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EXPRESS PHOTOS COURTESY OF KAHLEIGH DUBOIS
Kahleigh's Brew Barn Restaurant & Lounge in Riverton was among the Top 5 Le Burger competitors last week. From left: server Ashley Bilinski, owner Kahleigh Dubois, manager Andrea Bonkowski and server Adraona Kraus.

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Local restaurants Kahleigh's Brew Barn and Carlo's Cucina earn top spots in Le Burger competition

By Patricia Barrett

Two Interlake restaurants with flip-pin' good burgers left their Canadian Le Burger Week competitors on the grill last week.

Kahleigh's Brew Barn in Riverton and Carlo's Cucina in Sandy Hook/Winnipeg Beach moved into Top 5 of the annual competition, in which customers from coast to coast get to rate their burgers.

Kahleigh's Brew Barn owner Kahleigh Dubois is a self-taught burger virtuoso who laid a cheeky slice of grilled pineapple on top of sizzling slices of Applewood Smoked Bacon and a beef patty that was raised just down the road. She calls it the Pineapple BBQ Bacon Burger and says people have been "begging for it."

If you're thinking of eating more than one of these mammoth burgers, you might want to get a designated driver.

"The taste is a combination of sweet and smoky with a little bit of saltiness from the bacon. It's a unique flavour. And there's a kick to it from the For-



The Pineapple BBQ Bacon Burger from Kahleigh's Brew Barn in Riverton.



LE BURGERWEEK.COM

The Smokey Barrel from Carlo's Cucina in Sandy Hook/Winnipeg Beach.

Continued on page 9



EXPRESS PHOTOS SUBMITTED

Kahleigh Dubois (second from right) and her staff — server Adraona Kraus (far left), manager Andrea Bonkowski and server Ashley Bilinski (right) — have found their way into the public's burger-hungry hearts with the Pineapple BBQ Bacon Burger.



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Docs talk COVID-19 and school risks

By Lorne Stelmach

A virtual town hall last week brought together a panel of doctors to discuss the risk of COVID-19 in schools and what precautions students, parents and educators can take to feel safe this fall.

The bottom line from the Aug. 31 forum was that while there is a somewhat lesser risk for children when it comes to the virus, all of the precautions that are being put in place by the province are important.

"With the right COVID-19 precautions in place, schools can be a low-risk environment for children and youth, including those under 12 who are not yet eligible to be vaccinated," said Dr. Marni Hanna, president of the Manitoba Pediatric Society.

A group of physicians with medical expertise in a variety of relevant areas took part in the session, including pediatric medical leaders and those with expertise in infectious diseases, mental health and immunology.

Dr. Jared Bullard, a pediatric infection disease specialist, addressed the overall level of risk for youth and children.

"We've had about 15,000 kids get infected with COVID in the province over the three waves we've had so far. Of those, about one in 200 end up in hospital. ... ICU is about one in 2,000," he noted, adding three children have died due to COVID.

It's a myth that children can't get COVID, though Bullard noted it most likely is contracted within their own home.

"It can definitely cause harm to children," he said. "It's a serious disease; not as serious in children as adults, and there's a variety of ways we can control the situation to protect them as best as we can."

Dr. Ruth Grimes, president of the Canadian Paediatric Society, noted it's difficult to say yet what long-term impacts if any there may be for children who contract the virus.

"I think that there are some children who can develop some long COVID symptoms ... fatigue being the predominant one ... and individuals who are older, teenagers," said Grimes, who added they are still collecting data and assessing the long-term implications of the virus.

Bullard touched on the delta variant, which is of greater concern given it is more infectious.

"It's 50 per cent more infectious than the alpha variant; the alpha variant was 50 per cent more infectious than the original strains," he explained. "When you have a more infectious virus, it's going to spread in the community faster."

A case of SARS, for example, might infect two or three other people, while the alpha variant of COVID could infect three to five and the delta variant might infect six to eight others.

Bullard also addressed the impact of vaccination.

"There are many benefits to the vaccine, and we certainly have some more data coming out," he said. "We've seen people who still get infected; however, what you find is the amount of virus



SCREENSHOT

Doctors Manitoba hosted an online town hall last week to discuss the risk of COVID-19 in schools as Manitoba students head back to class.

they have drops off quite significantly within 48 to 72 hours, so the likelihood of being infectious tails off quite quickly as opposed to someone who has no vaccination is likely to be infectious for the better part of 10 days, if not longer."

It was also acknowledged that there is some degree of greater risk for children with pre-existing conditions and who are immunocompromised, but the level of risk can vary.


Dr. Ashley Chopek, a pediatric oncology and bone marrow transplant specialist, noted in example that there

are points during chemotherapy treatment where there specifically may be more risk.

"The bottom line is that if you have a severely compromised immune system, there may be an increased risk," she said. "It depends on a lot ... it depends on your child's individual situation."

Responding to a question from someone whose daughter had cancer and is too young for vaccination, Chopek pointed out that the immune

Continued on page 10



Interlake-Eastern RHA Board Annual General Meeting

Monday, October 4, 2021
2:00 p.m. – 4:00 p.m.

Agenda highlights:

- A review of the year's activities by members of the board of directors, CEO report and award announcements.

Due to the COVID-19 pandemic, the Annual General Meeting will be held virtually using ZOOM. Registration is NOT required.

ALL ARE WELCOME TO PARTICIPATE

Join the Annual General Meeting at 2:00p.m. on October 4 by visiting the webinar link at: <https://js.gd/nBG8vD>

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by calling: (Toll Free): 1-855-703-8985

Meeting ID: 617 3990 2678
Passcode: 964216

Please visit www.ierha.ca and "News" for meeting materials that will be posted the day of the Annual General Meeting. Feel free to contact us at 1-855-347-8500 or info@ierha.ca if you have or wish to submit any questions in advance!



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Winnipeg Beach Tiny Tots childcare celebrates 50 years

By Patricia Barrett

The Winnipeg Beach Tiny Tots childcare centre celebrated its 50th anniversary at the end of August with a carnival-themed event for students, and also bid a fond farewell to its long-serving director, Valerie Reykdal.

The carnival took place Aug. 31 and included games and prizes, hot dogs and cake to celebrate the centre's 50 years of care and education support.

Hundreds of children have passed through Tiny Tots' door, with "each and every child bringing their own unique enthusiasm and sunshine to the centre," said Tiny Tots president Michelle Hainsworth, who helped organize the day's activities and shared speeches with the *Express*.

Tiny Tots is an infant, preschool and school-age childcare centre that's attached to Winnipeg Beach School. It started caring for children on a part-time basis in 1971, using space in the curling rink, said Hainsworth. A full-time centre was opened in 2003. Throughout the years, it has created jobs in the community, employed university students and high school students needing course credits. It currently employs nine staff.

The day also included a fond farewell and a thank you to Tiny Tots director Valerie Reykdal for over 35 years of dedication and service to the



Val Reykdal gets a high-five from a Tiny Tots student.

centre. Reykdal retired on Aug. 31.

"[All those years] sum up to be approximately 9,400 days, 18,000 snacks, 56,400 diapers, 2.1 million 'TEACH-ERRR' and countless hugs, smiles and high fives," said Hainsworth, delivering her farewell speech. "You have inspired numerous young and



EXPRESS PHOTOS BY MICHELLE HAINSWORTH

Director Val Reykdal, who retired, with some of the kids who attend the Winnipeg Beach Tiny Tots childcare centre.

old adults to enter into a career with children, taught us that 'No' is not an answer and to never use the word bad as no child is bad nor does bad things. By doing what you love, you have inspired and awakened the hearts of countless children, staff, parents and community members. Your influence will never be forgotten nor erased."

When Tiny Tots students were asked if they knew what retirement meant, Hainsworth said one child yelled out "Cake!" while another said it meant moving on to their next journey and not coming back.

Tiny Tots student Lyla said they all love Val because of her good nature and helpfulness.

"We love Val because she is so sweet and kind and she helps us whenever we need something," said Lyla.

Reykdal said both staff and children

have had plenty of laughs and many good times over the years and she'll treasure the memories.

"The journey has been amazing," said Reykdal during her speech. "Sure, there were up and downs, but here the ups surely outdid the downs. It's just an adventure when you work in a daycare. Every day is different."

Reykdal welcomed new director Melori Capuska, who has been with Tiny Tots for 18 years.



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Val Reykdal (centre) with her daughter Candace and her grandchildren Blaze, Everly and Bella.



Kids put their co-ordination skills to work for the bean bag toss.



Kids put their hockey skills to the test

Lundar kids learned, travelled and jumped for joy during summer camp

By Nicole Brownlee

The RM of Coldwell wrapped up a successful season of summer camps on Aug. 27.

"I'm very thankful that we were able to have them this year," said Breanna Rae, recreations director for the municipality.

"Last year was just tough with no childcare for so many people, and the kids missed the camps."

Starting after the July long weekend, the recreation department ran eight weeks of summer camps for children aged five to 11 in Lundar with the help of four local students.

"This is the most staff we were able to hire too through grants funding, so we were excited about that," said Rae.

The camp received grants through the Manitoba Métis Federation and the Green Team, a provincial program created to give young Manitobans the opportunity to work in a provincial park.

The students helped plan and implement each themed camp week, including spirit week, carnival week, sports week, science week and more.

Each day would entail physical activity, hands-on crafts and learning something new.

"For around the world week, we

pretended that we were at a different county every day," explained Rae.

The kids created homemade passports that were stamped as they completed different activities in "different countries" around Lundar.

"We went to Hawaii, and we made piña coladas and leis... We went to Iceland, and we made the Icelandic flag," said Rae.

During sports week, campers tried a different sport each day.

"We went to the park and played tennis. We played hockey, rollerblading and basketball."

In addition to themed crafts, experiments and challenges, the campers also visited local parks, pools and skateparks.

"All the camps, all the themes, were very well attended," said Rae.

Each week-long camp had a cap of 20 participants to adhere to COVID-19 restrictions and to keep the campers safe. Most of the activities were also held outside to encourage social distancing while enjoying the warm weather.

"The weather was so beautiful we spent so much time outside," said Rae.

The recreation department received countless notes of positive feedback surrounding the camps this summer.



EXPRESS PHOTO SUPPLIED BY THE RM OF COLDWELL.

Children in the RM of Coldwell jumped for joy when eight weeks of summer camps were welcomed back into the community.

"The kids and the parents loved the

summer camp and were very thankful for summer camp this year, which makes it wonderful to be able to offer that."

Rae said she looks forward to next year's summer camp season.

Derek Johnson
MLA for Interlake-Gimli

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New public health orders now in effect

Staff

A day before they were slated to come into effect, government officials provided some clarity on the newest public health orders last week Thursday.

The orders include a return of the mask mandate in indoor public spaces and require proof of vaccination against COVID-19 at certain events and locations.

"These orders will inform and guide us as we work to avoid the most serious effects of a fourth wave, and address the threat posed by the delta variant," said Dr. Brent Roussin, chief provincial public health officer. "By continuing to encourage Manitobans to get vaccinated, and supporting businesses and services as they take the steps to comply with these orders, we can work together to get through these difficult times."

Outdoor gatherings in public spaces are now limited to 500 people, down from the former limit of 1,500. Community fairs and festivals will be allowed to operate above that limit, subject to protocols approved by public health.

Museums and galleries are allowed

to open, but are now required to ask for proof of vaccination from visitors to access indoor areas.

Wedding receptions held in licensed premises will be subject to the same rules as restaurants and licensed premises, and guests will have to show proof of vaccination.

Food courts are also now required to comply with the same rules as restaurants for dine-in patrons and require proof of vaccination if they choose to open for options other than take-out.

Proof of vaccination is also required to attend indoor and outdoor ticketed sporting events; concerts, indoor theatre/dance/symphony events; restaurants (indoor and patio dining); nightclubs and all other licensed premises; casinos, bingo halls and VLT lounges; movie theatres; fitness centres, gyms and indoor sporting and recreational facilities (excluding youth recreational sport); and organized indoor group recreational classes and activities, and indoor recreational business.

Children born after Dec. 31, 2009, who are not eligible to be immunized will be able to attend events and activities with a fully-immunized adult.

Roussin notes these public health

orders will reduce the need for more stringent restrictions and lockdowns that would otherwise be necessary to combat the COVID-19 fourth wave and protect the province's hospital and critical care capacities.

"We must continue to take steps to encourage people to be fully immunized before attending higher-risk events, activities and services because we know — and the data is showing us — that when people get vaccinated, it helps slow the spread of the virus," he said. "We must continue to be vigilant and follow the basics or more drastic restrictions will be needed to keep us all safe."

Heading into the long weekend, Manitoba was reporting 440 active cases, 57,213 recoveries and 1,192 deaths due to the virus.

The provincial test positivity rate was 2.4 per cent. A total of 66 people were hospitalized with the virus, 10 in ICU.

In the Pembina Valley, Winkler's case count had jumped to 17; Morden was reporting six cases; Stanley, five; Altona, seven; and Carman, one.

Goertzen sworn in as Manitoba's interim premier

By Ashleigh Viveiros

Kelvin Goertzen is Manitoba's interim premier for the next couple months.

The Manitoba Progressive Conservative Caucus selected the Steinbach MLA to temporarily fill the role left vacant by the departing Brian Pallister last week.

"There was healthy dialogue and discussion ... on the future of our caucus and a desired path forward for an interim leader," said caucus chair Greg Nesbitt in a statement. "It was unanimously decided that Kelvin Goertzen is the best person to lead us through this interim period until a new leader is selected in the fall."

The Tories are expected to select their new permanent leader at the end of October.

