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THURSDAY, DECEMBER 9, 2021

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Christmas is in the air

EXPRESS PHOTO BY PATRICIA BARRETT

Santa shufflers, from left, Cora Houston, Charlene Isfeld and Gimli Running Club co-organizer Kim Giesbrecht were taking registrations for the 5-kilometre Santa Shuffle in support Evergreen Basic Needs last Saturday. .

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Snow flurries? No worries, we're here to help...



 Husqvarna

The Gimli Running Club laces up for EBN and Salvation Army

By Patricia Barrett

Gimli Running Club members laced up their sneakers last weekend and hosted two events to raise money for Evergreen Basic Needs' food and toy bank.

This is the club's first fundraising event for EBN. It was organized by club members Michelle Belanger and Inn on Centre owner Kim Giesbrecht.

The Friday night Dancer Dash walk saw roughly 50 people take part in a stroll through downtown Gimli before celebrating the lighting of the town's Christmas tree near the harbour.

The walkers set off from EBN and made their way to the Betel Personal Care Home to wish residents (from outside) the best of the season.

"All the PCH residents were waiting in the window as we went by," said club member Cheryl Buhler. "That was my best part of my evening."

On Saturday morning, the club held a five-kilometre Santa Shuffle run with about 15 people lacing up and braving minus -20C to help raise additional funds for EBN, as well as for the Salvation Army. There wasn't a shuffler among them as they sped down Centre Street, along the beach and across the footbridge into Loni Beach.

Visit the Gimli Running Club on Facebook for information about upcoming activities.



EXPRESS PHOTOS BY PATIRICA BARRETT One of the Gimli Running Club members dashes across the bridge into Loni Beach.



EXPRESS PHOTO BY CHERYL BUHLER Gimli Running Club member Michelle Belanger (in reindeer suit) and another club member stopped by Gimli harbour after their fundraising walk and celebrated the lighting of the town's Christmas tree.




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Ice on Red River and Lake Winnipeg still thin

If you need to go out on the ice, make sure to take proper precautions

By Katelyn Boulanger

With ice fishing season right around the corner and a few eager fishers being spotted out on the water, residents should know that the ice on the river

is still very thin and should be avoided for now.

“Generally, we’re saying it’s still a little early in many parts of the province [to be out on the ice], and so you

should be staying off,” said Dr. Christopher Love, Water Smart co-ordinator for Lifesaving Society Manitoba.

Love understands that some people will inevitably go on the ice at this time of year, and his second piece of advice for people is if they are going to go out, they should be prepared to fall through the ice and into the cold water.

“We just have not had consistently cold temperatures for long enough to ensure quality ice formation everywhere, especially on places like the Red River where there is a current

flowing,” said Love.

He said that to have ice formation for doing activities, you ideally want consistently cold air temperatures between -10 C and -20 C for three to 10 days. However, since it’s not just air temperatures determining ice formation, this is an approximation more than a strict rule. There are other considerations that affect ice formations: Is the water still or flowing? Is it calm or is the wind moving the newly forming ice? Is there a dam or bridge sup-

Continued on page 9



EXPRESS PHOTO BY KATELYN BOULANGER

A recent photo from the Red River where newly forming ice can be seen alongside open water.



EXPRESS PHOTO SUBMITTED

A chart from the Lifesaving Society Manitoba that shows how thick ice needs to be to support people and objects.

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Gimli Moonlight Madness and NIHM craft show supports local shopping

By Patricia Barrett

The Gimli Chamber of Commerce sponsored a Moonlight Madness event last weekend that had shoppers scooping up fabulous deals at local businesses, enjoying a hearty meal at one of the restaurants and taking in the festivities at the harbour when Santa stopped by to help the town light its Christmas tree. Stores stayed open late to accommodate shoppers. The Hula Hut in the Lakeview Resort offers a mix of sun- and snow-related apparel, including bathing suits and bikinis, loungewear, slippers, sweaters and woolly toques. The New Iceland Heritage Museum held its annual craft fair on Saturday, offering a range of unique homemade items such as jams and jellies, quilted placemats and table runners, knitwear, children's clothing and skincare products, including soap wrapped in wool from Icelandic sheep. Many of the crafters can be found on Facebook, Instagram or websites.



Janine Duguid of Arnes-based Wheat and Wildflower Handmade Clothing makes Tamarack toques, joggers, beanies, sweaters and "grow with me" clothing (i.e., cuffs that unroll) for kids that fit longer than store-bought items.



EXPRESS PHOTOS BY PATRICIA BARRETT

Hula Hut owner Pat Lewyc (right) and Sophie Lebel. The store, which is located in the Lakeview Resort and also has a store in Winnipeg, sells swimwear and other sun-related items, as well as winter wear, face-masks and jewelry.



LeVerne Tucker of the Last Dance Ranch near Gimli makes a variety of beauty products and other items using wool from her flock of Icelandic sheep.



M & Z (centre) of M & Z Kitchen Goodies. The youngsters specialize in making homemade jams and jellies.



New Iceland Heritage Museum director Julianna Roberts bought knitwear from Alma, who's donating sale proceeds to the Minerva Ladies Aid.



Wheat and Wildflower's "Meowy Christmas" sweater is very popular.



Shoppers at Jocelyn Barlow's table looked at quilted items such as placemats, table runners and potholders.



Jocelyn Barlow makes unique quilted household items.

Province announces expansion to Selkirk Hospital

New expansion will bring 30 new beds to region

By Katelyn Boulanger

Premier Heather Stefanson and Health and Seniors Care Minister Audrey Gordon were in Selkirk last Friday to announce an investment of \$31.6 million, which will expand the Selkirk Regional Health Centre.

Gordon started by thanking health-care workers in Selkirk and across the province before discussing what this investment would mean.

"I'm excited to be here for this announcement that I'm sure will improve the quality of care for all Manitobans not only now but well into the future. Investment in health-care services and communities throughout the province will improve the physical health and well-being of Manitobans and their mental health as well. Our government's investment at Selkirk Regional Health Centre is an investment in improving patient care for people living in the community and the health region. By improving services in Selkirk, we are supported the delivery of more health-care services that are more convenient for patients



EXPRESS PHOTOS BY KATELYN BOULANGER
Health and Seniors Care Minister Audrey Gordon, left, announcing investment. Premier Heather Stefanson, right, sharing that \$31.6 million will go towards 30 new beds at Selkirk Hospital.

living in this area," said Gordon.

She said that the announcement is part of Manitoba's clinical and preventative services plan, which looked at population growth, community needs, distance to specialized services, and the stability and reliability of the province's health workforce.

The premier then stepped up to the

podium to explain exactly where the \$31.6 million would be spent.

"This investment will add 30 acute care inpatient beds. Inpatient beds position this facility to play a bigger role in the province's surgery and medicine programs while supporting the

region's growing needs. The new beds will support more inpatients from across the region locally. In addition, these new beds will help enhance this facility's capacity to treat and monitor sicker patients. Surgeries performed at the site, including general procedures, gynecology, urology, plastics, and endoscopy, will be increased as part of this significant expansion. This project will also include updates to

Continued on page 22

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- 2 DEVELOP**
EIWD staff will work with landowner and partners to develop project design and Enhancement Protection application/bid.
- 3 APPLY**
Project design and application/bid submitted for evaluation by Watershed Sub-District/GROW committee.
- 4 APPROVAL**
Project Approved or Denied.
- 5 IMPLEMENT**
EIWD staff will work with landowner and partners to complete project as designed.
- 6 EVALUATE**
Completed/ongoing projects will be inspected and evaluated regularly by project team with reports submitted to Watershed Executive Board.
- 7 REVIEW**
Executive Directors will review project reports and may make recommendations on project design and delivery. Directors will finalize annual reports then deliver results to project partners.

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Labour crunch in ag industry

By Cam Dahl, general manager, Manitoba Pork Council

The availability of labour is a critical factor in determining the long-term growth and profitability of Canadian agriculture. The ongoing viability of many farm businesses will be determined by labour. Farms, rural communities, value-added processing and key support sectors like transportation are all struggling to find and keep staff. This is not a new story, but the problem is growing and must become a primary policy focus for industry and governments alike.

The root causes of the agricultural labour shortage are many. At the beginning is a shrinking rural population and a reduction in the number of farm family members wanting to carry on in the business. Combine this with difficulties experienced by all parts of the value chain in convincing urban Canadians to take on jobs that are often located in rural Canada and which are often, erroneously, viewed as unskilled. Accessing foreign workers in a timely manner is complicated, challenging and often out of the reach of many independent agricultural operations.

How critical is the situation? Work by the Canadian Agricultural Human Resource Council (CAHRC) shows that over 40 per cent of farm operations indicated they did not have sufficient staff in 2020. That number is even higher for hog farmers, with over 50 per cent of pork producers not being able to fill all the positions they need. CAHRC reports indicate that in 2017 labour shortages cost agriculture \$2.9 billion in lost revenues. Across the country, the demand for agriculture employment exceeds what the domestic workforce can fill. By 2029 it is projected that the industry will be short 123,000 people.

The availability of skilled labour extends beyond the farm gate to include specialists like large-animal veterinarians and the technical support they need to run their practices. Challenges in recognizing foreign credentials are needlessly limiting our ability to support this critical labour pool.

What needs to be done to address the labour crunch? Most importantly, all of agriculture needs to face this problem together. Fractions between sectors or within value chains will result in overall policy failure. Resolution will not be found by a single industry segment or company. Agriculture needs to deliver a unified message to federal, provincial and municipal governments on the need for practical solutions.

We also need to get beyond the perception that agriculture employment means just hewing wood and drawing water. Today's agriculture industry is seeking people to fill careers, not just jobs. We need to work together to better inform those entering our universities and colleges about the skilled and diverse opportunities agriculture has to offer. Agriculture today is on the cutting edge of genetics, nutritional sciences, health of animals, environmental sciences, international marketing and more.

The private sector needs to work with government and our education institutions to build the technical training programs that are needed to fill the growing labour gap. This programming needs to be made available to both Canadians as well as potential immigrants. Opening skills training to future Canadians will mean changing our immigration policies to reflect the fact that modern agriculture is seeking skilled labour and not unskilled workers.

Increased engagement by Canadi-

ans must be part of the solution to agriculture's growing labour shortage. We should begin by exploring ways to remove barriers to participation in the sector by those who are currently underrepresented in our industry. For example, we should be exploring opportunities to forge partnerships with organizations that represent women, youth, Indigenous communities and others who may not view agriculture as a viable career choice. We must become more creative in our business practices in areas like flexible work hours and accessible childcare.

Agriculture's labour gap means the industry needs to look beyond our borders for staff, yet rules and regulations impede the recruitment of foreign workers. Regulatory red tape means it can take six to eight months or more to navigate the process required to bring in a new worker from abroad. This creates problems when a vacancy is opened by a two-week notice. Can we be more innovative in meeting the needs of both immigrants as well as employers? For example, could industry associations like Manitoba Pork speed up the process by facilitating a pool of foreign skilled labour that would be accessed by the industry as needed?

There are signs that the seriousness of the crisis has been recognized. At their recent meeting, federal, provincial and territorial agriculture ministers set labour attraction and retention, training and automation as priority areas for the next agriculture policy framework. We are also seeing agriculture representatives reach across sectors to help resolve the issue in a co-operative way. For example, in Manitoba, commodity organizations have come together under

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EXPRESS PHOTO BY BRANDEN LUSSIER

Keevin Erickson was on Lake Manitoba last week catching walleye at sundown. Help the *Express* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

Gypsumville RCMP investigates shots fired

Staff

Within the last few days, Gypsumville RCMP has received three reports of shots fired in the community of Pinaymootang First Nation.

On Nov. 29 at approximately 3:45 a.m. RCMP responded to a residence on School Road in the community for a report of shots fired. Later that day at 5:40 p.m., RCMP responded to the same residence on School Road for a second report of shots fired. On Dec. 2, RCMP responded to a report of shots fired in the area of Main Market Road in the community. In all three instances no one was injured.

Police believe these incidents may be drug and gang related, and are asking anyone with information to please call Gypsumville RCMP at 204-659-5224 or call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

> LABOUR, FROM PG. 6

the umbrella of the Keystone Agricultural Producers to form the Labour Task Group. Nationally we see organizations like CAH-RC attempting to develop common industry messages.

There is still more to do on this front. Sectors are still largely approaching the problem from an individual commodity point of view. We must develop collaborative and unified action if we are going to resolve one of the greatest barriers to modern agricultural growth and development.

Mixed results for weeklong Endow Manitoba fundraiser

By Nicole Brownlee

An annual fundraising effort hosted by Endow Manitoba proved fruitful for some Interlake charities but a disappointment for others.

The Giving Challenge is a weeklong initiative started by Endow Manitoba, a network of Manitoba community foundations, to stretch donations to local organizations.

For every \$5 donated to a community foundation Nov. 15–21, the Winnipeg Foundation and the provincial government kicked in \$1 each to a maximum of \$2,000 per foundation.

The money goes towards foundations' unrestricted funds, which can be allocated to any applicant. Gifts to community foundations are pooled and permanently invested. Every year, the investments generate income that is distributed as grants to local charities.

A representative from Endow Manitoba did not comment in time for publication, but the results of the Giving Challenge will be posted on Endow Manitoba's website on Dec. 11.

Five charities from the Interlake region took part in the Giving Challenge this year, including Coldwell Community Foundation Inc., Westshore Community Foundation and the Icelandic River Community Foundation.

"The Giving Challenge went very well," said Irene Runolfson, treasurer of the Coldwell Community Foundation.

Foundations needed to receive \$10,000 in donations to reach the maximum stretch.

The Coldwell Community Foundation received \$10,050, which was stretched to \$14,050 to add to their unrestricted funds.

"We have a wonderful group of donors that supports this Giving Challenge every year, and every year we do garner some new donors," said Runolfson.

"We are so blessed in this town to have a core group of donors who really embrace this donation."

Organizations can apply for endowment grants through the Coldwell

Community Foundation by Feb. 28.

