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EXPRESS PHOTO BY BROOKE ERICKSON

Tackle boxes were packed and ready for the official opening of the 2020 fishing season last Saturday. It was a cold morning, but that didn't stop the Erickson family from tossing their lines into Lake Manitoba near Lundar. Local angler Keevin Erickson caught this walleye using a Jackall TN60 crank bait casting in approximately five feet of water.

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The long road for Cameron Dueck finding his Mennonite roots

By Patricia Barrett

If you're looking for insight on how Mennonites carved out a living in Latin American countries, Cameron Dueck's book, *Menno Moto: A Journey Across the Americas in Search of My Mennonite Identity*, hits all the right narrative chords.

The 46-year-old journalist and filmmaker, who grew up in the Interlake, set out several years ago on a 45,000-kilometre, eight-month motorcycle ride to visit Mennonite communities in Mexico, Belize, Bolivia, Paraguay and Argentina to discover how they live and to reflect on his own cultural roots. He released the book this year.

Dueck, who currently lives in Hong Kong, China, said by email that his journey, which began at the Mennonite Memorial Landing Site on the Red River near Niverville, made him proud of his Mennonite background and underscored how a person's heritage plays a role in who they become even if they're not aware of it.

"Digging into one's cultural and historic identity can make you question many of your characteristics, and recognise ones you never knew you had," he said. "Identity is complicated and very subjective. You can still feel kinship with 'your' people even when you're all very different from one another."

other."

Dueck grew up in Mennville, about 18 kilometres north of Riverton, on land his parents settled in the 1950s. After graduating from Riverton Collegiate, he eschewed farming for journalism and a life of perpetual motion that took him to New York, London, Hong Kong and points in between.

That penchant to wander where he likes is evident throughout the book. In Chapter 2, he wrote: "The simplicity of me plus bike plus road equalled pure joy. I stopped when and where I liked and sought out dodgy small-town bars if I was staying in a motel. I sat beside campfires, eating dinner straight from the cooking pot, the golden firelight glinting off my bike. I felt like a cowboy riding the range" (pp. 28-29).

There's a certain cinematic ambience to the narrative, as though the reader is watching a film, a skill likely informed in part by his filmmaking, which includes the documentaries *The New Northwest Passage* and *Dinosaur Ecosystems*.

"I think a journey brings great momentum to any story, and the rush of the road is something you can feel in this book. I sought out a variety of characters, and colourful, outspoken ones obviously make for easier stories," said Dueck. "I also enjoy de-



EXPRESS PHOTOS BY CAMERON DUECK

Dueck rode his motorcycle through Central and South America, visiting various Mennonite communities.



The Interlake-born writer and filmmaker spent eight months on the road.

scribing physical scenes and features, and do quite a lot of it in my writing, which gives [it] a strong visual aspect."

Part travelogue, part history, part anthropological investigation, the book includes much to admire about Mennonites, including a strong work ethic, self-reliance, thriftiness that entailed using "every part of the pig but the squeal" and an almost born-in-the-blood talent for drainage and turning marginal land into flourishing agricultural fields.

Mennonites weren't always welcomed where they settled in Latin America. Some were even kidnapped by Guatemalan bandits, who made incursions into Belize and held them for ransom. But they persevered, building everything from the ground up wherever they landed — including Canada.

"Our forefathers were forever starting new farms, looking at new homes in foreign places like Prussia, Rus-

sia and Canada. I come from some restless bloodlines, right to my own father, Leonard Dueck. He was an Interlake pioneer in the early 1950s, carving a turkey farm out of the forest north of Riverton.

"I don't think he saw himself as the newest link in a long chain of Mennonite homesteaders and colonisers, but in reality, he was. He helped create a new Mennonite community. I went on a motorcycle journey and wrote a book about it. I guess we're both staking out territory in our own ways."

At times Dueck's dry humour — some Mennonites had poor fashion sense; others called house paint a form of vanity — segued into uncomfortable truths about some aspects of a particular group, notably rigid rules for females, less-than-friendly relations with non-Mennonites and environmental degradation.

Continued on page 4



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Amaya is defying odds over two months after being paralyzed

By Becca Myskiw

Alycia Dawson steals an hour out of her Wednesday to sit at a table in her hotel room on the phone.

Her six-month-old son, Lochlan, watches *Bubble Guppies* and her six-year-old daughter, Ayva, plays with her Barbie dolls in the background. Ayva asks her mom when she'll be off the phone.

"A few more minutes," Dawson said, leaving the seriousness of her current phone call out of her voice.

She turns back to her conversation on the phone — where she talks about her near eight-year-old daughter, Amaya.

Amaya's been "living" at Health Sciences Centre since Feb. 23.

Ayva and Amaya were in the back of their grandma's vehicle on the way to their first figure skating lesson. Both girls were so excited, they refused to take their helmets off on the car ride down Highway 236 to the Stonewall arena.

A mile-and-a-half from the girls' home, an oncoming vehicle lost control in an open part of the road covered in an inch of ice, slush and blowing snow. He hit their car, sending them into the ditch and to the hospital, where Amaya still stays.

Dawson is living in the Canad Inns attached to the hospital with her two younger children, her boyfriend and her mom.

Ayva suffered a broken clavicle on her left side, which Dawson said is healing nicely. She also had a now-healed bruised lung and hip pain from where her seatbelt sat.

Amaya's story is not the same.

The seven-year-old had a near-shattered pelvis, a brain injury from her head hitting the window in the accident, a spinal injury, and she lost some vision in her right eye.

Her pelvis and brain are healing well. She used to be able to read up and down with her right eye and see certain colours, but today, Amaya can't see out of her right eye at all.

Dawson said the doctors told her there's no surgery to get Amaya's vision back in her right eye — but the little girl isn't worried.

"I don't think it bothers her," said Dawson. "She doesn't really talk about it."

Amaya does, however, talk about being paralyzed. Her spinal injury has left her with no feeling from her lower ribs down. Her chest is numb, said Dawson, and she can feel above that.

Dawson related the numbness in Amaya's chest to falling asleep on your hand — the tingling feeling is similar.

Amaya can move her arms but doesn't have feeling on the underside in line with her pinky. Right now, she's re-learning how to do everything.

"She's an amazing artist," said Dawson. "She still is. She loves to draw and colour — she's re-learning how to do that."

It takes Amaya about 30 seconds to go from a closed fist to an open hand, so in her physiotherapy sessions, she's working on strength — something she'll need to move her manual wheelchair.

Amaya likes her automatic wheelchair more than the manual one, though.

"I don't have to push it," she said. The automatic wheelchair is also her favourite part of physiotherapy because she gets to stay in it the whole time.

Dawson and her mom have their days planned out to a tee. Due to coronavirus, Amaya can only have two visitors — those are Dawson and Dawson's mom.

At 8 a.m., Dawson's mom spends time with Amaya until 10 a.m. Then, Amaya goes to physiotherapy for an hour and comes back to her room for music therapy at 11 a.m., when Dawson sits with her.

Amaya usually comes to the family's hotel rooms for lunch, but if she doesn't, grandma eats with her. Amaya said her favourite food is whatever grandma brings — she's not a fan of the hospital food.

Amaya and Dawson go for another round of physiotherapy at 2 p.m., and then Amaya unwinds in the playroom for an hour. Grandma does supper with her at 4 p.m., and Dawson stays with Amaya from 5:30 p.m. until her daughter falls asleep.

A couple weeks ago, Amaya made her mom cry while getting ready for bed. In a post on Amaya's GoFundMe page, Dawson wrote:

Amaya- mom... I am so proud of Ayva.

Me- oh? Why are you proud of your sister?

Amaya- Because I'm so happy that after the accident she can still walk, and she's not hurt and she can do whatever she wants to do

Me- (insert tears) oh Amaya

Amaya- yeah I don't care that I can't walk mom (with the biggest smile on her face) as long as Ayva can, I'm happy mommy. I'm excited for what I can do that's new, as long as your with me mommy I can do anything!

A few of those new things are swimming, a new play structure and a re-

Continued on page 8



EXPRESS PHOTO SUBMITTED

Ayva, left, and her older sister Amaya enjoy the little time they can spend together.

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Search for missing person comes to Woodlands

By Evan Matthews

The search for a missing person has brought both the Winnipeg Police Service and the RCMP to the Town of Stonewall and the RM of Woodlands.

Yasir Rahama, 24, was last seen on Thursday May 7, in Winnipeg's Westwood area. Police told media they believe Rahama then travelled to the Interlake area.

"The RCMP Search and Rescue team attended the RM of Woodlands yesterday to conduct a ground search

around where (Rahama's) vehicle was discovered," said RCMP Cpl. Julie Courchaine, who added the search remains a Winnipeg Police Service file.

A person close to the situation said more specifically that the vehicle was found in Warren.

"With the use of numerous ATV's and drones, (RCMP) covered a large area, however the search did not yield any results," she said, adding there were no searches on Monday May 11.

The Winnipeg Police Service did not

respond by presstime, but via its Facebook page, said it is requesting public assistance in locating Rahama.

Police are describing Rahama as a black male, 5'6", average build, with dark brown hair. He was last seen wearing white "croc-style" shoes, dark grey sweatpants, and a beige t-shirt.

WPS is concerned about his well-being, and is asking anyone with information regarding his whereabouts to contact the WPS Missing Persons Unit at 204-986-6250.



Yasir Rahama was last seen in Winnipeg on May 7.

COVID forces Interlake farmer's to cut corn markets

By Evan Matthews

An overview of the 2020 farming season suggests farmers will plant many of the same crops as other years, but Manitoba farmers will see a serious cut to the price of corn.

Craig Riese runs a 5,500-acre farming operation in the Selkirk/Lockport/St. Andrews area sprawling from Lockport to Clandeboye. He said because the North American ethanol industry is completely shut down due to COVID-19, the 2020 corn market is bleak for producers.

"Corn acres will be down in Manitoba this year. You won't see nearly as much of it. We've lost a lot of demand," said Riese, adding the reason isn't strictly related to ethanol.

"There is also uncertainty in the livestock markets, but specifically in the hog markets. We don't know how much demand there is going to be for feed, six to eight months from right now, so corn markets have been

trending down since COVID started."

As a result, rather than designate 900 acres to corn as he normally does, Riese estimates he'll farm about 700 acres of corn this year.

Riese said he farms a variety of crops including wheat, oats, corn, soybeans and canola. He will be farming more wheat and oats than usual this year to make up for less demand for corn.

"We don't generally vary the crops we grow very often. We'll vary the quantity of each crop from year to year, the acreages, but not by significant amounts typically," said Riese.

"A crop like corn is much riskier crop to grow. It's more capital-intensive, and so if the return isn't there, then the risk isn't worth taking.

"We'll just cut back some of our acres by about 20 per cent and utilize those acres with something we have a little more confidence in."

Farmers throughout the food production industry had been hearing

rumours about a fertilizer shortage in 2020 since in the fall of 2019, most farmers were unable to get fertilizer spread on their fields in time.

However, large-scale farming operations such as Riese's have been proactive in getting fertilizer on-farm, he said, since farmers had been aware for some time there could be a potential fertilizer shortage.

"Logistics will likely play a big part in whether or not there is a shortage," said Riese.

"There will be days I think — literally, a day here or a day there — where, logistically, it may be hard for some of the dealers just based on the sheer amount of volume being moved.

"I don't foresee huge problems with it, but I think it's more a matter of trucking logistics."

Because larger operations have been proactive, it's resulted in many fertilizer retailers' current belief that there won't be a shortage at all, according

to Terraco's fertilizer and operations manager Cory Trumbla.

With large-scale operations already supplied on-farm, Trumbla said fertilizer should be available to suffice smaller operations.

