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EXPRESS PHOTO BY ANDERS KUUSSELKA

The Wave Snack Shack is located at the north end of Gimli Beach. Proceeds (after expenses) go towards after-school youth activities. See story on pg. 10.

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Beetle battle underway in Ponemah's potato patches

By Patricia Barrett

Ponemah's community gardeners are in the midst of a beetle battle to try to save their potatoes from a leaf-eating insect that's taken down several plants already.

A local resident said this is the first time that gardeners have encountered the Colorado potato beetle, a reddish-coloured beetle that resembles a ladybird in the larval stage and has vivid black stripes in the adult stage and can fly.

"They don't seem to bother the actual potato but the more leaves they eat, the less energy the plant has to produce potatoes," said Bruce Smith, whose potato patch has been inundated with adults, soft-bodied larvae and egg sacs. "They have a greater effect on starter plants; we have some plants that have completely died off because we did not catch the beetles early enough."

The Dunnottar Age Friendly group initiated the creation of community garden plots in both Ponemah and neighbouring Whytewold. Ponemah has 13 plots (20 feet by 40 feet) while Whytewold has about 15 box-garden plots and other types of plots. Some of those gardens have been given over entirely to potato production.

"There is ... a 20-by-120-foot garden in Whytewold that is completely planted in potatoes from which we are hoping to make a food bank contribution," said Smith.

His wife, Betty Jackson, said Smith has been painstakingly hand-picking the beetles off the potatoes, collecting them in coffee cans and disposing of them. He also crushes the egg sacs on the underside of the potato leaves.

"It's funny, we grow potatoes in our own yard at home and there are no beetles. But the community gardens are horrible," said Jackson. "We don't know if the beetles came in on the dirt or if they came in on the potatoes."



An adult Colorado potato beetle has 10 stripes.



Beetles eat leaves off the potato plants.

They weren't there last year."

The Colorado potato beetle is found throughout North America, primarily attacking potatoes but also peppers, tomatoes, eggplant, nightshade and ground cherry.

Adults overwinter underground to a depth of about five to 10 inches and become active in the spring when potato plants emerge from the ground. Adults and larvae both feed on leaves. Potatoes can tolerate up to 30 per cent defoliation but when the tubers begin to grow, their sensitivity to defoliation increases, according to the University of Minnesota Extension website,



EXPRESS PHOTOS BY BETTY JACKSON

Bruce Smith picks Colorado potato beetles by hand from his community garden plot at the north end of Ponemah.



Smith collected hundreds of Colorado potato beetles (larvae pictured here) from his plants. The larvae are red or salmon-coloured with two rows of dark spots on their bodies.

which makes research available to the public.

Pesticides are ineffective against the beetles because they've developed resistance to them, says the website. Instead, it recommends that gardeners pick the beetles off the plant and drop them into a bucket of soapy water, and to clean up weeds such as nightshade and ground cherry near the garden.

Gardeners can also try planting an



The beetle's eggs are yellowish-orange and found on the underside of the plant's leaves. Females can produce up to 350 eggs during their lifespan, which lasts several weeks.

early maturing variety of potato to prevent mid-summer beetle damage and grow potatoes every other year about a half-mile from previous plots. Natural predators such as ladybirds and stink bugs eat Colorado potato beetles.

Jackson said the beetles are so prevalent that Smith has been on constant watch to try to save the remainder of his potatoes.

Manitoba's active COVID-19 numbers hit 196

By Ashleigh Viveiros

Public health officials announced 16 new cases of COVID-19 on Monday, following up on a weekend that saw 51 new cases identified.

Manitoba's five-day test positivity rate is 1.59 per cent. The total number of tests completed since early February is now at 103,782. More than 1,300 of those were done on Sunday alone.

As of Aug. 10, the total number of lab-confirmed positive and probable cases in Manitoba was 558. Active cases on that day was 196 while 354 peo-

ple had recovered from the virus. The number of deaths due to COVID-19 remained at eight.

Six people were in hospital at the start of this week, three in intensive care.

"While many of today's cases appear to be linked to known clusters in Brandon and Southern Manitoba or are close contacts of previously identified cases, preliminary information also suggests that there are small numbers of cases with unknown acquisition which we would determine

to be community based transmission," Dr. Brent Roussin, Manitoba's chief public health officer, said at Monday's press briefing.

"We've continued to say that these increased cases over the past week reminds us that we're not done with COVID-19," he added. "We'll certainly continue to see cases of COVID-19 but we are certainly not helpless against this virus. We never have been."

Roussin again called on Manitobans to continue to focus on the fundamentals when it comes to battling

COVID-19: wash your hands regularly, maintain physical distancing, stay home if you are ill, and avoid large indoor gatherings.

"We know that these precautions have helped us before and they'll help us again," he said. "We just need to get back and focus on those fundamentals."

While wearing a mask can help people protect themselves and others, especially in situations where physical distancing isn't possible, the province

Continued on page 6

Dunnottar club spruces up grounds after a century

By Roger Newman

The Village of Dunnottar Community Club is celebrating 100 years of operation by fundraising to revitalize the playground and lawn outside the club on Community Road in Matlock.

John Zajic, co-ordinator of the project, said the club is aiming to complete the greenspace project by next June.



EXPRESS PHOTO BY ROGER NEWMAN

John Zajic is heading a major outdoor renovation at the Dunnottar Community Club.

Gimli RCMP looking for missing man



EXPRESS PHOTO SUBMITTED

Gimli RCMP are asking for the public's assistance in locating Saul Brown.

Submitted by RCMP

On Aug. 3 at 7:05 p.m., Gimli RCMP received a report of a missing 57-year-old man from Riverton. Saul Brown was last seen earlier in the day on Aug. 3 when he left a residence located on Queen Street in Riverton.

Brown is described as 5'10, 120 pounds, with long, grey hair and a moustache. He was last seen wearing a blue shirt, blue jeans, green jacket and black shoes. Brown is believed to have hitchhiked to Winnipeg.

The RCMP are concerned for his well-being and asking anyone with information to call Gimli RCMP at 204-642-5106, call Crime Stoppers anonymously at 1-800-222-8477, or submit a secure tip online at www.manitobacrimestoppers.com.

The club — originally known as the Matlock Community Club — has been serving permanent residents, cottagers and their children with summer programs at the same location since 1920.

Zajic said fundraising will complement grants and some saved club money already on hand.

"We will be replacing worn out play structures and adding new benches," he said, adding that

the club is already recognized as a Dunnottar historic site.

Other features of the project will include an open air gazebo for crafts, games, music, theatre and dance. "Our mission is to create a beautiful space where families can gather, interact, play, share ideas and build strong community ties," a club statement said.

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This isn't Disney: skunk attack in Arnes calls for greater public awareness

By Patricia Barrett

A vendor at the Arnes Farmer's Market, about 17 kilometres north of Gimli, wants the public to be more aware of the dangers of wildlife after a skunk repeatedly bit a dog, bit a man's shoe and charged people.

The vendor helped another vendor deal with the skunk but does not want to be named because some visitors were upset by how the skunk was handled. The incident took place on Aug. 2 when the market was packed with visitors from the city and the local area.

The vendor said about a dozen people, some with children, failed to heed her instructions to seek safety and instead tried to get out their mobile phones to snap a picture of the animal, which was eventually dispatched.

"I was telling people to run away because there was a dangerous rabid skunk," said the vendor, who lives in the local area. "I think people don't understand. They just think it's like a striped cat and it's not dangerous. They're from the city and other places where this isn't a concern and they've never had to deal with an animal with rabies."

She knew instantly the skunk was rabid based on its aggressive pursuit of both pets and people and her own knowledge of wild animals, including bears that lives in the woods near her residence, she said.

The skunk appeared out of nowhere — accompanied by a second skunk that ran away — and went after a cat that was tied up at a vendor's stall. That vendor also had his dog (a medium-sized dog) tied up next to the cat.

When the dog tried to intervene to protect the cat, the skunk jumped on the dog's back and began biting it repeatedly and scratching it, she said. That's when she, the pets' owner and another man tried to pry the skunk off the dog. When it finally let go, they threw it across a ditch.

"But it kept coming back multiple times and finally attacked the dog's owner. It bit his pant legs and took a chunk out of his shoe," she said. "And

instead of running away, it ran straight into the crowd at the big building in the market and it was intent on hurting people."

She said she yelled at people to get out of the building but they wouldn't listen. They came over and tried to take a picture.

After the skunk was dealt with, the dog was rushed to the Gimli vet clinic for treatment, she said. It had to be transferred to a Winnipeg vet hospital the following day when it went into shock. The dog survived.

"There's an important public safety issue that needs to be addressed, especially with the influx of tourists up here," said the vendor. "This was a dangerous situation but about a dozen people had come right up and another two to three dozen people were standing back at a distance but weren't running away."

Residents living in subdivisions in the Spruce Sands and Camp Neustadt area have had to kill rabid skunks, she said, and there have been reports of lynx, a cougar and more bears than usual in the area.

"It's not just a skunk situation. It's a wildlife situation. And if people are getting close enough to take pictures of these animals, then they're getting too close," she said.

Retired provincial conservation officer and former Gimli mayor Randy Woroniuk said he had heard about the market attack and thought the skunk was likely rabid based on the reports of its aggressive and erratic behaviour.

He said animals depicted on television aren't like the ones you'll encounter in the wild or even near a rural subdivision. His best advice to people who encounter wildlife is to "stay away from them."

"People should not walk towards any wild animal. They shouldn't be thinking this is Disney," said Woroniuk. "Wild animals are totally unpredictable and people should not be getting close to them."

Woroniuk, who's been under contract with the RM of Gimli for sev-



EXPRESS PHOTO SUBMITTED

Arnes Farmer's Market vendor speaks out about rabid skunk being destroyed.

eral years to trap and remove skunks from dwellings, and is known as the "Skunk Whisperer," said the animal is mostly nocturnal but it will forage during the day. Although they have poor eyesight and may not see people until they're a certain distance away, it's "not normal" for a skunk to attack a pet or run at a person.

"Skunks normally want to avoid you or your dog. But if they're charging you (if not cornered) or your animal, then there's something wrong with it," he said.

And if you or your pet is attacked, force is justified.

"Pick up an object like a stick and try to kill it. There's no sugar-coating this," said Woroniuk. "If a skunk is attacking your animal, you have to get your animal away from it. But you don't want to risk getting yourself bitten because rabies shots can be very painful."

Skunks are the main carriers of the rabies virus, he said, and when infected they exhibit one of two forms: the "furious" form which entails aggression, and the "dumb" or non-violent form in which the skunk is disoriented, lethargic and practically tame. Infected skunks don't always foam at the mouth.

The rabies virus affects the central nervous system of mammals, causing infection of the brain and death. Any mammal can get rabies but the vast majority of cases occur in skunks, bats, raccoons and foxes," according to the U.S. Centers for Disease Control and Prevention (CDC).

The virus's incubation period in humans can last weeks or months, and the first symptoms are similar to the

flu. But the disease progresses to brain dysfunction, confusion and agitation. People may experience delirium, hallucinations, abnormal behaviour and fear of water.

Once symptoms appear, the disease is "nearly always" fatal. The odds of surviving are low; to date fewer than 20 cases of survival have been documented, states the CDC.

