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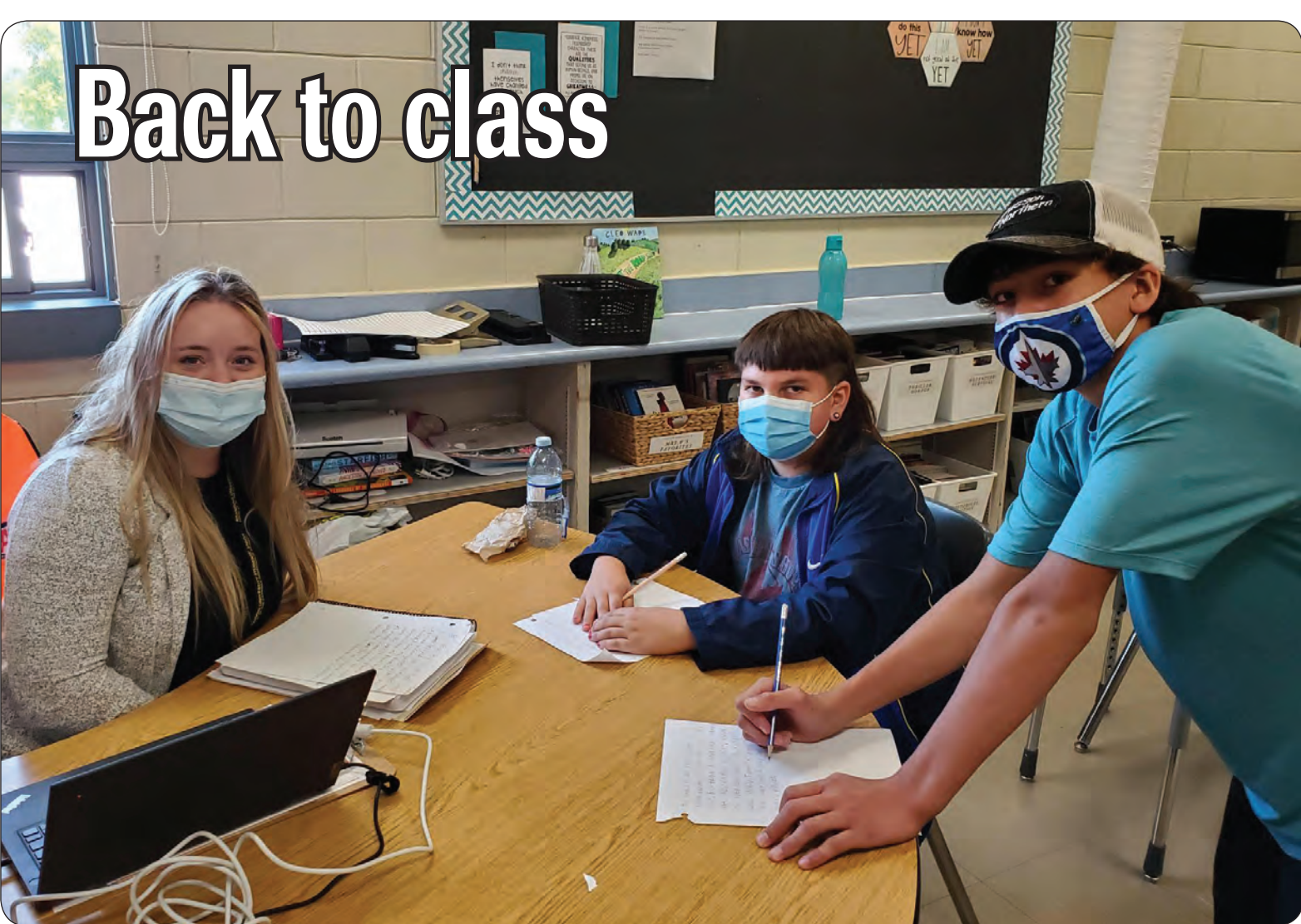
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EXPRESS PHOTO SUBMITTED
 Eriksdale teacher Ms. Pipella and students Serj and Emmett were excited to return to classes last Wednesday for the 2021-22 school year. All Manitoba students and staff returned to school following the mandatory mask government mandate.

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New group forms for grandparents raising grandkids

By Jennifer McFee

Are you a grandparent who is raising your grandkids?

If so, there is now a new group just for you.

Tamara Elias, one of the organizers, explained how the group began — and how it has grown since then.

“It started out as a Facebook group to share support and resources, and it’s kind of evolved from there,” she said.

“We’re trying to increase awareness for the numerous families that are in our situation. We’re trying to create more regular contacts, such as monthly meetings and get-togethers so there’s a sense of a support.”

She hopes that other grandparents raising grandkids know that there are others who understand their situation.

“People are not alone. Everybody’s got different stories. It’s quite diverse,” Elias said.

“For us, we fostered the mom of the two grandchildren that we’ve adopted. When her kids came into care, she asked us to take them. As time went on, it evolved to guardianship and then to adoption. Our story is a little different than others.”

Although Elias lives in Winnipeg, the group includes people from all over Manitoba, with the farthest be-



Tamara Elias is hoping to grow the “Grandparents Raising Grandkids” community.

ing Garden Hill — and they welcome more members from the Interlake community and beyond.

On the weekend, they hosted their first-ever event, which took place in Winnipeg at St. Vital Park.

“Although our first event was in the city, our intent is to have things in all of the outlying areas and not just Winnipeg. We found that everything happens in the city and there’s not always a lot of resources outside the city so we’re trying to avoid that,” she said.



EXPRESS PHOTOS SUBMITTED

Jessika and Ryan took part in the “Grandparents Raising Grandkids” event held at St. Vital Park this past weekend.

“And, of course, we’re hoping to do things virtually because that makes it a lot easier for some grandparents to be able to participate.”

For more information or to keep up

to date on upcoming events, you can request to join the Facebook group called “Grandparents Raising Grandkids Manitoba.”

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Winnipeg Beach salon cuts a break for families

By Nicole Brownlee

A Winnipeg Beach hair salon affected by COVID-19 closures has offered a helping hand and haircut to low-income families.

Katerina Vas' Shears of Glory hair salon was forced to close three times over the COVID-19 pandemic because of public health restrictions.

"It's an amazing opportunity for myself to still be able to be here through this pandemic," said Vas.

Regardless of the salon's struggles, Vas wanted to give back to her community by offering a service she knew people would appreciate.

"I'm a single mom, and I always wanted to do something for my community," said Vas. "I just remember how tough it was going back to school and just getting my own kids ready, you know, with shopping, school supplies and all that stuff."

She also came from a big family with four siblings, so she understands families' financial anxiety when September comes around, said Vas.

To give families a break, Vas is offering free haircuts for youths every Wednesday in September.

"They can at least take one thing off their list — not worrying about get-



ting their hair done," said Vas. Shears of Glory owner Katerina Vas said she wanted to give back to her community and help families who struggle financially during back-to-school season.

Usually closed on Wednesdays, Vas comes in alone to cut hair for families interested in the program. By the second week, five families had taken her up on her offer.

Usually closed on Wednesdays, Vas comes in alone to cut hair for families interested in the program. By the second week, five families had taken her up on her offer.



PHOTO SUBMITTED

Winnipeg Beach's Shears of Glory salon teleports visitors to the '40s, '50s and '60s while they get a trim.

"Being a mother ... I think if I would have had that opportunity, I think I would be very humbled by it," said Vas. "It would definitely be something that would make me feel happy."

She first posted the initiative on Facebook on Aug. 30 and quickly received community support.

"A lot of people liked it. A lot of people shared it," said Vas. "It's a rewarding feeling to know that they're

appreciating it."

Vas said she hopes to continue the momentum throughout the month and wants to remind community members she's open year-round.

"I'm trying to keep it local, so people don't have to go to the city," said Vas.

To learn more about Shears of Glory, visit the Shears of Glory Facebook page.

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ESD to honour residential school survivors

By Patricia Barrett

Schools in the Evergreen School Division will be closed Sept. 30 to mark a national day of observance honouring residential school survivors.

The federal government passed Bill C-5 this summer, creating a National Day of Truth and Reconciliation following recommendations from the Truth and Reconciliation Commission of Canada.

"Sept. 30, 2021, will make the first official day that our country will collectively honour and remember residential school survivors," said superintendent and CEO Roza Gray in a Sept. 8 letter to parents and staff.

The division is encouraging its schools to participate in events for Truth and Reconciliation Week 2021, which will be held from Sept. 27 to Oct. 1.

The National Centre for Truth and Reconciliation, an archival repository of material at the University of Manitoba, is presenting online programs for the national five-day event. It centres on conversations about Indigenous treaties, First Nation, Métis and Inuit land claims and Canada's residential school system.

Students can take part in workshops



SUBMITTED BY ESD

Penny Helgason, left, was re-elected chair of the ESD board of trustees and Dianna Auer was re-elected vice-chair.

focused on history, watch cultural performances and listen to Indigenous storytellers.

Orange Shirt Day, a day on which the Indigenous children sent to residential schools are honoured, will be held on Sept. 30, but ESD is marking the day on Sept. 29.

To recognize Indigenous children who perished at residential schools, flags on ESD school property will be flown at half mast until Oct. 1.

For more information about residential schools, visit the National Centre

NATIONAL CENTRE FOR TRUTH AND RECONCILIATION

Truth and Reconciliation Week will run Sept. 27-Oct. 1. A full week of virtual events is open to schools across the country for students in grades 5-12.

for Truth and Reconciliation at nctr.ca
Other ESD news:

With the start of another school year amid the ongoing COVID-19 pandemic and community spread of the virus in the Interlake and other areas of the province, Gray acknowledged the uncertainty and challenges facing teaching staff and students.

She encouraged staff to stay positive and help students adjust to the challenges ahead by being good role models.

"More than ever, our children will need us to be examples of 'how to be a

good person' in the complex world in which we live," Gray wrote in a Sept. 7 letter to staff. "We have a collective responsibility to ensure our spaces are nurturing, safe places that will encourage our children to look after themselves and one another."

-The ESD board of trustees elected Penny Helgason as board chair and Dianna Auer as vice-chair for the 2021-2022 school year.

The division tweeted that they show "caring and committed leadership for our students, families and communities."

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Eriksdale remembers dedicated community member

By Nicole Brownlee

A white helmet and yellow protective gear sat on top of an Eriksdale fire engine on Aug. 29, honouring the community's late fire chief, William Craig Pottinger.

A cherished fire chief and humble volunteer, Pottinger passed away on Aug. 27.

"In some ways, Craig was the department. The glue that held us together," said the Eriksdale fire department in a statement posted to Facebook.

"Your dedication to the service and the community will be missed."

Hundreds of comments and shares mark the department's commemorative post, with community members, colleagues and first responders expressing their condolences to Pottinger's wife Barb and their family.

Keith Lundale, one of Eriksdale's deputy fire chiefs, worked with Pottinger for almost 40 years at the fire department but had been a friend for a decade more.

"We go back over 50 years. We went to school together," said Lundale.

Despite following different careers after graduating high school, Lundale and Pottinger remained close, often



The Eriksdale fire department remembers the late William Craig Pottinger as a dedicated and passionate fire chief. Pottinger was recognized for his loyalty with the Fire Services Exemplary Service Medal by the Office of the Fire Commissioner.



EXPRESS PHOTOS SUBMITTED BY BRIAN BOTTRELL

Pottinger, second from left, could often be found volunteering with his "cooking crew" at the Eriksdale Creamery Days pancake breakfast.

playing baseball together in the community.

"Craig was our first baseman, and we had many, many good times going to tournaments and all that," said Lundale. "That's probably the best highlights when we got back together

after ball and had some chicken and beers."

Pottinger's spirit and his passion for firefighting will also be missed at the fire department.

Continued on page 10

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Dreams come true at family-owned pumpkin patch

By Nicole Brownlee

Rachelle Brown picks smooth orange, yellow and white pumpkins almost daily as she prepares for fall, but her choice of winter squash has a bit more personality.

Cucurbita pepo, or commonly known as knucklehead pumpkins, look like they're covered in green and yellow warts.

"I think they're a beautiful pumpkin," said Brown with a laugh. "Some others might not think so."

This is Brown's second year growing and selling pumpkins at Brown's Corner Patch. The majority of the property is devoted to their turkey farm, Brown Feather Farms Inc., but Brown wanted to try something new.

"I've always enjoyed growing them with the kids when they were younger, and we really like Halloween," said Brown. "As I'm getting older and transitioning out of farming, I was looking at something else I could still be doing."

Last year, they grew a few hundred mini pumpkins and jack-o'-lantern pumpkins to test out their new patch just west of Gunton and got a lot of positive feedback, she said.



The Brown's Corner Patch is selling mini pumpkins, jack-o'-lanterns and owner Rachelle Brown's favourite knucklehead pumpkins on opening day, Sept. 25 from 10 a.m. to 4 p.m.

"We decided to keep growing it into an agribusiness-type venture and see where it takes us."

Continued on page 9



EXPRESS PHOTOS BY ROBYN BROWN

A new installment at the Brown's Corner Patch is a handcrafted Cinderella carriage for princes and princesses to take photos in.



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Access Credit Union , Noventis Credit Union and Sunova Credit Union engage in merger discussions

Submitted

The boards of directors for Access Credit Union, Noventis Credit Union and Sunova Credit Union are pleased to announce that they are currently engaged in discussions regarding the potential for a merger between the three organizations.

Leaders from Access, Noventis and Sunova began discussions in January 2021 after each organization recognized that ongoing change was necessary for continued growth and to ensure value for their members in an increasingly competitive environment. Since then, the teams have completed initial reviews and evaluation that has revealed this potential partnership is worth exploring for the benefit of their members, employees and communities.

As part of their continuing due diligence, each credit union will encourage broad participation by engaging with their members and employees. This will be valuable as they determine their next steps and the boards

prepare to make a recommendation to their respective memberships.

"During these preliminary discussions, we realized our values and cultures were very much aligned. We believe that by working together, we can continue to provide competitive products and services for our respective memberships now, and into the future, as well as great opportunities for all of our employees," noted Sunova board chair Kevin Beresford.

Noventis board chair Paul Cuthbert said the new entity will continue to have a strong focus on serving the community.

"Building strong community is important to each of our organizations and this merger would provide the capacity for a stronger community investment program now and into the future."

"We are very excited about the potential of this partnership and therefore, decided to share this exciting news with our employees, members and our communities at this early

stage in the process. All three credit unions have a strong commitment to putting the needs of our members first and to maintain value for our memberships," shared Ingrid Loewen, board chair for Access Credit Union.

"As we proceed through the exploration stage, developing a detailed business case, we look forward to our potential future together. We will continue to engage and inform our employees and members as things progress and confirm our final recommendation to the members later this year."

Following completion of the due diligence process, if the board of directors from all three organizations choose to recommend a merger, they will seek membership approval in the winter of 2022.

About Access Credit Union

Access Credit Union was incorporated in 2020 following a merger with Crosstown Civic Credit Union. The current assets exceed \$6 billion. The

credit union serves 92,000 members through 26 service delivery offices spread across southern Manitoba and Winnipeg. Access is currently the second largest credit union in Manitoba. For more information about Access Credit Union, visit www.accesscu.ca.

About Noventis Credit Union

Noventis was incorporated in 2010 following a series of mergers and currently serves 28,000 members with \$1.14 billion in assets across 12 branches through out the Interlake and west of Winnipeg. Noventis is the 10th largest credit union in Manitoba. For more information about Noventis Credit Union, visit www.noventis.ca.

About Sunova Credit Union

Sunova was incorporated in 1955 and has grown to serve 49,700 members with \$2.3 billion in assets across 14 branches located in Winnipeg, eastern Manitoba and southern Interlake region. Sunova is the fifth largest credit union in Manitoba. For more information about Sunova Credit Union, visit www.sunovacu.ca.

Evergreen School Division recognizes staff for dedication to education

By Patricia Barrett

The Evergreen School Division thanked its staff for their commitment to educating students with a virtual service pin ceremony at the start of the new school year.

Staff were recognized for 5, 10, 15, 20, 25, 30, 35, 40 and 52 years of service to the division.

The ceremony had been postponed last year because of COVID-19 provincial public health gathering restrictions.

"We usually have this ceremony as part of our back-to-school staff event, which in the recent past has included a pancake breakfast,"

said superintendent and CEO Roza Gray, who has served 10 years with the division. "We postponed the event last year due to the gathering restrictions. In the end the restrictions lasted so long, we decided to just have one event for both years."

The division also acknowledged new staff such as bus drivers, teachers, education assistants and a new transportation manager. Three school principals moved to a different school this year and two are new to the division.

"We look forward to the time when we can gather all our staff together for a pancake

breakfast next year," said Gray.

