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Singing for a cure

Lundar's Josh and Braden Lussier and Ryan Kostur of Dauphin performed at the 10th Annual Coffeehouse to End Cancer. Over \$30,000 was raised at the event for Cancer research. See more on page 2.

EXPRESS PHOTO BY JO-ANNE PROCTER

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10th annual Coffeehouse to End Cancer raises over \$30,000

By Jo-Anne Procter

It is going to take more than a world-wide pandemic and Mother Nature to stop Paige Procter from doing her part in helping find a cure for cancer.

Last Friday, Procter and a group of devoted volunteers hosted the 10th Annual Coffeehouse to End Cancer and raised over \$30,000, with donations still rolling in at press time. The 10-year total currently exceeds \$170,000 for the CancerCare Manitoba Foundation.

The number of cancer diagnosis continues to rise each day. An average of 19 cases of cancer are recorded in Manitoba every single day. This statistic alone made it an easy decision for Procter and her team to push forward to host the annual event.

The coffeehouse was planned in six short weeks. And the 90 per cent chance of rain in the forecast forced plans to be changed the morning of the event. Fortunately, with the help and guidance of Town of Stonewall parks and arenas supervisor Brett Chatfield and his staff, the event was moved indoors to the Stonewall Ice Palace with all the provincial social distancing requirements in place.

The Coffeehouse looked very different this year because of the COVID-19 pandemic. There were no homemade dainties and beverages, no variety or

silent auction and no merchandise for sale. However, the show did go on and the donations rolled in.

The evening showcased nine different acts of local talented singers and musicians for all in attendance and those who viewed live stream on Facebook courtesy of Taylor and Chad Sheppard to enjoy.

Not only did the performers provide great entertainment, they raised \$5,990 in pledges, which is the highest combined amount to date.

The top fundraiser, Warren's Amber Archer, earned herself a professional photo shoot/video recording donated by Destiny Gulewich Media for raising \$1,890.

Procter said that online donations were very popular this year as well as the new "MemoryGram," which was a message read aloud on stage about a loved one touched by cancer for a donation of \$200 or more.

Procter started the fundraising event a decade ago after a number of close family friends were diagnosed with cancer. She felt she had to do something to help. With guidance from former Argyle Coffeehouse organizers Shirley and Don Campbell, the Coffeehouse to End Cancer was born. The Campbells have remained huge supporters of the event and were thanked



EXPRESS PHOTO BY JO-ANNE PROCTER

Coffeehouse founder Paige Procter, left, was shocked when committee member Toni deLaroque announced the amount raised on Friday evening.

at the show for their help and generosity.

Sherelle Kwan, community events manager with the CancerCare Manitoba Foundation, said the foundation was thrilled when Procter contacted them to say that the Coffeehouse was celebrating 10 years this year and she wanted to do something. Many events had been cancelled due to the pandemic.

"When COVID came on the scene, that just made cancer that much scarier," Kwan said.

"Your donations really do change lives. Research and clinical trials are things that are going to create possibilities for more tomorrows."

Local CancerCare Manitoba clinical trials and research nurse Rhonda Nichol has spent 20 of her 30 years of nursing in oncology and recently lost her father to a rare cancer called undifferentiated pleomorphic sarcoma. Nichol knows the importance of fundraising for the foundation and shared some of her experiences with cancer, both personal and work-related, during the evening.

Nichol spoke of the gut-wrenching news that a diagnosis brings, not to mention the endless appointments, tests, scans, procedures, heartache and pain.

Fundraising monies help in clinical trials — trials that give hope, give people longer lives, better quality of life when receiving research drugs and research treatments.

"At CancerCare Manitoba, we are actively recruiting to 90 clinical trials. These trials and research are so very, very important. They help researchers find the treatment that is



CancerCare nurse Rhonda Nichol was the guest speaker for the event.

effective," she explained.

"The Coffeehouse to End Cancer is in support of the foundation. Now remember, because of your support to this event, many tomorrows are being realized. The research will continue."

As for the future of the Coffeehouse to End Cancer, Procter told the *Express*, "As long as there is cancer research to be done and music to be played, the Coffeehouse to End Cancer will remain an annual event."

A display of fireworks donated by an anonymous donor concluded a decade of successful fundraising.

Donations can still be made online at www.cancercarefdn.mb.ca and the show can still be viewed on Facebook on the Coffeehouse to End Cancer page.

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MMF announces new Frank Bruce Métis Seniors Complex

Submitted by MMF

The Manitoba Metis Federation (MMF) celebrated the grand opening of the Frank Bruce Métis Seniors Complex in the historic Métis community of St. Laurent on Monday, Aug. 17 at 2 p.m.

The complex is located on Father Guy Lavalley Bay across from the Rural Municipality office on Veterans Memorial Road.

This significant investment is the first major construction project completed under the Canada-Métis Nation Housing Sub-Accord signed in 2018. Construction commenced July 2019 and was completed Aug. 1, 2020. Government-to-government relations with Canada and the Rural Municipality of St. Laurent have contributed to the success of this affordable, safe and fully accessible housing for seniors in Manitoba.

"The Frank Bruce Métis Seniors Complex is the first new build under the Canada-Métis Nation Housing Sub-Accord, and it is just another testament of the Métis Nation's relationship with the federal government," states Will Goodon, MMF minister of housing and property management "Our citizens informed us of the need and importance of housing for our elders and seniors, and so our government took concrete action to meet that need."

This complex has nine units, eight of which are wood-frame and one is steel-frame. Steel-framed housing is a new and eco-friendly housing technology. These housing units are built to be smart and are designed to be age-friendly homes and contain special features such as a full sunroom, handrails, lowered light switches and wheelchair-accessible bathrooms and kitchens with full access to the oven, cupboards and shower to accommodate those with mobility issues, among other unique accessibility features. Each unit has two bedrooms. In addition to the nine units, there is

one communal building that serves as a gathering space for elders and residents of St. Laurent.

"The short- and long-term initiatives of the Métis government effectively continue to produce positive and robust social and economic impacts in Manitoba," commented MMF president David Chartrand. "This housing project and other developments across the province not only provide safe and affordable housing to Métis Nation citizens but also invest in the community by providing jobs and necessary skills training, support local businesses, and encourage the expansion and upgrading of local infrastructure."

By recognizing one veteran, one recognizes all veterans and honours the memory of their achievements and sacrifices. Mr. Bruce is a Métis Second World War veteran and prominent community member of St. Laurent. President Chartrand, who also serves as the vice-president of the Métis National Council, continues to lead the National Métis Veterans file.

"Recognition throughout the homeland is essential for future generations. These heroes deserve to be mentioned, remembered and never forgotten," said President Chartrand.

"We respect and are forever grateful for the sacrifices of all veterans," concluded Minister Goodon. "Veteran Frank Bruce cared so deeply about his community; it is only fitting that a project aimed at helping his hometown of St. Laurent be named in his honour. Whether they are returning to their hometown to enjoy retirement or if maintaining a house has become too difficult, Métis seniors and elders will find an affordable, safe and accessible place to call home in the Frank Bruce Métis Seniors Complex."

For more information on this announcement from the Manitoba Metis Federation, including other economic or veteran initiatives, please visit www.mmf.mb.ca.



EXPRESS PHOTO SUBMITTED BY SAVANNAH KELLY

The Manitoba Metis Federation (MMF) celebrated the grand opening of the Frank Bruce Métis Seniors Complex in the historic Métis community of St. Laurent this past Monday.

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New COVID dashboard made error about active Arborg cases, says mayor

By Patricia Barrett with files from Evan Matthews

Arborg Mayor Peter Dueck says the province's newly revamped COVID dashboard mistakenly showed four active cases of COVID in the Arborg/Riverton health district last week when the cases had already recovered, and that led to confusion and the spread of misinformation about the virus.

The new virus-tracking system, which shows the numbers of active and recovered cases along with deaths by health district (comprised of communities or municipalities), was made available last Thursday after the opposition NDP called for more detailed information about location earlier this month.

Dueck said he got on the phone last week to get the province's dashboard data corrected when he became aware the cases had already recovered.

"I had been on the phone numerous times with the IERHA [Interlake-Eastern Regional Health Authority] and our MLA to get that dashboard corrected, and I was promised it would be corrected over the weekend

[Aug. 15-16]. It is now," said the mayor on Monday.

On Aug. 13, the dashboard showed four active cases in the Arborg/Riverton health district. On Aug. 16, four cases were shown to have recovered with zero new cases.

Dueck said the province had not been making the municipality privy to COVID case numbers — prior to the public release of location data — and the municipality really had no authorization to address cases via announcements on its website. He had tried to tackle the rumour through a message to those following his Facebook page.

Because everyone is dealing with COVID for the first time, and trying to determine the most effective way of managing health data, the mayor said it's understandable when an error or oversight occurs.

Before the province made the correction, Dueck said the active-cases-in-Arborg "rumour" made its way to Peguis First Nation.

The first nation had initially advised its band members to self-isolate for 14 days should they decide to visit Arborg, then removed the town from its public travel advisory list a day or so later. But the province's dashboard

still showed active cases.

Dueck said Arborg and Peguis have a "great relationship" and do business back and forth, and it was unfortunate the community had received inaccurate information.

"It was too bad that they had late or inaccurate information at that time," said the mayor. "But I think every community should do what they think is right to protect their citizens."

That said, putting communities on a travel advisory list — as many countries and cities around the world are doing with regard to COVID hotspots — could misfire as reporting delays can occur or those monitoring COVID case numbers could fall behind on the ever-changing data.

Dueck said listing every community with the virus could become "unmanageable."

A spokesperson for Manitoba Health, Seniors and Active Living told the *Express* last Friday there's a "greater opportunity" in areas with small populations to identify individuals who test positive for COVID.

But she said if the department feels there's a public health risk and it's "deemed necessary to protect the health of others, information is released." The department, however, doesn't use the word "hotspot" in relation to the virus.

Now that the new COVID dashboard is identifying communities, Dueck said some municipalities, going forward, may want to make their community aware of situations where



Arborg Mayor Peter Dueck

there is community transmission. Arborg would, ultimately, look for direction from the provincial health department.

Everyone, regardless of case numbers, should be following the established hygiene protocols, he added.

"I tell people that if knowing there's a case in the community makes me change my behaviour, then I'm the problem because I already know I must do frequent hand-washing, do social distancing and I know I'm not supposed to go out in public anywhere when I have COVID symptoms," Dueck said.

Province releases practices and protocols for return to schools

Transparency of policies important as safety and health remain priority in classrooms

Submitted by Manitoba government

The Manitoba government is releasing practice guidance and protocols to ensure students, teachers and families know what to expect upon returning to classrooms in September and to provide consistency across schools, Education Minister Kelvin Goertzen announced Thursday.

"The safety and health of students and staff, and their families, are the priority as Manitoba returns to in-class learning," said Goertzen. "These

protocols, in accordance with Public Health advice, will be implemented by all school divisions as part of the Manitoba government's detailed guidance."

The protocols include additional Public Health advice regarding the use of masks at schools. It is strongly recommended that students in grades 5 to 12, school staff and others in schools wear non-medical masks in common areas and where physical distancing of two metres is not possible. Younger students can also use non-medical masks if they or their parents or caregivers so choose. Non-medical masks should not be worn by anyone who is unable to remove one without assistance or by those with breathing difficulties.

All students in Grade 5 and up, and bus drivers, will be required to wear non-medical masks on school buses. Masks should be put on before load-

ing and taken off after off-loading.

The province will provide masks to school divisions for distribution to students and staff, as well as other personal protective equipment to ensure safe and healthy schools, Goertzen noted.

Manitoba Education's Practice Guidance and Protocols for Restoring Safe Schools has been prepared in response to school division and independent school planning for the return to classroom learning during the COVID-19 pandemic. The protocols are fully consistent with provincial Public Health and Health Canada guidance.

"Public Health officials worked closely with Manitoba Education and are confident this plan balances the safety of students with the importance of returning to classroom learning," said Dr. Brent Roussin, Manitoba's chief provincial public health officer.

