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Every Child Matters
 EXPRESS PHOTO BY JO-ANNE PROCTER
 Gimli's Sigurbjorg Stefansson Early School students and staff were one of many schools across the Interlake that marked the country's first National Day for Truth and Reconciliation on Sept. 30 by paying tribute to Indigenous children who died at residential schools and to survivors of Canada's Indigenous apartheid.

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West Interlake council completes late fire chief's request

By Nicole Brownlee

A paved sidewalk in Eriksdale is dedicated to a sorely missed leader whose ideas are still benefiting his community.

Former fire chief William Craig Pottinger suggested paving a sidewalk to connect the STARS landing area to the EM Crowe Memorial Hospital to West Interlake's council in October 2020.

"I helped him write a letter to council so that we could have it put in this year's budget," said Davina Mason, RM of West Interlake's chief financial officer.

Mason worked with Pottinger at the Eriksdale fire department for two years.

"We had been on a call for STARS and talked about how rough the ride was if you're on a stretcher from the hospital to our STARS landing area," said Mason.

Pottinger noticed how uncomfortable the transport across the grass and loose gravel could be for emergency services and a critically ill patient on a stretcher.

"His concern was the people that (STARS) are wheeling out are obviously already in medical distress, and



Late Eriksdale fire chief Craig Pottinger's name is carved into the sidewalk to commemorate the dedicated community member.

then they have to contend with this rough ride," said Mason.

"He was always trying to do things to make our department better."

Pottinger passed away on Aug. 27, and less than a month later, the 54-metre sidewalk was completed by Eriksdale Redi Mix Concrete.

"The addition of the sidewalk connecting the EM Crowe Memorial Hospital to the nearby STARS landing area is a welcome addition for the STARS team," said Grant Therrien, STARS' provincial director of base operations (Manitoba), in a statement.

"This new sidewalk will enhance



EXPRESS PHOTOS SUPPLIED BY THE RM OF WEST INTERLAKE
The 54-metre sidewalk connects the STARS landing area to the EM Crowe Memorial Hospital across the street.

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patient safety by allowing our STARS stretcher to roll on a reliable surface clear of bumps or uneven sections."

Eriksdale's dedication to enhancing infrastructure supports our life-saving mission, said Thierren.

"Craig was always looking for little improvements that would increase the level of service to the community," said Scott Cameron, RM of West In-

terlake's public works manager.

"He was able to identify an area of need, through his experiences, and find a way to improve those services."

The Redi Mix team carved Pottinger's name into the path to commemorate the leader behind the sidewalk.

"They brought Craig's last project to justice," said Cameron.

Wishing everyone a **HAPPY Thanksgiving**

Derek Johnson
MLA for Interlake-Gimli



Gimli 204-641-8525
Arborg 204-376-3401
interlakegimlimla@gmail.com

Interlake family loses dog to black bear attack

By Jennifer McFee

A local family that lost their dog to a bear attack two weeks ago is sharing some advice so other pet owners can avoid the same fate.

On a Tuesday evening around 8:45 p.m., Doug Stamler heard his two dogs barking outside. He assumed that some deer had wandered onto his property, located about four miles west of Balmoral.

When he flicked on the outside light, he was met with instant silence from the two 10-year-old dogs — an Australian shepherd named Matty and a lab-cross named Jessie. He figured the deer had left the yard, so he sat back down to read his book for a while longer.

At 10:30 p.m., he called the dogs to come to the garage, where they usually sleep for the night.

"Matty came in and she kind of whimpered and whined. Then Jessie came and her back leg wasn't moving a whole heck of a lot," Stamler said.

"She went directly into the dog house, so I didn't even really get a good look at it. I could see that it was not good, so I spent the next hour trying to get a hold of a vet."

He finally found a vet who was able to see the injured animal at that late hour and had to make the difficult decision to put her down.

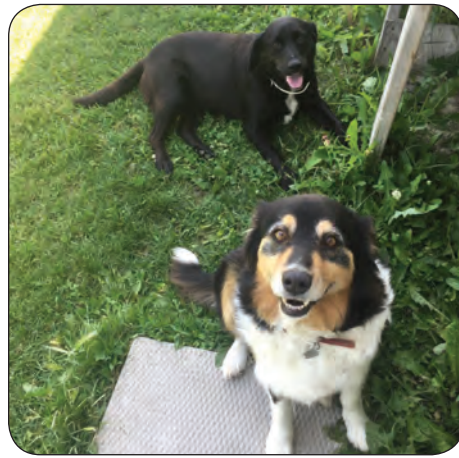
"The vet said we could take the chance of her going through a bunch of pain or deal with it currently by putting her out of her misery," he said.

"We dealt with things as needed. I'm sorry that it happened but it's done. You don't get no redos."

About six weeks prior, he had seen a bear with two cubs on the edge of their property between the field and the yard. At that time, their other dog, Matty, was a target.

"She got some marks on her but it wasn't bad," Stamler said. "There were some scratches involved, but nothing that couldn't be repaired or healed."

He's concerned that hungry bears could also wander into other people's



EXPRESS PHOTOS SUBMITTED

Doug Stamler with his four-legged friends Matty, an Australian shepherd, and Jessie, a black lab-cross who were recently attacked by a black bear west of Balmoral. Matty's wound was stitched six weeks earlier; however, Jessie had to be put down due to the severity of an attack two weeks ago.

yards looking for food.

"Now as the crops are coming off, especially the oats, the combining is pretty well all done. They're probably getting more hungry and less afraid to go into yards looking for things," he said.

"The only thing in the area that's left for them to eat is corn, and that's probably going to be gone in the next couple weeks also."

In an effort to keep safe, he urges other community members to be mindful of bear attractants on their property.


"Keep your property clean of smells as best you can so there's no reason for the bear to come to your property."

Continued on page 5

VOTE

**Town of Arborg
BY-ELECTION
COUNCILLOR**

Advance voting: October 16
Election day: October 19
at the Arborg Town Office



GISLASON, Donna L.

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ESD schools take part in National Day for Truth and Reconciliation

By Patricia Barrett

Students and staff in the Evergreen School Division marked Canada's first National Day for Truth and Reconciliation by holding commemorative events to honour residential school students and survivors.

This year the federal government passed legislation to proclaim Sept. 30 as a statutory holiday on which people across the country can pay their respects to the Indigenous children and survivors forced to attend residential school and call for improvements to the way Indigenous people are treated.



Guest speaker and knowledge-keeper Tara Campbell taught SSES students about Indigenous culture.



Students and staff at Riverton Collegiate wore shirts saying Every Child Matters and remembered Indigenous children who suffered or died at residential school.

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EXPRESS PHOTOS SUBMITTED

Arborg Collegiate's students and staff wore orange shirts to commemorate the children sent to Canada's residential schools, which attempted to destroy Indigenous language and culture.

ESD schools were closed Sept. 30 but events were held a day earlier to honour those who went to one of Canada's residential schools, which systemically tried to destroy Indigenous language and culture in a bid to forcibly integrate children into European culture.

Arborg Collegiate, Riverton Colle-

giate and Sigurbjorg Stefansson Early School were among ESD schools paying their respects. Some schools also invited Indigenous guests to speak about their culture.

"Today and every day we stand together. Every Child Matters," said Riverton Collegiate teacher Alison Lubinski on Twitter.



Arborg Collegiate students created an installation of joined hands with messages such as "I am responsible for researching and recognizing what has happened in the past," "I am responsible for myself and how I treat others," and "I am responsible for keeping the environment clean."

Students at SSES got to hear from knowledge-keeper Tara Campbell. They also read books with reconciliation themes and love and kindness.

"We were so grateful to hear the peaceful drums and listen to her stories," said SSES students on Twitter.



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This artwork was created by Canadian artist Ola Volo in celebration of National Newspaper Week from October 3-9, 2021.

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Generous donation supports protection and preservation of Hecla/Grindstone Park

Submitted by Manitoba government

Improvements are coming to Hecla/Grindstone Provincial Park with new projects to be supported year after year, thanks to a generous donation of \$1.58 million from the estate of Cheryl D. Christensen and the Manitoba's new Provincial Parks Endowment Fund, Conservation and Climate Minister Sarah Guillemard announced Friday.

"We know how attached Manitobans are to their provincial parks and because of the generosity of the late Ms. Christensen, we can continue to expand and improve the amenities of this park that was so close to her heart," said Guillemard.

"Preservation and protection of Manitoba's parks is a key priority for our government and this fund

will help us support new projects at Hecla/Grindstone."

The Provincial Parks Endowment Fund, announced by the minister last spring, encourages private and philanthropic contributions while enabling the province to follow the wishes of donors who want to leave a legacy of support for parks. Managed by The Winnipeg Foundation, the \$20-million fund is expected to generate as much as \$1 million per year to assist in offsetting the increased costs of enhancing and sustaining parks, and has a matching formula that provides \$1 for every \$2 donated from other sources. Priorities for the fund are determined through a process involving engagement of citizens and stakeholders.

The minister noted the province will

match the Christensen estate's donation on the two-to-one basis, generating approximately \$95,000 to \$100,000 a year in perpetuity for projects and activities that will contribute to the development and preservation of Hecla/Grindstone Provincial Park.

"This generous donation will help us continue the important work of preserving our local history and ensuring the Hecla Historic Village best represents the role this region has played in the growth of our province," said Dean Amundson, chair, Hecla Historic Village Association. "We appreciate the support of the Cheryl D. Christensen estate and acknowledge that from humble beginnings, great things and great thinking are possible from great people."

The funds designated for Hecla/

Grindstone will go toward projects that enhance the park's ecological integrity and public experiences. The first such project will be the construction of an open-air shelter over the Blue Streak II, an historic fishing boat displayed outdoors in the Hecla Historic Village. This is one of the last whitefish boats from Lake Winnipeg to feature entirely wooden construction, and the minister noted the shelter will help preserve it for future generations to experience.

To learn more about Manitoba's provincial parks, visit www.gov.mb.ca/sd/parks/. Manitobans can also stay up to date with provincial parks news, activities and events on Facebook at www.facebook.com/MBGovParks and on Twitter at www.twitter.com/MBGovParks.

> BEAR ATTACK, FROM PG. 3

Bears can smell for a long, long way. They can smell anything like dog food or a container that isn't really closed up," he said.

"Now they're going to start coming for birdseed, crab apples, apple trees, anything like that. That's what they're going to be looking for from now until hibernation. They're an omnivore, so they eat basically anything they can find — including easy prey."

Janine Wilmot, human-wildlife biologist, offers some more bear-safety advice for pet owners.

"For helping to reduce the risks for people's pets, one tip would be to make sure that they're feeding their pets indoors," she said. "The smell in the food dish lingers after the food has been removed, which can attract bears and other wildlife."

When folks are venturing into bear country, she suggests leaving pets at home.

"If you're planning to bring your dog, then make sure that it's kept on a short leash. The reason is that off-leash dogs have been known to go exploring and they could encounter a bear," she said.

"What frequently occurs is the dog will bark at the bear and get it really agitated and defensive — and then the bear will respond to that agitation. If the dog gets scared by the bear's response, it generally goes running back to its owner. The bear follows and has been known to transfer that aggression from the dog to the owner. So to increase safety for people and their pets, we really encourage people to keep their dogs on-leash."

The bears are currently in a state of hyperphagia, which is a period of increased eating and drinking prior to hibernation.