Five Years

Agnihotri, Shivani
Aspen, Angela
Bauer, Rachelle
Bernardin, Blanche
Berthaudin, Justin
Boaz, Sarah
Bomberak, Nancy
Bursey, Stacy
Charrier, Justin
Collins, Lindsey
Cross, Richard
Noakes, Darrell
Komar, Ashley
Olson, Fraser
Rudyk, Kristen
Smith, Karen
Svienson, Jessica
Sydoruk, Kiersten
Vandersteen, Jessica

Ten Years

Burns, Lindsay
Chrol, Rob
Collette, Jacqueline
Croy, Kelly
Ewert, Jay
Gray, Roza
Heminger, Chad
Heminger, Jessica
Jacobson, Kaela
Kovacs, Corey
Lubinski, Alison
Magnusson, Destiny
Manchulenko, Janie
Mills, Stephanie
Noble, Shalyn
Pawluk, Shawna
Pidwinski, Lisa
Rudd, Shawna
Tarnowski, Marsha
Torcia, Shannon

Fifteen Years

Arnason, Linda
Becker, Kimberly

Bergman, Richard
Braun, Lauri
Dahlman, Helga
Elsworth, Holly
Johannesson, Tabitha
Kornelsen, Gaylene
Lewis, Tara
Magnusson, Della
Nickerson, Jay
Stevens, Linda

Twenty Years

Barkman, Kelly
Borgfjord, Krista
Burak, Rachelle
Fergus, Maureen
Fridfinnson, Gerri
Jantz, Rob
Marks, Charlie
Olson, Jan
Poloski, Michelle
Stouffer,

Patti
Trumbley, Nadine

Twenty-five Years

Moar, Cathy
Ostapchuk, Albert
Spulnick, Page

Thirty Years

Campbell, Paula
Phelps, Charisse

Thirty-five Years

Einarson, Pam

Forty Years

Sigurdson, Crystal

Fifty-two Years

Marks, Percy

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Province commits additional \$1M for mental health programs in schools

By Ashleigh Viveiros

The provincial government announced additional funding last week for mental health supports for staff and students in Manitoba schools.

"The COVID-19 pandemic continues to have a significant impact on the mental health of students and teachers in this community and across the province," Mental Health, Wellness and Recovery Minister Audrey Gordon said at a press event in front of the Louis Riel School Division offices in Winnipeg last week.

"For this reason, our government is committed to supporting the well-being of all students and staff as they return to school this September."

Gordon went on to announce the provincial government is providing an additional \$1 million in mental health supports funding above the \$2.5 million announced last year.

"This investment consists of 11 initiatives that fit into the framework of the Five T strategy," she said, explaining that includes talking about mental health, training for teachers and

school staff, teaching supports for mental health, ensuring appropriate tools and supports are available for students, and taking care of teachers and school staff.

The \$1 million includes:

- an additional \$380,000 to the Canadian Mental Health Association to provide supports to the education workforce, including service-navigation specialists, online resources in French and English, and a peer wellness coaching team;

- an additional \$100,000 for Sources of Strength in to allow further expansion such as French translation of materials and provide peer-programming training for 50 more educators as well as expanding the number of secondary schools offering the program;

- \$40,000 to provide SafeTalk training for 50 educators, who then train students age 15 and over, teachers and parents in suicide prevention and intervention, and also provide for a centralized SafeTalk registry for easy access and resource deployment;

- \$80,000 to provide further professional development for educators and leaders that is trauma-informed and culturally relevant to address the effects of long-term trauma caused by the pandemic; and

- \$150,000 for pilot projects to support and enhance well-being through the engagement of elders and knowledge keepers in schools.

These funding decisions were made in consultation with educators about what supports were most effective last school year, Gordon noted.

"Our goal is to build upon what we know works well for our students, teachers and communities," she said.

Gordon noted that the government will also be providing additional funding to school divisions to supplement provincial mental health supports.

"This will allow school divisions to continue offering wellness supports that are already in place and to implement further initiatives in response to local needs."

New provincial curriculum advisory panel members named

Submitted by Manitoba government

The Manitoba government has established a provincial curriculum advisory panel to help form a new provincial curriculum framework as part of the Better Education Starts Today (BEST) strategy, Education Minister Cliff Cullen announced last week.

"The advisory panel will begin their work this fall, beginning with the design of a new provincial framework

that will identify the underlying principles of the kindergarten to Grade 12 curriculum and establish its overall structure," said Cullen. "The new framework will set out the vision, principles, skills, knowledge and values to empower students."

The minister noted consultations will take place in the fall of 2021 with a broad spectrum of stakeholders, allowing input from across the province.

The new framework will guide future K-12 curriculum development and ensure all subject areas are inclusive, reflect the full diversity of peoples in Manitoba, promote human rights and responsible citizenship through a focus on Indigenous perspectives, gender diversity and anti-racism.

"These educators and stakeholders represent the diversity, ideas and

Continued on page 9

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EXPRESS PHOTO BY JO-ANNE PROCTER

Canada geese are starting to fuel up for their fall migration. According to Jacques Bourgeois, marketing and communications at Oak Hammock Marsh, Canada geese that nest in the Interlake are the larger ones that will travel to Minnesota. The ones that nest in Churchill will fly to Missouri. Help the *Express* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

> PUMPKIN PATCH, FROM PG. 6

With the help of her two children and three grandchildren, Brown has tripled the size of the patch this year and hopes to continue expanding.

"It's a full family affair. It's not just me. I've got support right across the board," said Brown.

Brown said her oldest granddaughter, who is turning four years old, helped plant the pumpkins, water them and is excited to pick them.

"The excitement on [her face] when we're picking pumpkins and starting to make displays is actually pretty cool to see because she's seen them

from inception to where they are today."

With family in mind, the Browns are offering wagon rides and have added a handmade Cinderella carriage to take photos in.

Children are encouraged to point out the "lost turkeys" along the property, which are wooden cut-outs of the Browns' fowl.

"It was well-received last year, so we're definitely looking forward to doing that again," said Brown.

The patch is set to open on Sept. 25 and will be open from 10 a.m. to 4 p.m.

on following Saturdays and from 10 a.m. to 3 p.m. on Sundays until they run out of pumpkins.

The Browns encourage all visitors to wear masks, use the sanitizing stations and stay distanced to remain safe while enjoying the outdoor activities.

"We're hoping that, and weather permitting, [the patch] is well received, and people come out," said Brown.

To learn more about the Browns' pumpkin patch, visit the Brown's Corner Patch Facebook page.

Southern Health leading the way in new cases

By Ashleigh Viveiros

Southern Health-Santé Sud was leading the way in new COVID-19 cases in Manitoba on Monday.

The RHA is also the region with the lowest vaccination uptake in the province, with 35.5 per cent of the eligible population having not received a single dose.

Health officials were reporting a total of 41 new cases of the virus Monday, including 21 in Southern Health, 12 in Winnipeg, five in Prairie Moun-

tain, two in the Northern health region, and one in Interlake-Eastern.

Of the new cases, 32 were in people who were not fully vaccinated (two weeks past their second dose of the vaccine). In Southern Health, 17 of the 21 new cases were not fully vaccinated.

Monday's number represented a bit of a drop from the heights of the previous few days, which saw 105 new cases on Friday, 72 Saturday, and 58 on Sunday.

It brings Manitoba's active caseload to 569. There were 69 Manitobans in hospital with COVID-19 at press time, including 14 in intensive care (none of whom were fully vaccinated).

The death toll due to the virus is at 1,202.

Manitoba as a whole has reached 83.6 per cent of eligible residents with at least one dose and 78.7 per cent with two.

> CURRICULUM, FROM PG. 8

talents of the people of Manitoba," said Cullen. "They will help government develop a new provincial curriculum framework that supports relevant, high quality learning for all, from kindergarten to Grade 12 and beyond. Developing a new framework is a considerable task and the most recent framework dates back to 1995, so it is time for a thorough examination of what exists, what is needed and what is best for our students."

The minister noted system resources will be directed to curriculum implementation and learning at the classroom level, with a distinct focus on four official school programs: English, French, French Immersion and Senior Years Technology. The panel includes students, parents, educators, school and system leaders, Indigenous partners and business. Terms will run until June 2022. Future terms will be determined based on need.

The curriculum advisory panel members and terms of reference are listed at <https://bettereducationmb.ca/better-education-starts-today-best-strategy-advisory-groups/>.

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Peguis RCMP seize firearms and drugs during traffic stop

Staff

Peguis RCMP were conducting patrols in Fisher River Cree Nation when officers noticed a suspicious vehicle travelling south on Highway 224 at approximately noon on Sept. 8. As officers turned onto the highway, the vehicle abruptly turned off the highway, onto a road in the community.

Officers initiated a traffic stop and officers seized a sawed-off shotgun. A further search of the vehicle resulted in the seizure of a loaded 9mm handgun and prepackaged individual baggies of a substance believed to be cocaine.

Jordan Govereau, 19, from Fisher River Cree Nation, was arrested and charged with numerous weapons offences including careless use of a firearm x2, possession of a weapon for dangerous purpose x2, and possession with the purpose of trafficking cocaine. In addition, he was issued a ticket under the Highway Traffic Act for driving without a valid drivers licence. He was released and is scheduled to appear in court on Oct. 5, 2021, in Peguis First Nation.

Jerome Moore, 20, from Fisher River Cree Nation, was arrested and charged with numerous weapons offences including careless use of a firearm x2, possession of a weapon for dangerous purpose x2, and possession with the purpose of trafficking cocaine. He was remanded into custody. RCMP continue to investigate.

Peguis RCMP respond to fatal collision

On Sept. 6 at approximately 8:40 p.m., Peguis RCMP received a report of a fatal motor vehicle collision in Peguis First Nation, Manitoba on

Provincial Road 224. When officers arrived on scene, a male was located on the roadway. The 37-year-old from Peguis was pronounced deceased on scene.

Investigation revealed a vehicle was travelling northbound on PR 224 when it struck the male, who was standing in the middle of the road. The 78-year-old male driver and his 20-year-old male passenger, both from Peguis, were not physically injured.

The investigation is ongoing.

Gypsumville RCMP investigating fatal off-road vehicle rollover

On Sept. 7 at 10:05 p.m., Gypsumville RCMP received a report of an off-road vehicle rollover that occurred on Memorial Crescent on the Lake St. Martin First Nation.

Officers have determined that an ATV, being operated by a 39-year-old male from Lake St. Martin, was travelling on Memorial Crescent with two other passengers when the operator attempted to make a turn but lost control. The ATV entered the ditch and rolled, ejecting the three males.

A 25-year-old male passenger, from Dauphin River, was pronounced deceased on scene. The other passenger, a 23-year-old male, was not physically injured.

The investigation led to the arrest of the 39-year-old male driver for refusal to comply with breath demand in an accident resulting in death. He remains in police custody.

The three occupants of the ATV were not wearing helmets and alcohol and speed are believed to be factors in the rollover.



EXPRESS PHOTO SUBMITTED

Peguis RCMP made an arrest following a traffic stop in Fisher River Cree Nation and seized a sawed-off shot gun, a loaded 9mm handgun and prepackaged substance believed to be cocaine.

Gypsumville RCMP continue to investigate.

Lundar RCMP respond to aggravated assault

On Sept. 12, at approximately 3:30 a.m., Lundar RCMP received a report of a male armed with a knife in the parking lot of a business just off Highway 6 in Eriksdale. When officers arrived on scene, they located a male with an upper body wound and called for medical assistance.

Police found the suspect in a vehicle parked in the parking lot. Colton Sumner, 25, of Lake Manitoba First Nation, was arrested and charged with aggravated assault, assault with a weapon and possession of weapon for dangerous purpose.

The 32-year-old male victim, from Lake Manitoba First Nation, was transported to Winnipeg hospital in stable condition.

Lundar RCMP respond to fatal motor vehicle collision

Lundar RCMP received a report of a motorcycle that had gone off the road on Highway 6 in the RM of West Interlake on Sept. 11 at approximately 7:30 p.m. When officers arrived, a male was in the ditch receiving medical attention from EMS. The 62-year-old male from the RM of Coldwell was pronounced deceased on scene.

The initial investigation has determined that the motorcycle, being driven by the 62-year-old male, was travelling southbound on Highway 6 near Lundar and passed a southbound vehicle. The motorcycle appeared to lose control and entered the ditch, at which point the male driver was ejected from the vehicle.

A RCMP forensic collision reconstructionist and the RCMP Criminal Collision Investigative Team is assisting with the ongoing investigation.

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.

> DEDICATED COMMUNITY MEMBER, FROM PG. 5

"When he retired, [the fire department] became his soul," said Lundale.

Brian Bottrell, another Eriksdale deputy fire chief, said it's hard to pick one or two highlights of working with Pottinger for over 40 years.

"When you get into a sticky situation, you need to depend on the people around you. Craig was one of those people," said Bottrell in a statement.

A fire in 1989 in Mulvihill and Ashern stood out to Bottrell as a testament to how well the team could read

each other.

The 1989 fire season is recognized as one of the most severe in Manitoba's history that impacted northern and central Manitoba. Around 13 homes, several barns, buildings and crops were lost in the Ashern fire.

"[Pottinger's] years of experience on the department was instrumental when working with other departments to help contain this fire," said Bottrell.

Even people who only worked briefly with Pottinger could recognize his

commitment to the department.

"Although I have only worked with Craig over the past couple years, even in that short amount of time, his dedication to his team and his passion for being a fire chief was very apparent," wrote Courtney Roehl, RM of West Interlake's chief administrative officer, in a statement.

"On behalf of the RM of West Interlake, I would like to say thank you for your service and dedication to our community," said Roehl. "He will be greatly missed."

Old Farmer's Almanac makes its winter predictions

Says to expect a snowy winter here in the Prairies

By Lorne Stelmach

For a region facing a severe drought, a forecast for a white and wet winter may be unusually welcome news.

It comes courtesy of the 2022 Old Farmer's Almanac Canadian edition, which officially arrived Aug. 31 with a nationwide warning for this winter: Canadians should be prepared to weather some storms.

For 230 years, the almanac has been helping readers prepare for winter's worst with what the publication touts is 80 per cent accurate weather forecasts.

According to the latest edition, this winter will be punctuated by a series of storms with snowfall above normal in many regions, including the northern prairies, with slightly above average temperatures throughout the season in all but the northernmost portions of the prairies.

"Mild would be kind of a misnomer, though ... it's just not going to be so cold," said managing editor Jack Burnett, who noted the almanac forecast predicts major snow storms for the Prairies in late November, mid-January and early March.

The weather predictions usually get a lot of the attention with the annual release of the almanac, which uses a system that takes into account weather trends as well as climatology, meteorology, and even the influence of things like sunspot activity.

"We look for patterns in the past that resemble the present ... then we can look at what happened next back then," explained Burnett.

It is part of a tried and true formula for success for the almanac, which at the same time continues to evolve each year.

"We're more than just the weather," Burnett said. "The weather is less than 10 per cent of the Old Farmer's Almanac ... we're filled with all kinds of other stuff."

For example, the new edition not only prepares readers to weather the storms but revisits the 1972 Canada-Soviet hockey summit, tours the Trans-Canada Highway, shares stories of small farmers, traces the art of animal tracking, and more.

There are gardening tips for growing a rainbow of dahlias or a patch of pumpkins (hint: the bumpier the skin, the sweeter the taste) plus how to make scents of potpourri.

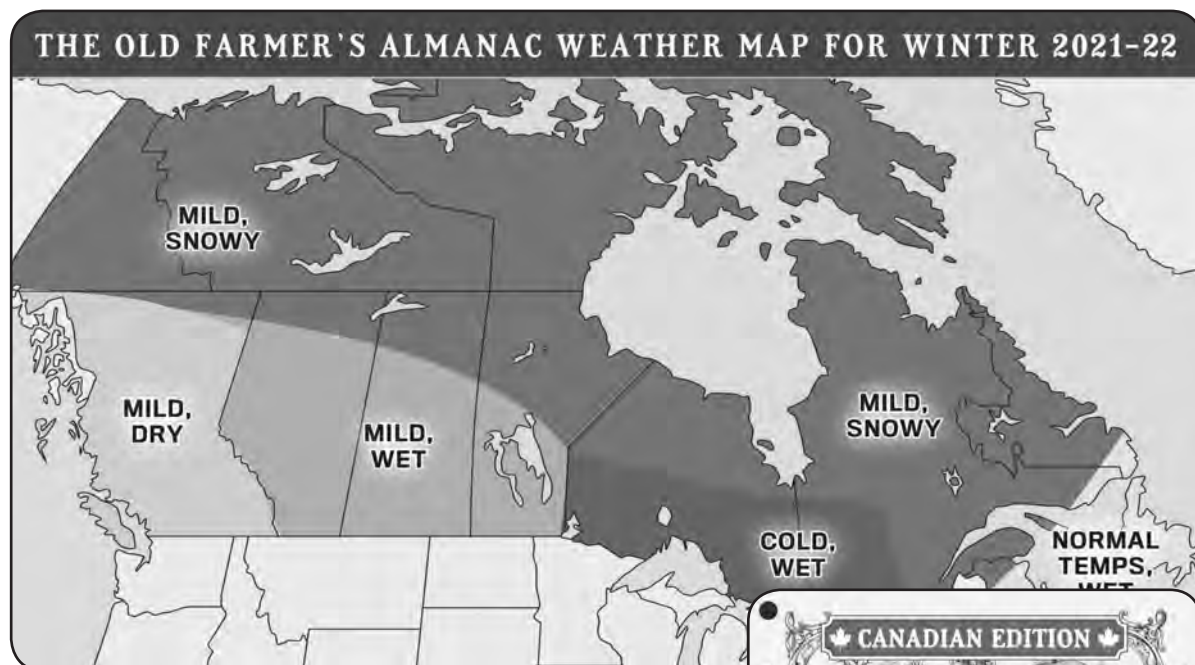
There are also recipes that make the most of the season along with award-winning dishes and desserts that use five or fewer ingredients.

Dispatches from small farmers include how they fared during 2020 and continue to diversify for the future, while another feature shows how to read Mother Nature's signs to choose a fishing spot.

No matter the subject, they are all chosen with the motto of their founder Robert Thomas in mind.

"He wanted it to be useful with a pleasant degree of humour," said Burnett.

He noted the familiarity likely keeps people coming back to the almanac year after year.



