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Happy Birthday, Manitoba!

Luke and Matthew Jonasson watched the parade, organized by Arborg Early Middle School students and staff, from the street on May 12.

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Arborg Early Middle School got the parade rolling to celebrate Manitoba 150

By Patricia Barrett

Despite COVID-19 having shut down community events and schools, staff and students at Arborg Early Middle School were determined to celebrate Manitoba's 150th anniversary on May 12 by holding a festive parade.

The parade was organized by teachers Grace Marteinson (grades 1 and 2) and Cheryl Johnston (reading recovery), and all AEMS staff were involved in the preparations.

"Many students and families were waiting at their homes for us to come around," said Rachelle Burak, who teaches grades 5-8 phys-ed and is the school's counsellor. "It was very well received and we all had lots of fun doing it for everyone."

With the town's fire department at the helm, 23 vehicles and 41 parade participants made their way through town from the community centre,

down Main Street and most of the side streets, said Burak.

Some floats had a water theme, with participants wearing lifejackets while sitting in a boat, while another had a classroom theme, complete with desk, bell and pupils. Participants also hopped on their bikes and scooters. One woman wore what looked like a beaver fur cap and a Métis sash scarf to pay homage to the province's heritage. Parade-goers, practising social distancing from their lawns, waved and cheered, holding up large colourful banners and signs wishing the province a Happy Birthday.

Burak singled out the Arborg & District Multicultural Heritage Village, which helped them with the main float, as well as Sheila Stoyanowski and Ron Johnston for helping them assemble it.

The parade also featured special guests, including Arborg Mayor Peter



EXPRESS PHOTOS COURTESY OF RACHELLE BURAK

Arborg Early Middle School staff and students celebrated Manitoba's 150th anniversary on May 12 with a parade.

Dueck and Sheila and Joe Stoyanowski.

"It was so nice to see all the children and adults on their lawns as we drove by," said Burak. "Happy 150th, Manitoba!"



Gimli Ford distributes face shields to Interlake hospitals and long-term care home

By Patricia Barrett

Staff at Gimli Auto (also known as Gimli Ford) made the rounds of health-care facilities last week, delivering plastic face shields that the Ford Motor Company began making last month to help health-care workers deal with the COVID-19 pandemic in Canada and the U.S.

Gimli Auto owners, the Einarson family, and their staff delivered boxes of shields to the Gimli and Teulon hospitals and to Betel Home, a long-term care home in Gimli.

Ford Motor Company stepped up last month to re-tool part of its Windsor, Ont., engine plant to produce the urgently needed plastic face shields, which health-care workers wear over medical-grade face masks to further protect them from contracting the highly infectious virus. The company has already donated shields across Canada. It also said it would be using two Michigan-based plants to make



EXPRESS PHOTO SUBMITTED

Staff at the Gimli hospital were recipients of face shields.

ventilators and respirators.

The Interlake Eastern Health Foundation's executive director Pamela McCallum, who is co-ordinating the donations of personal protective equipment (PPE) across the Interlake-Eastern health region, said the face

shield donation was greatly appreciated.

"We extend our heartfelt thanks to Gimli Ford for their thoughtful donation," said McCallum. "The donation went to frontline staff who are working tirelessly to provide excellent care

and keep everyone safe."

She said other PPE contributions received by the foundation have also been appreciated.

"The foundation could not do what it does without the generous support from our communities. We are very thankful for the generosity of the residents of this region who have greatly contributed to the well-being of our staff and residents during this time of the COVID-19 response," said McCallum.

The IEHF has thus far received about 90 donations of equipment from companies and individuals, she said, and these "many kindnesses" shown to the region's health-care staff have gone a long way to brightening their days.

The unprecedented worldwide pandemic is impacting all of us every day, she said, adding that the safety of patients, Interlake-Eastern Regional Health Authority staff and the communities it serves are a top priority.

Winnipeg Beach welcoming back seasonal residents and campers

By Patricia Barrett

Winnipeg Beach is preparing to welcome back its seasonal residents and provincial park campers despite the closure of many town facilities and the cancellation of summer festivals because of COVID-19.

The province announced a few weeks ago that provincial park campgrounds can open after new COVID cases began to trend downwards and the risk of a second wave of infections was deemed low. However, campers will still have to stay two metres (just over six feet) away from others and keep group gatherings to 10 or fewer people.

Although the park's campground will be open, the Town of Winnipeg Beach has closed its community centre, bandstand, play structures and skateboard park, and cancelled all summer festivities including Canada Day and Boardwalk Days.

Winnipeg Beach Mayor Tony Pimentel said the province is responsible for the park's campground, the beaches, public washrooms, the marina and other provincially owned infrastructure that fronts the town's Lake Winnipeg shoreline.

"We're really fortunate we don't have to worry about the park itself and any enforcement in the park," said Pimentel. "And we don't have to worry about the beach because that's all looked after by the province."

The province released guidelines for campground staff on its website dedicated to COVID. Apart from "brief exchanges," they must stay two metres apart. The distancing rule applies to all park visitors.

The province also posted an advisory aimed at cottagers, asking them to stay home "as much as possible" to prevent further spreading of the virus. But if they do decide to visit their cottages, they should adhere to the following guidelines:

Travel only with family members who live together; wear a non-medical face mask in public; do not use local health-care providers unless it's an emergency; shop at local businesses and restaurants offering curbside or pick-up services; bring all necessary supplies, including prescriptions; do

not visit other residents; do not use public facilities such as washrooms; and maintain a two-metre distance from all non-family members.

Manitoba has had 289 people infected with COVID, 254 recoveries and seven deaths. In the Interlake-Eastern health region, 18 people have been infected with COVID and two probable cases are awaiting confirmation (Data: Manitoba government as of May 15).

In just under two weeks, worldwide COVID infections rose from 3 million to 4 million. The virus has now infected over 4.5 million people and killed over 307,000 (Data: Johns Hopkins University as of May 15). Some countries that had eased lockdown restrictions, such as Germany, France, Iran and South Korea, have seen sudden rebounds in new infections as people flout physical distancing rules. Lebanon re-imposed restrictions after a spike in new COVID cases.

Along with campgrounds, the province is allowing the opening of retail businesses, including vaping suppliers, boat and ATV dealers and pet groomers, but they must limit occupancy to 50 per cent of normal business levels or one person per 10 square metres, whichever is lower.

Mayor Pimentel said some Winnipeg Beach businesses are in the process of preparing for customers while others likely won't be able to open because of an inability to meet distancing rules.

"We're anticipating the campers and all our seasonal residents coming back, and stores and businesses are ramping up, but it will be a little different with the physical distancing measures," said Pimentel. "I think everyone is well aware of what they need to do. We've heard the messages for months and months now."

If the province were to allow restaurants to have indoor seating — if and when COVID cases drop to the extent that those safeguards can be lifted — Pimentel said that would make "a big difference" to business recovery.

Beach towns such as Winnipeg Beach, Gimli and Victoria Beach are all expecting to see the return of seasonal residents, he said, and it's important to recognize that they — as

well as tourists — are a "vital part of our community."

As far as the monitoring and enforcement of public health rules in the provincial park and on the beaches go, the Town of Winnipeg Beach has no jurisdiction over that.