The Westshore Community Foundation received a record amount of donations during the Giving Challenge, said Tim Arnason, president of the foundation.

"It's our most successful Giving Challenge since our first involvement," said Arnason.

The foundation joined the Giving Challenge in 2014 when the fundraiser used to only last for one day.

"We've got such great support from our catchment area, and our donors have just been so fantastic," said Arnason.

Including the stretch, the Westshore Community Foundation amassed \$21,678 during the 2021 Giving Challenge.

Arnason said he's looking forward to distributing grants to the community in spring 2022.

The Icelandic River Community Foundation didn't have as much luck this year. Before the stretch, the foundation raised \$1,375.

"We were getting a bit of headway

last year, but we actually fell back a little bit," said John Sigurdson, treasurer of the foundation.

After the stretch, the foundation received around \$1,900.

Board members of the foundation plan to discuss the disappointing results at their next meeting in late December.

"I think more of the public know about (the foundation). ... Everybody's just a bit tight with what they can spend," said Sigurdson.

The foundation receives several donations for specific projects or community initiatives, which may be why less money was given for unrestricted funds, said Sigurdson.

"We have a couple of recreation funds, and people seem to be more adept at giving to those because they know exactly where the money will go."

The Icelandic River Community Foundation plans to continue participating in the Giving Challenge.

"I hope that we're on the right track," said Sigurdson.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Vaccines will help stop mutating cells

Another new variant of the COVID-19 virus named Omicron has emerged, which doesn't surprise me and here is why. From what I have learned and retained from my genetics courses at university, thinking of a virus as a living organism, it wants to survive and will do everything in its power to do so. So what can the virus do and do effectively? Well, it can adapt. We as humans have evolved and adapted to our environment, as well as every other organism on earth, plants included. But a virus can do so much much quicker. And it carries these adaptations in its back pocket, ready to pull one out when it wants to (when it sees the other variants not surviving as well as they could). The new Omicron variant has 30 different mutations in its back pocket ready for action, which is why the WHO (World Health Organization) has deemed it a variant of concern.

What can be done? Viruses need a place to grow and reproduce, and they do this by invading our bodies' cells. Now if it were a bacterium, our body would recognize it and send an army of white blood cells to attack and destroy this enemy, either by engulfing and digesting them or by releasing enzyme-containing granules that destroy the cell membranes of invaders. The white puss you see around an infection on your skin contain these white blood cells but viruses are different. They invade

our bodies' cells and take them over so the white blood cell army doesn't attack them as the white cells think that they would be attacking and doing damage to our body. Again, what can be done? Well, the body needs help from outside the body. A vaccine to help fight off the viruses. The bodies of most people who are vaccinated do not allow the viruses to invade their cells and therefore the viruses cannot grow and mutate in order to survive. Now there are still some vaccinated people who still get sick from the virus, but with the help of the vaccine their symptoms are typically not as bad as if they had not been vaccinated. Those people who are not vaccinated are allowing the viruses to invade their cells and, even though they may not develop the symptoms that the virus will produce, the virus will still be able to grow and mutate. Mutate or change into a new variant, which may be even more deadly than the original COVID-19 virus.

- Garth M. Gillespie, Gimli

Interlake Health gets an A+ for care

I recently had an issue with a chainsaw that I would like to report on here. My chainsaw jumped back from a log and hit my leg, resulting in a considerable wound and a fair

amount of blood. I called the Arborg hospital and, learning that there was no one available, I called the Gimli hospital and was told to come in ASAP. That two-minute gathering of information was my responsibility. On my arrival, I was taken into a room and given the best care. My wound was cleaned, stapled and bandaged very quickly. My point to all this is that I was very happy with the health-care system and very, very happy with the staff at the hospital. Their professionalism and expertise was second to none. I have no complaints. I understand there are limited resources and there is not enough money to have everything open, everywhere, all the time. What I am saying is that the doctors and nurses we do have are doing a top-notch job and should not be questioned or undervalued. We are lucky to be living in Canada.

- Bob Dowd

Small gestures go a long way for senior

To all my angels of Winnipeg Beach: My name is Brian Armstrong and I'm 93 years old. I had a bad accident a couple of years ago. I walk with a cane and lost some of balance so I walk very slow and carefully. We recently moved into Winnipeg Beach. I usually go to the grocery store and

post office once or twice a week. Every time I go downtown, there is always a lady who helps me into the store and helps me with my groceries out to my truck. I go to the post office and there is another lady who helps me up the stairs because it's slippery. She opens the door for me and helps me with my mail. She even takes it out to the truck and gets the *Express Weekly News* for me and puts it in my truck nice and neat. Isn't it wonderful? It makes you feel good, nice and warm to know that there are people like this in this world. Thank you to the angels of Winnipeg Beach.

- Brian

Bouquet to the snowplow driver

We've lived in Gimli for 22 years now and, for the first time, we didn't have to clean the end of our driveway after the snowplow came around.

I sincerely want to thank the road clearing operator for the modification added to the equipment that allows a drop-down attachment that prevents the accumulated snow from filling my driveway. This is much appreciated.

Now I can look forward to the next snowfall.

- Sincerely,
Pierre Parent

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

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

Riverdale Place Workshop Inc.

Two Job Positions: Requires a Recycling Supervisor and Front Supervisor

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Tele- 204-376-5584
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email riverdalew@mymts.net

Online budget consultation survey up now

Staff

The provincial government wants to hear from Manitobans about the 2022 budget.

Public meetings kicked off across the province last week and an online survey has gone up at EngageMB.ca for people to weigh-in on Manitoba's upcoming financial plan.

"It's important as we prepare for Budget 2022 that we hear from as many Manitobans as possible on

their priorities," said Finance Minister Scott Fielding. "The online survey is an accessible way for those wishing to participate in the budget process to provide their feedback and share which government priority is most important to them and their families."

In addition to the survey, Manitobans can pre-register to reserve a spot for an in-person meeting or to receive a phone call to participate in

a telephone town hall.

To register by phone for a budget public engagement meeting, call Manitoba Government Inquiry at 204-945-3744 or toll-free at 1-866-626-4862.

Manitobans can also email comments and ideas to budget2022@gov.mb.ca or mail written submissions to: Minister of Finance c/o budget engagement, 103-450 Broadway, Winnipeg, Manitoba, R3C 0V8.

Aurora Recovery Centre earns prestigious accreditation status

Submitted

Aurora Recovery Centre received an early Christmas gift in the form of a ringing endorsement from one of the top judgement bodies of health and human service providers in the world.

After undergoing an in-depth, rigorous onsite peer review process in October, the Commission on Accreditation of Rehabilitation Facilities (CARF) has announced that the Gimli recovery centre is worthy of its highly coveted seal of approval, granted through Oct. 31, 2024, for the following programs:

- Community Housing: Substance Use Disorders/Addictions (Adults)
- Detoxification/Withdrawal Management – Residential: Substance Use Disorders/Addictions (Adults)
- Residential Treatment: Substance Use Disorders/Addictions (Adults)

Accreditation is official recognition that Aurora is guided by internationally recognized service standards and best practices. In a letter to the centre dated Nov. 23, 2021, CARF president/CEO Brian J. Boon said Aurora should take pride in this high level of

achievement.

“This achievement is an indication of your organization’s dedication and commitment to improving the quality of the lives of the persons served. Services, personnel and documentation clearly indicate an established pattern of conformance to standards,” said Boon.

The CARF designation can be seen as an endorsement of Aurora Recovery Centre’s unwavering push to serve as one of the top substance use treatment facilities in Canada.

ARC president and COO Steve Low expressed gratitude to Aurora’s staff for remaining steadfast in its focus to offer the greatest of care even when a pandemic dramatically altered the way centres offered their services. The CARF accreditation is an accomplishment for everyone at the centre and, in the bigger picture, for people who suffer from substance use disorders, he said.

Since Aurora’s arrival in Manitoba five years ago, it has worked hard to bring a more effective, modern, evidence-based approach to the way ad-

diction is treated and perceived in our country.

Low and his staff are strong believers in a minimum 24-month continuum of care model to build recovery capital and improve the chances of someone achieving and maintaining recovery

“Recovery is a continuum,” says Low. “It is not just ‘come here for 40 days and you’re all better,’” he says. “That type of operation is just not effective. There are so many aspects to recovery. We have to treat the whole system of each person. The family. The workplace. The ongoing recovery — in other words, a continuum of care. That can be anything from extended care on site to sober living options. It can include stabilization programs or recovery enhancement courses, intensive outpatient programs, after-care meetings — whatever is necessary to build up a person’s recovery capital. We offer all of it at the highest standards.”

Low says the CARF recognition and accreditation convince him even more that Aurora is on the right track. For

people seeking recovery, their families, their employers, and referrals.

“It is terrific in that it also holds us accountable to an accrediting body to ensure we engage in continuous quality improvement, refining who we are as an organization, as professionals, as agents of change, and as a recognized centre of excellence in this country,” said Low.

Aurora Recovery Centre is Manitoba’s only fully integrative, residential addictions recovery centre. The 70-bed private addiction treatment centre offers treatment for substance use and mental health disorders with a focus on integrative recovery planning and based on the knowledge that addiction is a treatable illness. Therapists provide addiction treatment for the whole person through mental, physical, emotional and spiritual counselling programs. Aurora is located on the shores of Lake Winnipeg, one hour north of Winnipeg, in Gimli. For more information, visit www.aurorarecoverycentre.com.

> THIN ICE, FROM PG. 3

port pillar nearby? How dirty is the water freezing.

If you need to get out on the ice, Love says that his first recommendation would be to make sure that you are wearing something that helps you float.

“That either means you’re wearing a life jacket over your winter clothes, and a lot of people look at me funny when I say that, or you need to be wearing what is very often called a floater coat or a flotation snowmobile suit. That is essentially a winter jacket/winter snowmobile suit/ski suit that is built in the same way as a life jacket or flotation device in addition to providing you insulation to keep you warm,” said Love.

Being able to float helps to counteract the first thing that happens to people when they fall into the ice — cold shock. When you experience cold shock, you hit the water and the change in temperature between the relatively warm air and the icy water makes you gasp and hyperventilate for about the first minute. If you aren’t floating, there’s a good chance that you could be gasping in water, which can quickly turn into drowning.

If you can float, you have about 10 minutes to get yourself out of the water before the cold water affects your muscles to the point that you can’t use your smaller muscle groups. Love says not enough people realize that even if you can’t get yourself out of the situation on your power, as long as your head is above water, you have about an hour before hypothermia kicks in and makes you go unconscious.

“They’re going to be hypothermic. They’re going to be cold, but they’re going to be alive,” Love said.

This means that as long as you can float, you can be saved, which is why Love’s second recommendation is if you’re going to go out on the ice, you should bring a buddy.

“That way, if one of you gets into trouble, the other one can help,” he said.

His third recommendation is excellent advice no matter where you’re going — to make sure that you tell someone where you’re going and when you’ll get back. That way, if

both you and your buddy get into trouble, someone will know to call for help.

Love also recommends you have a personal safety kit attached to you. This kit would be waterproofed inside a few resealable plastic bags or another watertight container and would have things like something to start a fire, a multi-tool and a signalling device like a whistle.

“In addition to that, we also say take some rope, take some ice picks and take what’s often called an ice staff or a walking stick,” he said.

You can use the walking stick to tap the ice in front of you to ensure there isn’t a crack or thin spot.

That being said, Love’s recommendation with the inconsistently cold temperatures is to wait until the ice is more solid before venturing out.

The Province of Manitoba also cautions everyone of the dangers of thin ice in a recent news release: “Snowmobilers, skiers and others are advised not to venture onto rivers and lakes if at all possible due to the danger of falling through.”

Love said he’s not trying to spoil people’s fun.

“That’s not our intent, but we do want people to be thinking about what they’re doing so that they can have an enjoyable time but also make every trip out there a return trip,” said Love.

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Full applications and eligibility details at: https://cfmanitoba.ca/images/east-interlake/BIG_2021.pdf

Send your complete application, or for more information contact:
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Box 1620, Gimli MB R0C 1B0
Phone: 1-800-378-5106
Email: tdziadek@eastinterlake.com or ezalevich@eastinterlake.com
www.eastinterlake.com

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Lung Assoc. reaching out to COVID-19 survivors

By Lorne Stelmach

The Lung Association of Manitoba sees itself as helping to fill a void as the pandemic and its impact continue to be felt by so many people.

The organization is co-ordinating an online support group for people who continue to live with the effects of COVID while also wanting to support research and studies to better understand the long-term effects.

It's about contributing to understanding life after COVID-19 as there remains so many unknowns about what the future will look like post-pandemic, said Hailey Coleman, health programs and operations co-ordinator for the Lung Association of Manitoba (LAMB).

"People are coming out and saying, 'This is what's happening to me. It's not going away.' ... So we can give them the information as more comes along," said Coleman. "We needed something started ... so we hope individuals take us up on this and ask to join this group because right now there's nothing else."

As part of their efforts, LAMB has connected with leading experts in this field and particularly with Manitoba based studies being conducted by Diana Sanchez-Ramirez, who is an as-

sistant professor in the department of respiratory therapy, College of Rehabilitation Sciences, at the University of Manitoba.

Many people are dealing with a vast difference in the experience of long COVID effects, so continued research is important to help patients and health-care providers understand how and why COVID affects the lungs and how it should be treated, said Sanchez-Ramirez.

"There are many unknown aspects of post-COVID-19 that we have yet to unravel. Therefore, we are planning some research studies that will help identify the best ways to optimize rehabilitation interventions for patients with persistent long COVID symptoms," she noted.

"We have identified that a large proportion of post-COVID-19 patients may experience persistent respiratory symptoms, fatigue, decreased functional capacity and decreased quality of life for up to six months after infection," she said. "However, evidence from the previous coronavirus first identified in 2003 suggested that long-term effects may continue for years.

"As researchers and as health-care providers, we must aim to identify the best way to support the recovery

of post-COVID patients. I think one of the first steps is to raise awareness and provide patient support," added Sanchez-Ramirez.