"Their daily calorie requirement goes from about 5,000 calories up to about 20,000 or more calories. They're really focused on getting all that food into their system so they can bulk up and survive through the winter when they're denning," Wilmot said.

"They're very focused on food, and this time of year you'll find them quite often in oak trees after the acorns. They also really like grasshoppers, and it seems to be a good year for them. So if people see bears in the oak trees or going after those grasshoppers or whatever other food sources they can find, it's really good to give them their space. They should also let others in the area know that bears are there so they can hopefully avoid them and give them that opportunity to meet their food requirements."

For anyone in the unfortunate situation of dealing with a pet injured by a bear, Wilmot says they should report the incident to local conservation officers.

"We try to document all those reports and monitor what's happening on the landscape so we can then provide the public with the best possible advice for how they can reduce their risk," she said.

"It's really important that they get those reports for any type of situation where someone's pet or person is at in-

creased risk. It's something we would want to hear about."

As for Stamler, he has noticed that Matty is moping and missing her life-long companion.

"She's very quiet and doesn't really go out of the yard very much. Other than a few months, they were together for their whole lives," he said.

"We've been in contact with some humane societies looking for a pup to keep her company. Hopefully we'll find one."

To report aggressive encounters with wildlife — or to report wildlife that appears sick, injured or orphaned — call Manitoba Sustainable Development's tip line at 1-800-782-0076.

For more information on reducing the risk of conflicts with black bears and other wildlife, visit www.manitoba.ca/human-wildlife.

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The fourth wave of COVID has hit Manitoba

By Lorne Stelmach

The fourth wave of COVID-19 continued to escalate this past week across the province but especially in the Southern Health-Sante Sud health region.

The regular Monday update had 324 new cases of the virus identified since Friday including 121 Saturday, 120 cases Sunday and 83 cases Monday, and the highest number were in Southern Health-Sante Sud with 122 new cases.

The five-day COVID-19 test positivity rate was 3.7 per cent provincially, and the 83 new cases identified Monday included 59 who were not fully vaccinated. This included 29 new cases with 25 not fully vaccinated in Southern Health.

Public health officials reported the deaths of two males in their 70s from Southern Health with both linked to a variant. It brought the number of deaths in people with COVID-19 to 1,213.

Overall, there were 814 active cases including 56 in the Interlake-Eastern health region: nine in Arborg/Riverton; three in Beausejour, four in Eriksdale/Ashern, four in Fisher/Peguis, four in Gimli, two in Northern Remote, two in Pinawa/Lac du Bonnet, six in Powerview/Pine Falls, two in Selkirk, four in Springfield, four in St. Clements, zero in St. Laurent, six in Stonewall/Teulon, two in Unknown, one in Whiteshell and three in Winnipeg Beach/St. Andrews.

Overall, there were 98 Manitobans hospitalized with COVID-19, including 64 people with active COVID-19 as well as 34 people who are no longer infectious. A total of 18 Manitoba patients were receiving intensive care for COVID-19, including 13 people in intensive care units with active COVID-19 as well as five people who are no longer infectious but continue to require critical care.

Also on Monday, the province announced that it is allowing the COVID-19 vaccine to be given at the same time as other vaccines.

Previously, individuals had to wait 14 or 28 days in between doses of different vaccines, depending on which was received first.

Third-dose eligibility continues to include all residents and staff of First Nation personal care homes, all residents of personal care homes in Manitoba, people who are immunocompromised, people who require a third dose to meet travel requirements at their destination or individuals who previously received doses of vaccines that are not approved by Health Canada.

Eligibility for first and second doses of the COVID-19 vaccine continues to include anyone born on or before Dec. 31, 2009. Manitoba super sites are offering walk-in and appointment-based vaccinations. Eligible individuals can book appointments at these sites online or by calling (toll-free) 1-844-626-8222 (1-844-MAN-VACC).

letter to the editor

Let's keep Gimli picture postcard perfect

Patricia, excellent article!!!

You are absolutely spot on regarding the state of our downtown core and lakefront. The need for immediate and ongoing attention to the observations and recommendations made by the "Beautification Committee" is paramount. We are frequent walkers along the lakefront

pathways and have observed the decline of park benches, picnic tables, garbage containers and more. Residents, summer and year-round alike, take great pride in where we live. The lack of priority to our town's image given by the RM council is hard to understand. First impressions to the numerous tourists, who we are so fortunate to attract, certainly can

be enhanced by keeping our community "Picture Postcard Perfect." This is not rocket science to marketers, just basic common sense. Come on, town council. Listen to the Gimli Chamber's Beautification Committee because they have spoken of behalf of all concerned and caring residents of the town we are so proud to call home.

Sincerely,
Ken Stephanson

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Get pampered at Gimli's Powder Princess Spa & Boutique

By Patricia Barrett

For those looking to indulge their outer beauty or rejuvenate their inner senses, Gimli's newest business on the block has just about everything they'll need.

The Powder Princess Spa & Boutique opened this spring, offering a range of beauty and well-being services, makeup and skincare products and high energy workouts.

Owner Tanya Grimolfson, who has over 20 years' experience in the beauty industry, opened the spa and boutique in early April after she moved to Gimli and found a "perfect" location (in the Lakeview Resort) to set up shop.

"This is not a regular spa: you will get an experience here. You can put on headphones, have some relaxing music and zone out. People just want to relax. They don't have to feel obliged to chat if they don't want to," said Grimolfson. "It has been a crazy year for people [with the ongoing COVID-19 pandemic], and mental health is really important right now."

The spa offers a plethora of services including facials, waxing/sugaring, lash lifting, makeup artistry, spray tanning, relaxation massage, pedicures, chakra cleansing and reiki. It also offers customized bachelorette party packages and wedding makeup services.

Grimolfson is a makeup artist, esthetician and hairstylist who has worked in Hollywood on movie sets and fashion shows. Despite the dazzle of L.A., there's no place like home.

"This is home and I'm raising a family. But I still have opportunities to go back," said Grimolfson. "I have amazing friends and mentors. I worked with top makeup artists and hairdressers in Hollywood. I worked on a Mattel Barbie fashion show (with real models) and a Smashbox cosmetics fashion show in Los Angeles. I've also done makeup and hair on film sets in Winnipeg."

Grimolfson has a team of four other women who provide services and help run the Powder Princess. Melanie Johannesson from Riverton pro-

vides healing arts services such as yoga, energy therapy and massage. Jenna Stansell runs the boutique. Desarae Bilinski will be leading Zumba sessions, and Emma Spring helps run the spa.

The boutique is where customers can buy Royal Beauty makeup products, which Grimolfson herself created.

"Tanya created this personal makeup line and has it manufactured to her standards," said Stansell. "It's made in Canada, is hypoallergenic, fragrance free and is not tested on animals."

The line includes primer, high definition foundation, mascara, lip gloss, eyeliner, lipsticks, velvet lipstick, a vinyl lip lacquer, blush and eye pencils.

The boutique also sells Eminence Skin Care products, one of the most popular skincare lines in the world and which is used in top spas, said Grimolfson.

The spa not only caters to powder princesses looking for a good pampering but also to powder princes.

"Men, don't let the pink [theme] fool you," said Grimolfson. "We provide a number of services for men. We do pedicures, facials and massages. We have lots of male customers. We do a lot of pedicures for seniors."

For those with COVID worries, Grimolfson said the spa follows strict sanitation guidelines. She is certified in a Barbicide disinfection course, a Barbicide COVID-19 safety course and a PREempt course that covers infection prevention.

"Every customer gets their own room," said Grimolfson. "There won't be groups of people all together. And each room is cleaned before the next person is allowed in."

Evening appointments are available to accommodate patrons' work schedules.

"Right now, we're open on Thursdays and Fridays until 8 p.m., but we can make other arrangements for night appointments," she said. "We're willing to make it easier for everyone because we know people are working."

To celebrate the Powder Princess's



EXPRESS PHOTO COURTESY OF TANYA GRIMOLFSON
Powder Princess Spa & Boutique team, from left, Emma Spring, Jenna Stansell, Tanya Grimolfson, Melanie Johannesson and Desarae Bilinski.

six months in Gimli, Grimolfson and her staff are holding a Glam Opening on Friday, Oct. 15 from 4 to 9 p.m. The first 25 people through the door will receive a swag bag. There will be some fun and games, demonstrations and sweet treats.

Grimolfson will be offering a series of Zumba workouts (including Zumba for kids), which Bilinski will be teaching. They start Oct. 18. Grimolfson will

also be teaming up with the Lakeview Resort to offer a staycation package that includes a room and spa services.

The Powder Princess is located in Unit 120D - 10 Centre St. in the Lakeview Resort (south side of the building). It's open Monday to Saturday. Call 204-642-3022 or visit www.thepowderprincess.com. The spa is also on Facebook and Instagram.

Engage **MB**

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To guide the work and priorities of this new department, we want to hear your ideas to develop an action plan that will improve Manitoba's mental health, wellness and recovery system.

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All are welcome!

Further restrictions for the unvaccinated in Manitoba

By Lorne Stelmach

The province has taken additional steps to fight the fourth wave of COVID-19, including measures that further target the unvaccinated in Manitoba.

The new health order changes that came into effect Tuesday also moved retail capacity to 50 per cent in the Southern Health-Sante Sud region where both vaccination rates and increasing case counts have become a concern.

There was little new offered, though, in terms of enforcement, whether that be increased staffing or resources as health and seniors care minister Audrey Gordon said they are relying on people “to honour and adhere to those restrictions.”

“That’s the Manitoba that I’m accustomed to ... a Manitoba that cares about their neighbour, their families and their friends. ... My hope is that they will adhere to these restrictions on their own. ... We’re going to rely on Manitobans to do the right thing,” Gordon said.

“We must be proactive in protecting our health care system. Rising case counts and COVID-19 transmission in the province means we need to introduce new measures now to reduce the impact of the fourth wave of COVID-19 in Manitoba.

“These new public health orders will allow fully vaccinated Manitobans to continue to enjoy as much freedom and as few restrictions as possible,” she stressed. “Unvaccinated individuals will now be more restricted in their activities.”

Case numbers and hospitalizations are now increasing, particularly among the nearly 400,000 unvaccinated Manitobans, noted chief provincial public health officer Dr. Brent Roussin.

As of last Wednesday, people who are not fully vaccinated accounted for 75 per cent of new COVID-19 cases, 79 per cent of those admitted to hospital and 100 per cent of intensive care unit (ICU) admissions. Data also shows hospital admissions related to COVID-19 have increased by 26 per cent in the past week, with COVID-19 related admissions to ICU increasing by 17 per cent during that same period.

“If you look at the estimated time for the number of cases to double in the Southern Health region, it would take less than three weeks if everything remains the same,” said Roussin, adding that means the region could be seeing over 90 cases per day at that point.

He urged people to consider the consequences of holding out on vaccinations and waiting for restrictions to pass.

“This COVID is not going away; it’s going to be with us for years, and you’re much more likely to get sick from COVID, especially severe illness, if

you’re not vaccinated.”

The health order changes included moving to the restricted (orange) level on the pandemic response system. In addition, it also introduced additional requirements for proof of immunization and reduces gathering sizes when unvaccinated individuals are present.

Roussin noted the move to the restricted (orange) level will not affect schools, which will remain at the caution (yellow) level to ensure youth can remain in school as much as possible.