"As always, the simplest and most effective prevention measures are staying home when sick, practising proper hand hygiene, covering your cough, and not sharing items with others."

Should a case of COVID-19 occur at a school, Public Health will work closely with school administrators to identify close contacts, notify them and advise them to self-isolate. The areas of a school where exposures took place will be cleaned and disinfected, and these areas will not be used until it is determined safe to do so. School communities will be notified when a student at their school is a confirmed case, once close contacts have been identified. A closure of a school would be a last resort and only with evidence of transmission among multiple groups of students or staff, Roussin noted.

Continued on page 9

Peguis issues travel restrictions to keep its members safe during COVID resurgence

By Patricia Barrett

Peguis First Nation issued travel restrictions to its band members last week, encouraging them not to travel in order to keep the community as safe as possible from a resurgence of the deadly COVID-19 virus.

Band members that do travel beyond Manitoba and to in-province areas that the First Nation considers hotspots must self-isolate and self-monitor for 14 days.

The Peguis Pandemic Planning Team issued the notice after a spike in COVID infections across the province and near-daily announcements of double-digit case numbers. Last Friday's announcement from the province of 40 new cases was the highest since April. Last Saturday, the province announced its ninth COVID-related death, along with 20 more cases. Sunday saw 36 new cases.

"They didn't close [Peguis'] boundaries, but there are people travelling from what we consider the hotspots," said Dean Cochrane, who was appointed emergency co-ordinator for the community by chief and council during the October 2019 snowstorm. "What they're trying to eliminate is people that are travelling to or coming in from places where there have been outbreaks right now."

The First Nation posted the notice on its website Aug. 10, initially including Arborg but removing it from the list the day before the province notified the public — via its on-line dashboard — of Arborg's four active COVID cases last Thursday.

Communities Peguis currently considers hotspots (viewed Aug. 16) are Brandon, which has a large cluster of cases, including among those employed by the Maple Leaf pork processing facility, and Steinbach, where cases were identified at businesses and which prompted other businesses to close as a precautionary measure.

Like British Columbia, Manitoba is staying the course of its economic recovery plan despite a resurgence of the virus over the past month or so, and has also ordered schools to re-open next month. Some communities have taken it upon themselves to encourage or institute precautionary measures amid the loosening of restrictions.

"You don't want to wait for something to happen and then react. It's better to have a plan in place and react as it's happening," said Cochrane. "We've had zero cases within the boundary of Peguis and we didn't have any cases in the area. We'd like to keep it that way. That's the main goal: to keep everybody safe."

Peguis' travel restriction was taken in consultation with other First Nation and non-First Nation communities in the region, said Cochrane. That includes Dallas, Red Rose, Fisher River Cree Nation, Fisher Bay and Kinonjeoshtegon [Jackhead] First Nation, all accessible by Provincial Road 224. The communities have set up weekly meetings to discuss strategy should case numbers grow worse.

"We're all working collaboratively together to try to keep our communities safe," said Cochrane. "If we need to close roads, we'd have a united front on decisions made on road blocks."

When COVID first struck Manitoba, Peguis instituted check points along routes in and out of its community.



EXPRESS FILE PHOTO

Peguis First Nation is working in collaboration with other communities in the area to prevent the spread of COVID.

This time around, there are no check points set up, as yet, to monitor people leaving and entering Peguis, but the First Nation would prefer people not to visit while COVID continues to spread, said Cochrane.

That includes a church group from Steinbach that travels through Peguis to Fisher Bay where it has meetings, and people with cottages in the Fisher Bay and Lake St. George and Lake St. Andrew areas.

Visitors who insist on travelling to the area are asked to not stop in Peguis to stock up on supplies but to bring everything they need with them, just as the province had advised cottagers a few months ago, said Cochrane. It is best that people call ahead as a courtesy to advise the First Nation they plan to come through.

"But if anybody is symptomatic, they're asked not to come in," said Cochrane.

People essential to the community — for example, health workers and companies that work in Peguis — are exempt from self-isolating, he said,

as they're abiding by a daily monitoring of any symptoms and other screening measures.

To further protect its community, Peguis has made it mandatory for masks to be worn in all Peguis businesses, including the grocery store and businesses inside the Peguis Mall.

Employees must also stay home if they feel symptomatic or sick and will be required to take a COVID nasal swab test before returning to work.

The pandemic planning team is also encouraging people to frequently wash their hands, use hand sanitizer, stay six feet or more away from others, wear face masks and stock up on medications. It also asks that people refrain from posting non-validated COVID information online.

Peguis members who are self-isolating are asked to call the community's COVID-19 Hotline at 204-645-2869 between 9 a.m. and 5 p.m.

"Hopefully, we never experience a case in Peguis," said Cochrane. "It's going to be around for a while and, hopefully, they'll come up with a vaccine sooner than later. The new normal is pretty awful."

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Call Evan Matthews at 204-990-9871
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Politician preaches positivity, not panic, amidst pandemic

By Evan Matthews

So often, politicians and community leaders say all the right things, so not to upset people. So often, we seemingly lack pride and passion from our leaders.

Such was not the case last week, when Arborg Mayor Peter Dueck stepped forward with passionate words for not only his community but for all Manitoba communities.

On Aug. 10, Peguis First Nation's official Facebook page posted about maintaining public health restrictions for its band members. In the post, it identified Arborg as a "restricted COVID hotspot."

Many people, via the Everything Interlake Facebook group, began discussing how it could be possible they were unaware of Arborg being a hotspot. They discussed the need for more specific information from the province about COVID-19 outbreaks, locations and who specifically has the virus.

They panicked and began speculating, with one person even suggesting a Hutterite colony in the region was to blame for being put on the "hotspot list," which was completely unfounded.

The province said in response it doesn't use the term "hotspot" in relation to the virus. It will only provide case information related to the age, gender and regional health authority and will not identify individuals who have contracted the virus under any circumstance.

The provincial response went on to say Peguis First Nation was speaking independently from the province, and the band's source was unclear.

So, where did the information — the rumour — that Arborg was a hotspot come from?

The impassioned Mayor Dueck came forward to remind his community that what people say matters, and it is his belief that pandemic-related anxiety has sparked gossip about illness within the community.

"Do you know how we got on that (hotspot) list?" asked Dueck in the Facebook post from his mayoral account. "Not because the Health Minister or Dr. Brent Roussin said we were a hotspot. Not because Manitoba Health was concerned about sudden community transmission. We got on that list because the people in this community gossip and it was heard by another community."

"We did it to ourselves. We have no one to blame but ourselves," he said.

He went on to urge the community to treat people — all of whom are someone's loved ones — with grace, respect and love, while also emphasizing the need to think the best of people.

"Do not let your fear of the virus turn you into an angry judge of others," said Dueck.

If there a group that politicians typically avoid angering, it's their constituents, or their ratepayers. Mayor Dueck spoke bravely and boldly to his community about an issue he felt passionate about.

While the world is a strange and foreign place to us right now, we need more leadership like that of Mayor Dueck's. His attempt was to bring people together; people who otherwise are seemingly becoming more distant and disconnected from one another.

Our society — our communities — need to be careful right now, yes, but they also need to be caring.

We should commend people and leaders for taking this stance. We should commend Mayor Dueck for his words of wisdom on the subject.

Manitoba Ag Days 2021 show cancelled

Submitted

The board of directors of Manitoba Ag Days has made the very difficult decision to not proceed with a traditional Manitoba Ag Days show in 2021. The safety and well-being of the exhibitors, patrons, volunteers, contractors, board of directors and management team was paramount in their

decision to not move forward.

The traditional Ag Days is an opportunity to gather together, share knowledge, showcase innovation and learn something new. It allows participants to touch, feel, see and smell all things agriculture. Ag Days is an opportunity to share a conversation, hear a specialist and engage with hundreds

of exhibitors all under one roof. It is a chance to meet new people and foster life long relationships.

Given the current situation, organizers do not feel like they can safely carry out the largest indoor farm show in Canada. For the security and well-being of Manitobans, the 2021 show has been cancelled.

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Manitoba taking strategic action to increase access to high-dose influenza vaccine

Submitted by Manitoba government

The Manitoba government is doubling its order of the high-dose influenza vaccine to address anticipated demand and expanding the criteria for who can receive it free of charge, Health, Seniors and Active Living Minister Cameron Friesen announced on Aug. 11.

"The flu season is always challenging, but COVID-19 will make it even more difficult. That's why our government is taking every precaution to help keep Manitobans safe," said Friesen. "By doubling our order of high-dose influenza vaccine and making it available to more people at high risk of contracting the flu, we are able to protect them, as well as our health-care providers on the front line."

The high-dose influenza vaccine is an immunization formulated for peo-

ple age 65 years and older. Manitoba was the first province to offer to that age group and those living in long-term care facilities, clients in interim or transitional care beds, respite care clients or unimmunized residents admitted to a long-term care homes during the flu season.

This year, the Manitoba government is expanding criteria for the vaccine to allow more seniors to get the high-dose influenza vaccine starting this fall including:

- residents of supportive and assisted living housing;
- those who are newly incarcerated or transferred from other federal or out-of-province correctional facilities;
- those receiving home care services while on a waiting list for admission into a long-term care facility;
- living on a First Nation or remote

communities; and

- living north of the 53rd parallel of latitude.

In 2017, Manitoba became the first province to offer a high-dose version of the flu vaccine and many provinces have followed suit since then. Last year, Manitoba ordered 11,500 high-dose influenza vaccines and for the 2020-21 influenza season, the province will order up to 21,500 high-dose vaccine.

In 2019-20, over 26.3 per cent of all Manitobans received the flu vaccine, the highest ever, and demand is expected to increase this year, the minister noted. During the 2019-20 flu season, 29 Manitobans died from the flu.

Starting Aug. 17, pharmacies, physicians and other providers can start placing their influenza vaccine orders,

with the vaccine expected to start arriving late September.

"Manitobans need to plan for a challenging flu season as COVID-19, influenza and colds will be occurring at the same time this fall," said Dr. Brent Roussin, Manitoba's chief provincial public health officer. "Getting the flu vaccine or the high-dose influenza vaccine is an important step that will help keep you and those around you healthy this season. Staying home when you are sick, practising good hand hygiene and covering your cough also helps reduce the risk of spreading the virus to others."

Visit Manitoba's seasonal influenza website at www.manitoba.ca/flu or contact Health Links-Info Santé at 204-788-8200 in Winnipeg or 1-888-315-9257 (toll-free) for more information.

Harvest underway: motorists need to watch for agricultural machinery

Submitted by MPI

On average, there are nearly 41 collisions yearly in Manitoba involving agricultural equipment and passenger vehicles, according to Manitoba Public Insurance data.

"Crops are coming off the fields and large agriculture machinery will be travelling on roadways. It's important motorists be aware and drive responsibly," said Satvir Jatana, vice-president of employee and community engagement for Manitoba Public

Insurance.

"Observance of road safety is key to keeping our roadways safe. Producers are on the roadways moving their machinery. Everyone is expected to share the roads responsibly and safely."

"Farm equipment is large, may take up more than one lane, and is slow moving so motorists need to use extra caution when approaching and overtaking. Producers need to do their part to ensure equipment is properly signed with lights and reflectors

in use. Extra caution is also required when entering roadways and making turns with this equipment."

Farm equipment is required to have a slow-moving vehicle emblem clearly visible to traffic approaching from behind, with red reflectors on the back as close as possible to the left and right sides. At night, farm equipment must have headlights, red tail lamps and flashing amber warning lamps.

Farm equipment has a maximum speed of 40 km/h so it's easy for mo-

torists to misjudge their speed of approach. Motorists can do their part by keeping a safe distance from agricultural machinery, added Jatana.

"Motorists should be patient when they come upon farm equipment and only pass when safe to do so," said Jatana.

"Be particularly diligent during dusk and dawn hours when it can be difficult to see."