"I would imagine the province will have conservation officers out like they normally do in the park and on the beach," said Pimentel.

The Express reached out to the province for comment on enforcement and campground cleaning.

A provincial spokesperson said "additional measures will be in place" and "enforceable" under public health orders. Campers are reminded to limit gatherings and practise rigorous hand hygiene and physical distancing.

There will also be "enhanced" cleaning and sanitization of public washrooms and shower facilities in campgrounds and "staff will be monitoring to ensure social distancing is adhered to, especially in public areas like beaches and recreation areas," the spokesperson said.

People can call the province's inquiry line at 204-945-3744 or toll-free at 1-866-626-4862 or email mgi@gov.mb.ca to report incidents of non-com-



EXPRESS PHOTO BY PATRICIA BARRETT

Public beach with water tower.

pliance with public health orders.

Ashern RCMP investigate homicide

Submitted by the RCMP

On May 15 at 11:13 p.m., Ashern RCMP received a call to a residence in the Rural Municipality of West Interlake for a report of an assault.

The victim, a 35-year-old male from Vogar, Man., was found fatally injured and pronounced deceased on scene.

On May 16, RCMP charged 24-year-old Zachary Desjarlais of Vogar with manslaughter. He will appear in Winnipeg Provincial Court on Tuesday, May 19.

Desjarlais has been remanded into custody.

The investigation continues.



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Pallister misses the mark

By Evan Matthews

The premier of Manitoba's remarks this week are, if nothing else, insincere.

On Manitoba's 150th birthday, May 12, the premier said over the last 15 decades people from all over the world have come to our keystone province searching for a safer and more prosperous life.

"They found it here in Manitoba," said Pallister in a press release. "Their home of hope."

The rhetoric to follow becomes insincere at best, problematic at worst.

What people found, according to the premier, was a "tolerant" society, one continuing to welcome people from all over the world regardless of age, gender, religion or sexual orientation.

Tolerant? What an odd word. "Preference," not orientation?

Do we as a society "tolerate" people regardless of where they come from in the world; regardless of their age, gender, religion or sexual orientation?

This should not be confused: tolerance — as opposed to acceptance and inclusion — are two very different ideas.

Tolerance is showing willingness to allow the existence of opinions or behaviour a person does not necessarily agree with.

Acceptance is, simply, willingly accepting. Inclusion is the action or state of including another person within a

group or (societal) structure.

To tolerate someone's sexual orientation, their religion, their gender is to say you don't agree with it, but you'll allow it to exist. To accept those same aspects of a person is to include them in your world construct, without hesitation.

See the difference?

One may say these slight differences between words is semantics, but words are important.

Maybe it was a poor choice of words by the premier, but as a leader, society expects you to choose your words carefully.

More likely than being a poor choice of words, perhaps it was an insincere remark.

The remark omits the struggles of our Indigenous peoples, struggles so well documented they need not be delved into here.

The remark omits the struggles of Japanese Canadians in the 1940s, who were either sent to internment camps in British Columbia or forced to relocate to sugar beet farms in rural Manitoba.

Not to say things are as bad now as

they were then, but to say we were "tolerant" even 80 years ago, it's just not true. It's factually incorrect, and it's not fair to say.

"Their story is our story, and it is the story of approximately 10,000 newcomers who become Canadian citizens each year in our province," the Premier said in his statement.

"Manitobans will always embrace them with open arms and open heart, welcoming them to our Manitoba family," he said.

Really, though? Why is it so difficult to celebrate how far we've come — how inclusive we are as a society now — without acknowledging some of our jaded past?

Maybe that was the point, and maybe Mr. Pallister missed the mark on this one.

"As we look to the future, our talented workforce, our diversified economy and our unshakeable respect for

human rights, it ensures Manitoba will continue to be the envy of the world," said Pallister.

"THEIR STORY IS OUR STORY, AND IT IS THE STORY OF APPROXIMATELY 10,000 NEWCOMERS WHO BECAME CANADIAN CITIZENS."

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Manitoba beef producers need all levels of government support

By Evan Matthews

Beef producers have gone public with many issues over the last year, but those issues have come up again as the industry's top voice in the province is appealing to the Association of Manitoba Municipalities.

Manitoba Beef Producers (MBP) president Dianne Riding addressed how COVID has affected the industry at federal and provincial levels in a letter addressed to the Association of Manitoba Municipalities president Ralph Groening dated May 4.

"MBP has appreciated past support of the AMM ... on advocacy efforts related to matters such as floods, droughts, education tax reform and (mad cow disease), among others," said Riding, who runs a commercial cow-calf operation located in Lake Francis.

"This is a critical time in the Canadian beef industry. ... Manitoba's cattle producers are an integral part of the economic and social fabric of communities around the province, so we wish to keep the AMM and its members apprised of the situation."

She emphasized that beef production is Manitoba's largest livestock commodity in terms of individual farm operations and is a key player in the provincial agricultural economy.

The best way to move the industry forward, according to MBP, is for federal and provincial governments to support programs identified by the national lobby group, the Canadian Cattlemen's Association (CCA), as a

way of reducing "significant impact" to the industry.

As many farmers have stated before, Riding's letter emphasized the need for federal and provincial governments to alter existing programs while simultaneously creating new ones. Riding said in doing so, governments will be helping producers' operations remain financially sustainable through market turmoil resulting from the crisis.

"The spread of COVID-19 has forced all orders of government and industries to adjust to the ever-changing reality. The AMM recognizes the economic slowdown has had tremendous impacts on various sectors of the economy, including the beef industry," said Groening in response to the letter.

"The AMM continues to advocate for greater financial and economic assistance for all municipalities (and stakeholders) experiencing unexpected financial pressures, including Manitoba's beef industry, which is a large employer in (rural) communities."

In Riding's letter, MBP — in accordance with the CCA — advised five ways to help the industry move forward.

Saving the industry starts with a Set-Aside Program. The program would help to manage inventories throughout the beef production system, better matching the number of cattle ready to market with the amount of processing capacity available.

It would also help cover additional cost associated with feeding cattle for longer periods of time, as producers are forced to maintain herds due to the lack of processing capacity.

Livestock Price Insurance has become unusable due to its high premiums, according to Riding, in addition to the fact that it is not available nation-wide.

Livestock Price Insurance is especially important for young and new beef producers, she said, who are taking risk by entering the industry.

Both the current Manitoba Agriculture Minister Blaine Pedersen and the former Ag Minister Ralph Eichler have acknowledged current BRMs are inadequate for beef producers, however nothing has changed in regards to their operation.

Riding said the Advance Payments Program needs three enhancements.

1. Governments need to increase the interest-free portion to \$500,000 for beef cattle.
2. Governments need to increase the overall cash advance limit to \$3 million.
3. Governments need to extend the repayment terms for beef cattle to 36 months.

Riding said government should deem COVID-19 a natural disaster under AgriRecovery, a program all too many farmers have been pleading with the provincial government to invoke since last year's feed shortage.

The program can provide immediate compensation for extraordinary

financial hardship, which Riding said beef producers are undoubtedly experiencing.

Lastly, Riding said government needs to remove the reference margin limit within AgriStability and eliminate the \$3-million cap hit.