SUPPLIED IMAGES

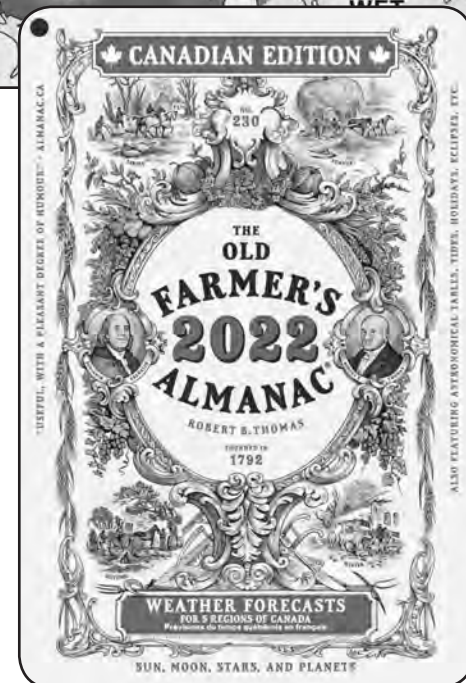
Here's hoping the Old Farmer's Almanac is right this year: it's predicting a wet winter for Manitoba.

"Last year sold the most of any time in our 230 year history," Burnett said. "We provide a lot of practical advice, and we're trusted; we've been around a long, long time, so we're a safe, known quantity — we have the familiar yellow cover with the hole in the corner."

If you want to find a copy for yourself, you can order it online at www.almanac.com or keep an eye out in local stores.

Burnett noted there is also a lot of content to enjoy on their website.

"It is a massive website that has hundreds of free pages about everything you could think of, so that is a huge resource," he noted. "And we are on all the social media too."



Support for Manitoba livestock producers affected by drought

Apply for Feed and Transportation Assistance

If you are a Manitoba livestock producer affected by the drought conditions in 2021, AgriRecovery can help you recover from extraordinary costs.

Buying, testing and moving feed from distant locations

Livestock Feed and Transportation Drought Assistance helps livestock producers purchase and test feed for livestock to maintain their breeding herds, including transporting purchased feed from distant locations.

Moving your livestock to alternate feeding locations

Livestock Transportation Drought Assistance helps livestock producers offset freight expenses associated with moving their breeding herd to alternate feeding locations due to shortages of feed.

Apply for Assistance

To apply, get full program details, or to access resources on managing dry conditions, call Manitoba Agriculture and Resource Development at **1-844-769-6224** or visit manitoba.ca/agriculture.

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Meet your local candidates for the Selkirk-Interlake-Eastman riding



James Bezan - Conservative Party of Canada

1- What are your personal goals should you become our region's representative?

As the Member of Parliament for Selkirk-Interlake-Eastman, I have been a voice for local farmers and ranchers, advocated for funding to ensure the health of Lake Winnipeg and Lake Manitoba, worked with municipalities, and supported our Canadian Armed Forces members and veterans. My staff and I worked relentlessly during the COVID-19 pandemic to assist our communities, small businesses and residents and answer questions on changing programs and mandates as they struggled to weather the storm. Now, I am ready to serve in an Erin O'Toole government and do the hard work to rebuild our economy and secure the future for all Canadians.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong health-care systems in place. If elected, how would you and your party hope to improve our current health-care system?

A Conservative government will propose a new health accord with the provinces and territories within the first 100 days, increase the Canada Health Transfer rate to at least 6 per cent, work with provinces and territories to develop national best practices for Long Term Care Homes, and inject nearly \$60 billion into our health care system over the next ten years. Canada's Conservatives are committed

to ensuring Canada is never caught as unprepared as we were for COVID-19. We will secure our country by creating a strategic stockpile of essential products and building the capacity to manufacture vaccines at home.

3- What is your position on masks and vaccines?

I am opposed to discrimination at all levels including vaccination status. To be clear, I'm vaccinated and believe in vaccinations and rapid testing as good health policy. But no one should be forced or coerced into doing something that is a personal health choice.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

I want to thank every small business owner in the riding for their tenacity and work ethic through the pandemic. It has been more difficult than necessary on them and I know they are the backbone of our rural communities. Once the Canada Emergency Wage subsidy (CEWS) ends, Canada's Conservatives will introduce the Canada Job Surge Plan which will pay at least 25 per cent of the salary of net new hires for six months after CEWS expires. Additionally, our plan will cover up to 50 per cent of the salary for those who have been unemployed for six months or more.

5- What would you do to assist and support the agriculture industry, which has been hit particularly hard by the drought this year?

Once again, the Liberal government ignored the calls from Western Canadian agricultural producers, and their Conservative MPs, until it was too late. If Conservatives had been in government, we would have taken early action to ensure supports were available so farmers and ranchers could be ahead of the crisis, rather than leaving them no option but to liquidate their herds. Our platform Canada's Recovery Plan has an extremely detailed list of policies a Conservative gov-

ernment will implement to support farm families, boost exports, and ensure the food security of Canadians.

6- Climate change is a topic that keeps coming up, whether it's concerning local governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

Canada's Conservatives are committed to maintaining or increasing funding to ensure the continued health of Lake Winnipeg.

As for climate change, it is unrealistic to expect the plan to tackle such a complex problem to be summed up in three sentences or less as requested. Therefore, I encourage all voters in our riding to read the section of our platform titled A Detailed Plan to Tackle Climate Change by going to www.conservative.ca/plan.



Wayne James - Green Party of Canada

1- What are your personal goals should you become our region's representative?

Change the character of the dialogue. We, as a society, persist in believing the direction we are going in — with a continually expanding resource-driven economy — is the be-all and end-all. This way of thinking has brought us to the precipice of destruction, and yet we persist. I wish to live a healthy, happy life. This direction of thinking means I acknowledge my happiness

lies within the community I am living in.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong health-care systems in place. If elected, how would you and your party hope to improve our current health-care system?

Prevention is always the most direct way of dealing with this. I would like to see more emphasis put on eating healthy, quality foods, locally grown. As an organic farmer, I would like us to stop adding poison to our food supply system.

3- What is your position on masks and vaccines?

Mask and vaccines — I tend to trust the science which has given us the means of ending many health and life-destroying viruses.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

Something along the lines of what is being done now in terms of financial help. Before committing more of an answer, I would need to sit down with vested interest so as to find a workable path.

5- What would you do to assist and support the agriculture industry, which has been hit particularly hard by the drought this year?

We, as a society, fail to appreciate that what a farmer does — grow life — has nothing to do with money, yet we persist in saying "make money." It's insane. Farms that are 1000's of acres in size become immoral, they become factories that lose their connection to the living world with value determined by the free market. Farmers need parity.

This year's drought is only one of an everlasting series of crises that a farmer faces year to year. In a free society, the people have the right to work with the idea of collective self-interest which the former CWB was founded on.

6- Climate change is a topic that keeps coming up, whether it's concerning local governments making regional plans or more broadly people

being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

While moving away from fossil fuels is paramount, I note that global warming is only one of many problems we are faced with. By way of example, every child that comes into the world is born with a body that contains synthetic toxins. The capitalistic form of economy we are living with is the driver of our global climate shift. It should be obvious that we need to rethink our place within the global environment. We need to see ourselves as stewards of the land and not exploiters.



Ian Kathwaroon - People's Party of Canada

1- What are your personal goals should you become our region's representative?

First, I will fight to re-establish our rights and freedoms, which have been allowed to be removed without opposition by our current government and representatives; this is required immediately.

I will also be working hard to advocate for real responsibility and accountability from our elected representatives, by pressuring change in how erroneous actions and activities by our elected officials are handled; we must discontinue allowing our representatives to commit crimes, indiscretions, misspend and act outside of our interests, without real repercussions,

Continued on page 13

> CANDIDATES, FROM PG. 12

which hold them to account in an appropriate manner.

I would also like to work with our Indigenous populations to deal with the embarrassing situations that have resulted from the inactions and lack of real solutions of our past and current governments; we must work together to modernise the Indian Act, provide assistance and counselling, create dignity and independence, as well as improved living conditions such as clean drinking water.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong health-care systems in place. If elected, how would you and your party hope to improve our current health-care system?

We must first re-establish our number of nursing and support staff, which was cut deep by the Conservatives; this has caused a serious lack of care due to understaffing, burnt out and overworked healthcare workers, and unreasonable wait times for visits, operations and tests.

We must place more onus on provincial governments and upper hospital administration to ensure appropriate services and budgets are met and remove such blame from trained, experienced and hardworking frontline staff; blaming frontline workers for management inadequacies is not fair on staff and leads to less productivity, as staff worry about liability and costs, and not the premium care that they are trained to provide.

Though Canada has free healthcare under the direction of each province, it has been allowed by past and current governments to become overloaded, financially bloated, lack innovation and services, and has fallen behind in both services provided and results compared to other countries; a People's Party government will replace the Canada Health Transfer cash payments with a permanent transfer of tax points of equivalent value to the provinces and territories, with a temporary program to compensate poorer provinces whose revenues from the tax will be lower than the transfer

payments they used to receive and create the conditions for provincial and territorial governments to innovate; provinces will be fully responsible for health care funding and management, and fully accountable to their citizens for the results, while Ottawa will respect the Constitution and stop meddling.

3- What is your position on masks and vaccines?

Lockdowns, mask mandates, school closures, and other authoritarian measures have not had any noticeable effect on the course of the pandemic with regions or countries implementing strict measures being as impacted as those that did not, as both the vaccinated and the unvaccinated can get infected and transmit the virus, which negates the rationale for segregation and vaccine passports; Canada's Charter of Rights and Freedoms states that reasonable limits to our rights and freedoms can only be imposed if it has been demonstrated that they are justified in a free and democratic society: such a demonstration has not been made for COVID restrictions, most of which are arguably unconstitutional.

A People's Party government will promote a rational and scientifically-based approach to the pandemic focusing on the protection of the most vulnerable, guarantees the freedom of Canadians to make decisions based on informed consent, and rejects coercion and discrimination.

We will also repeal vaccine mandates and regular testing workers, repeal vaccine passports, support individuals and groups that challenge such measures in court, stop bailing out provinces that impose economically destructive lockdowns, and support medical research and development of therapies to treat covid-19 and other viral diseases.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

We will immediately work to repeal vaccine mandates, regularly testing workers, re-

peal vaccine passports, support individuals and groups that challenge such measures in court, and stop bailing out provinces that impose economically destructive lockdowns.

Our current government has done little to assist small businesses during the pandemic, and has in fact had a serious negative impact on employment, employability and staff and owner burnout.

We must assist get Canadian small businesses to get back on track by providing incentives to companies to hire back and provide fair wages and meaningful employment to those who have lost their jobs.

5- What would you do to assist and support the agriculture industry, which has been hit particularly hard by the drought this year?

I am an honest man and not a farmer and will not pretend to be just to elicit votes, but without agriculture, we have no local food and without local food, we must buy from foreign suppliers which is expensive, so supporting local Canadian agriculture is cost-effective, as well as ecologically and economically sound, which can be passed along to customers.

We must work with farmers to create a system that works for them, to assist in maintaining quality products by ensuring balanced crops and the preparation of projects such as water reservoirs to be available when drought occurs and by allowing farmers to regulate soil and crops by overwintering and rotation.

We must seek out financial subsidies or assistance to assist our agricultural industries to rebound from this year's drought.

As your representative, I must listen to the needs of those who I am helping and ensure that my actions and decisions reflect them and their needs, not simply my own opinion or that of other government bureaucrats which only slows progress and sets in place a system based on red tape.

6- Climate change is a topic that keeps coming up, whether it's concerning local governments making regional plans or more broadly people being involved with issues of

our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

A People's Party government will abolish the Liberal government's carbon tax which accomplishes nothing, and allow for private and government players to develop profitable and efficient alternatives that prioritize the implementation of practical solutions to make Canada's air, water and soil cleaner, including bringing clean drinking water to remote First Nations communities, and investing in adaptation strategies if problems arise as a result of any natural climate change.

I will encourage practical and economically feasible solutions that will encourage more ecological solutions and practices from individuals as well as businesses, which can be achieved by such measures as incentives towards smaller vehicles, less packaging and curbing urban sprawl which damages natural habitat.

Issues such as the health of Lake Winnipeg and other bodies of water must be dealt with by the experts and not government bureaucrats, who must stay out of the way and only assist where needed, in achieving the end goal of well-balanced and healthy waterways.



Detlev Regelsky - Liberal Party of Canada

1- What are your personal goals should you become our region's representative?

The Selkirk-Interlake-Eastman riding has a very large and diverse community. That's one of its beauties. As

such there are many issues, I'm passionate about. The most important issue is climate change — it affects every aspect of our community, farming, tourism, the lake health and I can go on.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong health-care systems in place. If elected, how would you and your party hope to improve our current health-care system?

I support the Liberal plan to increase funding for health-care. The two parts of the plan I'm most passionate about is providing tax incentives for health professionals to practice in rural and remote areas and to provide funding to hire more nurses.

3- What is your position on masks and vaccines?

I'm a man who believes in science. No system is infallible, but masks do work so I support masks mandates as needed and, yes, I do believe everyone should get vaccinated.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

Retaining employees requires paying good wages and benefits, this, in turn, requires prosperous businesses. As such I support the many Liberal programs such as Canada Recovery Hiring Program and the temporary rent and wage support for the hardest hit sectors like the tourist industry.

5- What would you do to assist and support the agriculture industry, which has been hit particularly hard by the drought this year?

I definitely support the Fed relief programs such [as those that allowed farmers to access] 90 million federal dollars and 60 million provincial dollars in funding and changes to Agrilinsurance that will allow drought-damaged crops to be sold as livestock feed and will advocate for further aid as needed.

6- Climate change is a topic that keeps coming up, whether it's concerning local governments making regional plans or more broadly people

> CANDIDATES, FROM PG. 13

being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

Climate change is the major issue. As for Lake Winnipeg's health we must modernize our 50-year-old Canada Water Act and coordinate the management of Canadian fresh waters within our provinces and territories plus invest in freshwater research.



Margaret Smith – New Democratic Party (NDP)

1- What are your personal

goals should you become our region's representative?

I will work collaboratively with everyday citizens in our local small towns, including Indigenous and agricultural communities, to come up with solutions that fit their needs. There is no "one size fits all" in this riding. I will work hard towards achieving the visions Jagmeet Singh and the NDP have outlined: a national Pharmacare program, affordable housing and child care, fair and just taxation to pay for all education, health care, etc.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong health-care systems in place. If elected, how would you and your party hope to improve our current health-care system?

As are all Canadians, I am proud of our health care system and know that we should all be able to count on getting the care we need when we need it. The COVID-19 pandemic has highlighted some big gaps in our system, many of which were created by Harper-era cuts which were carried on by the Liberals.

The NDP have committed to reverse these cuts and invest in healthcare. I will fight, along with my NDP colleagues, to deliver the health care that Canadians deserve: dental care, mental health care and Pharmacare that we can get with our health card, not our credit card.

3- What is your position on masks and vaccines?

As a senior who is susceptible to lung infections, I know that vaccines are crucial to protecting us all and preventing our health care system from becoming overloaded and backlogged. However, even those who are fully vaccinated may still be at risk, or be an unwitting carrier. That's why everyone should follow guidance from health professionals such as wearing masks and social distancing. I want to lead by example to encourage people in the community to get vaccinated and follow public health measures to protect those around us.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

Working people will remain very loyal and hardworking

to employers who take their living conditions seriously and makes sure they can live a decent life. As a business owner, I know this well. I will work hard to establish a federal minimum wage of \$15.00 an hour, provide better working conditions, put in place real, seamless sick leave for all workers, and improve services such as affordable child care, universal Pharmacare, and create affordable homes.

5- What would you do to assist and support the agriculture industry, which has been hit particularly hard by the drought this year?

I will work collaboratively with the local communities to get them the help they need to ensure that rural livelihoods are good and sustainable. This will include feed for livestock, infrastructure to provide water for homes and animals, encouragement to use sustainable farm practices and the provision of high-speed broadband and reliable cell phone coverage so that they can have access to the services and tools they need. I will also work hard to address the physical and mental health needs of rural families and help them adapt to climate-induced weather changes, including the asso-

ciated increases in pests and invasive species.

6- Climate change is a topic that keeps coming up whether it's concerning local governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are you and your party's plan to tackle climate change?

This past summer a lot of Canadians have woken up to the real and immediate threat of climate change. In Manitoba that meant extensive droughts which affected a lot of local farms. People deserve a government that addresses this emergency with the urgency it demands.

The NDP are committing to ending subsidies to big oil and gas companies and reallocate them to the clean, renewable energy sector instead. We will also cut Canada's emissions by more than half by the year 2030 at the same time creating hundreds of thousands of good-paying jobs by investing in clean energy, energy-efficient, affordable homes, electric transit, zero-emissions vehicles and retrofitting homes across the country.

NACI recommends third COVID vaccination for immunocompromised

By Patricia Barrett

Canada's National Advisory Committee on Immunization (NACI) recommended last week that some immunocompromised Canadians should receive a third shot of an mRNA COVID-19 vaccine such as Pfizer-BioNTech's or Moderna's.

The Public Health Agency of Canada released a Sept. 10 statement from NACI, which said its recommendation is based on scientific evidence and NACI's expert opinion.

"NACI has carefully reviewed the available data, including an assessment of benefits and harms of an additional dose, and have recommended that moderately or severely immunocompromised individuals who may have somewhat lower responses to their first vaccinations should receive a three-dose primary vaccine series using mRNA COVID-19 vaccine for the additional dose," said NACI chair Dr. Shelley Deeks in the statement. "This is not unusual for immunocompromised groups, where we often recommend different vaccine schedules to help them achieve better protec-

tion."