The signs and symptoms in animals can vary but are often similar to those in humans and death is the usual outcome.

Rabies is a reportable disease in Manitoba and all suspect cases must be reported. The disease is verified in a Canadian Food Inspection Agency rabies laboratory.

The Provincial Rabies Management Program tracks the number of cases each year. There have been no reported human cases of rabies on record in Manitoba. Since 2014, a total of nine positive rabies cases in animals — six skunks, one bat, one dog and one cat — have been identified in the Interlake-Eastern Health region.

Between April 1 and June 30 of this year, 13 samples from the region were submitted for testing with one positive case identified.

The *Express* contacted the provincial department of Conservation and Climate regarding the Arnes market attack but did not hear back.

To report human exposure to an animal suspected of having rabies, contact Health Links at 1-888-315-9257. To report domestic animal exposure to, or injury by, an animal suspected of having rabies (where no human exposure has occurred), contact Manitoba Agriculture at 204-470-1108.

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Politicians and farmers discuss agriculture issues

By Evan Matthews

Responding to the ongoing problems and plights of many farmers dating back a number of years, three provincial politicians finished off a week-long tour across rural Manitoba as the province looks to improve business risk management programs for farmers.

The week-long tour reached 16 constituencies in an open dialogue format to gather information and guidance from producers and industry on priority areas, such as reviewing Business Risk Management (BRM) programs, identifying market challenges and opportunities, exploring new technologies and “building a resilient future,” according to the province.

“Our PC government has been exploring ways to improve BRM programs and increase access to market opportunities,” said MLA for Interlake-Gimli Derek Johnson.

“We heard directly from hundreds of farmers and are committed to bringing their voices forward.”

Dating back to 2019, farmers across the region have expressed interest in having a review of provincial-federal BRM programs such as AgriStability, Crop Insurance and Livestock Price Insurance.

The consensus complaint has been, as an example, that AgriStability is responsive but not timely. The challenge is created when AgriStability is responding to a farmer’s situation a from a year previous.

In 2020, AgriStability is assessing and alleviating financial burdens for farmers from 2019, while those farmers face current challenges as well.

“It does respond to the margins,” one farmer said, “but it’s the timeliness of it that creates problems.”

However, Johnson said, in regards to BRM programs, that not all producers are participating.

“If they aren’t participating, it leads me to believe the programs aren’t working as well as they should be,” said Johnson.

“Sometimes premiums aren’t cheap enough, so farmers take on a bit of risk themselves by not insuring every year.”

Another complaint from farmers regarding BRM programs is that current programs work for forage producers but not necessarily for cattle or hog producers.

“We’re hearing that grain (and crop) farmers participate in BRM programs a lot more than cattle farmers do because the BRM programs just work better for them,” said Johnson.

“The question becomes, what do we need to do for beef farmers to mitigate the risk on bad years, and what will make the industry work for producers?”

As recently as February 2020, 19 municipalities attempted to lobby the province — in collaboration with the federal government — to enact AgriRecovery to help save local (beef) farmers from financial catastrophe.

Many farmers had been selling off herds in complete dispersals, but AgriRecovery was never put into effect.

Once the province has compiled farmers’ suggestions as to what should change within specific BRM programs, the



EXPRESS PHOTO BY HEATHER SIGURDSON

Premier Brian Pallister, RM of Bifrost-Riverton Reeve Brian Johnson and MLA Interlake-Gimli Derek Johnson discuss Business Risk Management programs with farmers at Johnson Seeds on Aug. 5.

province will then lobby the federal government on participating in those changes, said Johnson.

Information the province has gathered throughout the tour will compliment a larger interactive online engagement plan through EngageMB to help government make recommendations at the annual Conference of Federal-Provincial-Territorial Ministers of Agriculture in October 2020.

Manitobans are invited to participate in the online engagement by visiting <https://engagemb.ca/engaging-mb-ag-industry> between July 31 and Sept. 1, 2020.

In September 2019, cattle producers were hit hard once again, as the province announced an increase to cost associated with leasing Crown lands, as high as 300 per cent.

Many farmers reported the change hitting them extremely hard, saying their margins were already thin enough.

Further adding to the conflict between the province and farmers, the province made expropriation offers to 23 affected property owners — ranging from Lake Manitoba (near Watchorn Bay) to the southern tip of Lake St. Martin, this in order to start construction on the Lake Manitoba and Lake St. Martin Flood Outlet Channels.

“It feels like going back to 2011,” one of the expropriated land owners said. “Farmers just don’t matter to this government.”

Construction is expected to be as soon as Oct. 31, 2020, according to the province.

In 2011, southern Manitoba experienced unprecedented flooding when Lake Manitoba experienced very high inflows leading to widespread flooding of the areas surrounding Lake Manitoba and Lake St. Martin.

The proposed Lake Manitoba and Lake St. Martin outlet channels project will provide the ability to regulate the water levels of both lakes and significantly reduce the likelihood of flooding during high runoff events without affecting water levels on Lake Winnipeg.

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Students, respect the subs

By Evan Matthews

Oh, to be a student again.

For so many of us, it seems like it was just yesterday, regardless of the many aches and pains or grey hairs we have now.

Everyone remembers the days when you'd walk into the classroom, chumming around with your friends, and a glance to the front of the room would bring an ever-so-slight smirk to all the troublemakers' faces.

A substitute teacher.

Today will be fun, and likely unproductive, you would think.

But as students get ready to go back to school, parents have an opportunity to provide a little education of their own to their kids: understand the challenges going on in the world today and respect your teachers.

After schools shut down in March, students all over North America (and the world) are already close to four months behind in regards to in-school instruction and learning.

This means classroom time is more important than ever.

So, whether it be a substitute teacher or an everyday teacher, giving teachers the respect and time to actually teach the things a student needs to know is of the utmost importance to one's education.

And while so many students were able to spend some time at home due to the COVID-19 pandemic, many teachers — and, more specifically, substitute teachers — found themselves out of work when schools shut down last spring.

The amount of stress someone goes through when their livelihood is affected can be immeasurable.

While it will be nice for those teachers to be back at work and making money, when schools open their doors this fall, substitute teachers will face a different problem all together: there simply isn't enough of them, according to the Manitoba Teachers' Society.

Depending on where you live in the

province, a regular flu season already creates a substitute teacher shortage. But now, staff and students alike are being encouraged to stay home like never before if they experience any flu-like symptoms whatsoever.

If you're a substitute teacher and you want to work in 2020-21, it sounds as though you can and probably will work every day.

While a five-day work week may not be considered "overworked," imagine being a substitute teacher and walking into a different classroom of students who you don't know every single day/week. Then imagine actually having to teach the students important lessons to make up for lost time.

It's a daunting task, and a task parents and students can help with.

Back-to-school is an exciting time, but let's remember to be respectful, kind, and to maintain our thirst for knowledge.

> COVID UPDATE, FROM PG. 2

isn't yet mandating their use in public spaces.

When it comes to getting tested for COVID-19, anyone showing symptoms of respiratory illness can be tested, and Roussin advised people not to wait too long to do so.

"The best timing to be tested is 24 hours after symptom onset," he said. "What we've found is many of our

cases being tested many, many days after symptom onset, and so by the time we're connecting with contacts some of those contacts are already symptomatic."

Roussin noted that testing earlier than 24 hours after a person first reports symptoms can sometimes lead to false negative results.

"So testing after 24 hours of symp-

tom onset is what we are recommending," he said.

To take the online COVID-19 testing screening tool head to www.gov.mb.ca/covid19/updates/testing.html.

The nearest testing site in our area is in Winkler at the Southland Mall. It is open Monday to Friday from 8:30 a.m. to 6 p.m. by appointment only. Call 204-325-5322.

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Johnson Memorial Hospital in Gimli benefits from a 3-way partnership

Submitted by IERHA

Johnson Memorial Hospital in Gimli benefits from a 3-way partnership among the Westshore Community Foundation, Gimli District Health Auxiliary and Interlake Eastern Health Foundation.

Johnson Memorial Hospital in Gimli has received a generous donation of a video laryngoscope from a Westshore Community Foundation grant, a Gimli District Health Auxiliary grant and a donation from Interlake Eastern Health Foundation.

Tim Arnason, president of Westshore Community Foundation says this year, the foundation has joined forces with other organizations which has become the standard of practice in the current COVID climate.

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

A video laryngoscope is an extremely valuable resource for care providers. This piece of equipment will lead to faster and safer intubations for those who are acutely ill. In addition, it helps protect care providers in the room which is key during the

COVID-19 pandemic. Total cost of the video laryngoscope is \$18,850.

Ruby Tretiak, president of Gimli District Health Auxiliary, is delighted to partner with Westshore Community Foundation and Interlake Eastern Health Foundation to purchase the video laryngoscope.

"Every spring we ask staff what is needed to improve patient care—we call it the Wish List. Dr. Fulmore requested a video laryngoscope. The membership approved contributing to this important piece of equipment as part of the "wishes" that were granted," Tretiak says.

Dr. Jonah Fulmore, a physician from Gimli Community Health Centre adds what an impact the donation has on the community.

"My colleagues and I are extremely grateful to the generosity shown by the Westshore Community Foundation, Gimli District Health Auxiliary and the Interlake Eastern Health Foundation. This donation will help serve the community for years to come and will save lives. We sincerely thank all involved in providing us the resources required to provide our community with exceptional medical care," Dr. Fulmore said.

Executive director of the Interlake Eastern Health Foundation Pamela



EXPRESS PHOTO SUBMITTED

Photo left to right, Pamela McCallum executive director Interlake Eastern Health Foundation, Ruby Tretiak Gimli District Health Auxiliary, Tim Arnason Westshore Community Foundation and Dr. Jonah Fulmore Gimli physician.

McCallum highlights how working with local foundation's benefits the communities we live and work in.

"Our Foundation's mandate is often strengthened by partnering with the right community organizations during times of need. We are thrilled that the Westshore Community Foundation and Gimli District Health Auxiliary have agreed to partner with us on

this important initiative to make it a reality."

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

Incredible Creatures: Viceroy butterflies: Masters of mimicry

By John Gavloski

Some butterflies require a second look. The butterfly in this photo was photographed on my raspberry plants in early-August. When looking at this butterfly, it may at first appear to be a monarch butterfly. It was a bit smaller than a monarch, though. And if you are picky on details, there are some differences in striping and spots. This is a viceroy butterfly. These are interesting butterflies that mimic different butterflies, depending on where you live in North America, and have larvae that look like bird droppings.

In this month's Incredible Creatures, we will explore the interesting biology and habits of viceroy butterflies.

How to tell a viceroy from a monarch

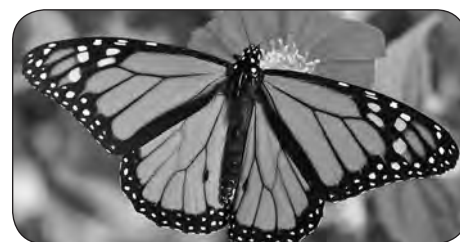
If the colouring of this butterfly has you confused, there are three things you can look for to help tell a viceroy (*Limenitis archippus*) from a monarch (*Danaus plexippus*).