She added government need to raise the payment trigger to 85 per cent while processing interim claims quicker, providing quicker relief.

Riding touched on a couple other issues, too, such as desired changes to the Agricultural Crown Lands Leasing Program (ACL), as well as emphasizing the importance of PPE for food processing facilities.

Riding asked AMM to advocate for governments prolong the ACL rental rate increase over the next five years due to financial uncertainty.

While acknowledging the healthcare sector must remain Priority 1 in regards to allocation of PPE, Riding said maintaining the food supply is also important. MBP asked consideration be given to having PPE for food processing facilities be made a priority when supplies increase, so as to reduce the risk of Manitoba processing plants facing temporary slowdowns or closures.

"MBP recognizes governments are working diligently to try and respond to the many and varied pandemic-related needs society-wide," said Riding.

"However, the importance of the beef industry to our province cannot be understated."

Evergreen Regional libraries adapt to changing times

By Jennifer McFee

It's a new chapter for Manitoba's public libraries.

The provincial government gave the green light for libraries to reopen in Phase 1 of its plan to restore services, which came into effect on May 4.

However, many local libraries are taking a slow and steady approach to resuming their services to ensure that proper safety measures are in place.

The staff at the Evergreen Regional Library have created a staged approach to restoring services at all three branches in Gimli, Riverton and Arborg.

"Right now, we are accepting returns. Our drop boxes are open. We are going to be quarantining materials for a week at a time," said head librarian Sandra Reykdal.

"Then the next step will be curbside pickup by appointment only and that will probably happen around the beginning of June. We have a lot of protocols that we need to put in place first before we move to the next stage."

As public health orders change, then the Evergreen Regional Library will look at changing its approach as well.

"All libraries across Manitoba are doing different things, depending on what's right for our communities," Reykdal said.

"I think everybody is missing that social interaction, so it will be nice to connect a little bit — and hopefully we can connect more soon. It's surprising that a lot of people are just so thrilled to have the drop boxes open again so they can bring their books back."

Staff are only at the Evergreen Regional Library intermittently, so the best way to reach them is by email at exec@mymts.net. Information is also available online at www.erlibrary.ca.

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RDFC creates makeshift drive-thru

By Evan Matthews

Though fundraising efforts have become difficult amidst a worldwide pandemic and economic shutdown, the Riverton area continues to find ways to support local families.

The Riverton and District Friendship Centre hosted a fundraising cookout in support of its food bank on Friday, May 15.

"The line was so steady, and everyone seemed to love the barbecue grub," said Desarae Bilinski, a RDFC youth worker.

"We were overwhelmed by support from our lo-

cal communities who recognize the food bank's efforts."

The cookout was a curbside pickup at the RDFC building's east side, with Bilinski emphasizing the proper social distancing and sanitizing measures were in place.

Supporters had their choice of burgers, smokies or hot dogs, which was served with a drink.

All donations go to the RDFC Food Bank's day-to-day operations.

RDFC plans to host another "COVID cookout" on Friday, May 29 from 11:30 a.m. to 2 p.m.



EXPRESS PHOTO BY DESARAE BILINSKI
Cars lined up for hours in support of the Riverton & District food bank cookout. A second barbecue is being held on May 29.

Chief public health officer urges Manitobans to remain 'COVID careful'

By Ashleigh Viveiros

Manitoba was in good shape heading into the May long weekend in terms of COVID-19 cases.

Dr. Brent Roussin, the province's chief public health officer, announced no new cases of the illness at a briefing on Friday.

The weekend's lone new case was reported Monday afternoon, bringing Manitoba's active caseload to 26. Just one person is currently hospitalized with COVID-19.

Of the 290 people who have tested positive for the illness, 257 have recovered. Seven Manitobans have died.

While the number of cases has been

holding pretty steady in recent weeks, Roussin cautioned Manitobans against getting complacent.

"We're not done with this virus," he said, urging people to remain "COVID careful."

As families start to make their summer plans, Roussin stressed how important it is for people to continue to take steps to protect themselves and others.

If you are headed to a cabin or campground, for example, bring all the supplies you need so you don't have to make extra stops.

"When you are in these campsites or at the cottage, please continue to

abide by the 10-person gathering rule, to limit your exposure to others, to maintain physical distancing whenever possible," Roussin said.

"It is important to note that while some gradual lifting of restrictions has begun, significant work to limit the spread of COVID-19 must continue," he said. "Our message to the majority of Manitobans is not 'stay home' now anymore, it's 'stay safe.'"

That said, Manitobans, especially those in high-risk categories (over 65 or with underlying medical conditions), are still advised to stick close to their home communities whenever possible.

If you're showing any symptoms of respiratory illness, you should stay home to avoid spreading the virus to others.

Manitobans experiencing flu or cold-like symptoms no longer require a referral from Health Links-Info Santé or their family physician before heading to a community site for COVID-19 testing.

People are still encouraged to use the online screening tool to determine whether they meet the necessary criteria to be tested.

Head to www.gov.mb.ca/covid19 for more information on screening and testing sites.

Lakeshore provides pandemic recreation relief packages

By Evan Matthews

The Lakeshore Recreation Commission is planning to provide pandemic packages to provide relief to residents in the form of recreation.

Charlene Bodnarchuk, a recreation and wellness facilitator with LRC, said the organization is trying to gather

items including painting and art supplies; building items such as blocks and/or Lego; small musical instruments; sporting goods such as balls, skip ropes, pedometers; and/or general hobby supplies.

"Everybody is going through a bit of an economic crisis right now, to some degree. Being in a remote community, we don't always have access to recreational items at the best of times," said Bodnarchuk.

"Even though the province is slowly starting to open up, we want our community members to stay home and stay safe. But in doing that, we want them to be stimulated and cultivating positive mental health and well-being."

Having started collecting donations three weeks ago, Bodnarchuk said the hope is that the pandemic packages

will provide community members some form of stimulation and recreational outlet, whereas some people may not have access to that opportunity.

Support comes in many forms, too, as the LRC is looking for volunteers for making and distributing packages; connecting with distributors; providing supplies at reasonable costs; and/or providing financial aid in any amounts whatsoever.

"If somebody has a pen and a pad of paper laying around that they aren't using, that could be of use to someone," said Bodnarchuk.

"It could be a teddy bear, something small. ... If someone has 20 different balls laying around in their garage and they can donate five, well, now we can reach five more families or kids that had nothing."

Bodnarchuk said she and her LRC colleagues are designating certain items to certain age categories and demographics to ensure the item provides an outlet to someone who will actually use it.

A child, she said, will need something for recreation and stimulation completely separate from that of what a senior citizen might need.

"For an adult, they might prefer something like a journal or a starter watercolour set. Seniors have vocalized the need for needle work and puzzle books," said Bodnarchuk.

"We need people in our community, and we want to do our part in keeping them here."

The LRC's pandemic packages are an ongoing project, so as items come in and packages are put together, the LRC will deliver to those in need continually. There is no definite start and end date, according to Bodnarchuk.

For more information, contact Charlene Bodnarchuk at 204-280-0551 or email bodnarc@lakeshoresd.mb.ca.



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Home & yard

The benefits of a raised flowerbed or vegetable garden

By Evan Matthews

Spring is now upon us, and the owner of a local greenhouse has provided some fresh perspective on an annual tradition.