Immunocompromised individuals have weakened immune systems because of disease or medical treatment, said the statement, and some of those people will have a weaker immune response to the vaccine than the general population.

Recent research shows immunocompromised people who had a reduced response to an mRNA vaccine can see an increased immune response after a third dose, said the statement. Immunocompromised people who contract COVID-19 are at increased risk for "prolonged infection and serious complications" from the virus.

Third doses are recommended for people undergoing active treatment for solid tumour or hematologic malignancies, those who received a solid-organ transplant and are taking immunosuppressive therapy, those with advanced HIV and people with moderate to severe immunodeficiency. A full list is available online.

A third dose of a viral COVID-19 vaccine, such as AstraZeneca's, should only be considered when other au-

thorized COVID-19 vaccines are contraindicated or inaccessible, said the statement.

The advisory committee didn't make a recommendation on whether a broader segment of the Canadian population should receive a third dose.

"NACI is also looking at whether booster doses might be needed for some key populations, but it is too early to comment on the state of the evidence for general boosters at this time," said Deeks.

Offering third doses to the immunocompromised "contributes to health equity," said the statement.

NACI's advice goes against the World Health Organization, which wants wealthy countries to refrain from giving their populations third doses as poorer countries do not have equitable access to the vaccines.

"In the context of ongoing global vaccine supply constraints, administration of booster doses will exacerbate inequities by driving up demand and consuming scarce supply while priority populations in some coun-

tries, or subnational settings, have not yet received a primary vaccination series," states the WHO's interim statement on COVID-19 vaccine booster doses that was released Aug. 10. "The focus for the time being remains on increasing global vaccination coverage with the primary series"

Other countries are going ahead with third doses. Israel is offering its population (anyone 30 and older) third doses. The U.K. is offering third doses to severely immunocompromised people. And the U.S. is offering a third shot to people with compromised immune systems.

In Canada, Ontario is offering third doses to immunocompromised people. Alberta will offer third shots to the immunocompromised, seniors living in congregate care and some travelers who had received AstraZeneca or other mixed vaccine doses that aren't recognized by other countries.

Manitoba's vaccine task force had said at the end of August there was "no medical reason" to provide third doses, but that could change.

Provincial COVID dashboard shows COVID cases, hospitalization by vaccination status

By Patricia Barrett

The provincial government unveiled a new COVID-19 dashboard last week that shows infections by vaccination status.

Acting deputy chief public health officer Jazz Atwal announced last week that the new dashboard will show COVID infections among those who remain unvaccinated, those who are partially vaccinated and those who are fully vaccinated. It will also show hospitalization and ICU numbers by vaccination status.

Atwal said new infections are being driven by the unvaccinated.

On Sept. 10, the new dashboard showed 105 new COVID infections of which 77 (or 73 per cent) were among unvaccinated people. Fully vaccinated people accounted for 19 (or 18 per cent) of the new cases that day while the partially vaccinated accounted for nine cases (or nine per cent).

COVID and its variants are infecting partially and fully vaccinated people, indicating the virus's ability to get around immune defences induced by COVID vaccines. Scientific studies have shown, though, that these breakthrough infections are much less severe and less deadly in vaccinated people than they are in those who remain unvaccinated.

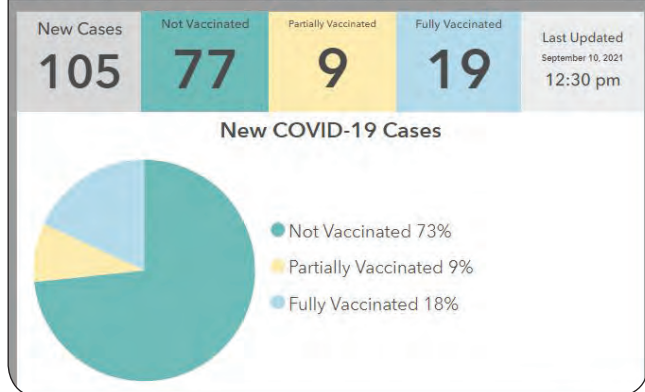
On Sept. 8 the province updated its requirement for mandatory quarantine, according to its COVID-19 travel webpage. Anyone

Continued on page 27

COVID-19 Cases by vaccination status

This table contains the latest statistics for new COVID-19 cases by vaccination status in Manitoba.

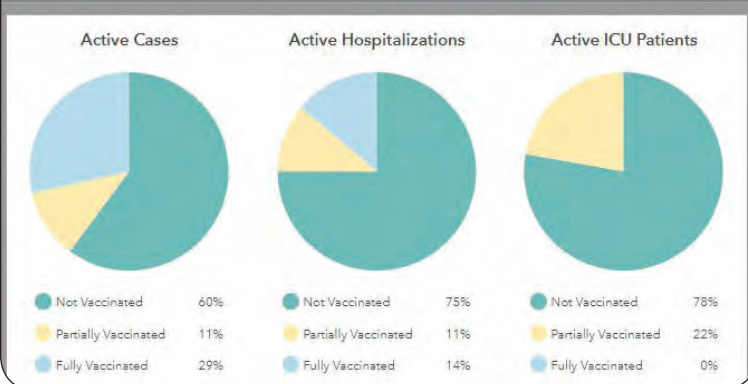
Manitoba COVID-19 - New Cases by Vaccination Status



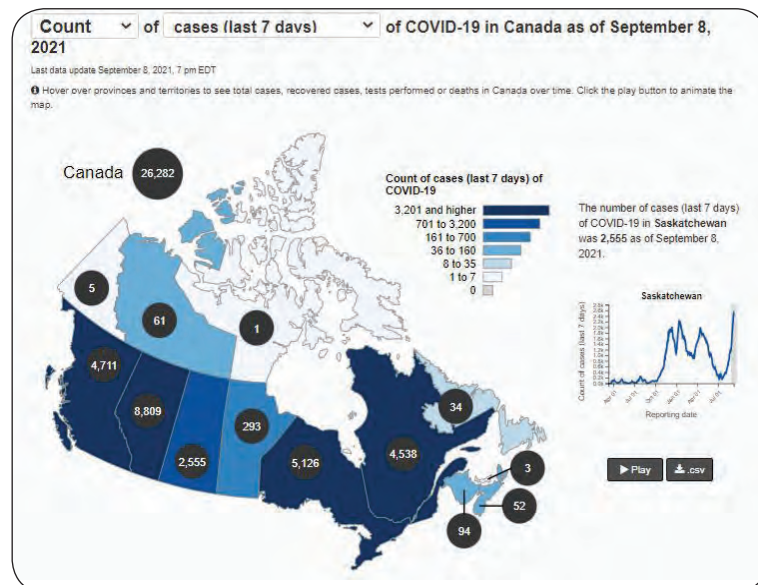
PROVINCE OF MANITOBA

New COVID infections are shown by vaccination status on Sept. 10.

Manitoba COVID-19 - Active Cases by Vaccination Status



Total active infections, hospitalization and ICU numbers are shown by vaccination status Sept. 10.



GOVERNMENT OF CANADA

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Lost loved ones to overdose deaths acknowledged

By Nicole Brownlee

Interlake organizations are striving to raise awareness about harm reduction and overdose deaths.

The Manitoba Harm Reduction Network teamed up with the Interlake Reserves Tribal Council and the Interlake-Eastern Regional Health Authority on Aug. 26 at the Lakeshore General Hospital in Ashern.

The groups came together to recognize international overdose awareness day while educating visitors about harm reduction, distributing safe supplies and connecting people with resources.

"We [had] free snacks and drinks and giveaways, harm reduction supplies and lots of information and education that we can do on the spot," said Elsie Ann Hogue, MHRN co-ordinator for the Northwest Interlake region.

"Like recognizing an overdose, how you can respond to an overdose, what can you do if you're a drug user to help make sure that you yourself don't overdose."

Harm reduction practices approach people who use drugs with respect and offer safe alternatives to reduce the negative impact using drugs can have. Supplying hygienic tools, information about available resources and naloxone kits are a few ways organizations can reduce harm.

Harm reduction is often confused as enabling, explained Lalith Nagella, harm reduction co-ordinator for the IRTC.

"It could be life-saving," said Nagella.

"It's really just an awareness day to allow people a moment to reflect on, say, someone who's been lost to overdose and do it in a non-stigma environment," said Hogue.

"These are our family members — our mothers, our fathers, our best friends. ... And they're human beings, and they deserve to be loved and remembered without shame being attached."

Visitors to the harm reduction booth were able to honour loved ones they have lost to a drug overdose by writ-



Elsie Ann Hogue demonstrated with a vial of water, a clean syringe and a foam ball how to administer naloxone.

ing their name on a heart to hang above the display and be added to the MHRN memorial board.

Volunteers also demonstrated how to use naloxone, a medication that can counter the effects of an opioid overdose, and gave out kits with four doses of naloxone to trained visitors.

"We're there to do whatever we can," said Hogue. "Some people might just want to take a piece of information with them, or sometimes people might want full naloxone training so that they can go home with a free kit."

The COVID-19 pandemic has exacerbated drug overdose deaths. Manitoba's chief medical examiner released that 372 people died from overdoses from January to December in 2020, a 94 per cent increase compared to 2019.

"A lot of work needs to be done," said Nagella.

"There's a lot of stigma around people who use drugs, and because of COVID, like in the last year and a bit, it's been really hard to do awareness-related stuff," said Hogue.

During the pandemic, MHRN focused on increasing access to naloxone kits in rural and remote communities. The Ashern and Eriksdale pharmacies, the Lake Manitoba Health Centre and the Pinaymootang Health Centre can now distribute nal-



EXPRESS PHOTOS SUBMITTED

Visitors from the community and Lakeshore General Hospital staff came by the booth to learn more about harm reduction.



Lalith Nagella, a harm reduction co-ordinator from IRTC, Ashley Bobier, an IERHA public health nurse, and Elsie Ann Hogue, a network co-ordinator for MHRN, raised awareness about overdose awareness day at Lakeshore General Hospital on Aug. 26.

oxone for free.

"We are hoping that the federal

government as well as the provincial government, they come together and acknowledge the magnitude of the opioid crisis that's been happening in the last two years and intensify the supply of these naloxone kits," said Nagella.

To learn more about Manitoba Harm Reduction Network, visit mhrn.ca. To connect with the Northwest Interlake Harm Reduction Network (North-West Interlake Harm Reduction Network-Ashern/ Eriksdale) Facebook page.

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Don't forget to wear blue on World Alzheimer's Day

World Alzheimer's Month hopes to bring awareness of the impacts on aging population

By Ligia Braidotti

Alzheimer's disease is the most common form of dementia and only recently has been identified as a prevalent condition.

Selkirk resident Sandra Pawluk told the *Express* her family has a history of Alzheimer's disease, and although she's been tested negative for genes known to cause it, she still wants to keep her mind sharp.

Pawluk saw firsthand how the lack of information about this condition affects the outcome.

"I was always worried that I might have Alzheimer's because there's been Alzheimer's in my family," she commented, adding that one cousin and three aunts were diagnosed with it.

"My grandmother seemed to have the symptoms of that, but we didn't know anything about Alzheimer's then. So I think that was probably what she had."

September is World Alzheimer's Month. According to the Alzheimer Society of Manitoba, 50 million people are diagnosed with dementia around the globe, with more than 23,000 of them living in Manitoba.

"Having a globally co-ordinated World Alzheimer's Month sends a strong message to governments and policymakers, alerting them to the fact that dementia is a serious health issue that will have overwhelming implications on services and health systems around the world as the population grows older," their statement said.

Alzheimer's disease ultimately affects how a person thinks, feels and acts. The effects of the disease differ from person to person. When symptoms will appear and how they will advance is unpredictable, but there

are a few things you can watch out for.

The most common symptom — and the easiest to notice — is a person's weak memory. Some people will get lost, confused and forgetful. They may also seem to lose interest in things and become less expressive. As the disease progresses, their mobility also degenerates, affecting their ability to eat, bathe and get dressed by themselves.

Other common reactions include repeating the same action or words, hiding possessions, physical outbursts and restlessness.

Alzheimer's disease affects the brain's limbic system first, responsible for our response to emotions and memory capacity. It also controls our body's basic needs, such as sleeping and eating.

At a particular stage, Alzheimer's will affect the brain's frontal lobe, impair a person's interest in their hobbies, and affect their social judgment. The disease also affects the hippocampus, temporal lobes, parietal lobes and occipital lobe.

The sooner Alzheimer's disease is caught, the greater the chance of a person having a better quality of life. Although there isn't a cure for the disease, the symptoms can be treated with medications to slow down its effects.

According to research, there are many things you can do to maintain your quality of life with Alzheimer's disease. Maintaining a healthy lifestyle may also help slow the progression of the disease and ease the effects of its changes.

Minds in Motion is the Alzheimer Society of Manitoba's program geared toward preventing and treating the disease. Minds in Motion,



EXPRESS PHOTO BY LIGIA BRAIDOTTI

Sandra and Ken Pawluk play a game of spotting the error, one of the activities they do at Minds in Motion.

which is available in Selkirk, provides a supportive environment for those with early signs of dementia to join with a care partner. This program's weekly sessions that take place over eight weeks of classes include gentle chair workouts followed by engaging activities.

Samantha Holland is the Interlake/Eastern regional co-ordinator for the Alzheimer Society of Manitoba and runs the Minds in Motion program at the Gordon Howard Seniors Centre.

"Staying active is the best way to kind of slow down the progression. So if we can stay socially active, physically active and cognitively active, that's wonderful. They say that the benefits for the person with dementia can last days beyond the program," she explained. "They are going home and talk about the games that they played, or they have a smile on their face."

Pawluk and her husband Ken have been attending the sessions for many years. She said that the exercises they do at the program keep their brains in shape.

"We found that it helped us with mindfulness first of all. So we try to practise more often. We enjoy the exercises that we did and the puzzles. My husband is doing his crosswords every morning to keep his mind functioning better," she said.

The Minds in Motion program at the Gordon Howard Seniors Centre and Gimli New Horizons will start again in October. They will be held in Gimli every Monday from 1 to 3 p.m. from Oct. 18 to Dec. 6 and in Selkirk every Wednesday from 1 to 3 p.m. from Oct. 13 to Dec. 1.

Sept. 21 marks World Alzheimer's Day. The Alzheimer Society asks everyone to wear blue and light up their businesses or home in blue to show support for families living with dementia. They are also holding "Digging Deeper," an online research forum at 6:30 p.m., where they will explore current and emerging dementia research recently featured in the news. For more information, visit Alzheimer.mb.ca

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Your FARM



Emergency funding pledged to help beekeepers with cost of supplemental feed

By Patricia Barrett

Manitoba's third year of drought not only decimated pastures and left livestock short of feed, but it also deprived bees of nectar and pollen during foraging season and affected their ability to store enough food for the winter ahead.

Provincial agriculture minister Ralph Eichler announced a few weeks ago that the province will be providing some funding assistance under AgriRecovery to drought-affected beekeepers who'll need to purchase supplemental feed.

The federal government had announced mid-August funding of up to \$500 million under AgriRecovery, a cost-shared disaster relief program, to help livestock and agricultural producers in drought- and wildfire-afflicted regions of Canada. The federal government pays 60 per cent of program costs while provincial gov-



The water was too deep for the bees and they had to be rescued with a pool skimmer.

ernments pay 40 per cent. Manitoba pledged \$62 million towards its share.

Paul Gregory, who sits on the board of the Manitoba Beekeepers' Association and owns Interlake Forage Seeds and Interlake Honey Producers in Fisher Branch, said bees are vital to the farming industry and beekeepers'

Continued on page 21

NUMBER OF HONEY BEE COLONIES IN MANITOBA (2010 - 2020)

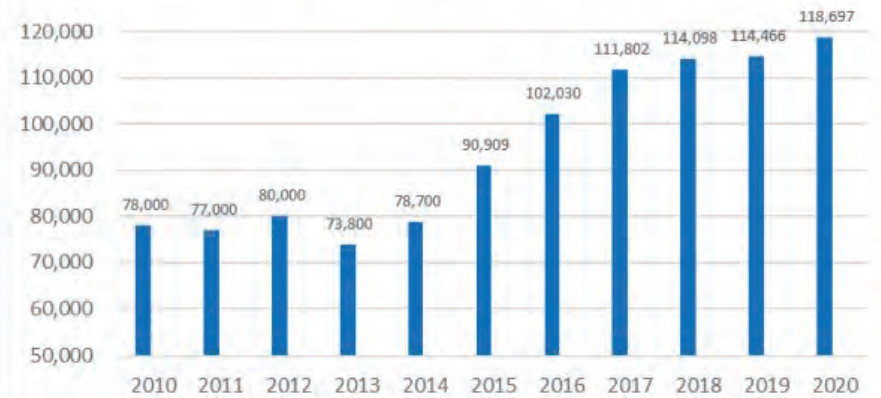


Figure 2. Number of Honey Bee Colonies in Manitoba (2010 - 2020)

PROVINCE OF MANITOBA 2020 ANNUAL BEEKEEPING REPORT

The number of honeybee colonies have increased in Manitoba between 2010 and 2020 but is expected to plateau in the next few years.

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Your FARM



> BEES, FROM PG. 20



EXPRESS FILE PHOTOS BY PATRICIA BARRETT

Bees were in desperate need of water during last year's drought. They swarmed this backyard swimming pool near Argyle in July.

feed costs have gone up 30 to 40 per cent from an average year.

"It's just so welcome that the minister mentioned beekeepers in his AgriRecovery speech," said Gregory last week. "Seed growers are relying on clover seed and trefoil seed coming in. There's also buckwheat and sunflowers and a bunch of other crops — which are worth way more than honey — that are reliant on insect pollination."