Viceroy butterflies are smaller than monarchs. If you look on the hind wings, the viceroy has a semi-circular black line on its hind wings, which monarchs do not have. Viceroys have only one row of white spots along their upperside wing margins, whereas the



PHOTO BY JOHN GAVLOSKI

A Viceroy butterfly on raspberries on Aug. 3.



SUBMITTED PHOTO

A monarch butterfly.

monarch has two. But if you confuse them, you would not be the first.

It was long believed that viceroys had adopted the colours of the monarch to avoid being eaten by predators. Birds avoid eating monarchs

because they are toxic. Recent studies have shown the viceroy to be unpalatable as well. Both species contribute to each others' protection from birds.

Looking and tasting like a bad meal

Larvae of viceroy butterflies feed mainly on trees in the willow family, such as poplars, aspen, willow and cottonwoods. This is also different from monarch larvae, which feed mainly on different types of milkweeds. Female viceroys prefer laying eggs on small trees and place only two or three eggs on each tree. Larvae feed only at night, resting under the leaves or on twigs during the day.

Viceroy caterpillars get salicylic acid in their bodies from their food, which makes them bitter and upsets predators' stomachs. As further protection, the caterpillars, as well as their chrysalis stage, use another form of mimicry by resembling bird droppings.

Adult viceroy butterflies feed on a wide variety of flowers and seem to really like asters. Adults will also feed at mud puddles, rotten fruit, on dung, and are attracted to honeydew secreted by aphids. There are two generations of viceroy butterflies per year in

Manitoba, but adults can be seen all summer.

A different southern look

Viceroys have different colour forms in different regions. In the northern areas such as Canada, where monarchs predominate, viceroys are lighter. In southern Florida, they are darker due to a butterfly called the queen being more abundant than monarchs. Queens (*Danaus gilippus*) are close relatives (same genus) of monarchs, with wings that are orange-brown, with black borders and white spots.

The naming of the viceroy, and the butterflies it mimics, is quite interesting. The monarch is named because the gold dots that line the top of its chrysalis looked so much like a king's crown that American colonists were inspired to name the butterfly the monarch. A viceroy is a governor of a country or province who rules as the representative of a king or sovereign. Interesting that viceroy was chosen as the name for this monarch mimic.

If you see a butterfly that seems to resemble a monarch but is a bit smaller, have a second look. See if you can tell the difference.

Assume COVID is everywhere: IERHA urges adherence to safe behaviours

By Patricia Barrett

With the resurgence of COVID-19 infections across the province, including in the Interlake, the Interlake-Eastern Regional Health Authority (IERHA) is recommending that people put up their guard.

Over a period of a mere eight days (Aug. 3-10), the Manitoba government identified 125 new infections of the deadly virus. As of Monday, there were 196 active cases.

Worldwide, the virus has infected nearly 20 million people and killed over 730,000 (Johns Hopkins University, Aug. 10 data). Health experts are predicting an enormous swathe of deaths in countries where governments failed to respond adequately to the virus, whose citizens refused to stop gathering and wear masks or that re-opened their economies too hastily.

IERHA chief executive officer Ron Van Denakker said he thinks that during Manitoba's three-week stretch of no new COVID cases, people let their guards down. Youth, in particular, seem to be socializing in large groups.

Three Manitoba children (a boy under nine years of age and a girl and boy between 10 and 19) were identified last Sunday as having been infected.

"People are becoming cavalier in some respects. I don't want to brand any age group, but the younger generation seems to be having difficulty

with self-isolation and keeping away from gatherings," he said. "Maybe a young person will get a sore throat and a cough, but if they pass COVID on to their 80-year-old grandmother who's got underlying conditions, that won't be good."

Everyone should assume everyone else is infectious and not feel badly about adopting some "time-limited paranoia," he said.

"Everybody needs to be presumed as having COVID; therefore, you need to use basic [precautions]," said Van Denakker. "Be smart and employ them whether someone has COVID or not. We're in this environment of co-existing with COVID and we need to assume it's everywhere. That's what Dr. Brent Roussin [Manitoba's chief public health officer] keeps saying."

Those basic precautions include:

- Continuing to stay home as much as possible
- Working from home if your job/employer allows it
- Refraining from gatherings
- Re-considering the effectiveness of family bubbles; it only takes one person to contract the virus in the community and bring it into their bubble
- Staying six feet or more away from other people in public settings
- Not touching your face: your mouth, nose and eyes are entry points for the virus
- Washing your hands with soap and water during/after you've been in public; the virus is susceptible to soap, even plain soap
- Using hand sanitizer when soap and water are not available
- Wearing a mask; they're not failsafe but can help protect you and others from aerosol particles
- Re-considering exercising in close proximity to other people

If anyone has seen YouTube videos of how far the virus can travel on a sneeze, cough or breath generated from normal speaking, they'll know how easily the virus can spread, said Van Denakker. Although COVID can be acquired by touching surfaces infected with it then touching one's face, the risk of transmission is much higher via airborne particles.

A Japanese study by Yuki Furuse et al. titled "Clusters of coronavirus disease in communities, Japan, January-April 2020" in the journal *Emerging Infectious Diseases* (Vol. 26,

No. 9) analyzed 3,184 cases in settings such as health care, restaurants, bars, workplaces and music events. The authors concluded that case clusters associated with "heavy breathing" in close proximity — karaoke parties, cheering, exercising and even conversations — can facilitate the transfer of COVID.

Other IERHA news:

- Van Denakker said the province's reluctance to identify some COVID cases by location (i.e., a specific community or neighbourhood) comes down to a need-to-know basis. If, for example, an infected person was known to have taken a specific flight, the province would release flight and row numbers.

As for specific communities in the Interlake where COVID has struck, Van Denakker said he himself is not privy to that data.

"I don't know the locations of where the cases are. We heard from Dr. Roussin a number of times that if there is no public health concern around the specifics, then they don't get made public," said Van Denakker. "I know we've had cases present in our [IERHA] facilities and I know some of those cases have been transferred to Winnipeg, but where they live and other details, I don't know. What public health is really saying is they don't want people to be stigmatized, which we've seen in the past."

- The IERHA plans to build external shelters outside personal care homes where family members can continue to visit residents during the winter months. The structures will have an access door to the PCH and a separate access door for visitors. Visits will be supervised to maintain distancing and other safety guidelines.

"In the colder months, outdoor visits won't be feasible. We will go to tender soon and expect they'll be built by October," said Van Denakker.

- The province continues to conduct audits on infection prevention and other safety measures in PCHs.

"This province is doing an awful lot of work on ensuring its most vulnerable population is protected during this period," said Van Denakker. "There's extensive reporting and there are also unplanned visits to PCHs to ensure standards are being met."

- There have been an increased number of deaths by suicide in the health region and a greater demand for mental health services since COVID struck in March, said Van Denakker.

"When we moved to more virtual methods, we were able to address a lot of concerns. We found the uptake was greater and we were getting really good results because people were seeking help in their own environments," he said. "But COVID has been terrible for vulnerable populations such as substance abusers. We've seen suicides during the first wave of the pandemic; there's been quite a number of suicides."

Drug users unable to access product became agitated and that led to suicide, he said. Others couldn't access clean needles, sharing them with others. That's led to an increase in sexually transmitted blood-borne infections.

- The COVID preparedness plans the IERHA drew up earlier this year will be put into effect should new infections continue apace.

"If all of a sudden the numbers grew significantly to the extent that we had challenges with our bed map, we could activate those plans," said Van Denakker.

The "old" Selkirk hospital is "fully configured" with medical equipment to care for non-COVID patients should beds be required at the "new" Selkirk hospital for presumptive COVID patients, he said. COVID patients that require ventilators and intensive care are transferred to Winnipeg.

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Interlake Lymph Clinic raising funds for Cancer Walk

Proceeds to go to the Never Alone Foundation

By Sydney Lockhart

The Interlake Lymph Clinic is helping fundraise for the Never Alone Foundation's Paws for a Cause Cancer Walk.

The annual event brings people together to walk their pets and raise money in support of those affected by cancer.

"This is the first time I'll be helping out with this organization; I'm just trying to educate and help out in the community and get some support," said owner of the Interlake Lymph Clinic, Registered Massage Therapist, Certified Lymphedema Therapist, and Breast Cancer Rehabilitation Specialist Nancy Rowsell.

The Never Alone Foundation was created by Lyle Bauer a Blue Bombers Alumnus and former CFL Executive after he was diagnosed with throat cancer in 2004.

The foundation offers financial, emotional, social and informational support to patients and families affected by cancer.

"We're trying to improve the lives of people affected by cancer," said Executive Director of Never Alone Foundation Micheal Schiefer, "Research is essential, but we need to lift people through the crisis today."

Breast Cancer Survivor and owner of the Spin Shack Shannon Berikoff got assistance from the Never Alone Foundation when she needed a sleeve and glove to help combat her lymphedema.

"I couldn't even walk, my hand



EXPRESS PHOTO BY BRETT MITCHEL

Left to Right: Marianne Tom Clinic Manager with her dog Bryson, Cindy Hartling assistant Clinic Manager with her dog Buddy, Shannon Berikoff Spin Shack owner, the Never Alone Foundation's Executive director Michael Schiefer, and Nancy Rowsell and her dog Titan.

would be the size of a baseball [bat] It's just another awful thing about cancer, it never seems to end. You lose your hair and your eyelashes and then you think you're good and your arm blows up," said Berikoff.

She is now cancer-free after being diagnosed for the second time in December of 2017.

"I like that their name is the Never Alone Foundation, when you get sick like this it seems like people disappear, they don't know how to deal with the reality of it," she said.

Berikoff will be walking on Rowsell's

team on September 14 at 6 p.m. in Selkirk, they are hoping to raise \$500 by September 19.

The Interlake Lymph Clinic is also preparing to be a part of the Easton Place Medical Centre starting in September.

"I'm hoping every year we get bigger and bigger for community awareness. Helping improve someone's quality of life or at least make them as comfortable as possible is what we are trying to offer," said Rowsell.

To register, support and donate to the Paws for a Cause event go to www.interlakelymphclinic.ca.

interlakelymphclinic.ca.

Participants can also do a virtual walk if they do not feel comfortable joining the socially distanced walk by taking a photo of themselves walking in their own neighbourhood, posting it on social media, and emailing a photo to info@interlakelymphclinic.ca.

A walk for top sponsors and fundraisers will be held at Kildonan Park by Never Alone Foundation on September 20.

Mobile driver testing services resumes this week

Submitted by MPI

MPI will resume booking appointments for mobile driver testing services throughout Manitoba as of this week.

MPI's mobile testing units offer limited driver testing services on a scheduled basis to communities without an MPI service centre. As with all driver testing services, mobile testing was suspended due to COVID-19 in March.

Customers are able to view available locations and the driver licence class tests and dates offered here. In order to increase overall appointment availability, MPI has permanently consoli-

dated a number of mobile testing locations. At this time, northern remote sites will not resume testing, however, future planning for these locations is in progress.

How to book:

Similar to booking knowledge and road test appointments at MPI service centres, customers eligible for mobile testing sites can do so in the following ways:

- Online: Customers are encouraged to book Class 5 and 6 road tests through MPI's Online Services.