Spring 2020 hasn't seen significant moisture, and Riese said conditions continue to improve. But everything this spring is tied to fall 2019, he said.

"People called it the harvest from hell. There is no doubt we had a difficult harvest," said Riese, noting his farm ended up in a situation better than most.

"Things were extremely wet, and we froze up extremely wet. The remnants from that in a lot of fields, you know, means there are ruts from combines during unfavourable conditions, and even still some crop out this spring.

"We're still dealing with the aftermath of last year's harvest, cleaning that up, and then getting this year's

Continued on page 6

> MENNONITE ROOTS, FROM PG. 2

In Mexico he found some Mennonites, who had formed colonies, outcompeting Indigenous and Hispanic farmers for land and "intensive industrial farming practices," including illegally drilled wells and giant sprinkler systems that threatened the water table and "pushed their fragile land to its very limits."

Mennonites are fairly sustainable in many ways, said Dueck, and really no different from other farmers. They have a "utilitarian view towards the environment, the earth, that it's there to serve us." That sometimes plays out well, but it can at times lead to exploitation.

"I did want to point out certain social issues because I think we have to be honest about our community, and the problems we face," he said. "Taking an honest look at my culture involved highlighting both the good and bad aspects of it."

In Bolivia while investigating the infamous "ghost rapes" in a Mennonite community, Dueck came up against half-truths and a tendency to tamp down the crime by using euphemisms such as women and girls being "used" by "boys," as well as a sad realization that many denied a "larger problem" of incest.

He said he hasn't yet experienced any major pushback as a result his candid revelations.

"I've had people tell me they don't agree with my view of certain situations or communities within the Mennonite diaspora, which is fair enough. I told some unflattering truths, as I saw them, but I tried to be fair," said Dueck. "Any civil society, such as broader Mennonite society, should be able to accept uncomfortable facts presented in a measured way, with a level of respect. This is what writers do."

He said he wasn't treated unkindly wherever

he pitched up and began firing off questions, as journalists are wont to do. But he did find some people to be "cautious" or even "suspicious" of his motives.

"I came barging into their lives, speaking our shared Germanic tongue [Plautdietsch] very poorly, asking awkward questions," he said. "Yet the Mennonites fed me, often gave me a place to sleep, and nearly all were enthusiastic about my mission once we'd broken the ice."

Being cooped up in his "tiny" apartment in Hong Kong because of COVID-19 has made Dueck think about the Interlake with its wide-open spaces and fresh air. Although he owns farmland near Mennville, he said he has no plans at the moment to return home. He added that he'd make a "lousy farmer."

"I'll have to come up with a different plan on what to do once I return," he said.

Menno Moto is published by Biblioasis. Readers can order it online through McNally Robinson. For more information, contact Biblioasis at 519-915-3930 or visit Dueck's website www.camerondueck.com.



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Local farmers affected by closed meat packing plants in Alberta

By Becca Myskiw

A closed Cargill meat plant 1,290 kilometres from Bonnie McRae and Wayne Oliver's farm has cost them more than a paycheck.

The couple's farm is by Marquette where they raise 200 head of short-horned Angus cattle each year — from calves to heifers and steers in a "finishing" program. These animals have a good meat texture with a good amount of marbling.

McRae laid it out easily: at around eight months old, the calves go into a backgrounding program where they're fed grain, corn, straw and mineral for around seven months. Then, they get put on a different feed ration for about five months and are "finished" anywhere between 19 to 30 months old — each animal is different.

McRae and Oliver don't use antibiotics or hormones in their cattle.

The finishing program fattens the cattle up, so they have enough meat on them when it comes time to sell.

That's where COVID-19 became a problem for McRae and Oliver. They sold a load of cattle in January, February and March of this year as prices steadily dropped because of the pandemic. Come April, though, Cargill Proteins in High River, Alta., wouldn't take new loads because of the backlog.

Cargill Proteins in Alberta processes 4,500 head of cattle per day. When a plant worker died of coronavirus, the plant closed for two weeks, meaning roughly 63,000 head of cattle were left sitting at home.

Sixty of those belong to McRae and Oliver.

"All those cattle that should've been gone in March or April. ... Now we're sitting on them," said McRae. "Everything now is an expense."

McRae and Oliver keep enough feed each year for the cattle they know

they'll have on the farm.

According to a University of Nebraska-Lincoln report, the average cow consumes 24 pounds a day. So far, they've had the extra cattle for roughly 45 days, meaning McRae and Oliver have already had to feed an extra 64,800 pounds of food.

"It's a dire kind of situation right now because we don't have a lot of extra feed," said McRae.

She said they're waiting to see what summer brings. Weather is everything. Bad weather means a bad harvest and mucky pens that require extra straw and maintenance, or a lack of feed and bedding for their animals.

They've started selling the animals they had to keep home to friends and families, though. They go to an abattoir in Winkler, Banman Meats, to get inspected and processed, then the meat is butchered in Elm Creek at Penn-West Meats.

Banman Meats and Penn-West Meats are provincially inspected, meaning the meat from the animals McRae and Oliver are selling is grocery store-grade meat.

McRae said she hopes more people will buy meat from them or other local cattle farmers, but she knows finding the freezer space and money for a full animal can be tough. The upside, she said, is that much meat lasts a long time — and the buyers get to pick the cuts they want. McRae has had a few people offer to take a full animal and then have shared it between three or four families.

She reminds people to keep in mind that when buying a whole animal, you buy everything. The cow comes at roughly 950 pounds, which includes the animal's bones and extra fat that don't come with the cut and wrapped meat.

McRae said losing the bones takes off at least 200 pounds right away. There are also three expenses when



EXPRESS PHOTO BY BECCA MYSKIW

Bonnie McRae, left, and Wayne Oliver carry on farming the way McRae's dad did.



EXPRESS PHOTO BY BONNIE MCRAE

McRae and Oliver have 200 Angus short-horned head of cattle.

purchasing a whole animal — the cost to the farmer, the abattoir and the butcher. The average price per pound changes depending on the cost from butcher to butcher.

Though Cargill Proteins in High River opened again on May 4, McRae said it won't change anything for their

situation because of the backlog.

"Everything is a hardship now," she said. "It all depends on what summer gives us."

If anyone is interested in purchasing an animal from McRae and Oliver, you can call or text McRae at 204-383-0059.

Fisher municipality launches Facebook page

By Evan Matthews

The RM of Fisher has found a new way to communicate with its ratepayers.

On May 6, council voted in favour of creating a Facebook page as an improved way of communicating information with its ratepayers.

"Residents have made a lot of requests for us to start this Facebook page, since more and more people are using social media, and more often," said the RM of Fisher's chief administrative officer Kelly Marykuca.

In light of the COVID-19 pandemic, council thought the page would be a good way to get information out more quickly to a broader range of people.

"People want to be informed, but want that information presented to them and not necessarily have to go out and search for it, like you would normally by having to (dig) on a website," she said.

The page will be used for information only, according to Marykuca, with all requests and comments directed to the office. Marykuca will manage the

page herself.

The type of information ratepayers can expect to see on the page will include things like burn bans, new municipal initiatives such as Connect by All-Net, watermain breaks, seasonal maintenance, and what is new and exciting in the RM, Marykuca said.

Though a firm date has not been announced, Marykuca said ratepayers can expect the page to be up and running in "the near future."

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Federal government out of touch with farming

By Evan Matthews

Last week, the federal government made an "initial announcement" to try and save farmers.

The announcement is an aid package to help agriculture and livestock producers, as well as food processors, in the form of \$252 million.

To think about the fact that such a large sum of money likely won't help many in the industry is astounding; it speaks to the struggle so many farmers and food processors face every day, and how out of touch with that struggle our government really is.

It was reported that the Canadian Federation of Agriculture requested an emergency fund of \$2.6 billion from the federal government.

In response, the feds announced they'd help by giving 10 per cent of the ask to start.

Bill Campbell, president of Manitoba's Keystone Agricultural Producers, told the CBC that the 10 per cent aid package simply won't save everyone in the industry.

Though the feds added \$125 million to the AgriRecovery fund, the federal-provincial program designed to help farmers during disasters, we know from last year's feed shortage (and resulting beef production crisis), it seems to take a lot for our provincial government to begin advocating on behalf of farmers.

Right now, beef and pork produc-

ers are facing challenges relating to a backlog of animals due to processing plants shutting down in the wake of COVID-19. Those same producers continue to reel from the previous year's feed shortage; floods and droughts, and mad cow disease before that.

Even in the best-case scenarios, currently, when beef producers sell parts of their herd, they receive close to the same cost per head as they did in 2002 — prior to the mad cow disease outbreak. However, the cost of raising livestock has increased to more than double (sometimes triple) over the same time span.

But the cost of beef remains relatively steady for consumers and retailers continue to profit. Processors continue to receive aid yet, for some reason, our cattle producers receive negative returns on investment. It's just one example of dire times in the farming industry.

Heading into the 2020 season, crop producers are having to alter what they plant. As an example, the ethanol production industry in North America is at a standstill due to COVID, meaning there is no market for corn.

With aid packages continuing to focus on the inclusion of food processors — lacking the emphasis needed on food producers — farmers across the province have started to brace themselves for the worst: death of in-

dustry.

While many don't know what comes next for them, it seems a foregone conclusion that our government at both the federal and provincial levels has given up on the farming industry, both in terms of livestock and crop production.

Financial institutions are no longer willing to lend more funding to an industry unlikely to rebound, which leaves producers with nowhere to turn, without relief and ready to give up hope.

The situation is in no way the fault of producers. In fact, our society owes them a debt of gratitude for their perseverance and resiliency; their efforts to put food on our tables, while their cries for help continue to fall on deaf ears.

A future in farming is a bleak one, at best. Aside from the individual failing financials of so many farmers, our nation is running the risk of losing the local food production industry.

The ripple effects will be felt throughout our rural communities since, in so many, the food production industry has been the main economic driver.

This isn't undocumented, but it is unaddressed and is indicative of one thing: our federal and provincial governments are completely out of touch with farming — or they simply don't care.

> CORN MARKET CUT, FROM PG. 4

crop put in."

While it's been dry in 2020 and that's a reason to be thankful, Riese said in an ideal farming world, things would to warm up a bit more to expedite the process, since farmers have not put a seed in the ground yet this spring.

As for predicting a 2020 harvest, Riese said he isn't touching that one.

"You predict the weather and I'll tell you how optimistic I am," said Riese.

"We are completely at the mercy of Mother Nature. We can lose everything in two days with the wrong

weather. Who can tell, especially nowadays with more variability in our weather from year to year?

"While you have to be optimistic, predicting this year's harvest before we've put a seed in the ground, there is just no way to have any kind of clue what we're dealing with yet."

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Manitoba supporting students, post-secondary institutions with increased funding

Submitted by Manitoba government

The province is increasing its support for students and post-secondary institutions during the COVID-19 pandemic by providing more matching funding for the Manitoba Scholarship and Bursary Initiative (MSBI) for the 2020-21 academic year, Premier Brian Pallister announced on May 6.

The province will match all funds raised by universities and colleges for the MSBI for the year, dollar for dollar, instead of with \$1 for every \$2 raised or donated privately.

"As students and the post-secondary institutions they attend deal with challenges created by COVID-19, the Manitoba government is committed to providing the funding they need during these uncertain times," said Pallister. "We are facing the obstacles in front of us together, and it is imperative that we rely on our strong partnership with post-secondary institutions and our shared vision for access to education."

By temporarily matching contributions from universities and colleges under the MSBI for 2020-21 with a 1:1 instead of a 1:2 ratio, the province will better ensure students receive financial supports amid fundraising challenges faced by post-secondary institutions due to the pandemic.