Each year around this time, people begin to plant flowers and vegetable gardens, but few do so in a raised "bed." Karen Sabados, co-owner of Sabados Greenhouse near Lundar, said there are a few significant benefits to using one.

"Anything that can be grown in the ground can be grown in a raised bed. It's just a different parameter for growing," said Sabados, who has used raised beds for over 40 years.

"You're isolating the plant from its root environment. They grow very well because you're adding depth of soil to their life."

Whether the gardener is considering using timber, bricks or any other material, Sabados said construction and design have to be first priority.

This includes considering the depth of the flower bed (and its soil), as well as how to best isolate the plant from the surrounding environment.

"It's about whether or not you choose to put landscape fabric underneath the bed, but you have to isolate the plant from the grass somehow. Grass creeps in and creates problems up the wall of the raised bed garden," said Sabados.

"There are choices. You can isolate the bed from underneath by putting landscape fabric underneath or by using cardboard, newspaper, etc.

"Or you can choose to dig down further when you create your wall and put a curb underneath the soil, whether it be timber, brick, plastic,

etc., to keep the grass out."

By choosing to isolate the soil depth from underlying grass, Sabados said the bed will require more height than if you were to allow the plant to access the subsoil. If a plant can access subsoil, the raised garden would need about 15 inches of soil depth, versus a much deeper soil depth of up to 30 inches if the bed is isolated from the subsoil.

The deeper soil depth and isolation will prevent weeds from creeping in, Sabados said.

"Personally, we choose to create a curb underneath the raised wall so our (vegetable) plants have access to the entire level of subsoil," said Sabados.

"It requires you to get rid of the grass from the get-go, whether you dig it out or whatever you're going to do to get rid of it."

More depth of soil creates a much healthier and robust plant, according to Sabados.

But one other aspect of note, Sabados said, is water drains more quickly from a raised environment. Monitoring moisture levels is critical, she said.

"But generally, it's a more optimal growing environment," said Sabados. "If you make these choices during the planning stages, you'll have a much easier time with seasonal maintenance and a healthier plant."

If the bed is to be used for flowers, Sabados said perennials can be a little more "touchy." Because the bed is raised, frost can creep in the sides easier. Annuals are typically less finicky, according to Sabados, but both are very commonly done.

Because it's been such a cold spring,

Sabados recommended holding off on flowers for just a touch longer.

"It seems the season is just a tiny bit delayed. I hate to say it, being a greenhouse (owner)," said Sabados. "You've got to use your own common sense. We never tell people when to plant. They've got to make their own decision, whenever they feel it's the right time."

Raised beds are also conducive to growing vegetables, attracting hummingbirds, bees and butterflies, Sabados said.

Most vegetables will grow better in a raised bed, said Sabados. She suggested buying a good quality name-brand fertilizer with micro-nutrients listed on the bottle to ensure growth.

"You want everything covered and want to avoid any weird deficiencies in your tomatoes, as an example," said Sabados.

Tomato plants are among the most productive vegetables," she added.

"It's also about producing your own

fresh vegetables. ... It's just better growing your own," she said.

"You have control over your own food; what you put into it, what you fertilize it with."

Vegetables like green beans, cucumbers and onions, as examples, tend to produce a large amount when harvested.

Vegetables like peas and corn tend to produce less, Sabados said. They take up as much room as beans (for example) but then have to be shelled, which results in less food overall.

If the goal is to attract hummingbirds, bees or butterflies by planting flowers, each species tends to be attracted to its own favourite type of flower. A quick Google search shows a variety of choices, depending on the desired outcome, Sabados said.

For more specific information, Sabados said to visit online or call the Sabados Greenhouse.

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Turning happiness into business: The Butter Tart Lady

By Becca Myskiw

Five dozen butter tarts stacked on Michelle Weirda's counter at 3 a.m. introduced her to the love of baking.

As a single parent of five children, Weirda said she never felt like she had accomplished anything in the day. Seeing a mountain of butter tarts in her kitchen in the quiet night gave her evidence that she did something.

"I call it my happy juice," said the Sandy Hook native.

So, she turned her happiness into a business and became The Butter Tart Lady.

Her business started as a way to raise money to go on mission trips. After tweaking her mom's butter tart recipe, Weirda went on her first trip to Ensenada, Calif. The tweak became her customers' favourite part of her tarts — the crust.

At first, Weirda took her baking to small markets, but people kept asking for more. This past weekend, she was at the annual opening of the Arnes Farmer's Market. She'll be there all year in her wooden hut to the right of the parking lot with her assortment of tarts.

The Arnes Farmer's Market opened May long weekend for the season with the social distancing rules of



Michelle Weirda's favourite saying is "The Weirda the better."

staying six feet apart and using hand sanitizer.

Weirda said her number 1 seller is the six pack of regular butter tarts, but she also makes salted caramel ones, cookies and cream, chocolate bar ones, and more.

Her second-best seller, however, is not a butter tart — it's confetti squares.

Weirda was planning on taking The Butter Tart Lady commercial this year and was going to open a store front. COVID-19 put a hold on her plans to launch, so she said she'll be trying that plan again next year.

For her spread at Arnes last week-



EXPRESS PHOTOS BY BECCA MYSKIW

The Gilbert family, left to right: Berklee, Skylar, Ashley, Locklin Gilbert and Jamie Gilbert from Arnes enjoyed doughnuts from one of the vendors at the Arnes Farmer's Market last Saturday.

end, Weirda spent two days baking in a commercial kitchen in Gimli with four helpers. Her record is making 162 dozen baked goods in just one day with six helpers.

Her helpers are typically family — that, Weirda says, is her favourite part about the business.

"I enjoy that I actually get to spend that much time with my parents and

my family," she said.

The one part she does alone is the dough. That's when Weirda said she's "in the zone."

At the Arnes Farmer's market, Weirda had her ex-husband "Mr. Joe" help her sell the butter tarts. She'll also be at the Cottage Country Market at Minerva Hall in Gimli and the Petersfield Summer Market.



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letter to the editor

Gimli businesses need to welcome cottagers

Having owned my own restaurant for 10 years in the tourist town of Gimli, many local businesses close for the winter. Me being a loyal Gimlite, I stayed opened year-round, making all my money from May long to September long weekend, then losing most of my summer profit during the long winter months.

I relied heavily on the influx of cottagers, sun worshipers and local festivals.

It is unthinkable that some people of power are suggesting that cottagers should stay home, and if they should so dare venture out to their cottage, they should not shop locally for fear of depleting the grocery shelves.