The new public health orders will allow fully vaccinated Manitobans to continue to enjoy as much freedom and as few restrictions as possible while unvaccinated individuals who are eligible to be vaccinated will now be more restricted in their activities. This includes:

- limiting private indoor gatherings for households to guests from one other household when any unvaccinated person who is eligible to be vaccinated is present on the property, even if the unvaccinated person lives there.
- limiting private outdoor gatherings for households to 10 guests when any unvaccinated person who is eligible to be vaccinated is present on the property, even if the unvaccinated person lives at that location.
- reducing indoor public gathering group sizes to 25 people or 25 per cent capacity, whichever is lower, for gatherings that include unvaccinated people who are eligible to be vaccinated, including weddings and funerals.
- setting indoor group sizes for faith-based gatherings to 25 people or 33 per cent capacity, whichever is greater, for gatherings that include unvaccinated people who are eligible to be vaccinated.

Fully immunized Manitobans and those under 12 who are not eligible for the vaccine may gather without capacity limits in each of these areas. Household gatherings, weddings, funerals and faith-based gatherings can occur for fully vaccinated individuals and those under 12 without any restrictions.

For example, faith-based gatherings may take place with a choice of services at their discretion for fully immunized worshippers (no restrictions) or unvaccinated worshippers (restricted capacity as set out above).

In addition, gated or controlled events and gatherings where proof of vaccination is required will continue to be permitted.

The public health orders will also reduce all outdoor public gathering sizes to 50 people.

Roussin again stressed fully vaccinated Manitobans and Manitobans who are not eligible for vac-



“If you look at the estimated time for the number of cases to double in the Southern Health region, it would take less than three weeks if everything remains the same,” said chief provincial public health officer Dr. Brent Roussin.

ination will be largely unaffected by these new orders.

“Our data shows that vaccination works, as the vast majority of hospitalizations and ICU admissions are in people who are unvaccinated,” said Roussin. “But nearly 400,000 Manitobans are either unable or unwilling to get vaccinated, and our health-care system remains at risk from the delta variant of COVID-19 with case numbers and hospitalizations rising.”

Future changes may include requiring all those eligible to be vaccinated to provide proof of vaccination to participate in indoor recreational activities and allowing partially vaccinated youth aged 12 to 17 (with one vaccine dose) to participate. Conversations will continue with sports organizations and other stakeholders to seek feedback.

“More than 80 per cent of eligible Manitobans have gotten vaccinated to protect their own health and those around them, and we thank you for that,” said Gordon. “But right now, there are nearly 400,000 people who are not immunized in Manitoba, and they are at a high risk of infection. If you want to keep children in schools and ensure medical procedures people need are not postponed, please get vaccinated now.”

Province needs to do more with fourth wave

Staff

Critics of the provincial government were quick last week to accuse the Conservatives of not going far enough with further public health order restrictions in the face of a worsening fourth wave of COVID-19.

Manitoba Liberal MLAs suggested with clear signs that Manitoba was into a fourth wave of infections, the government must not only do more but should have considered more targeted restrictions

in Southern Health-Sante Sud, where cases are growing and vaccination rates remain low.

“At every phase of the pandemic, the PCs have to be dragged kicking and screaming to get ready, and it is happening again in the fourth wave,” said Dougald Lamont, MLA for St. Boniface and Manitoba Liberal leader.

“The third wave of the pandemic broke our health-care system — nurses, doctors, paramedics are all in short supply. The PCs need to do more now to get

ready, and they are not.”

Lamont said there were a number of troubling warning signs the PCs were not taking the fourth wave seriously — the same warning signs of complacency and lack of preparation that happened before Manitoba’s deadly second and third waves of COVID.

Before every wave, the PCs were quick to loosen restrictions and reduce the number of public brief-

Continued on page 10

T-shirt sales contribute to IERHA care

By Nicole Brownlee

An Interlake farm family-organized fundraiser raised more than \$1,000 to support palliative care while honouring a relative.

Theresa Zuk and her family sold 71 T-shirts this summer to raise money for the Interlake-Eastern Regional Health Authority's palliative care programs. The Interlake Eastern Health Foundation matched the family's T-shirt sales with a donation of \$1,000 in early September.

"We were ecstatic," said Zuk.

The money raised will go directly towards purchasing an automated recliner for the palliative care ward in Arborg. The recliner will help residents raise from the seat without assistance by extending into a standing position.

Zuk's mother passed away while in palliative care in the region nine years ago and received the best care they could have imagined.

"We always knew while she was there that her best interests were always No. 1," said Zuk.

"It did so much for us to be able to spend time just with our mom and not have to worry about all the others. Her care was unbelievable, the dignity, the respect, everything."

The Zuks previously organized a ranch rodeo around three years ago in memory of Theresa's mother while raising money for the IERHA. Held in the Zuks' yard, the family raised about \$2,500 for palliative care.

"It's just about giving back," said Zuk. "The palliative care program in the Interlake region is fantastic."

COVID-19 restrictions barred the family from holding another rodeo so, instead, they sold T-shirts. The brown and mauve shirts read, "Live, Laugh, Eat Beef," encouraging wearers to value each day, find



EXPRESS PHOTOS SUBMITTED

Jason, Teresa, Garrett and Sawyer Zuk organized a T-shirt sale to raise money for palliative care services in the Interlake. The Interlake Eastern Health Foundation matched the \$1,050, raising the total donation for the Arborg palliative care ward to \$2,050.

joy and support local farmers. Fittingly, the Zuks own the Bar Z Ranch west of Arborg, where they raise cattle.

"They've been designed with the right intent, meaning have a little fun ... but we're also on the serious side of it too. Let's support something with this. Let's give back to our community as well," said Zuk.

The fundraiser started on July 15, and within days, Zuk received orders from as far as Saskatchewan, Alberta and B.C.

"It definitely warms my heart when I see some of these orders come in," said Zuk. "I don't even know these people personally."

Donations from community members make a huge impact on the additional services the IERHA can offer clients and volunteers, said Tammie-Lee Rogowski, clinical team manager of the IERHA's palliative care program.

Contributions help make specialized equipment accessible to clients and enable the IERHA to continue offering training and educational opportunities for volunteers and support workers, she added.

"Our region's palliative care program would not be the service and support level it is today if we didn't benefit from the donations of community members such as the Zuk family," said Rogowski. "We are so thankful."

Mexico coming to Gimli with Fiesta in the Park, free drive-in movies

By Patricia Barrett

There will be several hours of Mexico-themed fun in Gimli this Saturday because Travel Manitoba is treating the town to free outdoor films.

Gimli Park will be turned into a drive-in movie theatre for the showing of two films featuring Mexican culture and scenery.

Shel Zolkewich, a tourism consultant who works with the Gimli Chamber of Commerce on tourism and marketing initiatives, is spearheading the event.

"Travel Manitoba was gracious enough to put out this offer a few months ago to all communities in the province, saying they would cover the cost of doing a drive-in movie in their community," said Zolkewich last week. "We thought it would be nice to give the day a theme, and we came up with Fiesta in the Park because both movies have a Mexican theme."

With the pandemic dragging on, Travel Manitoba wanted to put a little fun into fall with a family-friendly event, she said. Free drive-in movies

were offered in several other Manitoba communities such as Brandon, Clear Lake, Neepawa and in the Whiteshell.

Gimli Chamber of Commerce co-chair Cheryl Buhler said the chamber's Destination Brand Committee is working with Travel Manitoba to assist with the drive-in theatre.

Capacity at Gimli Park is limited to 68 vehicles, the same number that were allowed during the Gimli Film Festival's drive-in movie offerings, said Buhler.

First up at 4 p.m. is Walt Disney's computer-animated film *Coco*. It tells the tale of a 12-year-old Mexican boy who wants to be a musician but is forbidden by his family. He is accidentally transported to the Land of the Dead where he gets help from his deceased descendants to get his family's music ban overturned.

At 7 p.m. Elvis Presley graces the screen in *Fun in Acapulco*, a 1963 musical that also features Swiss movie star Ursula Andress. Elvis's character,

Mike, finds work as a lifeguard and as a singer in a local hotel. But he clashes with another lifeguard, who's also a cliff diver. To earn respect, Mike (Elvis's stunt double) plunges into the sea from a high cliff.

Although it won't be dark at 4 p.m., *Coco* will be shown using special lighting to allow for easy viewing, said Zolkewich. And movie buffs don't have to stay for both films, which are rated general.

"If people want to come for the 4 o'clock show with their kids and leave after that, they can do so," said Zolkewich.

Of course, you can't watch movies without munchies so the Riverton Walleye Wagon food truck will be at the park offering movie-goers pick-erel tacos with pico de gallo (salsa), she said. Jarritos, a brand of fruit-flavoured soda from Mexico, will also be available. All food must be purchased.

Gimli also has several restaurants along Centre Street and First Avenue for hungry tourists.

The municipality of Gimli is assisting with the event by turning the park into a drive-in.

"For this event, Public Works will put in gates and provide a power supply to the pavilion," said Gimli Mayor Lynn Greenberg. "The RM's part is to provide in-kind services."

Greenberg said with any event, people have to follow provincial protocols around COVID-19.

Gimli Park is located in the north end of town between Fifth and Third avenues. The entrance to the drive-in will be from Fifth Avenue on the west side of the park near the stage and pavilion building.

The gates open at 3 p.m. on Saturday, Oct. 9.

Zolkewich said members of the Gimli Wave youth group will be on site to help people find a spot in the park.

"There will be washrooms at the site and garbage cans," said Zolkewich, "and there's a playground in the park for the kids."

Province provides \$23,800 to New Iceland Heritage Museum

By Patricia Barrett

The province announced last month it will provide over \$166,000 in total funding to Manitoba's seven signature museums to help them preserve and showcase history.

Each museum will receive \$23,800 to support conservation activities and promote Manitoba's history, according to the province. Specifically, the money can be put towards exhibits, improving the visitor experience, improving facilities or school and youth programming.

Interlake-Gimli MLA and municipal relations minister Derek Johnson was in Gimli last Friday to present a cheque to one of those signature museums, the New Iceland Heritage Museum (NIHM).

NIHM executive director Julianna Roberts said they were very pleased to receive the grant money.

"We do have plans to put an interpretative sign in front of the Lake Winnipeg Visitor Centre to explain a bollard we have from the Suzanne E fish freighter, which sank on Lake Winnipeg on Sept. 24, 1965," said Roberts. "The man who was hired to salvage the wreck gave us the bollard."

The NIHM operates the seasonal visitor centre at the harbour where



EXPRESS FILE PHOTO

Commercial fishers' gear is housed in the New Iceland Heritage Museum.

tourists can see a commercial fishing vessel, learn about the local fishing industry and Lake Winnipeg. Part of the centre used to be a fish packing plant.

"At the visitor centre, we tell the story of fishing on Lake Winnipeg because fishing is the economy that supported the Icelandic settlement," said Roberts. "Part of the original building



EXPRESS PHOTO SUBMITTED

Interlake-Gimli MLA and municipal relations minister Derek Johnson presented NIHM executive director Julianna Roberts with a cheque for \$23,800 last Friday. The NIHM is one of seven provincial signature museums that received a provincial grant.

used to be the Armstrong Gimli Fisheries packing plant."

In addition to the grant, Roberts said the province provided endowment funding last year of \$1.4 million. The money went into a signature museum trust fund. The NIHM's trust is managed by the Westshore Community Foundation.

"The signature museum endowment fund will provide us funding in perpetuity," said Roberts.

The province created the signature museum program in 1998, designating select museums as Travel Manitoba Star Attractions.