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Be a hero and wear a mask

Wearing a mask is one of the most important things you can do right now, even though the government has not made them mandatory yet. Please just do your part to keep others safe.

Do it for those who wear them to protect you, for those with health

problems that will make them more at risk of dying from the virus, for all the health-care workers who will all have to care for those who are hospitalized when they get sicker than others, for all the front-line workers who provide all the essential services you need, for all the elderly

who are at great risk for dying if they catch it, and all the people just trying to stay safe who may not feel safe going into a business if others are not wearing them.

Wearing a mask is just as important right now as wearing a seatbelt in your vehicle, wearing a helmet, putting your baby in a car seat, and locking the doors to your house when you go to sleep or go out.

You can spread coronavirus two weeks before showing symptoms, so don't assume you aren't infected with it. Don't be an ignorant jerk, wear a mask and keep others safe, please. Remember, the true superheroes of 2020 are those who wear masks, not capes. A huge thank you to everyone who wears a mask!

- Keira G, 12 years old
Gimli

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

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

Virus cases continue climbing

By Lorne Stelmach

The resurgence of the coronavirus continues across Manitoba with another 38 cases announced Monday including one in a Steinbach personal care home.

The province declared an outbreak at Bethesda Place, although no further details were available while investigations continue.

"The care home responded quite quickly, quite appropriately to a symptomatic individual," said chief provincial public health officer Dr. Brent Roussin, noting the person and specific wing of the care home were isolated as a result.

The new cases announced Monday include a female in her 60s from Interlake-Eastern Health; 12 in Southern Health-Santé Sud with Roussin noting a majority of the regional cases were linked to a known cluster; 20 new cases in the Prairie Mountain health region; and five new cases in Winnipeg health region.

With four other cases removed from the list, the total number of lab-confirmed positive and probable positive cases in Manitoba increased to 731. There were 11 current hospitalizations with three in intensive care, 232

active cases and 490 recovered, while the number of deaths had increased to nine with passing of a Portage la Prairie man in his 80s last week.

A known Brandon cluster was now at 64 cases with another 56 connected to a place of business in Brandon that had been widely reported as being Maple Leaf Foods with 24 connected to the two. Public health also advised of a potential exposure to COVID-19 that may have occurred Aug. 5 to 7 at a Brandon 7-11.

"We knew that we weren't done with this virus. ... That's what this virus is like. If you get a couple clusters, it can spread quickly," said Roussin. "We've seen case numbers that we haven't seen since the beginning of the pandemic. We're seeing some evidence of community-based transmission.

"That brings anxiety to Manitobans," he continued. "To alleviate some of that is we all know what we can do, we can all make changes today. ... If we haven't been focusing on those fundamentals, now we can certainly start today.

"It is paramount, especially as we move into respiratory virus season," said Roussin, stressing the now familiar mantra of not going out while

you feel ill, practising proper hand hygiene, covering your cough and physical distancing when you are with people outside your household. If you cannot physical distance, consider wearing a mask.

"We're increasing the messaging on mask use ... wearing a mask in circumstances where you can't physically distance. ... We're recommending you wear masks. It's an additional measure; it doesn't replace those fundamentals."

In response to a question about considering mandatory use of masks, particularly in schools this fall, Roussin said "nothing's ever been off the table for us."

"We're certainly always relooking at the plans. ... If we're ever concerned that we're not getting the compliance we need, then we can always mandate it."

Roussin again reiterated only individuals experiencing COVID-19 symptoms should go for testing as soon as possible once symptoms are present. Employers were asked to only send employees for testing if they have symptoms or if testing has been recommended. Otherwise, an online assessment tool can be found

at <https://sharedhealthmb.ca/covid19/screening-tool>.

In addition, the province last week formally further extended the province-wide state of emergency under The Emergency Measures Act to continue to protect the health and safety of all Manitobans and reduce the spread of COVID-19. The extension went into effect Aug. 12 for a period of 30 days.

Premier Brian Pallister last week also commented on the road ahead as the Manitoba government formally launched its RestartMB campaign as a road map to recovery from the effects of the COVID-19 pandemic.

"Public health and safety is a key driver of recovery, and as we continue to safely restart our economy and reopen our communities, we must learn to live with this virus. We are committed to being ready for what lies ahead — ready to live with COVID-19, ready to return to school, ready to restart our services, create jobs and grow our economy," he said. "The past four months since COVID-19 arrived in Manitoba have been a period of rapid response and adaptation for programs and for public engagement," said Pallister. "We have done well and accomplished much, adapting as we go and working rapidly to respond. Now, we are focusing our message on the importance of public health fundamentals as we drive to recovery."

COVID forces organizers to cancel 2020 Ashern Rodeo

By Evan Matthews

The region's event calendar has seen another COVID related casualty.

Despite holding out hope as recent-

ly as May, chairperson John Bezemer said the 2020 Ashern Rodeo has decided to cancel the Sept. 4, 5 and 6 event due to COVID-19 risks.

"It wasn't easy. It was a long and difficult decision to make. It was kind of a depressing meeting. ... We held out as long as we could," he said, noting the rodeo board knew cancelling would be a possibility all along.

"We didn't know if we could ensure distancing, and we didn't want to take that risk. We don't want to be the ones responsible for the next big outbreak."

The board made the decision to cancel many rodeo events in mid-July but still anticipated some sort of event for residents such as fireworks and a parade.

In the end, the board decided against the smaller event, too, according to Bezemer.

A Facebook post from the rodeo said with the rodeo drawing large crowds annually, (the board) felt ensuring social distancing and public health orders would pose difficult challenges.

The post went on to urge people to

keep the 2021 September long weekend open, as the hope is to resume the rodeo festivities next summer.

"Another factor for us was that, depending on crowds, we thought about

the possibility that the rodeo would actually cost us money this year, and we might not make any," said Bezemer, alluding to prioritizing the financial health of the Ashern Rodeo Board.

"We also needed to ensure we had financial viability to look ahead, and focus on next year's rodeo."

The hope is COVID-19 will be less of a concern in summer 2021, he added.

Bezemer pointed out that the Ashern Rodeo board is still selling tickets for its meat draw over the September long weekend, and the winner will be announced via the group's Facebook page.

What's *Your* story?

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The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836

THE **EXPRESS**
WEEKLY NEWS

**"WE DIDN'T
KNOW IF WE
COULD ENSURE
DISTANCING,
AND WE DIDN'T
WANT TO TAKE
THAT RISK."**

Interlake-Eastern RHA CEO Ron Van Denakker announces retirement

By Patricia Barrett

From humble beginnings washing floors at the Misericordia Hospital to planning hospitals as chief executive officer at the Interlake-Eastern Regional Health Authority, Ron Van Denakker has undertaken a variety of positions over the course of his 47 years in the health-care field.

But last week he called time on his career, announcing his imminent retirement after seeing the IERHA through challenging times, celebrating many accomplishments and kick-starting major projects to improve health-care delivery for the region's residents.

When he made the move from city hospitals to the rural region five or so years ago, Van Denakker said he was struck by the RHA's ability to accomplish things that have made a big difference despite having so few resources, and he's impressed by the quality of care delivered in the region.

Being a "city boy," he said had no knowledge of how rural Manitobans operated, giving their time and energy to things that matter.

"I'm so privileged to have had the opportunity to spend so much time learning about rural Manitoba and our Indigenous communities and the lovely people I have worked for and developed friendships with on so many First Nations," said Van Denakker, who, in addition to administrative roles with the Children's Hospital and the Seven Oaks Wellness Centre, has worked as an X-ray and ultrasound technologist and echocardiographer.

Van Denakker's five-year contract with the RHA expired at the end of March, he said, but with the arrival of COVID-19, he didn't feel it was the right time to leave.

The IERHA board has asked Ron Jantzen, the IERHA's vice-president of corporate services and the chief operating officer of Selkirk hospital, to assume the acting CEO role until the health authority can recruit a new CEO, he said.

"Ron is a stellar individual and incredibly bright. He has worked very closely with me, particularly as it relates to working with communities and has the respect of his colleagues around the table and the people that report to him," said Van Denakker. "I think the organization will be in good hands."

One of the great challenges ahead for his successor will be about three years of "heavy lifting," as the region falls in step with Shared Health's transformation of how health care is delivered.

Van Denakker's walk down memory lane during his five years at the helm of the IERHA includes a number of notable achievements.

He oversaw the construction of the new Selkirk hospital, which came in "under budget," something that's been "virtually unprecedented" in health care, he said, helped create the Giigewigamig traditional healing centre in Pine Falls in collaboration with four First Nation communities, worked with the Selkirk Rotary Club to bring echocardiography services to the Selkirk hospital — a first outside the Perimeter Highway — and got the process underway for an upcoming Selkirk-based primary care clinic and clinical teaching unit, which will train new physicians for the region.

He said he also made great strides in improving physician numbers in rural hospital emergency rooms.

"When I first started here, virtually 50 per cent of our emergency rooms were unattended by physicians and we were on nurse-managed care," he said. "I worked hard with the communities and with our medical services folks to grow our physician complement."

When Teulon's hospital — which lost its emergency room — is taken out of the equation, Van Denakker said ERs are now staffed about 95 per cent of the time.

As far as his work with First Nations, Van Denakker said he was greatly inspired by a British Columbia Indigenous leader named Joe Gallagher who explained how that province created the independent First Nations Health Authority.

Van Denakker said he brought Gallagher's story back to the IERHA board, asking it to work on closing the gap between Indigenous and non-Indigenous health outcomes.

"I said to the board it won't get any better here if we don't really embrace the fact that I live 10 years longer than an Indigenous man. Pick whatever indicator you want — it's not even close. It's way worse than Third World countries," he said. "So what are we going to do as an organization?"



Interlake-Eastern RHA CEO
Ron Van Denakker

He asked the board to commit to establishing two things: a five-year strategic plan related to Indigenous health and the development of an Indigenous advisory committee to the board.

Although Van Denakker said he plans to spend some time with family, this may not be the last we hear of him.

"For the moment I'm not eyeing up anything else. This is a pure retirement. Having said that, I have an interest in board work ... and I really enjoy the engagement I've had with our First Nations communities. There may be some opportunities for me to carry on that work, but it's a bit early to predict."

Van Denakker's last day will be Oct. 15. He said he's not planning on holding a retirement party but wouldn't say no to a low-key get-together with "wings and beer."

> RETURN TO SCHOOLS, FROM PG. 4

School divisions will post their individual plans during the week of Aug. 17 for the return to schools and the plans will be linked to the Manitoba Education website. Each division's plan will outline procedures for following Public Health orders and guidelines, for addressing the mental health and well-being of the school community, and for communicating information to students, staff and families.

"The goal of the Restoring Safe Schools plan is to maximize in-class learning while maintaining a focus on safety," said Goertzen. "Parents and students need to know there is a process in place in the event students become ill and how their safety will be maintained."

The province will work closely with Public Health, education stakeholders, school divi-

sions, independent schools, parents, caregivers and students to ensure consistent, timely and responsive information, and to act on issues as they arise.

The EngageMB website at <https://engagemb.ca/welcoming-our-students-back-restoring-safe-schools> will remain the best forum for parents, caregivers and students to post questions for response throughout the return to classroom learning. In addition, a telephone town hall for parents, caregivers and students is scheduled for Aug. 18 with Roussin and Goertzen.

For more information on COVID-19, visit www.manitoba.ca/covid19/ or Manitoba Education's latest COVID-19 Education News website at www.edu.gov.mb.ca/k12/covid/index.html.

Track them down online.

You can now purchase your Manitoba hunting and fishing licences and park vehicle permits online or call toll free: 1-877-880-1203.

manitobaelicensing.ca **Manitoba**

Creative Cocoon and local photographer team up to support food banks

By Patricia Barrett

The Arborg-based Creative Cocoon teamed up with local photographer Sara Uruski to help raise money for the area's food banks.

Noticing a number of photographers from the city embarking on Front Porch photo projects to maintain social distancing during COVID-19, Uruski said she thought the idea would work in the Arborg and Riverton area.