Goertzen has been the MLA for Steinbach since 2003, serving as the minister of health, seniors and active living and the minister of education

Continued on page 7

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EXPRESS PHOTO BY NICOLE KAPUSTA

Most sunflowers are annuals. They germinate in late spring, bloom during the summer and die back at the first frost of fall. When considering how to grow a sunflower that lasts all summer, the best plan is to plant your sunflowers every few weeks to extend bloom time. Help the Tribune record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

High number of black bear incidents being reported

Manitobans reminded to be 'wildlife smart'

Submitted by Manitoba government

Manitoba Agriculture and Resource Development is recording a higher than usual number of black bear interaction calls in a number of areas around the province and Manitobans are reminded they need to be "Wildlife Smart" in bear country.

Black bears are now very focused on finding food and will explore anything that smells like food to prepare for the

winter. With natural food shortages in some areas, bears may be more likely to enter communities in search of food.

Bears are intelligent animals, and once a bear associates an area with food, it may return multiple times. This can be dangerous for people but also for the bear. When a bear is identified as a problem animal, steps have to be taken to trap and relocate it, and in some cases it can require the

Continued on page 11

> GOERTZEN, FROM PG. 6

at various points in his career. In January he was appointed minister of legislative and public affairs and deputy premier of Manitoba.

Shortly after his swearing in as Manitoba's 23rd premier, Goertzen announced several pieces of legislation delayed by the NDP opposition would be scrapped for now.

Chief among them is the contentious Bill 64, which sought to reform the provincial public education system. These reforms have been met with a great deal of criticism and protests in recent months.

Goertzen said he wanted to leave important decisions like these to his successor.

"A new leader has to be able to set their own agenda," he said. "This really is about setting that clean slate for a new leader; that's why it's important to remove these five bills."

The Manitoba Legislature is expected to sit briefly this fall to withdraw these bills and deal with a few necessary budget matters.

In another one of his first acts as interim premier, Goertzen appointed Families Minister Rochelle Squires to serve as deputy premier.

He also did some cabinet role shuffling, including:

- Squires and Infrastructure Minister Ron Schuler will join the Priorities and Planning Committee of Cabinet;

- Crown Services Minister Jeff Wharton will become the chair of the Regulatory Accountability Committee of Cabinet and Justice Minister Cameron Friesen will join the committee as vice-chair; and

- Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere will join the Gender-Based Violence Committee of Cabinet.

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Province offering up to \$4,000 for young businesses

By Nicole Brownlee

Young entrepreneurs have an opportunity to cut their start-up costs with the help of a provincial grant.

Business people between 18 and 29 years old can apply for the Young Entrepreneurs Grant Program to receive up to \$4,000 to help establish their business.

"We've really been trying hard to encourage self-employment and entrepreneurship across the region, and certainly getting a start with young entrepreneurs is really important," said Lana Cowling-Mason, manager of Community Futures West Interlake.

Community Futures is a community-based initiative that helps rural businesses to improve communities and their local economies. The West Interlake division of Community Fu-

tures represents 34 communities.

"Entrepreneurship is a real option in our communities, and there are programs available," said Cowling-Mason. "We need to have some young folks getting involved and being a part of the community, and they have a lot to offer."

Applicants must plan to work at the business full-time with a minimum commitment of 30 hours per week, and they cannot work somewhere else for more than 20 hours a week. The program also disqualifies youth who attend school on a full-time basis.

The business must be planned to run year-round in Manitoba and cannot be an expansion of an existing business.

To apply to the program, young entrepreneurs must submit an application and a completed business plan to

the province by Oct. 15. If a business is selected, the program will provide up to \$4,000 based on 50 per cent of start-up costs. The business cannot already be started when applying for the grant.

"There's not a lot of grant programs out there anymore for business development. Most of it is financing and loans, so this is really a good opportunity for those that are considering self-employment," said Cowling-Mason.

Coming from a business background himself, Economic Development and Jobs Minister Jon Reyes said it's especially important to have grants like the YEGP.

"Those who want to go into entrepreneurship should take full advantage of this," said Reyes. "Youth are part of our future and a part of the economy

as well, so let's provide them with the scratch that we can if they qualify."

Cowling-Mason encourages people applying for the grant to reach out to Community Futures West Interlake for help with the application process, creating a business plan or having questions about other resources.

"We really like to have a chat with folks at that idea stage, and then we can help them work through the steps of exploring self-employment and entrepreneurship and see if it's right for them," said Cowling-Mason. "Our office is here to help."

To find out more about the Young Entrepreneurship Grant Program, visit <https://www.gov.mb.ca/cyo/youth/businesses/youngentrepreneurs.html>. To connect with Community Futures West Interlake, visit <https://cfmanitoba.ca/west-interlake>.

Province acknowledges day for Truth and Reconciliation on Sept. 30

Day of observation advances reconciliation, allows Manitobans to reflect on residential school experiences of First Nations, Métis and Inuit



REMINDER NOTICE OF PUBLIC HEARING

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.8% decrease to Basic Autopac vehicle insurance rates and premiums effective on April 1, 2022 through March 31, 2023. MPI also filed a Special Rebate Application on July 19, 2021 asking that a percentage of premiums earned between November 22, 2020 and December 9, 2021 be returned to customers. The rebate amount is currently estimated at \$155 million and if approved, would be equivalent to a rate reduction of approximately 15%.

MPI will ask the Board on September 17, 2021 (by way of motion) that the two applications be heard together.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic based virtual public hearing on the proposed rate and premium decrease will be held commencing:

Tuesday, October 12, 2021 at 9:00 a.m.

Please view the hearing via the PUB website link:
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about these applications, you are encouraged to observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool. Public attendance at the hearing may be restricted, due to public health circumstances.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2021**.

For more information, visit www.pubmanitoba.ca

Manitoba Public Utilities Board

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Submitted by Manitoba government

The Manitoba government is recognizing the National Day for Truth and Reconciliation as a day of observance to encourage reflection and meaningful discussions about the impacts of residential schools, Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere announced Friday.

Schools will be closed and no classes will be held on that day. Manitoba's public servants will also observe the National Day for Truth and Reconciliation and non-essential government services and offices will be closed for the day.

"We all have a role to play in recon-

ciliation. We can all listen, learn and support the healing needed to address the intergenerational trauma caused by the residential school system," said Lagimodiere. "Reflecting on our tragic history by recognizing

**"WE ALL HAVE A
ROLE TO PLAY IN
RECONCILIATION."**

the National Day for Truth and Reconciliation provides an opportunity for Manitobans to learn about the ongoing legacy of residential schools. This shared understanding of our history is essential to reconciliation."

In June, the House of Commons unanimously passed legislation to make Sept. 30 a National Day for Truth and Reconciliation to commemorate the history and ongoing trauma caused by residential schools and to honour the survivors, families and communities who continue to grieve for those who were lost.

Several Indigenous-led events will be supported by the province during the month of September to provide Indigenous and non-Indigenous people an important opportunity to advance reconciliation and to listen and learn about Indigenous stories and experiences, noted Lagimodiere.

Sept. 30 will also see flags on all provincial government buildings lowered to half-mast in observance of National Day for Truth and Reconciliation.

Interlake Women's Resource Centre

Annual General Meeting

**Wednesday, September 22nd, 2021
Johnson Hall, Waterfront Centre,
5th Floor, 94 First Avenue, Gimli**

**6:30 pm –
membership purchase/renewal
7:00 pm – AGM**

Guest Speaker: Hannah Magnusson,
facilitator of "A Space of Our Own",
a program of the Centre

Reports from the Chairperson and
Treasurer, appointment of auditor and
elections will be held for an Executive
Board position as well as Community
Representative positions.

Spaced seating, masks required.

Youth encouraged to sign up for the Great Manitoba March

By Nicole Brownlee

The Manitoba Métis Federation is encouraging Interlake youth to get out and walk, run and climb to reach the same number of steps a voyageur could travel in four months.

Inspired by the MMF's southwest region's idea to "walk across Manitoba," Crystal Allard created The Great Manitoba March Contest.

"We have a youth committee for every region, so they expressed that this would be awesome for youth to do in our region also," said Allard, a youth worker in the MMF's Interlake region.

Young people in the Interlake region between 15 and 29 years old can reg-

ister for the contest by Sept. 10 to receive a pedometer to track their steps. Their goal is to reach 785,220 steps between Sept. 25 and Jan. 25, 2022.

Allard found that voyageurs would walk almost five kilometres per day, which equals around 6,500 daily steps.

"We know that most youth will probably have these steps done earlier than [January], but we just gave them a four-month span to not have to rush through it," said Allard.

She'll check in with the participants weekly to see how many steps they're at and email the contestants a spreadsheet with everyone's progress.

"It's like a friendly competition," said

Allard. "I'm hoping that kids will get more active."

She also hopes this will encourage kids to see their friends and family safely while adhering to COVID-19 restrictions.

"The pandemic impacts a lot of people's mental health because they're not able to, like, go out and see their friends," said Allard. "They can participate in this contest with their family and friends as long as they maintain social distancing."

The Great Manitoba March is the first contest of its kind the MMF's Interlake region has held.

"Usually, we do workshops, but be-

cause of COVID and everything, we're unable to have in-person workshops, so we're trying to find other things to keep the youth involved," said Allard.

On Aug. 31, one day after registration opened for the contest, five participants had registered for the contest.

"We're looking at having at least 20 youth participants," said Allard.

Youth also have the chance to win a Fitbit Versa Watch or gift cards ranging from \$75 to \$100 for participating in the contest. To register for The Great Manitoba March Contest, contact Crystal Allard at 204-646-2706 or intmmfyouth@mmf.mb.ca.

Moosehorn community club in need of volunteers

By Nicole Brownlee

After losing their president suddenly during the COVID-19 pandemic, the Moosehorn Community Club is looking for new members and leaders.

Alfred Nachtigall died on May 17 after a sudden illness, leaving large shoes to fill, said June Huska, vice-president of the community club.

"He was our president for over 20 years," said Huska. "We're missing him very much."

Nachtigall was a well-known volunteer in his hometown community and always willing to lend a hand, said Huska.

"He looked after our hall. ... He was there practically every day and in

town, you know, chatting with people."

The club is hoping to welcome a new president, a few new members and a hall caretaker at their Sept. 27 meeting at the Moosehorn Community Hall at 7:30 p.m.

"We can always use new members," said Huska. "Right now, we don't have many younger members."

Huska has been involved with the community club since moving back to Moosehorn from Calgary in 2009.

"It's [our] community. You can't just use it; you have to participate too," said Huska.

The community club is responsible for the community hall, baseball diamonds, skating rink and some community events.

"This is what keeps the community together," said Huska. "It keeps the community as a whole."

The community hasn't hosted any events at the Moosehorn Community Hall during the COVID-19 pandemic because of public health restrictions.

"We didn't have much coming into our community club to keep the hall going, and you still have to pay your hydro bills and your insurance every month," said Huska.

The club received a government grant to help keep the hall open and plan to fundraise more.

In the meantime, the community hall's kitchen will be renovated to update appliances, countertops, flooring and lighting. The community club ap-

plied for a grant to redo the kitchen around a year and a half ago, said Huska.

"We had hoped we would get our grant like last year in 2020 type of thing so we could get it all done during COVID when no one was able to do stuff ... but it did not happen that way."

Renovations will begin Oct. 1 and need to be completed by March 31, 2022.

If anyone is interested in joining the club, becoming caretaker or contributing to the community, you are welcome to attend the Moosehorn Community Club meeting on Sept. 27 at 7:30 p.m.

> BURGER, FROM PG. 2

ty Creek Barbecue Sauce, which has whisky in it. If you eat enough burgers, you could get drunk!" said Dubois by phone on Day 2 (Sept. 2) of the Le Burger competition when she took the No. 4 spot in Canada.

"We also use local beef from Bar Z Beef, which is just outside of Arborg. I think the local flavour gives it an advantage. We use it in all our beef. It brings people in because it's local and they like supporting local."

In the first two days of the Le Burger competition, Dubois said she served about 80 burgers. The patty has become so popular, that people are coming from both near and far to sink their teeth into it.

"We've got people coming from everywhere to get the burger. We had people from Winnipeg last night and I think from Oak Bank," said Dubois, who has run the restaurant and lounge for almost eight years. "We've

had a really good response to the burger."

Le Burger Week is an annual event that celebrates the finest burgers in Canada and tips people off about the best joints in town. This year's 10th annual chew-down is running for two weeks from Sept. 1 to 14. It's organized by Saputo, which produces and distributes a variety of dairy products, and Sysco, a food wholesaler and distributor.

Two restaurants in Quebec and one in Ontario were first, second and fifth, respectively, on Sept. 2. Kahleigh's Brew Barn held the No. 4 spot, while another Interlake restaurant, Carlo's Cucina from Sandy Hook/Winnipeg Beach held the No. 3 spot.

Carlo's Cucina owner Carlo Guzzi is contending for patty glory with his Smokey Barrel Burger creation. He did hold the No. 2 spot before slipping to No. 3. But he's not worried.

"I believe I will be pushing higher than that," said Guzzi by phone last week. "I'm quite thankful I got the op-

portunity to make the Top 5."

He did not "put a few cool ingredients together" and hope for the best, he said. Instead, he put "all my passion onto that plate," considering how the burger would taste from top to bottom.

"I've been in the culinary arts industry for 27 years, and I believe that everybody likes to eat sweet and savoury and tart all together," said Guzzi. "And that's what I tried to do with my burger. If people want the best, you have to use the best ingredients all together."