As well, the province is committing \$5 million to the MSBI program on top of the \$10 million announced in Budget 2020 to maximize funds for students during the pandemic. With the 1:1 matching dollars, approximately \$30 million will be provided to students this year through scholarships and bursaries.

The MSBI is delivered by 12 participating post-secondary institutions and the Business Council of Manitoba, which undertake their own fundraising matched by provincial contributions. The MSBI has been highly successful, with a combined disbursement of approximately \$23 million in private and public funds to 13,000 stu-

dents in 2017-18 and with about \$24 million to 14,700 students in 2018-19.

The number of students who benefited from the MSBI in 2019-20 will be known this fall, and it is expected that the number will have increased, the premier noted.

In addition, the separate Manitoba Bursary program, which provides up-front financial support to students in need, has been increased by \$1.8 million for 2020-21 to put a total of \$17.3 million into the hands of students when they need it as they begin their studies.

The province has made significant enhancements to the Manitoba Bursary program since 2016-17. These changes have more than quadrupled the number of students in financial need who benefit. It is estimated that nearly 11,500 students will be supported under the Manitoba Bursary in 2019-20, the premier added.

These measures further build on re-

cently announced provincial supports for students including the \$120-million Summer Student Recovery Plan — a \$7-per-hour wage subsidy for employers to hire them — and a deferral of repayments of student loans to help those affected by the economic impacts of COVID-19. To date, more than 675 summer jobs for students have been supported through the new wage subsidy program.

"Students are the future of our province and these improvements to the funding of bursaries will play a crucial role in Manitoba's recovery from the pandemic," said Pallister. "Students will have greater opportunities to help stimulate Manitoba's economy and move the province forward."

A comprehensive list of Manitoba government COVID-19 measures can be found at <https://manitoba.ca/bg/2020/04/covid19.html>.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Safety or tragedy? There is a choice...

I sit here struggling with writing this letter without it being about "horse people," as it's not just about the safety of people leading, riding or driving their horses on roads or roadsides.

It's about safety for dogs escaping from their yards, deer bolting across roads, people walking, riding bikes and, most importantly, children playing. It's about safety for the person driving their vehicle and the passengers within. It's about being an attentive, careful, courteous, defensive and kind driver.

It's about preventing an accident that could easily have been avoided, an injury that won't heal, a needless death and grieving hearts. It's not about me or you; it's about everyone. It's about slowing down when driving, whether operating a car, truck, van, semi-truck, ATV, snowmobile, farm equipment, road maintenance equipment. Just please slow down.

Slow down and pass wide when approaching children playing, people walking or riding bikes, dogs

escaping, deer crossing the road, horseback riders. Vehicles passing on paved or gravel roads at higher speeds often toss large stones and gravel, which can seriously injure pedestrians, horse and rider. Please, it takes only a few moments of your time to slow down and pass safely to prevent serious injury or, worse, death.

For a moment, let's discuss horseback riders. I realize that most people think the road belongs to the motorized vehicle, but that's not accurate. As per MPI Driver's Handbook, "When driving near horses, pass slow and wide. A horse rider or carriage driver has the right to travel on the roadway. Be mindful that when approaching horses, sudden moves or noises could frighten them and endanger everyone on the road. Don't sound your horn and be ready to stop if the rider indicates for you to do so. When you're ready to pass, slow down and leave plenty of distance between you and the horse. Only resume speed once you are

well past the rider."

As well, a person on a horse is legally considered to be driving a "vehicle" and has the same rights and responsibilities as a person driving a motorized vehicle.

Do we want to be on the road? Absolutely not but, unfortunately, there are circumstances that prevent us from riding in the ditch.

A couple of reasons we can't always ride in the ditches:

- There is no ditch to ride in, so we try our best to stay on the outer right-hand side of the road.

- In winter the snow is usually too deep to ride in the ditch.

- In late winter and early spring, the ditches are full of snow and water. A horse is capable of walking through these conditions, but the problem here is people throwing garbage and particularly glass pop and liquor bottles into ditches. A horse stepping on a glass bottle can seriously be injured and, in a panic, throw the rider. Depending on the seriousness of the injury, sadly, the horse may have to be euthanized and the rider may end up in hospital

with serious life-threatening injuries. So, what we riders do in winter and spring, from the road, we look for and pick up glass. Once we feel confident that we've cleaned up to safely ride in the ditch, this is where we will ride. Please note, even if we are riding in the ditch, you should slow down while passing us. A horse can spook at something and bolt onto the road while you are driving by. If you are passing slowly, hopefully an accident will be prevented, and, if not, it won't be as serious.

In conclusion, myself and the others that I ride, walk and bike with would like to throw out a big, big thank you to those that do slow down, wave and smile, to those that don't litter, to the emergency vehicles that have turned off their sirens while passing when we are on horseback and then turned them on again when they are a safe distance away. To you, we are forever grateful for sharing the road with all of us.

- Lorrie Kratzer and all other horseback riding friends

Staying safe on two wheels is MPI's message for May

By Becca Myskiw

May is Motorcycle Safety Awareness Month, and local riders are reminding everyone to be mindful.

In a news release, Manitoba Public Insurance (MPI) said motorcycle fatalities doubled last year. Eight motorcyclists were killed on the road in 2019, compared to the average four.

"Mutual respect on our roadways is paramount if we're going to see a reduction in fatality numbers," said Satvir Jatana MPI's vice-president of employee and community engagement.

Dave Boisvert from Stonewall agrees. He said he's hyper-aware on his motorcycle, always watching the other vehicle's movements.

He said it's common for vehicles to cut him off, turn right in front of him, and to text and drive. Being the smaller vehicle on the road-way, Boisvert said people don't always see him, so he has to be defensive.

"That doesn't mean speeding," he said. "But not following other people. I want a clear road ahead of me."

MPI has a few ways drivers can be safer around motorcyclists on the highway: look twice when changing lanes, check blind spots, watch the motorcyclist's body language in case you miss their signal, and maintain a

following distance of at least four seconds.

Other vehicles aren't the only thing motorcyclists have to watch out for.

Alvin Johnson from Arborg hit a deer on his motorcycle in 2006. He was on his way home from having coffee in town. The grass along the highway was tall, and as he was doing 100 kilometres per hour, a deer jumped out from the thick grass and he T-boned it.

Johnson let go of his bike as he made contact — he said that's what saved him. He got out of the accident with a broken wrist, bad road rash and a fear.

"I'm lucky to be alive," he said. "I think my guardian angel was watching over me."

The helmet that he now has as a keepsake also saved Johnson

that day. He has a helmet exemption but is still adamant on wearing it.

"It's deadly otherwise," said the 62-year-old.

Johnson and Boisvert both wear gear on their motorcycles, something MPI recommends. Now, Johnson also said he tends to drive slower at night or in the morning and he's always panning his surroundings.

A motorcycle, he said, is about one-third the size of a car, making the

"I THINK MY
GUARDIAN
ANGEL WAS
WATCHING
OVER ME."



EXPRESS PHOTO SUBMITTED

Alvin Johnson has been riding a motorcycle since his early teens. He says a helmet is the most important piece of equipment when riding.

motorcyclists vulnerable on the road. Though he's had a run-in with wildlife, Johnson said texting and driving is just as big an issue.

"You can be as careful as you can be and be the most experienced in the world, but if someone pulls out in

front of you or cuts you off," said Johnson, trailing off nervously.

For Motorcycle Safety Awareness Month, MPI reminds drivers to think of motorcyclists as pedestrians or cyclists — they all have a right to the road.

Manitoba's Open Farm Day 2020 has been cancelled

Submitted

Manitoba Open Farm Day has been



The Westshore Community Foundation invites students within the Westshore catchment area to apply for postsecondary Scholarships and Bursary Funds.

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"Building a Lasting Legacy"

an annual event for the past 10 years, providing the opportunity for thousands of people to experience the agricultural industry by visiting farms and other agricultural sites around the province.

The Manitoba Association of Agricultural Societies (MAAS) has been

Dear Legion Member:

As a result of discussions with District Command of the Royal Canadian Legion, the Winnipeg Beach Legion Branch #61 has made the decision to close the Branch for the rest of the year 2020. This decision is made in the interests of continuing safety measures for our Legion members, their families and our community from the COVID-19 public health pandemic. All events and fundraisers planned for the remainder of 2020 will be rescheduled forward to 2021, including our craft sales, Fall Supper, annual Remembrance Day service and the November General Meeting/Elections. If the situation permits, we will look forward to welcoming back our members and our community during our anticipated reopening of the Branch in January 2021. At this time please stay positive, and follow the provincial guidelines to keep you and your loved ones safe. We will be in touch again at a future date.

Lorraine Andrushuk, President
Winnipeg Beach Legion Branch #61 204-389-2660

privileged to deliver this worthwhile program on behalf of Manitoba Agriculture and Resource Development.

Due to COVID-19, however, the 2020 Open Farm Day event has been cancelled. The first priority of this event has always been the safety and health of the people involved, including host sites, invited guests and the public.

Through many conversations, the difficult decision to cancel the 2020 Open Farm Day was reached for the safety and health of all participating.

> AMAYA, FROM PG. 3

vamped home. Dawson said Amaya has her moments, but once she realizes how to do an old activity in a new way, she's not upset anymore.

The doctors told Dawson Amaya would have no feeling after the accident — but she does. She's a month ahead of where she should be in physiotherapy and she's gone from being on close to 15 medications to only two.

MAAS would like to thank all Open Farm Day's dedicated host sites who have shared their stories with all the visitors who have come to learn about the agriculture industry in Manitoba. MAAS will continue to consider options for 2021.

Thank you to all for your interest and support of Open Farm Day.

For more information, go to www.openfarmday.ca.

Not once has Amaya been bitter. Dawson said they've talked about trial surgeries so her daughter may walk again but no firm plans are being made today.

The GoFundMe page has reached its goal of \$20,000 — money Dawson said is being put away for a possible trial.

Amaya knows there are no promises of her walking again even with a trial. She is OK with both probabilities.

Province investing \$45 million for Manitoba seniors to lessen COVID financial burden

Submitted by Manitoba government

The province is extending \$45 million in direct financial support to Manitoba seniors during the COVID-19 pandemic through the new Seniors Economic Recovery Credit that will deliver a \$200 tax credit to each recipient, Premier Brian Pallister an-

nounced last week.

"Senior citizens across the province are facing increased financial hardships because they now have to pay extra for grocery deliveries or purchasing and learning to use technology at home so they can communicate with their family members and the

loved ones they miss," said Pallister. "Manitobans are working together to navigate this challenging time and seniors throughout our province deserve our help and support."

Created through an expansion of the Manitoba Protection Plan for the public health crisis, the Seniors Economic Recovery Credit will provide every Manitoban aged 65 and older with a one-time, refundable tax credit of \$200. To ensure best use of the credit, the Department of Finance will proactively mail a payment cheque as a credit advance to each senior who filed a 2018 income tax return prior to April 1, 2020.

Seniors who have changed mailing addresses since the time of their 2018 tax filings will have an opportunity to update the Department of Finance on their address changes through a government web portal at www.manitoba.ca/seniorseconomicrecoverycredit. Those who do not receive a cheque, have not updated their addresses or

are new residents of Manitoba will be able to receive the \$200 credit when they file their 2020 income tax return.

Almost every senior across the province will receive the payment in May. The \$200 credit will not be counted taxable as income and will not be used to claw back income-tested benefits to seniors, the premier noted.

"As we slowly and carefully begin the process of reopening of our province's economy, this credit is putting \$45 million directly into the hands of Manitobans as we move forward from COVID-19," said Pallister. "Manitoba seniors deserve assistance during this pandemic. We can't relieve all of their stress during these difficult times, but we can make it more affordable for them."

A comprehensive list of Manitoba government COVID-19 measures can be found at <https://manitoba.ca/bg/2020/04/covid19.html>.