"That is why I applaud LAMB's initiative to offer a virtual space that could make it easier for patients to connect with their peers, discuss their concerns and needs, and share information on existing local resources."

Coleman said they have seen how their support groups have good mental health and wellness benefits in other categories of health management, so they wanted to provide that for individuals post-COVID.

One of the first steps to provide patient support is to raise awareness, so that is why it took initiative to offer a virtual space that could make it easier for patients to connect with their peers, discuss their concerns and needs, and share information on existing local resources.

"We've had an influx of calls asking for programming or just what we offer. ... We wanted to put together this Facebook support group where individuals can come safely, discuss their post-COVID symptoms," said Coleman.

A priority was to connect people with respiratory therapists and other

leading experts to help get them the information they need.

"Because there are such different experiences with post-COVID symptoms, and this is still such a new reality people are dealing with, we wanted to create a support system that anyone can access to work through this uncharted territory," said Coleman.

"It's just a starting foundation so there's somewhere for people to go ... and as the studies progress, we can share the information," she said.

"We just felt that at least having this available is what we can offer right now, and it gives individuals a place to come and feel safe to discuss things with professionals.

"We are seeing an influx of individuals saying how their lung capacity decreases, how they're more fatigued ... so we are seeing long-term effects from individuals who have had COVID six plus months ago and still having to deal with lung health issues."

You can find "Manitoba's Post COVID-19 Support Group" on Facebook. You can also find more information and join the study at www.respirabilitylab.com or email to respirabilitylab@gmail.com.

Safe Driving Week takes aim at distracted driving

By Lorne Stelmach

Focusing entirely on the road when driving is not a part-time responsibility.

It may seem to be a simple message, but it is unfortunately something too many people still lose sight of, so it is the focus of this year's National Safe Driving Week.

The initiative for Dec. 1-7 is a joint promotion of the Canada Safety Council, Manitoba Public Insurance (MPI) and the Insurance Brokers Association of Manitoba (IBAM).

You simply can't watch the road and check your smart phone at the same time, as even a quick glance can lead to a preventable collision, said Grant Wainikka, CEO of IBAM, who noted people in general are mindful of the dangers, but the statistics show it is still a concern.

"I think there's a certain fear of missing out. ... The tendency is to want to check [your phone], and we've become such an immediate culture that you want to check it as soon as possible," said Wainikka.

"We know that distracted driving is very dangerous. ... Distracted driving is a leading cause of fatalities on Manitoba roads ... so this is still a thing to be cognizant of and to raise awareness about.

"We're concerned about our customers and want them to be safe when they drive. ... Sometimes minor behavioural changes can help lead to that," said Wainikka. "Consumer protection is top of mind. This is what insurance brokers do for their clients. We can think of no better way of promoting consumer protection."

Transport Canada estimates that distraction, which is often attributed to cell phone and device use, contributes to 21 per cent of fatal collisions and 27 per cent of serious injury collisions.

Overall, driver distraction is a leading contributor to fatal crashes in Manitoba, linked to nearly 50 per cent of all fatalities and 37 per cent of all serious injuries last year, according to MPI data.

In 2020, there were a total of 44,339

reportable traffic collisions on public roadways in Manitoba — 70 of these were fatal collisions, while there were 5,667 injury collisions.

A 2018 survey by CAA reported Canadians view distracted driving as the No. 1 threat to their personal safety on the road. Manitobans acknowledge the risk of distracted driving, but some still make the choice to do it.

In MPI's 2021 traffic safety culture survey, 95 per cent of Manitobans express that using or checking a hand-held cellphone while driving is unacceptable. Of various behaviours that could cause a collision, checking/using a hand-held cellphone while driving was the highest rated potential hazard, with 86 per cent indicating it is likely to cause a collision.

Yet, in the same survey, 25 per cent admitted to driving while using a hand-held cellphone.

When your attention is not fully on the road, the impacts can be numerous — less visual scanning of your surroundings, reduced opportunities to identify visual cues, less time to re-

act to your surroundings and a reduction in critical brain resources needed to assess the road ahead.

"Technology has made the task of driving easier in many ways," said Gareth Jones, president and CEO of the Canada Safety Council.

"But when technology pulls our attention away from the road, we are taking on risk and need to carefully consider how and when technology is used."

Driver distraction is a high-risk driving behaviour and can be changed by the driver, said Eric Herbelin, CEO and president of MPI.

"Driving requires 100 per cent of your attention and concentration. Anything less can result in a crash. Our objective is to reduce fatalities, injuries and collisions in our province. This can be accomplished when drivers make the right decisions.

"The stakes are high for our customers — death, injury, property damage, fines and financial impacts on auto insurance premium and driver licence fees."

Empty grain bags and used baler twine can still be recycled in Manitoba

Submitted

If Manitoba farmers have empty grain bags or used baler twine around the farm, there is still time to tidy up and recycle them before the full onset of winter, Cleanfarms says.

"It doesn't matter if the grain bags were purchased this year or if they were left over from previous years," says Cleanfarms executive director Barry Friesen. "As long as farmers take steps to make sure they are free of grain and debris and rolled, we'll take them at our collection sites for recycling."

Directions for preparing grain bags and twine for recycling are included on cleanfarms.ca.

Cleanfarms, a non-profit industry stewardship organization that has developed similar recycling programs for used ag plastics across Canada, has operated a multi-location pilot recycling collection program for used empty grain bags in Manitoba since 2013. It also developed and operates the successful small and large pesticide and fertilizer container recycling programs.

In 2020, Manitoba Conservation and Climate asked Cleanfarms to transition the grain bag and twine pilot to a province-wide permanent recycling

program that will give Manitoba farmers broader access to recycling for these used ag plastics year-over-year. Under the regulation, responsibility for the permanent program now rests with the companies that supply grain bags and baler twine into the province.

Beginning on Dec. 1, the regulated program includes a non-refundable environmental handling fee (EHF) that helps cover the cost of recycling. It is applied to grain bag and baler twine sales at the time of purchase, which usually begins in early summer. For grain bags, the EHF will be 25 cents per kilogram; for baler twine of all sizes, it will be 33 cents per kilogram.

A similar program that includes an EHF has been in place for the past three years on the sale of grain bags under the provincially regulated program in Saskatchewan. During this time, Saskatchewan farmers have consistently surpassed year-over-year recycling rates. The Manitoba-regulated program will help to harmonize the recycling programs across the two Prairie provinces.

Cleanfarms has set up 35 recycling collection sites across Manitoba. Details about the location and hours of

operation of each recycling collection site, along with instructions on how to prepare the materials for recycling, can be found at cleanfarms.ca/what to recycle and where. Recycling collection centers are located in the following municipalities:

RM of Armstrong - Chatfield Transfer Station

RM of Armstrong - Inwood Transfer Station

RM of Armstrong - Meleb Waste Disposal Grounds

RM of Coldwell Eriksdale - Waste Disposal Grounds

RM of Grey - R-Way AG Ltd.

RM of Grey Landfill

RM of Norfolk-Treherne - Rathwell Transfer Station

RM of Norfolk-Treherne - Treherne Transfer Station

RM of Portage la Prairie - Portage la Prairie Landfill

RM of Westinterlake - Ashern

RM of Westinterlake - Oakview Waste Transfer Station

Recycled grain bags are used to

make new products such as plastic construction sheet products and industrial garbage bags. Recycled baler twine is made into car parts, composite decking, flowerpots, dimensional

Continued on page 16

Community Support Service

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Contact 204-389-4777

AA Winnipeg Beach

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To book, go to ProtectMB.ca
or call 1-844-626-8222



Docs answer questions about the COVID-19 vaccine for children

An online town hall last week gave Manitobans a chance to ask questions and hear from medical experts on the pediatric COVID-19 vaccine.

The session hosted by Doctors Manitoba Nov. 30 focused on the vaccine recently authorized by Health Canada for children aged five to 11, and it covered such topics as the benefits and risks of vaccination and the effectiveness of the vaccine.

The hope was to help ensure parents have the facts to make a fully-informed decision about vaccinating their children.

The panel of five doctors stressed the vaccine offers the best protection against COVID-19 and related complications, and they also sought to offer assurances about its safety and particularly about the risk of side effects.

"Immunizing your child helps to add that added level of public health security in managing the pandemic," said Dr. Ruth Grimes, president of the Canadian Paediatric Society. "With the evidence that we have so far, it seems that those major complications can be dealt with quite handily."

"The best thing I can say is that we know a lot about the immune system and how it responds to vaccines, how it responds to infections ... and what we see in every other infection and every other vaccine is a lack of long term surprise side effects," said Dr. Joss Reimer, medical officer of health and medical lead for the Manitoba Vaccine Implementation Task Force.

"We don't see people five years, 10 years, 20 years later having some unexpected damage to their body because of their immune response, and so we're very reassured that this will

be the same thing because the immune system hasn't changed."

"Collectively, pediatricians are very good at looking for signals that would warn us about safety in this particular age group, and we haven't seen anything to date ... so that's reassuring," noted Dr. Jared Bullard, section head of pediatric infectious diseases and associate medical director of Cadham Lab. "In addition, we'll be continuing to monitor for any sort of safety concerns or signals going forward."

The hour and a half long session covered a lot of ground, including even the doctors' thoughts on talking to your children about vaccination, with Dr. Marni Hanna, president of the Manitoba Pediatric Society, touching on her experience with her own daughter.

"We talked about it positively at home, and she saw how excited we were to get our COVID shots, and she knows that this means something big for her," said Hanna. "If you know your kid is really anxious, try to book their appointment in an environment where they feel safer ... in a place they feel familiar with."

Do whatever is needed for them to feel comfortable and give children some degree of control over the environment and situation, added Grimes.

Hanna addressed a question about whether the vaccine might in any way affect a child's development or even future fertility, and she stressed there

was no basis to support that thought and that the risk instead is from getting COVID.

"If you get really, really sick [with COVID-19], in a child, that can lead to developmental delay ... so it really makes a lot more sense to get the vaccine."

Bullard addressed a youth's questions about the smaller dose for children and age considerations.

"When we were looking at this particular vaccine, we actually did look at different amounts, and we looked at all sorts of kids," he said. "There's really no reason to put off getting

that vaccination ... the sooner you get the vaccine, the sooner you're going to see the benefits of getting that vaccine."

The doctors then went on to the waiting period for the second dose, noting that their current recommendation is an eight week period even though Health Canada has approved it a 21-day period.

"The reasoning for spacing it out by eight weeks instead is that a longer interval provides longer lasting and stronger protection," suggested Hanna.

"There can be some flexibility because everyone's treatment plan is a bit different," added Ashley Chopek, a pediatric oncology and bone marrow transplant specialist.

"Overall, we really do want kids to get that eight week interval because it works better and we think it's safer ... it's probably still worth waiting ... I wouldn't rush that second dose," said Reimer, who noted one exception is related to First Nations communities where there is elevated risk. In that instance, they want to get the second doses done sooner because of the more severe outcomes being seen in some of these locations.

Hanna also noted that they don't want families to wait too long if their children have recently had other vaccinations, but they are recommending other vaccines not be given within two weeks of the COVID-19 shots.

"The main reason for that is to monitor for potential side effects ... it makes it very confusing if they've had multiple vaccines at one time ... however, there may be special situations."

Addressing further questions about side effects, Hanna said they are primarily local where they received the injection (a sore arm), but there can be some systemic side effects such



SCREENSHOT

Dr. Joss Reimer, medical lead of Manitoba's vaccination campaign, was joined by a panel of other medical professionals for virtual town hall hosted by Doctors Manitoba last week to field questions about the COVID-19 vaccine for children.

as fever, chills, muscle ache and fatigue, although they are believed to be much less common in the younger age group of children.

Reimer reiterated that studies did not show any more severe outcomes among younger children than any other age group, but it is something they continue to watch very carefully.

"We're talking about incredibly low numbers ... it's still such a low risk compared to what this infection is doing in our communities," she said.

Reimer also touched briefly on the most recent COVID variant of concern and noted that they still have more to learn about it.

"I think it's very clear that experts are worried about it, but we don't know how much more transmissible it is; we don't know the impact that it will have on how well the vaccine works, but what we do know is that the vaccine will work against this variant," she said.

"Is it going to be a little bit lower effectiveness? Maybe. We're far too early to know," she said. "If you're vaccinated, you still have an army ready to go ... don't hold back on being as fully protected as you can be."

For more information, you can go online to ManitobaVaccine.ca. The site, created by physicians about COVID-19 vaccines, will be updated with answers to common questions about the pediatric vaccines.

"IMMUNIZING YOUR CHILD HELPS TO ADD THAT ADDED LEVEL OF PUBLIC HEALTH SECURITY IN MANAGING THE PANDEMIC."

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THE EXPRESS
WEEKLY NEWS

IERHA's spends nearly \$1.8 million on agency nurse costs

By Patricia Barrett

With nurse shortages in Manitoba's rural and northern regions, the use of agency nurses by provincially funded regional health authorities is being questioned by the NDP.

The official opposition NDP says the Progressive Conservative government has resorted to paying private companies for nurses to cover for health-care cuts after revealing the government has spent over \$22 million on agency nurses.

Agency nurses are temporary hires from private agencies. Health authorities pay a nurse's wage and a fee to the agency for their use.

"The nursing shortage in rural and northern communities has reached a breaking point and families are suffering," said NDP leader Wab Kinew in a Dec. 1 news release. "We need more nurses, but the PC leader won't hire them. Overpaying for private nurses is bad for patients and fiscally irresponsible. We need the staffing capacity to care for Manitobans in good times and bad."

The NDP filed requests for agency nurse spending under the Freedom of Information and Protection of Privacy Act.

The party obtained data from the Interlake-Eastern Regional Health Authority for the first three months of this year. The IERHA spent \$600,722.21 in January, \$601,332.16 in February and \$595,254.54 in March on agency nurses, for a total of \$1,797,308.91.