He starts by daubing some sweet pepper jelly on the bottom of a brioche bun then lays two pieces of smoked pork belly and a 60-40 blend of beef brisket and certified Angus beef. The smoked beef brisket is from Bigg Smoak BBQ in Steinbach because he said he's partial to Manitoba-produced ingredients.

Then he adds "just the right amount" of Grain Dijon mustard, Beachside Farm and Apiaries' Sweet Clover Honey and red horseradish from El-

man's [Food Products] in Winnipeg. He tops it off with Bothwell Smoked Gouda Cheese.

"Customers have told me the burger is incredibly well put together, all balanced," said Guzzi, who is located in the Sandy Hook RV Resort during the summer and year-round in neighbouring Winnipeg Beach. "And out of the 90 burgers I've sold so far during Le Burger, I've had multiple people from all over the province telling us it's the best burger they've ever eaten in their life."

He said he has even had people from Alberta calling him to say they were on their way.

"There's 595 restaurants in Canada competing in this," said Guzzi. "To get such a high rating on Day 1 and now on Day 2, I'll tell you, all that hard work over the years and all of a sudden people start noticing me."

To view the duelling burgers, visit burgerweek.com

Unvaccinated ESD staff provincially mandated to get weekly COVID tests

By Patricia Barrett

Evergreen School Division staff who have not been vaccinated will have to undergo mandatory COVID-19 testing every week to reduce the chances of spreading the virus or one of its highly transmissible variants.

The testing directive comes from the province. The division sent a letter to staff and parents last week to inform them of the directive and other protective measures it will put in place when the school year starts next week.

"All staff who are not vaccinated will be required to undergo COVID-19 testing up to three times per week," wrote superintendent and CEO Roza Gray in the letter dated Aug. 25.

The division was told by the province that testing would take the form of "rapid testing" and that it would have to be done on the employee's own time, Gray told the *Express* in a follow-up email. The division is waiting for additional details from the province.

The province is requiring all public sector employees who work with vulnerable populations (particularly those under 12 years of age) to be fully immunized by Oct. 31 or they'll have to undergo regular COVID tests. The first dose of vaccine has to be received by the first day of school (Sept. 7 in most divisions) and the second dose by Oct. 17, according to a provincial immunization Q & A (question and answer) released last week.

The provincial directive applies to all education workers (staff, practicum students, bus drivers, custodians, etc.), child care workers, health-care workers, Manitoba Justice employees, public servants and employees working for funded agencies such as group homes.

"Everyone subject to the order must become fully vaccinated against COVID-19 and provide their employer with proof they are fully vaccinated in order to continue working," states the Q & A.

There are no exemptions for people



EXPRESS FILE PHOTO BY PATRICIA BARRETT

ESD is critically short of bus drivers and welcomes applications.

who say they cannot be inoculated with a COVID vaccine for medical reasons although delays up to three months before getting vaccinated may be accepted.

"The public health order was developed with input from medical experts in various medical specialties including oncology, allergy, immunology, transplant medicine, neurology, obstetrics, etc., to ensure the policy is fair to all, including those with medical concerns about vaccination," states the Q & A. "Expert opinion was provided, based on existing and evolving evidence and clinical practice, about whether there are patient populations that cannot be immunized for medical reasons. It was determined that medical exemptions are not warranted for the COVID-19 vaccine."

People who cite personal or religious reasons for refusing COVID vaccination are also not exempt from the provincial mandate: "The policy offers a choice between immunization and testing," states the Q & A. Under Manitoba — and Canadian — law, the mandate is not discriminatory. People have a personal and professional responsibility "to help protect public health."

Since the pandemic unfolded, hundreds upon hundreds of students across the province — including some students in the Evergreen School Division — have been infected with CO-

VID, and many schools either moved to remote learning or were told by the province to do so.

ESD is requiring its staff to wear disposable medical masks rather than cloth masks. And to further help keep schools safe and minimize learning disruptions, the division is requiring staff to stay home if they have COVID symptoms. The stay-home rule will also apply to anyone identified as a close contact.

The division will be organizing kindergarten to Grade 8 students into cohorts to help limit exposure to the virus and will be implementing physical distancing of at least one metre (3.3 feet) in classrooms.

All students (K-12) and visitors will be required to wear masks indoors and on school buses, states Gray in the letter. Masks will be "available to students and visitors who require them." Students don't have to wear a mask outside during recess, lunch or learning sessions.

Immunocompromised students, or those who live with a family member who is, will be able to access remote learning from the Manitoba Remote Learning Support Centre. A medical note is required. School principals can be contacted for more details about the service.

Over the summer, the division had the ventilations systems in its schools checked to ensure they meet Ameri-

can Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) standards.

"This summer all our ventilation systems were re-inspected by an HVAC professional. Our systems are in excellent working condition and met the ASHRAE verifications," wrote Gray in her letter. "We continue to optimize our systems to achieve higher levels of air exchange and meet other provincial guidelines as released in August 2021."

The division is encouraging everyone to get vaccinated as soon as they're eligible to help protect students.

Gray wrote that Manitoba Education states that "the best way to protect our children against COVID-19 is for them to receive both doses of an approved vaccine as soon as they are eligible." Vaccines for children aged 5-11 are expected to be available in early 2022.

Last year the division's students were able to attend school with limited disruption, Gray wrote, and that was in large part due to adherence by schools and communities to public health guidelines.

"We are hopeful for your continued support as we navigate another uncertain year," she wrote. "As has been our practice, we will continue to be responsive and communicate frequently as public health guidance evolves."

The division is inviting people to apply for a bus driver position as it's experiencing a "critical shortage" of drivers.

"Despite exhaustive efforts for over a year to recruit and train additional bus drivers, the division continues to have a critical shortage of drivers," wrote Gray. "This will have an impact on our ability to provide uninterrupted bus service. If you know someone who may be interested in becoming a driver, please contact our transportation department at transportation@esd.ca."

> SCHOOL RISKS, FROM PG. 3

system within a few months from completion of treatment does return to normal.

"If the child has completed the treatment for their cancer, then they are safe and should be returning to school. ... The benefits of school in this instance outweigh the risk to the child," she suggested.

Dr. Melanie Morris, a pediatric general surgeon and Indigenous health lead at Children's Hospital, also noted that there are some minority groups

who appear to be at increased risk.

"There's been a disproportionate level of complications associated with COVID within minority groups and specifically the Indigenous groups. ... There's ongoing research in regards to why this is occurring," she said.

In addressing concerns around young children who are not eligible to be vaccinated, Hanna stressed the importance of trying to make sure that everybody around them that is able to get their vaccines gets them

because that will greatly reduce the potential risk.

"I understand why parents are nervous ... but the best thing we can do is get vaccinated ourselves."

Finally, Dr. Andrew Hall, a child and adolescent psychiatrist, touched on the overall impact on not only physical but mental health, and he sees the social isolation as being a big factor for kids.

"There were three factors that were really good predictors. ... It was disruption to the daily routines, it was greater online learning challenges ...

and it was also reduction of respite services ... so the social isolation comes up over and over again," he said.

"I think that we can really try to get our kids to school safely, follow the recommendations of public health," said Hall. "[Parents] shouldn't be panicking, and I don't think that they should model anxiety because I think that kids will pick it up. ... Be attuned to your own mental health."

"Focus on what you can control," stressed Hall.

Project Linus providing blankets for children in need

Selkirk chapter is seeking donations so that they can help out more kids

By Katelyn Boulanger

There's not much that's more comforting than wrapping up in a cozy warm blanket at the end of a particularly difficult day and the kids that receive blankets through Project Linus are kids that have been having more than just one difficult day.

Project Linus's mission is to bring a sense of security warmth and comfort to children who are seriously ill, traumatized or otherwise in need of a hug through the gift of a handmade blanket. Volunteers from our area come together to make quilted, knit and crocheted blankets for these kids.

The first Project Linus chapter in Manitoba was started in Stonewall in 2006 by Gayleen Nixon.

This year those volunteers from Project Linus's Selkirk chapter are hoping that residents will help them to replenish their fabric stock this weekend when they set up a booth at the Art Crawl.

"We make blankets for kids who are in crisis, like if they're ill, have parents that have passed away, have had a very traumatic situation, if they've been abused or just in general not having a very happy time. We give them blankets. We reach them through partnerships with people who work with

kids, such as we do the Children's Burn Fund or burn unit in the city. We do the child abuse program. It used to be called the snowflake program. We do Fishing for Cure. Family First — that's a public health initiative that helps parents learn to parent — Growing Years Family Resource Centre and just [connecting with] a lot of people who work where kids are involved, school counsellors. Amazingly enough, the high schools use a fair amount of blankets as well. We try to keep everything in the community as much as we can," said Sharon Sutton, member of the Selkirk Project Linus Chapter.

The Selkirk group was founded in 2011 and since then has given out thousands of blankets to kids.

As COVID has made collecting fabric a bit more difficult, their once healthy fabric stash has lessened and now they are hoping that residents with extra fabric or yarn that they want to donate will pass that material along to them.

"Cottons and flannels are the best for fabrics — 100 per cent cotton, and acrylic [and cotton] yarns [especially in] number four," said Sutton.

She says these are the best kinds of fabrics because they are washable



EXPRESS PHOTO BY KATELYN BOULANGER
Some members of Project Linus's Selkirk branch with one of their fabulous quilts that will go to a child in need.

and they are also fabrics that kids are less likely to have allergies to.

So far this year, even though the group hasn't been able to meet as regularly as before — members used to meet monthly at the Gordon Howard Centre — they have been able to count up 158 quilts.

The best way to donate fabric to this cause is to meet them at their booth outside of the Gordon Howard Centre this weekend as part of the Art Crawl.

They will also have a 50/50 draw and will be selling bags and aprons. They are also willing to accept monetary donations and will issue receipts for donations over \$25.

They also encourage quilters, knitters and crocheters to contact them if they want to become involved.

For more information, you can email Sutton at sesutton@shaw.ca or give her a call at 204-482-4348.

> BLACK BEAR, FROM PG. 7

use of lethal force.

The best way to help black bears, and reduce risks to both people and bears, is by securing attractants. This includes securing garbage, compost, human food and pet food so it cannot be accessed by bears.

Additional Wildlife Smart tips to reduce the risk of conflicts with black bears and other wildlife include:

- never approach or feed a bear or any other wild animal;
- leash dogs when walking outside to reduce the risk of it harassing a bear, being attacked by one or leading a bear back to the dog's owner;
- remove ripened or fallen fruit daily and do not allow it to rot on the ground; and
- remove bird feeders from April to November.

These measures also apply to other wildlife species that can be a problem, such as coyotes, foxes, raccoons and skunks.

Bears are wild animals and must be respected. When in bear country, it's best to assume bears are in the vicinity



EXPRESS PHOTO BY JO-ANNE PROCTER

The best way to deter black bears from your residence is by keeping garbage, compost, human food and pet food out of sight and under cover.

ity even if no recent conflict or encounters have been reported. Carry bear deterrent spray and know how to use it. Be aware of your surroundings, walk in groups, and make noise.

More information on how to be Wildlife Smart is available at www.manitoba.ca/human-wildlife.

Thank You



I hope this letter finds you happy and healthy as we approach the tail end of summer in Gimli and surrounding areas. This has been a very challenging year for all of us being in the middle of a global pandemic and there still remains a lot of uncertainty as far as what is to come in the future. I have taken away many lessons being a healthcare front line worker during this past year, perhaps the most important being unity and the realization that we are all in this together.

It is with mixed emotions that I am informing you that I will no longer have a practice in Gimli or be providing my services in the ER as of November 24, 2021. It has been my absolute pleasure to serve the community during these past few years and I have had the privilege of forming friendships which will last a lifetime. I have shared in heartache as well as celebration with thousands of patients with each experience shaping the physician I am.

I fully empathize with the uncertainty and stress that patients experience when physicians transition and leave their practices. During this transition your personal health care needs are my priority. Your medical records are safe and will be readily accessible in our secure electronic medical record system at the hospital. Your records can also be transferred if you so choose to find another physician outside of our practice. I do intend to relocate my practice within Winnipeg and it would be my pleasure to continue to be of service to my current patients. If you decide you would like me to continue to look after your health care needs and be your physician, please contact the clinic and I will personally contact you when my next practice location is finalized.

Dr. Youcef Soufi, MD, CCFP

Fresh flowers for Fisher PCH

By Jennifer McFee

A thoughtful idea from a local business owner blossomed to fruition, thanks to generous contributions from the community.

Laura Grzenda, owner of Farmyard Flowers, donated jars of fresh flowers to all the residents of Fisher Personal Care Home twice this summer.

She launched her flower business last year on her family's farm near Broad Valley, south of Fisher Branch. When she dropped off flower deliveries from families for a few residents at Fisher Personal Care Home last summer, Grzenda felt a twinge of guilt that she didn't have enough flowers for everybody.

"I felt so terrible bringing flowers for some people and not all the people," she said.

"I thought, 'Wouldn't it be nice to be able to bring flowers for all of them?' But I couldn't really figure out how to make it work financially."

Then she found a solution through an initiative launched by Dahlia May Flower Farm, an Ontario-based flower farm that Grzenda follows. She noticed an online post about Dahlia May's flower sponsorship program, which brings flowers to long-term care homes with help from community members, businesses and schools.

"It was a perfect solution to my problem," Grzenda said. "If I could get everybody to contribute to it, then it would be easier all around."

She put a notice about her idea for a Sponsor a Senior in a community newsletter and posted about it on Facebook — and she was astounded

by the response to her Sponsor a Senior project.

"I had people calling me that morning already wanting to contribute. Everybody thought it was a really great idea," she said. "It was a \$10 sponsorship per person, and I matched every donation."