"We thought we should do the same thing here. It helped create a sense of community even though we couldn't be together," said Uruski, who lives in Arborg. "The Creative Cocoon asked me if I'd like to do it."

After the Creative Cocoon advertised on Facebook and Instagram, Uruski went to people's homes and took a photo of them on their porch.

"I came up to their steps, took their picture and I left," said Uruski. "It was a quick five-minute shoot."

There were about 15 people that booked a photo shoot.

Proceeds went to the Riverton & District Friendship Centre's food bank and the food bank in Arborg at the Youth for Christ Drop-in Centre, said Creative Cocoon vice-chair Lisa Klym.

"We wanted to give back to the com-



**EXPRESS PHOTO CREDIT
SARA URUSKI PHOTOGRAPHY**
Front porch photo with Jessica, Quinn and Rhett Vandersteen.

munity. We had seen Front Porch done elsewhere, but instead of keeping the profits, we decided to donate it," said Klym.

She said there's a chance they could do another Front Porch photo shoot in future if COVID continues to keep people separated and there's enough interest.

"The potential is always there to do something for the community," she said, "and that's what the Creative Cocoon is all about."

The Creative Cocoon is committed to giving back to the community and looks forward to doing more for our communities in the near future, said the organization in a news re-



EXPRESS PHOTOS SUBMITTED
Right to Left: Riverton District Friendship Centre executive director Tanis Grimolfson, chair Jenna Stansell, vice-chair Lisa Klym.



Right to left: Arborg Youth for Christ Drop-in Centre vice-chair Lisa Klym, chair Jenna Stansell, Krista Klassen.



Call For Board of Directors

**The Interlake Consumers
Co-operative Ltd.
invites nominations
for the position of Director**

There are four (4) Director positions available

Nominees must meet the qualifications and requirements specified in the Co-op's Bylaws. Details on the qualifications and requirements can be picked up at the Administration Office in Arborg & at the Eriksdale Food Store location.

Nominations must be submitted in writing, no later than 5 pm on Sept. 3, 2020 to:

**The Nominating Committee
Interlake Co-op
Box 40, Arborg, MB, R0C 0A0**

ANNUAL GENERAL MEETING

for
**MOOSEHORN CONSUMERS
CO-OPERATIVE LTD.**

**Thursday, September 3, 2020
7:30 p.m.**

Moosehorn Community Hall

Due to COVID-19 refreshments will be served
according to Coop standards.



- Financial Report
- General Manager Report
- Election of Directors
- Appointment of Auditors
- Door Prizes

lease. The organization has been having lots of positive feedback from the community with the types of classes it has offered.

"We're dedicated to offering different artists the opportunity to teach their craft, which empowers individuals. They get to create something new, learn a new craft and build new friendships along the way," it said in the release. "The Creative Cocoon is building a strong future here in Arborg. The organization is hoping to offer more classes to its community and surrounding community members and offer more options for entertainment, creativity and an active lifestyle."

For upcoming classes and information, visit the Creative Cocoon on Facebook and Instagram.

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seats, remote start,
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radio and much
more.



GM MSRP \$62,283
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BLOWOUT PRICE
\$51,983 PLUS TAX

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FINANCE RATE
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BRAND NEW 2020 GMC ACADIA S.L.T. A.W.D

STK# 49060
Satin Steel color,
6 passenger,
navigation, power
lift gate, Bose
stereo, trailer
package, remote
start, heated
leather seats and
lots more



GM MSRP \$49,483
DISCOUNT \$8,000
BLOWOUT PRICE
\$41,483 PLUS TAX

PLUS 3.49%
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BRAND NEW 2020 CHEVROLET 1/2 TON 4X4 SHORT BOX CREW CAB LT2

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liner and much more



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BLOWOUT PRICE
\$57,188 PLUS TAX

PLUS 3.49%
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AVAILABLE UP TO
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BRAND NEW 2020 CHEVROLET TRAVERSE R.S. A.W.D.

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Cajun Red color,
7 passenger,
loaded, sun-roof,
navigation, trailer
package, surround
vision, leather,
power liftgate,
remote start,
heated seats, and
much much more!



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DISCOUNT \$7,700
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BRAND NEW 2020 CHEVROLET BLAZER LT FWD

STK# 49074
Silver Ice color, 5
passenger, 2.0 L,
remote start,
power lift gate,
XM satellite radio,
heated seats, rear
camera, alert
package, power
seat, Sirius XM
Radio, Bluetooth
On-Star, and
many more
options



GM MSRP \$40,588
DISCOUNT \$6,000
BLOWOUT PRICE
\$34,588 PLUS TAX

PLUS 3.49%
FINANCING
AVAILABLE UP TO
84 MONTHS

BRAND NEW 2020 GMC 1/2 TON CREW CAB 4X4 LONG BOX SLT

STK# 49094
Onyx Black color, Max
trailer package, 6.2
litre engine, sun-roof,
heated and cooled
seats, leather seats,
heated rear seats,
heated steering wheel,
driver alert package,
Sirius XM radio,
Bluetooth, On-Star and
much much more



GM MSRP \$73,188
DISCOUNT \$13,000
BLOWOUT PRICE
\$60,188 PLUS TAX

PLUS 3.49% FINANCING
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84 MONTHS

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ON
APPROVED
CREDIT

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heated seats, heated steering wheel



GM MSRP \$39,335
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Sunroof, nav system, Bose stereo, f & r htd lthr seats, pwr
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Province's new COVID dashboard breaks down Interlake-Eastern by district

By Patricia Barrett with files from Lana Meier

The province revamped its online COVID-19 dashboard last Thursday, providing more detail about the location of COVID cases in Manitoba's four rural regional health authorities.

The province is now identifying COVID cases by health district, replacing its old system that identified case numbers by health authority, the majority of which cover thousands of square kilometres. Winnipeg and Churchill, which are part of the Winnipeg Regional Health Authority, have been separated for tracking purposes but have not been broken down into smaller units.

The dashboard now covers 68 health districts that are comprised of one or more towns and or RMs. Each district shows active and recovered COVID case numbers plus the number of deaths, if applicable.

The new reporting system was up and running on Aug. 13. On that day, the dashboard showed the Interlake-Eastern health region having a total of 65 COVID cases of which 45 were active and 20 recovered. Districts that include the RM of Bifrost and Town of Arborg; the RM of Gimli; and Town of Stonewall, Town of Teulon, RM of

Rockwood, RM of Rosser and RM of Woodlands were registered as having active cases: four, one and one respectively.

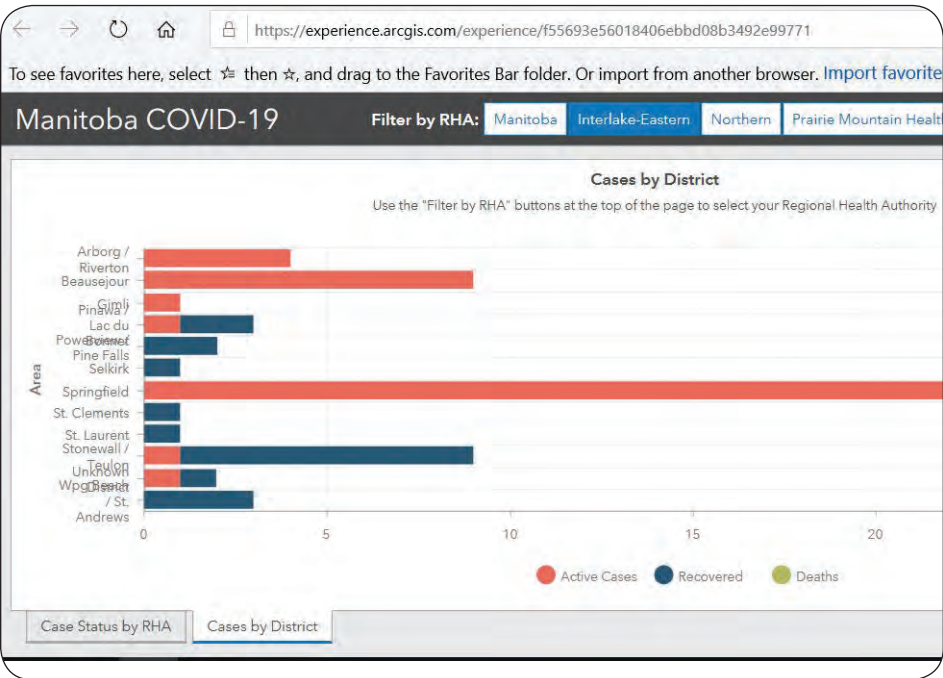
On Aug. 16, however, the new dashboard showed a total of 66 cases with five active and 61 recoveries. The Stonewall/Teulon district showed one active case while the districts of Arborg/Riverton and Gimli showed zero active.

The revamped reporting comes after the Manitoba NDP pushed the government earlier this month for better location data so that Manitobans themselves could make informed decisions or judge their risk of catching the deadly virus that has so far infected 697 Manitobans and killed nine (as of Aug. 16).

Manitoba's Ombudsman, Jill Perron, had also said the government could reduce the size of health regions to disclose COVID locations without compromising individual's privacy.

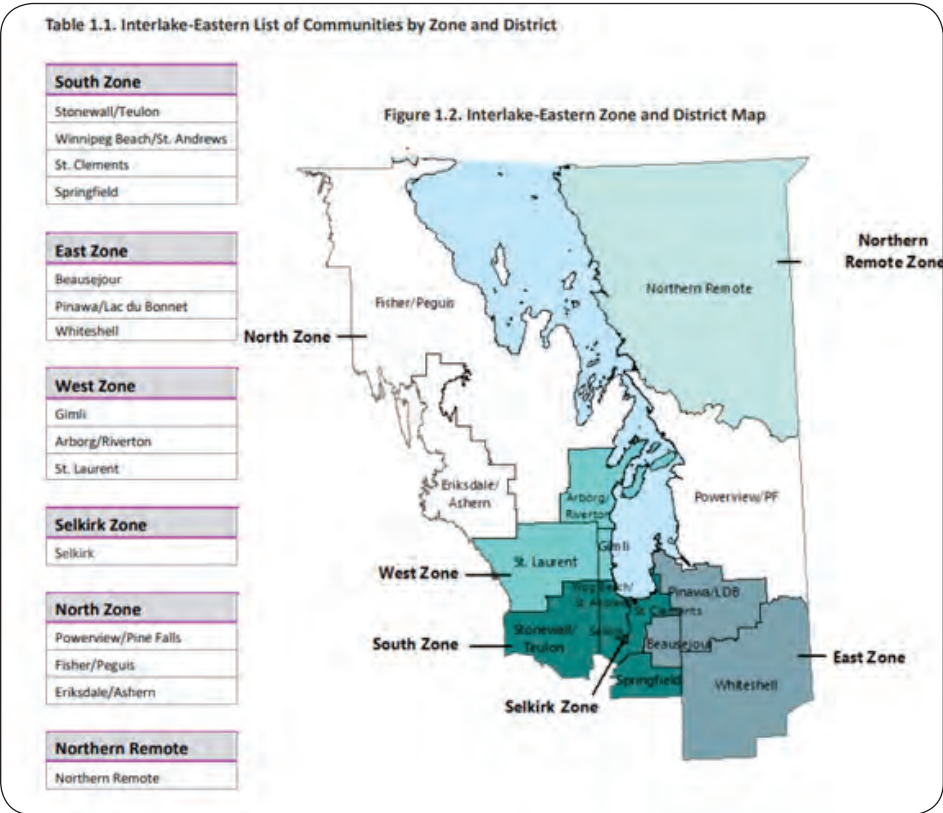
The Interlake-Eastern Regional Health Authority is broken down into 15 health districts, according to a backgrounder attached to an Aug. 14 news release from the province.

The districts are named as (1) Selkirk; (2) Stonewall and Teulon; (3) Winnipeg Beach and St. Andrews; (4) St.