The Prairie Mountain Regional Health Authority spent \$10.5 million on agency nurses between January and September 2021. It also broke down costs by individual health facility. The Northern Regional Health Authority spent \$7.5 million from January to August 2021, breaking down

agency costs by community such as Flin Flon, The Pas and Thompson. The Southern Regional Health Authority spent \$2.4 million on agency nurses between January and August 2021.

The data show the government has so far spent a total of \$22.2 million in the four health regions.

An IERHA spokesperson told the *Express* in mid November that over the last three months, its average use of agency nurses has ranged from 23 to 36 per cent of nursing staff regionally whereas in 2019 its use of agency nurses from August to October ranged from 9 to 13 per cent.

The IERHA's chief executive health officer Dr. David Matear said agency nurses cost about 25 per cent more than the cost of top-of-the-scale nursing staff employed full-time with benefits.

But with pressure on the health-care system from the COVID-19 pandemic and the need to protect its nursing workforce from burnout, the IERHA needs to use agency nurses.

"The options you've got if you don't have safe baseline nurse staffing levels are that you either bring in agency staff or you look at overtime for existing staff. And given the overtime rates, it [agency nurses] may be a slightly less expensive option than overtime," said Matear last Friday. "The other thing we're trying to do is if agency staff are available — given the stresses on the health-care system and the workload on our staff on a day-to-day basis — we are looking wherever possible to bring them in. The last thing we want to do in this climate [COVID] in terms of workload is to burn our staff out."

Whether the IERHA will actually spend more money on agency nurses is yet to be seen as that cost could be

Interlake - Eastern Regional Health Authority				
Agency Dollars				
2021-51				
Month	January	February	March	Total
Year	2021	2021	2021	
Total	600,722.21	601,332.16	595,254.54	1,797,308.91

* if there are any outstanding unpaid invoices for this date range then the related dollars are not included

EXPRESS GRAPH COURTESY OF THE NDP

The NDP obtained IERHA spending on agency nurses from January to March 2021. Data for April to November was unavailable as it has not been audited.

offset in the budget in a number of ways, including financial savings from position vacancies and underspending in areas that aren't under pressure and still maintaining service.

"You will have savings from vacancies that exist even though we are trying to hire into those positions. So that would balance it out a little bit. And it will depend on how many agency staff we'll be bringing in and where they're deployed. All that would go into the calculation," said Matear. "We're trying to have as many staff as we need to cover shifts and care for patients we have in the house [in a facility]."

The use of agency nurses over the long-term is not something the health authority plans to do, and it monitors its budget every month so it knows where it overspent and underspent, he said. It also submits monthly and quarterly financial and performance data to the government so it knows the status of RHA spending.

"With agency staff, we know we're spending more in the short-term. That may be more than we have in our budget over the long-term," said

Matear. "But as we hire into [vacant] positions, agency costs will go down and overtime costs will go down. That would contain costs and enable a balanced budget. We're not cutting services."

The reason the IERHA was able to provide only three months' worth of 2021 data on agency nurse spending is that the data had been audited.

"Our finance lead has advised that we only release financial information that has been audited," said an IERHA spokesperson regarding agency spending between 2021 April and November. "Our fiscal year ends at the end of March so that is why you have data up to the end of March."

Matear said the IERHA wants to be as transparent as it can so that the public understands current staffing issues and pandemic pressures.

"We're trying to be as transparent as we can be and we don't want to confuse anybody," he said. "We want people to understand what we're trying to do and, hopefully, reassure them we're doing the best we can for all the residents in our region and other residents in the province."

Digging up the past; protecting Manitoba's history

By Nicole Brownlee

Artifacts found in Manitoba may be mistakenly credited to the wrong historical groups because of an outdated provincial act.

To approach this issue, the Manitoba Métis Federation is drafting a list of suggestions to protect their cultural autonomy.

"Our government has always made it a priority to protect the cultural and heritage resources of our Red River Métis citizens," said Jack Park, MMF minister of infrastructure and energy, in a statement.

Archeological material significant to Métis history, development and citizens is being generalized as First Na-

tions artifacts, said an MMF spokesperson.

The Manitoba Heritage Resources Act protects heritage resources like historical sites, objects or remains from being changed, moved or restored without permission from governing bodies.

"The act does not recognize Red River Métis as rights-holders on the same level as the First Nations," said Park.

The act came into force on May 12, 1986, and has not been updated since. An MMF spokesperson said the act is not inclusive.

With the help of Dr. Kisha Supernant, the MMF is creating a process

to protect culture inherited resources like artifacts. Supernant is an anthropology professor and director of the Institute of Prairie & Indigenous Archaeology at the University of Alberta.

The MMF has been working on this project to protect Métis historical items for around two years with help from the federal government.

The Manitoba-Minnesota Transmission Project has also raised concerns about the disturbance and misappropriation of historical artifacts for the Métis government.

The MMTP is a transmission line that runs from the Winnipeg area to the U.S. border in southeastern Manitoba to export renewable energy to

Minnesota Power's Great Northern Transmission Line.

"Industry development in southern Manitoba impacts the rights, claims and interests of our citizens," said Park.

The drafted study will be added to a federal impact assessment on the licensing conditions set out in the approval of the MMTP.

"Through this work, we can document defined cultural heritage values, along with mechanisms to protect that cultural heritage and a process for cultural heritage consultation by the Métis government for own citizens."

Fisher Branch Midnight Madness parade lights up the sky

Submitted by Patricia Witzke

Fisher Branch hosted a Midnight Madness and parade on Dec. 3, bringing a number of people to the community. Many businesses, clubs, charity groups and churches decorated floats and took part in the parade.

The colourful floats featured large boxes of Christmas presents, spar-

kly trees and angels with trumpets. Bright lights were twinkling everywhere including on a horse and her rider. Sparkly quads rode along the parade route. Horns honked to let the crowd know they were happy to see them. The Air Cadets marched in unison carrying their flags. High school students handed out candy to

the children who were watching with their eyes aglow.

There were people from all over the Interlake enjoying the celebration. People on the floats waved and yelled "Merry Christmas" to the cheerful on-lookers. Taking time to be with your loved ones is the focus.

With many stores giving away priz-

es, a passport that when stamped four times lets the participant enter in a contest, and many businesses featuring great sales, taking a drive to Fisher Branch was worth the time.

Next year, we hope to see even more people come and celebrate the festive season with the friendly citizens of Fisher Branch.



EXPRESS PHOTOS SUBMITTED

Another successful Parade of Lights in Fisher Branch. Even though there was a cold wind, lots of people showed up with floats and to watch the parade.



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TO NOMINATE A BUSINESS:

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- Tag the business, [@centralinterlakechamber](#) & [@GimliChamber](#)
- Include [#InterlakeHolidayLights21](#) on all posts

UPCOMING HOLIDAY EVENTS

Friday, December 10th:

- Arborg Christmas Market

One (1) fan favourite will be selected for each community: Arborg, Gimli, and Riverton.

HOSTED BY



Southern Health test positivity rate over double rest of province

Staff

Public health officials Monday announced six more deaths due to COVID-19 and 539 new cases.

Saturday saw the case count jump by 191, Sunday it was 211 (the highest it's been in months), and Monday's new cases numbered 137. Manitoba's active caseload at press time was at 1,613.

Breaking it down by region, Winnipeg added 186 cases over the weekend followed by Southern Health-Santé Sud with 176, Northern with 79, and Interlake-Eastern and Prairie Mountain with 49 each.

A total of 152 Manitobans are in hospital due to COVID-19, including 104 with active COVID-19 (still infectious). A further 30 people are in intensive care, including 24 who are still actively contagious.

Of the active hospital admissions, 67 per cent of patients were either not vaccinated at all (62 per cent) or only partially vaccinated (five per cent).

In intensive care, the unvaccinated make up 92 per cent of the active

cases.

With the weekend's reported deaths, a total of 1,334 Manitobans have died due to COVID-19.

The five-day COVID-19 test positivity rate was 6.3 per cent provincially and 4.1 per cent in Winnipeg on Monday.

Last week, the province updated its regional test positivity rates. Southern Health, which has the lowest vaccination uptake in Manitoba, had a test positivity rate of 15 per cent.

In the Interlake-Eastern region, a total of 130 active cases were reported as of Monday. Winnipeg Beach/St. Andrews reported 29 cases, followed by Arborg/Riverton and Springfield, both reporting 20. Selkirk and Stonewall/Teulon both had 12; Fisher/Peguis, eight; Beausejour, Gimli and the Unknown district, all six; Powerview/Pine Falls, five; St. Laurent, three; St. Clements, two; Northern Remote, one; and Whiteshell, Pinawa/Lac du Bonnet and Eriksdale/Ashern all reporting zero.

The gift that keeps giving

By Nicole Brownlee

Former representatives of a Grahamdale community building have distributed the last of the centre's funds to the community, surprising residents once again with their generosity.

The group who owned Camper Hall decided to sell the longstanding community hub this fall. The hall had declined over the past decade with very few bookings to sustain its maintenance costs. Joyce Stewart and Darlene Monk donated the money made from the sale of Camper Hall in September to local fire departments and schools in the area. Around \$69,000 was donated to purchase fire fighting equipment, support graduation bursary awards and school field trips.

However, Stewart and Monk weren't done yet and have since distributed the hall's savings that were set aside to pay for the property.

"We just picked things that we thought needed money," said Stewart.

The charitable duo gave \$10,000 to the Ashern Day Care Co-op Inc., \$25,000 to the Lakeshore Hospital Guild and \$10,000 to the Elizabeth M Crowe Memorial Hospital Guild.

The donation was a welcome surprise for the Ashern Day Care after fundraising for over four years to develop the facility's playground.

"When (Monk) showed up with a cheque, I was absolutely flabbergasted. It put me into tears," said Maria Warrenner, director of the daycare.

The daycare had spent years selling wreaths, chocolates, coffee, 50/50 tickets and more to raise money for the construction project. The Camper Hall donation pushed their fundraising over the edge, finally reaching their goal of around \$30,000.

"It was the icing on the cake," said Warrenner.

The daycare can now add shade structures, a climbing hill with a built-in tunnel, fall zones, sandboxes, playhouse structures and accessibility ramps. The funds will also be used to update fencing and sheds.

"We're very grateful and thankful for the community spirit," said Warrenner.

After receiving the \$25,000 donation, Shelley Bjornson contacted Lakeshore Hospital's acute care manager and asked them what's on their wish list.

"Getting a lump sum like this will let us make some major purchases," said Bjornson, chair of the guild.

The hospital guild meets with representatives from the hospital four times a year to decide



EXPRESS PHOTO BY MARIA WARRENER
Darlene Monk and Joyce Stewart donated \$10,000 on behalf of Camper Hall to the Ashern Day Care.

where to place donations. Recently, the guild was asked to gift an automatic chest compression machine, a LUCAS, which helps treat patients in cardiac arrest.

"Rather than performing manual CPR, it's a machine that you put on the patient, and it delivers consistent chest compressions," said Bjornson.

"It'll free up a staff member to deal with other emergency situations."

A LUCAS machine would help patients in transport and critical care.

The guild has also received requests for recliners in patient rooms to make long-term visitors more comfortable when staying long hours with a loved one in care and several other items.

"We're very happy that (the Camper Hall committee) recognize that the guild does a lot in the community for our hospital and all the people in the surrounding areas," said Bjornson.

The remaining funds raised by Camper Hall were donated to local cemeteries.



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Gimli lights up the season with dazzling bandstand installation

By Patricia Barrett

Talk about lighting up the town. The Gimli Chamber of Commerce went all out to light up residents and visitors' lives with a light installation at its bandstand.

And it got a surprise donation from a Winnipeg florist.

The bandstand installation was completed last weekend and was made possible with a grant from the Manitoba Chambers of Commerce.

"The Gimli chamber got a grant from the Manitoba Chambers of Commerce to support a local initiative," said chamber co-president Cheryl Buhler. "We put on our Moonlight Madness event and partnered with the Central Interlake Chamber of Commerce to support regional shopping and host a decorative lighting competition. We also decorated our bandstand."

The chamber wasn't expecting to receive roughly \$10,000 worth of decorative items from a Winnipeg's House of Silk, said Buhler. Melanie Norbury, who owns the florist shop, offered Gimli a whole lot of cheer with her super-sized donation of wreaths, garlands and a 10-foot pine archway that was installed at the foot of the bandstand.

One of the chamber's volunteers has a connection to Norbury, said Buhler, and mentioned that the Gimli chamber was sprucing up the town.

"The chamber's initial idea was to buy some decorations for the town," said Buhler. "We had no idea this was coming from House of Silk. It's just amazing."



House of Silk donated large wreaths for town streets.

Volunteers helped decorate the business core. The Municipality of Gimli also installed its Christmas tree at the harbour, which Mayor Lynn Greenberg lit last Friday.



The RM of Gimli erected a Christmas tree at the harbour last weekend.



EXPRESS PHOTO BY WARREN HILL
The chamber's destination brand committee had metal bonfire pits made with the Gimli logo.



EXPRESS PHOTOS BY PATRICIA BARRETT

The 10-foot archway at the bandstand and other festive décor was donated by Winnipeg's House of Silk.



EXPRESS PHOTO BY ANDERS KUUSSELKA

Light therapy, anyone? The installation at the Gimli bandstand was completed last weekend.

B I N G O

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15 Regular Games @ \$60.00

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BONANZA	\$10,566.00 +
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STAR	\$908.00 +
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(Estimated amounts at time of publication)

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lumber and similar items.

Cleanfarms is a non-profit, agricultural industry stewardship organization that contributes to a healthier environment and a sustainable future for present and future farm families by recovering and recycling agricultural and related industry plastics, packag-

ing and products. It is funded by its members in the crop protection, fertilizer, seed, animal health medication and grain bag industries. It has staff located in Moose Jaw, Lethbridge, Etobicoke and St-Bruno, Que.