Along with the New Iceland Heritage Museum, the Canadian Fossil Discovery Centre in Morden, the Royal Aviation Museum of Western Canada in Winnipeg, the Commonwealth Air Training Plan Museum in Brandon, Le Musée de Saint-Boniface Museum in Winnipeg, the Manitoba Agricultural Museum in Austin and

the Mennonite Heritage Village in Steinbach are Star Attractions.

They were chosen because they have "a potential to be significantly enhanced as heritage tourism attractions."

"We have so many wonderful and important stories to share, and we know that these seven great facilities and their dedicated staff and volunteers will make excellent use of this additional financial support to help tell the stories of our past and provide learning opportunities for the future," said sport, culture and heritage minister Cathy Cox in a Sept. 20 news release announcing the \$166,600 grant.

"Manitoba's Signature Museums are well-known for their excellent programming, high-quality exhibits and visitor experiences, and we look forward to how they will continue to capture and preserve Manitoba's history for generations to come."

> FOURTH WAVE, FROM PG. 8

ings and slow to bring these measures back.

The PCs have also decided to let unvaccinated MLAs keep working in the legislature, which Lamont said was a failure of leadership.

"We have a vaccine that is safe, that works, that will keep people out of hospital, yet the PCs are making a special exception for their own MLAs," said Lamont. "We can't have one set of rules for PC MLAs and one for everyone else. Either MLAs get vaccinated or they don't come to work in the legislature."

"Now that we're in the fourth wave,

we need to do everything we can to keep our families and neighbours safe, and we need the PC government to lead by example," agreed Uzoma Asagwara, NDP critic for health care.

"The PC caucus must do their part by ensuring all their MLAs are vaccinated and releasing data about transmission so Manitobans can understand the reasons behind these new restrictions.

"We encourage all Manitobans to get the vaccine and follow public health orders. After 18 months, it's time the government invest in fixing the health-care staffing crisis."

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Fisher Branch Cook bakes up beautiful cakes



EXPRESS PHOTOS SUPPLIED BY SIERRA COOK

Left photo, Verna Cook ordered cupcakes from Aunties Snacks & Crafts recently and said they were “decorated beautifully.” Right photo, this Super Mario-themed birthday cake is one of Sierra Cook’s favourite creations. The cake took 18 hours to complete.

By Nicole Brownlee

A new baker in Fisher Branch is offering sweet treats and detailed confections from her new business, Aunties Snacks & Crafts.

Sierra Cook first picked up a piping bag when she was eight years old. Her mom would take her to cake decorating classes at Michaels in Winnipeg.

“I grew up around a family that was always in the kitchen, baking something or cooking food,” said Cook. “We made a lot of our family and close friends’ birthday cakes for a couple of years.”

This summer, Cook decided to return to the craft to make specialty cakes more accessible for the Interlake region.

“It’s hard to get nice cakes where I’m from,” said Cook. “I wanted to have the opportunity for my community and surrounding communities to get cakes like that closer to home.”

Based in Fisher Branch, Cook takes around three orders per week to work on while she cares for her three young children with her husband, Donovan Plett, who owns Gloss Boss Auto Detailing.

“My kids always try to help crack the eggs and pour the flour,” said Cook.

After she receives an order with specifications for flavours and size, Cook works with the customer to create a design plan.

“I try to get them to send me a picture of their inspiration of what they want, then I kind of go off the pictures, but I don’t make it exactly alike,” said Cook. “That way, they have their own one-of-a-kind cake.”

One of her favourite creations is a Super Mario-themed cake washed in a vibrant blue and decorated with ba-

nanas, turtle shells, a mushroom and the smiling title character himself.

“That cake alone took me 18 hours to complete,” said Cook.

The Super Mario cake required the

careful application of fondant, which is like a sheet of icing that can be cut into shapes, molded or draped.

“Fondant is really fun to play with even though it’s tricky,” said Cook. “It can crack or tear. But taking stencils and cutting out the little details and stuff, I really enjoy doing that.”

Cook said her grandmother was a big inspiration for her to return to baking.

“She made all of the bannock burger buns for one of the Treaty Day stands in Peguis,” said Cook. “She would make thousands.”

Cook spent hours with her grandmother while Cook lived in Peguis First Nation making bannock, brownies and cakes.

“She recently

passed in early May,” said Cook. “I like to think that she’s proud.”

For crafts, Cook also decorates long mirrors with twinkling string lights and flowers and quilts baby blankets.

“It fills my heart,” said Cook. “People love what I’m making, and I love what I’m doing.” To learn more, contact Sierra Cook through the Aunties Snacks & Crafts Facebook page.

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Rural businesses celebrated by innovative speaker

By Nicole Brownlee

Community Futures is throwing a virtual celebration to acknowledge small businesses' resilience during the COVID-19 pandemic.

The 16 regional organizations across

Manitoba welcome all rural small business owners and operators to sign in to the online event on Oct. 19 from 7 to 8:30 p.m. to hear from Emmy Award winner Bill Stainton.

"This seems like a really great way

to not miss out on the opportunity to celebrate our businesses and still provide some valuable resources," said Lana Cowling-Mason, Community Futures West Interlake manager.

Stainton is known for producing *Almost Live!* and working with several entertainers like Bill Nye the Science Guy, Jerry Seinfeld and Ellen DeGeneres, but he is also a popular speaker.

Community Futures Greenstone worked with Stainton at a previous event and recommended him for this year's celebration.

"They noted what a great speaker he was and how dynamic he was and thought it would be a really great uplifting message," said Cowling-Mason.

"Connect the Dots: Breakthrough Thinking for Rural Businesses" will explore innovation through an "energetic, entertaining and interactive keynote," said Community Futures in a statement.

"Our businesses have done well and the best they can through the most impossible times," said Cowling-Mason.

"The businesses have really been resilient and pivoting and changing," said Tammy Dziadek, Community Futures East Interlake manager.

"This will give them some additional resources and a nice, upbeat, positive message."

After the presentation, viewers will be divided into breakout rooms to discuss ideas and connect with other businesses throughout the province.

"This gives them the opportunity to connect a little bit and hear that some of the issues they're facing are common issues across the board," said Cowling-Mason.


The team hopes the event will give small businesses a chance to celebrate that they've made it through a challenging year and there are more opportunities to come.

The 16 offices will also be showing their appreciation for the community by supplying door prizes from local businesses to award throughout the night.

"Everyone's contributing to the mix, so it'll be an interesting selection," said Cowling-Mason.


Small Business Week in Manitoba is celebrated from Oct. 17 to 23.

To register for the Zoom event, visit the Community Futures Manitoba website at cfmanitoba.ca.



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Avid fisherman hooks biggest catch to win derby

By Nicole Brownlee

Twelve-year-old Nicholas stole the show at the 22nd Walleye Classic on Sept. 18.

The annual Lake Manitoba Narrows Game and Fish Association competition saw 133 participants head out to the water on a windy Saturday, returning to the tradition after last year's derby was cancelled because of public health restrictions.

Nicholas settled on the shore at 8:30 a.m. as he watched other fishers jump in their boats in the hopes of snagging the winning catch.

"Nic will go fishing for an entire day straight," said Randy Shyanne.

Nicholas' mom, Jona Graves, and Shyanne taught Nick how to fish last spring. Since then, they've found it hard to reel him away from the water.

"He's a pretty ambitious person," said Shyanne. "I don't think I've spent that much time fishing my entire life. He goes maybe two or three days a week."

With patience and only a year's worth of experience, Nicholas hooked a 4.24-pound walleye at 2 p.m., which is about half the size of one of his biggest catches, an eight-pound pike.

"He had to sit there and wait for other people to bring their fish in, so that was pretty nerve-wracking," said Graves.

Nicholas waited two hours for the other contestants to wrangle and weigh their catches. After weighing 64 walleyes, the LMNGFA announced



EXPRESS PHOTO SUBMITTED

Nicholas, 12, won first place at 22nd Walleye Classic at the Lake Manitoba Narrows on Sept. 18.

Nicholas was the winner.

"The crowd just went crazy, screaming and whistling and everything," said Graves. "It was amazing, unbelievable."

The participants cheered on their newest member as he was presented with the first-place prize of \$2,195 and a new rod.

Brendon Brinkworth secured the second-place

prize of \$1,320 with a 3.88-pound fish. Sue Richter took third place with a 3.74-pound catch. Greg Zakaluk and Jayden Peeler won fourth and fifth place with 3.60 and 3.58-pound fish.

Nicholas had told Graves the morning of the competition he was going to win.

"I tried to say to him, well, you know, there are loads of people competing. I didn't want him to be disappointed," said Graves.

"But when he won ... I wasn't shocked because he's an amazing fisherman."

Dwayne Germain, treasurer of the LMNGFA, said the applause was phenomenal.

"I've never seen people so excited," said Germain.

The derby usually attracts a handful of young fishers, and Nicholas is an example of the excitement they hope to see in young members joining the association, said Germain.

"You don't need a \$75,000 boat and trailer pulled by a truck to go out and win the derby when a 12-year-old boy can go out and catch the winning fish off the rocks at the Narrows," said Germain.

After the success of his first competition, Nicholas said he's interested in participating in the winter derby with his new rod.

"He's pretty anxious to get out there," said Shyanne.

"We're going fishing tomorrow," said Nicholas.

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Bowl down the green with the Gimli Lawn Bowling Club

By Patricia Barrett

Lawn bowling is so addictive it could have changed the course of English history, according to the president of the Gimli & District Lawn Bowling Club.

Jerry Jonasson took the club's helm this year and oversees the Interlake's only lawn bowling green. In addition to teaching people how to play, Jonasson will share with them a few yarns about the sport's history, including the one about England's well-known 16th-century naval officer.

"Sir Francis Drake and his buddies were all lawn bowling one night while the Spanish Armada was coming up the English Channel. They could see them coming and Drake says, 'Well, we've got about three hours. We should be able to finish our game.' That's how into lawn bowling they were. It's true. I'm not making it up," said Jonasson, who took the *Express* on a tour of the green a few weeks ago and taught a family how to play.

Lawn bowling traces its roots back to the Stone Age, according to the North London (England) Bowling Club, which has a brief history of the



EXPRESS PHOTO BY SHIRLEY STALKER

Past president Ian Thompson presented plaques to current president Jerry Jonasson for bowling excellence.

sport posted on its website. It was played by the ancient Egyptians and South America's Indigenous peoples, among others, and there are historical records of games being played in Great Britain in the 12th century.

The Gimli club was formed in 1998 and has about 30 members. It's affiliated with Bowls Manitoba, which allows players to compete in tourna-



EXPRESS PHOTOS BY PATRICIA BARRETT

The bowling green with the clubhouse on the right.

ments. Teams can be made up of two, three or four players.

The balls (called bowls) are not completely round like a bowling ball but resemble a car tire more than anything else. They travel on an elliptical line. The ends of the balls are weighted differently, which allow a player to strategically curve it as it rolls down the green.

It's kind of like bowling because you've got a designated alley, but there are no pins to knock down. The object of the game is to get your ball as closely as possible to what's called

a jack (a white ball).

But if you think it's easy-peasy, think again. You need good eye-hand co-ordination, balance, just the right amount of force, and strategic thinking to weave your ball through others on the green.

Although the club's season is wrapping up, Jonasson let a local family get into the swing of things and gave them pointers on how to play.