EXPRESS SCREENSHOT PROVINCE OF MANITOBA

The revamped dashboard, shown here in a screen grab taken Aug. 13, showed four active COVID cases in Arborg, one in Gimli and one in Stonewall/Teulon. On Aug. 16, however, it showed recoveries in Arborg and Gimli and one active case in Stonewall/Teulon.



EXPRESS PHOTO SUBMITTED

The region has been divided into six zones (Selkirk, South, North, East, West, Northern Remote) and 15 districts. These zones and districts were organized to facilitate and co-ordinate the planning and provision of health services in the region.


Clements; (5) Springfield; (6) Beausejour; (7) Pinawa and Lac du Bonnet; (8) Whiteshell; (9) Gimli; (10) Arborg and Riverton; (11) St. Laurent; (12) Powerview and Pine Falls; (13) Fisher River and Peguis; (14) Eriksdale and Ashern; (15) Northern Remote.

Each district reflects a geographical area that is larger than that of the community or communities it is named after.

The dashboard seems to identify only the districts with active or recovered cases and doesn't identify neighbourhoods or streets.

Health Minister Cameron Friesen told media last week the province doesn't think there's any "benefit" to letting people know more detailed information such as street names.

In the Aug. 14 news release, Friesen



INTERLAKE

Notice of Annual General Meeting

Thursday, September 17, 2020
7:00 pm

Arborg Community Hall,
409 Recreation Centre

Agenda Items to include:

- Minutes from the 2019 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2020
- Board Elections

Interlake Consumers Co-op Ltd.,
Box 40, Arborg, MB R0C 0A0

COVID-19 safety measures will be set in place

Victory medal for Ashern woman with cancer

By Patricia Barrett

An Ashern woman with close ties to Gimli completed the Icelandic Festival's five-kilometre race a few weeks ago despite being in the middle of treatment for Stage 3 breast cancer.

Angel Johnson received a medal from the festival, which held virtual races this year because of COVID-19. Participants ran by themselves using a timing app and then submitted their results to the festival.

Johnson said she had set a personal goal to complete the five-kilometre course and accomplished it. She also had support from her partner, who lives in Gimli.

"I reached my goal I had set out

for myself so I was very happy with that," said Johnson, who ran the race for the first time this year. "My super supportive boyfriend and No. 1 fan, Sveinn, met me at the three-kilometre mark with water and then did the last kilometres with me. It was such a fun and exciting way for us to accomplish this together."

Johnson, whose story appeared in the July 16, 2020, edition of the *Express*, said she's always led an active and healthy lifestyle — even training between chemo sessions — and was shocked when she was diagnosed with cancer.

After chemotherapy, which Johnson receives at the Gimli hospital, she's

anticipating a mastectomy, reconstructive surgery and about 25 rounds of radiation, plus several years of having to take medication.

But she said she's prepared to take on the festival's race next year.

"I look forward to next year with a new time goal in mind and, hopefully, running alongside my best friend and partner for the whole distance," she said.

"It's something we are wanting to complete together. Focusing on our future, along with the love and support I receive from so many people, I have no doubt we will achieve every goal we put our minds to next year."



PHOTO SUBMITTED

Angel Johnson from Ashern earned a medal for completing the 5K in the Icelandic Festival running races.

McMunn and Yates back up and running in temporary home

By Evan Matthews

A mere three months after a fire devastated its 100-year-old building, McMunn and Yates is operating in Eriksdale once again.

Brian Smith, manager of the McMunn and Yates in Eriksdale, said the business didn't ever cease operation over the 11-week period. Following the fire, Smith operated the business operations from his home while the hardware/lumber staff worked in the yard. The business finally has a temporary storefront located at 14 Main St., just four doors down from the old location.

"I had my computer at the dining room table, and the guys were working out of the yard," said Smith, adding the business was running as effectively as possible without an office, storefront or warehouse.

"Our store had electrical, plumbing and heating (items). We had kitchen and window displays, flooring, all of that before," he said, adding that while the new location is much smaller, it will allow clients to come in and shop the basics, and discuss other projects more in-depth.

Smith said McMunn and Yates opened a small storefront on Aug. 5.

"We're working hard to serve as many, and look after as many, (people) as possible."

Though a more permanent location is in the works for next summer, Smith said the goal right now is to return to "business as usual" as much as possible.

He added thanks to the building's owner, who remained anonymous, as the current building owner is moving a business to the Eriksdale location from Ontario but has been unable to do so because of COVID-19.

"The building's owner reached out and offered it to us to use," said Smith.

When asked if the space was being rented or if it was donated, Smith said he was unsure of the



EXPRESS PHOTO SUBMITTED

Brian Smith at McMunn and Yates' temporary location.

arrangements between McMunn and Yates and the building owner.

Smith also added thanks to the community for its support during a trying time.

Background

On May 21 at 4:20 a.m., the McMunn and Yates building and its attached warehouse were decimated by a fire.

Smith said the cause of the fire is still unknown, but at the time, Eriksdale Fire Chief Craig Pottinger suggested it was a suspected arson.

Smith's great-grandfather started the business in 1915, known back then as A.J. Smith, eventually becoming Gordon K. Smith and Sons, then sold to McMunn and Yates in 2001.

www.interlake.mb.ca

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Below is a sample of our listings. To view all listings, visit www.interlake.mb.ca.		
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Measuring canola losses out the combine for optimization

By Angela Brackenreed

The Canola Council's goal is for an average threshing loss of two per cent or less of total yield across the prairies.

But what is an acceptable amount of canola combine loss for your farm? Every farm will have a different answer, striking their own balance between capturing as much of the crop as possible while also maintaining harvest productivity.

To answer that question for your farm, you must first figure out the level of losses out the back of the combine.

You might decide that one bushel per acre (bu/ac) is an acceptable amount of loss, but what if your combine is throwing over three bu/ac throughout most of the harvest day?

You have to check to find out. And then you can decide whether to keep going or start making adjustments.

You need three tools to accurately measure losses:

- A drop pan. You can get pans that attach to the bottom of the combine and drop by activating a switch in the cab. These pans usually match closely to the discharge width of the combine sieves.

For a lower-tech option, someone can toss a throw pan or use a pan on a stick while the combine goes by at normal operation. No matter what pan you use, you need to know its square footage.

- Some way to separate the seed from the chaff. This can be done by hand, but it can be time consuming. Canola screens or an airstream to lift chaff is best. Bushel Plus produces a screening device for this purpose.

- A weight or volume measure. Measure the clean

collected sample in grams or millilitres, dividing by the square footage of the pan to get a result in millilitres or grams per square foot.

Plug your combine dimensions (header and discharge width) and the amount of loss into the conversation tables to get loss in bu/ac. For the tables, print off the combine seed loss guide. A link to the guide is in the "measuring actual losses" section of the harvest management chapter at canolaencyclopedia.ca.

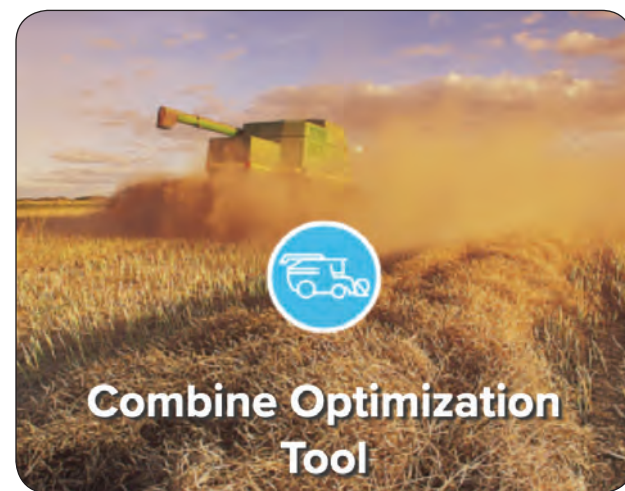
Once you've made a few loss measurements, the next part of the process is to determine how to reduce those losses — if you decide they're too high.

The combine optimization tool at canolacalculator.ca is an excellent resource, showing step-by-step adjustments to align combine losses with your harvest goals.

In 2019, Prairie Agricultural Machinery Institute (PAMI) visited 31 farms across Alberta, Saskatchewan and Manitoba and measured canola threshing losses from 50 machines. These included 40 models from six combine manufacturers.

The survey found no connection between combine model and the amount of loss, but weather was a major factor. This emphasizes the need to regularly adjust and test throughout the day and harvest season. Temperatures greater than 23°C, relative humidity less than 45 per cent and low cloud cover all contributed to lower losses.

Once you become familiar with a machine, you will start to recognize ideal settings for those harvest afternoons that are warm and dry and for the evenings when the straw starts to toughen up. But you can't get familiar without putting in the time



EXPRESS PHOTO SUBMITTED

Try the Combine Optimization Tool at canolacalculator.ca. It provides guidelines to set the combine to meet targets for grain loss, grain sample quality and/or productivity.

and measuring losses from field to field and with changing weather conditions.

You will have in your mind what kind of loss you're willing to accept, but you can't know whether the combine is on target unless you check. And by measuring losses, you have a better idea how the combine performs and can be reassured that the combine is doing exactly what you want it to do.

- Angela Brackenreed is an agronomy specialist with the Canola Council of Canada and serves central and eastern Manitoba. You can email brackenreed@canolacouncil.org.

"It changed my life!" says local long-term denture wearer

By Elisha Vantor

This month Brian will be celebrating his 92nd birthday, and for the first time in years he says he can have medium rare T-bone steak again!

Like so many others, Brian has had dentures for decades and was never quite satisfied with the loose lower denture. "I had trouble chewing, and it flopped all over my mouth. I got dentures in my early 50's", said Brian. As a result, he knew that he needed a better set of teeth.

During a consultation with Brock the Denturist, Brian made the decision to pursue getting dental implants to anchor his denture into place so he can eat the foods he enjoys, once again. "Now I can eat nice medium rare T-bone steaks no problem at all! [The dental implants] made 100% difference

in my life, and I wouldn't think twice about doing it again!"

What a fantastic story. We've known Brian for years and he always tells us jokes when he comes into the clinic! He even came to see Brock's father, George (the founder of Vantor Denture Centre). It's amazing to see the change in Brian from him being satisfied with relines or new dentures from our clinic to a whole new level of satisfaction with his dental implants. He raves about them! This is exactly why we do what we do!

So, what exactly is a dental implant? Yes, we know it sounds scary, but simply put, it's a fake tooth root made of metal. Its purpose is to anchor your denture so you can eat better, feel confident that it won't jump out, and enjoy an

unparalleled level of comfort.

The process of getting them is simple. Think of it this way: you've already had your teeth pulled out since you are now wearing dentures. So, this procedure is simply putting a tooth root back in. Thankfully, you may only need two! Brian has three.

If you are ready to pursue a tighter, more comfortable denture, then give us a call for a free consultation. We can discuss the issues you've been experiencing, talk about what you want your teeth and smile to be like, and make a plan to get that for you!

We have lots of options and creative solutions to fit your budget, but the first step is your phone call. We're looking forward to talking with you real soon.



Brian A. chose to anchor his denture down after 40 years of it "flopping around". "I wouldn't think twice about doing it again," he says.

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- Wash/sanitize your hands regularly and practice physical distancing to protect yourself from COVID-19. Avoid busy trails and crowded beaches.
- Always stay on designated trails and routes.
- Practice *Leave No Trace* and pack out everything you brought in.
- Keep dogs on leash and always clean up after your pets.
- Avoid delays when entering parks by purchasing and printing vehicle permits in advance at manitobaelicensing.ca.



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Winnipeg Beach by-election has two candidates in the running

Advance voting on Sept. 5 with regular voting on Sept. 12

By Patricia Barrett

Two candidates are in the running for a seat on the Town of Winnipeg Beach council.

Ryan Reykdal, who previously served terms on Winnipeg Beach council, and Barry Hoel are running in the byelection to replace Coun. Frank Masi, who resigned this summer.