It's really piling up out there



The ice on Lake Winnipeg last Saturday was broken up with the strong winds.



EXPRESS PHOTOS BY PATRICIA BARRETT

Mother Nature blew the ice on Lake Manitoba into a large ridge that looked like mountains from a distance.

By Patricia Barrett

Choppy ice on Lake Winnipeg, near Winnipeg Beach Provincial Park, extended out as far as the eye could see.

It's really piling up out there on Lake Manitoba near St. Laurent where mini-mountains of snow last week obscured the horizon.

Lake Winnipeg's choppy ice floes hugged the shoreline of Winnipeg Beach Provincial Park and extended out as far as the eye could see last

weekend. The province had issued a warning May 9 that high winds could cause pile-ups on shore in the areas of Gimli and Victoria Beach.

On Lake Manitoba near St. Laurent, mini-mountains of snow about a half-mile from shore obscured the horizon in many spots. Most of the heavy ice and snow had retreated from the shoreline, leaving behind patchy areas of open water and razor-thin sheets of ice that gulls and terns argued over.

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Kiwanis-organized parade thanks health-care workers

By Patricia Barrett

The Kiwanis Club of Gimli & District organized a parade last Saturday to thank health-care workers caring for COVID-infected patients, long-term care patients and others in the community with health-care needs.

Led by an RCMP cruiser, Winnipeg Beach Mayor Tony Pimentel, Interlake-Gimli MLA Derek Johnson and his wife Tara, Kiwanians, Evergreen Basic Needs, Heima er Best, residents in classic cars and a fire department pumper drove through Gimli, making pit stops at Betel Home and the Gimli hospital where they tooted their horns. They then headed down High-

way 9 to pay their respects to health-care workers in Winnipeg Beach and Dunnottar.

Mayor Pimentel said health-care staff are greatly appreciated in the communities they serve.

"We have a lot of people involved in home care out here and working at the hospital, and I don't know if they know we all appreciate the work they're doing for our benefit," said Mayor Pimentel. "People really need to understand that our health-care workers are working hard to make us safe and we should try to support and make them safe as well."



Four generations of the Bristow-Markusson families from Gimli turned out to show their appreciation for health-care workers.



Gimli's Merle Henderson, outside Gimli hospital, said she came out to show her support for frontline health-care staff.



EXPRESS PHOTOS BY PATRICIA BARRETT

The Vowles family from Gimli and their dogs claimed the corner of Goldfield and Fifth to cheer on a Kiwanis-organized thank-you parade and to show their support for frontline health-care workers caring for COVID patients and keeping the community safe.



Classic cars and the Gimli fire department, rolling down Sixth Avenue in Gimli, were part of the parade.



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**Major
infrastructure
package unveiled
to help restart
Manitoba recovery
amid COVID-19
pandemic**

Submitted by Manitoba government

The province is increasing infrastructure investments by an additional \$500 million as part of an economic stimulus package to help restart Manitoba's economy in the wake of the COVID-19 pandemic, Premier Brian Pallister announced last week.

"As Manitoba continues to flatten the COVID curve, we are now in a position to slowly and carefully begin to

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Arborg, MB

Continued on page 12

MPI gives client rebate

By Evan Matthews

Interlakers can soon expect a cheque in the mail from Manitoba Public Insurance.

On May 6, MPI announced it would be “proactively” providing relief to Manitobans by issuing rebates as an “alternative to future reduced premiums,” according to a press release.

“We continue to ensure we keep our customers’ needs and best interests at the forefront of everything we do — whether in managing our business with financial prudence, providing service options throughout the pandemic or transferring the use of some MPI facilities to assist others in dealing with COVID,” said MPI’s CEO and president Ben Graham.

“I’m very pleased our special rebate application was expeditiously dealt with by the Public Utilities Board, and MPI continue to work with the board in full collaboration and transparency, the end result being a positive outcome for Autopac premium payers.”

Rebates will be based on what each policyholder paid last year and are expected to be roughly 11 per cent, or roughly \$140 to \$160 per average policy holder. Cheques can be expected by the end of May or in early June.

Graham explained that the rebate was made possible by the combination of fewer claims

since the COVID pandemic hit, coupled with the strong year-end financial results and MPI’s reserves, which will not be adversely affected by the rebate.

The rebate comes in good faith, according to Anne Isfeld, general manager at Gimli’s Interlake Insurance.

“I think that this is important, especially at this time, due to reduced claims and strong year-end results. MPI is in a good position to support its clients when they need it the most,” said Isfeld.

“With so many being impacted by the current crisis, the premium rebate is certainly coming at a good time for Manitobans.”

Under existing legislation, MPI was able to immediately return roughly \$50 million to its ratepayers but required the approval of the Public Utilities Board for the additional \$60 million, according to the press release.

In addition to the rebate, MPI reported that as of mid-April,

collision claims were down 48 per cent compared to the same month a year ago, which as local brokers have suggested can be attributed to the public health orders and isolation.

MPI estimates the dollar amount to be roughly \$29 million in fewer basic claims being incurred between March 15 and April 15.



Anne Isfeld



EXPRESS PHOTO SUBMITTED

Interlake Agencies has offices in Gimli, Arborg, Peguis and Riverton.



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Government preserves local military memorials

Submitted by the Manitoba government

Derek Johnson, MLA for Interlake-Gimli is welcoming an announcement that the Manitoba government is providing local grants through the Military Memorial Conservation Fund for the preservation of military memorials in the community.

“Even in times of peace, it is important to remember the cost of war, and that is why military memorials are so important,” he said. “Manitobans are forever grateful to those who have bravely served in defence of freedom and democracy.”

This year, the Manitoba government is providing more than \$50,000 in grants for 11 new projects through this fund. This includes a total of \$5,800 for the Gimli cenotaph project within the Interlake-Gimli constituency.

The Military Memorial Conservation Fund is expected to generate \$100,000 annually for projects across Manitoba.

More information about the fund and how to apply for a grant is available at gov.mb.ca/chc/grants/heritage_mmcf.html.



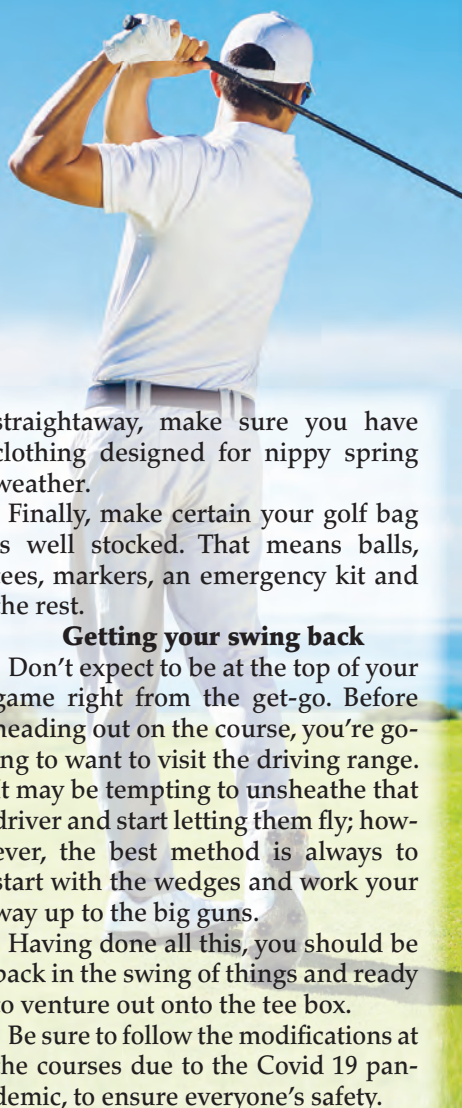
EXPRESS PHOTO BY PATRICIA BARRETT

The provincial government announced \$5,800 in preservation funding for the Gimli cenotaph project.

Ready. Set. SWING.

Swinging into golf season

It's
GOLF
season!



For golf lovers, spring is synonymous with swing. As soon as the snow has melted, they're reaching for their clubs. However, before teeing off, golfers need to get back their groove. Prior to heading onto the links this season, make sure you properly stretch, check your equipment and get some practice in.

Pre-season stretching and exercise

Most people become less active during winter. Any return to athletic activity after a lull needs to be done gradually and should involve stretching. Even if you were active last winter, stretching remains imperative: given that your muscles haven't executed the specific motions involved in the golf swing for months, they can injure easily if not properly stretched.

The most important areas to stretch are the wrists, forearms, triceps, shoulders, neck, lower back, glutes

and hamstrings.

As for pre-season exercise, *Golf Digest* stresses the importance of strengthening your glutes. These large muscles not only stabilize your golf posture but also protect the lumbar spine from the stress involved in swinging a golf club repetitively. Some exercises that help train your glutes are squats, glute bridges and deadlifts.

Getting your gear ready

Golf might well involve more equipment than any other sport. Before starting your season, you'll want to make sure your gear is up to snuff. Inspect your clubs, grips, shoes and the individual cleats on your shoes to make sure everything is course-ready.

Additionally, ensure you have what you need in the way of golf apparel. If you're looking to hit the links

straightaway, make sure you have clothing designed for nippy spring weather.

Finally, make certain your golf bag is well stocked. That means balls, tees, markers, an emergency kit and the rest.

Getting your swing back

Don't expect to be at the top of your game right from the get-go. Before heading out on the course, you're going to want to visit the driving range. It may be tempting to unsheathe that driver and start letting them fly; however, the best method is always to start with the wedges and work your way up to the big guns.

Having done all this, you should be back in the swing of things and ready to venture out onto the tee box.

Be sure to follow the modifications at the courses due to the Covid 19 pandemic, to ensure everyone's safety.

> MANITOBA RECOVERY, FROM PG. 10

restart our economy," said Pallister. "Our government is committed to working with industry, municipalities and all levels of government to help stimulate our economy as we move forward through this global health and financial pandemic."

The \$500-million investment through the Manitoba Restart Program announced last week will expand on the significant already-planned infrastructure investments of \$3 billion over the next two years, the premier noted.

The Manitoba Restart Program will include new:

- water and sewage projects through the Municipal Water Services Board,
- road and highway resurfacing and repairs,
- bridge repairs,
- municipal infrastructure priorities, and
- potential new cost-sharing construction projects with other levels of government if agreements can be reached.

"Today's announcement builds on our commitment to ensure critical funding to Manitoba municipalities as promised in Budget 2020 remains intact, despite unprecedented financial pressures on the provincial government and record borrowing levels," said Pallister. "Manitoba's construction industry is ready to ramp up their work and we have many important shovel-worthy projects throughout the province to start that will improve the quality of life of all Manitobans."

The premier noted specific projects would start to be determined in the coming weeks.

This additional investment is one of many measures undertaken by the province through the Manitoba Protection Program, which includes approximately \$250 million in supports for small and medium-sized businesses and various measures to help the health and well-being of Manitobans.

More information on Restoring Safe Services can be found at https://manitoba.ca/asset_library/en/proactive/2020_2021/restoring-safe-services.pdf.

A comprehensive list of Manitoba government COVID-19 measures can be found at <https://manitoba.ca/bg/2020/04/covid19.html>.



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Vikings go virtual for Islendingadagurinn to outwit COVID

By Patricia Barrett

The ever-adaptable Vikings will be wielding social media rather than sword and shield this August to outwit COVID-caused physical distancing rules.

COVID may have canned major summer festivals across Manitoba, but organizers of Islendingadagurinn, which is celebrating its 131st year, are pressing on with a never-before-tried virtual festival with an aptly named theme, Icelandic at Home/Heima er Best.

Although there won't be any live crowds soaking up the Gimli Viking vibe this August, the festival's virtual presence just may open the door to people who normally wouldn't be able to travel to Gimli.