"The people who are quite good at this are [pin] bowlers because it feels

Continued on page 15



Oven Roasted Whole Turkey Rub

1 whole	Manitoba Raised Turkey	Remove neck and giblets from turkey. Pat dry with paper towel. Combine all other ingredients to make a paste. Coat turkey. Place turkey, breast up, on a wire rack in a roasting pan. Cover loosely with foil. Place in 350°F (175°C) oven, removing foil after 1.5 hours. A meat thermometer should read 170°F (77°C) inside the inner thigh, away from the bone, when fully cooked.
1½ tbsp (20 ml)	garlic, finely chopped	
1 tsp (5 ml)	sea salt	
½ tsp (2.5 ml)	dried chili flakes, optional	
1 tsp 5 ml	dried oregano	
¼ tsp (1.25 ml)	dried mustard	
¼ tsp (1.25 ml)	ground pepper	
2 tbsp (30 ml)	butter, melted	
1 tbsp (15 ml)	olive oil	

ROASTING TIMES FOR WHOLE TURKEYS

Weight	Stuffed	Unstuffed
6-8lbs (3-3.5kgs)	3-3¼ hrs	2½-2¾ hrs
8-10lbs (3.5-4.5kgs)	3¼-3½ hrs	2¾-3 hrs
10-12lbs (4.5-5.5kgs)	3½-3¾ hrs	3-3¼ hrs
12-16lbs (5.5-7kgs)	3¾-4 hrs	3¼-3½ hrs
16-20lbs (7-9kgs)	4¼-4¾ hrs	3¾-4½ hrs
20-24lbs (9-11kgs)	4¾-5½ hrs	4-5 hrs

- *Cooking times are approximate. Always use a thermometer to determine doneness.
- *Roast a whole turkey at 350°F (175°C) & cook to an internal temperature of 170°F (77°C).
- *Stuffing inside the cavity should reach 165°F (74°C).
- *Allow the turkey to stand for 20 minutes before carving.



Find more recipes and cooking tips at: turkey.mb.ca

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> LAWN BOWLING, FROM PG. 14

natural to them stepping forward," said Jonasson as he showed Anna Palson and Gunnar Palson how to release the ball and curve it. "You step forward with one leg and you throw with the opposite hand."

Finding their groove, the youngsters were able to seriously challenge Jonasson, who had scooped up a few awards for highest scoring bowler. The club has smaller balls and jacks for children.

Bowlers stand on a plastic mat from which they throw. The bowling lanes, which are about 120 feet long, are numbered and marked. The green is real grass, which is watered by an underground sprinkler system the club had installed in 2001.

"At one time players were supposed to wear white," said Jonasson, who was a gym teacher for 20 years at Gimli High School.

They're not really supposed to wear high-heeled footwear, but that didn't stop Anna's mom, Thora Palson, from playing in wedge heels. She claimed she hadn't "really tried playing before, no," but her score seemed to belie that.

The Municipality of Gimli moved



Club president Jerry Jonasson demonstrates a lunge and throw.



Gunnar Palson executes an understated release.



Anna Palson puts a strategic spin on her ball.

the clubhouse to the north side of the green last year to make room for a new seniors housing complex, which overlooks the green.

Jonasson and club members washed the building and the deck to remove a build-up of soot from the Diageo distillery. Jonasson then re-stained the deck, where club members can enjoy

a barbecue or a refreshment break.

The spacious clubhouse is equipped with a kitchen and lounge area where one can thumb through photos to learn how the club was formed.

"We're planning on doing a grand re-opening next spring," said Jonasson. "We welcome new play-

ers to join us. We have a very cheap rate of \$55 for the season. It's open to anyone."

Equipment and lessons are provided. The club is located at 17 North Colonization Rd., across from the Gimli New Horizons 55+ clubhouse.

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October 3-9, 2021

Fire Prevention Week



FIRE PREVENTION WEEK

Sparky the Fire Dog turns 70



Did you know that Sparky the Fire Dog has been the official mascot of the National Fire Protection Association for the last 70 years? In honour of this milestone birthday, here are seven important lessons about fire safety for kids that Sparky has taught during his many years of service.

every home needs working smoke alarms on every floor and near each bedroom.

1. Smoke alarms save lives. Since this beeping device lets you know if there's a fire,

2. Get outside, stay outside. If you hear a smoke alarm, you must immediately stop what you're doing and find the safest and quickest way out of the house.

6. Follow the one-metre rule. There should be a kid-free zone around stoves, space heaters and other hot devices. Anything that can burn should also be kept one metre away.



3. Practise fire drills at home. Families should review where the exits are in each room and where the outside meeting place is at least twice a year.

7. Know when to stop, drop and roll. If your clothes catch fire, stop, drop to the ground (remember to cover your face with your hands) and roll over until the flames are out.

4. Report an emergency. If you see a fire, hear a smoke alarm or know that someone is seriously hurt, call 911. Be sure to tell them what and where the emergency is.

To learn more about fire safety and test your knowledge with fun games and activities, visit sparky.org.

5. Stay away from hot things. This can include bath water, a stove, soup, matches, a fireplace and lighters. If you're not sure if something is hot, check with a grown-up.

This year, Fire Prevention Week takes place from October 3 to 9. The theme for this year's event is *Learn the Sounds of Fire Safety*, which aims to better educate the public about the sounds smoke alarms make, what those sounds mean and how to respond to them.

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Homicidal agents, bloodletting and period dress; NIHM dips into its vaults

By Patricia Barrett

You'll be in for a few surprises when you immerse yourself in the rich cultural history of 19th- and 20th-century Icelanders at the New Iceland Heritage Museum in Gimli.

The museum's summer student raided the storage vault and put on display some artefacts that will either leave you feeling positively faint or get you excited for Halloween.

"We have 4,000 artefacts and we can't possibly show them all," said executive director Julianna Roberts, who gave the *Express* a tour of the exhibits, storage and research library. "So we thought we'd pull some stuff out. We're calling the exhibit *From the Attic*. Our summer student went through our collection and selected pieces she liked. We're having a bit of fun with it."

Certain medical practices of the 19th century were surely no fun at all. Take bloodletting, for instance. The museum acquired a bloodletting kit with a three-bladed scarificator to slice through your skin in one go and bleeding bowls to catch the stream. Bloodletting was used in medical practice since at least the time of the ancient Greeks to cure different ailments. It was believed it could restore imbalances in the body.

"This bloodletting kit was brought over from Iceland. You bled into the cups," said Roberts. "Remember the old days when the doctors thought bloodletting would cure you? Isn't that crazy?"

Some of the little vials in a physician's bag housed in another display case may have you praising today's pharmaceuticals and their ill side effects. Iron Arsenate (arsenic) was an 18th- and 19th-century homicidal and suicidal compound. It was also used to treat syphilis, eczema and skin cancer. Arsenic was used in household wallpaper, which could off-gas and kill people.

Echina[cea] was used to treat pimples, felons (a bacterial infection of the fingertips) and "depraved states of the blood." Nux Moschata, derived from the nutmeg tree, was used as a 19th-century abortifacient. The harmless Apis Mellifera (the scientific name for honeybee) was used to treat minor burns.

Other displays in the museum include an Icelandic's home, the J. Greenberg store in Gimli and its soda dis-



NIHM executive director Julianna Roberts in the museum's storage.



EXPRESS PHOTO BY PATRICIA BARRETT

Home life.

penser, a certificate of naturalization, period dress including a wedding gown from 1884 and a confirmation dress from 1902, household items including a lysis lamp that burnt whale or seal oil, personal grooming items including a curling iron, historical photographs of key events such as the 1932 Icelandic Festival of Manitoba celebration in Gimli Park and an exhibit commemorating John Ramsay, an Indigenous man who helped the first Icelandic settlers to the region survive the winter.

"We have a very strict acquisition policy that pertains to the settlement of New Iceland from 1875 to the early 1930s," said Roberts.

The museum has an archive where scholars can research the area's history.

Roberts said she applied for a grant to help expand the museum's storage space.

"It's important that you have vertical storage. You have to use up the top part of your room. There's a lot of space that can house artefacts," she said. "We're hoping we'll get the grant." NIHM is located on the ground floor of the Waterfront Centre on First Avenue. For more information about exhibits, events and programs such as the upcoming Icelandic language course and Icelandic knitting, call 204-642-4001.



Sewing machine brought from Iceland in the late 1800s.



Before chainsaws, sawing was manual.



Lysis lamp brought from Iceland in the 1930s.



A wedding dress from 1884.



These irons will curl your hair.



Snolda for making yarn.



Physician's bag containing potentially deadly medicines such as Iron Arsenate.



Bloodletting kit from Iceland. The scarificator (nestled in the front left compartment of the case) has three blades for slicing through the skin. The bowls collected the blood.



Manitoba Cooperative Fisheries Group.



Arni Sigurdson's painting of the Icelanders' 1875 landing south of Gimli.



Soda dispenser from the J. Greenberg Store (1914-1962).

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder teams see mixed results

By Brian Bowman

Despite losing by 20 points, Interlake Thunder head coach Mitch Obach saw a lot of positives in his team's 47-27 loss to the Southwest Sabres in Rural Manitoba Football League action last Saturday in Stonewall.

The score was tied 14-14 part way in the second quarter before Southwest pulled away. The Thunder, though, played much better in the second half.

"They had some big plays and we had a couple of breakdowns that cost us and a couple of penalties," Obach noted. "For us, we felt we were having a pretty good battle with them from play to play but our inexperience with some of those penalties and those breakdowns cost us."

Obach felt the Thunder were a significantly improved team from Week 1 and the players are remaining positive despite an 0-2 record.

"If we can keep getting better every week, we can turn into a football team," Obach insisted. "We're just so green."

Obach loves the attitude with this year's team.

"They're so committed (and) they come to practice every day and they want to learn and get better. I think everyone on the team sees the progress every week and it's exciting to be part of something like that."

Thunder running back Lee LaPierre had a second consecutive outstanding game with 20 carries for 192 yards and a touchdown. Max Nichol added eight carries for 22 yards and two majors while Dwight Bell hauled in two receptions for 61 yards and a TD.

Defensively, the Thunder's Alex Luke had eight tackles and two assisted tackles while Daemyn Borchurka finished with six tackles and knocked down two passes.

William Summers also had a strong game with five tackles and an assisted tackle.

The Thunder are back in action Friday when they have a rematch with the Sabres in Souris. Interlake's next home game is Oct. 15 at 4:30 p.m. against the Virden Golden Bears in Stonewall.

In PeeWee action, the Thunder battled back from a slow start to defeat the Eastman Raiders 40-32 on Saturday.

"We started off rough (with) dropped passes (and) some missed assignments," said Thunder head coach Marty Cook in an email. "We were down 20-14 at the half."

We scored seven of the 14 points with basically no time left on the clock in the second quarter. (We) crushed it in the second half. It was good for us to feel some adversity. (The) kids fought back really well."

Interlake quarterback Ben Cook threw six touchdown passes, four of them going to Jamie Dandeneau.

The Thunder will play the Portage Pitbulls on Saturday (3 p.m.) in Portage la Prairie.

Interlake's Atom team, meanwhile, doubled the Charleswood Broncos 28-14 on Saturday in Stonewall.

"(Our) defence allowed two touchdowns on their first two possessions then only allowed two first downs the rest of the game," noted Thunder head coach Jared Boville.

Interlake had an onside-kick recovery, an interception, and a kick return for a touchdown. Interlake also kicked two extra point converts.