- Over the phone: Customers who either cannot or do not wish to visit an Autopac agent or service centre, can

call their Autopac agent to book a test.

- In person: As always, road tests can also be booked in person at Autopac agents or MPI Service Centres.

COVID-19 requirements:

As with all of MPI's driving testing services during COVID-19, procedures have been updated for the protection of both customers and staff. Customers can find the full list of requirements here.

Changes to mobile testing locations:

As a result of a recent program review based on demand and optimal testing routes, MPI has made changes to the communities where mobile testing will be offered going forward.

Mobile testing will now be offered in the following communities: Altona, Ashern, Carberry, Carman, Cross Lake, Flin Flon, Gillam, Gimli, Grand Rapids, Killarney, Leaf Rapids, Lynn Lake, Manitou, Minnedosa, Morden, Morris, Neepawa, Niverville, Norway House, Pine Falls, Roblin, Russell, Snow Lake, Souris, Stonewall, Treherne, Virden.

By consolidating mobile testing sites, MPI will be able to offer an increased number of appointments to Manitobans. It is estimated that no customer will need to travel more than one hour for driver testing services throughout the province.

AMM completes tour of Interlake municipal offices

By Evan Matthews

The Association of Manitoba Municipalities finished its tour of the Interlake last week, with the region's councils advocating for a reduction of provincial "red tape."

Representing all of Manitoba's 137 municipalities, AMM said in a press release that the organization makes it a priority to visit each of its member municipalities at least once during each four-year election cycle.

"Meeting with local councils one-on-one is very important, perhaps now more than ever given COVID-19," said AMM president Ralph Groening.

"While all of our members are dealing with increased pressures due to this new reality, municipal officials continue to be on the front lines of this pandemic delivering essential services and protecting local communities."

In the Interlake, the AMM delegation visited the RM of St. Laurent, RM of Coldwell, RM of Fisher, RM of Armstrong, Town of Winnipeg Beach, and the City of Selkirk. The delegation consisted of president Groening, vice-presidents Kam Blight and Brad Saluk, Interlake district directors Cheryl Smith and Kelly Cook, and executive director Denys Volkov.

"Protecting local autonomy and reducing red tape were key themes discussed at all meetings," said Cook, City of Selkirk councillor and AMM Interlake district director.

"In particular, several councils supported the AMM's position related to Bill 48: The Planning Amendment and City of Winnipeg Charter Amendment Act, which will have significant impacts on all municipalities given its current wording."

According to the Province of Manitoba's website, Bill 48 addresses key planning recommendations in the Treasury Board Secretariat (TBS) report "Planning Zoning and Permitting in Manitoba," created in June 2019 to create a "transparent, consistent and efficient planning framework by reducing unnecessary planning delays, while ensuring due diligence, environmental and safety requirements are met."

The proposed legislation will enhance opportunities for economic growth and ensure

Manitoba remains competitive and attractive for business and job growth, according to the province, emphasizing Bill 48 is a high priority for this government.

The proposed legislation also grants sweeping powers to the minister of municipal relations.

Cheryl Smith, reeve of the RM of St. Laurent and AMM Interlake district director, said the meetings with AMM provided greater insight into both the challenges and opportunities facing the Interlake district.

"Our members clearly want to lead Manitoba's economic recovery," said



EXPRESS PHOTO SUBMITTED BY AMM

Left to right: RM reeve and AMM Interlake district director Cheryl Smith, AMM vice-president Kam Blight, AMM president Ralph Groening, and Selkirk councillor and AMM Interlake director Kelly Cook pose for a photo as they wrap up the AMM's Interlake tour on just outside the RM of St. Laurent office.

Smith. "Many councils expressed desire to move infrastructure projects

forward in partnership with the provincial and federal governments."

The Wave Snack Shack feeds beach-goers and supports after-school youth program

By Patricia Barrett

Members of the Wave Youth Drop-in Centre in Gimli are feeding the crowds on Gimli Beach and gaining some valuable job skills in the process.

The after-school program took over the empty concession stand on the beach and renamed it the Wave Snack Shack. They're offering hotdogs and other light beach fare.

Kids as young as 12 have been learning how to cook, interact with customers and process cash and credit/debit card transactions. Not only is that teaching them how to be responsible, but it's also providing them with skills they can put on a resumé.

"The great thing about this is we're providing training for the kids," said Anders Kuusselka, who is one of the program's supervisors. "We want to train the kids how to handle food and money. One kid hands out the food, another takes the money so there's no

cross contamination and another kid cooks."

The kids, who range from 12 to 17 years of age, work on a volunteer basis and are supervised at all times by adults.

"It's so awesome. I love the way these kids work. We've got one 12-year-old girl who's so good. She'll call out the window and joke around with people," said Kuusselka.

Wave supervisors had asked the RM of Gimli whether it could use its empty facility and it agreed. The group cleaned it up, had it inspected by public health and opened on the August long weekend in time for the crowds, said Kuusselka.

"We're doing simple things like hotdogs, potato chips and drinks. We also sell popcorn and ice cream," he said.

The Wave purchases the majority of its food supplies from Gimli stores such as Sobeys and Co-op. Items it can't get locally are purchased from

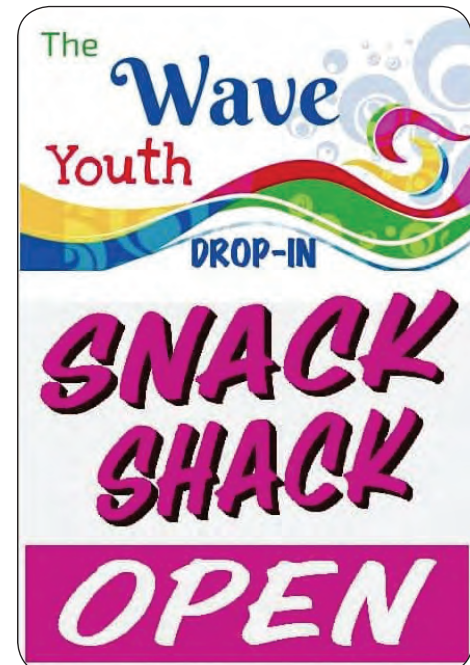
Winnipeg, he said.

The Wave's program, which includes music and art, currently operates out of a meeting room in the Lakeview Resort. Before COVID struck, Kuusselka said the group had a free room graciously provided by Dr. George Johnson Middle School and by the RM at the Gimli Recreation Centre.

Any profits made from the Snack Shack (after expenses) will go towards the Wave's youth programming.

"I love working with the kids. They're so energetic," said Kuusselka. "For them to come and work for no money is amazing. They just like to help and that makes it so special."

The concession stand (the big blue building near the red dock on the beach) is located at the north end of Gimli Beach. It will be open until after the September long weekend. Hours are Monday to Thursday, noon to 1:30 p.m., and Friday to Sunday, noon to 4:30 p.m.



EXPRESS PHOTO SUBMITTED

The Wave Snack Shack is located at the north end of Gimli Beach. Proceeds (after expenses) go towards after-school youth activities.

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Lakeside Lions team up with Mom's Pantry to fundraise for community causes

By Patricia Barrett

Although COVID-19 stopped the Winnipeg Beach and Dunnottar Lakeside Lions club from holding in-person fundraising events, it hasn't stopped them from going virtual.

The club recently embarked on a fundraiser through Mom's Pantry so that it can continue to help residents and organizations in its catchment area.

"In-person fundraising isn't appropriate now that COVID-19 is here. But being a non-profit organization, we're still getting requests for donations," said fundraising co-chair Carol Opperman. "We thought we should try to raise money in lieu of the money we raise with our annual Cookie Walk."

The popular Cookie Walk, where people can stuff a box with a variety of homemade cookies, takes place every December in Winnipeg Beach, but the club cancelled it because of the need for social distancing. It would have been the 15th year.

"The Cookie Walk is a tradition in our community and it's a wonderful fundraiser for us, but it's just not pos-

sible this year so we have to adapt to that," she said.

Instead, residents can order food online through Mom's Pantry, a Winnipeg-based organization that helps individuals and other organizations fundraise with food. People can also obtain a paper order form from the Lions club.

"We can submit the order forms to Mom's Pantry. They package everything up and send it back to us and we distribute it to the people that ordered," said Opperman. "We can do this by socially distancing and not having much interaction."

Mom's Pantry, which takes a commission from each fundraiser, offers over 200 high-quality baking and food products, according to its website.

Opperman said people can order cookies, pie crusts, cinnamon buns, teas, spices, soup bases, sauces and variety of other items.

Part of Lions Clubs International, the Lakeside club was formed in 1987 to help raise money for local and Interlake-area causes. The club is one of the main sponsors of the Winnipeg Beach School breakfast program and

Breakfast with Santa in conjunction with the Kiwanis Club.

The club has raised funds for eyeglasses, hearing aids, heating blankets, an MRI machine and medical expenses such as transportation that aren't covered under Manitoba Health. It has also helped purchase soccer nets, jerseys for youth hockey and pays for lunch for youth curlers.

"We've helped a family with a child with mobility problems. We helped with an outdoor playset for him," said fundraising co-chair Gwen Dyck. "We've also helped people buy wheelchair accessories that they couldn't afford and we helped somebody acquire an electric wheelchair because they have no mobility at all."

The club had a teacher approach them about a couple of kids with worn-out shoes and kids without socks, she said, and the club stepped up to provide money for that.

In addition to the Mom's Pantry fundraiser, the club is doing meat draws and 50/50 draws for the month of August at the Winnipeg Beach Hotel.

Opperman said the Mom's Pantry fundraiser has generated a lot of requests for catalogues and order forms, and if they're successful, the club may run another one closer to Christmas.

The cut-off date to place an order is Aug. 31. For more info, contact the club at wblakesidelions@gmail.com.

"IN-PERSON FUNDRAISING ISN'T APPROPRIATE NOW THAT COVID-19 IS HERE."



Ashern volunteers looking forward to wellness centre

By Evan Matthews

A committed group of locals is working to ensure a wellness centre in the Town of Ashern will work out.

Jude McCudden, a spokesperson for the Lakeshore Recreation Wellness Commission (LRWC), said the group is planning to start a capital campaign for a community wellness centre, which would provide residents with a facility to bolster mental and physical health.

A capital campaign is an attempt by a non-profit organization to fundraise for a specific goal.

"As a public building available for parties and things like that, the RM has had to actively continue to keep the building going, and heated, etc.," said McCudden.

McCudden noted that the LRWC was formed roughly two years ago with interest in re-purposing the now-closed Ashern Curling Rink.

The building was built in the 1970s and was busy until 2017, when numbers declined and it was closed, according to McCudden. The Moose-

horn Curling Club is located just 10 minutes north of Ashern.

"When we came along with a suggestion to have the building totally re-purposed, (council) was really pleased," said McCudden.

McCudden expressed thanks to the RM of West Interlake for its proactive and supportive approach of the project.

"Our main focus has been on physical and mental health. The LRWC has been mindful of the (regional) community's demographics," she said.

The group did a survey at the 2019 Ashern Rodeo in order to better understand the community's "wants" in a long-term recreation facility. The LRWC used the survey from that weekend to garner a broader view of regional people's needs by surveying people who use Highway 6 as part of their regular personal and/or work environment.