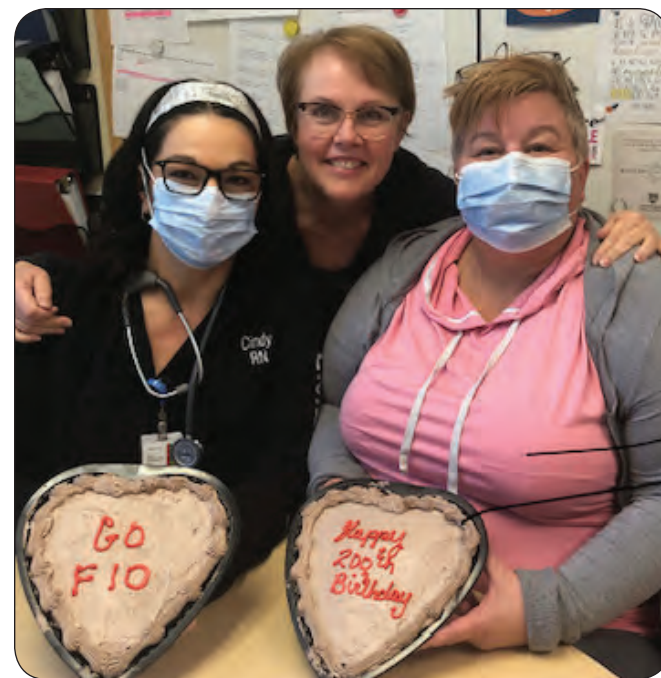
Powers that be, give your head a shake. These residents pay big taxes, even school taxes and use their cottages four or five months a year and receive not much more than garbage pickup. Tourist towns have been dealing with influx of thousands of tourists for as long as I can remember. They can handle it and have years of experience to do so.

The Gimli Film Festival and the Icelandic Festival have to do what has to be done in these trying times and we respect that going online and holding a virtual will do very little for the local businesses. Bottom line, two locations have already closed their doors.

Many more could follow. Disrespecting our summer residents is a recipe for business disaster.

- Norman Valgardson

Celebrating nurses



EXPRESS PHOTO SUBMITTED

The anniversary of Florence Nightingale's birth was "tinged with sadness" due to COVID-19 but was still grasped as an opportunity to celebrate the contribution of nurses. Nightingale's 200th birthday milestone was commemorated in Gimli on May 12, which is known as International Nurses' Day.

Westshore Community Foundation responds to COVID-19 pandemic

Submitted

The COVID-19 pandemic has presented additional challenges for many organizations within our communities. In response to these challenges, the Westshore Community Foundation embarked upon a proactive granting program to address identified needs.

"We recognize that we have an important role to play in easing some of the challenges faced by our care providers and our not-for-profit organizations within our catchment area," said Tim Arnason, president of the Westshore Community Foundation.

Spring is the time for the annual Westshore granting programs to be completed. Traditionally, organizations would apply to Westshore for grants and they would be assessed. The COVID-19

proactive granting program is in addition to, and does not stand in the place of, Westshore's traditional granting cycle.

"This year we identified a need to depart somewhat from our normal granting process", added Arnason. "Our board felt that a portion of our available community and designated funds could be set aside for specific proactive COVID-19 related issues."

Westshore embarked on a needs assessment exercise through discussion with their board as well as consulting with several members of their catchment area.

Arnason indicated that "certain priority issues bubbled to the surface, ranging from assistance to those most in need to the areas of health related initiatives, both preventative and

treatment oriented."

The following organizations have received funding under this program:

- Betel Home Foundation towards the purchase of infrared thermometers, over bed tables and oxygen concentrators

- Evergreen Basic Needs and Riverton District Friendship Centre to address the increased demand for services they provide

- Gimli and District Health Centre to supplement their COVID-19 fund designed to purchase personal protective equipment for front-line care providers

- Gimli and District Health Centre to purchase a video laryngoscope, which has become the gold standard for safe intubations, especially in the area of COVID-19 where it is recommended only to intubate with video assist. This piece of equipment is in

direct response to the pandemic and will provide long-term benefit to our catchment area.

"The purchase of the laryngoscope was only possible through a three-way partnership between The Westshore Community Foundation, The Gimli District Health Auxiliary and The Interlake- Eastern Health Foundation." Arnason adds that "Westshore Community Foundation is delighted to partner with these organizations who share in our commitment of service to our community."

The funds provided to EBN and Betel were made possible, in part, through the support of the Oli and Marge Narfason Fund and the Westshore Interlake Eastern Healthcare Fund, both of which are held by Westshore.

"WE RECOGNIZE THAT WE HAVE AN IMPORTANT ROLE TO PLAY."

Four-legged friends receive donation



EXPRESS PHOTO SUBMITTED

Arborg Livestock Supplies was thinking about pets last week when it delivered pet food to the Riverton & District Friendship Centre's food bank.

A "huge shoutout to Arborg Livestock Supplies for their generous donation of cat and dog food to our foodbank," said the Friendship Centre on its social media account.

Bloodvein RCMP respond to plane crash

Submitted by the RCMP

On May 16 at 11 a.m., Bloodvein RCMP responded to a plane crash at the Bloodvein Airport.

A Piper PA-22 had landed, unexpectedly veered left and flipped over near the edge of the runway.

The 45-year-old male pilot, from

St. Theresa Point, was uninjured. There were no other passengers on board.

The runway was temporarily shut down while RCMP held the scene but has since been reopened. The Transportation Safety Board has been notified.

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Walk for Alzheimer's moves online this year

By Sydney Lockhart

The IG Wealth Management Walk for Alzheimer's will be held online on Sunday, May 31 due to COVID-19.

Normally this walk is the Alzheimer's Society Manitoba biggest fundraising event, last year raising over \$330,000.

Because of social distancing rules, Alzheimer's Society Manitoba has restructured the event to be a month-long awareness challenge, along with Facebook livestream on the day of the "walk."

After registering online, participants are encouraged to post themselves participating in the virtual walk by sharing a video or photo of themselves doing activities such as dancing, singing, baking or walking their dog.

On the post, share your fundraising page and the hashtag #IGWalkforAlz so other people can see how you are participating.

The walk has almost 350 people registered this year but is hoping for more before the event.

"We are bound to see lesser numbers than we usually do," said 24-year-old Samantha Holland, Alzheimer's Society Manitoba regional co-ordinator for Interlake-Eastern.

"With our clientele being a little older and not as tech-savvy, it may be more difficult to get participants this

year."

Holland started her job at Alzheimer's Society Manitoba after seeing her grandfather live with Alzheimer's for 10 years.

She says she wants people to know that the society is there for them and that the walk is more important than ever with the elderly population being isolated because of the pandemic.

Selkirk resident Glenda Oldham and her team have been participating in the walk for five years, after her husband Tim was diagnosed with dementia in the fall of 2014.

"There's something grateful and fulfilling about the walk," said Oldham, "It's a sense that you're not alone because you're walking with these people that have been touched by this disease."

Oldham has been using the resources offered at Alzheimer's Society Manitoba to help her care for her husband and for her own health.

"I absolutely need this society. Without it, I have nothing," she said. "It is what we need to learn and to call on someone if I have questions about how to deal with something and need suggestions."

Oldham says that people should participate in the virtual walk and donate because there is no medical intervention for the disease and that it is all about giving each person a quality



PHOTO SUBMITTED

Tim Oldham's family has participated in the IG Wealth Management Walk for Alzheimer's for the past five years. This year, the family will be taking part virtually on Sunday, May 31 due to COVID-19.

of life.

"I have gone to a councillor that didn't have any background in the disease and it was frustrating because they didn't know what I was talking about," said Oldham, "When I found the Alzheimer's Society they knew what I was saying before I even said it."

Oldham explained that every time her husband stops having the ability to do something, it is also hard on their family. They go through a grieving process that starts with frustration, sadness and acceptance, she said.