"We had worked on blocking all week and scored two touchdowns with our running back walking in untouched," Boville said. "Overall, a great team win."

Interlake will visit the North Winnipeg Nomads this Thursday at 7 p.m.



EXPRESS PHOTOS BY LANA MEIER

Interlake Thunder running back Lee LaPierre rushed 20 times for 192 yards and a touchdown in his team's 47-27 loss to the Southwest Sabres in Rural Manitoba Football League play last Friday in Stonewall.



The Interlake Thunder's Josiah Gouverneau (59) makes a tackle on an Eastman Raiders' player. Interlake won the PeeWee game 40-32.



The Interlake Thunder's Ryan Bobrovich (14) and Brock Kramble (30) help bring down a Charleswood Broncos' player during Atom action last Saturday in Stonewall. Interlake won the game 28-14.

Johnson signs with ECHL's Wichita Thunder

From the Wichita Thunder website

The Wichita Thunder, ECHL affiliate of the National Hockey League's Edmonton Oilers and American Hockey League's Bakersfield Condors, announced the signing of goaltender Michael Bitzer and forward Carter Johnson for the 2021-22 season.

"We're excited to add both players to our roster for the coming season," said head coach Bruce Ramsay. "Michael brings experience to our goaltending duo and has played with a few of our current group in the past. Carter is a high-energy player who plays a hard-nose game."

Johnson, 25, turns pro after playing his collegiate career at Miami University (Ohio). A native of Gimli, the 6-foot-3, 201-pound winger appeared in 92 games for the Redhawks, recording 13 points (5 goals, 8 assists).

"I can't be more excited to be a part of the Thunder," stated Johnson. "I can't wait to head south and begin my pro career with Wichita."

Prior to heading to college, Johnson played one season for the North American Hockey League's Corpus Christi Ice Rays. He notched 37 points (16 goals, 21 assists) in 59 games during the 2016-17 season.



EXPRESS PHOTO SUBMITTED

Carter Johnson recently signed with the ECHL's Wichita Thunder.

Cvar leads St. Cloud to pair of regular-season victories

By Brian Bowman

The St. Cloud State University Huskies' women's hockey team got off to a great start to their regular season last weekend.

Olivia Cvar also had a great weekend.

Cvar, who grew up in Gimli and now lives in Stonewall, had a power-play goal and a power-play assist, as the Huskies skated to a pair of 4-2 home victories over Lindenwood University.

She also had eight shots on goal in the two games.

"(The) strength of my game is shooting and puck management (passing)," Cvar said in an email. "In my rookie season prior to COVID, I scored 10 goals, leading all WCHA rookies in scoring. I hope to build on that this year for sure. I feel that my fitness level, strength and more experience will lead to a productive season this year."

Cvar is thrilled for her team getting off to such a great start.

"(I'm) excited our team has started strong with a 2-0 record," she said. "We have some challenging

games ahead as we play Wisconsin, Ohio and Minnesota who are ranked in the top five schools in all of USA hockey."

The competition in the WCHA is really stiff.

"The WCHA college league is the United States' strongest league for women's hockey and I love to play against the very best," Cvar said. "(It's) neat to see a number of players that I play against and with were in the recent Women's World Championships this August in Calgary."

Cvar is also excelling off the ice in school as she enters her third year at St. Cloud. She received a Dean's List Certificate for the spring semester 2021 in the School of Education for grade-point average over 3.75.

"School work is challenging, along with the daily two to three hours of training on and off-ice," Cvar, who is majoring in elementary education, explained. "This fall term I am in four in-class sessions and one online. This is a big step in normalizing the school year as last year all classes were online."



EXPRESS PHOTO FROM ST. CLOUD UNIVERSITY

Olivia Cvar scored a goal and added an assist as the St. Cloud Huskies' women's hockey team opened their regular season with a pair of 4-2 wins over Lindenwood University last weekend.

Ice Dawgs win CRJHL regular-season opener

By Brian Bowman

The Arborg Ice Dawgs started slow but sure finished strong in their Capital Junior Hockey League regular-season opener on Saturday.

After allowing three first-period goals, Arborg bounced back nicely for a 4-3 comeback win over the St. Malo Warriors.

Dixon Moneas, Preston Seymour, Tyson Baryliski and Austin Adair scored for the Ice Dawgs.

Teagan Fillion, Ashton Dubois and Jaden Gosselin replied for St. Malo.

Tre Strachan made 34 saves for the win.

The Ice Dawgs will host the Lundar Falcons this Friday at 8 p.m.

Lundar, meanwhile, dropped its home opener to the Selkirk Fishermen by a 7-2 score on Sunday.

Selkirk, which jumped out to a 5-0 first-period lead, received goals from Travis Spratt (three), Braeden Hummel (two), Kasen Andrushko and Josh Poponick.

Ryan Gleich and Ashton Fisher replied for Lundar.

The Falcons will host the North Winnipeg Satellites on Saturday. Game time is 7:30 p.m.

Riverton reaches final of Zone 5 varsity boys' mini volleyball tournament

Staff

The Riverton Patriots reached the final of a Zone 5 varsity boys' mini volleyball tournament in Gimli on Sept. 27.

Riverton lost 2-1 to the Warren Collegiate Wildcats by scores of 25-23, 17-25, 12-15.

In pool play, the Patriots finished 3-0 with 2-0 wins over Warren (25-22, 25-20), the Gimli Lakers (25-18, 25-14) and the Arborg Athletics (25-21, 25-4).

Gimli won the third-place game with a 2-0 (25-22, 25-16) victory over Arborg.

U18 women's Lightning lose pair of close games

Staff

The Interlake Lightning started their regular season with a pair of close Manitoba Female Hockey League U18 AAA losses.

Interlake was edged 3-2 by the Winnipeg Ice on Sunday in Stonewall.

Kiorra Johannesson and Emerson McAuley scored for the Lightning while Mackenzie Waddell and Bre-Ann Windross had assists.

Lightning goalie Rachel Hallderson made 32 saves.

On Saturday in Stonewall, the Lightning lost 3-1 to the Pembina Valley

Hawks.

Brooke Barylski gave Interlake a 1-0 first-period lead as Jaden Favel assisted on the goal.

But the Hawks came back with two goals in the second and another in the third for the comeback win.

Jessica Anderson, Anika Braun and Quinn McLaren scored for Pembina Valley.

Katelyn Dorsch made 39 saves in the losing cause.

Interlake will play the Winnipeg Avros this Saturday (1:15 p.m.) at the Seven Oaks Arena.



EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning's Kenady Christensen works hard to gain control of the puck against the Pembina Valley Hawks in Manitoba AAA Female U18 Hockey League action last Saturday in Stonewall.

U17 Lightning lose close battle with Brandon

Staff

The Interlake Lightning U17 hockey team had a real battle with the Brandon Wheat Kings on Sunday in Warren.

Brandon's Kaelan Huibers scored a power-play goal at 13:56 of the third period for a tight 1-0 victory.

The Lightning will play the Winnipeg Wild on Wednesday at 6:30 p.m. at the Bell MTS Iceplex before hosting the Winnipeg Thrashers on Friday (7:30 p.m.) in Stonewall.

On Saturday, Interlake will battle the Wheat Kings in Brandon. Game time is 1 p.m.

In U15 action, the Lightning lost a wild 7-6 overtime game to the Yellowhead Chiefs on Sunday in Warren.

No scoring summary was posted on the league website at press time.

Last Saturday, the Lightning were defeated 5-3 by the Southwest Cou-

gars in Stonewall.

Cole Swanson led Interlake with two goals and an assist while Blake Farthing also tallied.

Jack Clark (two), Avery Samels (two) and Lynden Gould replied for Southwest.

Nathan Meisner stopped 21 Cougars' shots in the losing cause.

Interlake will play the Winnipeg Bruins Brown on Wednesday (7:30 p.m.) at Notre Dame Arena.

The Lightning will have a busy weekend with three games at the Bell MTS Iceplex, beginning with a matchup against the Winnipeg Thrashers Blue on Friday (6:30 p.m.).

On Saturday, Interlake will have a 6:15 p.m. game against the Winnipeg Wild Green and then on Sunday, the Lightning will take on the Winnipeg Wild Red. Game time is 1:30 p.m.

U18 Lightning split with Winnipeg Thrashers

Staff

The Interlake Lightning split a pair of games with the Winnipeg Thrashers in Manitoba AAA U18 Hockey League action last weekend.

The Lightning played very well in a 3-1 victory on Sunday in Lundar.

Interlake snapped a 1-1 third-period tie with goals from Aiden Miller and Liam Foley. Foley's goal was into an empty net with Thrashers' goalie Evan Banera pulled for an extra attacker.

Interlake's Kaydyn McMahon scored a shorthanded goal in the first period and then Winnipeg's Carter Bear answered with a power-play marker in the second.

Zach Meadows was stellar in goal,

making 40 saves for the victory.

On Saturday, Interlake was stopped 4-1 by Winnipeg at the Gateway Recreation Centre.

The Thrashers' Brandon Corda and the Lightning's Liam Cody traded first-period goals.

Xyon Kiemeney scored the lone goal of the second period and then Daniel Tokariwski and Kiemeney (in an empty net with Interlake goalie Ty Hogue pulled for an extra attacker) tallied in the third.

Hogue made 44 saves in the losing cause.

The Lightning will host the Pembina Valley Hawks on Friday (8 p.m.) in Lundar and Saturday (7:30 p.m.) in Stonewall.

Provincial curling round-up for this week

By Ty Di Lello

At the Atkins Curling Supplies Classic in Winnipeg, Team Beth Peterson, with Morden's Katherine Doerksen at second, reached the semifinals before losing to Kristy Watling 7-6.

To get to the semifinals, Peterson finished the round-robin with an impressive 4-0 record.

Team Kaitlyn Jones, featuring Marquette's Sara Oliver at lead, also com-

peted at the event and reached the semifinals by going 3-1 in the round-robin. Team Jones fell in the semifinals to the eventual champs Jamie Sinclair of the U.S.A.

In Banff, Alta., at the Qualico Mixed Doubles Classic, the Winnipeg Beach pairing of Kadriana Sahaidak and Colton Lott were in action. They went 3-2 in the round-robin before falling in the first round of the playoffs

to Ryan Deis and Sherry Just of Saskatchewan.

Altona's Mackenzie Zacharias had a tough weekend by their standards after going 2-2 in the round-robin and failing to reach the semifinals at the Atkins Curling Supplies Classic in Winnipeg. Team Zacharias will be back on the ice this coming weekend in Oakville, Ont., as they compete at the Stu Sells Toronto Tankard.

On the junior side, Dayna Wahl's rink from Morris had a wonderful weekend in Winnipeg as they curled in the Don Baldwin Memorial MJCT at the Elmwood Curling Club. Wahl survived a couple of extra end thrillers, going undefeated in the round-robin with three wins and zero losses. Unfortunately, their run ended in the semifinals with an 8-2 loss to Emma Jensen.

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Resumes can be sent to Sales@jbrandtent.com

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TENDER SNOW REMOVAL

Evergreen School Division is inviting contractors with heavy duty snow clearing equipment to submit bids for clearing snow at the locations mentioned below. Areas to be cleared include parking lots, sidewalks, main entrances, and other various locations.

The term is for 2 years ending the spring of 2023.

All equipment must be listed in the bid and if successful, proof of \$2 million liability insurance will be required.