"We can still celebrate our Icelandic culture and heritage and provide people with the experience, but it will be different from what it normally is," said Icelandic Festival of Manitoba (IFM) president Jenna Boholij last week. "And maybe people who weren't able to attend past festivals in person will be able to connect to us virtually this year. It does have a positive side."

The festival has primarily been free with a few fee-paid events (e.g., races), said Boholij, and this year will be no different. Organizers will be offering events via platforms such as Facebook, Instagram and YouTube, as well as on the IFM website.

Events planned to date include the one-mile (1.6-kilometre) race, the 3.1-mile (5-kilometre) race and the 10-mile (16-kilometre) race. Competitors will be able to jog along to an app that will record their time.

"You log into the app and you'll be given a set timeframe, probably a two-week window, where you can complete the route. If someone from Ice-



EXPRESS IMAGE COURTESY OF ICELANDIC FESTIVAL OF MANITOBA

The 131st Islendingadagurinn Festival will be held virtually on the August long weekend.

land, for example, wants to do our run this year they'll be able to," said Boholij. "And then you submit your times. We'll announce the winners of the races on the long weekend and we'll get your medal to you."

Boholij said they're working on possibly offering a video on Icelandic knitting to showcase a variety of Icelandic wool and different patterns. She herself has "a million pairs of mitts and sweaters"

her aunt made for her to deal with "bone-chilling weather."

Organizers are still in the process of figuring out whether and how they can offer much-loved festival favourites, the Viking village and Viking battle re-enactments.

"Our issue, of course, is not being able to host anything in person and not being able to follow social distancing rules. That makes it hard for the Vikings to interact," she said. "We're kicking around some ideas now. Vikings are a key part of our festival and we'd love to have a cameo by them."

Taking on the job of festival president for the first time has not been easy for Boholij. She didn't envisage that the 131st celebration would occur during a pandemic year, and there are no "models" or "best practice guidelines" on how to hold a festival virtually, she said. But she's undeterred and has had great support from the IFM board.

"It's been challenging. We're finding out how to do this as we go," she said. "Our board has been so supportive and no one said we should cancel. We were all willing right away to make this work."

Boholij said she's hoping to release the final schedule of events on June 17, which is Jon Sigurdson Day, Iceland's historic day marking its independence from Denmark.

The virtual festival will occur on the August long weekend, but Boholij said it may not be a full four-day run.

For more information or to register for the festival's newsletters, visit www.icelandicfestival.com.

Frontline workers appreciated



EXPRESS PHOTO SUBMITTED

Last week staff at Eriksdale Hospital and Lunder Personal Care Home, as well as approximately 30 local businesses in Lunder and Eriksdale, were recognized for their importance to their communities. Tupperware consultant Carla Sweetland joined in on a Canada-wide campaign as a way to show appreciation to local folks that have had to go out to work through the COVID-19 pandemic. For Sweetland, she originally anticipated handing out approximately 30 soup mugs, but with the support of friends and neighbours and their generous donations, Sweetland was able to fill more than 120 Tupperware soup mugs with lotions and treats for local essential workers.

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Home & yard

Three reasons to collect rainwater



Rainwater can be used for many things, from watering your garden to washing your clothes and flushing your toilets. Here are three benefits of collecting it.

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2. It reduces run-off. During heavy rainstorms, the water that goes into your cisterns or barrels won't go into the ground, thereby reducing the risk of flooding and land erosion.
3. It can be used at any time. Many areas restrict the amount of municipal water you can use during droughts and particularly dry times of the year. However, you can use your collected rainwater whenever you want.

If you'd like to start collecting rainwater, there are many ways to do so. You can simply use barrels placed under a spout or employ more sophisticated techniques involving underground pipes and purification systems.

Fountains and water features: what to consider before installing one



If you want to install a fountain or similar type of water feature in your yard, there are three factors to consider: style, location and upkeep. Here's what you should know.

Style

Some fountains are freestanding, which means they can be placed in the middle of your yard. Others are wall-mounted and typically incorporated into another water feature.

You should also think about the fountain's size and shape as well as the durability of its material. Don't forget to consider the amount of noise the fountain will make.

Location

The right spot to install your fountain is one that's near a watertight electrical outlet. The location should also be protected from the wind and moderately shaded.

Upkeep

Fountains and other water features need to be maintained. You should check the water level periodically and replenish it as required. You'll also need to remove debris from the pump and clean the filter on a regular basis. Additionally, you may need to use special products to help control moss, algae and plant growth.

At the end of the summer you'll also need to empty the fountain, clean and store the equipment and cover the outdoor structure with canvas.

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Dear Premier Pallister,

We are writing today in recognition of front line heroes and to alert you to the very real risks to vulnerable Manitobans.

Front-line staff who are providing essential, intimate, personal, challenging care to our most vulnerable population earn just over minimum wage. **Each day, these staff leave the safety of their homes, risking their own personal safety out of sheer dedication and commitment.** At their wage, employees could easily opt for the Federal CERB program without much, if any loss to their income. Recently Ontario increased Direct Support wages by \$4 an hour and Manitoba Direct Support staff are asking why they are not also being recognized as **essential**.

We are very concerned about the stability of the workforce currently supporting roughly 7000 of our most vulnerable citizens. We have been advocating for years – actually decades, for staff who care for people with disabilities to be treated as the professional and skilled staff we expect them to be. This global pandemic clearly points to the groups of staff within our province who are essential and who cannot easily be replaced. **Now is the time to step up and show support for the immense responsibility they shoulder 24 hours a day, seven days a week.**

Earning less than people at a grocery store down the street and certainly less than other essential workers is embarrassing, it's disrespectful and puts a fine point on how little our community and our government values people with disabilities.

Every day that you are not addressing this issue is putting people with disabilities at risk. **Please implement hero pay of \$5/hour to address this need to ensure that people with disabilities have consistent and trained staff working through this pandemic to ensure the health, well-being and quality of life of thousands of Manitobans.**

Sincerely,

Abilities Manitoba,
Alliance of Direct Support Professionals,
Barrier Free Manitoba,
Community Living Manitoba,
Disability Matters Vote,
Family Advocacy Network,
Inclusion Winnipeg,
People First of Manitoba



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#EssentialToUs

Black Bear Rescue Manitoba nurtures eight cubs

By Jennifer McFee

Spring has sprung and the bear population is booming at a local animal rehabilitation centre.

Black Bear Rescue Manitoba is now home to eight orphaned bear cubs, the highest number since it opened several years ago. The most recent additions are siblings Lionel and Louise, who arrived from Minnedosa on April 18 weighing less than seven pounds each.

"A farmer saw some ravens circling over a stubble field and he got curious about what they were looking at. He saw these two little cubs lying on the ground by themselves with no mother in sight. It was a Friday evening and he left them overnight in case the mom was coming back," said Judy Stearns, who operates the centre with her husband Roger on their 10-acre property in the RM of Rockwood.

"On Saturday morning, they were still there so he contacted Conservation. They went out there to inspect the scene, and then Conservation contacted us because they felt that the cubs needed to come to us."

In addition to the two newcomers, the Stearns have been nurturing six other bears so far this year. Izzy was about two days old when he arrived in early January from southeast Manitoba, weighing only half a pound. His brother Iggy wasn't able to gain weight, so sadly he didn't make it.

At the end of February, Jasper, Jolene and Juniper arrived from the Interlake, followed by Koda and Karla from the Whiteshell at the end of March.

The mission of the organization is to provide the highest level of care for orphaned bear cubs and, once rehabilitated, to return them to their natural environment.

To achieve this goal, the Stearns are committed to round-the-clock care, and they're particularly busy



EXPRESS PHOTO SUBMITTED

More cubs have arrived at Black Bear Rescue Manitoba.

these days with feeding all the cubs.

"They were being bottle-fed until recently. We're weaning about half of them now. Since we got our first cub in January, my husband and I have not had a solid seven-hour sleep yet. It's been a long haul," Stearns said.

"The younger they are, the more frequent the feedings. With our newest cubs, we were feeding them every two hours for the first 24 hours. After that, it went to three hours and four hours quite rapidly within a few days because they were a little bit older."

To tackle the task, the Stearns set their alarm clock and wake up according to schedule.

"The idea is that you have to give them little bits of food frequently because you're adjusting them from mother's milk to our formula," she said. "You don't want to upset their digestive system, so it's frequent small feedings that we stretch out."

They've got it stretched out to five-hour feedings lately so they can get some sleep.

"Luckily, we've got volunteer help as well. They come over at feeding time during the day," she said. "It takes at least two people about an hour to do our feedings. If something goes wrong and we need to make up another bottle, then it takes a little longer."

The cubs will remain at the site until late October or early November when they're released into the wild to prepare for denning.

"We start them into a hibernation mode with their metabolism when they're here since we start reducing their food slowly starting in October. Because it's fall and there's shorter daylight hours and lower temperatures, they start eating less on their own anyways. Their bodies start to know that it's hibernation time," Stearns said.

"So when we release them, they den within a short time, sometimes within a few days up to 10 days. They know how to den instinctively. They don't have to be taught by their

mother and they don't have to be with their mother. They just make their dens on their own."

Until then, the cubs will remain together, with the four older ones currently in one enclosure and the younger ones in another enclosure.

"They're very sociable little cubs so they want to be together. We never would want to have a lone cub because all they want to do is play. When they're not eating or sleeping, they're playing. It's one of those three things," Stearns said.

"They love company and they choose to all sleep together in a great big pile."

To provide a little cheer during the COVID-19 pandemic, and to raise some much-needed funds for the cause, the Stearns recently launched an initiative called "30 Smiles for \$30." They posted an adorable image of the cubs each day for 30 days on the Facebook page entitled "Black Bear Rescue Manitoba." At the end of that period, people could decide if they felt it was worth donating \$1 per day to the rescue for a total of a \$30 donation.

"I'm telling a story with my photos and we needed to do a little fundraising. On average, it costs about \$2,000 to raise a bear from start to finish when they arrive early in the year," she said.

"So it will cost us about \$16,000 right now, and we think that we'll be getting more bears. We're a registered charity and we receive no government funding. Whatever shortfalls we have in donations, we pay for out of pocket."

The initiative made an impact, both locally and beyond.

"I had a guy from France send me a private message saying that his 96-year-old elderly aunt was in isolation in an old folks home there. The people in the home looked at my pictures every day," Stearns said.

"The highlight of their day is looking at these little bear cubs on the Facebook page and they just cry because they think they're so beautiful."

Although the fundraiser has now ended, donations are always welcome by credit card, PayPal, cheque or e-transfer. If there is enough demand for the Stearns to continue with the photo fundraiser, they might soon embark on Round 2.

They're also hoping to get some businesses on board to sponsor the organization or an individual bear.

At the same time, they want to spread the word that there is a place for orphaned bear cubs in Manitoba.

"We were one of the only provinces in Canada that didn't have a place for orphaned cubs to go. They're not allowed to leave the province to go to other province's rehabilitation centres, so there was no option for them and they were just euthanized," Stearns said.

"As an animal lover and a proud Manitoban, I just couldn't tolerate that. I promised everyone I would make sure we would get a rehab facility set up in Manitoba somehow, never thinking I would be the one who was going to be doing it. Years went by and nothing was happening so we decided to just do it ourselves. We want people to know that there is a place for cubs now."

To learn more about the bear cubs or to make a donation, visit the Facebook page entitled "Black Bear Rescue Manitoba."



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Viking Park project celebrates our ongoing connection with Iceland

Submitted

Since 1890, the Icelandic Festival of Manitoba has promoted and sustained interest in our Icelandic culture and descent, primarily through hosting Islendingadagurinn.

In 1924, the tradition of selecting a woman to be the Fjallkona began. The Fjallkona has represented Mother Iceland at every festival since and personifies New Iceland's ongoing relationship with Iceland.

