mastercard credit cards to our membership.



2012

Breakfast Programs

Noventis launches its sponsorship of breakfast programs; helping local schools in our communities to fuel our kids each day, and a step towards building strong community through our youth.



2013

Interlake Real Estate

Noventis Credit Union purchases Interlake Real Estate and Insurance, ensuring stability while investing in our communities.



2014

A year of tech innovation!

Noventis launches its first mobile app, and introduced eTransfer to our members - all the while prepping for the installation of its first interactive Teller Machine.



2020

Pandemic Proofing

Three new iTMs are installed at the Riverton, Moosehorn and Fisher Branch locations respectively - bringing us to a total of nine - and making it easier and safer for all of our members to continue to do their banking during the pandemic; Noventis also runs its first-ever virtual AGM in the spring. **\$1,064,204,000 in assets reached.**



2015

A year of growth

Our Contact Centre launches in early 2015, followed by the opening of the new Selkirk branch in March - along with the first Noventis (and Manitoba) iTM. Finally, we merge with Starbuck Credit Union in September, bringing our assets up to more than \$777,000,000 and adding 4344 more members to our fold! **\$777.238,000 in assets reached.**



2019

Lundar Solutions Centre

The Lundar Solutions Centre holds its grand opening; a new branch concept based around the self-service options of the ATM and iTM, adding a new community to our fold.



2021

What's next...

Noventis and our communities have a bright future ahead of us. We've made it through challenges and celebrated successes and are committed to doing more of the same in the years to come. We offer a different kind of banking experience, and always strive for service which is North of Ordinary.



What is a *credit union*?

Credit unions are financial institutions, just like banks. The big difference is that we are **nonprofit** organizations which our **members own**. That means our primary goal is to provide **better products and services** to our members.

Profits that we earn are invested back into the credit union for such things as **technology and innovation**; or donated right back into our **communities**.

Here at Noventis, it is our vision to build **strong community**. We value the **seven cooperative principles** and try our best to **invest in our communities** wherever and whenever we can. And, when you choose **Noventis Credit Union**, you are **choosing your community too**. We strive to be... *North of Ordinary.*

Noventis follows the seven co-operative principles, which are:

- 1 **Voluntary & open membership**
- 2 **Democratic member control**
- 3 **Members' economic participation**
- 4 **Autonomy & independence**
- 5 **Education, training & information**
- 6 **Cooperation among cooperatives, and**
- 7 **Concern for community**



Community connections.

And, this past year we were proud to support a variety of community projects, including; lighting upgrades to the **St. Eustache Arena**, upgrades to **Riverton Centennial Park**, and accessibility entrance upgrades to the **Eriksdale Library**.



Arborg 204.376.2798	Ashern 204.768.2733	Eriksdale 204.739.2137	Fisher Branch 204.372.8411	Gimli 204.642.6450	Headingley 204.953.2335	iTM's & Contact Centre 1.844.826.6500 Mon - Sat
Lundar 204.782.6550	Moosehorn 204.768.2437	Riverton 204.378.5121	Selkirk 204.785.9900	Starbuck 204.735.2394	Winnipeg Beach 204.389.2550	

Winnipeg Beach electricity system project underway

Staff

Manitoba Hydro starts this month on a six-month project to upgrade the electricity system in Winnipeg Beach and Sandy Hook. Work is expected to end in the fall of 2021.

The improvement project will increase voltage from eight kilovolts to 25 kilovolts and upgrade older electrical equipment, including replacing older wood poles installed in the 1950s, in an area from Kernstead Road north to Husavik Road. A similar project took place in the Gimli area four years ago.

By increasing the voltage of power lines and substations, Manitoba Hydro can distribute more power to a greater number of customers and meet future growth. The Lake Winnipeg community has seen a steady three per cent growth in recent years — similar to the Steinbach area, one of the fastest-growing communities in Canada.

The voltage conversion project also allows Manitoba Hydro to replace older equipment that is at or nearing end of serviceable life.

The project includes trimming hazard trees too close to power lines to allow crews to access work sites safely.



Older wooden hydro poles will be replaced in the Manitoba Hydro electricity system upgrade project in the Winnipeg Beach and Sandy Hook areas.

Tree contact is also one of the leading causes of outages. Trimming will improve reliability and reduce the risk to the public of a downed line.

During the project, short power outages will be required to allow work to continue safely. Motorists may also see temporary traffic delays and detours.

For more information about the project and a map of the affected area, please see www.hydro.mb.ca/wpg-beach



EXPRESS PHOTOS SUBMITTED

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Pilot Mound • Roseau River First Nation • The Pas

Each piece will tell the story of the community, and will inspire art, storytelling, and pride of place. Stay tuned for the mural reveals over the summer! Visit MANITOBA150.COM for more information.

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Home & yard

Garden success is knowing what grows in our habitat

By Katelyn Boulanger

With the frost almost a thing of the past, Prairie Naturals Gardening Group is encouraging anyone who wants to get a green thumb in 2021 to give it a try. This year, they will be continuing to host their monthly gardening meetings digitally, which gives members info about growing native plants.

"Prairie Natural Garden Group is focused on using native plants, for gardening for beauty. Most people want their garden to be beautiful [and to have that] esthetic, that kind of texture and that inner garden that brings in all the design aspects and [we] also [want elements of] nature conservation. It's not new information that we're situated in grass prairie. I think what a lot of people don't realize is that tallgrass prairie is more endangered than a rain forest. So one of the reasons why we garden with natives is to create a restored habitat," said Michelle Taylor, the founder of Prairie

Natural Garden Group.

The group was established in 2019 and now has more than 105 members living from southern Ontario all the way to Alberta and everywhere in between.

Prairie Naturals is focusing on encouraging the growth of native plants in our gardens for two reasons. The first is that the plants have evolved over thousands of years to our environments and the animals in Manitoba have evolved beside them. So by planting these plants, you give native animals what they need as well. The second reason is because they are adapted to our conditions, they require less input in terms of fertilizers or watering than plants from elsewhere that are adapted for growing here and use fewer resources to upkeep.

In the next few months, they will be hosting virtual classes about plants that grow in the Brokenhead Wetland, with a focus on wild orchids. There will



EXPRESS FILE PHOTO SUBMITTED

Prairie Naturals Gardening Group members planting the native plant garden outside the West St. Paul municipal building last year.

be a visual tour of the 49-acre Ozhaawashkwaa Animikii-Bineshi Aki Onji Kinimaagae'Inun or Aki Centre, part of the Seven Oaks School Division, and a tour of the Brokenhead Wetland north of Winnipeg.

One way that they are getting out of the classroom is through the 1,400-square-foot demonstration garden that is in front of the West St. Paul municipal office. In this space, their members will be able to learn how a garden goes from being planted in the first year to establishing itself in subsequent years.

For beginners who want to start incorporating native plants into their gardens, Taylor suggests starting slowly.

"Get to know your style, and light conditions match your plan to that. That seems like a pretty simple thing but when you're planting non-native perennials or even annuals, they're easy to replace and they're sometimes able to be moved around. So [my advice is to start small and] plant once

and that's based on [my own] experience having put the plants in areas that they just did not thrive," said Taylor.

She also wanted to highlight Prairie Flora and Prairie Originals as two businesses in our region that provide plants and information for residents looking to start this type of sustainable gardening.

Taylor, of course, also encourages anyone interested to join Prairie Naturals Gardening Group to be part of a community of people that really love native plant gardening.

"We're a growing group, we bring in great speakers and we have we've got a good exchange at our meetings. Whether you've never planted native plants, or whether you're super experienced it's a welcoming community," said Taylor.

Learn more about Prairie Naturals Gardening Group and sign up to become a member at <https://sites.google.com/view/prairienaturalsgardening/about>.

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South Basin Woodworks offers furniture, signs and custom work

By Patricia Barrett

A carpenter from the west that came to Riverton to complete a construction job ended up staying after meeting the love of his life and has set up shop.

Tom Sprenger started up his own carpentry shop called South Basin Woodworks. He makes household and patio furniture, signs, decorative wall art and does custom work.

The 37-year-old carpenter, who originally hails from Calgary, Alta., said he has been working in the construction industry since he was 17, and a job he landed with an Alberta company brought him to Riverton where his life took a turn.

"In 2014 I was working for a company in Fort McMurray when I was given the opportunity to assist on a job in Riverton," said Sprenger. "During the building process, I met the love of my life and decided to start a new chapter here in the Interlake. I absolutely love the community I have become a part of."

Before his new business took off, Sprenger said he had been doing woodworking in his spare time. But the COVID-19 pandemic allowed him to focus more on his "hobby." That



South Basin Woodworks offers signs, furniture and custom jobs.

eventually turned into an entrepreneurial opportunity.