Sealed tenders marked **SNOW REMOVAL** will be received by the undersigned up to **3:30 pm. on Friday October 15th 2021** for clearing snow at the following locations:

- Arborg Collegiate
- Arborg Early Middle School
- Arborg Bus Garage
- Riverton Collegiate
- Riverton Early Middle School
- Winnipeg Beach School
- Tec Centre and Bus Garage (Gimli Industrial Park)
- Gimli High School
- Dr. George Johnson School (Gimli)
- Sigurbjorg Stefansson Early Middle (Gimli)
- Education Support Centre (Gimli)

For additional information and to arrange for site visits, please contact:

Gibby Finnbogason
Buildings Supervisor
Evergreen School Division
Ph. 642-3661

The lowest or any tender will not necessarily be accepted. Send tenders marked with location indicated on envelope to:
Evergreen School Division
Box 1200
Gimli, MB ROC 180
Tel: (204) 642-3661
or email to gibby.finnbogason@esd.ca

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Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

CONDO FOR RENT

Gimli, large unit. \$1275/mo. includes snow & grass care, Shaw satellite TV, appliances, DT/1 garage. No smokers or pets. References req'd. Avail. Nov. 1st. Call for application 204-955-5810.

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.

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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.

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.

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RURAL MUNICIPALITY OF GIMLI BOARD OF REVISION 2022 & ADJUSTED ASSESSMENTS 2021

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:

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

APPLICATION REQUIREMENTS

43(1) An Application for revision **must**

- a) **be made in writing;**
- b) **set out the roll number and legal description of the assessable property for which a revision is sought;**
- c) **state the grounds on which the application is based; and**
- d) be filed by
 - i) **delivering it or causing it to be delivered to the office of the RM of Gimli in the RM of Gimli, Manitoba, or**
 - ii) **servicing it upon the Secretary, at least 15 days before the scheduled sitting of the Board of Revision.**
- e) **provide a daytime contact telephone number**

The Board of Revision will sit on **November 18th, 2021**, in the Council Chambers of the Municipal Office of the Rural Municipality of Gimli, 62 2nd Avenue, Gimli, Manitoba.

ADJUSTED PROPERTY TAXES must be appealed **within 30 days after mailing.**

The final date on which all other applications must be received by the Secretary of the Board is **Tuesday, November 2nd, 2021 no later than 4:30PM.**

APPLICATIONS RECEIVED AFTER THIS TIME WILL NOT BE ACCEPTED. Dated at RM of Gimli Office, in Manitoba, this 27th of July, 2021.

Cindy Makowsky
Board of Revision
Rural Municipality of Gimli
Box 1246
Gimli, MB ROC 180
Telephone (204) 642-6666
Fax (204) 642-6660



EMPLOYMENT OPPORTUNITY

Child Care Assistant Required for Arborg Play Group Inc.

Will be responsible for the daily preparation of snack and lunch routines. Assist Early Childhood Educators in providing care and guidance to infant and preschool children.

Skills

- Flexible, enthusiastic, reliable, passion for working with children

Requirements

- First aid & CPR training
- Child abuse registry check and criminal record check
- Minimum of 18 years of age

Successful applicant must complete a 40-hour post-secondary course in early childhood development within the first year of employment.

We Provide

- Group Benefits
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Hours: Part time 23 hours/wk, with good potential for full-time

Closing Date: October 11/21

Start Date: Immediately

Please send resume to:
Heather Lowe hloweapg@mymts.net

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WANTED: Collector paying top prices for old service station/general store advertising/dealership signs. Electric and visible gas pumps, globes, oil cans, clocks, coke machines. Anything related to Red Indian, White Rose, North Star, Buffalo, B-A, Texaco, Good Year, Ford, Dodge etc. 306-221-5908.

NOTICES

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: **ROBERT MALYK**, late of the R.M. of Gimli, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 8th day of November, 2021. DATED at Gimli, Manitoba, this 6th day of October, 2021. **BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS** Attention: Grant D. Baker

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ASHERN DENTAL CENTRE #5 STEENSON DR., ASHERN

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RECEPTIONIST REQUIRED

We are looking for a full time office receptionist at Ashern Dental Centre. Full training will be provided. Starting wage \$22/hr. Kindly send resume to: Audichad@yahoo.ca For further information call: 204-768-2730

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

Riverton **CO-OP** EMPLOYMENT OPPORTUNITY

HARDWARE SUPERVISOR

The Riverton COOP is seeking a **HARDWARE SUPERVISOR**. Outstanding customer service skills and attention to detail are important traits that one must possess. **Previous hardware retail experience is preferred.**

- Job Responsibilities are but not limited too;
- Maintaining a positive and friendly attitude towards customers and fellow team members.
 - **Engaging with customers** and offering product information, providing selling suggestions and always giving a genuine concern for their needs. Focusing on providing fast & friendly customer service
 - **Responsibility of placing regular and special orders from FCL and suppliers while keeping in mind present stock, customer needs and best buying practices.**
 - **INVENTORY CONTROL** and all duties associated to it including period end inventory take. Timely processing of documentation.
 - **Merchandising displays.** Keeping the department tidy and general housekeeping duties.
 - Loss prevention.
 - May be required to perform cashier duties and other duties assigned by the RM.
 - Monitoring product pricing, signage and placement and use of product shelf tags per price changes and sales.
 - Helping maintain merchandise displays, including end-caps and floor displays.

Benefits: Competitive Wage
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If you are interested or require additional information, please contact Darlene: Job Application form is available at the office or please submit your resume including 3 work related references by October 13, 2021

Ph: 204-378-2251
Fax: 204-378-2749
Email: rivertoncoop@mymts.net

Thank you for your interest.

MOVING SALE

(Furniture etc)

Saturday, October 9, 2021
10 am - 4 pm
35 Bubbling Well Road, Matlock

ONLINE ONLY TIMED AUCTION
For Sylvia Pidhirney & the Estate of Lorne Pidhirney
1999 Plessis Road, Sunnyside, MB (RM of Springfield)

Bidding starts on Monday, October 11, 2021 at 9:00 a.m. Ending Saturday, October 23, 2021 at 10:00 a.m.

To register/view go to: apro.bid
Partial listing at: globalauctionguide.com
Or Visit our facebook page: Bergner Auction Service

Viewing October 21 & 22nd.
Please call ahead to John at (204) 841-4136
Pick-up Thursday, October 28 – Saturday, October 30 (all purchases must be paid for prior to pickup)
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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



RURAL MUNICIPALITY OF GIMLI EMPLOYMENT OPPORTUNITY

The Rural Municipality of Gimli invites written applications for the position of **OPERATOR B**

This position will be under the supervision of the Manager of Public Works and Utility Operations. Duties will include utility repairs, operation of tractors, compactor, tandem and single axle trucks, skid steer, sweepers, snow blowers, grass cutting and other related equipment.

Valid Class 3 with air endorsement drivers' license required.

A minimum of two years' experience operating and maintaining equipment.

Candidate must be physically fit- able to lift at least 50 lbs.

Excellent communication and organizational skills, and a demonstrated ability to work independently and in a team environment are required.

The incumbent may be required to work shift work, including weekends, and to be on-call and/or available for any call out emergencies that may arise from time to time.

Previous municipal and or heavy construction (sewer, water and LDS installation) experience will be considered an asset.

Salary is in accordance with the Collective Agreement.

Resumes complete with 3 references will be received by the undersigned until 4:00 p.m. on October 20, 2021.

Karl Bergman
Public Works Foreman
Rural Municipality of Gimli
PO Box 1246
Gimli, MB R0C 1B0
Email: kbergman@rmgimli.com

We thank all candidates for their interest, however, only those individuals considered for an interview will be contacted.

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Requirements are: Positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.
If you are interested in joining a well established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, MB. Apply online at www.efmoon.ca or email a resume to todd@efmoon.ca.

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CARD OF THANKS

Thank you to all those for the kindness shown during the passing of my dear husband, Ruben Goertzen. A very special thank you for the many phone calls, visits, food, flowers and beautiful cards. Also to all our families who gave me such great support during this difficult time. I will never forget this kindness.

-God Bless you all,
Florence

CARD OF THANKS

I'd like to send my gratitude to Gimli Hospital for my recent stay. Thanks to Dr. Fulmore and the awesome nursing staff. Also to the x-ray and lab tech's., health care and dietary aids. To the paramedics for the smooth ride to Selkirk and back. Thanks to my family and friends for the phone calls and texts. All your thoughtfulness will not be forgotten.

-Sincerely, Donna Klym

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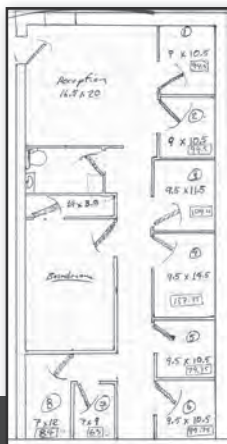
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CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



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:
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204-485-0010 email bigandcolourful@mts.net

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Ukrainian Farmers



The Ukrainian Farmer's Co-op is currently accepting sealed tenders on three buildings located at 26 Tache St. in Fisher Branch.
Building #1 - House and garage Building #2 - Detached garage Building #3 - Shed

The tender must include removal of building and concrete foundation. The property must be backfilled. All buildings and moving costs are the responsibility of the purchaser. Please be sure to include which building or buildings you are tendering for. Submit sealed envelope to: "Removal of Buildings" Box 160, Fisher Branch, MB ROC 0Z0 or drop off at 26 Tache St.

Deadline for tenders is noon on Oct. 28. Highest or not any tender necessarily accepted. To schedule a viewing of any of the buildings please contact Kyle Yaciuk at 204-372-6202.

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Classifieds Announcements



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IN MEMORIAM

Murray

In loving memory of Albert
who left us on October 10, 2020

It's been one year since we lost you.

I lost my best friend.

My heart filled with sadness and secret tears.

We all love you.

Until we meet again.

-Love your best friend Harriet
and family and the Backman family

**Remember Your
Loved Ones**
with an Announcement in the

Call 204-467-5836

IN MEMORIAM



Augustine Konopetcki

August 8, 1935 - October 9, 2020

One year ago our beloved Wife, Mom and Baba received her wings and said farewell to her earthly life.

We miss you terribly but feel your presence with us every day. Love you forever xo

Those we love don't go away,

They walk beside us every day,

Unseen, unheard but always near,

So loved, so missed, so very dear.

-Lovingly remembered by your family:

Eddie, Connie, Darrell, Megan and Ryan

OBITUARY



Palmi Einar Valdimar Hjorleifson

On Monday, September 27th, 2021, Palmi Hjorleifson, aged 64 years of Gimli, Manitoba passed away.

He was predeceased by his father Einar, mother Blanche, and brother David.

Palmi is survived by his daughter Tiffany (Dustin); special companion Sarah; grandchildren, Justin, Katie, and Andrew; brothers Dan, and Mark (Joyce); life long friend Jeff Hadfield; cousins Ken and Janet, many more lifelong friends, and of course, Pussycat.

Palmi was born in Vancouver, B.C. on January 29th, 1957. He spent many years in Cache Creek, BC, Fort McMurray, AB, and Edmonton, AB before settling in Gimli, Mb.

Palmi was a gifted artist from a young age and carried through his entire life. His artistic nature led him to the auto body industry which he worked in for many years as an accomplished body man and painter. In his later years he worked alongside his brother at the 'Boat Shop' refinishing boats and detailing new boats. Some great times and crazy stories. He was a perfectionist and always very particular in his work.