To those who are and have been a Fjallkona, and to the family and friends of past Fjallkona, we invite you to help tell our story in Viking Park, as well as show our appreciation to the Icelandic Festival for the honour they have bestowed upon us.

The Icelandic Festival of Manitoba wants to create a lasting tribute to the Fjallkonur by creating The Fjallkona Walkway in Viking Park. But we need your help.

Being the Fjallkona is an honour that does not only last one year; it is an honour that lasts more than a lifetime. An honour that passes down through the generations, remembered by the children, grandchildren and extended families that belong to each of us, and those that are yet to come, dating back to the earliest Fjallkona, Sigrun Lindal in 1924.

This honour is recognized in the Islendingadagurinn program annually through the listing of past Fjallkonur. And the pride is heard through all the generations — My Mother, My Amma, My Langamma was a Fjallkona!

The Icelandic Festival Committee has a vision for the next phase of the Viking Park, the Viking Park Connec-

tivity Project. This project will connect Viking Park to the main harbour area in downtown Gimli and will allow western Icelanders to celebrate our connection to our Icelandic heritage.

The Fjallkona Walkway will be created as part of the Viking Park Connectivity project and will honour all Fjallkonur, past, present and future as well as enhance our cultural history in the park. What is needed now is financial support to make the vision a reality.

The Fjallkona are to be represented on a settlement marker located near the east entrance to Viking Park, near the new timber boardwalk that is being constructed as part of the Viking Park Connectivity Project. The marker will share the story of the Fjallkona.

There will be enough space on the timber board donor plaques to list all of the names of the Fjallkonur, past, present and future. The plaques allow for four names on each timber board. The festival will be installing 23 timber boards this summer and will leave room to add the names of the new Fjallkona each year. This part of the boardwalk will become the Fjallkona Walkway and be a meaningful area for the Fjallkonur and their families.

The markers are made of stainless steel with the donor name featured in larger print on the left-hand side; in this case, Fjallkona. The name is laser cut out of the metal to allow the light source within the marker to shine through and illuminate the pathways to the Viking statue. The narrative of the Fjallkona will be engraved along the right-hand side. The timber board etchings will honour the Fjallkonur as described above.

With your help, construction of



EXPRESS PHOTO SUBMITTED

The Icelandic Festival of Manitoba will create the Fjallkona Walkway Settlement Marker and timber board plaques in appreciation of a donation of \$25,000.

this venerated tribute will begin this spring.

To ensure this vision becomes a reality, we are asking all former Fjallkonur, their families, friends and any interested parties to donate to this make the Fjallkona Walkway possible.

The Icelandic Festival of Manitoba will create the Fjallkona Walkway Settlement Marker and timber board plaques in appreciation of a donation of \$25,000.

To date there have been 95 Fjallkonur and more to come. It is impossible to express the number of lives the Fjallkonur have touched, but if every person who has been impacted or inspired by a Fjallkona made a donation toward this lasting tribute, we can ensure it is constructed this year.

Credit card donations can be made through the Icelandic Festival of

Manitoba website at <https://www.icelandicfestival.com> by selecting "Viking Park, donate." Cheques are to be made payable to the Icelandic Festival of Manitoba and sent to Kristine Sigurdson, Icelandic Festival of Manitoba, 107-94 1st Ave., Gimli, MB, R0C 1B1.

Donations should specify "Fjallkona Marker."

Donations for \$1,000 or more can be made in pledge payments over a three-year period.

Donors will receive a charitable donation receipt for tax purposes. Donations will also be recognized on the Icelandic Festival's website, through social media, press announcements and in the souvenir program.

The deadline for donations and pledges is June 17, 2020.

Co-op wants to thank and recognize frontline workers

By Evan Matthews

As an organization that employs frontline workers, Co-op is saying that in times like these, you just want to thank somebody.

Co-op is looking to acknowledge frontline workers, specifically.

"We've been hearing stories of frontline workers doing amazing things, teachers and neighbours doing great things. The organization has launched its own initiative to recognize community members who are going above and beyond to help others," said Jordan Cook, Interlake Consumers Co-op general manager.

"We encourage any and everybody to nominate people in their communities they deem worthy. We've had lots of positive feedback about community members in Eriksdale and Arborg, so we'd love to see some nomi-

nations."

An organization called GivingTuesday designated May 5 as a global day of giving and unity, with this year being a response to COVID-19.

Taking the idea one step further, between May 5 and May 19, Co-op is encouraging people to share how someone in their community has gone above and beyond to help others, nominate that person, and give them the chance to win a \$100 Co-op gift card.

Co-op is giving out up to 1,250 gift cards across Western Canada over the course of the initiative, according to its website.

"This support is over and above the hundreds of timely and innovative actions local Co-ops have already taken and continue to take every day in their respective communities," said Feder-


CO-OP helps

#GivingTuesdayNow

ated Co-operatives Limited (FCL) CEO Scott Banda.

"With this initial campaign, we just want to say thank you and recognize the individuals that make our communities what they are."

People can nominate a health-care professional, a grocery clerk, a trucker or someone else on the frontline, ac-

cording to the website, or it could be a neighbour delivering baking, a friend who's setting up children's activities, or a volunteer who's offering services to a community organization, just as a few examples.

To nominate someone in your community, visit www.wecare.crs.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba Junior Baseball League eager to start their season

By Brian Bowman

In a normal year, the Manitoba Junior Baseball League would be in full swing right now.

But, unfortunately, 2020 has been anything but normal.

Like all other sporting leagues across Canada, the MJBL is on pause to start its season.

The league is eagerly waiting to hear when they can throw out the first pitch to start the season.

"We do operate somewhat independently but we share and are insured by Baseball Manitoba so we follow the same guidelines," said league president Jamie Bettens last week. "We wouldn't want to do anything to be different from anybody else. We follow the guidelines and we have had league executive meetings over the past couple of months talking about contingency plans and different schedules, (like) how many games will we play?"

With Baseball Canada eliminating western and national championships in 2020, the MJBL has the flexibility of extending its season.

The MJBL usually begins its season in May and the playoffs wrap up in late July or early August.

Last season, clubs in the seven-team league played 24 regular-season games. That will most likely change, however, this season with Winnipeg South rejoining the league.

Eight teams playing each other three times for a 21-game schedule, said

Bettens, is the most likely scenario.

"Our players are still at the age where they have to work and make money for university or college or just to make a living," Bettens said. "So, for us to play on back-to-back multiple days, it's hard for the players to do that, both physically and kind of mentally."

Adding Winnipeg South back to the fold is great news. Bettens, like many people, would love to see that number increase in the future.

"I think there's an opportunity for the league to expand throughout the province and have some sort of divisional alignment where you play closer to your geographical area a little more often," he said. "And then you travel outside of the division to play somebody a little bit further on a select few times. Similar to what other major leagues do."

One of the newer teams in the league is the Interlake Blue Jays. They have been a very nice addition to the league.

"Interlake is one of the storied franchises in the league," Bettens said. "They have always put a competitive team on the field. Adam Kirk and his executive group have always done a good job in finding volunteers and keeping that field in one of the best (conditions) in the province year after year. Interlake is one of our shining franchises in the league and we don't think that will change anytime soon."

The parity amongst teams in the



EXPRESS FILE PHOTO SUBMITTED

The Interlake Blue Jays are hoping to throw out the first pitch to start the season in the next couple of weeks.

league has been good in recent years. The level of play is also very strong.

"It seems to be improving over the past few years," Bettens noted. "Some of the guys here are going to U.S. colleges and coming back and staying in the league as opposed to travelling out west to play for the summer. We still lose some of the top-end talent but we have more and more kids going away to college and there's more and more opportunities for those kids coming back. When each team is blessed with two, three, four college players, the level of play picks up."

Another thing the MJBL should be

very proud of is the fact that their league is open to female players. Interlake, for example, welcomed Garson's Brittney Langlais to its team last season.

"We're hopeful to see Britt and many other female players that are ready for the next step in their (baseball) careers to come to our junior league," Bettens said. "We were the first league in the country to open it up to female players so they can hone their craft in an attempt to make the national program. That's something I'm very proud of — that we are offering that opportunity to females."

Stonewall to host 2021 Women's Invitational

By Brian Bowman

In this crazy world, a lot of bad news has swirled around the sporting community the past two months.

But Stonewall received some very good news last Thursday.

Stonewall was accepted by Baseball Canada to be the host of the 2021 Women's Invitational tournament.

"We communicated that we would like to host for 2021," said Roger Langlais, the tournament co-chair, on Monday afternoon. "We ran that by our committee and we're excited to continue to host for 2021."

The Women's Invitational was to be held in Stonewall this summer

along with the 14U Western Canadian Championship at the same time.

At press time, it had not been announced that the 14U championships will also be held in Stonewall in 2021.

"We're hopeful that they can be held on the same dates for 2021," Langlais said. "We'll reach out to Western Canada Baseball and inform them that we're prepared to host but it's just a matter of will it be part of the same weekend championship or not."

At this time, it was still unknown if the Women's Invitational will be held in either July or August.

There was plenty of disappointment locally that those two major tourna-

ments - along with all 2020 national championships - were cancelled this year by Baseball Canada due to the coronavirus.

"We're all disappointed that it's not going to take place in 2020," Langlais said. "But we have to respect the health and safety of our communities, first and foremost. We're all in this together to get through COVID-19 and hopefully there will be a day when we can get back to normal life or maybe a different normal life with baseball competition and growing the girls' game."

Leagues across the province are hopeful that there will be some form

of baseball this summer.

"When that will be will be determined by the direction from the province and Baseball Manitoba," Langlais said. "The baseball community, I think, we all want some form of ball played this year and get kids back on the field. For a lot of us, the important thing is that we need kids playing the game of baseball."

The host sites for national championships currently not listed on Baseball Canada's website will be announced at a future date.

get inspired

> MEAL IDEAS



Brown Sugar Bundt Cake

Grease 10-cup bundt pan with nonstick cooking spray. Set aside. In medium bowl, whisk flour, baking powder, baking soda and salt. In bowl of stand mixer fitted with paddle attachment, beat butter, brown sugar and granulated sugar until light and fluffy. Add eggs, one at a time, mixing well after each addition. Add vanilla and mix on low speed. With mixer on low, add flour mixture in three additions, alternating with yogurt. Begin and end with flour mixture. Mix until just combined. Pour batter into prepared bundt pan and use offset spatula to level batter. Bake 50-55 minutes, or until cake is golden brown and toothpick inserted in center of cake comes out clean. If cake browns too quickly while baking, cover with foil after 35 minutes. Remove from oven and cool on baking rack 20 minutes. Invert pan onto baking rack and gently tap bottom of pan to release cake. Cool completely before dusting with confectioners' sugar.

Recipe courtesy of "Browned Butter Blondie" on behalf of C&H
Prep time: 15 minutes
Cook time: 50 minutes
Nonstick cooking spray
2 cups all-purpose flour, spooned and leveled
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon kosher salt
10 tablespoons unsalted butter, at room temperature
1 3/4 cups packed C&H Golden Brown Sugar
1/4 cup C&H Granulated Sugar
2 large eggs, at room temperature
1 1/2 teaspoons vanilla
1 cup full-fat Greek yogurt
C&H Confectioners' Sugar, for dusting
Heat oven to 350 F.