The survey suggested things like gym equipment, a walking track, a space for people to play pickle ball, as examples of using the space effective.

McCudden said people working in both the trucking and transport industry suggested they could also use the facility, as well as construction employees.

"We had people at the rodeo tell us, 'We're always driving through here.' They don't necessarily live here. They told us they would use a facility like this in the evening or when they have to stop," said McCudden, pointing to added revenue for the facility.

The LRWC has developed and is continually improving its business plan to make the building sustainable, according to McCudden.

"But our locals need this too. Seniors need places to be active throughout the winter months," she said.

All towns and rural communities within the RM of West Interlake (including The Narrows), all towns and rural communities within the RM of Grahamdale, and all Indigenous communities within the regional area are invited to benefit from the wellness centre.

The LRWC has worked with Alex

Bogusat of Interlake Architecture on the planning and design, according to McCudden, and the LRWC has also done engineering reports for existing electrical, structural and mechanical systems.

McCudden said provincial consultants from the Department of Indigenous and Municipal Affairs gave the LRWC positive encouragement on the project, even going as far as saying there are many buildings around the province that could be re-purposed and better used.

"They were extremely positive," said McCudden. "Other communities may have buildings like this."

The LRWC is attempting to find sponsorship for the naming rights to the building upon its completion as part of the organization's capital campaign. The organization is continually doing fundraising, she said, while applying for grants, too.

The Express did not receive a rendering of the re-purposed building by press time.



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Virtual Icelandic Festival fashions new traditions

By Evan Matthews

After debuting its first-ever virtual celebration, the Icelandic Fest of Manitoba said while this year was different, the celebration was a huge success.

Sigrun Asmundsson, Icelandic Fest board member and chairperson of the fashion show, said the fashion show is typically an in-person event that draws a large crowd — which was not possible this year due to COVID-19. This year an online video offered attention to traditional clothing with detail not seen in years past.

“The majority of our models wore traditional clothing belonging to their families, and some were lent to us. ... We do have narratives and history on a lot of the clothing and jewelry, and the genealogy,” said Asmundsson.

Even her own niece modelled clothing and jewelry with family history. The filigree dawned by her niece dates back to the 1800s but was given by her great-grandfather as a gift to her great-grandmother in the 1900s said Asmundsson.

“There is so much history here with these costumes. ... We are so happy with this video, as it was so beautifully filmed and edited. There were great close up shots of the jewelry and the

costumes you wouldn’t get sitting in the audience of the fashion show. This is a legacy piece,” she said.

The video was produced by Winnipeg-based boutique creative agency Swell Creative, while also sharing credit with her fellow committee member Kerrine Adair.

The fashion show had shoots spread throughout the Interlake, with Asmundsson specifically mentioning locations such as Riverton and Gimli and featured 21 models in total.

The fashion show offers just a glimpse into how the 2020 Icelandic Fest of Manitoba shifted its efforts to the virtual realm and will continue to do so in the future.

The festival’s executive director Kristine Sigurdson also emphasized pride in the virtual art show, cooking videos, language videos, music videos submitted by Canadian and Icelandic musicians shot in Gimli’s own Johnson Hall, a tour of “Icelandic Winnipeg,” and not to be forgotten, the sandcastle photo contest, family scavenger hunt and lawn parade contest.

“Everything went according to plan, and I think the important thing is the fact we wanted to recognize and celebrate the importance of the festival, and of Icelandic culture,” she said.



EXPRESS PHOTO SUBMITTED

Maxine (Helgason) Ingalls and granddaughter Cassidy Rochelle Laing.

She expressed thanks to municipal, provincial and federal governments for continuing to provide the financial support needed to achieve a successful festival, despite economic hard times related to COVID-19.

“The board and our community, after 131 years, we’re just so passionate about the festival and the culture. We’re passionate about coming together. ... It’s the core of who we are,”

she said.

Sigurdson noted COVID-19 has affected the festival financially, and the Icelandic Festival of Manitoba is welcoming (and appreciating) any donations.

Despite the festival being over, both Sigurdson and Asmundsson encouraged anyone interested to visit the festival’s website and social media pages to check out videos.

Arborg Terry Fox Run goes virtual for 2020

By Evan Matthews

It’s been 40 years since Terry Fox’s Marathon of Hope began.

To honour him, Aug. 3 was declared Terry Fox Day. With the Terry Fox Run coming up on Sept. 20, Arborg organizers are encouraging residents to continue to participate in the ever-important event, despite challenges created by COVID-19.

“Of course, due to COVID, getting together poses more risk. It’s really sad because it’s the 40th anniversary,” said Donna Gislason, a co-ordinator for the Arborg run.

“To participate, people can do whatever they’d like — gather in small, acceptable group sizes or go alone, or walk, bike or run, same as in the past. It could be easy to let it go this year because of everything going on, but it’s more important than ever this year. Cancer research can’t wait for COVID-19 to be over.”

The Arborg (and surrounding area) event will happen on Sunday, Sept. 20 and is labelled a “virtual Terry Fox Run: One day. Your way. We will unite in spirit, not in person.”

Participants are encouraged to run

wherever they are; around the neighbourhood, the backyard, down the street or around the block. In Arborg, organizers are encouraging residents to register as individuals or as a family or virtual team.

“People are still struggling with cancer. That hasn’t changed, and research monies are needed as much or more than ever,” said Gislason.

“Everyone who can participate, it’s just so helpful.”

Arborg’s 2019 run ranked second in the province for fundraising events, raising over \$18,000.

On Friday, Sept. 18, organizers will be outside the Arborg Co-op selling T-shirts as a fundraising effort. Gislason noted all items will be plastic wrapped, and social distancing will be adhered to, in order to prevent spread of COVID-19.

People can also donate at www.terryfox.ca/terryfoxrun/arborg.

Interested participants can register for the run at www.terryfox.org/run.

Marathon of Hope

Terry Fox was born in Winnipeg in 1958 but raised in Port Coquitlam, B.C.

As an 18-year-old, Fox was diag-



EXPRESS FILE PHOTO BY EVAN MATTHEWS

The 2019 Arborg Terry Fox Run raised over \$18,000, and ended up fundraising the second highest total in Manitoba.

nosed with cancer — osteogenic sarcoma (bone cancer) — in 1977 and had his leg amputated above the knee. With the help of an artificial limb, Fox began walking around a mere three weeks later.

In 1980, Fox ran the Marathon of Hope, which was a cross-country run to raise money for cancer research.

Hoping to raise one dollar from each

of Canada’s 24 million people, Fox began the Marathon of Hope in St. John’s, N.L., and was forced to end the run just outside Thunder Bay when cancer spread to his lungs. He died at the age of 22.

As of April 2020, over \$800 million has been raised in Fox’s name.

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Interlake Blue Jays to play Pembina Valley in MJB� playoffs

By Brian Bowman

The Interlake Blue Jays are looking to do some real damage in this year's Manitoba Junior Baseball League playoffs.

Interlake will battle the Pembina Valley Orioles in a best-of-three series which begins this Thursday.

The Blue Jays will be on the road for Game 1 on Thursday and then will host Game 2 on Friday (7:30 p.m.) at Fines Field.

Pembina Valley (14-7) was the better team during the regular season but five of their best players won't be around for the playoffs as they head off to their respective university or college.

"A lot of teams in our league have guys going back to school," noted Blue Jays' head coach Adam Kirk. "Going in I think we have a good chance. We didn't lose anybody. I think we have a good chance to go deep and make a run here."

Kirk feels the Blue Jays are a better team now than at the start of the year.

The Blue Jays closed out their regular season last Sunday with a split with the St. James A's.

Interlake won 6-4 but then lost Game 2 by a 5-2 score. The Blue Jays played well in both games, said Kirk.

On Aug. 3, Interlake split a road doubleheader with the Altona Bisons.

The Blue Jays won Game 1 by an 11-2 score.

Leading 3-2 in the sixth, Interlake took over the game by scoring six runs.

Blue Jays' runs were scored by Chris Fines (two), Keenan Allen (two), Cole Olfert (two), Noah Cnockaert-Ducharme, Ben Anderson, Liam Allen, Andrew Everitt and Ryan Wasilewski.

Jayden Allary earned the complete-game victory, allowing just four hits and an earned run.

In Game 2, Altona edged the Interlake 3-2 in eight innings. The Bisons tied the score at 2-2 in the bottom of the seventh.

Cnockaert-Ducharme led the Blue Jays with two hits and a run scored. Wasilewski scored Interlake's other run.

The Blue Jays' Liam Allen pitched seven innings, scattering nine hits while striking out six.

Interlake finished its regular season with a 9-12 record but two of those losses came via a forfeit when the Blue Jays could not field enough players for a doubleheader.

That's not too bad of a record considering what a wacky summer it's been.

"With the year it was and guys not sure if they're playing, it's an OK (record)," Kirk said. "We would have liked to have been above .500 because



EXPRESS PHOTO BY KEN ALLEN

Jayden Allary earned a complete-game victory over the Altona Bisons, allowing just four hits and an earned run, on Aug. 3. Interlake won the game 11-2.

I think for most of the year we were above .500."

18U Interlake Orioles lose three games last week

By Brian Bowman

The Interlake Orioles 18U "AAA" baseball team struggled with three consecutive losses last week.

On Sunday, Interlake lost a doubleheader to Pembina Hills in Portage la Prairie. The Orioles lost games by scores of 13-5 and 13-1.

On Aug. 4, the Orioles were defeated 9-7 by the St. James A's at Fines Field.

Interlake (4-12) will host Winnipeg South on Thursday (7 p.m.), play the North Winnipeg Pirates on Friday (7 p.m.) at Koskie Field, and then will battle the Bonivital Black Sox on Sunday (6 p.m.) at Quarry Park.

In 15U "AAA" action, Interlake defeated Bonivital 10-8 last Friday.

On Aug. 5, the Orioles were beaten 6-3 by Winnipeg South.

Interlake (3-7) will host the St. James A's on Wednesday (6:30 p.m.) in Balmoral and then the two teams will hook up Friday (6 p.m.) in Winnipeg.

Meanwhile, the 13U Orioles were defeated 19-9 by Winnipeg South last Thursday. On Aug. 4, Interlake was losing 15-5 to the North Winnipeg Pirates when the game was suspended, according to the league website.

Interlake played Bonivital this past Tuesday but no score was available at press time. The Orioles will host Winnipeg South on Thursday at 6 p.m. in Stonewall. Interlake will then head west to play a doubleheader against the Marlins in Brandon on Sunday. Games will start at 1 p.m. and 4 p.m.

Stonewall Blue Jays pound Pirates

Staff

The Stonewall Blue Jays laid a licking on the North Winnipeg Pirates last Thursday.

Stonewall cruised to a lopsided 14-4

victory in Winnipeg Senior Baseball League action at Fines Field.

On Aug. 4, the Blue Jays were doubled 6-3 by the Elmwood Giants in Stonewall.

Both teams traded runs in the second inning before Elmwood exploded with five in the fifth.

Stonewall answered with a run in the bottom of the inning and then

added another in the seventh.

The Blue Jays hosted the Springfield Sr. Braves this past Tuesday but no score was available at press time.