Palmi was always his own man and lived his life his way. He was a very kind and giving man, and if you made friends with Palmi, you made a friend for life. He was very proud of his daughter and grandchildren and very happy to be around them.

Palmi had an outrageous sense of humour that would keep you laughing for days after. The master of "shock humour" and was quite competitive with his brother in that.

Cremation has taken place, and a small gravesite gathering took place at Riverton Cemetery on Monday, October 4th at 2:00 p.m.

Palmi, you will be missed dearly and remembered with love by all who were fortunate enough to be in your life.

Rest In Peace till we meet again, Bobo.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Jennie Sorokowski (nee Samorodny)

Jennie passed away peacefully, after a courageous battle with cancer, at the Gimli Community Health Centre on October 3, 2021. Our beloved mother and grandmother now joins her husband Joseph of nearly 59 years, in heaven.

Jennie was born in Hamerlick (Poplarfield) to Fred and Annie Samorodny on March 12, 1943. She grew up on the family farm attending Leeland School. The family relocated to Gimli where she graduated from high school.

Jennie met the love of her life at a wedding at Farmers Community Hall on August 13, 1960, becoming engaged on August 12, 1961. The lovebirds were married on August 11, 1962 at St. Benedict's Church in Camp Morton. Her memories of that day included how nicely the cars were decorated with white and red flowers.

Although it poured that day, it did not put a damper on the start of their beautiful life together. After saying their vows, the sun came out! The dinner and reception were held at Farmers Community Hall where rain-soaked access had to be made by stepping on wooden soft drink boxes. As a joke, Mom said to Dad, "For our honeymoon, let's go to California". And that's exactly what they did! They went to Knott's Berry Farm, Pacific Ocean Park, and touring to see the movie stars' homes. They even rang Danny Thomas' doorbell and he answered.

Mom worked at the Gimli Post office for 37 years, taking an early retirement due to health issues. Raised Catholic, she attended Mass faithfully on Saturday or Sunday. Mom was a member of The Catholic Women's League for 40 years.

As a family, we took many summer vacations to various popular tourist destinations. We had many adventures in our tent and travel trailer, including unplanned repairs. Mom was dedicated in helping Dad with yard work and processing the bounty of his garden. She was an avid reader and spent many hours reading books by her favorite authors.

Mom and Dad proudly attended all of their children's and grandchildren's graduations, as well as numerous activities and sporting events. Mom would never hesitate to put her life on hold to help with newborn grandchildren; with such a calming and patient gift to soothe even the most colicky baby. They went on many bus tours to Las Vegas, Branson and Black Hills with friends Ed and Audrey. Mom loved going to Sand Hills Casino with friends Don and Diane, stopping for a picnic with more food than they could eat. High school friend Alice (Tkach) Cherniak and her husband Joe helped them share many birthdays and anniversaries; going out for dinner and late-night gambling at Club Regent and McPhillips Street Station.

She leaves behind daughters Debbie (Mark) Dickson and Connie (Reid) Townsend; son Brad (Belinda); grandchildren Jennica (Ethan), Ashleigh (Griffin), and Kayley; Katrina (Chris) and Gianna; Brendan and Kendall; step-grandson Ben (Josee) and step-great-grandsons Bauer and Boden. Mom will be dearly missed by her brother Peter (Mary), nieces Sherry (Bruce) and Kim (Don), great-nephew Duncan; sister Mary (Wally) Komonko, nephew Kenny (Karen), great-nieces Kirsten (Ryan) and Serena, and nephew Darren, great-niece Cassidy. She will also be dearly missed by her brothers and sisters-in-law Tony (Irene), Walter, Diane (Don), Julia (Bob), and Virginia.

She was predeceased by her parents, Fred and Annie; in-laws Ludwig, Olga, Eleanor, Ernie and Elaine; and niece Cheryl.

Cremation has taken place with a private service to follow.

In lieu of flowers, donations can be made to St. Michaels Church parking lot fund (Box 266, Gimli), CancerCare Manitoba, Heart & Stroke Manitoba, or Crohn's and Colitis Canada.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Carmen Therese Estelle Bauder (nee Marchildon)

May 9th, 1947 - September 27th, 2021

Carmen was born into a larger family in Timmons, Ontario to Leone and Thomas Marchildon.

Carmen resided with her husband Larry (of 44 years) in Gimli, Manitoba after moving out here from Edmonton, Alberta.

She is survived by her husband Larry of Gimli; four grandchildren: Matthew, Megan (Cory), Tyler and Ryan; two great-grandchildren; and her two dogs. Carmen was predeceased by her daughter Lise (58) and four of her siblings.



She worked at the Oldie Hotel in Gimli as a cook, loved to bake, and played in the dart league at the Legion with her husband. She loved animals and had plenty over the years. She was called friend by many and auntie by their children and was willing to help anyone out. She will be deeply missed.

The family would like to thank all the nurses and care staff at Arborg, St. Boniface and Gimli Hospitals for all the care and comfort in her final days.

A private family viewing took place and no formal service will be held.

In lieu of flowers, donations can be made to CancerCare in Carmen's name.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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> MEAL IDEAS



Walnut-Stuffed Korean Street Tacos

Crema:
 1 cup Greek yogurt
 1 tablespoon hot chili sauce
 1/4 teaspoon sea salt
 8 whole-wheat tortillas
 1 bunch cilantro
 2 fresh limes, cut into wedges
 1/2 cup California walnuts

To make walnut "meat": In food processor, pulse walnuts to coarsely chop. In skillet over medium heat, add gochujang sauce, sesame oil, soy sauce, garlic and ginger. Add walnuts and stir. Turn to low heat, cover and keep warm.

To make vegetables: Cut whites off green onions and discard. Slice greens into thin strips and place in bowl of ice water. In bowl, stir vinegar and honey. Add cucumber; radish; carrots; peppers, if desired; and sesame seeds. Stir to combine.

To make crema: Mix yogurt with chili sauce and salt.

Warm tortillas. Scoop 1/8 walnut meat into each tortilla. Spoon cream on top of walnut meat. Add marinated vegetables and green onions.

Top tacos with cilantro, squeeze of lime juice and walnuts.

Total time: 30 minutes
 Servings: 8
 Walnut "Meat":
 2 cups California walnuts
 2 tablespoons gochujang (red chili paste) sauce
 2 tablespoons sesame oil
 2 tablespoons soy sauce
 2 cloves garlic, minced
 1/2 teaspoon ground ginger
 Marinated Vegetables:
 4 green onions
 ice water
 2 tablespoons seasoned rice vinegar
 1 tablespoon honey
 1/4 English cucumber, sliced thin
 1 watermelon radish, sliced thin
 1 cup carrots, cut into matchsticks
 fresh cayenne peppers, sliced thin (optional)
 1 1/2 teaspoons black sesame seeds



Walnut "Chorizo" Tacos

1 teaspoon ground coriander
Tacos:
 16 whole wheat tortillas
 olive oil
 thinly sliced romaine lettuce
 fresh cilantro leaves
 lime wedges

To make pickled vegetables: In small bowl, stir lime juice, sugar and sea salt. Stir in radishes, jalapenos and garlic slices; let stand 30 minutes to pickle.

To make walnut "chorizo" crumble: In food processor, pulse beans and walnuts until coarsely chopped. Add 2 tablespoons oil, white vinegar, paprika, chili powder, oregano, salt, chipotle, cumin and coriander; pulse until mixture is finely chopped and resembles ground meat, stirring several times and moving mixture from bottom of food processor bowl to top to evenly mix.

In large nonstick skillet over medium heat, heat remaining oil. Add "chorizo" mixture and cook 10 minutes, or until mixture is browned and resembles ground meat, stirring frequently.

To prepare tacos: Brush each tortilla lightly with oil. On skillet over medium-high heat, cook briefly to brown on both sides, keeping warm in foil until all tortillas are cooked.

Remove pickled vegetables from liquid and discard garlic slices. Fill each tortilla with equal amounts "chorizo" and pickled vegetables. Garnish with lettuce and cilantro; serve with lime wedges.

Total time: 40 minutes
 Servings: 2
 Pickled Vegetables:
 1/2 cup fresh lime juice
 1 1/2 teaspoons sugar
 3/4 teaspoon sea salt
 8 radishes, thinly sliced
 2 medium jalapeno peppers, thinly sliced
 1 large clove garlic, thinly sliced

Walnut Chorizo Crumble:
 1 1/2 cups black beans, rinsed and drained
 2 cups California walnuts
 3 tablespoons olive oil, divided
 1 tablespoon white vinegar
 1 tablespoon smoked paprika
 1 tablespoon ancho chili powder
 1 teaspoon dried oregano
 1 teaspoon kosher or sea salt
 1 teaspoon ground chipotle
 1 teaspoon ground cumin

Expert Patient Here to Help!

By Susie Schwartz

I just almost faceplanted onto my laptop keyboard. Why? Because we've been back in Canada (from the UK where we now live) for over two months, and after a long two years of a pandemic, I wanted to make the most of being there. That meant a ton of people time, late nights and early mornings, work deadlines and dealing with some difficult family circumstances. Now, as I sit in Pearson airport, I am So. Done. What could I have done better? (You should know me enough by now to guess, yes??)

Paced myself.

But have you heard of FOMO?? It's the fear of missing out. And I have that condition bad. One condition leads to another – in this case, a fibro flare and M.E. mini-crash.

Not only did I end up missing fun events because I overbooked fun events, I lived on toast and takeaway and I didn't take care in managing my blood sugars. My guts revolted, my stomach stopped doing its job and headaches increased with time. It was a minor health disaster. (I think I need to reread the book, *When the Body Says No*, by Gabor Mate)

Maybe you're a cancer patient and know that you should get your groceries by click and collect but figure, 'I'll just pop in after work and get a few things.' Or maybe you have low iron, can barely keep your eyes open, but decide to drive to your grandchildren's house for a quick visit after gardening all day and end up napping at their house just so you can drive home again, hardly seeing them anyway. Maybe you have M.E./CFS and even though your legs are



Susie Schwartz

barely working, you take your dog for a long walk so your partner doesn't have to after a long day at work. All of these activities are wholesome and tempting. But are they smart in the moment? Will you lose hours or days or weeks if you 'push through'?

Pacing is a strange phenomenon. When we say no to events or tasks that we know are too much for us, we can say yes to quality time with our friends, kids, jobs, creativity and puppies.

If you want my advice, get your groceries online; phone your grandkids on those bad days, also not risking a car accident; take your partner's help.

Don't let FOMO rob you of your energy and time well spent.

Now go! Pace yourself. :)

Less health stress, yes?

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



Total time: 15 minutes, plus 30 minutes chilling time

Servings: 4
 4 cups popped popcorn
 3/4 cup chopped toasted almonds, divided

6 tablespoons toffee bits, divided
 6 ounces milk chocolate, melted
 1 ounce dark chocolate, melted
 In large bowl, toss popcorn, 1/2 cup almonds and 4 tablespoons toffee bits. Drizzle with melted milk chocolate; toss until well coated.

Transfer to parchment paper-lined bak-

Toffee Almond Chocolate Popcorn

ing sheet. Drizzle with dark chocolate; sprinkle with remaining almonds and toffee bits. Refrigerate about 30 minutes, or until set; break into clusters.

Substitution: Use dark chocolate for milk chocolate, if preferred.

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