Oldham is concerned that the walk won't reach its fundraising goal. She wants to remind people that the Alzheimer Society runs off of public donations and that every bit counts.

"It really touches Tim's heart to see that our friends and even our kid's friends would come out to walk with us. It's a very powerful expression of support," she said.

For more information about how to get involved in supporting the online walk or to reach out for support, phone 204-268-4752 or visit Alzheimer.mb.ca/wfa2020.

Provincially mandated one-mask-per-shift policy in force at IERHA

By Patricia Barrett

The Manitoba Nurses Union has taken the provincial department of Shared Health to task for forcing nursing staff across the province to use one mask per shift and tracking what they use through sign-out forms after guidelines were issued weeks ago on the use of personal protective equipment (PPE).

Whether the province is lacking PPE to manage still-active cases of COVID-19, and to conduct testing, or whether it's saving it up for an expected second surge of infections is in question; the MNU has asked the government to reveal its stockpile.

Nursing staff may be put in jeopardy because Shared Health "continues to scale back PPE requirements," said MNU president Darlene Jackson in a May 11 statement. "We remain deeply concerned about the state of Manitoba's personal protective equipment, and the lack of transparency about PPE stocks from the Manitoba government and Shared Health."

The "reuse policy is a rationing policy," she added, and goes contrary to advice from the World Health Organization and the U. S. Centers for Disease Control, which state the extended use of PPE should occur only in crisis situations.

"Nurses must have adequate access to PPE," said Jackson. "This issue must be resolved before we prepare for a second wave of COVID-19 cases."

When COVID began to ramp up in Manitoba, stocks of PPE went missing from Interlake-Eastern Regional Health Authority (IERHA) facilities.

"Early on in our response to COVID-19, we saw significant amounts of PPE go missing or unaccounted for," said an IERHA spokesperson by email last Friday. "To ensure ongoing availability and appropriate use, we have implemented protocols related to storage and access so that the potential for product loss is minimized."

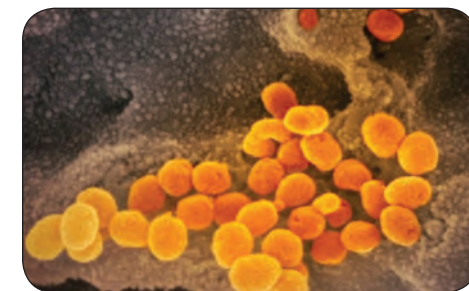
Supplies are available to the staff that require them, the spokesperson added.

Health authorities around the world are still grappling with securing enough PPE for frontline staff as COVID continues to infect large swathes of the population and kill thousands, including health-care workers in hospitals and long-term care homes.

Disruptions in Chinese manufacturing had "fractured" the global supply chain and created PPE shortages while demand soared, according to a May 7 World Health Organization statement. The shutdown of airlines exacerbated the delivery of available PPE stocks.

In April the WHO and the World Food Programme formed a COVID-19 Supply Chain Task Force to scale up procurement and delivery of masks, gloves, respirators, gowns and face shields, along with other equipment such as tests and diagnostic supplies.

The Manitoba government developed a PPE protocol based on recommendations from infection prevention and control experts as part of its pandemic planning, and as it saw



U.S. NATIONAL INSTITUTES OF HEALTH COVID-19 infecting a human cell.

other jurisdictions experience "supply challenges," the spokesperson said.

IERHA staff wear masks for an "extended period" in certain settings and situations, including "repeated interactions with multiple patients to a maximum of one complete shift," said the spokesperson.

Masks are removed for nutrition breaks and if they become soiled, damp, damaged or come into direct contact with a patient.

"Reuse of the same mask after it has

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

MJHL update provided by commissioner Kim Davis

From the MJHL website

Hello MJHL players, fans, supporters and partners. I know that many of you will recognize me as the league commissioner. I would have liked nothing more than to see all of you in the team arenas over the past two months. Unfortunately, with the worldwide health crisis we are battling has changed things for all of us.

Today, I want to share with you what the MJHL has been doing since the season was cancelled on March 13. Since the middle of March, we have been focused on three key areas. The first area is accessing any and all federal and provincial financial assistance programs that have been made available to small businesses. Each member team, as well as the league office, have applied for the various programs we qualify for and some

have accessed these funds already which is reassuring.

At the league office, we have been busy creating scenario plans for the start of the 2020-21 season. These scenario plans have been extensive and range from the development of a normal 60-game schedule starting in September down to a 30-game schedule starting in December and several options in between.

Let me emphasize that I am highly optimistic and confident that we will start the upcoming season this fall. To accomplish that and begin the new season in the fall will mean that the hockey environment will have to change. Our third major area of focus has been the development of Return to Play Protocols. These protocols will describe the league's plan for its teams that will allow them to

offer Junior A hockey games in their team arenas. The protocols will be extensive and will range from how fans enter and exit the building and all interactions once they are within the facility to how the two competing teams will prepare for and compete on the ice and everything in between.

Needless to say, the MJHL has never made plans or protocols as thorough as this before, but it is something we are beginning to work on at this time. The MJHL has been informed by the Provincial Public Health Office that the Return to Play Protocols we design must be approved by the chief provincial public health officer before league play can resume. The COVID-19 pandemic and our desire for the health and safety of all persons means we must do our part so that we can enjoy hockey once again.

As I mentioned, this is a brief update to let you know the MJHL is doing well and working diligently to get the league and its teams back into a new normal operating environment.

I want to conclude my comments with a personal note. As you may know, I will be leaving the MJHL as its commissioner at the end of June after 18 fantastic seasons. I want to say how grateful I am for the opportunity the board of governors of the league has provided me during my long tenure. My work as commissioner has been challenging, fun and rewarding. It has also been difficult and frustrating. My lasting reflection on my time as MJHL commissioner is how fortunate I am to have had the chance to work in the hockey business and with such passionate and caring people. I'm very lucky.

Canada Soccer announces 'return to soccer' guidelines

Staff

Canada Soccer announced last Thursday that all member organizations must follow the "Return to Soccer Guidelines" before returning to the pitch.

The next day, the Manitoba Soccer Association penned a letter on its website.

"The Manitoba Soccer Association is continuously working to provide information and updates to best support our membership as we collectively work through the ongoing impacts of the pandemic," read a statement written by MSA executive director Hector Vergara. "We wanted to provide an update on how these guidelines are being adhered to in Manitoba and what steps we are currently taking to ensure that we can return to play in a timely, yet safe, fashion."

MSA staff have been diligently working with Canada Soccer and the other provincial soccer bodies to develop "Return to Play Protocols."

"These protocols will have multiple phases, and will include timelines, recommendations and guidelines that anyone participating in sanctioned soccer will need to follow," Vergara said.

The "Return to Play Protocols" must follow a process of review before it can be approved and implemented. The process includes, but is not limited to, being reviewed by Canada Soccer, MSA member leagues and organizations, MSA board of directors, Sport Manitoba and the provincial health authorities.

"This review process will ensure that we gather feedback and that the protocols have all the key components

for a safe return to the game," Vergara said. "In addition, we have been informed by our insurance broker that there is a contagion exclusion that does not cover any situations arising out of COVID-19."