Stonewall will then play North Winnipeg on Wednesday (6:30 p.m.) at Vince Leah.

Baldwin places first and second in two Icelandic Festival Running Races

By Patricia Barrett

Running against a substantial number of competitors, a Gimli resident placed first and second in two of the Icelandic Festival's popular running races.

Alec Baldwin placed first in the one-mile race, with a time of five minutes and 27 seconds and placed second in the 10-mile race (age category 20 to 29), with a time of one hour, eight minutes and five seconds. Baldwin received his official festival certificates by email and shared them with the Express.

The 131st annual festival, which was held virtually this year because of COVID-19, offered one-mile, five-kilometre and 10-mile races. Competitors completed the runs on their own between July 19 and Aug. 2 then submitted their times to the festival using a timing app.

Over 215 people had registered as of last week, with runners as young as seven and as mature as 83, according to a press release from the festival.

Baldwin, who is 27, has competed in the races for a number of years. For this year's competition, he trained for

about 40 days straight before logging his race times.

"I ran the one-mile the first day and I forgot to press my watch [timing app]," said Baldwin, who has autism and is very active in sports, music and art. "Second day I ran quicker and I press the watch."

Baldwin shaved off seven minutes from a previous 10-mile race he did and also beat his dad's best race time, said his mom Tanis Benson.

"Those were awesome times," she said. "I'm so proud of him."

Throughout COVID Baldwin hasn't been able to attend his Special Olympics program, but he was nevertheless intent on keeping in top form for the Icelandic Festival races and trying to improve his personal best times, said Benson. On one training run, he ran all the way to Willow Island and back, which is just over nine miles.

Race Results

10 Mile 2020 Results:

19 and under:

Male: Adam Vigfusson, Gimli

Female: N/A

20 to 29:

Male: Alec Baldwin, Gimli



EXPRESS PHOTO BY TANIS BENSON
Alec Baldwin placed first in the one-mile race and second in the 10-mile race.

Female: Erin Valgarson, Winnipeg
30 to 39:

Male: Danny Halpin, The Pas
Female: Jaala Van Dongen, La Broquerie

40 to 49:

Male: Brian Ezako, Cartier

Female: Janie Parsons, La Salle

50 to 59:

Male: Don Bevington, Winnipeg

Female: Frederica Emery, St Andrews

60 to 69:

Male: Bob Cox, Winnipeg

Female: Brenda Krueger, Winnipeg

70 and over Male:

Paul Taylor, Burswood New Zealand

Female: N/A

5K 2020 Results:

Male: Danny Halpin, The Pas 18:25

Female: Lindsay Green, Winnipeg
20: 58

One Mile 2020 Results:

1. Alec Baldwin Gimli at 5:25

2. Don Bevington Beausejour at 5:52

3. Tobi Haussler Headingly at 7:48

Social media contest winner: Tim Coombs, winner of a Viking Beard Buff

Pjalfi Challenge draw winner: J Vigfusson from Gimli, winner of a \$250 Mpg Sport Gift Card

MHSAA announces updated Return to School Sport plan

From the MHSAA website

As the Province of Manitoba eases restrictions and reopens the economy in a phased approach, the benefits of reopening need to be balanced with the risks of increased COVID-19 transmission, said a release on Aug. 4.

School sport activities have numerous physical, mental and emotional health benefits. As organized activities continue to be allowed to operate again, we need a thoughtful plan to reduce the risk of COVID-19 transmission.

The MHSAA's updated Return to

School Sport plan aims to provide a safe return of school sport in Manitoba and is focused on the following:

The Province of Manitoba has mandated each sport to establish a Return to Play Protocol to reduce the risk of COVID-19 transmission. The MHSAA will be adhering to all of these plans. Detailed sport specific protocols can be found on the respective Provincial Sport Organization's website.

Schools may offer fitness and/or training programming to their students provided they follow all current Provincial Public Health Guidelines,

sport specific Return to Play Protocols, and receive approval from their division or school's administration. For up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/COVID19.

No competition, including exhibition games, is permitted for any school sport at this time.

The MHSAA will be announcing our Return to School Sport plan for the 2020-21 school year by Aug. 15.

The MHSAA remains committed to protecting the health and safety of our student-athletes, staff, coaches,

member-schools and the health of all of our fellow Manitobans.

Impact remain winless after pair of losses

Staff

The Interlake Impact remain winless after a pair of losses last week.

Interlake suffered a 2-1 loss to Elmwood FC last Friday in Manitoba Major Soccer League 4th Division action at the Ralph Cantafio Soccer Complex.

David Gonzalez scored for the Impact while Hayden Moyle-Wilson and Shea Cantley replied for Elmwood FC.

On Sunday, Interlake was edged 3-2 by Richmond FC at the Buhler Recreation Park.

Tristan Penner and Eric Plett scored for the Impact.

The Impact will play the YFC Saints this Friday at Buhler. Game time is 7:15 p.m.

WHL delaying start of 2020-21 season

Staff

The Western Hockey League announced last week that it will be delaying the start of the 2020-21 season until Dec. 4.

The league had previously announced a tentative October start.

"As part of the WHL's commitment to the health and safety of its players, officials, staff, and fans, the opening date of the regular season remains contingent on receiving the neces-

sary approvals from the government and health authorities in each of the six provincial/state jurisdictions in WHL territory," read a statement on the league's website.

The WHL remains committed to playing a full regular-season schedule of 68 games, followed by four rounds of playoffs during the 2020-21 season.

"In our discussions with the government and health authorities, it

has become apparent that additional time is required to ensure we can return to play in a safe and responsible manner," said WHL commissioner Ron Robison.

"Our WHL health and safety protocols have been well received by the health authorities, but we have several key issues that we will need to reach a resolution on in the coming months."

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The Gimli Community Cemetery Association

Hereby gives notice that landscaping work around all the Columbariums

Will occur in the last two weeks of August and may continue in early September, weather depending.

Any questions please call Thora Palson at 204-641-5481 or email palson@rmgimli.com

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NOTICE OF VOTERS LIST/ PERSONAL SECURITY PROTECTION

R.M. of Grahamdale

Notice is hereby given that a copy of the VOTERS LIST may be revised at 23 Government Rd., Moosehorn, MB from July 27, 2020 to August 23, 2020 between the hours of 8:30 a.m. and 4:30 p.m. (Monday to Friday).

During this time, we will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address/fax number below) no later than August 23, 2020 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail, email, or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before August 23, 2020.

Dated at Moosehorn in the Province of Manitoba on July 20, 2020.

Sandra Falk, Senior Election Official

R.M. of Grahamdale

PO Box 160, 23 Government Rd.

Moosehorn MB R0C 2E0

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NOTICE OF NOMINATIONS By-Election R.M. of Grahamdale

NOTICE IS HEREBY GIVEN that on the following days: August 17, 18, 19, 20, 21, 2020 between the hours of 8:30 AM to 4:30 PM at the following location; R. M. of Grahamdale Municipal Office, 23 Government Road, Moosehorn, Manitoba, nominations will be received for the office of:

REEVE

For term - October 2020 to October, 2022

The nomination deadline is August 23, 2020. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) minimum 17. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified or by an agent, or by fax, or email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Sandra Falk, SEO, R.M. of Grahamdale
PO Box 160, 23 Government Rd.

Moosehorn, MB R0C 2E0

Cell: (204)768-0069

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The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-467-5836

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.

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moosehorn1618@gmail.com

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Or 204-768-4505

MORTGAGE SALE

The building and land known as 138051 Road 9E, in the Municipality of Bifrost-Riverton, in the Province of Manitoba as described in Certificate of Title No. 2274180/1 will be sold at auction on Thursday, the 3rd day of September, 2020, at 11:00 Council Chambers, 320 River Road, in Arborg, Manitoba.

The Vendor is informed that there is situated on the property a single detached 1½ story dwelling of approximately 1,295 square feet with 6 bedrooms, 1 full bathroom, living room, dining room, kitchen and an unfinished basement. There is an oversized double detached garage, several older storage sheds, a grain bin and a pole shed shop of approximately 2,560 square feet.

TERMS: TWENTY (20%) of the Reserve Bid by certified cheque, bank/credit union draft or solicitor's trust cheque on the date, place and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$106,251.34 plus such other additional and incidental costs which may be incurred by the Lender from the 10th day of August, 2020 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2019.

Purchaser to be responsible for payment of any outstanding water accounts owing by the Mortgagor.

Property is subject to Caveat 3551954/1.

In order to participate in the auction sale, you must pre-register by contacting Sonia at 204-957-6437 or by email at sruppel@ltgic.ca at least 24 hours in advance of the scheduled auction. Attendance by teleconference and/or videoconference will be available. Should the winning bidder be attending by teleconference and/or videoconference, the bidder will have 24 hours to provide the deposit to our office as set out below.

Further information and copies of Conditions of Sale may be obtained from:

LEVENE TADMAN GOLUB LAW CORPORATION
Barristers & Solicitors
700 - 330 St. Mary Avenue
Winnipeg, MB. R3C 3Z5
Attention: Mara Koven-Lapointe/Sonia
File No. 112917
Phone No. 204-957-6437



Town of Arborg PUBLIC NOTICE - BOARD OF REVISION

Public Notice is hereby given that the 2021 Assessment Roll for the Town of Arborg has been delivered to the Municipal Office at 337 River Road, Arborg, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of The Assessment Act.

APPLICATION FOR REVISION 42(1)

A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under Subsection 13(2).

APPLICATION REQUIREMENTS 43(1)

An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in Subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under Subsection 41(2), or
 - serving it upon the Secretary, at least 15 days before the scheduled sitting date of the Board as indicated in the public notice.

The Board of Revision will sit to hear applications on **Wednesday, September 9th, 2020** at 10:00 AM in the Town of Arborg Council Chamber, 337 River Road.

The final date on which applications must be received by the Secretary of the Board is **Monday, August 24th, 2020**.

Dated at Arborg, in Manitoba, this 13th day of August, 2020.

Cindy Stansell, Secretary
Board of Revision
Town of Arborg
Box 159 - 337 River Road
Arborg, MB ROC 0A0



Town of Arborg REQUEST FOR QUOTATIONS ROOF REPAIR & INSTALLATION OF CEDAR SHINGLES

The Town of Arborg is seeking price quotations for the roof repair and installation of cedar shingles at the Arborg Library Building at 292 Main Street Arborg. Information on the scope of work is available at the Town of Arborg office or through email. Questions or arrangements to inspect the site can be done by contacting the Town of Arborg office at (204) 376-2647. A site visit is required.

Contract Completion: On or before October 30, 2020.

Submit written quotes itemizing materials and labour, in a sealed envelope marked "Arborg Library Building - Cedar Shingle Replacement" to:

Town of Arborg, 337 River Road, PO Box 159

Arborg, MB ROC 0A0

Attn: Cindy Stansell, CAO

Phone: (204) 376-2647

Email: caoarborg@mymts.net

Fax: (204) 376-5379

Quotations shall be received on or before **4:30 p.m., Friday, August 21st, 2020**

The Town of Arborg reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licencing to be eligible to be awarded the contract.