Breakfast Casserole

4 eggs
1 1/2 cups skim milk
1 tablespoon mustard
Heat oven to 350 F.
In large saucepan, cover potato pieces with enough water to just submerge. Bring to boil. Reduce heat; simmer, covered, 5 minutes. Add onion. Return to simmer, covered, about 5 minutes, or until potatoes are just tender. Drain well. Cool slightly. Coat 8-by-8-by-2-inch baking dish with nonstick cooking spray. Place potato-onion mixture in baking dish. Sprinkle with 1/4 teaspoon salt and pepper. Gently stir to combine. Sprinkle ham and cheese on top. In medium bowl, lightly beat eggs. Whisk in milk, mustard and remaining salt. Pour over layers in baking dish. Bake, uncovered, 40-45 minutes, or until knife inserted near center comes out clean. Let stand 5 minutes before serving.

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More
Prep time: 25 minutes
Cook time: 45 minutes
Servings: 6
1 pound red or white potatoes, scrubbed and cut into 1/2-inch pieces
water
1/2 small onion, coarsely chopped (about 1/2 cup)
nonstick cooking spray
1/2 teaspoon salt, divided
1/4 teaspoon pepper
1 cup reduced-fat and reduced-sodium, chopped, cooked ham (about 4 ounces)
1 cup (4 ounces) shredded Swiss or cheddar cheese

Dear Money Lady,
I am going stir crazy being isolated at home and have had lots of time to review my finances. I started using the Cash Tracker from your book – it is a good way to budget, especially nowadays. I am in my 40's, on my own, and have now finally decided it's about time I start planning for my retirement but I have a lot of debt. Any ideas on how to start?

Jamie

Thank you so much Jamie!

It is good to hear that you are budgeting your income and expenses. This is the first step to building wealth. The Coronavirus pandemic has given us all time to think, provided a forced slow-down, and a "pre-retirement" wakeup call. Its not hard to see why most of us have a lot of debt these days and it is good that you are reviewing your finances to plan to eliminate it. We have all become desensitized to taking on more and more when it comes to consumer debt. Look at all the advertising that we see day-to-day. We are constantly inundated with social media ads and the many home improvement shows on TV that entice us to want more, spend more and get into more debt.

You are right to start planning for your future and the Cash Tracker will get you thinking about budgeting your expenses. You could also consider using the current economic situation to capture a lower rate on a new loan or mortgage. If you plan to do this, always ensure you keep the amortization on a new mortgage the same as the years that you have left until retirement. Banks often default to putting a new mortgage at a 25 or 30 year amortization. This is only good for the bank, not the borrower. Your amortization should always match the



AsktheMoneyLady.ca



number of years you have until retirement. So if you are 40 and you plan to retire at 60, then the amortization should not exceed 20 years. If that means you have to pay a little more and get a little uncomfortable, than so be it. Just think how

uncomfortable it will be when you are retired and making a fraction of what you make now but still making a mortgage or debt payment.

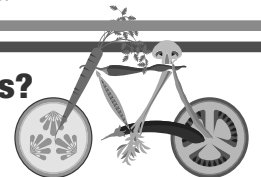
You have the time to make things right and those that are in their 40s and 50s should be seriously planning for their inevitable hard stop to working. Remember it is you that is going to get yourself to retirement debt-free and comfortable – not anyone else. If today you are living paycheck to paycheck and don't have enough every month – then you know you have to make a change – whatever that is. Go back to school to get a better job, go in a different direction with your business, change your career, reduce your spending, review your budget, begin saving; whatever it is, you must do it now. Never underestimate your income potential and your ability to earn – some say it is the fastest way for you to create wealth.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of the best-selling book *"How to Retire Debt Free & Wealthy"* and a new book *Don't Panic - How to Manage your Finances and Financial Anxieties During and After the Coronavirus* available at all bookstores across Canada. If you have a money question, please email on website: www.askthemoneylady.ca

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Phone or text for more details 204-513-5611

PESTICIDE NOTICE

Public Notice is hereby given that the Lunder Co-Op Golf & Country Club intends to conduct the following Pesticide Control Programs during 2020.

1. To control noxious weeds & turf grass diseases. The projected dates of application will be from May 1, 2020 to November 1, 2020. 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

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

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

HOUSES FOR RENT

Ashern - split entrance, 3 bdrm., 2 bath home. Attached garage on 3.67 acres. 4 miles from town. Ph. 204-768-2620.

PROPERTY FOR SALE

Prairie Lake Lodge, 5 lots, immediate possession. 100' frontage x 125'. Ready for RV/cottage. Six waterfront lots available soon. Hydro included. David, 204-773-6819, Gerald, 204-773-0380.

APARTMENT FOR RENT

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

HELP WANTED

Gimli Septic Service Ltd. has an immediate opening for a class 5 driver. Applicants must: demonstrate good truck driving ability with a clean driving record; be able to drive standard, 6 spd. an asset; work independently; be a responsible individual; have the ability to lift 65 lbs.; be available and willing to work some weekends; be motivated and bring a positive attitude. We expect our drivers to deliver excellent service to our customers while representing our

CONT ON NEXT COL.

company in a courteous and professional manner. Please submit resume via e-mail to gimliseptic@gmail.com. No phone calls please!

HELP WANTED

Gimli Septic Service Ltd. has an immediate opening for a class 5 driver. Applicants must: demonstrate good truck driving ability with a clean driving record; be able to drive standard, 6 spd. an asset; work independently; be a responsible individual; have the ability to lift 65 lbs.; be available and willing to work some weekends; be motivated and bring a positive attitude. We expect our operators to deliver excellent service to our customers while representing our company in a courteous and professional manner. Part-time position with the availability to become full time. We offer competitive wages, experience is an asset! Please submit resume via email to gimliseptic@gmail.com. No phone calls please!

MISCELLANEOUS

Trailers, truckbeds & tires. Full repair & safeties. Vehicle parts, tires & wheels. Vehicle & trailer parts & batteries. Sales, Financing & Leasing. Kaldeck Truck & Trailer Inc. Hwy #1, MacGregor, MB. 1-888-685-3127. www.kaldecktrailers.com

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NOTICES

Urgent Press Release &/Media Advisories. The news never stops, and neither do we! We are assisting organizations, businesses, and the public in getting their messaging out about important news, changing operations, cancellations, etc. Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com. We are here to help you.

LIVESTOCK

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

LIVESTOCK

Black and red Angus purebred yearling bulls for sale. Will deliver. Semen tested. Phone 204-383-5802 or 204-383-0100.

Hereford bulls for sale. Semen tested and delivered. Also cow/calf pairs. Will keep until June 1, 2020. Call Bob 204-372-6515.

Rainbow Trout Fingerlings for private pond stocking. Available now. For more information call 204-322-5558 or email: info@watersongfarms.com

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

FEED AND SEED

Forage seed for sale: organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

NOTICE TO CREDITORS

In the matter of the Estate of JOHN KEHLER late of Riverton, MB. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Josephine Bjarnason, Estates Administration, PO Box 467, Riverton, MB R0C 2R0, on or before June 30, 2020. Dated at Riverton, MB, May 11, 2020.

FARMLAND FOR SALE IN THE R.M. OF FISHER with good road access, located approx. 9 miles west and 6 miles north of jct. of HWY 17 and HWY 325E.

- NW 22-26-3W - Approx. 161A, incl. approx. 121 Arable Acres and approx. 40 Non-arable Acres
- SW 22-26-3W - Approx. 160A, incl. approx. 124 Arable Acres and approx. 36 Non-arable Acres
- NE 21-26-3W - Approx. 159A, incl. approx. 132 Arable Acres and approx. 27 Non-arable Acres

CONDITIONS OF SALE: Interested parties shall submit a signed Offer to Purchase to "Lucky Davidow, as Executor of the Estate of Josephine Davidow", c/o Duncan Geisler Law Office, 24 Main Street, P.O. Box 200, Ashern, MB, R0C 0E0, ATTN: Paul D. Geisler, J.D. The highest or any offer will not necessarily be accepted. Property sold "as is."

For further information, or to arrange to view the property, please phone 204 768 2848.



GoPro Hero 5

Black with 3 GoPro batteries and charging hub and micro SD card. and Go Pro Hero session with micro SD card and charger

Phone or text for more details 204-513-5611



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

NOTICE OF TENDER GRASS CUTTING

The Rural Municipality of Fisher is inviting tenders for grass cutting at:

RM of Fisher Office yard Pumphouse yard

Please state price per cut in the tender.

- Applicant is to supply own equipment and fuel.
- Applicant to be 18 years of age or over.
- Lowest or any tender not necessarily accepted.

Submit sealed envelope marked "Tender Grass Cutting" to:

Rural Municipality of Fisher
Box 280, Fisher Branch, MB R0C 0Z0
Email: fishercao@mymts.net

Deadline for tenders is 4:00 p.m. Friday, May 22, 2020.

For further information, call the RM of Fisher office at 204-372-6393.



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

SUPPLY AND APPLICATION OF LIQUID CALCIUM CHLORIDE

Seeking tenders for the supply and application of liquid calcium chloride for the Rural Municipality of Fisher.

Requirements: Approximately 100,000 litres of liquid calcium chloride on various roads throughout the Rural Municipality of Fisher.

Applications required will be:
(all sites will be 150 metres in length and 12 feet wide)

800 litres for a light application
1000 litres for a heavy application

Please quote price per litre,
total price of tender.

Sealed tenders plainly marked as to the contents will be received by the undersigned up until 4:30 p.m. on Wednesday, May 20, 2020.

Kelly Marykuca, CAO
30 Tache Street, Box 280
Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393 Fax: 204-372-8470
fishercao@mymts.net

TENDER DC-2020



EMPLOYMENT OPPORTUNITY

We are looking for dedicated, hardworking individuals to join our Production team in Riverton, MB.

Offering a higher competitive starting wage, shift premiums as well as a benefit package. Morning, afternoon and night shifts available.

This job requires you to work in a fast paced environment, with the ability to lift up to 30 lbs on a regular basis, as well to be able to stand for extended periods of time, bending and walking. You must be able to handle a dusty work environment due to the products we use on a daily basis. Safety supplies and health equipment are provided.

If you are interested in joining a growing company and be part of the Production team we encourage you to please forward your resume to jobs@ecb.ca, or please call us at 204-378-2142.

**The Express Weekly News Classified
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4 p.m. prior to Thursday's publication
Please Call 204-467-5836**

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HEALTH

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

**2020 BUDGET HEARING
WEDNESDAY, MAY 27, 2020
7:00 P.M.**

**UKRAINIAN NATIONAL HALL
33 PROVENCHER ST, FISHER BRANCH**

At this time the Council will present the proposed 2020 financial plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed financial plan will be available upon request, May 25, 2020 at the RM of Fisher Municipal Office, 30 Tache Street, Fisher Branch, MB during regular business hours. Questions and remarks may also be directed by letter to the Chief Administrative Officer or through e-mail at addressfishercao@mts.net

Consultation with our community is an important component of the Municipality's budget process. Council encourages you to attend.

Due to Covid-19: Social distancing measures will be required. Do not attend if you have:

- Been in contact with someone that is confirmed to have Covid-19
- Been notified that you were in a high risk setting for Covid-19 in the past 14 days
- Travelled outside of Manitoba in the last 14 days
- If you are showing any of the following signs: fever, cough, sore throat, shortness of breath

Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher
Box 280, Fisher Branch, MB R0C 0Z0
fishercao@mymts.net

Don't forget to send your special wishes to your friends and family.

THE EXPRESS
WEEKLY NEWS

classifieds@expressweeklynews.ca

204-467-5836

Employment Opportunity

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

Activity Assistant:
IERHA MMF 665/20 (Location to be determined)

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

Please refer to complete job posting in Careers at www.ierha.ca
Please apply on-line at www.ierha.ca or fax (204) 785-4736, stating competition number on resume.

Deadline for submissions is Thursday, May 21, 2020 at 4:00 pm.



Interlake-Eastern
Regional Health Authority



Town of Arborg SUMMER EMPLOYMENT

The Town of Arborg is accepting applications for Summer Employment with the Public Works Department.