This means that liability is being pushed down to sports and local communities/organizations.

"For this reason, we all need to be comfortable that we are doing everything that is appropriate and reasonable to mitigate risks associated with return to play," Vergara said. "As soon as the protocols have been finalized, we will provide them to our members along with Canada Soccer's 'Return to Soccer Assessment Tool' and any other support documents to help our members prepare for a return to play date."

Players and coaches are anxious to

get on to the soccer fields this summer.

"We understand that everyone wants to return to playing the sport that they love, but we must continue to put the health and safety of all our members first," Vergara said. "As of right now, we do not have a definitive date of when sanctioned soccer will be able to return in our province, but we will continue to work with all essential parties involved and will continue to provide updates as they become available."

Manitoba Soccer has postponed any in person sanctioned activity for May, which includes any training and team-building activities.

"We encourage everyone to remain active and stay positive that soccer will return in our province," Vergara said.

> IERHA, FROM PG. 10

been removed is only permitted with Green Zone patients — those that do not meet the criteria for testing and/or those deemed recovered by public health (if not admitted)," said the spokesperson, "or by infection prevention and control (if admitted). Protocols have been developed to allow for the safe storage of masks that

are appropriate for re-application after removal."

The one-mask-per-shift approach is similar to those used in other jurisdictions and, at the same time, it ensures that supplies are available for the duration of the COVID response, said the spokesperson.

Manitoba experienced five straight days of no new COVID cases last week. Twenty-five cases are still ac-

tive, with three people in hospital and seven dead (Data: Manitoba government, May 17).

Despite the low numbers of cases, public health is advising Manitobans to adhere to the two-metre (just over six feet) physical distancing requirement and continue to frequently wash their hands and avoid touching their faces. As yet, there's no vaccine or medications to cure COVID.

Worldwide, COVID has infected over 4.7 million people and killed more than 315,000 (Data: Johns Hopkins University, May 17).

The province is now allowing people experiencing COVID symptoms to get tested without a referral from Health Links or their family doctor. Visit www.gov.mb.ca/covid19/locations.html for more information.

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The Express Weekly News Classified booking deadline is **Monday at 4 p.m.** prior to Thursday's publication.

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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 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 hydrovac truck operator. Operators must have a class 3 or class 1 license with air endorsement. Applicants must: be a responsible individual; demonstrate good truck driving ability with a clean driving record; work independently; 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!

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

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PUBLIC NOTICE

REGARDING THE 2020 FINANCIAL PLAN

Public Notice is hereby given pursuant to Section 162(2) of the Municipal Act that the Council of the Rural Municipality of Armstrong shall hold a **PUBLIC HEARING** to present its 2020 Financial Plan on:

Wednesday, June 10, 2020 @ 7:00 P.M.
FRASERWOOD HALL
10140 Hwy 231 Fraserwood, MB

At this time 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 presentation, ask questions or register an objection in respect to the Rural Municipality of Armstrong's 2020 Financial Plan.

Draft copies of the Financial Plan are now available upon request by calling 204-278-3377 or emailing cao@rmofarmstrong.com at the Rural Municipality of Armstrong Office, Lot 55 Hwy 17, Box 69, Inwood, Manitoba R0C 1P0.

Note: Due to the COVID-19 crisis, we will be ensuring that recommended and required rules for social distancing be achieved at all times. If you wish to attend this public hearing **you are required to pre-register** before 4:30 pm on Tuesday June 9, 2020, or you may mail, email, or fax your questions, concerns, and/or comments regarding the proposed financial plan to us by the same deadline. Dated this 12th day of May, 2020.

Corlie Larsen, CMMA
Chief Administrative Officer
Rural Municipality of Armstrong

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OFFICIAL NOTICE TO CONTROL WEEDS WITHIN THE INTERLAKE WEED CONTROL DISTRICT

Notice is hereby given by the Interlake Weed Control Board that, under the terms of the Noxious Weeds Act for Manitoba, it is the responsibility of the property owner, agent, or occupant to destroy or control noxious weeds.

This is the **OFFICIAL NOTICE** for 2020, to destroy or control as specified within Section 3(1), all noxious weeds as often as necessary to prevent the growth, scattering, and ripening of weeds or weed seeds in the Rural Municipalities of Armstrong, Bifrost-Riverton, Fisher, and Gimli, the Town of Arborg, and the LUD of Fisher Branch.

If the weeds are not destroyed or controlled as required, a representative of the Weed Control Board may enter the land and destroy or control the weeds. The cost of weed control as well as an administration fee will be charged to the property owner through the tax rolls.

The Weed Supervisor will make systematic inspections and will enforce weed control. He is available for general advice concerning control methods and herbicide use.

Specific information may be obtained by contacting the Weed Supervisor, Fred Paulson, at the Arborg Provincial Building, phone 204 376 3313.

Frode Andersen, Chairman
Interlake Weed Control Board
The Cooperation of All Citizens is Requested.



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Wharf Reconstruction

George Island – Lake Winnipeg, Manitoba

Fisheries and Oceans Canada will be undertaking work at the George Island Harbour in the North basin of Lake Winnipeg, between Summer 2020 and Winter 2021.

The timelines are subject to weather conditions and the results of the tendering process.

The project includes the demolition of the existing timber wharf in front of the fish plant and the construction of a new timber crib wharf complete with timber wheel guards, steel bollards, and timber walkway. There will be additional harbour improvements including fender and wheel guard replacement on the existing West wharves.

During construction, the East wharf and surrounding areas will be closed to the general public. The West wharves will remain open to the general public.

For inquiries please contact:
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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: MARGARET BEVERLEY STEVENS, late of the R.M. of Gimli, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 22nd day of June, 2020.

DATED at Gimli, Manitoba, this 20th day of May, 2020.

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- Experience operating and maintaining power tools, lawn mowers, chain saws, trimmers, and hand tools.
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- Must be able to work outdoors for extended periods under various weather conditions.

Duties:

Under the direction and accountable to the Park Works Supervisor 3, or designate, the incumbent operates and maintains equipment in the Operator range such as: 3-5 Ton trucks with cranes, tractors, wheeled loaders, backhoes, large commercial mowers and other equipment as assigned. The incumbent will be responsible for performing manual labour tasks related to daily park operations. The incumbent also provides park visitors with information relating to park facilities and activities.