These community contributions allowed Grzenda to drop off jars filled with fresh-cut mixed flowers, including miniature sunflowers and zinnias, for all 30 residents at Fisher Personal Care home in mid-July and again in August. She also included a couple larger arrangements to place around the building for staff to enjoy.

"Apparently, it was well received," she said. "The staff said everybody really like them."

Joanne Vandersteen, admin support at Fisher Personal Care Home, expressed appreciation for the initiative.

"The residents were very happy to receive flowers from Farmyard Flowers. The flowers brightened the rooms and moods of the residents," she said.

"The staff were also very impressed with the flowers. We all thought they were absolutely beautiful."

At the same time, the project boosted Grzenda's spirits too.

"It was a really uplifting project. Throughout this whole pandemic, care homes have been on my mind so it was nice to do something for them," she said.

"I'm really glad it turned out really well. It was meant to be."

The pandemic also acted as the impetus for Grzenda to launch Farmyard Flowers last year, since she had



EXPRESS PHOTOS SUBMITTED

Laura Grzenda, owner of Farmyard Flowers, donated jars of fresh flowers to all the residents of Fisher Personal Care Home this summer.

dreamed for years of selling fresh-cut flowers.

"It's something I've been tossing around for a long time. I have a young family with three kids under the age of seven. My husband and I own and operate a forage seed and leafcutter bee farm. I also work full-time off the farm for the provincial Department of Agriculture, so time is the most limiting factor," she said.

"I honestly think it was some COVID restlessness that made me decide

I needed to sell flowers right now. I decided to give it a try. It was super well received last year so I decided to keep going. It's been so great that I've been having trouble keeping up with demand."

If the weather co-operates, she plans to continue selling flowers for another month. For more information about Farmyard Flowers, visit www.farmyardflowers.ca, call 204-308-0018 or visit their social media pages.

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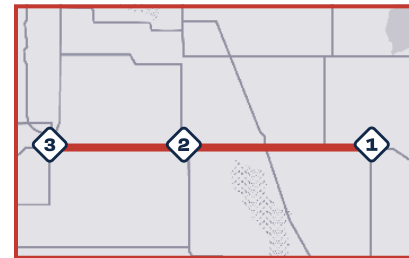
ERIKSDALE CHAMBER
OF COMMERCE

FISHER BRANCH CHAMBER
OF COMMERCE



Manitoba

Road Trip Ideas



SCAN THE QR CODE to open this road trip map on your phone.

↓ Happy Rock



1 MAKE FRIENDS WITH HAPPY ROCK

If you're starting from the eastern end of the Yellowhead, your first stop has to be **Gladstone**. Waving at you from the side of the highway is Happy Rock, a top hat-clad smiling rock. Visit the **Gladstone District Museum** for a glimpse into the region's prairie past—including an impressive replica of the town from its early settlement made by a local resident.

Golfers can enjoy the beautifully landscaped nine-hole **Gladstone Golf & Country Club** and bird watchers can head just north of town to **Big Grass Marsh**. As an important birding area of Canada, Big Grass Marsh is a great place to see waterfowl, including mallards, snow geese and Canada geese, especially during the fall migration period.

↓ Agricultural Display Building



Follow the Yellowhead Highway

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. The Yellowhead Highway is an interprovincial highway connecting Manitoba with its western neighbours. Crossing into Manitoba, the Yellowhead is Highway 16 until it meets with Highway 1 at Portage la Prairie. While you won't find any wizards or wicked witches, we're certain you'll find a little magic in the three communities profiled in this trip.

TRAVEL SAFE IN MANITOBA

Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

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↑ HyLife Back 40 Multi-Use Trail Park

2 WHERE STORIES TAKE A BEAUTIFUL TURN

Just 25 minutes west of Gladstone is the lovely town of **Neepawa**. Visit the **Margaret Laurence Home**, the author's childhood house, now a museum and cultural centre. Visit the titular stone angel statue in the **Riverside Cemetery** along with the author's final resting spot. For more history, check out the **Beautiful Plains Museum**, a 1902 heritage rail station. Wander through three floors of stories, including theme rooms depicting a general store and medical hall.

The **Neepawa Golf and Country Club's** 18 holes are built on top the Whitemud River escarpment. Or, if you're looking for a little more adrenaline, bring your bike to the **HyLife Back 40 Multi-Use Trail Park** at the north

end of town. Its 5.1-km course has a range of obstacles for riders of different abilities, including a skills loop with wooden features. But you don't need to be a cyclist to enjoy this year-round park – walkers can connect to Neepawa's 10-km portion of the Great Trail.

Neepawa's **Farmery Estate Brewery** is the first brewery in Canada to grow its own hops, barley and rye. Take a tour and enjoy a flight of their latest brews. You can also pick up some beer to take home (who doesn't love souvenirs) from the Farmery Craft Beer Store on Main Street in town.

Neepawa has one hotel and two motels along with a campground located next to the town's outdoor pool.

3 EXPERIENCE VALLEY LIFE

Continue west along the Yellowhead for just 20 minutes to arrive in **Minnedosa**. Its name means flowing water in Dakota, which is the reason why a dam was constructed here on the Little Saskatchewan River in 1912. While the dam no longer provides power to the town, its infrastructure has left some legacies, including the popular recreation destination, **Minnedosa Lake**.

The lake boasts a great beach complete with concession, boat launch and rental options for kayaks and other paddling gear. There is a campground next to the beach. Minnedosa Lake is also the site of Manitoba's very first floating water park. **Splash Splash Water Park** features slides, trampolines and tons of floating fun.

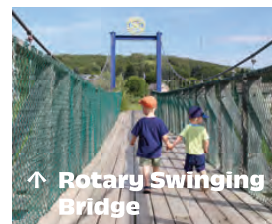
Enjoy the views of the lake and spillway with a stroll along the Flag Walk that connects the beach with

the **Minnedosa Heritage Village**. This charming museum features nine restored heritage buildings, including the impressive octagon-shaped Agricultural Display Building – one of only three left in Manitoba.

The Oxbow Nature Trail follows the river to a lookout tower and swinging bridge, and takes you past the bison compound. For more ways to enjoy Minnedosa's beautiful scenery, go for a round of disc golf at **River's Edge Recreation Park** or opt for 18 holes at the links-style **Minnedosa Golf and Country Club**, carved out the valley.

Next, explore downtown Minnedosa. Take the self-guided Stone House Tour to see ten heritage buildings that turn up the charm. These include the impressive post office and railway station and even some heritage homes that are now bed and breakfasts.

For more vacation ideas in Manitoba, to go travelmanitoba.com/road-trips.



↑ Rotary Swinging Bridge



↑ Minnedosa Heritage Village

Ashern rodeo celebrates good old fashion fun



EXPRESS PHOTOS SUBMITTED
The community of Ashern saddled up on Sept. 3 and 4 to celebrate the annual Ashern Rodeo. Community members competed against the local fire department in the Super Farmer Faceoff. Jon McComish, Charlie Howland and Kyler Nottveit were crowned champions in the competition. Children enjoyed ATV racing, a parade, a petting zoo, face painting and more before capping off the festival with a family movie.



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Habitat for Humanity's three-bedroom home in Gimli open to eligible applicants

By Patricia Barrett

If you've ever wanted to set down roots in Gimli, now is your chance because a five-year-old family-sized home built by Habitat for Humanity is currently available.

Eligible applicants have until Sept. 18 to submit an application to Habitat for Humanity, a national non-profit organization that brings communities together to help families obtain housing geared to their income.

Gimli and area Habitat representatives, volunteers from the community — as well as the family who once owned it — built the 1,200-square-foot (approximately) dwelling in 2016 on Fifth Avenue in Gimli's South Beach neighbourhood.

"It's a beautiful home on a very big lot and it's fenced at the back," said Habitat selection committee member Dan McKelvey by phone last week.

The home has three bedrooms, one up, two down, as well as a bathroom on each level. The Municipality of Gimli had donated the land — a former park — to Habitat to create housing opportunities in the lakeside town.

The family who owned it recently moved to Winnipeg.

Housing has been unaffordable for years for low- and average-income earners across Canada. Canadian Real Estate Association metrics showed national

sales declining in June and July of this year with average home prices continuing to rise.

Habitat for Humanity's housing program is designed for working-class families. Successful applicants make no down payment and pay no interest for 15 years. All loan payments go towards paying off the principal amount of the home. Homeowners do not pay more than 27 per cent of their household income. Habitat homes are energy efficient with lower Hydro costs each month.

"We try to fit it to a family that's in need of a home and that hasn't previously owned a home. The good thing about having a Habitat home is there is no down payment," said McKelvey. "In this case, the house is already built so the homeowner(s) would have to do 500 hours of sweat equity. They could volunteer at Evergreen Basic Needs or the Seniors Resource Council or for another community group. We would track their hours and that would constitute their down payment."

The previous homeowner made about \$15,000 in equity from the home, he said.

Applicants must have had a full-time job for at least two years and not be on social assistance, said McKelvey. They must have a combined annual family income of between \$32,000 and \$75,000.

McKelvey sits on the Habitat Gimli se-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Habitat for Humanity and community volunteers built a new house in 2016 in Gimli's South Beach neighbourhood. The organization held a welcoming party that year for the new homeowners, who have recently moved. Habitat is inviting prospective homeowners to apply.

lection committee with John Bucklaschuk, owner of the Gimli-based Royal LePage brokerage, and businessowner Marty Friesen, who lives in Arborg. He said they're hoping to get a new homeowner settled in the South Beach home before winter.

"We're hoping to be inundated with phone calls," said McKelvey. "We'll be really happy if we can place someone before the snow

flies."

Prospective homeowners can call either Dan McKelvey or John Bucklaschuk for details about the house, Habitat criteria and how to submit an application. Applications close Sept. 18.

Dan McKelvey: 204-642-3417. Email: dndmckelvey@gmail.com

John Bucklaschuk: 204-642-8577. Email: rwjmb@mts.net

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Ambassadors, AllStoke Outdoors' paddle board lessons, and interactive exhibits like chainsaw carving and goose hunting demonstrations. For motorsports enthusiasts, there will be trucks, quads, ATVs, boats, and RVs to view on our 5+ acres of Outdoor Exhibitor space! There will be incredible contests and prizes to be won at the Goose and Moose calling contest, door and, grand prizes and MORE!

The event has brought together many passionate, talented groups and individuals who want to make a difference in their community. The organizers at the Arborg Bifrost Parks and Recreation, Vendors, Speakers, and Volunteers cannot wait to share this exciting new event with everyone. We are thrilled to build the Interlake Outdoors Show for many years to come and welcome more people to our community. For more information and to stay up to date with new and exciting announcements head to our website at: interlakeoutdoorsshow.ca and follow us on social media @interlakeoutdoorsshow.

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Dreaming of a blue September: World Alzheimer Day Sept. 21

By Nicole Brownlee

Manitoba is turning blue this September to raise awareness about Alzheimer's.

"This month is basically just a time to come together and talk about a disease that impacts so many individuals and families," said Samantha Holland, Alzheimer Society of Manitoba's coordinator for the Interlake-Eastern region.

"It's really hard to come across a person who isn't impacted in some way, whether it's a family member or friend or themselves, and the numbers are only growing."

People avoid talking about Alzheimer's and dementia because of the fear and stigma associated with the illnesses, which can leave people who are struggling with their diagnoses in isolation, said Holland.

"We want to just prompt people to have those conversations and also show your support for those living with Alzheimer's or related dementia as well as their care partners so that they don't feel so alone," said Holland.

Across the world, 50 million people

are diagnosed with dementia, a general term for a decline in mental ability. In Manitoba alone, there are over 23,000, said the Alzheimer's Society of Manitoba.

"Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policy makers, alerting them to the fact that dementia is a serious health issue," said the Alzheimer Society in a statement.

The Alzheimer's Society of Manitoba encourages people across the province to wear blue on Sept. 21 for World Alzheimer's Day and tag them in photos with the hashtag #goblueforalz.

"Even for the month, have some blue Christmas lights on, plant some blue flowers, make signs," said Holland. "We're asking local businesses and landmarks to shine blue spotlights."

Reaching out to someone who has or is caring for someone with dementia is another way to show support during September, added Holland.

The Alzheimer Society is also hosting a virtual research forum on Sept.



PHOTO SUBMITTED

Everyone is encouraged to wear blue on Sept. 21 to bring awareness to World Alzheimer's Day.

21 over Zoom, led by Dr. Donald Weaver from Toronto's Krembil Research Institute. The forum will discuss dementia research and explore recent news stories about dementia.

"It's a time for the public to become more educated about what's really behind those headlines," said Holland. "There's a lot of myths about how Alzheimer's and dementia im-

pacts a person."

People often associate end-of-life care with dementia or focus on potential disabilities. This doesn't help with understanding the illness or having compassion, said Holland.

For more information about available resources in the Interlake region, contact Samantha Holland at 204-269-4752.

Man's legacy lives on in \$7,000 donation to Arborg Minor Hockey

By Patricia Barrett

The memory of an Arborg man who excelled at hockey in his youth will live on with a generous donation to the Arborg Minor Hockey Association.

The family of Ross Kristjanson, who passed away in March, donated \$7,000 to the club in Ross's name because he loved playing hockey.

"His mom presented the cheque to us at the end of August," said Cory Koomen, president of the hockey association.

"The board is extremely grateful for it. That's a large amount of money being donated to us."