"It wasn't until the pandemic hit where work had slowed down to a point where I was able to focus more on my hobby," he said. "Thus, my hobby has now turned into a growing business and I can't thank my clientele enough for their support during the times we find ourselves in currently."

He said he saved up for years to buy a CNC (computer numerical control) machine that allows him to create fin-



EXPRESS PHOTOS SUBMITTED

Tom Sprenger met the love of his life in Riverton and set up a carpentry shop.



One of the custom woodworking jobs Sprenger has undertaken.

ished products — which he designs using computer software — with pinpoint accuracy.

"This machine is almost like having an employee in the shop, as some projects take minutes, others take hours," he said. "And while this machine is in action, it frees up my time to finish or continue completing other projects."

Judging by the items Sprenger features on his South Basin Woodworks Instagram page, he has a lot of flair for design, especially noticeable in his

striking ornamental wall art.

"My top sellers are signage, patio and home furniture and wall art. Prices do vary based on complexity and cost of lumber, which is sky high right now," he said. "But anyone can feel free to inquire on prices if they have an idea of what they would like."

Visit @southbasinwoodworks on Instagram to see some of the work Sprenger has created. For more information about products and prices, email him at: Southbasinwoodworks@gmail.com


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Celiac Association hosts gluten-free food drive

By Jennifer McFee

The Manitoba chapter of the Canadian Celiac Association is celebrating a milestone 40 years with a challenge to provide gluten-free foods for Harvest Manitoba.

Celiac disease is an autoimmune disorder that causes damage to the absorptive surface of the small intestine when gluten is ingested.

"Gluten is found in proteins present in wheat, rye and barley and their crossbred grains," explained Joy Plohman, vice-president and Gluten-Free 101 co-ordinator for the Manitoba chapter.

"The damage to the intestine can lead to a wide variety of symptoms and impair the body's ability to absorb nutrients such as protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health. The wide variety of symptoms also make celiac disease difficult to diagnose."

Worldwide, about one in 100 people is estimated to have celiac disease, she added.

"They struggle with diagnosis, diet and healing, social interaction, and related disorders. Celiac disease is also more common among first- and second-degree relatives (1 in 22 and 1 in 39 respectively)," said Plohman, who lives in Stony Mountain.

"There is no cure for celiac disease and the only treatment is strict adherence to a gluten-free diet. This is often more difficult than one could ever imagine."

Plohman speaks from experience, since she was diagnosed with celiac disease in 1997 when she was in her early 40s after suffering with various health issues for many years.

"I joined the Manitoba Chapter of the Canadian Celiac Association as recommended by my doctor and began to learn the ins and outs of the gluten-free diet. I soon became involved with the board as treasurer and a couple years later became president of the Manitoba Chapter. I have attended many national celiac conferences over the years, and co-chaired the 2001 national conference held in Winnipeg," she said.

"Due to my involvement with the Celiac Association, I know many people with celiac disease. Research actually shows that belonging to a support group contributes greatly to being able to adhere to the strict gluten-free diet. This is certainly my experience."

In an effort to help others who need to follow gluten-free diets, the organization decided to partner with Harvest Manitoba, which serves 80,000 clients each month.

"They are overwhelmed and have lost the ability to offer gluten-free food products for the 120 persons in Manitoba with celiac disease who rely every month on food banks," Plohman said.

"For people with celiac disease, gluten-free food, which is very expensive, is not just nice to have. Gluten-free food is required for their short- and long-term health and ultimately the ability to regain employment and be able to support themselves and their families."

For children, the effect of continuing gluten exposure impacts their development and ability to learn and thrive, she noted.

"Unfortunately, if gluten-free food is not available in their food bank hamper, people who need gluten-free are forced to eat gluten-containing foods, thus beginning a downward spiral," she said.

Symptoms of celiac disease

When a person with celiac disease is exposed to gluten, they may have trouble with their digestive system, malabsorption-related issues and other symptoms. The symptoms of celiac vary and some people with celiac disease may have no symptoms at all.

Brain

- headaches or migraines
- difficulty concentrating
- depression
- anxiety
- mood swings and irritability

Skin

- skin rash (dermatitis herpetiformis)
- brittle nails

Mouth

- mouth sores
- tooth enamel defects

Digestive system symptoms

- increased gas
- nausea
- vomiting
- constipation
- bloating of the abdomen (burrity)
- diarrhea
- abdominal discomfort
- decrease in appetite
- indigestion

Malabsorption-related symptoms

- poor growth (being shorter than expected)
- weight loss or poor weight gain
- delayed puberty
- anemia (low blood haemoglobin from iron malabsorption)
- vitamin or mineral deficiencies (for example, calcium, B12, vitamin A, D, E and K)
- osteoporosis
- infertility (difficulty conceiving children, in both men and women)
- miscarriage
- menstrual irregularities

Reproductive

- infertility (difficulty conceiving children, in both men and women)
- miscarriage
- menstrual irregularities

Body

- osteoporosis (weak or brittle bones) or osteopenia (more serious bone density problem)
- joint pain
- fatigue
- liver and biliary tract disorders

Talk to your child's doctor if you are concerned they may have celiac disease. For more information visit www.aboutkidshealth.ca/GI.

aboutkidshealth.ca
SickKids

Celiac disease is an autoimmune disorder that causes damage to the absorptive surface of the small intestine when gluten is ingested.

For those who would like to help support the initiative to provide gluten-free foods through Harvest Manitoba, there are a few ways to get involved.

"The cost of one very basic gluten-free supplement kit is \$30 to 35 per month for one individual," Plohman said.

"Kits for people in rural areas cost an additional \$5 to \$10 for shelf-stable bread."

One way to help is by purchasing non-perishable gluten-free food and clearly marking it as "Gluten Free." If you buy a few items, you can put them in a bag labelled "Save Me for Gluten Free" and drop off at food bank bins in your grocery store or at Harvest Manitoba at 1095 Winnipeg Ave. in Winnipeg.

You can also donate money to the gluten-free food drive online through the Manitoba Chapter of the Canadian Celiac Association official website at www.manitobaceliac.com or send a cheque to Manitoba Chapter of the Canadian Celiac Association, 204-825 Sherbrook St., Winnipeg, MB, R3A 1M5.

All donations over \$20 will receive a tax receipt

It's an ideal time to help since May 16 is Celiac Awareness Day and May is Celiac Awareness Month.

"Celiac awareness events are a way to help educate, bring awareness and show support. Celiac Awareness Day and Month helps to create positivity and empowerment for those living with celiac

disease," Plohman said.

"The Manitoba chapter was involved in the establishment of the national organization in 1981 and has been a driving force in Manitoba for increased recognition and support for the difficulties faced by those with this challenging and, as yet, incurable disease."

On May 16, the "Winnipeg" sign at The Forks will be green for celiac awareness, and the golden boy will be lit green the same evening. A drive-by socially distanced gluten-free food drive will take place at The Forks from 7 to 9 p.m. for anyone who would like to donate to the cause.

In addition, the chapter has compiled a 40th anniversary recipe book in PDF format, which will be distributed online to anyone who makes a donation to the food drive.

"Our 40th anniversary is a significant milestone when chapters across the country have been folding due to lack of volunteers," Plohman said. "We are a totally volunteer-run charitable organization."

The Manitoba chapter has two professional health advisors: Dr. Donald Duerksen, a world-renowned expert in celiac disease, and Dayna Weiten, registered dietician.

"Both of these awesome people regularly attend chapter meetings and give presentations to keep members up to date on latest developments in celiac disease research and knowledge," Plohman said.

"The Manitoba chapter holds four general meetings and one AGM per year, which are open to all our supporters as well as the general public. Our meetings feature a guest speaker who may be a medical professional or any person working in an area which involves those affected by gluten such as a teacher, nutritionist or retailer of gluten-free products."

While many support groups have not been able to continue support to members since the pandemic, the Manitoba chapter started virtual meetings last fall and has helped many people stay connected.

"The Manitoba chapter regularly hosts a Gluten Free 101 session, free of charge, to introduce newly diagnosed individuals, as well as family or friends who are interested, to the gluten-free lifestyle," Plohman said.

"This learning process can be overwhelming and individuals can experience a grieving process as they adjust to the new diet as well as the social implications to their lives."

The next session will be hosted virtually on May 18 from 6:30 to 8 p.m. Anyone who is interested can register by emailing office@manitobaceliac.com or calling 204-772-6979.

The organization also publishes the Manitoba Celi-Yak newsletter for times a year.

"Through the newsletter, we keep our supporters updated on upcoming events, the latest celiac and gluten-free research, as well as supply recipes, restaurant reviews, current and new product info, and gluten-free travel information," Plohman said.

For more information, visit the website for the Manitoba chapter at www.manitobaceliac.com.

"THEY ARE OVERWHELMED AND HAVE LOST THE ABILITY TO OFFER GLUTEN-FREE FOOD PRODUCTS."