Candidates had until Aug. 7 to register their nomination papers and pro-

vide a declaration of qualifications to the senior election officer (SEO).

Winnipeg Beach acting chief administrative officer Roger Bouvier told the *Express* last week he was unaware of whether a forum is going to be held for the candidates.

Voters must be a Canadian citizen, 18 years old and a resident or owner of land in the municipality for at least six months on election day.

Because of COVID-19, voters will be asked about their health status at the time of voting. Questions will include whether they've been in contact with a sick person and whether they've travelled outside the province in the past 14 days. Masks are recommended.

Advanced voting for those unable to vote on election day will take place on Saturday, Sept. 5 between 8 a.m. and 8 p.m. at the Winnipeg Beach Community Centre. Regular voting will be held the following Saturday, Sept. 12, between 8 a.m. and 8 p.m. at the Winnipeg Beach Community Centre.

One piece of government photo

identification or two other documents providing proof of identity may be required to vote.

Application to vote by email or mail will take place between July 29 and Sept. 9. Application to vote in person by sealed envelope will take place between Aug. 15 and Sept. 9.

For questions about voting, contact the SEO, David Lobban, at 204-389-4980 or 204-918-7563 or by email: seo@winnipegbeach.ca

Information about voting is posted on the Town of Winnipeg Beach's website.

> DASHBOARD, FROM PG. 12

en said: "Conveying information to Manitobans about COVID-19 in their districts will increase confidence and help them to feel more empowered to make decisions in their daily lives."

"This enhanced reporting will provide a more detailed picture of the pandemic and strikes an important balance between timely, regional information about COVID-19 and the need to protect privacy and prevent stigma."

The Interlake-Eastern region's 45 active cases (on Aug. 13) seemed to correspond to provincial COVID-19 bulletins covering the period July 14 to Aug. 16 (bulletin numbers 130 to 158). That seems to suggest that an individual somewhere in the region diagnosed with COVID on July 14 has been or had been positive for roughly 34 days.

The *Express* reached out to the province last Thursday and received con-

fimation that the data was accurate.

According to Johns Hopkins Medicine.org, severe COVID infections can last for six weeks or more and patients can suffer lasting damage to the lungs, heart, kidneys and brain.

Worldwide, COVID has infected 21.5 million people and killed over 770,000. The virus has infected almost 124,000 Canadians and killed over 9,000 (source: Johns Hopkins University COVID tracker).

Interlake-Eastern RHA has three sites operating in the regional health authority where testing can be com-

pleted. Testing typically requires a swab of the inside of the nose. This is a test that can be administered by a health-care provider while an individual remains seated in his or her car.

Eriksdale - 35 Railway Ave., open weekdays from 10 a.m. to 3 p.m. Closed for lunch from noon to 12:30.

Powerview-Pine Falls Health Complex, 37 Maple St., open weekdays from 9 a.m. to 4 p.m.

Selkirk - 622 Superior Ave. Open Monday to Saturday from 9 a.m. to 4 p.m. Closed Sundays.

get inspired

> MEAL IDEAS

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Skillet Macaroni and Cheese

2 cups fresh baby spinach
1 cup quartered cherry tomatoes

Cook macaroni according to package directions; drain.

Heat large skillet over medium-high heat. Add olive oil, chicken and onion. Cook 6-8 minutes, or until chicken is no longer pink.

Reduce heat to medium. Stir in semisoft cheese. Gradually add milk and flour. Continue stirring and cooking until mixture is thickened and bubbly.

Reduce heat to low. Add hot sauce, cheddar cheese and cooked macaroni. Cook and stir 1-2 minutes until cheese is melted. Stir in spinach.

Top with cherry tomatoes and serve.



Recipe courtesy of the National Pork Board and USA Pulses

Servings: 4

Burger Patties:

1 pound ground pork
4 tablespoons red onion, scrubbed with vegetable brush under running water and finely minced

1 teaspoon garlic, minced
1 teaspoon chipotle chili powder
2 teaspoons ancho chili powder
1 cup cooked black-eyed peas, drained
1 teaspoon salt, plus additional, to taste

4 slices Jack cheese

Caramelized Onions:

2 tablespoons butter
1 large onion, scrubbed with vegetable brush under running water and sliced thin

1/2 cup water

1/2 teaspoon salt

Charred Green Chili Mayo:

1 can (3 ounces) diced green chilies
2/3 cup mayonnaise
1 clove garlic, crushed
1 tablespoon lime juice
2 green onions, gently rubbed under

Green Chili Jack Smash Burgers

cold running water and finely sliced

1/4 cup cilantro, gently rubbed under cold running water and chopped

4 hamburger buns

1 avocado, peeled and sliced

1/2 head lettuce, gently rubbed under cold running water

In large bowl, mix ground pork, onion, garlic and chili powders. Add black-eyed peas and salt; mix well. Form into four loosely packed balls and refrigerate at least 30 minutes.

To make Caramelized Onions: In large skillet over medium-high heat, warm butter. Add onions, water and salt; cook, stirring, until onions soften and turn golden brown, about 5 minutes. Remove from heat and set aside.

To make Charred Green Chili Mayo: Place green chilies in hot cast iron skillet over medium-high heat. Cook, turning, until chilies begin to soften and turn black. Remove from heat and place in small bowl. Add mayonnaise, garlic and lime juice; whisk to blend. Add green onions and cilantro; stir well and refrigerate.

To make burgers: Warm cast iron or nonstick griddle pan over medium-high heat. Place pork balls on hot skillet; flatten with heavy metal spatula. Season with salt, to taste. Cook approximately 3 minutes; flip and cook 2-3 minutes until internal temperature reaches 145 F.

Lightly toast buns. Place each burger on toasted bun with slice of cheese, Caramelized Onions, Charred Green Chili Mayo, avocado and lettuce.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

18U Orioles lose to the Pirates, Black Sox

Staff

The Interlake Orioles were defeated 11-1 by the North Winnipeg Pirates in 18U "AAA" baseball action last Sunday at Koskie Field.

Later that evening, Interlake lost to the Bonivital Black Sox in five innings. No score, though, was available at press time.

The playoffs begin this Thursday and wrap up on Sunday.

The 15U Orioles, meanwhile, slaughtered the St. James A's 19-9 last Wednesday in Balmoral.

It was Interlake's second consecutive victory and they now have a 4-7 record.

In 13U "AAA" play, Interlake lost to the Brandon Marlins in a double-header on Sunday.

Brandon the games by scores of 13-0 and 16-2.

Last Thursday, the Orioles' game against Winnipeg South in Stonewall was postponed.

On Aug. 10, the Orioles lost 11-8 to the Bonivital Black Sox.

Interlake played Red River on Tues-



The Interlake Orioles' Kaiden Kendal throws a pitch against the North Winnipeg Pirates during 18U action on Sunday.

day in East Selkirk but no score was



EXPRESS PHOTOS BY LANA MEIER

The Interlake Orioles' Lane Bond dives safely back to first base.

available at press time.

The Orioles will face the North Win-

nipeg Pirates on Thursday in Stonewall. First pitch is 6 p.m.

Markusson marvelous on St. Charles' golf course

By Brian Bowman

Curtis Markusson has only been a member of the St. Charles Country Club for five years.

But he certainly has shown to be one of its elite members as he has been dominating his home course recently.

First, he won the prestigious Jack Hopwood Trophy after winning St. Charles' Men's Match Play Championship. There were 16 golfers vying to win the trophy.

"It was nice, a good experience," said Markusson on Sunday evening. "I've been playing golf a long time, grinding away, and seeing some successes. It's not often where you see success in golf, right?"

Match Play is much different than regular golf.

"It's totally different, it's hole by hole," Markusson explained. "Basically, if you blow up one hole you just lose that hole and you can gather yourself for the next hole. Strokes really don't count."

The next day, he won the St. Charles Pro Am Invitational Tournament. He was a substitute for a pro golfer that was injured.

"I filled in as a sub and the team that I got paired up with had all excellent golfers," said Markusson, who played several sports in Gimli at the high school level and also suited up with the Interlake Lightning.

"We ended up winning the Pro Am, which was hi-

larious."

Markusson's summers are spent mostly on the golf course.

"I spend most of my time on the course and I play in a few tournaments," he said. "That keeps me busy....(and) I practice in the winter."

Markusson began playing golf in Gimli and also took his game to Sandy Hook, Teulon, and Links at the Lake.

"All of those Interlake courses are a huge part of my development and getting me to win these championships," said the 39-year-old.

As he gets older, Markusson is more patient on the golf course and he feels he's getting better because he has the freedom to play much more now than years ago.

"The opportunity has been opening itself up," he said. "I was top 10 in the mid-amateur (finishing tied for eighth this year) and I've played at the national level the last few years. I've slowly been chipping away at the block ... and my goal is always to finish in the Top 10 because that ensures a quota spot (at nationals). It's so competitive because there are so many great university players. There's some awesome amateur golfers (here in Manitoba)."

Markusson will wrap up the competitive season later this month when he competes for the St. Charles club championship.



EXPRESS PHOTO SUBMITTED

Curtis Markusson recently won the Jack Hopwood Trophy at his home St. Charles Country Club course. He then went out and captured the St. Charles Pro Am Invitational Tournament last week.

Interlake Blue Jays win MJBL playoff series

By Brian Bowman

For the second year in a row, the Interlake Blue Jays pulled off a first-round upset.

Interlake edged the Pembina Valley Orioles 3-2 in Game 3 of their best-of-three Manitoba Junior Baseball League playoff series on Sunday evening.

Pembina Valley made things interesting when they scored a run in the bottom of the seventh inning to make it a one-run game. The Orioles, however, had a runner thrown out at third to end the game.

"It was nice to come back and beat those guys," said Blue Jays' head coach Adam Kirk. "It was exciting. Liam Allen threw a helluva game. I think he only gave up four or five hits all game but they got to him a little bit at the end."

Interlake staved off elimination with a solid 6-2 victory over Pembina Valley in Game 2 on Friday in Stonewall.

"One thing that helped us out was Pembina Valley lost some of their guys after the first game due to a senior tournament or something like that," Kirk said. "They kind of came at us with two different teams. When they didn't have their good players there, we took advantage of it and beat

them."

Both teams scored a pair of runs in the first inning and the Interlake added three in the second to take a 5-2 lead. The Blue Jays added an insurance run in the bottom of the fourth.

Liam Allen had a great game for Interlake, going 3-for-4 with two runs scored and an RBI. Ben Anderson (two), Noah Cnockaert-Ducharme and Jeremy Wasilewski also scored for the Blue Jays.

Cole Olfert picked up the complete-game victory, scattering seven hits while striking out a pair of Orioles' hitters.

Pembina Valley opened the series with a 6-3 home victory last Thursday.

The Orioles scored twice in the bottom of the second inning and then added four more in the third. The Blue Jays scored their three runs in the sixth inning.

Interlake out-hit Pembina Valley 9-4.

With the series victory, the Blue Jays now advance to the league semifinals where they will face the Elmwood Giants.

The two teams played on Monday and Tuesday but no scores were available at press time.

If necessary, Game 3 will be played Wednesday (7 p.m.) at Koskie Field.



EXPRESS PHOTO BY KEN ALLEN

Interlake's Cole Olfert awaits for the ball while a Pembina Valley player slides into first base.

Elmwood knocked off Interlake in the semifinals last season. The Blue Jays would love to get revenge on their arch-rivals.

"The boys are pretty excited, I can tell you that," Kirk said. "There's a lot of familiar faces from last year and right now we're rolling pretty good. Liam Allen is on fire, pitching and hit-

ting. There are a couple of guys that aren't hitting as well, so if they can pick it up in this series we can do really well and be in the final.

"We have a lot of guys that are pretty optimistic and, as long as we play ball the way we know how, we should have at least a good chance of beating these guys."

Hockey Manitoba receives approval for Phase 2 of restart

From the Hockey Manitoba website

The Province of Manitoba has approved Phase 2 of Hockey Manitoba's Return to Play (RTP) Plan – Version 1 for the 2020-21 season. The approval of Phase 2 will allow sanctioned programs to safely resume, following the protocols set by Hockey Manitoba beginning Sept. 1.