Kristjanson was born in Arborg in 1970 and grew up his family's farm in Vidor, according to his obituary. He loved sports such as track and field and earned trophies from various



EXPRESS PHOTO SUBMITTED

The family of Ross Kristjanson, who passed away this year, donated \$7,000 to Arborg Minor Hockey.

sports. He excelled in hockey and was offered a hockey scholarship.

Koomen said the family's generous donation will likely go towards new jerseys for players.

"We haven't really decided yet but it sounds like it will most likely go towards jerseys," he said. "I want to get

a crest made up on the sleeve of the jersey which will honour Ross."



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Barvinok Ukrainian Dance Club jumps back into action this fall with classes



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Pre-beginner girls performed the Hutzul during the club's January 2020 Malanka.

By Patricia Barrett

The Gimli Barvinok Ukrainian Dance Club will be back this fall for its 40th season of spirited high stepping, traditional folk dances and dazzling costumes.

The club plans to hold dancing practices on Wednesday nights at Dr. George Johnson Middle School in Gimli.

"We have not raised our rates this season," said past president Samantha Michaluk. "I have already been fielding inquiries from returning and new dancers to our club."

Online registration starts Sept. 6 and runs un-

til Sept. 17. The club will also be holding an in-person registration night on Sept. 15 from 5 to 7 p.m. at the middle school.

The first class is scheduled for Sept. 29.

With uncertainty around COVID case numbers, Michaluk said the club will be adhering to all provincial public health guidelines.

"As expected, we will be following all up-to-date provincial guidelines as they roll out over the season," said Michaluk.

Visit the Gimli Barvinok Facebook and Instagram accounts for updated information and to contact the club for further details.

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Gimli Robin's Donuts fundraises for former employee after tragic highway collision

By Patricia Barrett

People in the Gimli community have come together to support a former resident who lost his wife in a tragic vehicle collision last month.

David Zack used to work at Robin's Donuts in Gimli and was in the process of moving his family to Dauphin where he found a new job. He and his wife Ling-Ya Tseng, commonly called Sue, and their daughter Abigail were hit by a vehicle on Highway 68, east of Ste. Rose du Lac.

Sue, who was 30, died in the collision on Aug. 25. Their vehicle was struck by a minivan that had hit a deer and veered into their lane. Abigail was not injured, according to an RCMP news release. Zack suffered serious injuries and had to be transported to hospital.

Cheryl Buhler, owner of Robin's Donuts, set up an in-store fundraiser for Dave. She said Dave is beloved by many in Gimli, including his "Robin's family," customers and friends.

"We are all devastated by the tragedy that changed everything," said Buhler last week. "Our hearts are heavy but we know Dave and we are already amazed at his strength, courage and the fortitude he is showing in his physical recovery and the first steps in the healing journey ahead of

him."

Buhler said she interviewed Dave in 2017 and hired him. She soon found that he was "the kind of employee every employer dreams of" because he is hardworking, conscientious, friendly and easy to work with. "Most of all, our customers loved him."

Dave decided to enroll in a course at Red River College and moved to a part-time position at Robin's on weekends, said Buhler.

"During the time Dave worked with us, he had many exciting changes in his personal life, including marriage and expanding his lovely family. Sue and Joanna and little Abigail were immediately honorary members of our team," said Buhler. "We were all so excited for him after he finished his course and quickly found employment in Dauphin. He was happy to be moving on to the next steps in his career and family plans, and we were happy for him."

Sue was born and lived in the Republic of Taiwan before moving to Canada. She and Dave had been married for four years. She worked at the Gimli Thai Plaza store and at Sobeys as a baker.

She has two daughters from a previous marriage, Joanna (nine) and



EXPRESS PHOTO FROM FACEBOOK

Dave Zack, his step-daughter Joanna and his wife Sue are pictured here. Sue died last month on Highway 68 near Ste. Rose du Lac after a vehicle veered into their lane and hit them head-on.

Rebecca (seven), as well as Abigail (fifteen months), according to her obituary. She was a "beautiful person inside and out" with many skills. She was a trained chef, a hairdresser and a baker/cake decorator. She was in the process of setting up a clothing store in Dauphin.

An online fundraiser on the GoFundMe website was set up for Zack by a Kim Pachkowsky. As of Sept. 1, it had raised over \$20,000 of its \$25,000

goal.

Buhler said she and Robin's staff have been inundated by people with "caring words" and asking what they can do to help Dave and his family.

"Many know of the GoFundMe set up for Dave's family," said Buhler. "And in response to the concern, we've set up a donation box here at Robin's."

To donate visit: <https://gofund.me/d01ef7d2>



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Kids leap, tap and sashay back to class in Teulon

By Nicole Brownlee

Teulon's Green Acres Art Centre is gearing up for its fall season of programs with new classes added to the roster.

"We're feeling really good about [the new season]. We've got some new programs that we're introducing," said Lana Knor, president of the Green Acres Art Centre. "We'll deal with whatever comes at us."

GAAC is adding tap dance and dance musical theatre classes to their

upcoming season. The dance musical theatre class doesn't require students to be enrolled in dance to participate, which will be offered for the whole year.

As an incentive to join the new classes, students can receive a reduced rate if they are registered for ballet, lyrical, hip hop or jazz classes.

Imagine and Create, a free program for parents and children ages 2 to 4, has also been added to the schedule. The class will go through crafts, the-



EXPRESS PHOTOS SUBMITTED

The fall program at GAAC follows one of the "best summers" the centre has had, said Lana Knor, president of GAAC.

atre games and other activities.

Joining the team at GAAC is Arthur Holroyd, a theatre educator.

"I'm really excited to work with some really brilliant kiddos and put together some theatre," said Holroyd.

Holroyd has worked with Manitoba Theatre for Young People, Green Kids Inc., the Autism Learning Centre, St. Amant and Frontier College. He will be teaching the theatre and film classes for GAAC, including Imagine and Create, film and Story & Theatre for Kids.

The film class for children between 10 and 14 years old will explore filmmaking. Students will work together to create commercials, mockumentaries, short films and more.

"[The film class] is very free-flowing and really allows the kids to express themselves through a film medium," said Holroyd.

The Story & Theatre for Kids class for children between five and 10 years old encourages kids to make stories of their own.

"We're going to take a story, and we're going to make a theatre piece

out of it," said Holroyd. "It's a good opportunity for everyone who is interested in any aspect of theatre to come on down and check it out and see how the process happens."

Several instructors are also returning to the art centre for the fall season, including Alycia Campbell.

After teaching dance virtually throughout the COVID-19 pandemic, Campbell is looking forward to getting back into the classroom.

"It was really a challenge to take on, to kind of grasp how I'm going to get this across to my dancers, but I was really blessed and fortunate to have a fantastic base of kids and parents who were just willing to make that commitment to learning differently," said Campbell.

Campbell has been teaching dance for 20 years and has worked with GAAC for five seasons. For fall, Campbell will teach ballet and lyrical.

To learn more about Green Acres Art Centre's fall programming, visit the Green Acres Art Centre Facebook page or website at greenacresartcentre.ca.

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Overnight Apple Cinnamon French Toast Casserole

Spray 8-by-8-inch glass baking dish with nonstick cooking spray.

In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.

In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

Remove foil and bake 50-60 minutes.

Let cool 10-15 minutes.

In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

Servings: 12
Nonstick cooking spray
1 package (20 ounces) French bread, cubed, divided
1 can (20 ounces) apple pie filling
9 eggs
1 cup half-and-half
2 teaspoons ground cinnamon
1 cup powdered sugar, plus additional (optional)
2 tablespoons milk, plus additional (optional)



Breakfast Burrito

1 large tomato, seeded and diced
1 avocado, sliced
hot sauce (optional)

In large skillet, heat canola oil over medium heat. Add red onion and red bell pepper; cook 8 minutes. Add black beans and red pepper flakes; cook 3 minutes. Season with salt and pepper, to taste. Transfer to dish.

In medium bowl, whisk eggs and egg whites. Stir in cheese until combined. Heat large skillet over low heat, add egg mixture and scramble 3 minutes, or until cooked through.

Spread sour cream over tortilla. Spread salsa over sour cream. Spoon 1/4 bean mixture over salsa. Spoon 1/4 scrambled eggs over bean mixture. Top with diced tomatoes and avocado. Drizzle with hot sauce, if desired. Roll-up burrito. Repeat three times with remaining ingredients and serve.

Servings: 4
2 teaspoon canola oil
1 small red onion, diced
1 red bell pepper, seeded and diced
1 can black beans, drained and rinsed
1/4 teaspoon red pepper flakes
salt, to taste
pepper, to taste
4 eggs
4 egg whites
1/2 cup shredded pepper jack cheese
nonstick cooking spray
4 flour tortillas
1/4 cup sour cream
1/4 cup salsa



Blueberry and Pomegranate Power Bars

6 ounces bittersweet chocolate, melted
Line 13-by-9-inch pan with foil; spray with nonstick cooking spray.

In large bowl, combine popcorn, oats, blueberries, pomegranate seeds and almonds.

In small saucepan over low heat, boil honey, brown sugar and butter 2 minutes. Pour over popcorn mixture and mix thoroughly.

Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about 2 hours. Cut into 12 bars.

Dip bottoms of bars into melted chocolate. Place on wax paper-lined pan; refrigerate until ready to serve. Store in tight covered container in refrigerator.

Yield: 12 bars
Nonstick cooking spray
8 cups popped popcorn
1 1/2 cups old-fashioned rolled oats
1 cup dried blueberries
1/2 cup pomegranate seeds
1/2 cup whole natural almonds, toasted and coarsely chopped
2/3 cup honey
2/3 cup light brown sugar
2 tablespoons butter or margarine

Expert Patient Here to Help!

By Susie Schwartz

Did you know that you probably know more than you think you know? There are always clues to what is going on when it comes to our bodies and our health. So, the doctor can often help solve the puzzle, but the chances are less likely without our intuition and expertise.

Know your body and trust your instincts.

I caution people not to revere doctors in such high regard that they overrule what they feel to be true for their health. In the past, I have needed an I.V. iron infusion due to dangerously low levels. I knew low energy to be a definite sign, (Does hitting the snooze 14 times and getting up to shower only to need an immediate nap count?) but also found out that mouth ulcers and swollen feet can be signs too. Recently, I started having these symptoms again, and I asked the doctor if it would be worth checking my iron levels. (I never tell them they should, but rather frame these suggestions as questions. Trust me, this is key to a two-way relationship with your doctor.) She agreed and my iron was in fact low, but just above the qualifying number for an iron infusion. (It's a drastic measure and costs the health care system.) But I cannot supplement orally due to gastrointestinal issues and my restrictive diet makes it tricky to intake much iron. After reminding my doctor of these obstacles, and that I had an infusion before, she agreed to send my results to my specialist who had ordered the previous infusion. With the authority to order it (The NHS in England works slightly



Susie Schwartz

different than in Canada), he agreed we should do so. Guess what? I may still hit the snooze once or twice but can shower AND shop in the same day! And the other symptoms have almost disappeared.

The reason I tell you this story is this: I knew from experience and intuition that my body needed help, and in presenting my case thoughtfully and thoroughly, my doctors were willing to get me that help. We were a team. If I had overruled my knowledge and intuition, the doctor would have just followed regular protocol and not got the infusion ordered.

So I guess this tip is two-fold: See yourself as a valuable part of the team and trust your instincts if you know your body.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmisstress, Instagram @susie.suscha and lesshealthstress.com

Crunchy Popcorn Trail Mix

Yield: 9 cups

5 cups popped popcorn
3 cups whole-grain oat cereal
1/3 cup raisins
1/3 cup peanuts or other nuts
1/3 cup sunflower seeds
1/4 cup (1/2 stick) butter or margarine
6 tablespoons brown sugar
2 tablespoons light corn syrup
In large, microwavable bowl, stir popcorn, cereal, raisins, nuts and seeds; set aside.

In small saucepan, heat butter, brown sugar and corn syrup until boiling; cook 3 minutes, stirring occasionally. Pour over popcorn mixture, stirring to coat evenly.

Microwave 3-4 minutes, stirring and scraping bowl after each minute.

Spread onto greased cookie sheet; cool. Break into pieces and store in airtight container.



Medical grads will be practising family physicians in the Interlake-Eastern RHA

Submitted by IERHA

Nine family physicians have started or will soon be starting practice in communities across the Interlake-Eastern Regional Health Authority (RHA), Advanced Education, Skills and Immigration Minister Wayne Ewasko and Health and Seniors Care Minister Audrey Gordon announced recently.

"Four of the new physicians are graduates of the one-year Medical Licensure Program for International Medical Graduates offered through the University of Manitoba, which is designed to integrate physicians who have practised internationally into the Canadian medical system by allowing them to gain a better understanding of the Canadian and local health-care system," said Ewasko. "This program has allowed physicians who have practised internationally to better understand the needs of rural patients and the variety of health-care services people require."

The four international medical graduate physicians will be working in rural and underserved areas of Manitoba and have made a four-

year commitment to the region. The minister also noted the nine family physicians include two doctors who completed their two-year residency program in the Interlake-Eastern RHA, as well as three who were trained in rural and Northern Manitoba through the Dauphin, Brandon and Northern-Remote residency programs. In addition, four family medicine residents are completing their residency training in Interlake-Eastern RHA right now — two in their first year of the program and two in their final year.

"Like most rural regions in Canada, attracting and retaining family physicians has been a challenge for the Interlake and North Eastman communities," said Gordon. "By training family physicians in rural communities, we are exposing them to both the benefits and specific challenges of providing health care to smaller communities while also ensuring quality care for rural Manitobans."

Recruitment efforts by the region and private clinics are seeing new physicians begin practice in Beausejour, Eriksdale, Lac du Bonnet, Teulon

and Selkirk, with internationally experienced medical graduates working in Ashern and Pine Falls.