Bees are considered livestock, he said, and beekeepers that were hit hardest by the drought are in the north Interlake region. The considerable rainfall in August came too late.

"For us, we'd be looking at \$15,000 to \$20,000 higher feed costs. This would include pollen patties or protein patties that make up extra feed," said Gregory. "Right through spring it was so dry. Normally, the dandelion flower is pretty good but it just dried up so there were extra feeding costs in May-June and certainly in August."

Gregory's company provides seeds and the bees needed to pollinate crops. He has about 85 bee yards (a collection of bee hives situated near fields) located in the Arborg, Poplarfield and Fisher Branch areas.

"Farmers need to have bees in their fields," said Gregory, who trains people new to beekeeping and provides advice. "When we contract out a field, there's no cost to the farmer for the bees. Farmers get increased seed yields and we get a honey crop."

With unrelenting hot weather and bone-dry conditions this spring and summer, Gregory said he was forced to haul in barrels of water to keep the bees alive.

"Water and the diesel used to transport water barrels were extra costs for beekeepers," he said. "We probably put out between 75 and 100 barrels of water because the ditches had dried up and dugouts were dry."

The beekeeping industry is regulated by the Manitoba government. The total number of hives that operated in the province in 2020 was 118,697 of which 113,830 were commercial and 4,867 were non-commercial, according to the government's 2020-2021 wintering loss survey of 694 registered commercial and non-commercial beekeepers.

The survey found a 13.2 per cent loss in the number of full-sized bee colonies that survived the winter outdoors and were considered

Continued on page 27



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Grasshopper munchers and disease rates could be a good omen



EXPRESS PHOTO BY JOHN GAVLOSKI

Experts say the rising population of grasshoppers has led to more grasshopper predators, which could help mitigate the pests spreading next year.

By Nicole Brownlee

After a hard, dry season with unwelcomed winged visitors, experts suggest the problem may persist next year but offer some silver linings.

John Gavloski, an entomologist working with the province, said Manitoba experienced a heavier grasshopper population that hit some areas of the province harder than usual.

"Almost every region had their issues, it seemed," said Gavloski. "The South Interlake

seemed to be one of the hotspots, but then I did have reports from the southwest, northwest or areas in the central region that certainly had higher levels."

Manitoba has roughly 80 types of grasshoppers, and four of these are considered pests that can damage crops.

The grasshoppers spread and ravaged crops so aggressively this year mostly because of the

Continued on page 29



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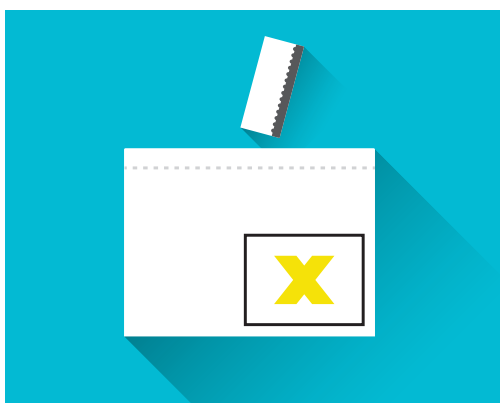






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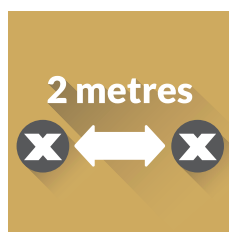
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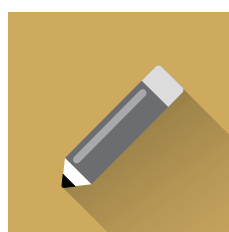


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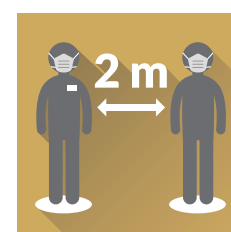
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Lake Winnipeg a septic tank; another algal bloom, politicians running away

By Patricia Barrett

Lake Winnipeg commercial fishers are raising the alarm on an algal bloom just off Hecla Island that they say stretches north past Pine Dock.

Long-time commercial fisher Robert. T. Kristjanson, who works in the waters off Grindstone, said the severe drought, a drop in lake levels and the concentration of in-flowing sewage made conditions ripe for a large bloom.

“We’ve got this heat and drought. We’ve hardly had rain. And we’ve still got sewage flowing into the lake from the city plant [North End wastewater treatment plant] and from other plants,” said Kristjanson last Wednesday [Sept. 8]. “Somebody has got to say something. We’ve got a big disaster going on here, right now. The province has taken Lake Winnipeg and made it a septic tank.”

Sewage, along with runoff from agricultural operations, contains nutrients such as phosphorus and nitrogen. Nutrients accelerate the growth of algae. Algae in turn remove oxygen from the water, creating dead zones in the lake and killing fish. Lake Winnipeg is already considered



EXPRESS PHOTOS BY DARCY PAKALUK

Commercial fishers working off Hecla island last week pulled up algae.

eutrophic, which means there’s an excessive amount of nutrients causing great masses of algae to grow and the death of aquatic organisms.

The water level has dropped two feet since last year. It was 714.7 feet in September 2020 and is currently 712.7 feet, according to Manitoba Hydro’s water level data.

Kristjanson said the current bloom extends throughout the channel area. Fishers, including him, already dealt with algal blooms off Hecla at the end of May and in June during the spring commercial fishing season.

“You can’t believe how thick it is right now. And it’s not just by us. It goes all the way north past Pine Dock,” he said. “I went four or five times over one net to try to shake the algae out of it so I could pull it [the net] into a box. No one could have lifted that net into the boat it was so heavy.”

His fish yield is way down, too, he said, because fish swim

away from masses of algae in the water column.

“The other day I had two pounds of fish fillets. Yesterday, I had four. I should have 100 pounds,” he said.

Kristjanson called Selkirk-Interlake-Eastman MP James Bezan, who has been MP for the area for about 17 years and is familiar with the pollution going into the lake, he said. He told Bezan about the new bloom off Hecla and how it extends northward through the channel.

“Bezan said, ‘I don’t know what I can do.’ I said what do you mean? Somebody has got to say something about this,” said Kristjanson. “We’ve been after all politicians — we were after the Harper Conservative government — since the 1990s to do something. We’re electing people that don’t want to do anything about Lake Winnipeg. Politicians are running away. This has to be now. They’ve got to clean up those sewage plants now, not in 20 or 30 years. I’m fed up with these people.”

The *Express* reached out to Bezan for comment. In a news release issued Sept. 9, Bezan said he recognizes the damage algal blooms are doing to the lake and to those that depend on it.

“The annual recurrence of algae blooms on Lake Winnipeg and Lake Manitoba are devastating to the local environment, tourism, commercial fishing industry and economy,” he

Continued on page 32

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Watershed district program helps cut the cost of greenery

By Nicole Brownlee

Manitoba maples, Colorado spruces, willow trees and more seedlings are available for order through the West Interlake Watershed District's annual community tree nursery program.

Anyone within the WIWD boundaries can order a variety of tree seedlings and bundles of 25 bare root seedlings, and the organization will cover the first \$60 of a household's order.

The program started in 2013 to help community members replace trees damaged during the 2011 flood, said Linda Miller, WIWD manager.

"People along the lake had lost so many trees," said Miller. "We wanted to help re-establish the trees."

The WIWD budgets around \$30,000 each year to help cover a portion of orders. To date, the organization has received over 2,700 applications and distributed over 58,000 trees.

"There's really no other program out there like ours. ... It seems to grow every year," said Miller.

This season's lineup of plants includes 11 trees and six shrubs.

"We try to go with mostly local

[plants] like what's native to the area," said Miller.

The acute leaf willow is a popular order over the years because of the plant's fast growing time, she added.

Leslye Fisher has purchased plants from the program for the past two years after her neighbours in Steep Rock raved about the opportunity.

"You can almost see as you go through the community this program is growing," said Fisher. "We pick up quite a few of [their plants]."

The program is an affordable and helpful way to start adding to your property and creating shelterbelts, said Fisher.

"THERE'S REALLY NO OTHER PROGRAM OUT THERE LIKE OURS."

"It's a nice incentive."

She has added evergreens, amur maple trees and shrubs to her property and plans to order more this year.

"I'm impressed with some of them. They went through that bad time we had this last July and August when it was super hot. ... Even the wildflow-



SUBMITTED PHOTO

Leslye Fisher has purchased Colorado spruce, left, and amur maple tree seedlings for the past two years from the WIWD community tree nursery program.

ers did beautifully," said Fisher.

Community members can order seedlings now until Nov. 1 for their properties. Businesses are excluded from applying. The plants will be available for pick up in early May

2022 from the Sabados Greenhouse in Lundar.

To apply for the WIWD community tree nursery program, visit wiwd.ca.

The permanent solution for loose dentures

By Elisha Vador

One of the most common phrases I hear at the denture clinic is, "I'm tired of my lower denture floating around!" It could be on the phone when someone calls to come in for a consultation, or it could be when a new patient comes in and Brock asks them "What are your main issues and concerns with your teeth right now? And how is that affecting you?" A loose lower denture can be such a pain, both figuratively and literally, but there is always something we can do to help!

So why is it so loose? Brock the Denturist says "The upper denture has suction and often people can go for years and years with no issues, but that full lower denture is a different story. We really have to stay on top of keeping it fitting well. You would think gravity

would hold it in, but not so; the tongue is always moving and pushing it around, plus the jaw is going up and down and when we combine that with more sensitive gums than the upper, we can get looseness, sore spots and a very frustrating time. We have 4 main ways to keep a lower denture fitting.

- We need to Reline the denture every 3-5 years with either a hard or a soft cushion-like material. This makes the denture tighter and more comfortable.

- A New Denture is a super option when people say "I want a great looking set of sharp teeth and less sore spots, mine are worn out."

- With a good fitting denture, one can use Denture Adhesive to help stick it down. However many people don't like the goopiness of adhesive.

- Secure it in place once

and for all with a clip in Dental Implant. I know the word 'implant' sounds scary, but really it's just a fake tooth root, and your jaw is meant to have tooth roots in it and implants are actually good for your jawbone! This option is now very popular because of how amazing and long lasting it is, especially compared to a regular denture. It is such a joy to see people come in and tell us they can eat anything and these teeth have changed their lives!

Whatever option a patient chooses, we put our all into it, and the first step to any option is to sit down with our Denturists where they can ask you "What are your main issues and concerns with your teeth right now? And how is that affecting you?" From there, we can come up with the perfect solution for you! Just call today for your free consultation.



- supplied photo -

Happy patient Janice captures the moment with a selfie while attending her appointment to have her final denture secured by dental implants at Vador Denture Centre.

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Dr. Young returns to her home town of Eriksdale

By Nicole Brownlee

Access to family physicians is slowly improving as the Interlake-Eastern Regional Health Authority welcomes nine doctors to the team.

In one year, the IERHA's staff of full- and part-time family physicians has grown from 81 physicians to 88, marking a novel increase in the region's physicians, said Dr. Myron Thiessen.

"This is huge," said Thiessen, regional lead of medical services and chief medical officer for the IERHA.

"It's very important because we do need more access to primary care and, in some cases, emergency coverage as well."

The province released on Sept. 3 that four of the new physicians graduated from the one-year medical licensure program for international medical graduates at the University of Manitoba.

The four international graduates have committed to a four-year contract with the IERHA, working in Ashern and Pine Falls.

Two doctors completed their two-year residency program in the IERHA, while the following three were trained in rural and Northern Mani-

toba through remote programs.

The five local physicians will practice in Beausejour, Eriksdale, Lac du Bonnet, Teulon and Selkirk.

"With physicians, there's some issues with shortages, but we're finding, compared to 10 years ago, it's less about a shortage overall, and it's becoming more a distribution issue," said Thiessen.

Like many professions, students train in cities and establish roots, which makes them less likely to move to rural communities after graduation, said Thiessen.

"The farther away from the city you get, the more difficult it is to attract physicians."

The IERHA is excited to have physicians returning to their hometowns to practise because not only is there a higher chance the physicians will stay in that area, but they may also attract their old classmates to join them.

"We expect longevity, and as we get more of these physicians ... they're more likely to have connections back in the residency program," said Thiessen. "They start doing the recruiting themselves."

The health authority is also trying

to attract more physicians by offering them rural positions to try temporarily.

"We have needs now," said Thiessen. "You try, and you might like it and then stay, and some physicians do stay on that basis."

Dr. Jade Young will be practising in her hometown of Eriksdale after spending her residency in remote and northern communities.

"As a new grad, this felt like a good and safe place to start," said Young.

Young lived in Winnipeg with her husband for 10 years as she was studying but chose to move back to Eriksdale to be closer to their families.

"It's a great town. In Eriksdale, everyone's very friendly. Very welcoming," said Young. "We enjoy the community, and all the things we like to do are here."

While working at the Eriksdale Medical Clinic, Young will also help emergency services, attend to patients in the personal care home in Lundar and Eriksdale and do outreach to Lake Manitoba First Nations. She will also spend one week per month at a health-care centre in Garden Hill First Nation.



EXPRESS PHOTO SUBMITTED

Dr. Jade Young is one of nine family physicians joining the Interlake-Eastern Regional Health Authority this year. Young will primarily be based in her hometown of Eriksdale.

"Rural medicine lets you have a wider scope of practice. From a work perspective, it can be really interesting and really fulfilling," said Young.

> BEES, FROM PG. 21

viable. There was a 17.4 per cent loss of full-sized colonies that survived the winter indoors. The Top 4 causes of death were poor queens, weak colonies in the fall, starvation and weather conditions.

The COVID-19 pandemic, which arrived in Manitoba in March 2020, also affected the beekeeping industry. The Top 3 COVID-related issues that were reported in the government's survey were access to labour, access to beekeeping supplies and access to bees.

Beekeeping in Manitoba really took a hit in the 1980s with a loss of almost 40 per cent of its beekeepers, said Gregory. Low honey prices, weather events, bee kills from pesticide, no funding assistance from the province and the loss of bees' natural habitat all contributed to the decline.

"You see how farmers have opened up fields and there's just not a lot

of wild bush area around for native bees," he said. "You go into the wild expanse of the Prairies and don't see the insects you used to see, especially honeybees, which are essential."

Bee kills from pesticides was a regular occurrence in the Fisher Branch area at that time.

"In the '80s, bee kills were commonplace up here; we'd probably get three or four bee kills a year. It was sickening because there were piles of dead bees, the place stank and it was an awful feeling to have your hives wiped out," said Gregory. "Farmers are being very careful now, not spraying pesticide on crops during the day when the bees are active because that's like cutting your own throat. They know they need the honeybees to pollinate their crops."

Although the province is set to help beekeepers with the cost of pur-

chasing supplemental bee feed, the amount has yet to be determined. And assistance will likely not be available for reduced honey yields, said Gregory.

Most of the beekeepers he said he knows in the region had honey flow "shut down" in the first week of August whereas in normal years it continues until September. The rain did help some fields, but it's too late in the season to make a difference as they're starting to winter down.

"There are some areas east of Arborg and here and there towards Teulon where there are some late fields blooming. Out of our 85 or so bee yards, maybe 10 to 15 have late blooming honey," he said. "Guys who normally get 180 pounds of honey got 65 to 70 pounds, about half or a third of their honey crop. We did around half. But a low honey yield was not

mentioned in the [AgriRecovery] program."

The Manitoba Beekeepers' Association doesn't yet have the numbers showing who got hit and how badly they got hit, said Gregory, but the board will be sitting down to assess the fallout from the drought once all the information is in.

"It's not black and white. Some areas had not a bad honey crop and some areas are having a good fall flow because they had enough rain. We're looking more towards the areas [municipalities] that had declared a disaster," he said. "But any beekeeper is welcome to put in an application. If a producer had a given number of dollars in the cost of feed and that's doubled, we'll take a look at it and that portion will be covered by the government."

> COVID, FROM PG. 15

returning to or coming to Manitoba from "all jurisdictions" must quarantine for 14 days regardless of symptoms and test results. Travellers who are exempt from quarantine are advised to self-monitor for 14 days upon arrival in Manitoba.

Over the month of August, travellers by train (Via Rail) and plane (domestic airlines such as Air Canada, Flair, Swoop, WestJet, as well as connecting international airlines) continued to be exposed to COVID.

Across the Interlake-Eastern health

region, the spread of COVID and/or its variants continue. There were 23 active cases in the Arborg-Riverton area, two in Eriksdale-Ashern, five in Fisher River-Peguis, two in Selkirk, five in Stonewall-Teulon and one in Winnipeg Beach-St. Andrews, according to the province's regional dashboard (viewed Sept. 12).

In Canada, Alberta is leading the

country in COVID infections, according to federal government data released last week. Over the past seven days since Sept. 8, Alberta had 8,809 new cases. Ontario was second at 5,126 cases followed by British Columbia at 4,711 and Quebec at 4,538. Manitoba had 293 new cases over that time period.

Riverton woman thrilled to be Bombers cheerleader

By Jennifer McFee

Three cheers for a new Bombers cheerleader who hails from Riverton as her hometown.

Tryouts for the Winnipeg Blue Bombers cheer and dance team began in March. The three-step selection process included sideline choreography, an intricate dance choreography and an in-person interview.

When Desarae Bilinski received an email saying that she made the 2021 team roster, she was ecstatic — and in a state of disbelief.

It's an honour to be part of the cheer and dance team, she said.

"I remember attending games in the past and not being able to take my eyes off the cheerleaders who were hyping the crowd. They were filled with confidence, big smiles and lots of energy — and I wanted to be a part of that. I wanted to be on that field," she said.