Any programs wishing to begin prior to this date are required to submit a request in writing to Hockey Manitoba.

"We continue to work closely with Hockey Canada, Sport Manitoba, and the Province of Manitoba with

the anticipation that Phase 3 will be approved in the near future," read a statement.

The Return to Play plan incorporates the current requirements outlined in Stages 1 to 4 of the Government of Manitoba's Restoring Safe Services Plan, health and safety guidelines from Hockey Canada, and programming, registration and sanctioning for Hockey Manitoba.

Part of our commitment includes an ongoing and regular review of our RTP protocols based on the latest recommended COVID-19 health precautions, which will help to enhance the

positive hockey experience under the province's health directives.

The Return to Hockey Plan has three phases:

Phase 1 – On-ice skill development (non-contact), online meetings and clinics, non-sanctioned activities

Phase 2 (approved Aug. 12 and will begin with sanctioned activity starting on Sept. 1) – on-ice skill development (non-contact), drills, team tactics, online or in-person clinic, tryouts

Phase 3 (subject to approval from the Province of Manitoba) – regular season competition (contact), game play (contact), practices (contact), travel

Hockey Manitoba would like to reiterate for its members that all hockey camps, skills sessions, recreational leagues and tournaments that are currently operating in the province are not sanctioned by Hockey Manitoba.

The reopening of arenas in Manitoba began as of June 1 as facilities were able to open along with Phase 2 of the Manitoba Restoring Safe Services plan.

Manitoba Softball Hall of Fame induction dinner postponed

Staff

The Manitoba Softball Hall of Fame and Museum Inc Board of Directors has postponed the annual Softball Hall of Fame Induction dinner that had been rescheduled for Sept. 19 at

the Victoria Inn in Brandon.

The event has not been rescheduled, and will not be, until the provincial guidelines for the COVID-19 pandemic allows for attendance provisions.

The induction banquet, when it does take place, will honour six individuals and two teams into the Manitoba Softball Hall of Fame.

Previously purchased tickets will be honoured on the new date or

tickets can be returned for a full refund. Contact Les Newman by email at lnewman@live.ca or by phone at 204-235-1674.

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Wanted - 1957 - 1958 Oldsmobile for parts or to restore. Any condition - running or not. Please call Guy at 204-771-9071.

APARTMENT FOR RENT

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

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

PROPERTY FOR SALE

Lake lots unreserved auction August 27, 2020. Sand beach, no building time restrictions. Established area with cottages. Sheldon, Royal LePage 204-371-5131. www.lakelifemanitoba.ca

Lone Oak Apartments, Winnipeg Beach - renovated 1 bdrm. suite. Avail. immed. Sorry, no pets. 55+. On site laundry. \$700/mo. includes hydro & parking. To arrange viewing phone 204-389-2146.

FOR RENT

For rent - 2 bdrm. cottage in Gimli \$850/week. Weekend rates available. Phone 204-642-8157.

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Wanted: someone to disc 2 1/2 acres near Floodway Drive & Hwy 44, Lockport. Please call 204-955-9888.

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HOUSE FOR SALE

301 St. Peter Street - Arborg, MB

Cozy 950 sq ft two bedroom bungalow on large lot in centre of town. Also includes kitchen, dining, livingroom, 1-bath, laundry room, sunroom and appliances. Excellent condition; Exterior renovations completed in 2015. Single detached garage.
Call Darryl at 204-641-5038

HELP WANTED

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

MISCELLANEOUS

Melroe Windrow pickup, 6 metal datts, in good shape, \$500; 2 tires, 18x4x26 with rims, \$500. Ph 204-364-2252.

MISCELLANEOUS

Trailers, Truckbeds & Tires. Full repair and safeties. Vehicle parts, tires & wheels. Vehicle & trailer parts & batteries. Sales, financing & leasing. Kaldeck Truck & Trailer Inc. Hwy #1, MacGregor, Mb. 1-888-685-3127. www.kaldecktrailers.com

Winter is coming!!! Is business slow? It doesn't have to be! Advertise now and make the most of the fall, before flu season hits. Don't delay. Each
CONT. ON NEXT COL,

week our blanket classifieds could be helping your organization get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with your future customers. For as little as \$189 + GST, get your important messaging out! Call us at 204-467-5836 to book or email classified@mcna.com for details. MCNA 204-947-1691. www.mcna.com

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204-467-5836

RIVERTON CARE SERVICES

We are currently hiring for: MANAGER POSITION

Riverton Care Services provides assistance to individuals living with an intellectual disability in a supportive environment.

Duties of Manager include: Staff supervision, maintain financial records including payroll, working closely with government funding agencies, overall care and supervision of the home and residents.

Qualifications: Relevant post-secondary education or relevant experience, Criminal Record and Adult Abuse checks are mandatory. Must have or willing to complete First Aid/CPR training, knowledge in Simply Accounting Software (SAGE) would be an asset.

All interested applicants must have a valid driver's license, only those considered for an interview will be contacted. The position is for 32 hours per week, Salary dependant on qualifications. Start date effective immediately. Resumes can be emailed to rivcare@mymts.net or dropped off at 245 Thompson Drive Riverton.

Attention to Lorraine Sigurdson 204-378-5226
Closing date Aug 26, 2020 4:00 pm



STRINGER RENTALS SALES & SERVICE

Is currently accepting applications for the following position:

MECHANIC/TECHNICIAN

All applicants must meet the following requirements:

- Strong appreciation for excellent customer service
- Attention to detail, initiative and diligence
- Ability to communicate effectively with all levels of people
- Knowledgeable with computers
- Ability to work independently, also function well as part of a team
- Strong oral and written communication skills and well developed interpersonal skills, including excellent phone skills
- Self Starter, efficient and able to produce high quality work under pressure and in a timely fashion
- Reliable, punctual and conscientious
- Excellent time management/organizational skills with the ability to meet important deadlines in a fast paced environment
- Strong problem solving and analytical skills
- Able to stand for long periods of time up to and exceeding 60 minutes

Please send resume to adam.stringer@outlook.com or drop off at Stringer Rentals in Gimli

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

EMPLOYMENT OPPORTUNITY

RECEPTIONIST/ PRE-TESTER

- No experience necessary, we'll train the right candidate.

Drop resume in person to:
353 Main St., Selkirk
Fax: 204-482-4545
or email afvc.b.grant@gmail.com



RURAL MUNICIPALITY OF GIMLI

NOTICE TO PROPERTY OWNERS



in the Gimli town site, South Beach, & Loni Beach

TAKE NOTICE THAT starting September 7, 2020 all elm trees in these areas on both public and private property will be treated by basal spraying to assist in the prevention of the spread of Dutch Elm Disease.

Any residents not requiring treatment of their trees are to advise the Municipality before September 4, 2020 at 9:00am (204)642-6650.

Dated at Gimli this 17th day of August, 2020.

Kelly Cosgrove, ACO
Rural Municipality of Gimli

BOOK YOUR ANNOUNCEMENT TODAY

- BIRTHDAYS
- MARRIAGES
- ANNIVERSARIES
- NOTICES
- OBITUARIES
- IN MEMORIAM
- ENGAGEMENTS
- BIRTHS
- THANK YOUS
- GRADUATIONS



Call 467-5836



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

PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2021 Assessment Roll for the Rural Municipality of Fisher has been delivered to the Municipal Office at 30 Tache Street, Fisher Branch, Manitoba and is open for public inspection during regular business hours (8:30 a.m. – 4:30 p.m.) Applications for revision may be made in accordance with sections 42 and 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, the authorized agent of the person, mortgagee or occupier, 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 sub-section 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 of the Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated below.

The Board of Revision will sit on **Wednesday, October 14, 2020 at 10:00 a.m.** in the Ukrainian National Home, 33 Provencher Street, Fisher Branch, Manitoba to hear applications to revise the 2021 Assessment roll and to revise 2020 assessment changes relating to Sections 300(6) and 326 of *The Municipal Act*.

The final date on which applications must be received by the Secretary of the Board is **Monday, September 28, 2020**.

Dated this 20th day of August, 2020

Kelly Marykuca – Secretary
Board of Revision
Rural Municipality of Fisher
Box 280 Fisher Branch, MB R0C 0Z0
Phone: (204) 372-6393 Ext. 4 Fax: 372-8470

Zag Fab Boats
is looking to fill the following
full time positions.

WELDERS

For more information contact
Jim (204) 378-5314 or
email jim@zagfab.com

HELP WANTED

Direct Support Workers

To provide assistance
to adults living with a
developmental disability
in the community

We are looking to hire DSWs to work in our community residences - team players with a mature attitude, excellent judgment skills, caring disposition and a genuine interest in serving the exceptional people who live in our homes. Must be comfortable accompanying individuals on community outings and providing personal care such as bathing assistance. Other duties include household upkeep, daily cooking, and record keeping tasks.

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.**



**ASHERN
AUCTION
MART**

OUR FIRST SALE FOR THE FALL SEASON

**Wednesday,
August 26th
@ 9:00 am**

Please call to book ahead or for info call:

Buddy @ 204-768-0018
or Kirk @ 204-768-0019

Ashern, MB. R0C 0E0
Fax: 204-768-3690
Email: icca@mymts.net

Lic. 1128

EVERGREEN SCHOOL DIVISION
is searching for



**Substitute Teachers
& Casual Support Staff**
Educational Assistants
Library Clerks
Secretaries
Caretakers

Evergreen schools are located in Arborg, Gimli, Riverton and Winnipeg Beach. Applicants are invited to pick up an application package at the Evergreen Education Support Centre, located at 140 Centre Avenue West in Gimli, or download an application package at www.esd.ca under Employment/Human Resources—Substitute Teacher Application Package or Casual Support Staff Application Package. Pay as per Collective Agreements.

EMPLOYMENT OPPORTUNITY



FULL - PART-TIME POSITION REQUIRED IMMEDIATELY

for cashier, stocking, customer service.

Must be able to carry 50 lbs.

Do stairs and work weekends.

Must have a valid drivers license.

**Please drop resume off in person:
75 CENTRE STREET, GIMLI, MANITOBA**

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, The Manitoba Community Newspapers Association (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.

WANTED

Wanted: Graham-Paige complete cars and parts. Any year 1928-41. Looking specifically for a 1938-40 "Sharknose". Any condition considered. Call 204-782-3498 or email tomboretsky@gmail.com.

RELIGION

The present neglect of the Sabbath (Sunday worship) by many church members imperils the very existence of the Church as well as the Sabbath. When Sabbath observance declines the church declines. When it dies, the church will be buried in the same grave. Wilbur F. Crafts. Please visit www.clda.ca for additional information.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood@mymts.net

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RM OF GIMLI**



**The Arborg Bakery is hiring a
PERMANENT FULL-TIME BAKER**

The Bakery offers extremely competitive wages as well as on the job training. Experience is an asset but not required. Applicant must be able to lift 50 lbs, as well as spend time on their feet.

Resumes can be dropped off on site or emailed to baker101@mymts.net.

**For more information,
call 204-641-4515.**

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TOWN OF WINNIPEG BEACH

NOTICE OF BY-ELECTION

Notice is hereby given that a vote of the TOWN of WINNIPEG BEACH will be taken to elect one (1) Councillor from the following duly nominated candidates:

For the Offices of Councillor:

Hoel, Barry
Reykdal, Ryan

VOTING PLACE

The Voting place will be open for voting on Saturday, September 12th, 2020 between 8:00 a.m. and 8:00 p.m. at: WINNIPEG BEACH COMMUNITY CENTRE.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on By-Election Day, an advance voting opportunity will be located at the Winnipeg Beach Community Centre, 32 Hamilton Avenue on Saturday September 05, 2020 between the hours of 8:00 a.m. and 8:00 p.m.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, **by appointment**, or in writing to the Senior Election Official at the contact information below.