"Family medicine physicians work as part of a team to provide access to primary health care and robust emergency department coverage in rural communities," said Dr. David Matear, chief executive officer of Interlake-Eastern RHA. "I'd like to recognize the hard work of our region's physician recruitment and retention team and our local physicians who develop relationships with physicians in training, create a welcoming environment and showcase various practice opportunities in the area. This really speaks to the success of rural-based training in recruiting new practitioners. I also thank regional residents for their warm welcome to new practitioners. Our combined efforts align well with our mutually agreed upon strategic goal of developing health human resources in the region."

Residency is the last stage in training for doctors following graduation from medical school. The family medicine residency program at the University of Manitoba's Max Rady Col-

lege of Medicine includes training in a number of practice areas including primary care, psychiatry, obstetrics, general surgery, internal medicine, emergency department care, pediatrics and seniors care.

"Thank you to the local doctors and staff for your support when I was a student. I learned a lot about family medicine and working rurally from you," said Dr. Alexandra Wood, who participated in a work placement program in Beausejour. "I wanted to do my residency rurally because of the wide variety of exposure to different types of medicine. I loved that I can care for my patients from birth all the way through to their elderly stages of life."

The ministers noted ongoing physician recruitment and retention efforts will be a key priority of clinical service planning to be undertaken by Shared Health Services Manitoba. This work will support consistent and reliable health-care services, effective health human resource planning, capital equipment investments, construction planning and other initiatives that should be co-ordinated provincially.

Katie Cares hosting online auction in lieu of fashion show

By Ashleigh Viveiros

Models won't be strutting their stuff on the Katie Cares Fashion Show runway this year, but that doesn't mean the charity is sitting idle on the fundraising front.

Katie Cares is holding an online auction Sept. 19 to Oct. 9.

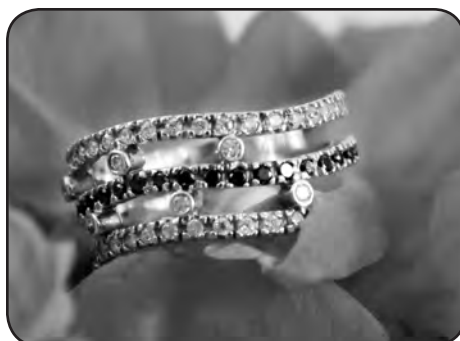
"We've been working on this since January, knowing full well there was no way we'd be able to get 500+ people together for a fashion show this year," says executive director Ruth Reimer. "I think we have been able to put together a really good auction ... we have some awesome prizes."

Forty-three prize packages, to be exact, including staycation hotel and attraction passes, cabin accommodations outside the area, jewelry, furniture, baby supplies, artwork, a children's play kitchen, a fine wine basket, and more.

"Everything was purchased locally to support our local community," Reimer says, explaining the items were bought thanks to the generosity of individual and corporate donors.

They'll be posting sneak peaks of some of the packages on their social media pages over the next few weeks. The full listing will be available online at katiecares.ca on Sept. 19 when bidding begins.

Bidding will be confidential—registered participants will only be able



to see the highest current bid for each item.

Don't see anything that strikes your fancy? You can still support the work of Katie Cares and Katie's Cottage with a donation online or a mailed cheque payable to Katie Cares Inc, 255 13th St. Winkler, MB, R6W 1S5.

Reimer isn't sure what to expect in terms of money raised from this auction, but she's hopeful those who have supported Katie Cares in the past will find something to bid on.

"This is something very new for us," she says, noting it's a much bigger scope than the relatively small prize auction they have at the fashion show each year. "We've never done it at this scale before."

The funds are integral to the continued operation of Katie's Cottage, the respite home down the road from the Boundary Trails Health Centre, and the various support programs they



STANDARD PHOTOS SUBMITTED

The Katie Cares online auction coming up later this month offers 43 different prize packages ranging from an impressive kid-sized play kitchen to jewelry and wine baskets. Bidding opens Sept. 19.

offer to patients and their families.

"We need to do this so we can sustain the cottage," Reimer says, noting the past year and a half has been tough for them, as it's been for everyone. "We're feeling the pinch in that we feel we need to do something."

"We're very careful with the money that has been entrusted with us—and

donations are still coming in, though maybe not at the rate that we had in the past—and we're grateful for every cent that has come in."

With any luck, the fashion show will return for 2022, and Reimer can't wait.

"I think we all want to get out and do something again," she says.

Helping hummingbird migration needs to be done correctly

By Sydney Lockhart

This time of year, hummingbirds are starting to migrate south for the winter. Feeding them can help ease their migration but doing so incorrectly could result in fatal damage.

"Hummingbird migration in the fall usually starts at the end of August until the beginning of September, and then they come back in the spring, usually the first few weeks of May," said Caroline Fillion, volunteer at the Prairie Wildlife Rehabilitation Centre.

Because of the extreme temperatures in Canada during the winter and lack of food, hummingbirds head south to Mexico or Central America because their bodies need temperatures above 10 degrees Celsius to avoid a mini hibernation or freezing.

Hummingbirds look for brightly coloured flowers to provide them food before migration. Brightly coloured feeders attract hummingbirds best as they move south.

"For hummingbirds, you can put out feeders with a sugar-water solution. It's one part sugar to four parts water, and you want to make sure you're changing it frequently so every two to three days right now," said Fillion.

Not changing the sugar-water solution regularly can cause bacteria to grow inside the feeders, harming a hummingbird's health when ingested.

"I know a lot of the commercial mixes have food colouring in there, but it's actually believed it might be harmful for the hummingbirds," she said.

Additives in the solution should be avoided. Instead, it should be kept as pure sugar and water for the most significant benefit to the hummingbirds.

Many dyed solutions contain Red Dye #40, banned in multiple counties worldwide because it has not been through significant health studies.

"You want to make sure that there's no cloudiness or a gunk in the feeder," said Fillion. "Hummingbirds don't have enough of a food source here in the winter."

She added that another thing that contributes to a significant amount of migration deaths is window collisions.

"Collisions are a big factor during their migrations," she said. "There are different types of products that you can put on your window. My favourite is just to take a bar of soap when it's slightly wet and then use it to make designs."

She said it is recommended that the designs have gaps no larger than five centimetres when it is hummingbird migration season because it breaks up the reflections enough for them to see it and not fly into the window.

"If you find an injured hummingbird, it's really important that they come into care so you can give us a call to our wildlife helpline, which is 204-510-1855, and then bring the hummingbird to our drop-off," said Fillion.

She said they recommend that any bird after a window collision be put in



EXPRESS PHOTO SUBMITTED

Hummingbirds need the help of feeders with sugar-water solution but can be hurt by food colourings and other additives in feeders.

a dark box for an hour and then see if they can fly again. If it still cannot fly, it is recommended to call the rehabilitation centre.

"We take in all wildlife, from hummingbirds up to about the size of a

coyote. We don't do skunks, raccoons, or deer due to provincial regulations," she said.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Lightning begin training camp this week

Staff

The Interlake Lightning U18 "AAA" male provincial team hit the ice for the start of training camp earlier this week.

Interlake will practice Tuesday, Wednesday and Thursday this week in Warren before moving to Lundar for on-ice sessions Sept. 14-16.

From Sept. 17-19, the Lightning

will compete at a Souris exhibition weekend series.

Interlake will practice Sept. 21 and Sept. 23 in Teulon in preparation for their regular-season opener on the road against Eastman on Sept. 24. The next evening, the two teams will battle in Teulon.

Lundar Falcons begin training camp this Saturday

Staff

The Lundar Falcons will start their training camp this Saturday in Warren.

Other training camp ice times will be held Sunday in Warren and Sept. 18 and Sept. 19 in Lundar.

Players will be on the ice from 3:30 p.m. to 5 p.m. for each session.

All players must pre-register

by emailing Falcons' head coach, James Worthing, at j_worthing@hotmail.com with the following info: full name, birthdate, last team played for, position and left or right-handed.

The Capital Region Junior Hockey League exhibition schedule will begin later this month.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Saskatchewan Rush draft Gutowski

By Brian Bowman

The Arborg Ice Dawgs' Troy Gutowski had an interesting summer.

First, he headed west to play Junior "A" lacrosse for the Saskatchewan Swat.

He then had an opportunity to suit up for Canada West at the World Junior Lacrosse Championship in Winnipeg.

Then to top it off, the talented athlete was selected by the Saskatchewan Rush in the fourth round (60th overall) of the National Lacrosse League draft.

It's very rare for a Manitoban to be drafted in the NLL. Gutowski admits it's going to be tough for him to make the Rush.

"(My goal was to get drafted) because this year it hit me that it was my last year of junior and what am I going to do now?," said the 21-year-old Gutowski last week. "It's the best box (lacrosse) that you can play."

Gutowski feels the Rush, which play home games in Saskatoon, is a good fit for him.

"It's close to home and lacrosse is super popular there," he said. "It's nice to be somewhere where lacrosse is the sport."

Gutowski played a season of lacrosse in Port Coquitlam, B.C., and a couple of seasons with the Manitoba Blizzard but they did not field a team this year due to COVID.

That opened the door for Gutowski, a Winnipeg product, and Selkirk's Josh Poponick to join the Swat.



Troy Gutowski

"It was really fun," Gutowski said. "It was high-level Junior 'A', pretty much the WHL of lacrosse. It was a ton of fun, playing at a really high level, I learned a lot and did really well."

The 5-foot-9, 175-pounder had 23 points in just nine games with the Swat, who ended up winning silver amongst four teams — the Okotoks Raiders, Calgary Mountaineers and the St. Albert Miners.

Gutowski continued to put up impressive offensive numbers with Canada West, collecting 10 assists in three games against Canada East last month.

"That was an amazing experience playing for Team Canada," said Gutowski, who is in his final year of



EXPRESS PHOTOS SUBMITTED

Troy Gutowski, an Arborg Ice Dawgs' hockey player, represented Canada West at the World Junior Lacrosse Championship in Winnipeg last month. Gutowski was recently drafted by the National Lacrosse League's Saskatchewan Rush.

nursing at Red River College.

"I don't know how many times I'll get that opportunity. It was a dream come true and to play in my hometown was unbelievable. Canada East

was unbelievable but it was an amazing experience. I got to play with the best players in Canada."

Curling Canada to require mandatory vaccinations to attend events

From Curling Canada

All athletes, coaches, fans, volunteers, media and event staff and contractors above the age of 12 will have to be fully vaccinated against COVID-19 in order to participate in, and attend, Curling Canada-affiliated events, it was announced last week.

The policy will be implemented as soon as possible and will be extended to all events put on by Curling Canada, including in-person meetings and championships, regardless of location.

Those attending Curling Canada events must provide a proof of first

vaccination by no later than Sept. 8 and proof of full vaccination by no later than Oct. 12.

Those dates apply specifically to athletes participating in upcoming Olympic qualifying events (the Canadian Curling Trials Direct-Entry Event and Canadian Curling Pre-Trials Direct-Entry Event Sept. 22-26 in Ottawa, and the Home Hardware Pre-Trials Oct. 26-31 in Liverpool, N.S.)

Fans, staff, media and volunteers, meanwhile, must provide proof of full vaccination that took place a minimum 14 days before the start of the event they are attending.

"Above all else, we believe this is necessary to provide the safest possible environment for everyone who participates in our events, and that point can't be emphasized more strongly," said Katherine Henderson, chief executive officer of Curling Canada. "There's absolutely no question that vaccinations work and significantly reduce the risk of COVID-19 infection. We want our athletes, our fans, our volunteers and our employees to feel as safe as possible at our events, and we believe this is a necessary step toward that goal."

"Curling Canada's board of govern-

nors unequivocally supports the position that the organization is taking," added Curling Canada board chair Amy Nixon. "We ask that our staff provide environments for athletes to compete and fans to enjoy that are safe for everyone. We firmly believe that the health and safety guidance that they have asked for and received is being listened to and acted upon in the best interests of all."

Ticket-buyers who are declining to be vaccinated will have the opportunity to get refunds. Further details on how this policy will be implemented will be available at a later date.

KJHL announces vaccination policy for 2021-22 season

From the KJHL

The Keystone Junior Hockey League has announced its vaccination policy in preparation for the 2021-22 season.

"The KJHL's No. 1 priority is to ensure the health and safety of all players, staff, and officials as we prepare for the upcoming season safely and responsibly," said KJHL vice-president Harley Garrioch. "Every person

has been impacted in various ways throughout the COVID-19 pandemic, and as we continue to navigate these trying times we want to ensure that all league participants return to play in a safe and healthy environment."

The KJHL has set forth the expectation that all medically capable individuals associated with the league will be fully vaccinated by Sept. 10.

This would ensure that all individuals will have maximum immunity/protection (full immunization) from COVID-19 in advance of training camps.

Players, staff, and officials will be required to submit proof of immunization prior to arrival for training camp and/or participating in team activities.

Immunization verification may be obtained via digital immunization

card, physical vaccination card, immunization record, proof of immunization or an official document issued by a Canadian province or territory containing information of a person's COVID-19 vaccination history. If individuals/teams require more information on proof of immunization, they can visit <https://gov.mb.ca/covid19/vaccine/immunization-record.html>.

Larters' ladies win 'B' Interclub Net Division Championship

Staff

The host course team, consisting of Carol Ann Wilson (74), Rina LaClaire (74) and Marlene Marynick (77), won the "B" Interclub Net Division Championship at the Larters at St. Andrews Golf & Country Club last week with a combined +15 total.

That was one stroke better than Southwood and St. Charles Country Club.