"So being on the Blue Bombers cheer and dance team today feels like a dream. Coming from a small community, there wasn't a lot of opportunity to cheer, but I had always had a profound love for dance. Being a fitness and Zumba instructor has helped the transition into become a cheerleader and practices."

So far, Bilinski said it's been a surreal experience to participate in her first year as a Blue Bombers cheerleader.

"It's crazy to think in previous years I was in the stands watching the games and am now a part of them. I can't even describe the emotion when



Desarae Bilinski

the crowd goes wild and the stadium comes alive," she said.

"It has been so awesome to make genuine connections with the fans throughout the course of the season. Winnipeg by far has the best — and loudest — fans who are so passionate about the game. They make the experience so exhilarating."

The cheer and dance team practises two to three times a week to learn new choreography for the opener, third quarter and sidelines. They also engage in intense workouts to remain in tiptop shape.



EXPRESS PHOTOS SUBMITTED

Riverton's Desarae Bilinski (middle) is part of the Winnipeg Blue Bombers cheer and dance team.

"I love everything about my experience, from the practices to the game-day rush and every detail in between. Our team has become so tight-knit in such a small amount of time," Bilinski said.

"It's amazing to be surrounded by women who support each other and build each other up so we can all shine. When women empower each other, incredible things happen."

And to be part of the Banjo Bowl on Saturday was an experience she'll never forget.

"The stadium was sold out with over 33,000 loud and proud Bombers fans at the IG Field," she said.

"The energy was electric from tailgate to the fourth quarter, and the game was insane. I couldn't have

asked for a better experience, and it will forever hold a place in my heart."

The Winnipeg Blue Bombers beat the Saskatchewan Roughriders 33-9 in the matchup, which elicited cheers from the crowd and cheerleaders alike.

"I love the game of football. I love to dance, to cheer, and I love everything about the organization. It has been incredible to be surrounded by all the amazing people involved in the Winnipeg Blue Bomber Football Club," Bilinski said.

"Tailgating is back at the IG Field, and the next home game is on Friday, Oct. 8 so get your tickets and come on down to cheer on your Winnipeg Blue Bombers!"

STARS adds new helicopter to its fleet

Staff

STARS added a new helicopter to its fleet of air ambulances last week.

The Airbus H145, which will fly missions from STARS' Winnipeg base, is the latest in the service's push to replace and renew its fleet across Western Canada.

"Today is about bringing us one step closer to making our fleet renewal program a reality," said STARS president and CEO Andrea Robertson. "It is also about paying tribute to our community allies who began building STARS in this province 10 years ago and have sustained it ever since."

Dignitaries and supporters gathered in Winnipeg Sept. 7 to celebrate the new vehicle, which will officially enter service later this fall.

"On behalf of the provincial government, I congratulate STARS on the arrival of their new H145 helicopter in Manitoba," said Premier Kelvin Goertzen. "STARS has been a valued partner in the delivery of critical care

in our province for a decade, and I know Manitobans will be well-served for many years to come with this new addition to STARS' life-saving fleet."

In honour of STARS' commitment to Manitoba, the new helicopter carries the registration mark C-FMBQ, with the "MB" paying homage to its new home and the people and communities it will serve.

STARS estimates it will cost \$13 million to replace its fleet of BK117 and AW139 aircraft with new medically equipped Airbus H145 helicopters.

"The bulk of our aging fleet are no longer being built and are becoming costlier to maintain," said Robertson. "Additionally, independent assessments of the sustainability of our fleet told us we needed to move from two aircraft types to one."

Thanks to government, community and corporate support, the not-for-profit charity began taking delivery of the first H145 helicopters in 2019 and has since flown hundreds of life-sav-



STARS PHOTO BY DAVID LIPNOWSKI

STARS unveiled its new H145 helicopter at a ceremony in Winnipeg last week.

ing missions in the new aircraft from other bases.

Although it has millions of dollars left to raise, STARS hopes to wrap up its fundraising campaign later this year and see the remainder of the new fleet enter service by 2022.

Last week's event helped get them part of the way there, with the Kinsmen Club of Winnipeg and Cargill Limited on hand to present STARS

with donations of \$500,000 and \$400,000, respectively.

"Our supporters ride along with us on every mission, and now they are helping us build the next STARS fleet," Robertson said. "These new aircraft are an investment in our ability to serve the people of Manitoba for decades to come, and we're incredibly grateful to the community for helping us get closer to our goal."

Winter wheat can yield good profit to farmers

Crop insurance for 100 per cent coverage is due on Sept. 25

By Ligia Braidotti

This year, because of the drought, harvest happened much faster and much earlier than normal, and as a result, farmers have had a pretty wide open fall so far.

But despite the year-to-year uncertainties, farmers are adapting and creating resilient operations. One way that they are doing this is with winter wheat.

Winter wheat is very similar to spring wheat, except it is planted in the fall time and because of that, it comes with a lot of additional benefits. Alex Griffiths, agronomist with Ducks Unlimited Canada, explained that winter wheat is usually harvested earlier. It can have better water utilization because it's growing much faster than in the springtime since it was planted before anything else would be, and it also takes away from heavy workload in spring seeding.

"With winter wheat, what you are getting is a wheat that is very marketable. A lot of it ends up going to seed market, but what does go to millers, like Parrish and Heimbecker, is a big player in the game for getting winter wheat, and it's usually on average 50 cents cheaper a bushel and what you get is a 20 per cent more yield than spring wheat. So it ends up being more profitable by the time you're done," he added.

Looking at the long-range forecast, it's not supposed to frost or have too crummy of weather, so, if anyone is thinking about planting winter wheat, this would be the perfect time to do it. Although most of it has already been planted, the crop insurance deadline for winter wheat for 100 per cent coverage is Sept. 25 and for 80 per cent

coverage is Sept. 30.

The drought was really tough on farmers. People were harvesting half of the hay that they would normally would and half of the crop that they had planted.

Winter wheat has largely prevailed despite harsh growing conditions in many areas this season. Doug Martin's farm in East Selkirk produced 60 bushels of wildfire winter wheat per acre, but only 45 bushels of spring wheat. Besides the high yields, Martin lists a few other reasons why the crop is an essential part of his annual rotation.

"Our winter wheat produced a lot of straw, and straw is worth a lot more this year. It produced twice as much as our spring wheat," Martin says, adding it didn't take him long to sell the medium square bales that came off his 500-acre winter wheat fields.

In addition to making money selling straw, he was also able to market the crop easier than before.

"Once harvested, the crop went straight in the bin and then right back out," he says. "That's just part of what makes it a good fit on our farm."

Griffiths also commented that the yield advantage opened a lot of people's eyes to the benefits of winter wheat, and with harvest being so much sooner, a lot of people had more time in the fall, which is usually the busiest time of the year, to get some seeds.

"I found that it really exasperated the spread between yield difference with growing winter wheat compared to spring wheat. It's usually about a 10 to a 20 per cent difference, and this year it ends up being a bit more, quite often 25 or 30 per cent difference in



EXPRESS PHOTO SUBMITTED

Winter wheat brings a lot of economic benefit to Manitoba farmers.

yield. I think that the fact that it was able to use whatever snow we did get. Since we didn't get any moisture until early June, that really helped kickstart the crop right off the bat," he added.

"It worked out really well with the timing of rain as well. By the time we got rain, you were able to put a drill in without the risk of breaking something because it was concrete dry before that."

The recent rains in some parts of the prairie have drenched the parched terrain, leading to good growing conditions for winter cereal crops, but the crops don't require much moisture to start growing.

"Winter wheat can germinate with only one-third of an inch of rain," said Griffiths. "What I tell producers is to never wait for rain. Get it in the ground as soon as you can and then the next shower will get it started."

Producers should get their soils tested this fall, according to Martin and Griffiths. The dry weather may have left a lot of nitrogen leftover from previous crops, and it's good to know

where it is and how much is needed.

Considering the rising price of fertilizer, split-applying nitrogen, half in the fall and half in the spring, might also be a good idea. Managing risks and operating more economically are two important aspects.

New growers or those who haven't grown for a while should properly manage their stubble, says Martin.

"Watch your stubble as it can break," he says. "Stubble management is key. Without proper stubble, it reduces the ability to trap snow and to protect the crop over the winter. You may have to slow down on the field especially when desiccating and straight cutting."

Last but not least, Martin controls weeds after seeding to reduce costs. Since winter wheat is such a competitive crop, producers may not have to spray in-crop for weeds if they take care of them in the fall.

"This can also save you on inputs if you don't have to apply a broadleaf next year," he says. "All these things add up."

> GRASSHOPPERS, FROM PG. 22

dry conditions, which could continue next summer.

"The grasshoppers did have fairly good egg-laying conditions in August and into early September so far," said Gavloski.

Through surveys over the past four years, they've seen a rising trend of grasshoppers populations develop in some areas, said Gavloski.

"Unless we get some weather conditions in very late spring that can knock the population back when the young are hatching, I would expect we could be in for another year at least similar

to this year in 2022."

Lots of rain in early spring when the grasshoppers hatch and an increase in natural predators may stop the trend from climbing.

"We did notice this year a lot of the predators of grasshoppers eggs," said Gavloski. "Now that we've had a few hierarchies of grasshoppers, we're really noticing increasing levels of this type of fly."

Grasshopper Bee Fly larvae, named after their characteristic high-pitched buzzing sound, feed only on grasshopper eggs. Blister beetle larvae and

field crickets also join the feast.

"The combination of predators might help us out somewhat," said Gavloski.

David Kaminski, a field crop pathologist working with the province, noted the drought also helped decrease some crop diseases.

"Most diseases depend on significant moisture in order for infection to get started and to continue through the season," said Kaminski. "It's a small consolation when yields are so limited by drought conditions and by insect damage."

The past three years have been noticeably dry, encouraging the decline of certain diseases in cereals, canola and other broad leaf crops.

"However, there are a number of diseases which have pretty advanced survival structures," said Kaminski.

He warns that some diseases can lurk in the soil apart from host plants for at least three years.

"We always encourage a good rotation of crops so that we do not have piling up of disease inoculum on crop residues."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson, Roulette win 2021 Tom Longboat Awards

Submitted by the Aboriginal Sport Circle

The Aboriginal Sport Circle is pleased to announce that Kerri Einarson and Connor Roulette are the winners of the 2021 Tom Longboat Awards.

"It is an honour for the Aboriginal Sport Circle to celebrate the achievements of these outstanding athletes through the Tom Longboat Awards," said Rob Newman, ASC president. "Conner and Kerri are recognized within their sport and are inspirational role models for Indigenous athletes across the country."

Einarson is a proud Métis from Camp Morton who competes in the sport of curling and has a long list of accomplishments in both women's and mixed doubles.

Her teams participated and won two national championship tournaments in 2021 — the Scotties Tournament of Hearts and the Home Hardware Canadian Mixed Doubles. Playing at the 2021 World Championships, Einarson's women's and mixed doubles team's performance qualified Canada for the 2022 Winter Olympics in both disciplines.

Her teams are currently working toward their goal of being named the team to represent Canada in Beijing in 2022, which will be determined at Curling Canada's national trials in November.

"I'm absolutely honoured to have won the Tom Longboat Award," Einarson said. "It's so special to have my

name listed among all of the other incredible athletes before me. I'm proud to be an Aboriginal woman in sport."

Roulette, a member of the Misi-pawistik Cree Nation, is a First Nations athlete currently residing in Winnipeg. He competes in the sport of hockey and has celebrated many achievements within the sport. Roulette is a former National Aboriginal Hockey Championship participant where he skated for Team Manitoba.

He also competed for Team Canada at the U17 and gold medalled at the U18 World Hockey Championships.

On July 24, 2021, Roulette, a former Selkirk Steeler, was drafted by the Dallas Stars of the National Hockey League.

"My message to other Indigenous hockey players is to keep working hard, keep practicing, and keep focused on your goals and don't let anybody tell you that you can't achieve them," said Roulette.

In 1951, the Indian Affairs branch of the Canadian federal government created the Tom Longboat Awards to encourage Indigenous assimilation through organized sports. The awards were named after Tom Longboat, the famed Onondaga distance runner who passed away in 1949.

Through the years, responsibility for the Tom Longboat Awards changed hands several times, eventually moving from government to Indigenous control, where it now stands as a proud emblem of Indigenous self determination.



EXPRESS PHOTOS SUBMITTED

Conner Roulette, left, and Kerri Einarson were named the 2021 Tom Longboat Award winners.

The Aboriginal Sport Circle has managed and presented the award since 1999.

"Now in their 70th year, the Tom Longboat Awards stand as a testament to the long history of Indigenous excellence in sport — not as a way to let go of their identities but as a way to enhance and restore who they are. This is the kind of legacy Tom

Longboat would have been proud of," said Dr. Janice Forsyth, vice-president of the Aboriginal Sport Circle and award-winning author of *Reclaiming Tom Longboat*.

Einarson and Roulette will formally receive their awards at the 2021 Canada's Sport Hall of Fame Induction Ceremony, which will be streamed live on Oct. 3.

Thunder begin RMFL season Sept. 24

Staff

The Interlake Thunder have had an excellent registration and will be fielding teams at all four levels this season.

The Thunder will field teams in Varsity (14- to 17-year-olds), PeeWee (12/13-year-olds), Atom (10/11-year-

olds) and Cruncher (8/9-year-olds).

The three minor level teams are still awaiting a start date and schedule. The high-school-aged Thunder, which play in the Rural Manitoba Football League, will open a six-game regular-season schedule in Virden on Sept. 24.

CRJHL releases preseason schedule

Staff

The Capital Region Junior Hockey League will be playing a preseason exhibition tournament this year.

The tournament will take place Sept. 23-26 at the Selkirk Recreation Complex. Here is the schedule:

Sept. 23 - 7:30 p.m. - North Win-

nipeg versus Arborg; Sept. 24 - 7:30 p.m. - Selkirk versus St. Malo; Sept. 25 - 4:30 p.m. - Lundar versus North Winnipeg; Sept. 26 - 4:30 p.m. - St. Malo versus Arborg; and Sept. 26 - 7:30 p.m. - Selkirk versus Lundar.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

MHSAA updates return to school sport plan

From the MHSAA

The Manitoba High School Athletic Association updated its return to school sport plan on Sept. 7.

The MHSAA will continue to re-evaluate and adapt as new information and guidelines become available, with the best interest of the student-athletes always in mind.

It is vital that before any return to school sport occurs, that you consult and obtain approval from your school division's administration or school administration for independent schools.

Further, each school's administration will be responsible to determine how return to school sport will be implemented in their building, ensuring all current provincial public health orders are followed and each sport specific return to play protocol is being adhered to.

Use of masks

Current public health order: A person who enters or remains in an indoor public place must wear a mask in a manner that covers their mouth, nose and chin without gapping. The above statements do not apply in respect of the following: a child who is under five years of age; a person with a medical condition that is unrelated to COVID-19, including breathing or cognitive difficulties, or a disability, that prevents them from safely wearing a mask; a person who is unable to put on or remove a mask without the assistance of another person; a person who is swimming or engaged

in other athletic activities; a person who needs to temporarily remove their mask while in the indoor public place for the purpose of: receiving a service that requires the removal of their mask, consuming food or drink, an emergency or medical purpose, or establishing their identity.

Schools must adhere to each sport specific return to play protocol and facility guidelines regarding the use of masks, and if they are needed be worn on the field of play while actively participating in the sport. If there is a discrepancy in mask use policies between a sport specific return to play protocol and a facility or school division policy, the policy with the highest level of protection must be adhered to for all participating.

Immunization

In the current public health orders, there are no immunization requirements for K-12 students to participate in indoor school sports. All coaches, team personnel and officials 18 years of age and up must be fully vaccinated to participate in all indoor school sports. There are no current immunization requirements for outdoor school sports.

It is the full responsibility of each school to ensure their coaches, team personnel and officials staff comply with all provincial public health orders regarding immunization.

Exhibition and league play

The MHSAA permits exhibition and league play provided that the zone re-

ceives approval from their respective school division(s) or school(s) administration for independent schools.

All current provincial public health orders must be followed and the sport specific return to play protocol must be adhered to. No out-of-province teams are permitted to participate.

Tournaments

Hosting and participating in tournaments within Manitoba may proceed. The MHSAA is accepting sanctioning requests for tournaments in all sports. All teams participating must have received approval from their respective school division(s) or school(s) administration for independent schools. All current provincial public health orders must be followed and the sport specific return to play protocol must be adhered to. No out-of-province teams are permitted to participate.

As per Manitoba Education's Restoring Safe Schools 2021-22 Guidelines, overnight trips remain prohibited. This is subject to change. Any change will follow public health recommendations and orders at the time.

Provincial championships

Provincial championships will take place, if and when possible. Currently provincial championships have been paused due to Manitoba Education's restriction on overnight trips. All teams participating must have received approval from their respective school division(s) or school(s) administration for independent schools. All current provincial public health

orders will be followed and the sport specific return to play protocol will be adhered to. mhsaa.ca

Spectators

As per current provincial public health orders:

Outdoor facilities: The number of spectators at an outdoor sporting or recreational facility must not exceed 50 per cent of the usual spectator capacity of the facility.

Indoor facilities: Indoor sporting and recreational facilities must not operate unless admission of members of the public to the facility is restricted to the following: persons who produce proof that they are fully immunized; persons who produce proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19; persons under 18 years of age. For certainty, the above applies to spectators who are watching sporting or recreational activities at the facility.

It is the full responsibility of the "home" or host school to ensure the provincial public health orders regarding spectators are adhered to.

Interprovincial travel and tournaments

MHSAA member schools will not be sanctioned to travel out-of-province or attend out-of-province tournaments at this time and until further notice.