CAREER OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER TOWN OF WINNIPEG BEACH

The Council of the Town of Winnipeg Beach is searching for a highly motivated, efficient, experienced municipal or business leader to fill their Chief Administrative Officer position. As the CAO will lead our senior management team and staff through effective human resource management and will develop and implement services, programs, projects, policies, and objectives that further their collective vision. This position is also responsible for overseeing all municipal services, including infrastructure maintenance and development, engineering, public works, utilities, fire services, and recreation. The CAO will also liaise with stakeholders and other municipalities and levels of government on significant projects affecting the municipality. Your position will include multi-tasking to organize, plan, coordinate and direct all operations to ensuring that the Municipal Act, our municipal by-laws, policies and Strategic Plans are adhered to. You shall possess the skills to implement systems that provide results through significant positive collaboration and communications with a broad spectrum of stakeholders.

A University/College degree in Business, Accounting, or any other related field, with relevant progressive experience in public administration at a senior management level with a minimum of 5 years. A Certified Manitoba Municipal Administrators Certificate is desired or willingness to enter the program.

The candidate should have experience in economic development, strategic team-based leadership, staff and community engagement, and financial management and must demonstrate exceptional communication, organization and interpersonal skills.

Salary will be set in accordance with the successful applicant's qualifications and abilities.

For full job description or any additional information please contact Colleen Johnson, kacelresources@hotmail.com. Applications will be accepted at this email address or regular post at Box 613, Lac du Bonnet, Manitoba, R0E 1A0 until 4:00 pm on August 21, 2020. Although we thank all applicants in advance, only those applicants selected for the interview process will be contacted.

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99 7th Avenue Gimli, Manitoba 204-642-7490



MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2021 Assessment Roll for the Municipality of Bifrost-Riverton has been delivered to the Municipal Office at 329 River Road, Arborg, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with section 42 & 43 of *The Municipal Assessment Act*.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by:
 - delivering it or causing it to be delivered to the office at the address below, or
 - serving it upon the Secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on September 9, 2020 at 1:00 p.m. in the Council Chambers of the Municipality of Bifrost-Riverton at 329 River Road, Arborg, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is August 24, 2020.

Dated this 31st day of July, 2020

Tanis Johnson, Secretary
Board of Revision
Municipality of Bifrost-Riverton
Box 70, 329 River Road, Arborg, MB R0C 0A0
Email: bifrost@mymts.net

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We offer an interesting and rewarding work experience, group benefits and pension plans and a flexible schedule, including day, evening, night or weekend shifts. If hired you will be asked to pass criminal record and child/abuse registry checks. Valid driver's licence is required, basic cooking skills and experience working in a caregiving capacity an asset. Required training will be provided, covering First Aid/CPR, NVCI and the Vulnerable Persons Act.

Please apply in writing to:

Executive Director
Riverdale Place Homes Inc.
Box 968, Arborg MB R0C 0A0

Or email: kfinnson_rph@outlook.com

Application Deadline: Aug. 24, 2020

For more info contact:
Kathy Finnson, Exec. Director 204-376-2940



Interlake Women's Resource Centre Inc.

Invitation to Tender

The Interlake Women's Resource Centre is seeking quotations for indoor renovations to the reception area of our Centre. A job specifications package may be picked up between 9:30am-3:30pm Monday - Friday at the IWRC.

87-5th Avenue, Gimli, MB

Deadline for quote consideration is
4:00pm Monday September 14, 2020.

MORTGAGE SALE

The building and land known as 83 Lundi Avenue, in Riverton, Manitoba as described in Certificate of Title No. 2929557/1 will be sold at auction on Thursday, the 3rd day of September, 2020 at 11:00 a.m. at RM of Bifrost-Riverton Council Chambers, 329 River Road, Arborg, Manitoba.

The Vendor is informed that there is situated on the property a single family bungalow of approximately 1,148 square feet with 3 bedrooms, 1.5 bathrooms, living room, kitchen and full basement.

TERMS: TWENTY (20%) of the Reserve Bid by certified cheque, bank/credit union draft or solicitor's trust cheque on the date, place and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$135,846.98 plus such other additional and incidental costs which may be incurred by the Lender from the 7th day of August, 2020 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2019.

Property is subject to NIL.

Further information and copies of Conditions of Sale may be obtained from:

In order to participate in the auction sale, you must pre-register by contacting Sonia at 204-957-6437 or by email at sruppel@ltgic.ca at least 24 hours in advance of the scheduled auction. Attendance by teleconference and/or video conference will be available. Should the winning bidder be attending by teleconference and/or video conference, the bidder will have 24 hours to provide the deposit to our office as set out below.

LEVENE TADMAN GOLUB LAW CORPORATION

Barristers & Solicitors
700 - 330 St. Mary Avenue
Winnipeg, MB R3C 3Z5
Attention: Mara Koven-Lapointe/Sonia
File No. 112001
Phone No. 957-6437

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Classifieds Announcements

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OBITUARY



(Elsie) Elizabeth Litwin
(nee Chrusch)

It is with deep sadness and broken hearts that we announce Elsie Litwin passed away at the age of 79.

Elsie was predeceased by her son Michael; parents Dan and Emily Chrusch; sisters May, Kay, Anne, Mary, Helen and Connie; brothers Paul, Peter, Dennis and Richard.

Left to cherish her memory are her grandson Blain and his mother Shelly (Greg); nephew Richard (Ann); sisters Jeanie, Julie (Ray), Emily; brothers Frank (Christine), Gary (Grace); numerous

nieces, nephews and friends.

Elsie was born and raised on the family farm in Stead, MB. She attended school in Stead and later moved to Winnipeg. In the early 70's Elsie moved to Gimli with her family. She worked at Saunders Aircraft then at Gimli Betel as a cook for 30 years. After her retirement Elsie had no intention of slowing down and she started cleaning for seniors for the next 10 years.

Elsie was a fun loving, kind, generous soul and everyone who met her loved her. She could lift ones spirits just with her beautiful smile. She loved to spoil her grandson and spending time with him gave her tremendous joy. Elsie was a true care giver, she would take care of you when you were sick, injured or recovering from a big operation. She was hard working and loved to cook and entertain. If you were lucky enough to attend one of Elsie's dinners or party's you sure never left hungry. Elsie loved to curl and was active in mixed curling and with the ladies league for years and one of her favorite things to do was watch curling on TV. Elsie also loved to garden whether it was vegetables or flowers. She spent hours in the garden at Shelly's and took pride in her flower gardens at home. Another of Elsie's favorite things to do was to meet with her friends for coffee and chat.

We would like to thank the staff and volunteers at Gimli Betel for the excellent care Elsie received this past year. Elsie was very happy there and had nothing but good things to say about everyone there. We would also like to thank the staff at Gimli Hospital for their compassion and care for Elsie. A special thank you to Betty for going above and beyond for Elsie, we truly appreciate everything you did.

A private family interment will be held sometime in the next few weeks and a Celebration of Life will take place at a later date.

In lieu of flowers donations may be made to the Heart and Stroke Foundation

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

Gilbart Funeral Home,
Gimli in care of arrangements.



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OBITUARY



Oliver James Monkman (Jr.)

Oliver James Monkman (Jr.) passed away suddenly on August 7, 2020 in his adopted home of Gimli, MB. Dad had won many battles during his 82 years, however in the end, his fight against an aging body and his propensity to working too hard, loving too hard and playing too hard; proved too much. His body had simply told him, "Oliver...it's time".

Oliver (Dad, Papa, Buddy, Mutt), left us to be reunited with some of his most cherished family members and friends. His strength, courage, wisdom and undying love will continue to be an inspiration to all those who were lucky enough to know him.

Everlasting memories are left with his devoted and loyal wife of 38 years, Lesley. His sons Murray (Allison), Jeffrey (Irish), Duane, and Orton (Jenny). Also left to mourn are his younger sisters, Edna Marks, Dora Orvis (Glen) and Olive Monkman; in-laws Phil Hudson (Gisele) and Jeff Hudson (Veanne); his numerous nieces and nephews; as well as his aunts Verna Yerex, Mary Flett, and Sarah Fedak. Oliver was predeceased by his father and mother, Oliver and Jenny Monkman; as well as his in-laws Murray and Kit Hudson.

From the time they were born, his grandchildren, specifically Molly and Zoey became the centre of his life. In turn, they became his biggest admirers. Dad began to breathe new life after Molly was born and then again a couple years later when Zoey came in to the world. He was so very proud of them and most often they became the main topic of discussion for him and anyone who he spoke to. He loved that they would play his music and 'jig'.

Oliver was born in Norway House, MB on May 24th, 1938 where he attended the Norway House Day School and then the school on West Island that his grandfather provided for his grandchildren and other kids living on West Island. At the age of 14, he moved south to Matheson Island and began to develop his eternal desire to be constantly occupied. Over the years he had many jobs - he drove bombardier freight trains to communities all over northern Manitoba. He was a commercial fisherman on Lake Winnipeg for 45 years. Learning the trade from his uncle Tiny Monkman, fishing and the waves of Lake Winnipeg would forever be his most favorite place to be and his happiest moments were when he could sit while watching and hearing waves crashing into the shore. Murray, Jeff, Duane and Orton all had their share of rough waters and fish.

He worked tirelessly to achieve his goals and saw his countless ideas and visions become reality, no matter how daunting they may have been. The word quit was not in his vocabulary and he believed that his whole purpose in life was to provide and care for his family; including anyone else who needed help along the way. He was taught to be kind and generous and he lived this way to the very end. He fought for the underdog and often he thrived at proving the impossible was possible. For this reason, his family was so very proud of him and why he was recently described as a man who will be remembered as one who strived to make a difference, one who never settled for the status quo.

He built his first house by hand cutting down each tree, milling every board and hammering every nail. He built a bombardier with only a drill, some sheet metal and fasteners, this vehicle later became the first ambulance and taxi service in Norway House before roads were developed in the community and he began his life as an entrepreneur. After the roads had been established, he continued this business using a station wagon to transport people. He was then to become a diamond driller helping build the 2 mile channel for the Hydro Diversion into Lake Winnipeg. This also led to time diamond drilling near Hay River, NWT where his uncle Percy lived.

After working away for a period of time, he moved to Winnipeg where he became a mechanic and started his training to become a pilot in St. Andrews. Once becoming a mechanic in the 1970's, he established Monkman's Garage, where often his sons and nephews were working beside him during this time. Together Lesley and Oliver operated the garage, the Pit Stop restaurant and in later years, after they moved, operating the Camp Morton Trading Post. The boys, nieces, nephews and their friends always had a place to work.

Moving to Gimli in 1989 was a big change from living in the north. He made everything an experience and he did so even with this move as he and his family loaded up his whitefish boat to the brim and then travelled the distance to Gimli with his parents with him. The experience of moving to a new community by boat and pulling into the Gimli Harbour for the first time was something that may have not happened since the community was first established. He often joked, that we were fresh off the boat in Gimli.