Looking on the bright side of life: Inwood resident celebrates 90 years

By Patricia Barrett

Inwood resident and book author Freida Jorheim said her approach to life has always been to look on the bright side of things, even in times of tribulation.

Although the COVID-19 pandemic may have prevented her from get-togethers with family and friends over the past year or so and scotched community gatherings, Freida said it has been an opportunity to take stock of the good things in life.

Freida, who was born in her parents' farmhouse near Inwood on May 11, 1931, and is the fifth of seven children, will be turning 90 next week. She said she's looking forward to whatever life will bring and has tentative plans to write another book.

"I feel that I'm entering a new chapter," said Freida by phone last week, "and I plan to continue on with my hobbies."

One of her favourite hobbies is writing. When she was 70, she bought a computer and a scanner, and with help from her son and by "taking things one step at a time" she learned how to use them and wrote a history of her mother's life titled *Captured Memories*. She went on to write three illustrated children's books, titled *Jack and the Bull*, *The Spider Who Went to Church*, and *Felicia and the Flying Fleece*.

The Felicia story, which follows the story of a girl who can ride on fleece and visit places around the world, entailed a lot of research, said Frieda. She had to round up and verify a lot of factual information about each place.

"I like Google. You can find anything," she said. "I also like emailing. I email my friends to keep in touch with them."

Dancing is another of her favourite hobbies. She said she "danced up until COVID stopped us" last year.

When she was a child, dancing was a common social activity that brought together Inwood neighbours and friends to practise their steps and enjoy tea and homemade bread or cake.

"In my early childhood I remember that the people around here used to have house parties at different neighbours' houses about once a month," said Frieda. "They'd move all the furniture out of a room. There always someone in the community who could play an instrument, and they'd play and we'd dance. I was young but me and my brother would try to learn the dance. I remember my father calling the square dances at that time."

The friendships people made back then lasted over the years, she said. Members of one family, who were the Jorheims' neighbours, still come to visit her.



Freida Jorheim's philosophy is to find the positive side of life and do what you love.

Freida grew up on a farm about five miles from Inwood. Her father died when she was young, but the family had help from her grandparents, who lived on the farm with them. Freida and her two sisters and four brothers carried out farm chores.

"My dad died when we were children and we all learned to do farm work. We milked cows by hand and my grandmother had a lot of chickens and geese and turkeys," she said. "It was a happy life but a bit stressful, too. All of us kids would also pick saskatoons because at that time it seemed they grew everywhere."

The Jorheim kids would have to walk two miles to Rondeau School, a one-room schoolhouse that doubled as a dance hall several times a year and now serves as a hub for community events. In the winter when it was 20 below, Freida said her grandfather would drive them to school by sleigh. In the summer when the mosquitoes were bad, he made them mesh headcoverings to wear.

During the Second World War, Freida and her classmates would donate change to the Red Cross. She said she also remembers each child having to knit an eight-by-eight-inch block for an afghan that the teacher and the older children sewed together. To teach the children about the war, the school took them by sleigh in the winter to Inwood to watch a documentary film showing events in Europe.

"I don't remember the exact story but it wasn't pleasant for us. We were disappointed in the movie," said Freida. "It was worrisome for children. It probably wasn't appropriate for children in Grade 4 or 5."

For entertainment when they were teenagers, Freida said they'd go to Winnipeg Beach on Canada Day and



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Freida Jorheim pictured in her youth.

ride the rollercoaster and the Ferris wheel, or take a trip to Oak Point where they could watch horseracing.

When she was 18, Freida became a teacher and discovered that she "loved teaching kids." She taught at Morweena School, Haland School (west of Inwood) and Rondeau School. She was a kindergarten sub at Inwood School before earning a diploma in advanced studies in early childcare development in 1980.

"I started working at the Teulon day-care with intellectually and physically challenged children. That was my calling. I did that for 32 years," said Freida. "It was very rewarding seeing those kids move ahead. That made me feel so happy. It might take them weeks to learn something that other children might learn in a day. Those kids taught me patience."

It was at a school dance that Freida met her future husband, Bert Jorheim. They got married in 1954 and had three children, Alvin, Marilyn and Heather.

Her daughter Marilyn Kolody said the secret to her mom's longevity probably comes down to strong social connections and her willingness to throw herself into the action.

"I always joke that my mother doesn't act her age. She never has. I would go outside and find her laying in the snow with the kids making snow angels — when she was in her seventies. I said, 'Mom, what are

you doing?'" said Marilyn by phone. "I think she just lives her life and doesn't think about how old she is, and her relationships keep her going and maintain her love of life."

What she admires most about her mom is her dedication to family and community. Freida was always on the go. If there was something that needed to be done, she was willing to do it.

"When I was a kid, she used to play the music for figure skating. It'd be freezing cold but she and another lady would sit in the booth and play the music all evening while we had our skating lessons," said Marilyn. "She would always be there watching over us whatever we were doing, and she was a 4-H leader for a while."

Freida is the driving force behind Inwood's annual community picnic, which is held at Rondeau School. Marilyn said it was mainly her mom plus a couple of aunts and uncles who'd organize the picnic for the community every year, with races and other fun events.

"We used to go to the school the night before the picnic and clean up the school and get it all ready," said Marilyn. "My mom and aunt made that a lot of fun. It didn't seem like a chore because there was lots of laughter."

The picnic was cancelled last year and with the way COVID numbers

Local writer publishes new book at 93 years young

By Jennifer McFee

A local nonagenarian recently published her fifth book, which would make a great addition to your stack of summer reading.

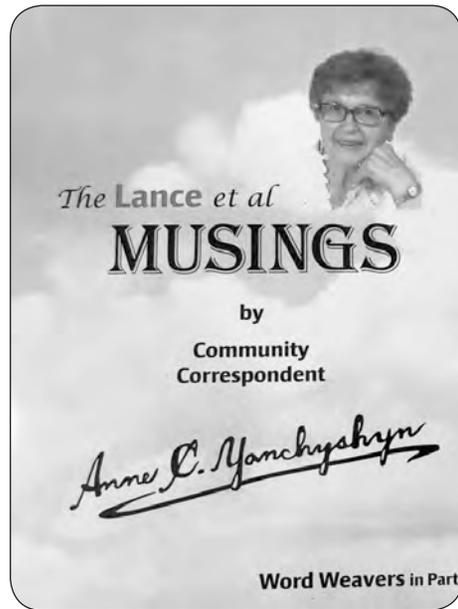
Anne Yanchyshyn, 93, is now selling copies of her latest book *The Lance et al MUSINGS & Word Weavers, Part 2* by appointment from her residence at Dakota House in Winnipeg. She'll also be selling her book at an outdoor farmer's market at Dakota Community Centre all day on May 8.

Yanchyshyn's ties to the Interlake run deep since she grew up in Meleb and was part of the "Train Gang" who rode the rails to attend high school in Teulon. After that, she attended Normal School and enjoyed a 28-year teaching career.

In 1983, just before she turned 56, she retired from teaching — and she delved into her passion for writing, signing up for multiple classes to hone her skills.

Several years later, her hometown was gearing up to celebrate the 90th anniversary of Meleb's settlement. Yanchyshyn was asked to compile a write-up showcasing the area's history for the 1990 festivities. Thanks to her in-depth research, it turned into a book called *MPC Flashbacks: A Commemorative Local History Celebrating the 90th Anniversary of the Arrival of Settlers in Meleb-Park-Cumming School District Area*.

In 1999, Yanchyshyn experienced what she calls her "Y2K year" since she underwent an operation for spi-



Anne Yanchyshyn, originally from Meleb, published her fifth book.

nal cord cancer and also needed open-heart surgery.

"I was sure I was going to die for one reason or another because my body was misbehaving. But when I got a little better I said, 'Hey I've got all those stories that I wrote in my writing classes. I must put them into a book,'" she said.

"While I was recuperating, I organized them into a book and that became a big autobiography called *Come Walk With Me: I'll Tell You a Story*. I was very proud of that book."

A few years later, she published a sequel called *Let's Keep Walking*.

Then in 2009, she put together a book



EXPRESS PHOTOS SUBMITTED

Her latest book is available for purchase in Meleb and Winnipeg.

featuring recipes and poetry that she penned in her classes.

Starting in 2013, Yanchyshyn began writing a monthly column as a St. Vital correspondent for a community newspaper called *The Lance*. She continues to write monthly columns today and doesn't think she's missed one in all these years.

Her latest book features more than 100 articles she wrote for *The Lance* between 2013 and 2020, along with outside inserts and plenty of colour pictures. She began working on the project in early 2020, soon before the pandemic changed the world.