Message from Superintendent, Roza Gray and Board Chairperson, Penny Helgason

Every day the students in our schools are asked to work together to make their classrooms safe places to learn, to challenge themselves to learn new ideas, and to view problems as opportunities to become stronger. The pandemic has demanded that our communities respond similarly; to keep one another safe, to learn and adapt to changes, and to develop resilience in the face of one of the most challenging times in our recent history.

This community report is evidence of the significant efforts of students and staff who continue to work and learn during the pandemic. Over the course of closures and returns to school, we re-imagined what learning could look like from home, and then adjusted our practices for a pandemic return - physically distanced, masked and practicing the fundamentals.

We believe in the importance of communication and transparency, and understand that these values are even more critical in difficult times. You will find enclosed in this report student learning data, activities and supports for student well-being, and information related to our finances and governance. This publication includes both an overview of the implementation of our education plan during the pandemic, and a look forward to the current school year and the one to follow.

Our Education Plan priorities were extended to June 2023 to

accommodate the interruption caused by COVID-19.

The pandemic has clearly demonstrated what we know to be true – that our schools are reflections of our communities. We are proud of what has been revealed by the challenges of the pandemic – that our children, staff and communities help one another to find strength, and embody Evergreen’s vision to ‘learn today to improve tomorrow’.

Vision

Learning Today to Improve Tomorrow

Mission

Evergreen School Division will engage students in learning to become contributing citizens of a democratic society

Land recognition

We acknowledge the traditional territory Evergreen School Division resides upon as Treaty One and Treaty Two territory and the Metis homeland. We honour our partnership with Indigenous peoples and respect their gifts of history, culture and language. We commit to moving forward in partnership with Indigenous peoples and communities in a spirit of collaboration and reconciliation.

Adjusting to the pandemic

In looking back on the last 20 months, the number of changes and updates that were required are somewhat dizzying.

2019-2020 Our schools closed and students moved to learning from home with learning packages and/or virtual classes. In June we partially re-opened for student meetings/assessments, created drive-in/ drive-by year end celebrations and re-imagined graduation ceremonies within outside gathering limits.

2020-2021 In the summer, the Division planned for three return to school scenarios, all of which occurred, but with changes based on evolving public health guidance. When schools started in September, desks replaced tables, non-essential materials were removed, some classes were spread over two rooms, other spaces (such as multipurpose rooms, staff rooms, libraries and gyms) were re-purposed as classrooms based on school needs, additional information technology resources were in place, sinks were added to hallways, hand-sanitizer stations were placed in every classroom and school entrance/exit, student cohorts were created, contact tracing occurred for positive cases, frequent update letters were sent home, tri-conferences went virtual, new staff were hired/ others were re-assigned, sports, clubs and some classes were cancelled, bus ridership and routing were adjusted, and teachers revised instructional practices to accommodate for physical distancing.

2021-2022 This year vaccinations,

testing mandates, staff shortages and a gradual return to pre-pandemic activities have been incorporated into the many changes that began last year and still continue. As we struggle with periodic shortages of staff and changing public health guidance, we appreciate your patience and understanding.

Despite all the uncertainty, change and interruptions, there are some significant successes to celebrate:

- Unlike most schools in the province, all our students were able to attend school daily last year.



- Our student and staff attendance was better during the pandemic than it was in previous years.
- Although some students and subjects were more affected than others, with the additional teaching and educational assistant support added to schools last year, student learning was generally on par with

previous years.

- High school students’ May 2021 survey results reveal an increase in students’ perception of safety.

Throughout the pandemic, our staff has been giving their all. We are deeply indebted to those who went above and beyond their usual roles to make schools and buses safe, to reach and teach students at home, to communicate with parents/ caregivers and to be creative and fun when options were limited. Our staff remain optimistic and caring even when they themselves are uncertain and tired. Thank you to our students, staff and community for ‘showing up for one another’.

Families can now book appointments for their 5-11 year olds to receive their seasonal flu and COVID-19 vaccine at pop-ups and the Selkirk Supersite.

Book an appointment for 5-11 year olds by calling 1-844-626-8222 between 6:00am and 8:00pm, seven days a week or by using the online booking system originally put in place for the COVID-19 vaccine: <https://patient.petal-health.com/login?groupid=6032>

Pop-up clinics are available during the month of December as indicated:

DEC 11, 2021 | 9AM - 4PM
GIMLI - NEW HORIZONS

DEC 17, 2021 | 1PM - 8PM
GIMLI - NEW HORIZONS

DEC 13, 2021 | 1PM - 8PM
GIMLI - NEW HORIZONS

DEC 18, 2021 | 9AM - 4PM
GIMLI - NEW HORIZONS

DEC 15, 2021 | NOON-7PM
RIVERTON COMMUNITY HALL

DEC 20, 2021 | 1PM - 8PM
GIMLI - NEW HORIZONS

EDUCATION PLAN

Literacy and Numeracy

Literacy So Far ▼

Important work has been undertaken and completed during the time of this Education Plan. This includes:

- The creation and implementation of our own Evergreen School Division Teaching Support and Assessment documents in writing for grades 1 to 8. This supportive resource helps establish clear and consistent standards through assessment rubrics and exemplars for quality writing at each grade.
- Our student achievement results for English Language Arts continue to be consistent with Provincial averages.

Literacy—Next Steps ▼

We continue to move forward within this priority area and will continue working on the following to 2023:

Extending the divisional writing supports into high school English Language Arts.

Embedding additional measures and instructional approaches for early reading interventions.

Numeracy So Far ▼

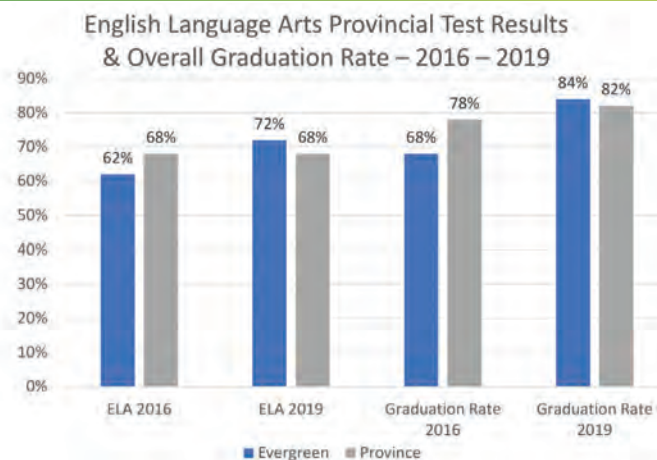
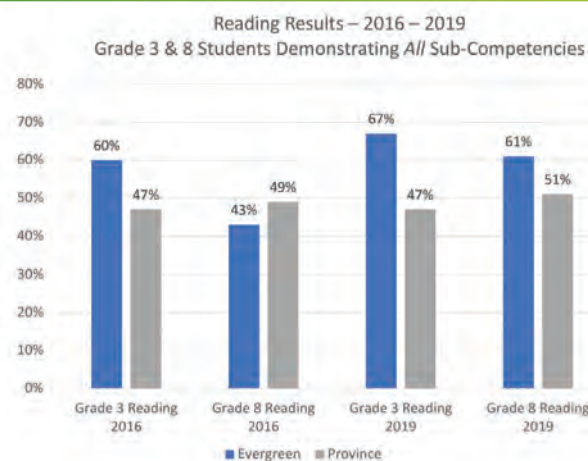
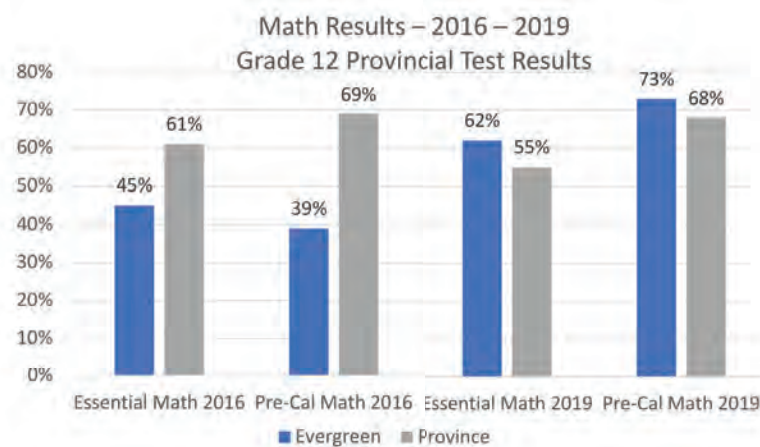
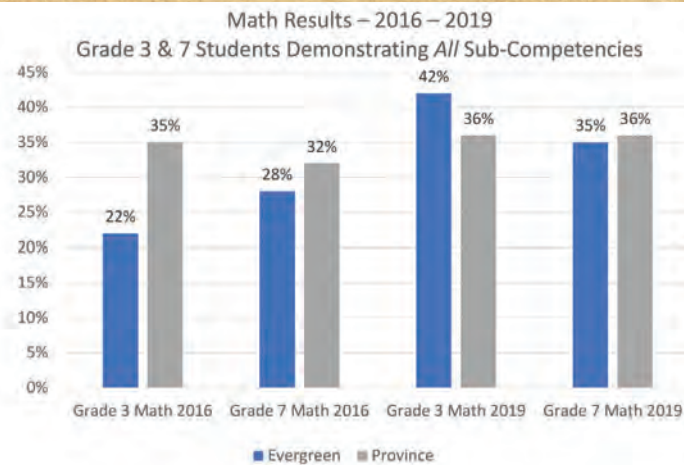
We have made significant investments and have seen significant improvements in math over the course of this education plan. This has included:

- Participation in the Manitoba Rural Learning Consortium's "Numeracy Achievement Project", including the establishment of common assessments, pacing guides and 'reach back quizzes' for grade 4 to 9.
- Establishing common math assessments and consistent pacing and instructional strategies in high school math courses.
- Dramatic improvement in provincial math test results – from being near the bottom of provincial rankings in 2015 to being at or above provincial averages on each grade 12 test.

Numeracy—Next Steps ▼

We will continue to support the excellent work of our teachers. This will include establishing consistent math approaches in early years and maintaining our focus at middle and high school.

We will also continue to extend the development of common assessments and pacing guides for teaching in grades 1 to 4 and grades 10 to 12.



Well-Being

In Evergreen we embrace a wide number of programs and initiatives to enhance students' well-being.

The following school stories reveal some of our beliefs related to well-being including:

- Students' well-being is enhanced first in the classroom. A variety of resources and programs have been selected for use by our teachers.
- Sometimes our classrooms are outside in nature or in the community.
- When we help others, we feel better too, so some of our well-being activities involve advocacy, giving and citizenship activities.
- School resources and activities provide additional supports to students.
- High expectations for student behaviour contribute to feelings of safety and security, in addition to helping us learn.

Time to Talk ▼

Riverton Collegiate received Jordan's Principle (Indigenous Services Canada) funding to hire a Wellness Worker /Elder position. Elder Terry offered smudging and culturally affirming and inclusive ceremonies for students and staff. Students were also given opportunities for routine and consistent "check-ins." These short and important interactions supported students in identifying feelings ("name them to tame them") and reminded students that it's okay to feel what they're feeling and to get help.



Well-Being Presentations and Messages ▼

Arborg Collegiate supported students' well-being with presentations to classes and the school on various mental health topics, including internet safety. Students also completed a washroom mural with positive messages to remind students to be hopeful and maintain a positive attitude.



Socio-Emotional Learning ▼

Arborg Early Middle

School students continued their focus on conflict

management and healthy relationships. The school selected a new character education program with an aboriginal perspective. The 7 Sacred Teachings include lessons related to the values of honesty, courage, wisdom, truth, respect, humility and love. These traditional teachings share important lessons to guide our interactions.



Well-Being ▼

Dr. George Johnston Middle School celebrated mental health with classroom learning and activities to increase well-being. Teachers were provided with resources from the Canadian Mental Health Association including 'thrival kits' which were used in 5-6 classrooms. Our annual career day went ahead as a virtual affair. In March, students also participated in a 'winter fun day' by cohort and had an outdoor dance party! A wellness day followed in May with an RCMP presentation on internet safety.



Advocacy for a Music Learning Space ▼

Quietly, at a time during the pandemic when playing instruments was not permitted, the new music learning space at Gimli High School was completed and opened to students. It was especially meaningful to those who participated in or understood the advocacy that was necessary to see the project come to fruition.

Student feedback:

"Thank you for fighting to give us this incredible space."
"Every generation of GHS students will appreciate this."

"Band isn't just about learning music, it teaches resilience, perseverance, hard work and much more."

"This journey has shown kids their voices are valid and that they can make a change."



Stories about Wellness ▼

Part of well-being is learning different ways to handle emotions. By sharing the book "EVEN SUPERHEROES HAVE BAD DAYS", Winnipeg Beach School students learned that just like everybody else, superheroes can have bad days and may need some help. Learning how to help super-heroes makes it easier to ask for a hand when we need it! Students also created and delivered gratitude and kindness cards to one another.



Community Learning ▼

Riverton Early Middle School students participated in a week of activities hosted by the Riverton and District Friendship Centre, including listening to stories and learning from Elder Debbie Huntinghawk. The students also got active with Zumba, learned about the 7 sacred teachings and made their own dream catchers!

Awareness and Fundraising ▼

Sigurbjorg Stefansson Early School chose the Juvenile Diabetes Research Foundation as their charity of choice. Students participated in the "Dimes for Diabetes" walk and raised over \$1200 for the JDRF. Classes also did an extra 100 minutes of physical activity as part of staying healthy and painted 100 rocks which they hid around the playground to build awareness.



GOVERNANCE AND OPERATIONS

Governance

The Evergreen Community participated in a province wide effort to let the Provincial Government know that Bill 64 was not what we wanted for our communities or our education system. Advocacy efforts from parent groups, teachers, support staff, system leaders and citizens keen on local democracy carried the day and the Bill was ultimately withdrawn. Like many across the province, we believe that decision making for our schools and communities is better when it occurs locally.

Evergreen School Division will continue to stand for:

Putting Students First: We embrace responsibility for continuous improvement in student learning and well-being. In Evergreen we have recent examples of dramatic improvement, thanks to local decision-making and local investments in our students and staff.