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Manitoba Conservation and Climate
Box 388, Winnipeg Beach MB, R0C 3G0
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Email: Clinton.Yaremkiwich@gov.mb.ca

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

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

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Green Team: Seasonal student position(s) from approximately June to August. Resumes including three references will be accepted by the undersigned until noon on Friday May 29, 2020.
Attention: Jason Comeau, Public Works Manager
Box 70, Arborg, MB R0C 0A0
Phone: 204 376 2391 Fax: 204-376-2742
Email: pwbifrost@mymts.net

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CORRECTION 2020 BUDGET HEARING WEDNESDAY, JUNE 10, 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 27, 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 address fishercao@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
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OBITUARY



Doreen Fjola Bonkowski
 April 28, 1934 – May 11, 2020
 It was with heavy hearts, that on May 11, 2020 at the Arborg Hospital, Fjola Bonkowski, aged 86 of Washow Bay, Manitoba passed away suddenly.
 She will be sadly missed by her beloved husband of 65 years Stanley Bonkowski and their children Bridget Ross (Randy), Glynis Buchanan (Doug), Bradley, Todd (Kim), Garvis (Jen); grandchildren Cameron (Lani), Waylon, Arthur and Lyle. Michael (Brandi), Jory, Calem, Breese, and Tayvsley. Shelagh (Jason), Keeley, and Kahne. Melodie (Arnie), Ashlee, Hailey, Brody, and Jackson. Marcia (Chad), Trent (Stormie), Wyatt, Noah, and Colin; Trevor, Tihanna, and Terena. Marnie (Mark), Mia and Maddie. Reanna (Christopher). Jodi (Wesley). Shauna-Leigh (Mike), Camden and Beckett. Chelsea (Tyler). Sara (Brendan), Eleanor; and Miley. Wyatt, Blayze, Skye, Jaggar, and Onyx. And also, by her brother Roy (Pat); sisters Marlene Wilson and Bernice (Fridjon) Finnson.

She was predeceased by her parents Runa and Valdimar Johnson; sisters Inga and Margret; brothers Sigmar, Valdi, Norman and two infant brothers; sisters-in-law Ruth, Sigga, Gay, and Hulda; brothers-in-law Steini Palson and Richard Wilson.

Mom was born on the family farm in Riverton, on April 28, 1934. After leaving the family farm she met Stanley Bonkowski, together they started a life in Winnipeg. After one winter in Winnipeg they moved to start farming in Washow Bay. They grew a small farm into a successful farming operation.

Mom was a devoted farm wife who was involved in the daily decisions as well as the workload. She was meticulous in the way she kept her home and all aspects of her life.

Mom had a big heart and served many pots of her Icelandic sock coffee from their home in Washow Bay, as well as their winter home in Texas, known as the Canadian Embassy. All were welcome for a hot meal and coffee anytime. Mom was a kind, generous, loving, and devoted, hard-working woman. She was proud of her legacy of five generations. Especially proud to be called Amma to her grandchildren. She touched many hearts and leaves an enormous void in all who loved her.

The family would like to extend a heartfelt thanks to the Riverton Ambulance, Dr. Donnelly and staff at the Arborg District and Health Centre.
 Due to the Covid 19 situation a celebration of life will be held at a later date.
 Góddá nótt Mom
 Miss and Love you forever.

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OBITUARY



John Moman
 Peacefully on May 11, 2020 at the age of 96 years, John Moman passed away at the Eriksdale Personal Care Home with family by his side.

John was born February 8, 1924 in Hoogeveen, Holland. With his parents and older sister, he immigrated to Canada on the ship named Volendam arriving in Halifax on March 17, 1926. The family settled in the Picnic Ridge District west of Ashern where they started to farm. John grew up on the family farm and attended the Picnic Ridge School. In 1948, John married Aleida Beaudry and they raised their children on their farm in the Pioneer District south of Ashern. Over the years, he also cut cord wood, drove school bus, worked as a farm hand and also did carpentry work. He enjoyed camping, playing cards and fishing. He loved spending time with his grandchildren and great-grandchildren, especially attending their sporting events.

John will be sadly missed by his children: daughter Shirley (Reid) Price; sons Reg (Vivian) and Allen (Donna); grandchildren Tracy (Herb), D'Arcy (Liz), Darren (Charlene), Melanie (Derek), Kyle (Paige) and Darwin (Chantel); great-grandchildren Preston, Emily, Braydon, Alisha, Payton, Charlie, Taylor, Caitlin, Olivia, George, Bennet, Sienna and Austen; sister Alice (Harold); brothers Herman, Jim (Doreen); sisters-in-law Irene and Eileen.

John was predeceased by his wife Aleida; parents Joe and Dina; brother Joe; sister Jenny (Barney) along with other family members.

In keeping with John's wishes, cremation has taken place. A celebration of his life will be held at a later date.

The family wishes to thank the Eriksdale PCH staff for their outstanding care and compassion and Karen and John Gray of Arnason Funeral Home for all their help and guidance at such a difficult time.

In lieu of flowers, donations may be made to Eriksdale Personal Care Home, Recreation Account, c/o Sharon Thorgilsson, PO Box 130, Eriksdale, MB R0C 0W0.

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OBITUARY

Victor Nordal

Peacefully on May 9, 2020, Victor Nordal passed away at the age of 88 years at the Eriksdale Personal Care Home, with staff by his side.

Victor was born October 26, 1931 at home in Lundar, MB. Victor was the 3rd of 11 children born to Einar and Flora Nordal. Victor lived most of his life on the family homestead in the Mary Hill District. After his parents passed, Victor and his brother John remained in the family home.

Victor was a commercial fisherman on Lake Manitoba and was very proud of his accomplishment of fishing for 60 years; both winter and spring fishing. Victor also worked at Swan Creek Fish Hatchery for several years. There are many stories of Victor and his fishing days. He loved to tinker and fix things and made many of his own inventions over the years, as long as it could be bolted together. He was very proud of his net puller which Victor made and sold many. His homemade wine was another specialty that many enjoyed. Each batch was unique, like Victor.

In 2015 Victor moved into the town of Lundar and enjoyed living at the Lundar Seniors Home. He got a scooter and was able to go all over, especially to his favorite places, The Lundar Hotel and Lundar Legion Lounge. Victor was a very social person and enjoyed visiting over a beer.

Victor is survived by his sisters Helga, Kay and Bertha (Dave) and brother Arthur; in-laws Dan Watson and Lorna and good friend Leonard Lennstrom. He will be missed by many family members, friends, neighbours and his little Elskurnar Freya and Skuli Darknell.

Victor was predeceased by his parents Einar and Flora; siblings John, Paul, Margaret, Ken, Allan and Florence (Stanley); and brothers-in-law Albert and Alf.

Special thanks to the staff at the E.M. Crowe Memorial Hospital and Eriksdale PCH for their excellent care and compassion and to everyone in the community of Lundar that helped Victor in his later years.

Cremation has taken place and a memorial service will be held at a later date.

Bless Vinur - Goodbye Friend

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OBITUARY

Russell Lloyd Johannson

December 14, 1951 - May 13, 2020

Peacefully in his sleep, Russell passed away unexpectedly in his home, at the age of 68.

He leaves behind to mourn him are his spouse Grace; children Laurel, Joey (Chantelle), Josh (Trisha) and Jenna (Bjorn); grandchildren Kyle, Ivan, Eric, Felicity, Joey, Sunny, Bronson, Winston, Sawyer, Luke, Gracie and Blair; mother-in-law Thelma Sigfusson; brothers Ivan (Dianne) and Doug (Lorraine); nephews Kevin (Mindy), Bradley (Karlee) and Jay (Jenn); niece Karen (Kevin); brother-in-law Larry McCauley; sisters-in-law Maryanne, Olof, Gail (Felix), Dawn and their families; his special cousins, friends and neighbours as well as his many beloved pets.

Russell was predeceased by his parents Jenny and Joe Johannson, sister Patsy McCauley, son Dennis, nephew Erik Johannson and brothers-in-law John Smith, Johnny, Howie, Siggy and Frankie Sigfusson.

Cremation is to take place with a private family gathering to be set at a later date.

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