The book also includes comments that *Lance* readers wrote to her, as well as a foreword by the newspaper's editor. Another heart-warming inclusion is a letter from one of her former students, who is now a school principal, reflecting on what it was like to be in her Grade 5 class.

The second part of the book features a series of stories by members of a writers' group that she helped to organize in the 1990s.

"We called ourselves Word Weavers and I have about 60 pages of their stories," she said.

"Most of the Word Weavers are gone now, but I was able to get in touch with their sons and daughters. I'm hoping that they will get word that the book is ready."

With gratitude, Yanchyshyn notes that a fellow teacher and friend named Lorri Romanetz was indispen-

sible in her efforts to the book.

"When my printer stopped working in the middle of my book project, Lorri came to the rescue and did all my printing for me," she said.

"As well, she used her car to help me with errands like sending photos for printing and delivering printed pages for my perusal."

Looking ahead to her 94th birthday in August, Yanchyshyn has no plans to stop writing — and she hopes readers will enjoy her latest publication.

"Why do I want to publish? Well, for myself, for my family, for my friends and maybe others will like it too," she said. "I would like to share what I've written."

Since Yanchyshyn can't host a book launch due to pandemic restrictions, she offers a few other ways for readers to purchase *The Lance et al MUSINGS & Word Weavers, Part 2*, which has more than 275 pages and costs \$20 per copy. To arrange to pick up a copy from Yanchyshyn, call her at 204-237-9056 or email her at acy@mymts.net.

To pick up a copy in Meleb, contact Valerie Nosaty at 204-643-5072. At a later date, the books will also be available at the Ukrainian Cultural Centre and possibly at McNally Robinson Booksellers in Grant Park.

In addition, all are welcome to drop by the farmers' market at Dakota Community Centre on May 8 to pick up a copy directly from Yanchyshyn.

> CELEBRATING 90 YEARS, FROM PG. 28

are going, it will likely be postponed this year.

Because of her dedication to maintaining Rondeau School, Freida was awarded the Lieutenant Governor's Award for Historical Preservation and Promotion in 2014. She was also recognized as a "role model" for helping local historians trace their family roots, according to the Manitoba Historical Society's website.

Although her mom can't have an in-person gathering with family and friends on her birthday next week, Marilyn said she's "not one to feel sorry for herself. She always keeps herself busy with something and she reaches out to people a lot, too."

In addition to creative and historical writing, Freida said she loves tending to her garden, knitting, crocheting and visiting with her three grandsons (public health restrictions permitting), Alex, Jacob and Matthew. All things considered, the

pandemic hasn't affected her too badly.

"I don't see many people and I've used the [lockdown] time to take an inventory of what I have," said Freida. "I would like to write another book for pre-school children."

She realizes the pandemic hasn't been easy for a lot of people, and the rapidity with which the new virus variants can spread is quite frightening, she said. She advises that people focus on the positive.

"My advice to everyone is to keep busy with everything you love to do and try to look on the happy side of life; don't dwell on negative things," said Freida. "My life has not always been easy. COVID has not been easy. It's very scary the way it has been going. But last summer I got a lot of enjoyment working in my garden and making it look as cheerful as I could."

Living history – turning a page from Riverton's history

By Ben Holyk

Growing up in Riverton was a happy time. We never had anything or anyone to fear and felt totally safe.

Being in such a safe environment, my parents would often leave me alone as they went to work. I was free to wander the town, stopping at the neighbours and playing with whom-ever was available.

I would visit my dad at Paul Lupyrypa's garage or my mom at Lupyrypa's store. At the store, I could not understand why the candy bars were not for my taking.

A trip to the CPR station was a must to see who and what was arriving. The newspapers would arrive and the mail would be taken to the post office for sorting. Joining us on the bench would be a widow of a former CPR employee. They would have jugs of water from the station's artisan well, and I remember her saying it was the best water she ever had. Like us, her coming to the station was something for her to do.

After we would travel down the tracks and check the passenger cars for anything of value, usually finding nothing. I would then head to Bjorgfords and play war games with the boys around the storage sheds along the tracks. This seemed to take the whole morning. Travelling the village took a long time as it was bigger then or perhaps I was just smaller.

Since there was little crime, the homes were left unlocked. Once I went to Gudmundson's home and the paper boy arrived for collection. With nobody home, I paid him from a jar of coins. It was then I received my first lecture about entering homes without permission.

I would go to school to see if I could get in, but being four at the time they said I was too young.

As a teenager, one was very busy in the winter months. We played hockey on the river or on the frozen pond in front of the railway station. We moved to the rink once the ice was ready. During school lunch hour, we played football on the snow-covered grounds (quarterbacked on one side was Ron Hurdal, and the other side by Ivan Johannson). We never did know who won the game.

Then there was curling. Winning the annual bonspiel was the goal we all aspired to reach. The number of players was huge as there were up to 100 rinks taking part. The large draw meant the skating rink was used as well as the curling rink. The first few nights, the curling would be played well into the early morning hours.

Social life meant cruising the magic mile. You would start on the west side across the small bridge, across to the east side, then the big bridge and back to the west side. The cruising could go on for hours, as gas was 25 cents per gallon (or six cents a litre). The cost of a weekend would be \$5 to \$10, which included the Saturday dance at Geysir or Vidir halls. The music was provided by Johnny and his Musical Mates.

The code at the dances, girls on one side of the hall and boys on the other. Of course, the dating couples were in another group.

This was a simpler and worry-free time. There were lots of physical activities because there was no TV and very few phones. Most homes did not get indoor plumbing until the 1950s.

I remember Riverton in the 1950s, '60s and '70s as a fun and a safe place.



EXPRESS PHOTOS SUBMITTED

The Riverton CPR station in 1958.



Aerial view of Riverton in 1970.



RCMP investigate break and enter



SUBMITTED PHOTO

Gimli RCMP are looking for two suspects who broke into a business in Winnipeg Beach.

Staff

RCMP responded to a break and enter in progress at a business on Main Street in Winnipeg Beach on April 26 at approximately 1:45 a.m.

Two suspects broke into the business, damaged the ATM, stole cash and fled in a dark-coloured, four-door car. They were last seen heading south on Highway 9.

RCMP obtained surveillance video of the suspects. The first suspect is wearing a black hoodie, black ball

cap, dark pants and white shoes.

The second suspect was wearing a red bandana over his face, dark grey ball cap, blue/purple hoodie with white writing/graphics and blue jeans.

If you recognize these suspects or have information on this incident, please call Gimli RCMP at 204-642-5104, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

King registers a point in his first WHL game

By Brian Bowman

Karson King played in his first Western Hockey League game with the Swift Current Broncos last Wednesday.

He also picked up his first WHL point despite only getting four shifts the entire game in a 6-5 overtime loss to the Prince Albert Raiders.

King assisted on Bode Hagan's second-period goal to tie the score at 2-2.

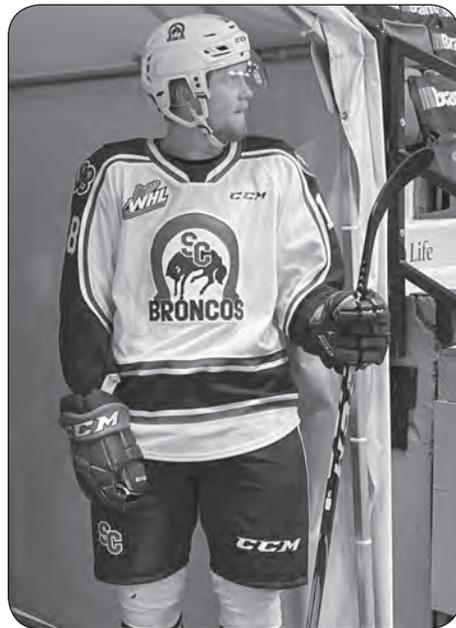
Getting a taste of WHL game action was pretty exciting for King.

"It was a huge day and it's nice to get the first one out of the way and get my feet under me in the league," said King on Monday afternoon. "I felt pretty good out there."

King thought he was going to be playing defence, a position he hasn't played for a couple of years. But when the lineup was posted, he was pencilled in as a forward.

Getting only four minutes of ice time was definitely different than the major minutes he gets with the Interlake Lightning.

"It's definitely a change going from when I was playing all of those big



Swift Current Broncos' forward Karson King had an assist in his first-ever Western Hockey League game last Wednesday against the Prince Albert Raiders.

EXPRESS PHOTOS SUBMITTED

minutes (with the Lightning) but I definitely made the best of it and I showed them what I could do out there," King said.

King went out west to Regina back

on March 27 and just got back home to Warren last Thursday. He admitted it was a different experience being in the bubble due to COVID.

"It was definitely a different experi-

ence," he said. "You keep yourself isolated from the outside and you only hang out with the team and nobody else. It was difficult, at times, to find ways to keep busy."