Public Education that Serves the Common Good:

We are committed to advocating for public schools to be funded appropriately to meet the diverse needs and pathways of our students. Continued underfunding will diminish our ability to meet student needs.

The Board of Trustees is seeking feedback from the public on a proposal to reduce its size from the current 9 trustees to 7 trustees at the next school board election in the fall of 2022. This reduction will increase our compliance with provincial legislation

regarding trustee-to-voter population ratios and will bring us in line with other school divisions of similar size. The current ward boundaries would remain unchanged.

The allocation of trustees under this new proposal would be as follows: Winnipeg Beach – 2 trustees; Gimli/Fraserwood – 3 trustees; Riverton/Arborg – 2 trustees.

Infrastructure

The Division has been very successful in lobbying central services for major capital improvements to enhance our schools and increase their longevity: brick veneer replacement at Riverton Collegiate and roof replacements at Gimli High School and Arborg Early Middle School

As a part of our longer-term planning, we recently enhanced our infrastructure to increase efficiency by upgrading automated building controls, and completing part of a division wide energy efficient lighting project, and inspecting our ventilation systems to ensure they are in excellent working order. We also took advantage of the pandemic restrictions to enhance our learning spaces: outdoor classroom at Riverton Collegiate; hard top playing surfaces at Winnipeg Beach School and Arborg

Early Middle Years School; washroom updates at Riverton Early Middle School, Riverton Collegiate, and Dr. George Johnson Middle School and floor replacements in many schools.

Also, last fall the new music learning space at Gimli High School was completed and open to students. This Division funded project followed years of advocacy by Evergreen School Division staff, students and community. See photo and student feedback on the previous page.

Mature Student Program

The Mature Student Program in Evergreen School Division is a flexible, program for with a continuous intake, running from September to June. This program provides students with the opportunity to improve employment prospects and upgrade skills to meet the entrance requirements for post-secondary education. This Division funded program is in its fifth year. Annual enrolment is approximately 40 to 50 students, with as many as a third of the participants completing their diploma annually. Without this program, distance is a barrier as students would need to travel to Selkirk or Ashern.

Funding constraints make it challenging for the Division to continue to offer this program, so provincial funding will be necessary if the program is to continue to be offered locally.

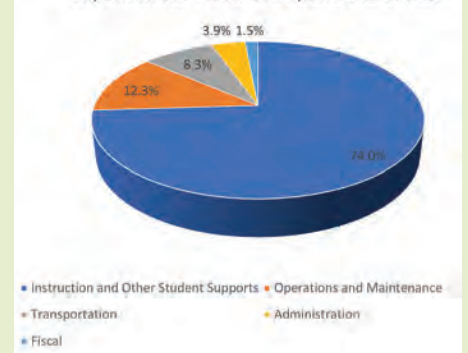
Finances

Overview of our current budget:

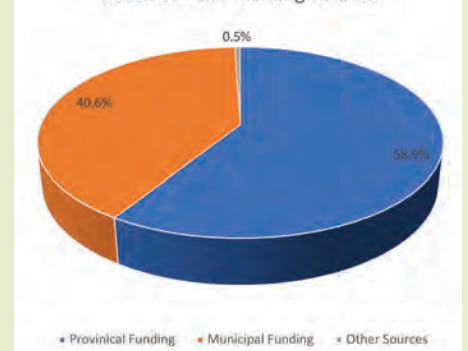
Evergreen School Division has experienced funding cuts every year for the last 5 years. As a Division we have been able to maintain the majority of our programming by employing strategic budget and staffing reductions, purchasing through economies of scale and sharing specialized staff across schools. We have further been successful in obtaining grants/specialized funding for projects and initiatives. However, our ongoing ability to insulate the classroom from continued funding cuts is extremely limited. With rising costs and recent wage increases, all Manitoba school divisions will be faced with significant cuts to offset the funding shortfall unless additional funding is received.

We invite your feedback to help us discern which programs are most important to the Evergreen community. Please watch for our survey which will be sent to families and posted on our website and social media pages.

Expenditures - How We Spend the Dollars



Revenue - Our Funding Sources



You can reach us at

esd.ca

@evergreen_sd

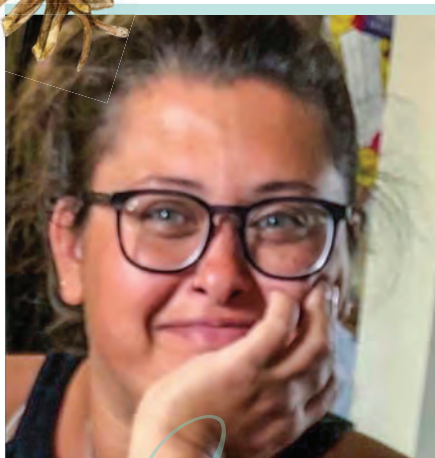
@Evergreen School Division

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To activate your Edsby account, please contact the school



In tribute to Robert Arnason, a caring and committed teacher, principal and school trustee.



In tribute to Tiffany Desjarlais a valued and respected school bus driver

Manitoba

Winter Explorer Ideas

Winter fun for the whole family

Families who play together, stay together. Use our Winter Explorer Guide to welcome winter by planning some family activities—both indoors and outdoors—that will have you enjoying the snowy season with some extra laughs.



↑ FortWhyte Alive



SCAN THIS QR CODE to open the Winter Explorer Guide on your phone.

TRAVEL SAFE IN MANITOBA

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

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Be prepared to provide proof of vaccinations at restaurants, events and museums
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.



↑ A Maze in Corn

SNOW MAZE

📍 MANITOBA CENTRAL

A Maze in Corn in **St. Adolphe** is home to the world's largest snow maze that holds the official Guinness title. The maze will take a family over 45 minutes to navigate, and warm-up fire pits and snow sculptures will help you navigate through the snowy corridors. Other activities include a sky-high toboggan run, horse-drawn sleigh rides and an ice bar.



PHOTO: J.P. MEDIA WORKS

↑ Assiniboine Park Zoo

JOURNEY TO CHURCHILL, ASSINIBOINE PARK ZOO

📍 WINNIPEG

From Arctic foxes and ringed seals to wolves and polar bears, Journey to Churchill is the perfect winter activity, especially considering these animals love the cold weather. See polar bears swim in the underwater Sea Ice Passage or play outside your window at the Tundra Grill. The indoor Polar Playground is a great place for kids to burn more energy.



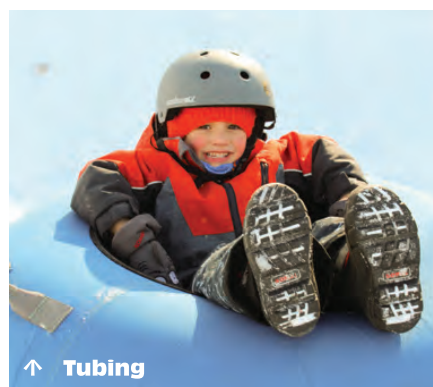
PHOTO: LAKEVIEW HOTELS

↑ Hecla Lakeview Resort

INDOOR POOLS AND WATER PARKS

📍 MANITOBA CENTRAL 📍 MANITOBA WEST

Plan a getaway to Elkhorn Resort or Hecla Lakeview Resort, two all-inclusive family resorts that boast top water parks, including outdoor pools and hot tubs. Check into a hotel with a waterslide, such as Days Inn (**Steinbach**), Canad Inns Destination Centre (**Brandon**) and Fairfield Inn & Suites by Marriott (**Winnipeg**). Or plan a day trip for affordable family fun. **Swan Valley** and **Portage la Prairie** have great indoor pools at their recreation complexes.



↑ Tubing

VALLEY VIEW TUBING HILL

📍 MANITOBA CENTRAL

Slide to your heart's content at the Valley View Tubing Hill located in the **Assiniboine River Valley**. Valley View is a perfect day trip for families with little ones who don't feel comfortable on skis or snowboards just yet. Kids of all ages will love swooshing down the hill and spinning in delight. The groomed run includes a tow rope system and tube rentals.

Find more family fun ideas at manito.ba/winter-explorer.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.



Turkey dinners for sale in support of Riverton Christmas Cheer Program

By Nicole Brownlee

Turkey, stuffing, cabbage rolls and all the fixings are a part of the Riverton & District Friendship Centre's latest fundraiser for the Riverton Christmas Cheer Program.

All profits from the \$15 meal on Dec. 9 will go towards creating hampers with turkey, treats and toys for families this holiday season.

"We're really hoping that it'll be a huge success because we really need all the help that we can get," said Desarae Bilinski, program manager at the Friendship Centre.

As of Dec. 1, the Friendship Centre had over 100 orders for the turkey dinners, which include turkey, stuffing, mashed potatoes, cabbage rolls, perogies, vegetables and gravy.

"The meal that we're providing is really beautiful," said Bilinski.

"Not only are you going to be contributing to an amazing organization and helping out during this holiday season, but you're also able to enjoy a nice meal."

The Friendship Centre has offered the Christmas hamper program for four decades, but the turkey dinner is a new addition to fundraising efforts.

"We typically do fundraisers and markets. ... (But) we really do need that extra help in order to make (the food bank) successful," said Bilinski.

Like many community resources, the Friendship Centre's annual fundraisers were interrupted by the COVID-19 pandemic, causing their food bank to suffer.

Local businesses and individuals have donated the majority of the food for the turkey dinners, which helps the Friendship Centre retain as much money as possible for the hamper program, said Bilinski.

"Without the support of the community, we probably wouldn't be able to make this dinner or this cheer program itself happen."

As of Dec. 1, around 80 families had signed up to receive a Christmas hamper, and the centre expects more to sign up.

"A parent shouldn't have to decide whether they're going to buy their child a gift, feed their family or pay their hydro bill," said Bilinski.

The centre is also catering a dinner on Dec. 8 for ECBVerdyol, an agricultural company.



SUBMITTED PHOTO

Riverton & District Friendship Centre are taking orders for a turkey dinner with all the fixings on Dec. 9 in support of the Christmas Cheer Program.

"We're thankful for them because not only did they purchase 50 turkey dinners, but they also gave us a little bit of a donation as well," said Bilinski.


The Friendship Centre is offering to cater turkey dinners for other businesses if they're interested.

For more information, call the Riverton & District Friendship Centre at 204-378-2800

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CORRECTION

This recipe had an error that was published in our November 25th edition. The last ingredient should have read green dill (not green pepper). Our apologies to Margaret.

2nd ANNUAL 2021 HOLIDAY FAVOURITE *Recipes* Perishky

Mix:
 7 cups flour
 1 tbsp instant yeast (fast rising)
 1 tsp salt
 Beat:
 2 ¼ cups water
 ½ cup sugar
 2 eggs
 1 cup oil
 Add to flour mixture, mix and let dough rise until it doubles in bulk.
 Filling:
 4 hard boiled eggs, mashed fine
 Salt and pepper
 1tbsp butter
 1 bunch finely chopped green onion
 1tbsp finely chopped green dill
 (or more to taste)
 In frying pan add 1tbsp butter (more if needed). Add green onions and dill and fry until soft and wilted. Remove from heat and cool. Add to egg mixture, mix well. Make buns by rolling out dough to ¼ inch thick, use round cookie cutter. Put about 1 tsp of filling in dough depending on size. Do not stretch dough. To seal, wet dough all around, fold in half press together and poke in ends. Bake in a 350 degree oven until golden brown, about 25 minutes.

Margaret Hryciw, Selkirk

> EXPANSION, FROM PG. 5

improve patient flow, expand treatment capacity within the emergency departments and allow more residents in the community and health region to get the care that they need closer to home," said Stefanson.

This announcement comes after a recent story in the *Winnipeg Free Press's* Dec. 4 edition where an 86-year-old woman was transferred from Selkirk's Hospital to Notre Dame Health Centre, which meant a roughly two-hour round trip for the family visits.

In a statement sent out by Manitoba Liberal Leader Dougald Lamont, he agrees with the need to invest in rural health care but questions how this decision will help residents now.

"Not one person in Manitoba on a waitlist [of] 136,000 procedures long is going to be helped by this. We have to ask where the PC's priorities are because this is a re-announcement of a construction project. Not one dime of this announcement will pay even a single person to provide health care," Lamont said.

It is anticipated that this expansion will be completed in 2024. According to Dr. David Matear, chief executive officer for the Interlake-Eastern Regional Health Authority, the number of staff to be hired will be determined using a phased-in approach. This will be used to determine which surgeries would be involved in the expanded surgical program and, from there, they will build a surgical staffing plan and acute care staffing one based on those needs.

This announcement is one of 38 health-care projects that the provincial government has or will be announcing as part of an \$812-million investment.

"As the premier described, there are a lot of projects on-going. So this is one of many, [but] we are making sure that we're integrated in our planning, and that will be — capital funding, equipment, planning, staffing, etc. — to coincide with the opening date," said Matear.



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Gimli's youth bowlers pick up awards, earn place at National Championships



EXPRESS PHOTOS COURTESY OF DIANNA AUER

Gimli youth bowlers, pictured left to right, Aiden Falk, Hunter Masiak, Kaleia Collins, Kenadi Sherred and Nya Falk.

By Patricia Barrett

Members of the Gimli Youth Bowling Club proved their prowess on the lanes last month after picking up several awards, including gold, at the Provincial Singles Tournament.

The singles competition was held at the St. James Lanes in Winnipeg on Nov. 27.

"The Gimli Youth Bowling program is very proud of the achievements of

our youth bowlers at the tournament," said Dianna Auer, who is the director of Gimli's program.

Aiden Falk (bantam boys) took first place overall with a total of +164 pins over average (POA).

Kenadi Sherred (junior girls) finished in second place with +146 POA.

Hunter Masiak (bantam boys) finished in second place with +109 POA.

Kaleia Collins (bantam girls) fin-

ished in first place with +82 POA.

Nya Falk (bantam girls) finished in second place with +76 POA.