If applying in person*, a voter may apply between August 15, 2020 and September 09, 2020. If applying by email or mail**, a voter may apply between July 29, 2020 and September 09, 2020

* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

** A voter applying by mail will receive a sealed envelope ballot package by regular post after their application, including signed photo ID, is received and accepted by the SEO. Alternative arrangements for delivery may be made with the SEO.

Applications received after September 01, 2020; the voter must make alternative arrangements for ballot delivery.

Ballots received after 8:00 p.m. on Election Day will not be accepted.

To qualify to vote, you must be (a) a Canadian citizen, (b) 18 years of age on Election Day, (c) a resident or owner of land in the municipality for at least six (6) months on Election Day.

Voting under Covid - 19 conditions:

All voters will be asked their health condition at time of voting, whether they have been in contact with a known sick person(s) and whether they have travelled outside of the Province in the past 14 days.

Voters will be required to use the hand sanitizer available prior to entering the voting place.

The use of masks is strongly recommended.

David Lobban

Senior Election Official for the TOWN OF WINNIPEG BEACH

204-389-4980 Cell: 204-918-7563 or in writing to:

Box 285, Winnipeg Beach, Mb ROC 3G0 or

Email: seo@winnipegbeach.ca

EVERGREEN SCHOOL DIVISION
is searching for



Divisional Educational Assistants (Temporary)
- 6.0 hr/day

These positions are effective September 3, 2020 and are expected to continue to June 30, 2021.

Divisional EAs will be assigned to all schools in the division and will provide EA and supervision support as needed. Evergreen schools are located in Arborg, Gimli, Riverton and Winnipeg Beach.

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

CLOSING DATE: August 24, 2020 (3:30 p.m.)

EVERGREEN BASIC NEEDS IS HIRING!

MAINTENANCE PERSON

Evergreen Basic Needs is looking for a Full Time Maintenance Person, 30-35 hours a week including Saturdays. Must have a valid driver's licence and be able to lift 50 lbs minimum.

Benefit Package available.

Please submit resumé to

Karen Bowman at

ebnoffice@mymts.net

or drop off in person at

71 4th Ave in Gimli.

For further information call

204 642 9736

Applications due by

September 9, 2020

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

THE EXPRESS
WEEKLY NEWS

classifieds@expressweeklynews.ca

204-467-5836

McSherry Auction Service Ltd

ONLINE TIMED OUT FARM AUCTION CALVIN BECKETT
Lac Du Bonnet, MB

Closes Thurs Sept 3rd @ 8 PM

10 Min North on Hwy 11 To Great Falls Continue Past 4 Miles Then Left 1 1/2 Miles on Maple Creek Then Right Turn 1/2 Mile On La Liberté Rd.
Contact # (204) 345-4289

07 Kubota MM9540 MFWA Left Hand, Forward, Reverse, Cab, 3PH w Kubota FEL Showing 3342 * 05 Case IH RBX 562 Rd Baler w Net Wrap * NH 855 Rd Baler * 2) NH 116 Hyd. Swing 16' Mower Conditioners * Semi 48' Hay Trailer w Tandem Converter * 00 Honda 450 4x4 Quad * 03 Chev 3500 Dually Ext Cab 4 x 4 Dsl w Deck * Along w More Medium Sized Grain & Haying Equip * Trailers * Livestock Equip * Squeeze Chute * Panels * Farm Misc *
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Closes Wed Aug 26 @ 8 PM

Estate & Moving
Closes Wed Sept 2 @ 8 PM
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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

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McSherry Auction Service Ltd

HUGE CATTLEMAN INTERNET TIMED OUT AUCTION FOR JOSH JOHANNSON

Bidding Closes Thursday Sept 10th @ 7 PM

Woodlands, MB - North 518, 3 Miles Then East on Rd 85N, 1 3/4 Miles #7046
Contact # (204) 404-0431

JD 2750 Dsl MFWA Cab 3PH 5143 Hrs * 2016 Wilson Gooseneck 24' Tandem 7000LB x 2 Alum Stock Trailer * 2016 Red Rhino Gooseneck Tandem - Single Row Round Bale Auto Unload Trailer * MF 135 Dsl 3PH Hyd Showing 3640 Hrs * 3PH 5' Rotary Mower * Gravity Hopper Trailer * Silver Lake Mfg Trailer - Hydraulic Post Pounder * New Raw Hide Large Portable Corral Gooseneck-1 Person Set Up Elec/Hyd W Loading Chute* 2) 20' Steel Shipping Containers * EZE- Feeder 70 3PH 70 Bushel Bunk Feeder* Maternity Pen * Arrow Cattle Quip Portable Squeeze Cute, Alley, Tub System * Huge Amount of Livestock Equip - All 4 Years Old or Newer! * 41) 30 Combo 5 Bar Wind Break Self Standing Panels * 48) 30' 5 Bar Self Standing Panels Some w Swing Gates * 70) 10-14' Corral Panels & Gates * Hopper Bins * More Livestock Equip * Auger * Rd Bale Feeders * Cattle Oiler * Auto Waterers * Bunk Feeders * Corral Posts * 03 Sokal 24' Gooseneck Stock Trailer * Saddles * Some Yard *

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ANNIVERSRY



Don and Hedy Bjornson
August 20, 1960 - August 20, 2020
Happy 60th Anniversary!

The world has changed a lot over the past 60 years, but what has been constant is the love, compassion and generosity you have shared. Your love serves as a model for us all. We have been blessed to have you as our parents, Amma and Afi and langamma and langafi.
-With much love,
your family

OBITUARY

Wilfred Arne Brandstrom

A memorial service will be held on Friday, August 28, 2020 in the Gilbert Funeral Chapel in Selkirk, Manitoba.



Gilbert Funeral Home,
Selkirk in care of arrangements.

OBITUARY

Jarrold Thomas Stadnichuk

Suddenly at his residence, on August 4, 2020, Jarrold Stadnichuk aged 50 years of Arnes, MB passed away.

Cremation has taken place and a graveside service will be held at the Arnes Cemetery. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com
Gilbart Funeral Home, Gimli
in care of arrangements



Gilbert Funeral Home,
Gimli in care of arrangements.

OBITUARY

Leola Sigurbjorg Jonasson (nee Gislason)

We are very sorry to announce that at this time, due to current COVID rules, we are unable to have the memorial service for Leola Jonasson at the Riverton Hall on August 22, and it will be cancelled.

We apologize for any inconvenience
The family will be having something in the future when there are less restrictions.
The burial will be private at Riverton cemetery.
Those who wish to pay their respects to Leola may attend the Riverton Cemetery between 1 p.m. and 3 p.m. August 22, 2020.
Thank you for your understanding.

OBITUARY

Russell Lloyd Johannson
December 14, 1951 - May 13, 2020

Now that COVID restrictions have been lifted somewhat, there will be a funeral held at 11:00 a.m. on Saturday, August 22, 2020 at the Minewakin Cemetery (west of Lundar). Refreshments to follow at Russell's home.
Arrangements by:

ARNASON FUNERAL HOME
Ashern - Lundar
1-204-768-2072
1-866-323-3593



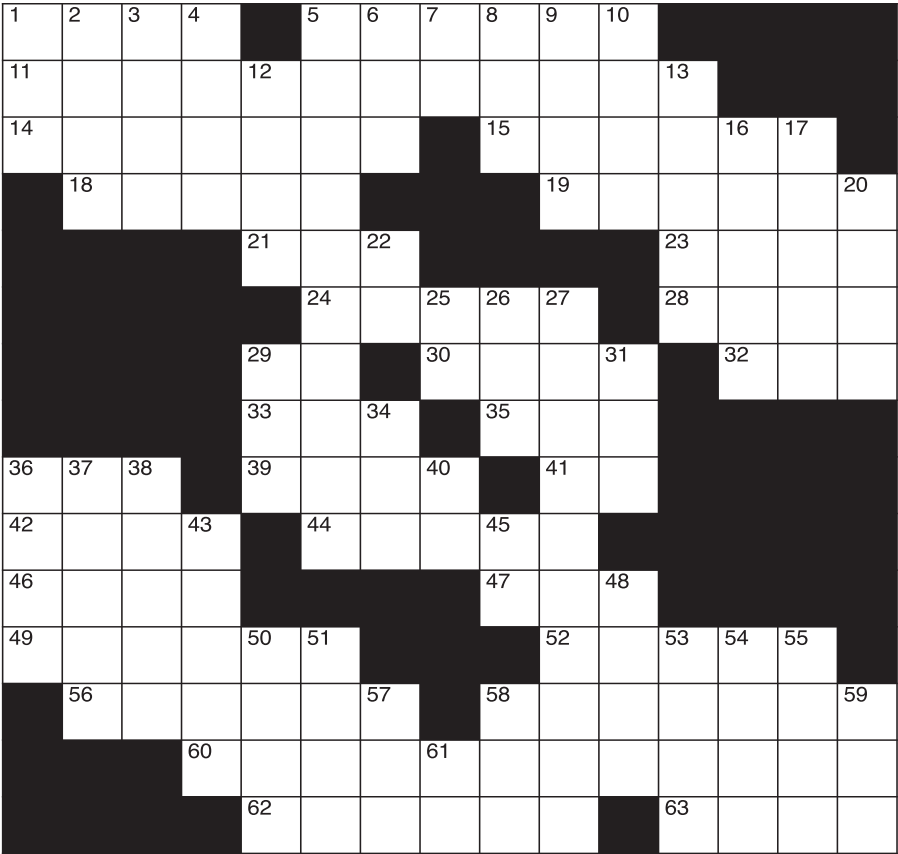
take a break

> GAMES

CLUES ACROSS

- 1. Popular musical awards show
- 5. Speech in one's honor
- 11. A state of poor nutrition
- 14. Not ingested
- 15. More lacking in taste
- 18. "Popeye" cartoonist
- 19. Helps to reduce speed
- 21. January 1 greeting (abbr.)
- 23. Georgian currency
- 24. Proverb expressing a truth
- 28. Jewish calendar month
- 29. Volume measurement
- 30. Fair-skinned
- 32. Patti Hearst's captors
- 33. Have already done
- 35. Touch lightly
- 36. Autonomic nervous system
- 39. Plant part
- 41. College degree
- 42. Military alliance
- 44. Tokyo's former name
- 46. Carpenter's tool
- 47. Before
- 49. Consent to receive
- 52. Passages
- 56. The Duke of Edinburgh

- 58. Utter repeatedly
 - 60. Linked together in a chain
 - 62. Quality that evokes pity
 - 63. Maintained possession of
- CLUES DOWN
- 1. U.S. military school
 - 2. Controls
 - 3. Away from wind
 - 4. Grab quickly
 - 5. Being everlasting
 - 6. Vase
 - 7. Atomic #3
 - 8. Type of medication
 - 9. Encircle with a belt
 - 10. Belonging to you
 - 12. American state
 - 13. City in Zambia
 - 16. Good Gosh!
 - 17. Of the country
 - 20. Helsinki district
 - 22. 36 inches
 - 25. Reporters' group
 - 26. The voice of Olaf
 - 27. Explains in detail
 - 29. Tooth caregiver
 - 31. One point south of due east
 - 34. Scottish river



- 36. Elsa's sister
- 37. Civil Rights group
- 38. Line of poetry
- 40. Doctor
- 43. Fatty acid
- 45. Avatar (abbr.)
- 48. Awe-inspiring garden
- 50. Fall down

- 51. Rock icon Turner
- 53. Asian country (alt. sp.)
- 54. UK museum network
- 55. Stairs have at least one
- 57. Part of (abbr.)
- 58. Simpson trial judge
- 59. Sun up in New York
- 61. Exclamation of surprise

SUDOKU

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

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Fun By The Numbers

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

Sudoku Answer

T	P	E	K	S	O	H	T	V	P
D	E	T	A	N	E	T	A	C	O
E	T	A	R	E	T	I	P	I	H
S	T	I	D	A	V	T	P	E	C

Crossword Answer



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