Oliver was such a proud man, especially of his heritage and Indigenous roots, which lead him to become a leader. He was one of the original people who envisioned the belief that the Metis people of Manitoba needed to have their own voice when bargaining with senior levels of government. His work along with many others from Metis communities across the province lead to the original formation of the Manitoba Metis Federation in 1967. For the next 36 years, he represented, fought for the recognition and equality from this point until his retirement. He served as Vice President for the MMF in the North and later he was the VP for the Interlake region for two terms, starting locals in Gimli and Teulon. He additionally ran in a provincial election in the 1970's for the Liberal government and was appointed as a board member for Northern Transportation Canada by the Federal government. His life's work allowed him to know people everywhere! His ability to speak fluently in Cree and Salteaux; as well as his love to dance and play many instruments made him someone that people so easily loved and were drawn to.

Once his sons had all grown up, he was forever grateful that he was able to look after his father-in-law's family homestead, Poplar Grove, in Dugald. It allowed him to give Lesley the opportunity to live in the home where she grew up.

In the later years he moved back to Gimli to be closer to his granddaughters and reconnect with many old friends, he continued to tell the stories of the lake, the north and the years of hard work. Dad was so proud of his son's accomplishments whether it was at the rink, on the stage, in a grease pit or just being in contact with him for a quick chat and always a hug and kiss.

He left his sons, grandchildren, nieces and nephews with enough lessons and teachings to fill a whitefish boat. The ability to "find a way to get the job done", to love unconditionally and with no end, to respect all you encounter and to have fun while doing it, even if the teasing was at someone's expense.

The family will be forever grateful to the Adult Day Program in both Oakbank Kin Place and then in the last four years at the Gimli Adult Day Program, where he continued to forge new friendships. The family will be forever indebted for the programs and the lifeline that the day programs provided to Oliver and Lesley. In addition, numerous Home Care workers and staff made friendships with him in his home while Lesley travelled for work. Special thanks to Gwen and Lisa for their continued calls which brightened his day. Thank you to the nurses, Dr. Soufi of the Gimli Hospital and the paramedics who were so compassionate and supportive. Special thanks to his daughter-in-law, Allison Anderson and her family for making this loss easier and knowing his granddaughters will be forever loved with such amazing family members.

Due to COVID, the family held a viewing on Tuesday, August 11 for immediate family. A Memorial in honor of his life will be held on Friday, August 14, 2020 at 2:00 one mile north of Gimli, near the lake where Oliver was his happiest. Directions will be provided and signs will be posted. If wishing to attend please email RSVP to murraymonkman@gmail.com. Social distancing must be respected and we ask all those who attend to bring their own lawn chairs. Masks will be provided if needed.

Honorary pallbearers are Doug McLeod, Dennis Orvis, Erwin McLeod, Trevor Osnach, Ryan Hudson, Andrew Mowat and JR (Alfred) Anderson.

A private family interment will take place at a later date.

In lieu of flowers, donations can be sent to the Gimli Adult Day Program c/o Interlake-Eastern Health Foundation, Box 5000, 120 Easton Drive, Selkirk, MB R1A 2M2. Please ensure you note the Gimli Adult Day Program on the donation.

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

Gilbart Funeral Home, Gimli in care of arrangements.



Announcements

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ANNIVERSARY



70th Wedding Anniversary

Professor Phil and Lyn Isaac celebrated their 70th Wedding Anniversary on August 3, 2020 with 7 grandchildren, 6 great-grandchildren and family and friends. We wish you both good health and happiness for many years to come!

-Love from your family

ANNIVERSARY



25th Wedding Anniversary Gerald and Sheena Letexier 1995 - August 19 - 2020

Wishing you many more years of love and happiness.

-Love your girls,
Kate and Lauren

OBITUARY

Pastor Michael Thomas Cone

Peacefully, on Monday, August 10, 2020, in Selkirk, MB, Pastor Michael Cone, aged 71 years, of Arnes, MB, beloved husband of Norma, passed away.

Full obituary to follow at a later date.

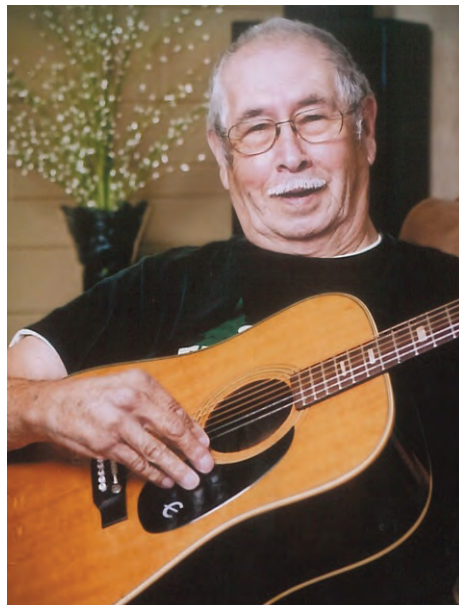


Gilbart Funeral Home,
Selkirk in care of arrangements.

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

EXPRESS WEEKLY NEWS
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IN MEMORIAM



In Loving memory Dad (Rene Lepine)

He never looked for praises,
He was never one to boast;
He just went on quietly working,
For the ones he loved the most.
His dreams were seldom spoken,
His words were very few;
And most of the time his worries
Went unspoken too.
He was there...A firm foundation
Through all our storms of life;
A sturdy hand to hold on to,
In times of stress and strife.
A true friend we could turn to,
When times were good or bad;
One of the greatest blessings
The man we called our Dad.
Forever in our hearts.

-Love your children,
Connie, Bonnie, Wade, Marsha,
Marcella and Ross

IN MEMORIAM



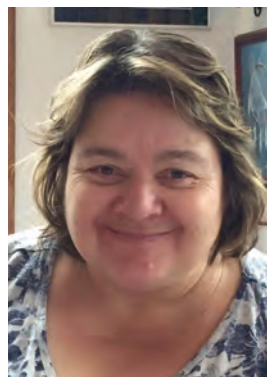
In Loving Memory of Bill Horodecki

October 4, 1923 – August 7, 2014

Six years have gone by,
But you're always in our hearts
And are deeply missed.

-Wife Helen and family

OBITUARY



Charlene Scott (Chal)

It is with great sadness we announce the sudden passing of our beloved life partner, mother, grandmother, sister, sister-in-law, aunt and friend Charlene Scott on July 30, 2020.

She was predeceased by her mother Bernice Potoski, father James Scott, mother and father-in-law Doreen and Roland Lea, sisters-in-law Marilyn and Brenda. Charlene leaves to mourn her life partner Doyle Lea; sons Jamie (Karla), Devin (Tasha); granddaughters Aaliyah and Kinley; step father Mike Potoski; siblings Carolyn (Ed), Gator (Gail), Corinna (Kevin) and Jimmy; in-laws Debbie, Stan, Donna (Jeff), Tim (Kim); numerous nieces, nephews, aunts and uncles, coffee buddies Virginia, Wanda, Susie, and Kim, and bingo buddy Sharon.

Charlene was born in Winnipeg on September 9, 1963. She grew up in the Interlake and settled on Matheson Island after she met Doyle. They started their life together and raised their sons Jamie and Devin. Charlene spent the majority of her life as a commercial fisherwoman and was an educational assistant at Matheson Island School for the past 10 years. Becoming a grandmother was the highlight of her life. She adored her granddaughters. Charlene made every moment with them special.

Charlene was the matriarch of her family. She loved to entertain and could always be found in the kitchen baking delicious treats or cooking family feasts. She loved to play cards and board games. She was happiest when her house was full of family and friends. She always made a point to reach out to all of her loved ones to check in on a regular basis. She was a generous, kind and loving woman who always put everyone's needs and desires before her own. She left her mark on everyone's heart and will be dearly missed.

The family would like to send a special thank you to those who were with Charlene in her final moments.

An invitational private family viewing will be held Wednesday, August 5, 2020 at Gilbert's Funeral Home in Selkirk. If you wish to pay your final respect you may do so following the family viewing from 3:00 - 4:00 p.m. A celebration of Charlene's life will be held Friday, August 7, 2020 at 2:00 p.m. at Doyle's residence in Matheson Island.

In lieu of flowers a donation can be made in memory of Charlene to the Diabetes Foundation of Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Inga Thorsteinson (nee Gudmundson)

Peacefully on Sunday, August 9, 2020, Inga passed away at the Arborg Personal Care Home with family by her side.

Inga will be deeply missed by her children Marvin (Geri), Fern (Jerry), Robbie (Debbie), Lorna (Brian), Cora (Glenn), Ivy (Norman), and daughter-in-law Kathy. She also leaves behind 18 grandchildren and 31 great-grandchildren. Also surviving are her sisters Florence, Doris, Joan (Allen), brother Robert (Gladys) and numerous nieces and nephews.

Inga was predeceased by her husband Leonard; son Grant; daughter-in-law Tina; her parents Mundi and Kate; sisters Emily, Joyce, Lillian; brother Oscar and numerous in-laws.

Inga was born February 9, 1930 in Framnes, MB. She was the 3rd oldest of nine children. Mom liked to spend time with her family, read books, listen to her music and play bingo. She enjoyed watching curling, equestrian, The Price is Right and her Stories on TV.

The family would like to thank all the staff at the Arborg Assisted Living and the Arborg Personal Care Home for all their kindness and care.

In keeping with her wishes, cremation has taken place and a private family celebration of her life will be held at a later date.

In lieu of flowers donations may be made to the, Arborg Assisted Living, Box 935 Arborg, MB. R0C 0A0.

"No longer by our side
but forever in our hearts"

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OBITUARY

Andres Baldur Gudbjartson

It is with great sadness that we announce the passing of Andres Baldur Gudbjartson, aged 79 years of Gimli, MB on Friday, July 31, 2020 at HSC in Winnipeg, with his son by his side.

Dad will be deeply missed by his long-time companion Eleanor Becker; his children Barbara (and her boys Kevin and Kyle), Danny (and his girls Brittany, Lindsey, Katey and Joanie) and Kim (and her children Alex and Chelsea) and also by his nine great-grandchildren. Baldur is survived by his sister Maria Johnson and 22 nieces and nephews.

Dad was known for his sense of humor, one liners and jokes, this will be deeply missed. Dad had a great love for the outdoors, especially around hunting season. Dad enjoyed hunting with his son and in the last few years with his grandsons searching for "Mr. Big Rack" and sharing his jokes and stories.

Special thanks to all the nurses, doctors and staff at Gimli Hospital and at HSC for their excellent care of dad during his stay.

A private family service will be held at a later date.

Hvildu i frídi

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

Gilbart Funeral Home, Gimli in care of arrangements.



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OBITUARY



Lise Durocher
October 9, 1963 – August 4, 2020

With deep sorrow we announce the sudden passing of our beloved Lise on August 4, 2020.

She leaves to mourn her loss, parents, Larry and Carmen Bauder; children, Matthew, Megan (Corey), Tyler and Ryan; and grandchildren, Greyson and Chloe.

A private family service has already taken place on Friday, August 7, 2020.

Special thanks to the Gimli Paramedics, Gimli Community Health Centre, Health Sciences Centre, Stars Air Ambulance for the care and respect shown to Lise while she was in their care. And to Gilbert

Funeral Home in Selkirk for attending to Lise's final wishes. God Bless you and keep you all safe. The family.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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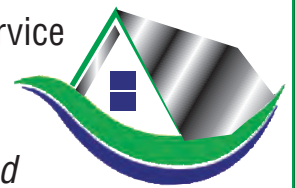
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