"Aiden Falk [won] gold and will be heading to Oshawa, Ont., to represent Gimli's very own Bowlers Lanes at the National Bowling championship

in May 2022," said Auer.

The youth practise at Gimli's Bowlers Lanes, which offers leagues for all ages. For more information about, call Bowlers Lanes at 204-642-6837.

Lakeshore Hospital Guild gives generously to the local hospital in Ashern

Submitted by IERHA

The Lakeshore Hospital Guild recently contributed nearly \$6,000 to Ashern Lakeshore Hospital for the purchase of a baby scale, crib, chart cart and blinds.

These items were a high priority for the facility and the guild was incredibly generous to fund them.

Shelley Bjornson from the guild says they are pleased to be back to fund these important items.

"Lakeshore Hospital Guild is happy to be back in action post-pandemic to assist in purchasing these needed items at Lakeshore Health Centre in Ashern to enhance the care and comfort of patients. Guild goals for 2021-22 include increasing our membership, creating more public awareness with a webpage and coming up with innovative fundraising activities. This

will help generate funds to support our hospital, personal care home and dialysis unit," says Bjornson.

Pamela McCallum, executive director of the Interlake Eastern Health Foundation, acknowledges the group's work and is grateful for their generosity.

"We are beyond thankful for the guilds ongoing support of the hospital to Ashern. We consider ourselves very lucky to live in such a caring, generous community that is so supportive of health care," says McCallum.

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



EXPRESS PHOTOS SUBMITTED

Top photo: Lenore Larson-Brown, Ramsey Tabing and Ajesh Abraham from dialysis with their new chart cart. Bottom photo: Allison Moman (staff), who also donated funds used to purchase this crib in memory of her infant son.

Annual community Christmas greetings return

By Nicole Brownlee

The Lundar Lutheran Church is ringing in their 44th year of a festive tradition, giving community members a chance to wish their neighbours happy holidays in the most socially distanced way — a community card.

Faye Goranson can't remember what led her to start the tradition in 1977, but she's happy she did it.

"The idea of the community Christmas card was that it's a way for people to connect with others in the community without having to send individual cards," said Goranson, chair of the church council.

"It's always interesting to see who the new names are and see the familiar ones that we don't see very often because of COVID."

In December, community members sign up to add their name to the church's Christmas card, donating \$6 on behalf of a family and \$4 for an individual. Local businesses donate money to pay for the postage, and every home in the Lundar, Oak Point postal area receives the card, listing the church's and participants' well wishes.

All the proceeds raised from the card collection go towards a local project or initiative that the church selects.

The church's only stipulations for the project is that it has to be current and benefit the whole community, said Goranson.

The Christmas card collection's first project helped was the Lundar Lutheran Church to build an addition.

"We wanted to build a community hall on the (church)," said Goranson.

"(The donations) went to help build a hall, a home office and a board room."

With the help of the Christmas card collection and several other fundraiser efforts, the church started

construction in 1977.

"Prior to COVID, the hall was used by the church for Sunday school youth gatherings, meals, coffee hours and studies ... all kinds of things," said Goranson.

Since 1977, the card collection has donated money to organizations like the Grettir Co-op Inc., which operates the local arena, curling rink and swimming pool, the New Horizons Seniors Club, and the E M Crowe Memorial Hospital.

"Every year, we put out a request for community groups to submit a letter explaining what their project is, what they need for it and how much they're looking to raise."

This year, the church is donating the money collected from the cards to the local pool to help fund the splash pad.

In the past, the church collected around \$800 but expects to collect around \$600 as the community fluctuates in size. The church mails around 700 cards annually.

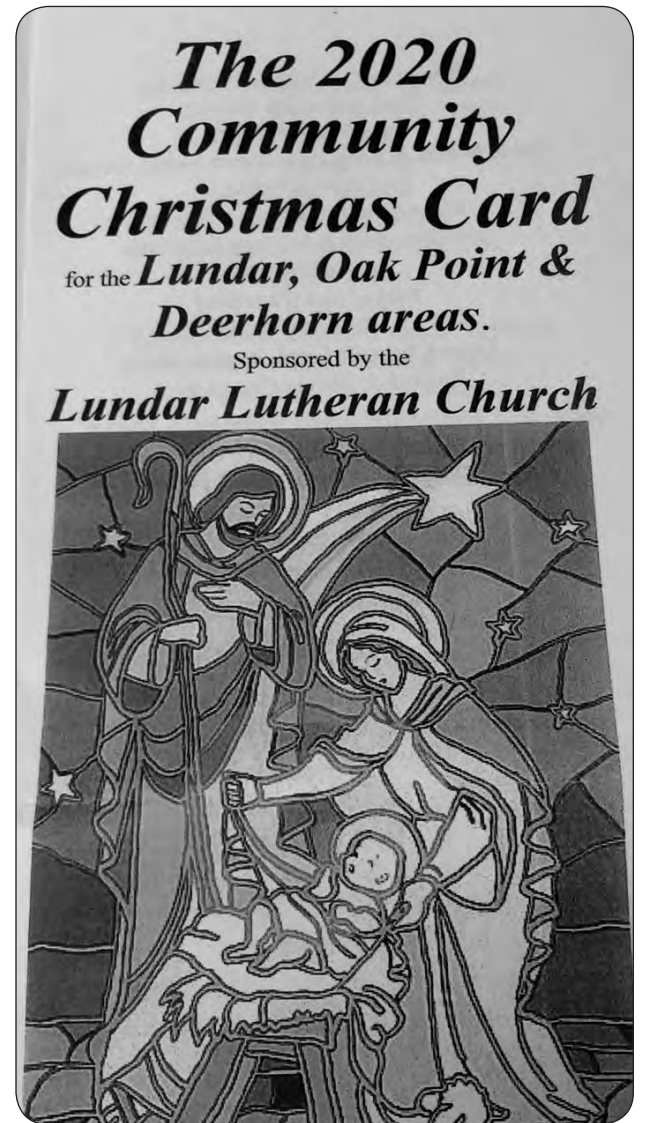
"There is a lot of interest still, and the community groups really value the money."

Kirsten Lindal, secretary of the church council, compiles the list of names, co-ordinates delivery and design and ensures the cards are received just before Christmas.

"We get calls, usually after the deadline, there will be people panicking and saying they didn't their name on the cards," said Goranson.

"After Christmas last year, I had two calls from people who were apologizing because they didn't get their names on the community Christmas cards, but they wanted to wish us holiday greetings."

Community members can sign up for the card until Dec. 14 at the Lundar General Store, Stevenson's Foods, Lundar Pharmacy and Deals for Days.



EXPRESS PHOTO BY LUNDAR LUTHERAN CHURCH Sign up and donate to be a part of the Lundar Lutheran Church's annual Christmas card fundraiser to raise money for the Lundar pool's splash pad.

Fisher Branch WI supports their community

Submitted by Patricia Witzke

Do you like winning a prize? Is supporting your community important to you?

That is the attitude that the Fisher Branch Women's Institute (WI) members feel during this festive season. For the last four weeks, they have been selling tickets at the Ukrainian Farmers Co-op, with the support of store manager Kyle Yaciuk.

The prizes that were offered included a metal fire pit made by Wayne and Stephan Smith from Smith's Autotec. A money tree with \$100 worth of lottery tickets and \$100 cash. The last one was a large Christmas lawn decoration, which was donated by Bernice Enstrom.

The winners were thrilled. All of the money collected will be given back to the community for worthy causes.

On Dec. 3, Fisher Branch had a Midnight Madness sale throughout the community. The Fisher Branch WI again rose to the occasion.

With Yaciuk's support, they set up a silent auction. All of the prizes were donated by the members of the WI. They included a large homemade bird house, a thick blanket, a cozy hoodie, a basket full of Christmas treats, ear buds, a metal meat rack, a variety of lotions and other useful items.

Many people purchased tickets.

Fisher Branch WI president Darcy Truthwaite said, "Our community always contributes to our fundraisers. They know that the money we raise will be used to support worthwhile endeavours in the area. We appreciate their generosity."



EXPRESS PHOTO SUBMITTED Eleanor and Sheena sold silent auction tickets for the Fisher Branch WI at the Ukrainian Co-op in Fisher Branch on Dec. 3.

get inspired

> MEAL IDEAS



Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4
12 button mushrooms
2 tablespoons olive oil, divided
1 large sweet onion, diced
2 medium zucchinis, diced
4-6 sun dried tomatoes, chopped
2-3 garlic cloves, minced
1 large handful spinach
1 pinch rosemary
salt, to taste

Vegan Stuffed Mushrooms

freshly ground black pepper, to taste
1 pack Violife Just Like Cheddar Shreds
finely chopped chives
Preheat oven to 350 F.
Use damp kitchen towel to clean mushrooms. Remove stalks from mushrooms. Rub with 1 tablespoon olive oil and place on lined baking sheet with empty sides up.
In frying pan, saute onions in remaining olive oil until soft then add zucchinis, tomatoes and garlic. Add spinach until wilted. Remove from heat and add rosemary, salt, to taste, and pepper, to taste.
Stuff each mushroom with vegetable mixture and sprinkle with cheese shreds. Bake 15-20 minutes. Sprinkle with finely chopped chives.



Prep time: 20 minutes
Cook time: 10 minutes
Servings: 8
35 ounces Brussels sprouts
3 green onions, finely chopped
1/4 cup gluten-free all-purpose flour
2 teaspoons salt
1 teaspoon black pepper
pink pepper
1 teaspoon paprika
1/4 teaspoon garlic powder
1 flax egg (2 tablespoons flax and 2 tablespoons water)

Vegan Brussels Sprouts Fritters

1 pack Violife Just Like Cheddar Shreds
2-4 tablespoons olive oil
mint, roughly chopped
Wash Brussels sprouts and finely slice. Place in bowl with green onions.
In separate bowl, whisk flour, salt, black pepper, pink pepper, paprika and garlic powder.
Add dry ingredients and flax egg to Brussels sprouts mixture then add cheddar shreds. Mix well and let rest in refrigerator 10 minutes.
In frying pan, heat olive oil. Use hands to make one patty with 2 tablespoons of mixture.
Shallow fry 4 minutes on each side. Remove and place on plate with paper towels to drain excess oil. Repeat with remaining mixture. Garnish with mint.



Lemon Cheesecake with Fresh Fruit

Servings: 6-8
1 1/4 cups graham cracker crumbs
1/4 cup sugar
1/4 cup butter, melted
2 packages (8 ounces each) cream cheese, softened
1 can (14 ounces) sweetened condensed milk
3 eggs
1/4 cup fresh lemon juice
1 teaspoon vanilla extract
1 orange, peeled and separated
8 raspberries
3 mint leaves, for garnish
Heat oven to 350 F.

Healthy Holidays (without Sacrifice!)

By Fitness & Nutrition Expert Julie Germaine Coram

Can I share a secret with you? Around the holidays, I have a slight addiction to Ritz crackers and Ferrero Rocher. If these are at a party, I cannot NOT have some. And why wouldn't I? The holidays are a time for celebrating with loved ones and indulging in life's joys, including deliciously sinful foods.

The downside, of course, is that when January rolls around, your clothes are feeling a bit snug and you suffer from regrets about your dietary decisions.

I have two solutions for you that have both worked well for me and my clients. The first involves self-control, research, and lifestyle changes to help you maintain your figure all winter-long. The second suggestion is my best advice to allow you to live it up this month without accepting that your 2022 wardrobe is going up a size.

Solution 1: portion control

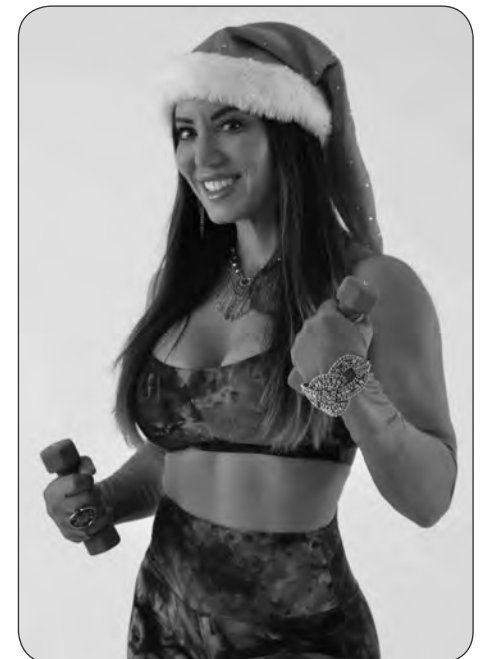
Once upon a time I religiously counted calories before anything passed my lips, but I will never do that again. This kind of obsession is not healthy and is unrealistic as a long-term solution to fitness. Instead, I preach portion control. A quarter of your plate should be protein, such as meats, beans, or eggs (or a combination that could include nuts and cheeses). Whole grains should also be approximately the same size, including brown rice, whole wheat breads and pastas, or quinoa. The remaining half of your plate can heap with vegetables and fruits of all colours. Check out <https://food-guide.canada.ca/en/> for a visual representation of this, and to try their many nutritious recipes.

Solution 2: commitment immedi-

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed. Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.



Health and Wellness Fitness expert Julie Germaine Coram

ately to a fitness program

If you sign up NOW (not on January 1) and invest in a fitness program, then you'll have support from a nutrition expert immediately who can give you tips and tricks to overcome cravings and eat well 90% of the time during all of December, so your events don't take over and makes a train wreck of your healthy regime. You will also be guaranteed to shed off any weight you did put on immediately because you are getting Pro advice on how to adjust your daily food intake to enhance fat loss in a healthy, lasting way.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit juliegermaine.com or schedule a free 15 minute diet consultation at www.calendly.com/juliegermaine

Coach Julie Germaine Coram is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs knock off Fishermen, Warriors

By Brian Bowman

The Arborg Ice Dawgs had quite the weekend.

On Friday, the Ice Dawgs handed the Selkirk Fishermen their first real loss of the season.