Manitoba Hockey Hall of Fame scores with impressive donation

By Brian Bowman

The Manitoba Hockey Hall of Fame recently presented Ma Mawi Wi Chi Itata Centre's Crystal Leach with a \$10,000 cheque.

The money is in support of the organization's Positive Athletic Cultural Experience, which supports mainly hockey but also a number of other sports programs for over 500 Winnipeg inner city youth. Everything is free to participants, including transportation.

"We're very excited and it's welcomed because of the changing times as we navigate around COVID," said Leach Monday afternoon. "This really helps with our programming to keep our children and youth busy."

With the potential of going into another summer with a pandemic, the centre is looking at ways to incorporate activity amongst the youth.

"With everyone at home, we're looking at ways to keep the youth moving," Leach said. "The kids are doing their



EXPRESS PHOTO SUBMITTED

Crystal Leach accepts a \$10,000 cheque from the Manitoba Hockey Hall of Fame on behalf of Ma Mawi Wi Chi Itata Centre. The money is in support of the organization's Positive Athletic Cultural Experience, which supports mainly hockey but also a number of other sports programs for over 500 Winnipeg inner city youth.

programming online, and a lot of the sports programming is not running right now, or if they are they are very limited. That's what I'm really excited

about, is getting the kids out."

Leach said the centre wants to get the young kids out to experience new things which, in many cases, is something that their families could not afford.

The hope is for them to stick with the program and eventually mentor others younger than them.

"We take them golfing and we do different activities which they might not be able to do if they weren't shown in school," Leach said. "We do hockey, volleyball, softball in the summer. We love what we do here — it's amazing."

Leach said the program is geared for Winnipeg kids but she said they will try to accommodate everyone who is interested.

"We will try our best to reach those kids that are from outside of the city because we do have staff that live outside the city," Leach noted. "We're really not about turning any kids away."

Canada snaps four-game losing streak at World Women's Curling Championship

Staff

Canada's Kerri Einarson snapped a four-game losing streak with an 8-4 victory over Korea's Kim EunJung in a Monday afternoon draw in Calgary.

Despite the much-needed win, Einarson faced an uphill battle to make the playoffs at the 2021 LGT World Women's Curling Championship, presented by BKT Tires.

Earlier Monday, Team Canada lost 6-2 to Germany's Daniela Jentsch.

With that loss, Einarson, vice-skip Val Sweeting, second Shannon Birchard, lead Briane Meilleur, alternate Krysten Karwacki, team coach Heather Nedohin and national coaches Elaine Dagg-Jackson and Renee Sonnenberg, fell to 1-5 and in danger of missing the six-team playoffs in the 14-team field.

Countries finishing in the top six also will clinch berths in the 2022 Winter Olympics in women's curling.

Einarson opened action last Friday with a tough 6-5 loss to Sweden, blowing a 5-3 lead after seven ends.

Canada rebounded to blast the Czech Republic 9-2 later that evening but then suffered consecutive losses to Switzerland (8-5), RCF (8-7) and the United States (7-6).

Meanwhile, the number of positive tests for the COVID-19 virus among broadcast staff rose from four to seven.

Games went off air and the morning draw was postponed Sunday because four television personnel were affected.

No games will be broadcast prior to the Wednesday afternoon draw, the WCF said. The television contingent isn't staying at the same hotel as the teams.

Action continued throughout this week, wrapping up Sunday with the bronze-medal and gold-medal games.



EXPRESS PHOTO THE CANADIAN PRESS/JEFF MCINTOSH
Canada's Kerri Einarson snapped a four-game losing streak with an 8-4 win over Korea on Monday at the World Women's Curling Championship in Calgary.

U18 Blue Jays host home doubleheader this Sunday

By Brian Bowman

After having a handful of practices, the Interlake Blue Jays are ready to start their U18 baseball season this Sunday.

Interlake will host Winnipeg South in a doubleheader with games scheduled to start at 1 p.m. and 4 p.m.

The Blue Jays hope to be competitive in a very talent-laden league.

"We're going to be a really young team but we're going to build off last year," said Blue Jays' head coach Eric Swanson. "Our returning guys look

good."

The Blue Jays lost six players from last year's team due to them aging out of U18 baseball. Interlake will have 11 returning players, which is a really good number, to go along with five first-year players.

Swanson feels having a year of U18 baseball under their belts will help the returning players this season.

"They'll know what to expect and stuff," he said. "Over the year, they'll be bigger and stronger. I think we'll see more success this year."

Pitching-wise, the Blue Jays are thin with just one returning starter from last year so the younger guys are going to have to step up and pitch some innings.

"We're not going to be having guys pitch complete games," Swanson said. "We'll have two, three, four guys to get us through seven innings."

Offensively, the Blue Jays have some older players that can hit the ball into the gaps and some other players that will bring speed on the bases.

"We're going to have to be creative

to score runs," Swanson admitted. "We're going to have to be a good base running team. We have some guys that are quick."

Swanson is looking forward to starting the season in early May as opposed to last year when the season didn't start until June due to COVID.

"We won't have a jam-packed year so we'll have more time for practices in between games," he said. "We won't have as many doubleheaders. It will be nice to play a full season and have time to practise."



Langlais added to Baseball Manitoba staff

EXPRESS PHOTO SUBMITTED

Garson's Brittney Langlais has been hired as Baseball Manitoba's sport development co-ordinator. She will be co-ordinating aspects of their Rally Cap program, Grand Slam program, 5-Tool Summer Camps and more this summer. Langlais began playing baseball at the age of eight and has played for multiple Baseball Manitoba teams during her athletic career, such as the St. Andrews A's, North Winnipeg Pirates, Interlake Blue Jays, and Manitoba's 21U/Senior Women's Team.

In 2019, she was named Baseball Manitoba's Female Player of the Year, received one of the 50th anniversary scholarships for a female provincial team player, won the bronze medal at the 21U Women's Invitational Tournament, and was the first Manitoban in almost 20 years to make the Senior Women's National Team.

She currently coaches for Manitoba's girls baseball program and attends the University of Manitoba in the faculty of kinesiology.

get inspired

> MEAL IDEAS



Tuscan Chicken Pierogy Skillet

Prep time: 10 minutes
 Total time: 45 minutes
 Servings: 4
 1 box Mrs. T's Pierogies 4 Cheese Medley
 3 tablespoons olive oil, divided
 2 boneless, skinless chicken breasts, pounded to even thickness
 kosher salt, to taste
 ground black pepper, to taste
 4 cloves garlic, minced
 1 bag (5 ounces) fresh baby spinach
 2 cups diced tomatoes
 1 teaspoon dried Italian seasoning
 1/4 cup chicken broth
 1/2 cup heavy cream
 3/4 cup freshly grated Parmesan cheese, plus additional, for garnish
 1 tablespoon cold water
 1/2 tablespoon cornstarch
 fresh basil, for garnish
 crushed red pepper flakes, for garnish
 Boil pierogies according to package directions. Drain then toss pierogies with

1 tablespoon olive oil to keep from sticking.

In 12-inch skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper, to taste, and cook 8-10 minutes per side, until golden brown and cooked through. Transfer to plate, cover and allow to rest 5-8 minutes. Slice thin.

While chicken rests, lower heat to medium-low and add remaining oil to same skillet. Add garlic, spinach and tomatoes; saute 1-2 minutes until garlic is fragrant. Season with Italian seasoning and salt and pepper, to taste.

Stir in chicken broth, heavy cream and 3/4 cup Parmesan. In small bowl, whisk cold water and cornstarch then stir into pan. Simmer 4-5 minutes until thickened and creamy.

Return chicken and pierogies to skillet and toss to combine. If desired, top with additional seasonings, to taste. Garnish with fresh basil, Parmesan and red pepper flakes, if desired.



Caramel Sticky Rolls

caramel sauce, divided
 1/2 cup walnuts, chopped
 powdered sugar
 Heat oven to 400 F.
 Spray muffin tin with nonstick cooking spray.
 Sprinkle flour on work surface. Flatten pastry sheet and roll into rectangle.
 Drizzle caramel sauce over pastry and spread within 1/2 inch of edges.
 Sprinkle chopped walnuts over caramel sauce.
 Starting on short end, evenly roll pastry with filling to other end.
 Cut pastry into nine pieces. Place pastries cut side up into muffin cups.
 Bake 22 minutes, or until golden brown. Immediately remove from pan to wire rack. Let cool 10 minutes. Drizzle with additional caramel sauce and dust with powdered sugar.

Servings: 9
 Nonstick cooking spray
 flour, for rolling pastry
 1 frozen puff pastry, thawed



Christine Ibbotson

Dear Money Lady,
 We've recently become grandparents (at last!). Concerned that our son does not have insurance of any kind and none on his mortgage. We are retired – do we need it too? Could you talk about insurance in one of your next columns. Thanks, Jeanie
 Yes, I can Jeanie – thank you for asking!