Must be 16 – 24 years of age and possess a valid Driver License. Main duties will include maintenance of public green spaces and other Public Works projects as needed.

Applications submitted by **May 29th, 2020** to:

Town of Arborg Email: townofarborg@mymts.net
PO Box 159 Arborg MB R0C 0A0 In person: 337 River Road

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



Town of Arborg PUBLIC NOTICE 2020 Financial Plan

PUBLIC NOTICE is hereby given pursuant to Section 162(2) of *The Municipal Act* that the Council of the Town of Arborg shall hold a Public Hearing to present the Financial Plan for the fiscal year 2020 on:

Wednesday, May 27, 2020 at 10:00 A.M.

**Town of Arborg Municipal Office
337 River Road Arborg, MB**

**PLEASE NOTE ADHERANCE TO SOCIAL DISTANCING
WILL BE REQUIRED**

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Arborg's 2020 Financial Plan.

Copies of the 2020 Financial Plan are available for review and may be examined by any person on the Town of Arborg's website at www.townofarborg.com on May 14th, 2020.

Dated this 1st day of May, 2020.

Cindy Stansell, CMMA, CMML
Chief Administrative Officer
Town of Arborg



Rural Municipality of Armstrong

REQUEST FOR TENDER

2020 ROADSIDE GRASS-CUTTING SERVICES

The Rural Municipality of Armstrong invites tenders for 2020 Roadside Grass Cutting along municipal roads.

Please contact the office at the address or phone number below, or visit the municipal website www.rmofarmstrong.com to obtain the mandatory tender document.

Roads to be cut are all throughout the municipality Wards 1 to 5 approximately 588 miles (1,176 lane miles).

All tenders are to be submitted by sealed envelope to the RM of Armstrong marked "Roadside Grass Cutting" by Friday, May 29, 2020 before 4:00 PM.

Contractor to supply own equipment and fuel.

Lowest or any quote not necessarily accepted.

Corlie Larsen, CAO

RM of Armstrong, Lot 55 Highway 17, Box 69, Inwood, MB R0C 1P0
Phone: 204-278-3377



Rural Municipality of Armstrong

EMPLOYMENT OPPORTUNITY

Seasonal Public Works Employee

The Council of the Rural Municipality of Armstrong invites applications for the position of temporary/seasonal **Public Works Person** with the possibility of a permanent position.

Specific Duties and Responsibilities:

- Operates tractor and mower;
- Cuts grass on roadsides, parks and cemeteries;
- Installs and repairs culverts; • Hauling and loading of culverts;
- Installs and repairs signs; • Gravel checking;
- Use of various power tools and equipment;
- Minor property/building maintenance;
- Snow clearing of sidewalks and parking lots;
- Marking/measuring dust control sites and flagging roads;
- Assistance at the Waste Transfer Stations and Waste Disposal Grounds as required;
- Other duties as assigned.

Working conditions:

- Seasonal, working hours set as per weather conditions and work availability;
- Must be able to handle moderate physical tasks as some heavy lifting may be required.
- Safety procedures and use of safety equipment are required.

Skills and experience:

- Graduation from (Grade 12) High School Program or an equivalent combination of training and experience;
- Experience in road construction and maintenance;
- Ability to work with minimal supervision; • Supervisory skills;
- Good communication and interpersonal skills; • Valid driver's licence;

Salary, depending on experience. Persons applying should submit letter of application, including a current drivers licence, on or before 4:30 p.m. Thursday, May 21, 2020 to:

RM of Armstrong Office
Box 69, Inwood, MB R0C 1P0
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

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

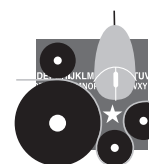
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CARD OF THANKS

The family of Jean Harrison would like to extend a huge thank you to the lovely people of Arborg for their kindness, support and generosity.

We would like to thank everybody who brought food to the house, sent lovely cards of remembrance, and who stopped on the street to express their condolences and offer such kind words. It was lovely to hear such wonderful stories about mum.

We would also like to thank two very special people who helped take care of our mum, Tannis Sigvaldason and Maureen Blandford. The gentleness, kindness, respect and dignity they showed our mum in her last days meant the absolute world to us and will never ever be forgotten.

Thank you also to mum's neighbours, Diane and Gary Sigvaldason for always being there to help mum out when she needed. It was a real comfort knowing they were there for her. We would very much like to thank all the people who kindly and generously donated to the Arborg Garden Club to be able to purchase a bench in our mum's memory which will soon be placed by the Icelandic River in Arborg.

Last, but by no means least, we would like to thank mum's best friend Sylvia for facilitating the bench by liaising with the Rec Centre and making it happen, but more importantly for being such a wonderful friend to mum. Sylvia and mum would walk along the Icelandic River Trail and always said how nice it would be to have a bench to sit on and 'Put the World To Rights' so what a fitting tribute.

-Sincerely,
Mark, Chris and Jaki Harrison

IN MEMORIAM



Dominik Krupnik

October 5, 1923 – May 12, 2016

Dad was the cornerstone of his family. Never would he ever not allow any family member not to enter the family farm. Nor place money or material things as an idol. Always treated his family equal and good to everyone.

-Greatly missed,
Wanda Gossilin and
son Ed Krupnik

THE **EXPRESS**
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**www.
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204-346-3231

Rural Municipality of Armstrong



NOTICE OF TENDER

The RM of Armstrong is calling tenders for the **Meleb Waste Disposal Ground Upgrade** project. The project works must be completed by August 31, 2020. Sealed tenders will be received up to 11:00 am on May 29, 2020 at the office of **JR Cousin Consultants Ltd. (JRCC), 91A Scurfield Blvd. Winnipeg, Manitoba.** Tender package will be available for download from MERX.

A partial listing of the works is as follows:

1. Approximately 6,500 m3 of earthwork for construction of a new active cell
2. Supply and install of leachate collection piping, a leachate pump station and forcemain pipe to the existing leachate pond
3. Supply of overhead electrical wiring from a new Manitoba Hydro service entrance to the new pump station and an existing pump station
4. Truck turnaround construction including 475 tonnes of C-base.

A non-mandatory pre-tender meeting and test holes will be completed at the Meleb waste disposal ground site at 10:00 am on **Thursday May 21, 2020.** Due to COVID-19 restrictions please RSVP for the meeting to Brett McCormac, P.Eng. bmccormac@jrcc.ca, 204-770-9261. If more than 10 people are confirmed attending a second site meeting will be held at 12:00 pm. One representative per Contractor please.

Lowest or any bid may not necessarily be accepted.



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Crystal City, MB

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Rock Lake Personal
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View Lodge
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1.0 Full Time D/N

RN/RPN or LPN

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Contact:

Alison Fijala CEO

[afijala@](mailto:afijala@southernhealth.ca)

southernhealth.ca

204-873-2132 ext 3, 1

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Please Call 204-467-5836**

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THE **EXPRESS**
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OBITUARY



Ellen Sigurdson

It is with profound sadness that the family announces the passing of our dear mother, sister, Amma and Langamma on May 6, 2020.

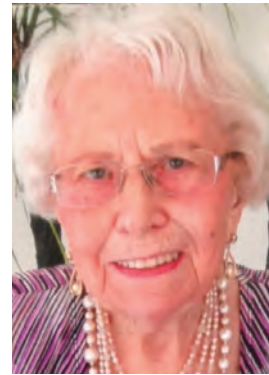
Ellen was born at Hnausa, Manitoba on May 25, 1937 to Ellis and Clara Einarson. Mom leaves to mourn her children, Ellis, Craig (Leslie), and Kathy; her grandchildren, Amber, Ashley, Afton, James (Bethany), David, Sherilyn, and Kristin; sisters, Bernice and Sigga; brother-in-law, Raymond; and numerous nephews and nieces. Mom was also great-grandmother to Summer, Jordan, Logan, Lilly, Badger, Elena, and Alexander. She was predeceased by her husband of 60 years, Helgi; as well as brother, Clarence; sisters Begga and Josie; brothers-in-law, Marino, Stoney, Joe, and Kris; sisters-in-law, Elin and Mary; daughter-in-law, Brenda; and son-in-law, David.

One of mom's fondest memories was as a child sitting on her father's knee singing songs in Icelandic. Mom loved card games of all types, canasta, cribbage, rummy, Skip-Bo, and solitaire to name a few. Although she was foremost wife and mother, she shared memories of working at the Hnausa store, Betel and the Leadership Training Centre where she made many friends. Mom also truly enjoyed the companionship of her many dogs over the years, especially her beloved Joey who was her last. If you wanted mom to smile, you just had to put a baby in her lap. Mom was stronger than she ever knew.

The family would like to thank the IRHA Homecare Team for their support through this difficult time.

At mom's request, there will be no formal service. Cremation has taken place with a private interment by family at Riverton Cemetery at a later date.

If you so wish, in lieu of flowers, a donation may be made to Riverton Cemetery Endowment Fund, Box 505, Riverton, MB R0C2R0.



Lisa Huppertz

Peacefully on March 4, 2020 Lisa Huppertz passed away at the age of 99.

Lisa leaves to cherish her memories, in Germany, her stepdaughter Waltraud von den Bergen, stepson-in-law Dieter Stoffregen, grandchildren Martina and Cornelia Stoffregen, Gordon and Patrick von den Bergen, as well as three great-grandchildren, and in Winnipeg, her nephew Ewald Reinholdt (Marlene) and their daughters Angela Gaspar (Joe), Loretta Reinholdt (Andy) and their grandchildren, and many friends in Gimli and Winnipeg. She was predeceased in 1992 by her husband Arnold and in 2019 by her stepdaughter Ursula Stoffregen.

Lisa was born on June 14, 1920 in Hamburg, Germany and immigrated to Winnipeg in 1951. She worked for two years at Parker's Ladies Wear and for the next 10 years at the Eaton's Alteration Department for Ladies Wear, she was a qualified dressmaker by trade. In 1959 Lisa married Arnold Huppertz and they moved to Gimli in 1963, where they owned and operated the Lake Inn Restaurant. Arnold and Lisa worked very well together as a team and, after selling the restaurant, managed the Gimli Trailer Park during the summer months for several years until their retirement. Lisa was very active in the community. For a number of years she was the secretary for the R.M. and Town of Gimli Development Corporation and a leader in the 4-H Club. She was a member of the German Society of Winnipeg and of the German Canadian Congress. In Gimli, she became a Life Member of the Gimli Women's Institute, a Life Member of the Gimli Old Timers Association and for many years was the treasurer of both organizations. After retirement in 1983 Lisa joined the Gimli New Horizons Club and was involved in many activities. Lisa was their treasurer for many years, became a Life Member, was the Bingo Chairperson for 20 years, stepping down when she turned 90. Over the years, Lisa traveled extensively in Europe, all over Canada and the USA, Mexico, Australia and New Zealand, and on many cruises. She enjoyed all those trips tremendously.

In lieu of flowers, if friends and relatives so desire, donations in Lisa's memory may be made to the Gimli New Horizon's 55 Plus Centre (Box 1821, Gimli, MB, R0C 1B0) or the Gimli Lutheran Church Building Fund (Box 118, Gimli, MB, R0C 1B0).

According to Lisa's wishes, cremation has taken place. A celebration of her life will be held in Gimli, MB at a later date.

Special thanks to all of those in Gimli and Winnipeg who helped with Lisa's needs, and to the doctors, nurses, and aides at Harmony Court, Victoria Hospital, Misericordia Health Centre and Heritage Lodge Personal Care.

Gilbart Funeral Home, Selkirk in care of arrangements.



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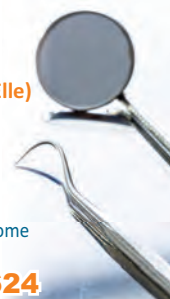
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