Meanwhile, it was a single stroke victory for the Glendale Golf & Country Club as their team combined for victory, winning the Women's Interclub "A" Gross Division Championship.

Cathy Derewianchuk (80), Shannon Wales (80) and April Calderon (81) finished at +31, one stroke better than the Breezy Bend Country Club.

Southwood Golf & Country Club won the Interclub "A" Net Division Championship at +7, one stroke better than Breezy Bend. Southwood's team

consisted of Ruth Schappert (70), Trish Jordan (73) and Heather Shayna (74).

Southwood also won the "B" Interclub Gross Division Championship at +96. The victorious trio featured Marge Dyck (97), Joyce Kerslake (99) and Kathy Hughes (110).

take a break
≥ GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

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

Sudoku Answer

[illegible]

Crossword Answer



CROSSWORD

CLUES ACROSS

1. It governs Federer and Nadal's sport
4. Golden apple tree
8. Central Mexican river
10. Horn
11. Egg-shaped
12. With tooth
13. French modernist painter
15. Disprove
16. Painful intestinal obstruction
17. Baby shoes
18. Make the grade
21. Type of screen
22. Christian fraternal organization (abbr.)
23. Computer giant
24. When you hope to get there
25. Corporate executive title (abbr.)
26. Shout of welcome or farewell
27. Imaginary awards for good deeds
34. A citizen of Iran
35. It can be sounded
36. Making dirty
37. Romanian city
38. Baking ingredient
39. Share a common boundary with
40. Succulent plants
41. Penny
42. Jr. U.S. Senator Paul
43. "Laurie Partridge" actress Susan

CLUES DOWN

[illegible]

1. A type of bomb
2. Pacific island country
3. Earth is one
4. A place to gather around
5. Expressed opposite views
6. Group that lives near Siberia
7. Ore deposit
9. Language related to Eskimo
10. Narrative piece of music
12. The distance covered by normal stride
14. Glycoprotein hormone (abbr.)
15. Mathematical term (abbr.)
17. Popular beer
19. Jabbing
20. Historic Swedish castle
23. Humorous expressions
24. Christmas and New Year's Day each have one
25. Filled up
26. Nerve that serves the forearm (abbr.)
27. One of British descent
28. A way to get at
29. Food-related allergic reaction
30. Group of arteries near the pelvis
31. Picked up
32. Being three in one
33. Obscene
34. Dravidian language
36. Growl

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Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



PUBLIC WORKS HEAVY EQUIPMENT OPERATOR

The Rural Municipality of Woodlands invites applications for the full-time position of Public Works Heavy Equipment Operator (HE Operator). The HE Operator's main responsibilities are the operation of a grader and/or excavator. The HE Operator reports to the Public Works Foreman.

Contact the RM of Woodlands Office for a complete job description

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Starting salary without Class 1 license \$23.52/hr. Starting salary with Class 1 license \$23.99/hr. There is a \$2.00/hr premium for all hours operating the excavator.

Upon completion of probation employees receive Health & Dental, Pension, Group Benefits, and Long-Term Disability.

Applications will start to be reviewed September 13, 2021. Additional applications will continue to be accepted until the position is filled.

R.M. of Woodlands
Box 10
Woodlands, MB R0C 3H0
Fax: (204) 383-5169
Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

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



Town of Winnipeg Beach REQUEST FOR PROPOSAL

Community Centre Canteen Operations

The Town of Winnipeg Beach is accepting proposals to lease the canteen operation at its Community Centre, complete with equipment on a year-round basis with a lease term of two years; with the option to renew for a third. Proposals will be accepted in a sealed envelope at the town office up to 4:30 pm on Sept, 21, 2021. For more information/terms and a bid package, contact the town office at: Phone: 204-389-2698, Email: cao@winnipegbeach.ca



Evergreen School Division

MATURE STUDENT PROGRAM Mature Student High School Diploma

Evergreen School Division is accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma.

Interested candidates must be 19 years of age or over and out of school for at least six months.

The program is flexible for your educational needs and you can work at your own pace. The centre is open Tuesdays from 9:00 – 3:30 and Wednesdays from 9:00 until noon for teacher assistance, with the remainder of time working in the comfort of your home.

The program begins **September 14, 2021** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

For more information, or to register please contact:
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Gail.Kreutzer@esd.ca
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- Must provide a valid Driver's Abstract dated within 30 days.

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Deadline for applications: Friday Sept 17/2021

Start date: Monday Sept 24/2021

Please send resume to Tami Karsin
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EVERGREEN SCHOOL DIVISION

Invites applications for the following regular position, effective ASAP:

21.OP.02 **Bus Driver – Gimli Area** (approx. 4hr/day)

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

CLOSING DATE: September 13, 2021 (3:30 pm)

We wish to thank all applicants for their interest, however only candidates selected for an interview will be contacted.

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.

EMPLOYMENT OPPORTUNITY

Johnson Seeds is accepting applications for the permanent full-time position of:

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Duties will include data entry of accounts receivable and accounts payable, grower settlements, creating and updating spreadsheets, and various administrative tasks.

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Farmland For Sale

The following parcel of Farmland is being offered for Sale;

SE-21-23-1E (Approx. 143.3 Acres)

The Parcel is located in the RM of Bifrost-Riverton in the Vicinity of Morweena, MB.

Sealed, Written Offers will be accepted up to Sept 30, 2021
Please forward written offers to

Lillian Kowalsky

p/o Box 507

Arborg, MB. R0C 0A0

Please note that the highest or any offer may not necessarily be accepted.

Sale may conclude before the September 30 deadline if an acceptable offer is received.

For further Information you may contact
204-981-1799 or email: lindaorb@gmail.com

House & Property For Sale

The following House, Buildings and approx 14.9 acres of Property is being offered For Sale in the RM of Bifrost-Riverton in the Vicinity of Morweena, MB;

SE 21-23-1E, Civic Address: 2153 PR329

1438 ft2 4 Bedroom, 2 bath, attached Garage, finished Basement, Propane Heat, Central A/C.

30ft x 50ft Shop - conc floor, OH Doors, insulated, serviced and heated.

32ft x 80ft Machine Shed - conc. floor, OH Door, serviced. Numerous Storage Sheds and Single Detached Garage used as butcher shop.

Chicken Coop, Small Pig Chalet, 6 - 1650bu Steel Grain Bins and several acres of pasture/cropland.

Great location with beautiful mature trees, riverbank, large Garden and crushed rock driveways. Centrally located between Arborg, Riverton and Fisher Branch, within 1km of Morweena Church and School on PR 329.

Asking Price \$425,000

Sealed written offers will be accepted until September 30, 2021.
Please forward written offers to

Lillian Kowalsky

p/o Box 507

Arborg, MB. R0C 0A0

Please note that the highest or any offer may not necessarily be accepted.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: NORMAN LEIPER SHAW, late of the Town of Arborg, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500 - 360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 9th day of October, 2021. DATED at Winnipeg, Manitoba, this 31st day of August, 2021. PITBLADO LLP Attention: Leith Robertson Solicitors for the Estate of Norman Leiper Shaw

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: RAYMOND RUDOLPH STRUCK, late of the Village of Nakusp, in British Columbia, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500 - 360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 9th day of October, 2021. DATED at Winnipeg, Manitoba, this 3rd day of September, 2021. PITBLADO LLP Attention: Leith Robertson Solicitors for the Estate of Raymond Rudolph Struck

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: SANDRA JUDITH JOHNSTON, late of the Town of Arborg, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500 - 360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 9th day of October, 2021. DATED at Winnipeg, Manitoba, this 1st day of September, 2021. PITBLADO LLP Attention: Leith Robertson Solicitors for the Estate of Sandra Judith Johnston

TENDER NOTICE

Ukrainian Farmers



"Caretaker"

Ukrainian Farmers Co-operative Ltd.

Contract from October 1, 2021 to October 1, 2022.

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\$1,000 Personal Bond is required for each person the contractor employs to work on our premises

For a copy of the job description and requirements, please stop by our office.

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Bulk Fuel Manager
Interlake Consumers Co-op
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PUBLIC NOTICE:

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- The site will provide faster and reliable high speed internet and phone services in the general area within The Narrows, Manitoba.

Further information may also be obtained through the following contact:

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Calgary, Alberta T2G 4E6
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Toll Free: 1-844-7VERTEX (783-7839)
Fax: 403-244-1202
Email: telcocommentsab@vertex.ca

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Winnipeg Manitoba R3C 4K5
Phone: 204-984-4287
Toll Free: 1-800-665-3421
Fax: 204-984-6045
Email: ic_spectrumwinnipeg-winnipegspectre.ic@canada.ca

Rural Municipality of West Interlake
Ashern Office
Box 370
Ashern, Manitoba R0C 0E0
Phone: 204-768-2641
Fax: 204-768-2301
Email: info@rmofwestinterlake.com

With respect to this matter, the public is invited to provide written comments by **October 1, 2021** to the contact information shown below. Please include a return address or contact information.

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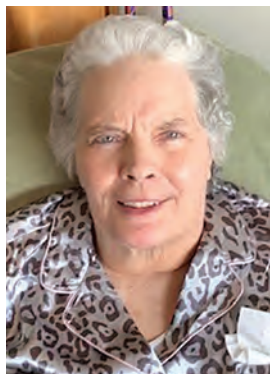


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OBITUARY



Kathleen Valerie Maier

It is with great sadness that the family announces the passing of Kathleen Valerie Maier on August 30, 2021. Known to all as Valerie, she was the youngest of six children born on May 18, 1951 in Gimli, Manitoba.

Valerie was predeceased by her parents Sam and Lauga Peterson, sister Mekkin Shaw, sister Lucille Lane and brother Gordon. She will lovingly be remembered by her husband Wayne (Porky) Maier of 35 years; sister Karen Smith; brother Robert; sister-in-law Joyce Peterson; many nieces and nephews and long time friends Holly and Jim Cumming.

Valerie was a woman of many talents. Her athletic prowess was recognized during high school, attending Gimli Collegiate and while getting her Bachelor's Degree in Physical Education at the University of Manitoba. She excelled in many sports, including playing on the University of Manitoba women's volleyball and field hockey games as well the Manitoba Women's Handball team. She especially excelled in track and field and in javelin where she held the title of Canadian Women's Javelin Championship. Family and friends are very proud of Valerie's achievements, winning many medals and trophies when competing in Manitoba and Canadian Junior/Senior Championships, Manitoba and Canada summer Games and international competitions. Upon leaving the athletic arena, Valerie became a Psychiatric Nurse. She had a rewarding career at the Selkirk Mental Health Centre before retiring in 2011.

Valerie also had a musical talent and was self taught on piano, accordion and mandolin to name a few. One of her most enjoyable times was teaming up with Andy Yablonski, long time local, celebrated and renown musician of Fraserwood. She and Andy played together at many musical gigs around the province spreading joy and laughter. Another exemplary musical gift was her voice and she began singing in several choirs including West Shore Singers, Winnipeg Icelandic Choir and of special note the O. Koshetz Ukrainian Choir of Winnipeg. She extended her musical interest by becoming director of the Gimli Bell Ringers who performed at Gimli Lutheran Church and locally.

Valerie had many happy moments composing keyboard music, playing with her cat Loa, watching the birds feeding at her many feeders and having hot chocolate and toasted cinnamon buns with a friend at the Cafe Haus. She was also an avid fan of the Bombers and Jets. Always reviewing the games with Joyce. Valerie was very proud of her Icelandic heritage and especially enjoyed a trip to Iceland connecting with relatives and culture.

A special thank you to Gimli Hospital and Cancer Care.

In lieu of flowers, donations can be made to The Gimli Humane Society; Industrial Park, 33 Harvard Ave. Gimli, MB. R0C 1B0.

It is with sadness and with love that we say:

"Kveoja oh vertu i frioi"

Farewell and be at peace.

A service announcement will be made at a later date.

Condolences may be left on Valerie's memorial page at www.interlakecremation.ca

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

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OBITUARY



Joan Mary Plohman
(nee: Otto)

January 16, 1942 - August 22, 2021

Peacefully on August 22, 2021 at the age of 79, Joan passed away with her loving family at her side. She leaves to mourn her husband of almost 57 years Frederick (Fritz), daughter Carolyn (Ken), son Franklin (Shelley), grandchildren Derek, Dennis, Lily and Julia, her brother Jim Otto, sister-in-law Irmgard Campbell, her dogs Arthur and Susie and her grand dog Tinkerbelle.

The family would like to thank all of those who have reached out with condolences. They also express their gratitude for the care Joan received from the health care providers who were involved in her case and particularly HSC Winnipeg for their support and care during the last days. Also thank you to Dawn Tober, Angie Meisner and Anderson Family Funeral Home.

In accordance with Mom's wishes, cremation has taken place and a private service will be held. In lieu of flowers, donations can be made to a dog charity of one's choice.

Eulogy can be read, condolences and memories shared on Anderson Family Funeral Home Facebook page.

Anderson Family Funeral Home
9 Railway Avenue - P. O. Box 731
Ashern, Manitoba, R0C 0E0
204-768-3606

OBITUARY



Ling-Ya Tseng (Sue)

December 4, 1990 - August 25, 2021

Ling-Ya was the name on her passport, (she was born and lived in Taichung, Republic of Taiwan) before we were fortunate to have her become a part of our lives, but to those of us who knew her, she was Sue. She was a devoted wife to her husband of four years, David Zack, and mother to her three children; Joanna (9) and Rebecca (7) from a previous marriage, and Abigail (15 months). She is also survived by her father and mother, fraternal grandfather, and three sisters in Taichung, ROC and many friends in Taichung, Winnipeg, and Gimli. She will be sorely missed by her parents-in-law Lawrence and Stephanie Zack, her sister-in-law Shannon Zack and Shannon's husband Greg MacDonald, and her brother-in-law Mark Zack, and his partner Margie Harris.