Most people know that they must have insurance to pay for the initial one-time costs such as a funeral, taxes and their debt, (mortgages and loans). Others will go a step further and plan for the ongoing expenses that will continue after their death to provide for their spouse and children.

If you are retired, I am not saying you should run out and get insurance. Insurance is something that most would have purchased when they were young, and the premiums were at their lowest. Many retirees use insurance for tax planning to pay for capital gains tax that their estate will owe upon their death, and this is something that should be discussed with your advisor to see if it is worth the cost. Others may get insurance to provide a personal legacy of remembrance when they die, leaving money to a special charity, a hospital, or even an educational or religious organization.

But to answer Jeanie's request for her son; insurance is definitely something you need during your working years when you have consumer debt and a young family. There are many types of insurance. The basics are for income protection, mortgage insurance and survivor benefits. Most people have life and disability insurance with their employer which is a very inexpensive way to acquire coverage. It is easy to setup an automatic withdrawal from your pay that can provide additional insurance often times for your spouse and children as well.

Mortgage insurance is also something you should have; however, it may not be something you want from your financial institution. You see, this is a major source of revenue for the banks who will always provide mortgage and loan insurance to their customers. The bank insurance is very easy to acquire for the average person but remember the bank



AsktheMoneyLady.ca

is the beneficiary not you. The insurance is to pay off your outstanding mortgage amount at the time of your death. So, if you took out a mortgage for \$400,000 and the premiums were based on this amount, but you died when the mortgage balance was \$150,000, the insurance will only pay off the \$150,000 outstanding balance.

It has always been the practice of good advisors to talk to their clients about insurance. It would be much better for clients to acquire Term insurance, usually at a much lower premium than the bank mortgage/loan insurance and for a fixed guaranteed amount. With Term insurance your coverage never decreases, your premium is fixed, and you can select who the beneficiary should be. So, if you get a \$400,000 Term policy to cover your debt, but you die when your debt is at \$150,000, like in the example above, your family receives the full \$400,000. They can then pay off the outstanding mortgage and use the balance for something else.

Term insurance is less expensive than permanent life insurance, so it is easy to afford additional coverage for a set period of time during your prime working years. Payments are always locked in and will not change during the term you have chosen. It is a good idea to choose a 20-year term to lock in a lower premium for a longer time frame. You can cancel it at any time, or you can convert your policy to permanent life insurance, usually without having to re-qualify.

Planning for the future should always include the planning for possible unexpected events. Avoid the temptation to put your plans on autopilot. It is important for you to have a well thought out strategy that provides for the loss of income and protection against the unexpected. This means you must have a Will, a Power of Attorney, and Insurance. Don't make foolish decisions to not protect your family and your assets to save a couple dollars. It is not worth it. Smart financial planning means you should never leave yourself unprotected. Really, this is the only way you can ensure the stability of your family should you die unexpectedly. It is your responsibility to have your say in your Will, to ensure your requests are known and acted on in your Power of Attorney, and to ensure your family is not destitute by having life insurance.

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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Rural Municipality of Armstrong

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The Council of the Rural Municipality of Armstrong invites applications for the following positions:

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Qualifications

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, weed eater
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- Available from July to August
- Must be 16 to 29 years old (consideration will be given to those 15 years of age who obtain a certificate of completion for the Young Worker Readiness Certificate course)

Further information may be obtained by contacting the Office at 204-278-3377.

Written applications to be submitted by 4:30 p.m., Friday May 21, 2021 to:

RM of Armstrong Office
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

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In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

Student Activity Assistants: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <http://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job postings.

Please apply on-line at <http://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday, May 20, 2021 at 11:59 pm.



Interlake-Eastern
Regional Health Authority



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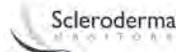
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TOWN OF WINNIPEG BEACH

PUBLIC TENDER

PLACEMENT OF SHINGLES ON MUNICIPAL BUILDING

The Town of Winnipeg Beach is inviting proposals to remove and replace shingles to the municipal building. Interested parties may obtain detailed information by calling the municipal office at 204-389-2698 or info@winnipegbeach.ca
Closing date: May 20, 2021 at 4:30 p.m.



Rural Municipality of GIMLI

INVITATION TO TENDER

AIRPORT OPERATIONS

The Rural Municipality of Gimli, Airport Operations is seeking bids to repair the airport runway and airport ramp area of the Gimli Industrial Park Airport. Approximately 10,000 square feet of airport surfaces require asphalt re-surfacing repairs to surface breaks and frost heaves.

Tender Documents indicating details of work required and expectations can be obtained from the Airport Manager at airportmanager@rmgimli.com or 1-431-641-3050.

Sealed tenders are to be submitted to RM of Gimli by 4:00 pm on May 31, 2021.

Rural Municipality of Gimli
Attn: Kelly Cosgrove, CAO
62 – 2nd Avenue, PO Box 1246, Gimli, MB. R0C 1B0
Email: gimli@rmgimli.com
Fax: 204-642-6660



Rural Municipality of GIMLI

PUBLIC NOTICE

REGARDING THE 2021 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of Gimli intends to present its Financial Plan for the Fiscal Year 2021 at a Public Hearing to be held at the Recreation Centre at 45 Centennial Road on the 13th day of May, 2021 at 6:30 p.m.

To accommodate social distancing recommendations, we are kindly asking for individuals who wish to make a representation, ask questions or register an objection to the Financial Plan, to please register by email gimli@rmgimli.com or phone 204-642-6650.

Copies of the Financial Plan will be available for review on the 7th day of May, 2021 and may be accessed on the Rural Municipality of Gimli website at www.gimli.ca

Dated this 13th day of April, 2021

Kelly Cosgrove, CMMA
Assistant Chief Administrative Officer
Rural Municipality of Gimli



SUMMER SEASONAL GRAVEL CHECKER

The Municipality of Bifrost-Riverton is seeking a **summer seasonal gravel checker.**

Essential Duties and Responsibilities

- Responsible for gravel checking during the dust control and maintenance graveling program throughout the year.
- The gravel checker is to instruct and direct the gravel contractor with the amounts of gravel needed and the locations within the Municipality.
- Typical working schedule is Monday to Friday
- Self-motivated and the ability to work independently
- Other duties as assigned

Resumes and will be accepted by the undersigned.
Jason Comeau, Public Works Manager
Box 70, 329 River Road
Arborg, MB R0C 0A0
Ph: 204-376-2391
Email: pwbifrost@mymts.net



PUBLIC NOTICE

Public Notice is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Municipality of Bifrost-Riverton shall hold a PUBLIC HEARING to present its 2021 Financial Plan on:

Thursday, May 13, 2021
8:30 a.m.

Municipal Office located at 329 River Road, Arborg, MB.

At this time Council will present the proposed 2021 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by an opportunity for a forum from the public. Included within the plan is the Municipality's intent to potentially borrow under Section 174.1 of The Municipal Act, at a maximum anticipated interest rate of 4.5% for the capital expenditure of Arborg-Bifrost Fire and Emergency Services Pumper Truck, The Pumper Truck's estimated total cost is \$690,000 with \$345,000 being borne by the Town of Arborg and the remaining \$345,000 the responsibility of Bifrost-Riverton. \$105,000 was borne by the 2020 Financial Plan and the remaining \$240,000 to be borne by borrowing in 2021. Based on 2021 assessment, 1 at large mill = \$213,083. The purpose of the hearing is to allow any interested person to make a presentation, ask questions, or register an objection.

Draft copies of the Financial Plan are now available upon request by calling 204-376-2391 or emailing bifrost@mymts.net at the Municipality of Bifrost-Riverton Office.

NOTE: Due to the COVID-19 crisis, we will be ensuring that recommended and required rules for social distancing that evolve can be achieved at all times. If you wish to attend this public hearing, we ask you register before 4:30 p.m. on Tuesday, May 11, 2021, or you may mail, email, or fax your questions, concerns and/or comments regarding the proposed financial plan to us by the same deadline.

Call: 204-376-2391, Email: Bifrost@mymts.net, Fax: 204-376-2742, Website: BifrostRiverton.ca

Dated this 15th day of April, 2021.

Mr. Jordan Willner, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton

INVITATION TO TENDER

St. Michael's Ukrainian Catholic Church and Cemetery, North Foley Willow Creek Road, RM of Gimli

Invitation to tender for the lawn care and general maintenance of church yard, cemetery grounds and parking area for the 2021 cutting season.

Tenders should include cost per cut and includes cutting the grass, trimming around the buildings, trees, graves, etc.

Fuel and machinery to be provided by successful tender.

Submit tenders to: Anne Isfeld by May 20th, 2021 Box 302, Manitoba, R0C 1B0

PESTICIDE NOTICE

Public Notice is hereby given that the Lundar Co-Op Golf & Country Club intends to conduct the following Pesticide Control Programs during 2021.