Impact wins first MMSL game of the season

Staff

After five straight losses to begin the season, the Interlake Impact finally won a game.

Eric Plett scored the game's lone goal to lift the Impact to a narrow 1-0 victory over United Punjab Sports Club in Manitoba Major Soccer League 3rd Division action on Sept. 7 at the Buhler Recreation Park in Winnipeg.

With the win, Interlake now has three points and is tied with Scorpions FC for last place in the 10-team division.

The Impact has now scored seven goals while allowing 13 this season.

Interlake's next game is Monday against NextGen SA at the Shaughnessy Park Field. Game time is 7 p.m.

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

THE EXPRESS
WEEKLY NEWS

> SEPTIC TANK, FROM PG. 24

said in the release. "It is impacting our health and wellbeing. And this year's blooms seem to be worse than ever."

He added the [federal] Conservatives are committed to stopping raw sewage from entering waterways.

"Canada's Conservatives are committed to working with provinces and municipalities to end the dumping of raw sewage into our waterways," said Bezan.

The *Express* reached out to the federal Liberals and to the department of Fisheries and Oceans on the polluting of Lake Winnipeg but received no responses.

The latest algal bloom off Hecla Island comes with the discovery of a collapsed sewer line at the Hecla-Gull Harbour Campground, which has 213 sites and 20 cabins. The provincial government closed the campground at the end of August.

A spokesperson for the provincial

department of Agriculture and Resource Development, which is responsible for protecting and improving water quality, told the *Express* the sewer lines were last inspected about 15 years ago. The collapsed line did not send sewage into Lake Winnipeg.

"At no time through this incident was any sewage discharged into Lake Winnipeg," said the spokesperson.

The sewer collapse occurred near the entrance to the campground's Bay 1, said the spokesperson, and that caused a backup of sewage into manholes in that bay. A private contractor opened up the area to determine the extent of the damage and discovered that the 10-inch cement sewer line had become fragile over time and would have to be replaced.

"The blocked sewer line also affected a water treatment plant that supplies the campground with potable water, because every 24 hours the water filtration system discharges into the same pipe," said the spokes-

person. "Without a consistent supply of potable water and with modern washroom infrastructure inoperable, the decision was made to close the campground until the sewer pipe could be repaired."

The repair is expected to be completed this winter and the campground re-opened next spring.

The sewer line collapse had nothing to do with a \$210,000 upgrade to the Hecla wastewater treatment plant that the province had announced in October 2020.

"The incident is unrelated to the upgrade project ... [which] involved improvements to the wastewater treatment plant itself, specifically replacing blowers and diffusers," said the spokesperson.

As for the latest algal bloom near Hecla, the spokesperson said "warm and calm weather coupled with relatively high nutrient loads has created ideal conditions for algal bloom development this summer." The blooms

can form and disperse quickly and be "easily moved around the lake" given wind and wave action.

The province is taking measures to reduce nutrient loading in the lake and to reduce the frequency and severity of the blooms, said the spokesperson. That includes a proposed Nutrient Targets Regulation to reduce total nitrogen and phosphorus concentrations and provide science-based benchmarks to track and evaluate progress.

Last month the provincial and federal governments announced a "renewed Canada-Manitoba Memorandum of Understanding Respecting Lake Winnipeg and the Lake Winnipeg Basin," said the spokesperson. "The agreement details how the provincial and federal governments will continue their work to understand and protect the water quality and ecological health of Lake Winnipeg and its basin, including reducing nutrient loading."

take a break

> GAMES

SUDOKU

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

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!

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

Sudoku Answer

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Religion native to some in China
5. Nursemaids
10. Coats a porous surface
12. Garment of long cloth
14. Containing a broader message
16. University of Dayton
18. Patti Hearst's captors
19. Insane
20. Bristlelike structures in invertebrates
22. Taxi
23. Trainee
25. Comedian Carvey
26. Some couples say it
27. Belong to he
28. High schoolers' test
30. Young goat
31. You drive on one
33. Denotes a time long ago
35. Space between two surfaces
37. By and by
38. A way to sell
40. A line left by the passage of something
41. Indicates near
42. Where wrestlers compete
44. Prosecutors
45. Body part
48. Soluble ribonucleic acid
50. Indicates silence
52. NFL's Newton
53. Ancient Roman garments
55. Drunkard
56. Expression of satisfaction
57. Thus
58. Noisy viper
63. Plants of a particular region
65. Communicated with
66. Latches a window
67. Swarm with

CLUES DOWN

1. Split pulses
2. Brew

			1	2	3	4		5	6	7	8	9			
	10	11						12					13		
	14							15					16	17	
18							19				20		21		
22						23				24		25			
26					27				28		29		30		
		31	32						33		34				
35	36										37				
38						39				40					
41					42		43		44				45	46	47
48				49		50		51					52		
53					54		55						56		
57				58		59					60	61	62		
	63	64							65						
									66						
									67						

3. Ask humbly
4. Distinctive smells
5. Digressions
6. Partner to cheese
7. Father of Araethyrea
8. Made a cavity
9. Tin
10. Appetizer
11. Presenting in detail
13. Compound in guano and fish scales
15. Cool!
17. "___ than a doornail"
18. Popular literary form ___ fi
21. Be the most remarkable
23. "Final Fantasy" universe character
24. Buffer solution
27. Muslim physician using traditional remedies
29. Fantastical planet
32. S. American plant
34. Domesticated animal
35. The tops of mountains
36. Expression of disapproval
39. Skeletal muscle
40. Game show host Sajak
43. One's interests
44. Identify the existence of
46. Partner to "oohed"
47. Does not accept medical help (abbr.)
49. Hammerin' Hank
51. Lowest point of a ridge between two peaks
54. Elaborately draped garment
59. Check
60. Car mechanics group
61. One point east (clockwise) of due north
62. Austrian river
64. A command to list files

get inspired

> MEAL IDEAS



Heart Smart Grape and Peanut Butter Smoothie

Prep time: 5 minutes
 Servings: 1
 1 cup red California grapes, chilled
 2/3 cup unsweetened almond milk, chilled
 1/2 cup ice cubes
 1/2 small banana
 1 tablespoon peanut butter
 1 tablespoon ground flax seed
 2 teaspoons cacao powder

In blender on high speed, blend grapes, almond milk, ice, banana, peanut butter, flax seed and cacao powder until smooth.



Quinoa, Cauliflower and Grape Salad

1 tablespoon lime juice
 1 tablespoon honey
 1/2 teaspoon ground cumin
 1/2 teaspoon dried oregano, crumbled
 1/2 teaspoon fine sea salt
 1/4 cup extra-virgin olive oil
 freshly ground black pepper, to taste
 Cook quinoa according to package directions and drain on two layers of paper towels. Transfer to mixing bowl. Add cauliflower, grapes, scallions and avocado pieces.

To make dressing: In small bowl, whisk vinegar, lime juice, honey, cumin, oregano and salt until blended. Gradually whisk in oil. Drizzle dressing over quinoa mixture and toss gently. Season with pepper, to taste.

Prep time: 15 minutes
 Cook time: 15 minutes
 Servings: 8
 1 cup white quinoa
 1 small head cauliflower, trimmed and cut into small florets
 1 1/4 cups red California grapes, halved
 3 scallions, trimmed and thinly sliced
 2 ripe avocados, diced 1/3 inch
 Dressing:
 2 tablespoons white wine vinegar



Stuffed Bell Pepper Casserole

1 can (28 ounces) crushed tomatoes
 1/2 cup long-grain brown rice
 1 teaspoon oregano
 1/2 teaspoon garlic powder
 8 ounces shredded sharp cheddar cheese

Heat oven to 350 F.

In large skillet over medium heat, add turkey, onions, salt and pepper. Break up turkey and cook until browned.

Add turkey mixture to 9-by-13-inch baking dish. Add bell peppers, crushed tomatoes, brown rice, oregano and garlic powder. Mix until combined. Cover with aluminum foil. Bake 80-90 minutes until rice is tender.

Remove foil, add shredded cheese and bake 5 minutes until cheese is melted.

Servings: 4
 20 ounces ground turkey breast
 1 yellow onion, chopped
 1/4 teaspoon salt
 1/4 teaspoon pepper
 3 large bell peppers, chopped (1 each red, yellow and green)



Christine Ibbotson

Dear Money Lady Readers – my daughter said to me the other day that she had FOMO and I had no idea what she was talking about.....

If you don't already know, let me tell you what the young are now calling "FOMO"- the "fear of missing out."

Personally, I believe that the rise of all of our new FOMO feelings is due to social media. Something that most of us have heavily indulged in due to COVID. Nowadays, everything is instant and on display right in front of you so that you feel envy and regret about how others have more or are doing more exciting things than you. The COVID restrictions have definitely caused us to experience these feelings more than ever before.

In the past, when you ran into someone and asked them how they are, and they told you about their latest purchase or fancy vacation, you really had no time to feel that you were missing out on other people's awesome experiences. But now we get to feel this instantly through our phones or on Facebook because we have been isolated and restricted to socially interact. We have had over a year of seeing all those wonderful pictures of other people's lives on the internet and now feel we somehow have been missing out on life and are no longer happy with what we have. Now more than ever, there seems to be a pent-up demand for purchasing, upgrading, buying more and of course, saving less.

AsktheMoneyLady.ca

Why not take a FAST from the FOMO. Turn off the social media, either for a couple of hours, days or weeks. This will do wonders for making you feel better about your own life and stop the comparisons of your regular life to the polished versions of those online. Remember that credit card companies build their business on you borrowing from your future. They want you to buy now rather than save to buy later. With credit, it's easy to fall for the instant gratification and convince yourself that later can take care of itself. Be careful not to create "excuse spending." This is when we feel we are justified to spend because we deserve it. We may think all the hard work we have done, the sacrifices we have made, and the lack of acknowledgement for that work and those sacrifices, warrants or entitles us to that splurge spend....because we deserve it.

But, what do you really deserve? Do you feel you are missing out?

If you think that material possessions or experiences are the things you deserve, then you need to think again.

What you deserve is to be free from future financial stress. Remember that while those purchases may feel luxurious in the moment, they could land you in financial stress that you don't deserve. I am not saying that you need to deprive yourself, but if you are suffering from FOMO and feel you need to reach to credit to improve your situation, remember that enjoying a stress-free financial life, honestly feels a lot better than any new car ever could.

Good Luck & Best Wishes,

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca



No-Bake Energy Bites

1 pinch sea salt
 8 seedless California grapes
 1/3 cup chia or hemp seeds

In bowl of food processor, pulse almonds and walnuts 5-6 times to coarsely chop. Add dates and process until mixture is finely chopped. Add juice and process until just combined; transfer mixture to small plate.

Dry grapes. Pack 1 tablespoon date mixture around each grape, completely covering to seal. Repeat with remaining grapes and date mixture.

Roll balls in seeds to coat. Store in covered container in refrigerator up to three days.

Prep time: 20 minutes
 Yield: 8 energy bites
 1/3 cup raw almonds
 1/3 cup walnuts
 1/2 cup pitted dates
 1 1/2 teaspoons fresh orange juice or lemon juice

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GARAGE SALES

Aspen Parks annual garage sale, Saturday, Sept. 18th, 9 a.m. - 2 p.m. Rain date - Sept. 19th.

APARTMENT FOR RENT

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

HOUSE FOR SALE

Cedar home in Selkirk, \$310,000 obo. 3 bdrm., 1.5 baths, finished basement on 3 lots, subdividable, workshop heated, newer windows, furnace, C/A, panel box, shingles, paint, HWF, high ceilings, large deck, fully fenced, pre-inspected with new BL cert., nicely landscaped. Call 204-482-4484.

HELP WANTED

Jeff's Plumbing Services is looking for a reliable person with plumbing experience to join our company. Please email resume to: jeffsplumbing1@gmail.com

HELP WANTED

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

HEALTH CARE AIDS, must be licensed, all shifts available. Wages dependant on experience. Must be willing to relocate to the Selkirk area. To join our Bonded Mobility Team drop resume in person or email resume to ihbert@bondedhealth.ca

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HELP WANTED

Home care help wanted in Gimli, MB. Up to 2 positions avail. 41 year old male requires morning help with showering, toileting & dressing. A lift is used to get him out of bed and into wheelchair. Contact Sam at 204-641-0421. Experience preferred. Wage negotiable based on experience.

MISCELLANEOUS

Frigidaire Fridge, Kenmore stove, Maytag washer and dryer, GE dishwasher, all appliances white, Braun hood range, also white. The first \$600 takes the entire package away. Can pick up in Gimli. Phone if interested 204-905-1496.

MISCELLANEOUS

Need staff??? Let us help! The blanket classifieds get seen in the 37 Manitoba Weekly Newspapers. Get noticed in over 352,000+ homes, for as little as \$189 + GST! To learn more, Call the Express Weekly News at 204-467-5836 or MCNA at 204-947-1691 for details. MCNA - Manitoba Community Newspapers Association. www.mcna.com

WANTED

WANTED NOW - 1970-76 Plymouth Duster for client build. Must be a rust-free body. Any model considered. Rockhaven Auto 204-793-610.

EXPRESS
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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having an event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$620. All sizes. Five stage reverse osmosis systems \$248. Greensand iron/odour/manganese removal filters \$788. Polyspun. Pleated. Stringwound. Carbon. Filters. All Seasons Furnishings 204-661-8581.

TENDER NOTICE

Ukrainian Farmers



"Caretaker"

Ukrainian Farmers Co-operative Ltd.

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

Must provide proof of 2 Million Dollars liability insurance.

\$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.

Application deadline will be September 22, 2021. Lowest or any tender not necessarily accepted.

Tenders should be submitted to:

Ukrainian Farmers Co-operative Ltd.

Box 160, Fisher Branch, Mb, R0C-0Z0

Ph# (204) 372-6202 Fax# (204) 372-8402

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Town of Winnipeg Beach

NOTICE OF BOARD OF REVISION

PUBLIC NOTICE is hereby given that the 2021 assessment roll for the Town of Winnipeg Beach has been delivered to the Municipal Office at Winnipeg Beach, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of The Assessment Act.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

- An Application for revision must be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the office of the Town of Winnipeg Beach at Winnipeg Beach, Manitoba, or
 - serving it upon the Secretary, at least 15 days before the scheduled sitting of the Board of Revision.

The Board of Revision will sit on Thursday, October 14th at 7:00 P.M. in the Council Chambers of the Municipal Office of the Town of Winnipeg Beach, 29 Robinson Avenue, Winnipeg Beach, Manitoba.

Added to Roll/Cancellations for 2020/2021 must be appealed within 30 days after mailing. Added to Roll/ Cancellations applications must be received by the Secretary of the Board by **Tuesday, September 28, 2021.**

The final date on which applications for 2021 Assessment Appeals must be received by the Secretary of the Board is **Tuesday, September 28, 2021.**

Dated at Town of Winnipeg Beach, in Manitoba, this 21st day of July, 2021.

Kerry Swanson, Secretary Board of Revision
Town of Winnipeg Beach
Box 160
Winnipeg Beach, MB R0C 3G0

Experienced Operators Wanted for



Wheel Loader Cone Crusher

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Evergreen
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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:

Gail Kreutzer
Gail.Kreutzer@esd.ca
(204) 642-1718

EMPLOYMENT OPPORTUNITY



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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Marion Drew Lambert, 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, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 20th day of October, 2021.
DATED at Stonewall, Manitoba, this 9th day of September, 2021.
GRANTHAM LAW OFFICES
Solicitor for the Executors

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Story Ideas?**
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204-467-5836

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www.mcna.com

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Riverdale Place Workshop Inc. REQUIRES A

RECYCLING SUPERVISOR SHIPPER

to assist participants at baling recycling. Must be able to operate a forklift for shipping etc. Also a casual recycling driver when needed. Benefit and pension plan provided, First Aid and C.P.R. course provided. A Criminal record check and Adult Abuse check required.

Job position:

Monday to Friday 8:30a.m. to 4:30p.m.
Job Description available at the workshop.

Please drop off resume or send to Alex Janower, Manager

Riverdale Place Workshop Inc.

Box 609 Arborg, MB R0C 0A0

Tel: 204-376-5584

Fax 204-376-5584

email riverdalew@mymts.net

EMPLOYMENT OPPORTUNITY

TDM SPORTS is currently seeking

1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

Duties include scheduling, daily cashouts, inventories, ordering and paperwork for Bell MTS Services

Must be energetic, self-motivated, an effective problem solver & have good communication skills

Send resume to:
Box 38, Arborg, MB R0C 0A0
Fax to: 204-376-5836 or

Email to: tdmssports@hotmail.com or
Apply in person at 279 Main St., Arborg

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

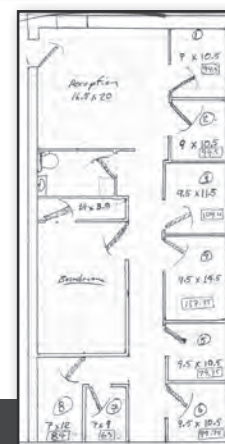
Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

For information please contact:

BIG Real Estate

204-485-0010

email bigandcolourful@mts.net



FULL-TIME / PART-TIME CAREER OPPORTUNITY

Ukrainian Farmers



At the Ukrainian Farmers Co-op we provide our staff with a competitive starting wage, a wide range of available courses and training opportunities and a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

The Co-op system is located all throughout western Canada with massive potential for career advancement and multiple programs for employees to take advantage of including our educational assistance program which can provide tuition reimbursement for qualifying employees.

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

If you would like to join our team, please fill out an application or submit a resume to our store office.

Closing date for all applicants is set for September 22nd, 2021.