She was a beautiful person inside and out, but that was far outstripped by her abilities in many areas. In the house, she was a talented (trained) chef, a barber/hairdresser, a baker/cake decorator. Her hands had other skills as she was a whiz with a screwdriver and wrench, but as well she was an artist with a paint brush, scissors, and a pair of crocheting needles. In the outside world, she was very organized, and hard-working; well-known for her wit, and her business acumen, as both an employee (Sobey's, asst. baker; Thai Plaza, sales) and a budding entrepreneur. She had started up a small business making costume bracelets and necklaces of her own design, from which some of the proceeds were being donated to the Gimli Humane Society and was in the process of starting up a clothing store, which would have been in Dauphin, where her husband's work was taking her family. Up to this point, she had lived all of her life in Canada in the town of Gimli, which, even though she came from a big city in Taiwan, was a town with which she fell in love, and which became her comfort zone.

On Wednesday, August 25th, she, David and Abigail were making their fifth trip to Dauphin, this time to look for a place to set up her business, and also to start the process for financing, when a freak road accident (no-one but a deer was at fault) took her from us, and left all of us devastated.

The funeral will be at Gilbert Funeral Home on Thursday, September 9th at 10:00 a.m., 309 Eveline St. Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY

William "Craig" Pottinger

It is with great sadness that we announce the passing of Craig Pottinger on August 27, 2021 at the age of 65.

Craig is survived by his loving wife Barb of 35 years; sons Tracy (Jenn) and Peter (Tara). Craig will be lovingly remembered by his grandchildren Stephanie (Chad), Makayla, Jessica, Jordyn, Ernest, Shawndre and Deshawn; great-grandchildren Aubrey, Tyler and Logan along with brothers, sisters, nieces, nephews and cousins.

A memorial service will be announced at a later date.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593



Ausma M. Ceplis (née Deme)

March 23, 1929 – August 28, 2021

Peacefully, Ausma of Gimli, MB passed at Erickson, MB. Her family's life in Latvia was impacted by World War 2 when they became displaced persons. Ausma immigrated to Canada in 1950, and married Gunars in 1952, settling in Pointe du Bois, Winnipeg, St. Andrews, Arnes and Gimli. She treasured her Latvian heritage, but valued Canada for providing her with refuge and opportunity.

She was predeceased by her husband Gunars, infant son Andris, parents Juris and Katrina, and in-laws Andrejs and Anna. She is survived by daughters Dinah and Ilze (Mike); granddaughter Nikola (Justin); son Jim (Jacinta); grandson Quinn; sister Dzidra (Elmars); brother Imants (Lidija); four nieces and nephew and their families; relatives and friends in Latvia, USA, Canada and Tanzania.

At her request, no service will be held.

Donations may be made in her name to the following charities: Westshore Community Foundation, Lions Foundation of Canada Dog Guides or your local animal rescue, and/or plant a garden perennial in her memory.



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Leona Cochrane, Koostatak.....\$499.00	Noreen Barkman, Arborg.....\$679.00	Susan & Greg Brown, Lundar.....\$1,713.00
Ivan & Christine Fridlindson, Arborg.....\$737.10	Mark Bayliss, Arborg.....\$19.95	Elaine Bruce, Ashern.....\$449.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Linda Foster, Matlock.....\$408.00
John Hudyma, Fraserwood.....\$599.00	Jim & Wanda Brandson, Lundar.....\$916.00	Dan & Nyia Klatt, Grahamdale.....\$648.00
Alex Klimchuk, Fisher Branch.....\$575.00	Paul & Linda Buus, East Selkirk.....\$338.00	Rosemarie Kawalenko, Arnes.....\$1,929.00
Kevin & Lisa Klym, Arborg.....\$1,484.00	Richard & Doris Dueck, Arborg.....\$59.00	Lenore Mahase, Winnipeg.....\$369.00
Claudia Krawchuk, Fraserwood.....\$499.00	Henry T. Friesen, Arborg.....\$172.95	Melissa Markussen, Gimli.....\$399.00
David & Judy McDougall, Ashern.....\$499.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Stacy Markussen, Gimli.....\$2,637.00
Tammie McDougall, Arborg.....\$1,049.00	James Loewen, Riverton.....\$499.00	Darwin Mitchell, Riverton.....\$1,703.95
John Miller, Broad Valley.....\$69.95	Darryl & Jeannette Lazarok, Poplarfield.....\$599.00	Bert & Vera Osborne, Arborg.....\$279.00
Ronald Platt, Arborg.....\$499.00	Jason Loewen, Arborg.....\$59.00	Ashley Prince, Peguis.....\$220.00
Frank Reimer, Arborg.....\$658.00	Janet Porth, Gimli.....\$1759.00	Glen Tamoto, Sandy Hook.....\$1,179.00
Dave & Eileen Shott, Arborg.....\$98.00	Candace Sigurdson, Riverton.....\$499.00	Rick Weiss, Arborg.....\$649.00
Fern & Philip Sinclair, Peguis.....\$279.00	Tracy Sigvaldason, Arborg.....\$299.00	Cornelius Weiss, Arborg.....\$59.00
Philip Thorkeelson, Arborg.....\$599.00	Deila Sinclair, Koostatak.....\$1599.00	Roger and Christine Abuda, Arborg.....\$849.00
Stanley Wallace, Poplarfield.....\$399.00	Isabel Jtoy, Lundar.....\$469.00	Will & Shelly Ashley, Arborg.....\$193.98
Philip Bauernhuber, Arborg.....\$1,900.00	Cynthia Webster, Gimli.....\$449.00	Darryl and Doris Bear, Peguis.....\$2,647.00
Simonetta DeSante, Riverton.....\$529.00	George & Maria Wiebe.....\$51.00	Dwight Dilts, Stonewall.....\$1,828.00
Daniel & John Weedon, Riverton.....\$1,799.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00	Lil Firman, Gimli.....\$2,068.00
Bev Webb, Fisher Branch.....\$129.00	Doreen Steg, Camp Morton.....\$1,474.50	Ruth Kennedy, Arborg.....\$64.99
Alan McKay, Arborg.....\$349.00	Darlene Jonsson, Gimli.....\$529.00	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Zenth Poole, Arborg.....\$848.00	Delbert & Luwana Brandt, Riverton.....\$1,799.00	Bjarni and Elaine Marleinson, Riverton.....\$399.00
Barb & Menno Friesen, Riverton.....\$559.00	Brenda & Ed Anderson, Princess Harbor.....\$529.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Pat Dudrak, Arborg.....\$499.00	Linda Williams, Peguis.....\$339.00	Stephen and Liz Murdoch, Koostatak.....\$70.00
Mary Dunlop, Gimli.....\$109.00	Eugene Feschuk, Gimli.....\$2,227.00	Lorne and Susan Smith, Gimli.....\$929.00
Jean Harrison, Arborg.....\$1,988.00	Ida Jean Buck, Hodgson.....\$26.75	Faye Stevenson, Peguis.....\$1,173.95
Roxanne Roche, Arborg.....\$1,868.00	Glen & Phyllis Stevenson, Peguis.....\$877.00	Walter and Charlene Stevenson, Peguis.....\$154.98
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Don & Betty Johnson, Arborg.....\$1,299.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
Nancy Woychysyn, Arborg.....\$499.00	Patricia McCallum, Gimli.....\$569.00	Delores Wallbridge, Peguis.....\$2,186.00
Donna & Ray Andert, Gimli.....\$899.00	Joyce Bielik, Riverton.....\$29.95	Al and Gloria Wiebe, Poplarfield.....\$152.94
Will Ashley, Arborg.....\$479.00	Marvin Olson, Arborg.....\$29.95	Irene Zazulinski, Fraserwood.....\$841.00
Jake Barkman, Riverton.....\$619.00	Jeroline Smith, Peguis.....\$1227.00	Kurtis and Iris Stansell, Arborg.....\$239.00
Mike & Thelma Blahay, Arborg.....\$557.00	Sandra Jonasson, Arborg.....\$549.00	Stephen & Liz Murdoch, Koostatak.....\$841.00
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Melissa & Jeff Abuda, Arborg.....\$3.39	Ian and Carla Christensen, Gimli.....\$2,257.99
Karen Dzaid, Arborg.....\$499.00	John Paul Avison, Arborg.....\$679.00	Duane Loewen, Arborg.....\$199.59
Natalia & Roger Eyllson, Riverton.....\$1638.00	Carol & Dan Beauchemin, Inwood.....\$1,329.00	Matthew Smith, Eriksdale.....\$2,297.00
Randy & Glenda Foster, Hodgson.....\$1898.00	Jim Dingwall, Camp Morton.....\$1,038.00	Sharon McLeod, Gimli.....\$1385.97
Perry & Genni Hibbert, Arborg.....\$479.00	Eugene Feschuk, Gimli.....\$1,278.00	George and Mary Lywak, Koostatak.....\$629.00
Kris & Begga Johanneson, Riverton.....\$939.00	Jason Hudson, Riverton.....\$599.00	Lorna Friesen, Arborg.....\$699.00
Rick & Sheila Johnston, Arborg.....\$349.00	Darlene Jonsson, Gimli.....\$359.00	Teddy Ferkel, Sandy Hook.....\$699.00
Bertha Jonasson, Arnes.....\$769.00	Ruth Kennedy, Arborg.....\$549.00	Darrell and Donna Thaddeus, Koostatak.....\$138.00
Donna Jonasson, Arnes.....\$399.00	Benita Muzyka, Arborg.....\$388.00	Joyce and Glenn Peden, Gimli.....\$1,019.00
Jeannette Kist, Gimli.....\$121.87	Archie Thompson, Arborg.....\$549.00	Lilja Macaulay, Gimli.....\$829.00
Kevin & Lisa Klym, Arborg.....\$774.00	Amanda Unger, Riverton.....\$799.00	Dennis & Marlene Riehl - Arnes.....\$899.00
John & Tina Kornelson, Arborg.....\$689.00	Evelyn Wallach, Poplarfield.....\$899.00	Ruth & Steve Macduff - Gimli.....\$868.00
Kent & Helena Kostshyn, Lundar.....\$639.80	Judy Wells, GrandePointe.....\$119.00	Christine Loff - Riverton.....\$399.00
Thomas Kowalchuk, Fraserwood.....\$499.00	Lynn Bear, Peguis.....\$239.00	Thomas Padoski - Stonewall.....\$399.00
Layne & Holly Kulbacki, Arborg.....\$599.00	Hazel Brunen, Eriksdale.....\$729.00	Cindy & Derek Grimolson - Riverton.....\$749.00
Edward Penner, Arborg.....\$619.00	David Chudy, Fisher Branch.....\$1,499.00	Louise Barylski - Arborg.....\$1,128.00
Keith Poleschuk, Arborg.....\$2082.00	Susie and Brian Eyllson, Riverton.....\$528.00	Arnold & Shirley Jonasson - Arborg.....\$969.00
Curtis Spence, Hodgson.....\$479.00	Nelson Hudson, Koostatak.....\$629.00	Eric & Stella Funk - Gimli.....\$889.00
Tanya & Lyle Thorliffson, Lundar.....\$329.00	Larry and Valerie Kornelsen, Arborg.....\$799.00	Donna Dolphin - Arnes.....\$515.65
Nancy Woychysyn, Arborg.....\$768.00	Jason Loewen, Arborg.....\$859.00	Maureen Blandford - Arborg.....\$79.00
Mathew & Gemma Avison, Arborg.....\$219.00	Rita Milne, Gimli.....\$1,327.43	Christina Asham - Peguis.....\$2,007.00
Raymond Bazinet, Eriksdale.....\$389.00	Minerva Ladies Aid, Gimli.....\$659.00	Julia Penny - Winnipeg.....\$549.00
Lynn Bear, Peguis.....\$1,044.00	Sheila Murdoch, Koostatak.....\$1,018.00	Rita Kirkness - Koostatak.....\$2,897.00
Ken & Linda Cherepak, Arborg.....\$49.01	Ruth Otto, Ashern.....\$1,829.00	Kassidy Brooks - Peguis.....\$668.00
Debbie Deveau, Eriksdale.....\$249.00	Gwen Adams, Matlock.....\$1499.00	Crystal & Aaron Magnusson - Riverton.....\$999.00
Dorothy Dubchak, Gimli.....\$899.00	Buddy Chudy, Fisher Branch.....\$1298.00	Barry McKay - Fisher River.....\$399.00

GRAND TOTAL TO DATE \$283,884.83

A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Oct. 2nd we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.

We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.

Larry Kornelsen
Smitty's

6 PC DINING SET
Table
4 Chairs & Bench
Only **\$799**

ALL PURCHASES PAID IN FULL QUALIFY!
• Furniture
• Appliances
• Clearance Items

Glider Rocker Recliner \$499

STOCK ONLY

Sofas STARTING AS LOW AS \$819

PLUS
DON'T PAY FOR 3 MONTHS
0% INTEREST ON EVERYTHING O.A.C.!
FURNITURE, APPLIANCES

Frigidaire Chest Freezers
7 cu. ft.
\$379

BEDS, BEDS, BEDS,
15 Models on Display From \$349-\$2549

SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9 a.m. Tues., Sept. 7th and ends Sat., Oct. 2, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Friday, Oct. 8, 6p.m.
- All sales tallies and free day will be verified.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or cancellations.

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