1. To control noxious weeds & turf grass diseases. The projected dates of application will be from April 26 2021 to November 1 2021. The herbicides & fungicides to be used include:

- Instarata	- Heritage
- Banner Maxx	- Par III
- Vantage Plus Max II	- Eagle Wsp

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Sustainable Development
Environmental Approvals Branch
1007 Century Street, Winnipeg MB R3H 0W4

Classifieds



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CARD OF THANKS

How can we begin to thank our friends and family for their kindness? The Lewick Girls; Chris, Mandy, Wendy and Nevaeh, would like to express our deepest gratitude for the love and caring shown to us following the loss of our Husband, Dad & Grandpa, Jim Lewick. The calls, kind thoughts, support, memorial donations, flowers, food, cards and many other thoughtful gestures are truly appreciated.

BIRTHDAY



If you see this
1941 Limited Edition,
Aged to Perfection,
Very Rare, Built to Last
Handsome Young Man
On May 7, 2021
Tell Him How Great He Looks
and Wish Him a Very
Happy 80th Birthday!!!!
Philip Thorkelson

BIRTHDAY



Happy Birthday to
Mary Kowalchuk
who celebrates her 99th Birthday
on May 7

We could not have asked for a more wonderful Mother, Baba, & Great Baba to be in our lives! You walk beside us so we wouldn't be alone, You walk in front of us to show us the right path, And you walk behind us so you could catch us if we fall. You are turning 99, but you are both young at heart and always wise beyond your years. Our lives are enriched because of you.
-With love from your whole family

IN MEMORIAM

Bonkowski, Fjola
April 28, 1934 - May 11, 2020
I cried when you passed away,
I still cry today;
Although I loved you dearly,
I couldn't make you stay.
A golden heart stopped beating,
Hard working hands at rest.
God broke my heart to prove to me;
He only takes the best.
-Lovingly remembered by your husband Stan
Bonkowski,
Randy and Bridget Ross and family

Remember Your Loved Ones with an Announcement in the
EXPRESS
WEEKLY NEWS
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What's *Your* story? We want to hear from you.

The Express Weekly News connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836



Join our Growing Team at Home!

Contractor Service Counter Help Wanted

The LBM (Lumber and Building Materials) Counter Salesperson is responsible for providing prompt courteous and efficient service to customers, advising them on appropriate merchandise and related items. Duties include being familiar with pricing, preparing quotations, as well as a variety of other related duties.

DUTIES / RESPONSIBILITIES:

- Ensure customers are greeted.
- Determine customer's needs.
- Communicate product knowledge to the customer as appropriate.
- Process special orders for non-stock or out of stock items.
- Help customers solve building problems.
- Update yourself with practical knowledge of building materials and lumber products, including their uses, advantages, and disadvantages.
- Be familiar with current yard inventory.

QUALIFICATIONS:

- Available to work some Saturdays.
- Friendly and helpful attitude toward customers.
- Good mathematical skills.
- Must be able to communicate effectively and persuasively with employees, management, suppliers, and customers, to obtain accurate information for pricing, estimates, quotations, etc.
- Willingness to learn.
- Prior retail experience beneficial.
- Willingness to continually develop professional skills and knowledge base.
- High School graduate or equivalent.
- Ability to work co-operatively in a team atmosphere.
- Capable of learning how to use a variety of computer programs.

INTERESTED APPLICANTS, PLEASE SUBMIT YOUR RESUME TO:
randy@arborghhbc.com



Here's How.
451 Main Street, Arborg
204-376-3090



Notice of Surplus Proceeds at Auction at Rural Municipality of Grahamdale Tax Sale

TO: ROBERT PERSHING THOMAS
AS ADMINISTRATOR OF
THE ESTATE OF MARY THOMAS

RE: **Roll # 472200 - Excess from Proceeds of a Tax Sale**
Registered Owner: ROBERT PERSHING THOMAS AS
ADMINISTRATOR OF THE ESTATE OF MARY THOMAS
Legal Description: SW 1/4 9-33-9 WPM

On April 8, 2021, the above noted property was sold at public auction to recover tax arrears.

The property was sold for a price that exceeds the tax arrears and costs by more than \$200. The excess amount at the date of this notice is \$42,322.65. (subject to further costs if incurred)

Pursuant the terms of section 380 of *The Municipal Act*, notice is hereby given that you are entitled to make an application to the Court of Queen's Bench for an order for payment of all, or part of the excess.

Every person entitled to notice of the tax sale may apply to the Court within **3 years** after the auction, for an order for such payment. You may wish to consult with a lawyer regarding the process required to bring this matter before the Court.

Dated this 3rd day of May, 2021.



Shelly Schwitek
Chief Administrative Officer
Rural Municipality of Grahamdale
(204) 768-2858

This Notice of Surplus Proceeds at Auction is published for the purpose of effecting substitutional service thereof upon ROBERT PERSHING THOMAS AS ADMINISTRATOR OF THE ESTATE OF MARY THOMAS, as set out in the Notice pursuant to order of the Deputy District Registrar dated December 24, 2020.



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www.heatmb.ca

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We are currently seeking experienced, goal oriented individuals for employment in a number of areas: **Class 1 drivers, Foremen, skilled laborers, sewer & water personnel, directional drill personnel, excavator, dozer, grader, rock truck, loader and packer operators.**

We offer competitive wages, comprehensive benefits plan, Safety training and a safe work environment.

Requirements are: minimum class 5 driver's license, positive work attitude, able to work well with others or alone, safety oriented, work extensive summer hours including some weekends, work away from home.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, MB to fill out an application, apply online at www.efmoon.ca, or email a resume to todd@efmoon.ca

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IN MEMORIAM



Rose Pawluk
February 4, 1922 - May 7, 2016

Five years have come and gone,
If we could visit heaven,
Maybe our pain would go away.
We'd put our arms around you
And whisper words so true,
That living life without you
Is so very hard to do.
We cannot bring the old days back
When we were all together,
But loving thoughts
and memories
Will stay
with us forever.
We miss you Mom.

-Love from your children
Barry, Linda, and Peggy (Dennis),
grandchildren and great-grandchildren

IN MEMORIAM



Pauline Hrehoruk
Happy Mother's Day and Happy Birthday
Even though you are gone,
Memories of you are always with us.
-Don, Diane, Michael, Pat

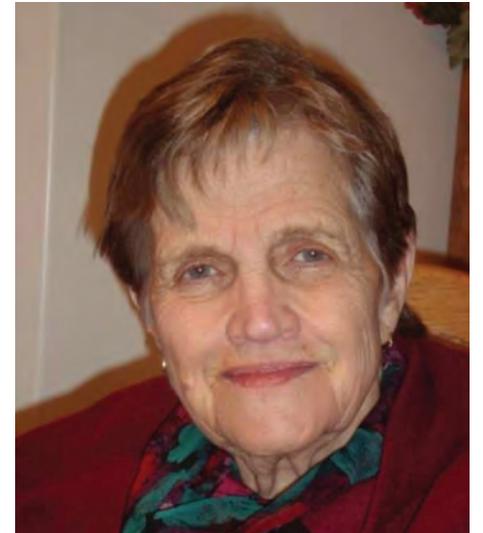
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481 Palm Ave, Arborg

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Half acre corner lot that has that wow factor!
Google search '481 Palm Ave, Arborg' for more pictures

IN MEMORIAM



Doreen Fjola Bonkowski
Born April 28, 1934 - Passed May 11, 2020

Your Mother
Although you cannot hear her voice or see her smile no more,
Your mother walks beside you still just as she did before.
She listens to your stories, and she wipes away your tears;
She wraps her arms around you, and she understands your fears.
It's just she isn't visible to see with human eye,
But talk to her in silence, and her spirit will reply.
You'll feel the love she has for you, you'll hear her in your heart.
Your mother lives inside your laughter.
Your mother is always with you.
Loved beyond words,
Missed beyond measure.

-In loving memory
Todd, Kim and family

OBITUARY

John Halabura

It is with great sadness we announce the passing of John Halabura, aged 74 years at Arborg Hospital. He will be greatly missed by the love of his life, Irene and her family. He leaves behind three brothers and their spouses, many friends and relatives.

John was a hard worker all of his life right up until the end. He started as a boy working on the family farm as a young man working construction, building highways in western Canada, he helped build the floodway in Winnipeg. One of his favorite pastimes was restoring old cars, he was a great mechanic, self taught, he could unseize a motor and have it going in no time. John would be there when anyone would need help, day or night. If there was a swap meet or auction, you would be sure to see John and Irene there. He loved to dance. Enjoyed going to the casino.