For more info, please see Kyle Yaciuk at our store office.
Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, R0C-0Z0

ADVERTISE YOUR UPCOMING EVENTS THE EXPRESS

Riverton



ANNUAL MEETING

Riverton Cooperative Association Ltd

When: Tuesday, September 21, 2020
- 7:00 PM

Location: Riverton Curling Club
(175 Reggie Leach Drive,
Riverton MB)

Agenda items to include:

Minutes from the 2020 Annual Meeting
Audit/Financial Report
FCL Delegate Report
General Managers Report
Board Report
Appointment of Auditors for 2021
Board Elections

Call For Board Members

Riverton Cooperative Association Ltd invites nominations for the positions of Director. Nominees must meet the qualifications and requirements specified in Coop's Bylaws. Details on the qualifications and requirements can be picked up at Riverton Coop. Contact Darlene at 204 378-2251. Interest for board member must be submitted to Darlene by September 15 in writing.

Spaced seating and masks recommended as per MB Public Health Refreshments & Door Prizes



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For more information or an application please visit our website at www.gov.mb.ca/housing or call

Toll Free: 1-800-441-5514

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102086 PTH9, Wpg Beach, MB

LAKESHORE WOMEN'S RESOURCE CENTRE ANNUAL GENERAL MEETING

Tuesday September 28, 2021

@

Fieldstone Ventures
TBJ Mall, Ashern
7:00 pm

Spaced Seating - Masks required
Membership Purchase/Renewal
Audited Financials, Elections
and Future Direction of Agency
For more information phone
204-768-3016

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EMPLOYMENT OPPORTUNITY

Fisher Branch Care-A-Lot For Tots

Is looking for a new member to join our team!
Are you energetic, fun and dependable?
Do you love spending time with children?
If so, we need you!

Successful applicant requirements:

- *Child Abuse Registry Check
- *Criminal Record Check
- *Valid 1st aid *Be fully vaccinated
- *Be 18 years of age min.

Job details

- *Part time employment
- *Employee benefits
- *Pension Plan
- *Sick days
- *Professional Development Opportunities
- *A great working environment

Deadline for applications: Friday Sept 17/2021
Start date: Monday Sept 24/2021
Please send resume to Tami Karsin
carealot@mymts.net



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Custom built home on
4 acres. Over 3,500 sq ft
living space. Constructed in
2000 with new shingles in
2020. Top quality materials
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with underground water and
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1:00 P.M. TO 2:00 A.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process.
Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at
204-927-5300, if you have questions about this application.

Please contact your municipality if you have questions about zoning
bylaws and requirements.

If you want to make a formal objection to this application, please
send us your objection in writing by 4:30 p.m.

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT

You can email, mail or fax your objection. Please include your
contact information.

Email: objection@LGCamb.ca
Mail: LGCA Objections
1055 Milt Stegall Drive, Winnipeg, MB R3G 0Z6
Fax: 204-927-5385

- We respond to all formal objections and will work to resolve
objections before issuing a licence.
- A copy of the objection, including the name of the person who
submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of
the outcome to the licence application.

Full Time and Casual Cook Positions

Full time and Casual Cook Positions available
immediately to provide meals cooked on
site for seniors living in Supportive Housing
facility as well as independent living in the
complex or community. We offer a clean,
safe, and friendly work environment with
competitive wages and incentives.

Qualifications:

- safe food handling knowledge
- ability to follow and adjust recipes as
needed
- reliable and efficient
- available to work weekends
- team player
- work independently
- competency in maintaining basic financial
records
- friendly and effective communication skills
- background check required to start

Expected start date: A.S.A.P.

Salary: Starting from \$14.00 per hour

Phone 204-378-3103 or 204-378-0506
for more information.
applications can be mailed to :
Bifrost Riverton Seniors Resource Inc
PO Box 206 Riverton MB R0C 2R0
or email to: brseniorsresource@gmail.com

LAND FOR SALE BY TENDER SE 29-24-2W

Approx 160 acres, 122 cropland, 38
acres bush, approx. 20 acres ridge
tested gravel, Grade A. Tenders must
include 10% deposit.

Tender deadline: **October 1, 2021.**

Deposits will be returned to all
unsuccessful bidders. Vendor reserves
the right to reject any or all tenders.

Mail tender to G&L Cymbalisy
210-870 Cambridge St. S.,
Wpg, MB R3M 3H5
Inquiries: 204-801-1062

Little Joe's Auctions

IF YOU OWN IT, I CAN SELL IT!
Elsie Chudyk is moving.

**Saturday September 25
10:00 am**

**27 Tache Rd, Fisher Branch
WATCH FOR SIGNS**

ALL ITEMS SOLD TO HIGHEST BIDDER.

John Deere D110 riding mower, 4 x 6 trailer, Toro 826
snowblower, Honda EB 3500 X Generator, push lawn
mower with bagger, luggage carrier, dining room table
and 6, chairs, BBQ, freezers, painting, couch, recliner, end
tables, coffee table, desk, china cabinet, lawn chairs/swings,
picnic table, Grass trimmers, Stihl BE55 leaf blower, Filter
Queen Vacuum, Electrolux Vacuum, electric heaters, deep
fryer, microwave, toasters, blender, ice cream maker, jarring
pots and jars, VCRs, CD player, DVD player, ladders, 7 ft 6ft,
garden tools, shop tools, 12v battery charger, garden hose
and roller, wheelbarrow, luggage, many plants, Bocce set,
exercise bike, old camera, start choice receiver, Leaf Blower,
extension ladder, step ladder, brooms, saws, drill, Black &
Decker circular saw, shovels, tank sprayer, bumper jack/
JackAll, sledgehammer, wrecking bar, electric roaster, and
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Guests must be double vaccinated with proof to attend
auction. Maximum 2 people per bid number
BID NUMBER must be displayed throughout the auction as
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As rules change for gatherings,
we may have to cancel and/or plan for another date.

**All items must go,
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Refresh often to see any changes.

Questions call Joe at Little Joe's Auctions. 204-642-2448

Career Opportunity



INTERLAKE CONSUMERS CO-OP NOW HIRING BULK FUEL DRIVER

Truck will be based out of Arborg
CASUAL POSITION

Will be responsible for the deliveries and the day to day operations of the Interlake
Co-op bulk fuel trucks as part of the fuel delivery team:

Successful Candidate must have:

- Class 3 License with Air (sponsorship available)
- Align actions & behaviours with the Interlake Co-ops values, and vision/ mission
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- Good communication, interpersonal and organizational skills
- Demonstrate the ability to work independently and as part of a team
- Must be physically fit and capable of lifting 50 lbs

We Offer:

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Interlake Consumers Co-op
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THE **EXPRESS**
WEEKLY NEWS

ANNIVERSARY



September 15 1961-2021
Tobias and Elizabeth Yoder

Thanking the Lord and each other for 60 years together.

-Love, from all 87 of us



OBITUARY

Glenn Eugene Lupyrypa

It is with great sadness that his family announces his peaceful passing on September 8th, 2021.

Glenn was predeceased by his son Brent, and his parents Matilda and Eugene, and brother-in-law Dennis Larabie.

He will be lovingly remembered by his wife Annelise; his boys Kevin and Justin; his sisters Sharon Skoropata and Debby (Bruce) Graham; brothers Bert (Lori), Allen (Perry), and Raymond (Tracy); mother-in-law Vicky Larabie; sister-in-law Darlene Herron and many nieces and nephews and friends.

Glenn was born and raised in Gimli. In 1980, he married his sweetheart Annelise and they moved to Winnipeg Beach where together they raised their family. From a young age he loved dirt bikes, motorcycles and snowmobiles and he could fix or repair them to keep them going. His favorite was Yamaha's. When his



boys came along, they too embraced his passion and learned these skills from their dad. You could always find them all in the shop working on all kinds of machines. His sons were especially interested in vintage Yamaha snow machines. Between Glenn and his boys, they have quite the collection! Glenn was a welder by trade and combined with being mechanically inclined, he could fix anything. In 1998, he opened and operated his welding and repair shop with the boys till 2011. He was especially interested in using his trade and skills to help his sons. Glenn refurbished a Bombardier which Kevin used for his commercial fishing business and Glenn was proud when Justin took up welding, having learned the skill from his dad.

Glenn suffered a series of strokes in 2011 and his health declined as the years went on. He still was in his shop with the boys watching them fixing up their old machines. In July of 2021, he was diagnosed with cancer and his health declined rapidly, he was in hospital and passed away in his sleep peacefully. He will be missed.

In keeping with his wishes, cremation has taken place and there will be no formal service. His ashes and his son Brent's ashes will be interred together in the Winnipeg Beach Cemetery at a later date.

The family would like to thank the Gimli Hospital nurses for their care of Glenn.

In lieu of flowers, donations may be made to a charity of your choice.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Denis Thomas Legros

March 11, 1947 – September 3, 2021

My life in this world ended on September 3, 2021 after a short battle with cancer.

I was predeceased by my father, Raymond in 1959 and my mother, Rose in 2018. In addition, my very special uncle, Esdras (Fatty) Mousseau (who was such an important role in my life) and his sons, Normand, Donald and Charlie have passed away.

Thanks to my sister JoAnn Wilson for her thoughtfulness and support. I also leave my nephews David Wilson and his children, my great-nephew Dean and great-niece Jamie as well as my second family (through love not blood). They are Michael (Liza) Livingstone, Kirsten (Len) Selby, Alex Selby (Victor Golondrina), Drew, Taylor, and Keaton Livingstone, and great great grandson Vito Golondrina. I saved the best for last, my confidante, best friend and partner of 40 years, Margaret Livingstone. There will be times Muff when you feel lonely but just remember that I will always be with you. Think about our many fantastic and fun-filled trips to Egypt, Australia, Peru, Greece to name only a few and of course, our winter home in Arizona. My life was one heck of a ride and I would like to thank all my family and friends for being an important part of my journey. Thank you all for the good times and the laughter that came with them.

My "Mr. Universe" body has been reduced to a handful of ashes which means that cremation has taken place and as per my request there will be no service.

Take care of yourselves and one another. God Bless.

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

Gilbart Funeral Home, Gimli in care of arrangements.



Your memory will live forever Engraved within our hearts

GRADUATION

CONGRATULATIONS

To our 2021 CPA

CERTIFIED PROFESSIONAL ACCOUNTANT
KRYSTIN GERING

We are so proud of you girl!

See you at MNP Dauphin.

-Love always,

Mom, Dad, Steve and April

BIRTHDAY



Happy 80th Birthday!

Christine Klyzub (Mom and Grandma)

September 7, 1941

You are a pillar of strength, kindness and wisdom, 80 remarkable years of experiences and memories, We cherish the place you have in our hearts and the care packages you always share.

-Love your family

xoxoxo

EMPLOYMENT OPPORTUNITY



OPERATIONS DIRECTOR

Camp Arnes is presently seeking an Operations Director who is responsible to provide day-to-day onsite facility operations, ensuring the organization runs smoothly and effectively. Camp Arnes is a faith-based organization. The qualified candidate agrees to and supports our Mission Statement and Statement of Faith.

Email questions /resumes to
Neoma Green at
psalm139_1@yahoo.ca



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage La Prairie, MB.

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Authorized by the

Official Agent for Shelly Glover

Chief Administrative Officer

Hamiota Municipality is looking

for an experienced Chief

Administrative Officer (CAO)

to manage daily Admin Operations.

If you are highly efficient,

a strategic thinker, and an organized

natural leader, we want to meet you.

Under the direction of Council, the

CAO is responsible for the overall

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Supervision of Staff & Human

Resource Management, Senior

Election Official duties, Planning,

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updates and recommendations

to Council and executing plans

and programs in accordance

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relevant policies.

Qualifications:

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• 3-5 years of direct experience

in Municipal Administration

• Strong computer skills,

knowledge of Muniware

preferred

• Strong communications skills

required. Dealing with the

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external stakeholders

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THE **EXPRESS**
WEEKLY NEWS

OBITUARY



(Harold) Oliver Lyons

(Harold) Oliver Lyons died unexpectedly on Tuesday, September 7, 2021 after a long battle with MS. Oliver was born on January 3, 1943 in Winnipeg, MB. He was a man who believed laughter could solve all the problems of the world, and that a life worth living was one full of fun.

Early years on the farm in Balmoral, he loved competing at 4H. After high school, he attended University of Winnipeg specializing in Tomfoolery. His pranks were renowned, and the stories were retold every chance he had.

Oliver's early career saw him teaching high school in Roblin, MB where he met his wife, Shirley Ann Yurkiw. They were married on May 20, 1967. In 1969 he moved with Shirley to Esterhazy, Saskatchewan to work in the potash mine. In 1970 he had a son Kent and in 1972, a daughter Camilla. In 1974, he moved his family

to Swan River, MB for his final career move, spending 20 years dedicated to the Social Services department in Swan River and the surrounding areas, as well as Winnipeg after 1988. Oliver retired in 1998. In 2010, he moved to Betel Care Home in Gimli, Manitoba where he resided until he passed.

Oliver loved baseball and curling but loved the socializing as much as the competition. When his MS no longer allowed him to participate, he umpired and bartended to keep the party going. Oliver's sense of humour was legendary. He was always pulling pranks on his coworkers, family, friends and later on his fellow residents and staff at the care home. His easy laugh, his quick wit and crooked smile will be missed.

Oliver is survived by his wife Shirley, son Kent (Irene), daughter Camilla (Cory) and six grandchildren Amanda (Logan), Megan (Rory), Brittany (Tyson), Oliver, Owen, Noah and great-grandson Ashford. Oliver was predeceased by his parents, Harold and Lena, his sisters Lenore Matthews, Margery Funk, Patricia Fuhr, Eveline (Brown) Capuska and his beloved brother George Lyons.

A Celebration of Life is planned for Friday, October 1, 2021 at Johnson Hall, Waterfront Center, Gimli, Manitoba at 1 p.m.. The family will be there to welcome friends and relatives.

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OBITUARY



Ralph (Rudy) Tomchak

It is with heavy hearts that we announce the passing of Ralph (Rudy) Tomchak on September 7, 2021, at Betel Home Foundation.

He will be forever remembered and loved by his wife Gladys; his son Don; daughter Yvonne (Terry Belton); granddaughter Jenna (Joel Malmo) and great-granddaughter Ulyana; daughter-in-law Michelle and granddaughters Rebecca, Sarah, and Alyssa. He is predeceased by parents John and Teckla Tomchak; sister Velma Perry of Texas; brother Edward Tomchak of Kansas; and his son Randolph (Randy).

Ralph was born in Gimli on May 18, 1931, and attended Willow Creek School during his youth. He grew up on the family farm with his parents and siblings, which was the land his father obtained when he arrived in Canada. Having been the only sibling to stay in Canada, Ralph worked and lived on this land his entire life. He had

a deep connection to the Interlake area and community. He had a strong connection to the Kuz family, and they would refer to him as their brother.

Throughout his entire life, Ralph loved music. He learned how to play the violin at a young age, while later learning how to play the guitar and the mandolin. He played in a band and would often play various community events throughout the area.

Ralph's musical endeavours were put on hold when he started working, beginning with fishing and a short time working in Toronto. It was at this point that he realized that he would rather stay in Manitoba and farm. He and Gladys were married on September 27, 1958, and they would welcome their children in the following years.

To support his family, Ralph worked multiple jobs. He worked for the federal government at the Gimli Industrial Park and obtained a water and waste engineering certificate at Red River College. He would finish his career by moving from federal to provincial government and working out of Red River College. On top of this job, Ralph was a full-time farmer of grain and cattle. Farming was not just a career to him; it was a love and a passion. Throughout his years, Ralph was always busy and working hard to tend the land, with his wife and business partner by his side.

After he retired, Ralph dusted off the violin and began playing music again. He would often be playing along to tapes in his home, as well as playing alongside his friend Andy Yablonski. He loved listening to "Saturday Night Polka Party". He also had a special friendship with Terry Patterson and looked forward to his annual hunting trips.

Ralph was a hard-working man and would do many selfless things for his community, friends, and neighbours. He was very social and maintained a good relationship with the many friends he made throughout the years, often getting multiple phone calls during the day to chat. Ralph was also known for his sense of humour and wit. Not one to take himself too seriously, he would let his granddaughters do his hair for him. He also had a special connection with his dogs, especially his border collies Stanley and Walter.

The most important relationship Ralph had in his life was the one with his wife of 62 years, Gladys. He loved the life they created together on the farm. From the dances and suppers at the Fraserwood Hall, to just driving around the area to look at the farmland, they enjoyed doing the big and small things of life together. Their relationship was one of deep love, devotion, and dedication. Throughout their decades of marriage, they were true partners and always remained a united front on whatever life gave to them.

We would like to thank Dr. Ade, Gimli Hospital and the Betel Home Foundation staff for the care they provided during Ralph's stay. Your kindness during this time was much appreciated.

A private family funeral will be held at a later date at Sts. Cyril and Methodius Cemetery. In lieu of flowers, a donation can be made in Ralph's memory to CancerCare Manitoba or a charity of your choice.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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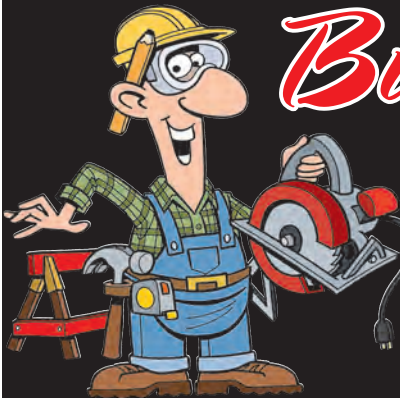
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In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

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