John, thank you for a lifetime of memories we made together, you were a wonderful man and I pray one day we will meet again. I will never forget you and love you for the rest of my life. May you rest in peace and God be with you.

Special thanks to Dr. Donnelly and to all the staff at Arborg Hospital, you were all so caring and compassionate to John and me, all the support was amazing. Special thank you to Cindy for caring for John and the support to me.

Cremation has taken place and due to Covid, a Christian burial will be held at a later date.

kl
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OBITUARY



Rose Nowakowski
February 5, 1924 – May 1, 2021

Rose passed away peacefully at the Fisher Branch Personal Care Home at the age of 97 years.

Rose was born in Cooks Creek, MB, lived in Winnipeg, MB where she worked in a sewing factory for many years. Rose and her husband John eventually settled on the farm in Fisher Branch, MB where they spent 67 married years together.

Rose is survived by her daughter Mary Ponchon; daughter-in-law Doreen Nowakowski; her grandchildren Kathy (John) Bernier, Peggy (David) Dmyterko, Jennifer (Jamey) Hyslop, Kristina (Andrew) l'Anson and Yvonne Ponchon (Jason Blanco); great-grandchildren Melanie, Stacey, April, Megan, Adam, Brittany, Jordan, Riley, Hailey, Brady, Emmy, Wyatt and Carson and numerous great-great-grandchildren.

Rose was predeceased by her parents, her husband John Nowakowski and her son Edward Nowakowski.

The family would like to extend their deep-felt gratitude to the staff at Percy E. Moore Hospital as well as the staff at the Fisher Branch Personal Care Home.

A private family service will take place.

If friends so desire, donations may be made to the Fisher Branch Personal Care Home.

FISHER FUNERAL HOME INC.
In care of arrangements
204-372-6803 or 204-372-6271

OBITUARY



John Gordon Reykdal
September 16, 1929 - April 29, 2021

It is with heavy hearts we have to say goodbye to our father, grandfather and great-grandfather (Papa John).

Dad will be dearly missed and lovingly remembered by his children Linda (Ronald), Richard (Valerie), Donna (Allan), Sandra (Dale); son-in-law Louie; 11 grandchildren and 14 great-grandchildren.

He was predeceased by his loving wife Isabel; daughter Cheryl; parents Gisli and Julia; two sisters Mae and Joyce.

In his younger years he was a very active member of the Winnipeg Beach community. He spent many years curling, playing baseball as well as serving on numerous committees. Dad was always up for a party. He was the best guitar player and singer around town. Dad was always a go getter. At the young age of 14 he fished with his father and later formed a partnership in the dairy distribution business until his retirement. Dad and Mom enjoyed many years of travelling in their motor home and met many new friends along the way. They spent many hours camping and fishing. One of Dad's favourite pastimes was being an expert curler behind the glass. Dad's family was extremely important to him and he enjoyed every family get together.

The family would like to thank the Gimli Home Care Team for taking such good care of our father. Also thank you to the paramedic team.

Cremation has taken place and due to COVID-19 no formal service will be held. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



David Mike Zuk
April 22, 1948 - April 28, 2021

In the early morning hours of April 28, 2021 we sadly announce the passing of David at the Arborg and District Health Center.

David leaves behind his wife Valerie of 46 years; son Jason Zuk (Theresa), grandsons Garrett and Sawyer; daughter Kelly Tellier (Roland), grandsons Gavin and Ryder; brothers Denis (Lawrie) Zuk, and Robert Zuk; sister Pat (Bill) Maksymchuk; his mother-in-law Dorothy Stansell; brothers-in-law Norman (Gladys) Stansell, and Lawrence (Birdeen) Stansell; as well as numerous cousins, nieces/nephews and dear friends.

David was predeceased by his parents Fred and Pauline Zuk; and sister-in-law Mary Zuk.

David was born in Teulon, MB, raised on the family farm in the Poplarfield area. He attended school in Leeland, moved onto Poplarfield and then completed his high school education in Arborg. After his schooling and various other jobs, he was employed in Gimli, MB at Saunders AirCraft. This was a job he truly enjoyed and where he made many lifelong friends. However, his dream was always to farm. David was a dedicated farmer, he loved the land and remained on the family farm for his entire life.

On June 15, 1974, David married Valerie (Stansell) of Arborg. They settled on the farm and together raised their family. They raised cattle, produced a variety of crops as well as forage seed and leaf cutter bees. David had a very strong work ethic and could be found in his workshop until the late hours of the day. David wore many hats in his lifetime. He was a carpenter, mechanic and an inventor. He was passionate about maintaining his own equipment and built and designed many inventions over the years. Farm life and values became very much instilled in both of his children.

He loved to visit with friends and of course the farm, machinery, and weather were always a go to conversation. David never liked to venture too far away from the farm for very long and would always return and say "It's so good to be home". His favourite time of the day would be an evening drive out to the pastures to check the cows and to see how the crops were coming along.

In his younger days he was an avid snowmobiler in the winter, enjoyed boating and water skiing in the summer. David loved hunting and continued to hunt throughout his life. Curling became David's passion for years. Many a weekend was spent at the rink bonspieling or at the skating rink watching Jason play hockey or Kelly at ringette. And in later years watching his grandsons play hockey.

The family would like to thank the staff of St. Boniface Heart Failure Clinic particularly Dr. Sidhu and Rose. As well as Dr. Akinpelu and the nurses at the Arborg Hospital.

In lieu of flowers, if you so wish a donation in his name can be made to the Arborg and District Hospital Auxiliary.

According to David's wishes cremation has taken place and a private family service will be held at a later date.

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



OBITUARY



Myron Helgason
May 7, 1944 - April 17, 2021

Myron passed away peacefully on Saturday, April 17, 2021 at Gimli Community Health Centre, at the age of 76 years with his sister Bev at his side after a short and courageous battle with cancer.

Left to cherish Myron's memory is his sisters Carol Thorkelson (Haldor) of Caroline, Alberta, Bev Pawulski (Barry) of Winnipeg; sisters-in-law Janet of Arborg, and Muriel of Gimli; many nieces, nephews, great-nieces, great-nephews, one great-great niece, one great-great nephew and his many cousins and friends. He was predeceased by his parents Gusti and Thora Helgason; sister Phyllis Ivy in infancy; brothers Axel and Jerry; great-niece Sadie; great-nephew Tanner.

Myron grew up in Arnes, Manitoba on our family farm with many animals to care for. My Mom told me when Myron was born she didn't have a crib, so he slept in a dresser drawer. A very busy, curious, adventurous child who grew into a strong, smart, hardworking man.



In his late teens he worked as a crew member on the M.S. Keenora with our Dad, who was captain, hauling freight and passengers on Lake Winnipeg up to the northern communities. He told us about the big swells they had to endure to get safely to land. Also the time when the Keenora was taking on water all night till they could get to land and repair. Myron credited our Dad for their survival, as Dad kept pushing them to keep bailing or they surely would have sunk. His next venture was as a carpenter, building Patterson elevators, he also worked for a few companies in Winnipeg and up north. He decided his love for carpentry was his calling. Kitchen cabinetry became his trademark. There are many homes, cottages and businesses in Winnipeg, Gimli and surrounding area built by him. He was a perfectionist.

Myron's down time was spent riding his Harley, which was his pride and joy. Then his snowmobile when the snow arrived. Myron was involved with Ride For Sight and loved riding with his many friends, also involved in Snowmobiling Club.

I was talking to a cousin of ours and she tells me Myron saved her life when they were in their teens. She and two friends had gone out on a motor boat by the dock in Arnes, they were about a quarter mile out when something went wrong and they were thrown from the boat. Myron was fishing on the dock when he saw they were in trouble, jumping into his car he went to get help to rescue them.

Thank you to Myron's friends for being there for him and all your support to me. Thank you for the phone calls, cards, e-mails, Lenore, Tom for your support and Sherisse and Kaylan. Special thanks to Dr. Fulmore and staff at Gimli Hospital.

Cremation has taken place and no formal service will be held.

Donations in Myron's memory can be made to Siloam Mission or the charity of your choice. Rest in Peace dear brother.

Goda nott elskan

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

Gilbart Funeral Home, Gimli in care of arrangements.



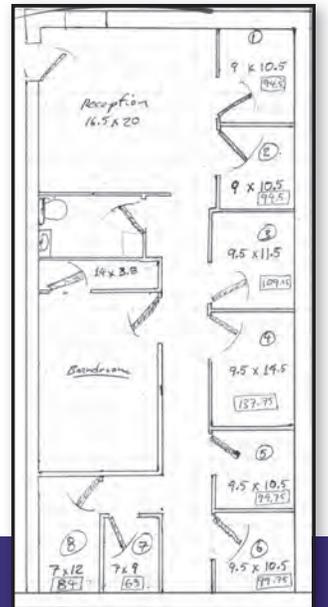
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