Jack Einarson snapped a 1-1 third-period tie with a pair of goals just 28 seconds apart to lead Arborg to a 3-2 road victory in Capital Region Junior Hockey League action.

Einarson finished the game with three points.

Braydon Stevenson scored a first-period goal for the Ice Dawgs while Jordan Donald and Braeden Hummel replied for the Fishermen.

Brandon Kowalchuk made 32 saves for the win.

Arborg then defeated the Warriors 5-2 in St. Malo on Saturday.

Einarson netted a hat trick to go

along with an assist while Brayden Stevenson scored twice and added an assist.

Kalen Guimond chipped in with a pair of assists.

Ashton Dubois and Jaden Gosselin scored for St. Malo.

Kowalchuk made 25 saves for the win.

Selkirk, which was awarded a loss earlier in the season after using an ineligible player, leads the five-team league with 36 points. Arborg, now on a three-game winning streak, is in second place with 24 points.

Arborg will visit the Lundar Falcons on Friday (8 p.m.) and then host the North Winnipeg Satelites Saturday (7:30 p.m.).

Lundar, meanwhile, was blanked 6-0 by Selkirk on Saturday.

Devon Whiteside made quite the de-



EXPRESS PHOTO BY JOHN PODWORNIAK

The Arborg Ice Dawgs' Dyson Pelletier controls the puck in the Selkirk Fishermen's zone on Friday evening in Selkirk. Arborg defeated the first-place Fishermen 3-2.

but in his first game of the season for Selkirk, scoring three goals to lead the Fishermen to the road win.

Reece Tessier also had a strong game with a goal and two assists while Kyle Folhoffer and Nick Magwood also tallied.

Brendan Hocaluk made 21 saves for the shutout.

On Friday, Lundar lost 5-3 to the Warriors in St. Malo.

Evan Wuerch scored the game winner midway in the third period and then he added an empty-net goal with 1:05 remaining in regulation time.

Lundar's Jayden Timlick and Ryan Gleich each had a goal and an assist while Bryce Allary also tallied.

The Falcons' Riley Wirgau chipped

in with two assists.

Dubois, Jack Towes and Levin Penner also scored for the Warriors.

Dillon Rapinchuk stopped 36 St. Malo shots.

On Nov. 30, the Falcons were defeated 3-1 by the Satelites at Billy Mosienko Arena.

Riley Wirgau scored for Lundar in the second period.

North Winnipeg's Riley Behun scored twice in the first period and then Isaiah Sagriotis-Castandea tallied in the third.

The Falcons will play the Warriors in St. Malo on Saturday (8 p.m.). The game was originally scheduled to be played on Nov. 13.

PHOTO CALENDAR

Merry Christmas

Memories you can cherish all year round!

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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THE EXPRESS
WEEKLY NEWS

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Lightning snap 10-game losing skid

By Brian Bowman

The Interlake Lightning U18 "AAA" male hockey team's losing streak is over.

Interlake snapped a 10-game losing skid with a solid 3-0 win over the Pembina Valley Hawks on Saturday in Morden.

After two scoreless periods, Nic LeClair put Interlake on the board at 6:46 of the third. Kadyn McMahon added a power-play goal about four minutes later and then Liam Foley netted an empty-net goal with 13 seconds remaining.

Interlake outshot Pembina Valley 20-11 in the third.

Ty Hogue was outstanding in goal, stopping 49 Hawks' shots.

Last Wednesday, Interlake put forth a solid effort in a 3-1 road loss to the Winnipeg Wild.

Keefe Gruener scored a shorthanded goal for the Wild just 4:38 into the game and then Jack Kabulak made it 2-0 about five minutes later.

McMahon scored the Lightning's lone goal on the power play at 15:52 of the third.

Winnipeg's Aiden Wuerfel replied with a power-play goal at 17:30 of the

third.

Zach Meadows made 41 saves in the losing cause.

The Lightning will head east this weekend to play the Kenora Thistles on Saturday (7:30 p.m.) and Sunday (3:30 p.m.).

In U18 "AAA" female action, Interlake was defeated 6-1 by the Yellowhead Chiefs on Sunday.

The Lightning's Tessa Stewart scored her first goal of the season. Assists went to Kenady Christensen and Brooke Wadge.

Interlake goaltender Rachel Hallderson stopped 50 Yellowhead shots.

Earlier in the day, the Lightning dropped a 5-1 decision to Pilot Mound.

Interlake's goal was scored in the third period by Sarah Shewchuk, assisted by Emerson McAuley and Mackenzie Waddell.

On Friday, Interlake was defeated 1-0 in overtime by the Central Plains Capitals.

Hallderson was very good in goal once again, making 51 saves.

The Lightning will play the Winnipeg Ice on Saturday (2 p.m.) at the Bell MTS Iceplex.



EXPRESS PHOTOS BY RICK HIEBERT

U18 'AAA' Lightning goaltender Ty Hogue made 49 saves as Interlake shut out the Pembina Valley Hawks 3-0 in Morden on Saturday.

Peguis pounds Cross Lake twice last weekend

Staff

The Peguis Juniors pounded the Cross Lake Islanders in a pair of Keystone Junior Hockey League games last weekend.

Peguis completed the sweep with a 10-3 home victory on Sunday afternoon.

Ayden Daniels paced Peguis with a hat trick while Nathaniel Murdock had two goals. The Juniors' other goals were scored by Ayden Manningway, Dorian Sinclair, Darian Murdock, Shaydon Mousseau and Gabriel Beaulieu.

Tyrese Bear stopped 22 Cross Lake shots for the win.

On Saturday, Peguis crushed Cross

Lake 13-6.

Keelian Levasseur led Peguis with five goals and an assist while Mousseau had two goals and six assists and Beaulieu added two goals and five assists.

Lyle Murdock had two goals and two assists while Kyle Cochrane added a goal and an assist. Sundance Paul also tallied for the Juniors. Manningway picked up three assists.

Bear made 20 saves for the win.

The Juniors, now 8-3-0-1 and tied for first place with OCN, will host the Norway House North Stars on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).



The Lightning's Andrew Thevenot and Kaydyn McMahon celebrate Interlake's power-play goal.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U15 'AAA' Lightning struggle in lopsided losses

Staff

The Interlake Lightning gave up seven third-period goals in a 13-1 road loss to the Brandon Wheat Kings in U15 "AAA" action last Saturday.

Evan Deprez scored a second-period goal for the Lightning.

The Wheat Kings goals were tallied by Cole Temple (four), Roan Michalchuk (three), Easton Odut (two), Brady Turko (two), Jaxon Jacobson and Dustin Bell.

Last Wednesday, Interlake lost 7-1 to the Winnipeg Bruins Gold.

Deprez scored a second-period power-play goal for the Lightning.

Maxx Hamelin (three), Mikey Thomas (two), Danny Cross and Ridley Ringor tallied for Winnipeg.

Lightning goaltender Jackson Vandersteen stopped 50 Winnipeg shots.

The Lightning will visit the Parkland Rangers in McCreary on Friday (6:30

p.m.) and then will play the Southwest Cougars Saturday (2 p.m.) in Hartney.

The U17 "AAA" Lightning, meanwhile, were defeated 4-1 by the Winnipeg Wild on Friday in Warren.

Trailing 3-0 early in the second period, Interlake's Adam Vigfusson scored, assisted by Brandon Burak and Hayden Kaczorowski.

Marlen Edwards had a hat trick for Winnipeg while Reece Unrau also tallied.

Interlake netminder Alex Myers stopped 41 Winnipeg shots.

Interlake will play the Winnipeg Bruins on Wednesday (6:30 p.m.) at Southdale West before hosting the Winnipeg Thrashers on Friday (7:30 p.m.) in Warren.

On Sunday at noon, the Lightning will take on the Wheat Kings in Brandon.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

I	R	D	N	I	N	O	T	S	S	E	R	V	
N	V	H	N	O	I	S	S	E	C	E	S	S	
E	F	I	N	K	E	H	T	R	E	D	N	O	G
B	A	B	A	V	A	R	I	N	I	B	L	I	
S	S	T	R	V	R	O	N	I	S	C	V	C	
S	S	S	S	E	L	V	L	V	T	R	C		
H	V	A	P	A	N	I	R	A	V	A	N	E	
H	A	S	A	L	H	H	H	E	N	E	V	A	
C	E	C	S	V	S	P	O	T	S				
S	E	O	R	V	E	L	H	E	S	P	A	S	
Y	H	O	R	P	A	K	E	K	A	V	N	M	
T	S	I	R	E	R	E	C	A	V	K	A	S	
T	H	T	G	O	G	A	G	O	M	O	D	R	

Crossword Answer

CROSSWORD

CLUES ACROSS

- Polish city
- Very eager
- Identifies a specific person or thing
- Tennis great Naomi
- One concerned by professional advancement
- PGA Championship reward
- A fashionable hotel
- Norse mythology afterlife location
- Stood up
- Car mechanics group
- Weather forecasters use it (abbr.)
- Broken branch
- Astronomy unit
- East Asian nursemaid
- "Airplane!" actor
- Exclamation that denotes disgust
- "Batman" villain
- Downfalls
- Philippine province
- Once-vital TV part
- Valley
- Tax
- Classic Scorsese film
- Subway dwellers
- Book part
- Taxi
- Pancakes made from buckwheat flour
- Swiss river
- Founder of Babism
- Have surgery
- Withdrawal from a larger entity
- Lot's father
- Greek war god
- 2,000 lbs.
- Lemur

CLUES DOWN

- Quarrels
- Right away

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

- Comedian Carvey
- Egyptian unit of weight
- A Brit's mother
- Tropical tree
- One who speaks Gaelic
- NHL legend Bobby
- Vacation spots
- Military personnel
- Shakira's don't lie
- Wimbledon champ
- Teletypewriter
- Mistakes
- Whale ship captain
- Thus
- From end to end
- Kids love him
- One and only
- Fencing swords
- Taxis
- Basics
- Refuse of grapes
- Go quickly
- French ballet dynasty
- Most open
- Popular soap ingredient
- US time zone (abbr.)
- Items of food
- Backbones
- Infrequent
- Blood type
- "Let It Snow!" songwriter
- Dutch colonist
- Pike
- Egyptian sun god
- A cardinal is one
- From a distance
- Bolivian river
- N. American student organization (abbr.)
- River (Spanish)
- Chinese life force
- Chinese surname

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HOUSES FOR SALE

WANTED - Looking to buy a 3 bdrm home in Aspen Park Gimli. Phone 204-642-7870.

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

Hiring Class 1A drivers to transport RV's throughout N. America. Health/dental insurance, excess miles, monthly bonus. Must be able to cross the border. For more information visit roadexservices.com or email recruiting@roadexservices.com

WANTED

Wanted - Honda Big Red ATC 200 ES 3 wheeler. Must be in good running order. Ph. 1-204-376-5206.

MISCELLANEOUS

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Harbour Dredging Arnes Harbour on Lake Winnipeg, MB

Fisheries and Oceans Canada, Small Craft Harbours Branch (DFO-SCH), will be undertaking dredging work at the Arnes Harbour during Winter/Spring 2022.

The dredging work is planned to occur from January to March 31, 2022. The timelines are subject to weather conditions and the results of the tender process.

DFO-SCH hereby gives notice that a submission has been added to the Common Project Search (online registry) pursuant to the *Canadian Navigable Waters Act* described herein.

Pursuant to paragraph 4(1) of said Act, DFO-SCH has submitted the notification of a minor work in accordance with the requirements set out on the External Submission Site, on the online Common Project Search Registry <http://cps.canada.ca>. and under registry number 4586. A description of the work is as follows:

Arnes Harbour Dredging in, on, over, under, through or across the Arnes Harbour at Arnes, Manitoba at the mouth of the Drunken River on Lake Winnipeg.

During the work the harbour will be closed to the general public.

For inquiries please contact:
Small Craft Harbours
Fisheries and Oceans Canada
204-588-7374

Published in the Express Weekly this 9th day of December 2021.

Dragage du port Port d'Arnes, lac Winnipeg (Manitoba)

Au cours de l'hiver et du printemps 2022, la Direction des ports pour petits bateaux de Pêches et Océans Canada (MPO-PPB) entreprendra des travaux de dragage au port d'Arnes.

Les travaux de dragage devraient s'étendre de janvier au 31 mars 2022. Le calendrier est assujéti aux conditions météorologiques et aux résultats du processus d'appel d'offres.

MPO-PPB avise par la présente qu'une soumission a été ajoutée au registre en ligne Recherche de projet en commun, conformément à la *Loi sur les eaux navigables canadiennes*, décrite dans le présent document.

En vertu de l'alinéa 4(1) de la Loi, MPO-PPB a déposé dans Recherche de projet en commun (<https://recherche-projet-commun.canada.ca/>), au numéro de registre 4586, un avis de travaux mineurs répondant aux exigences énoncées sur le site de soumissions externes. Cet avis décrit les travaux suivants :

Travaux de dragage, port d'Arnes (Manitoba)

dans, sur, sous ou à travers les eaux du port d'Arnes, ou au dessus de celles-ci, à Arnes, au Manitoba, à l'embouchure de la rivière Drunken, sur le lac Winnipeg.

Pendant les travaux, le port sera fermé au grand public.

Pour toute question, contactez :
Ports pour petits bateaux
Pêches et Océans Canada
204-588-7374

Publié dans l'Express Weekly ce 9 décembre 2021.

204 PALLET AND PACKAGING

Like working with wood and working close to home?

204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. Please call 204-344-5404 for more details.

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RURAL MUNICIPALITY OF GIMLI UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter(s):

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. **21-0012**

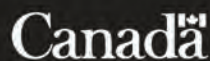
Being an amendment to the Rural Municipality of Gimli Zoning By-law No. 11-0013, as amended.

HEARING LOCATION:	RM of Gimli Council Chambers 62 - 2 nd Avenue, Gimli, MB
DATE & TIME:	December 22, 2021 6:30 p.m.
AFFECTED AREA:	Rural Municipality of Gimli
GENERAL INTENT:	<ol style="list-style-type: none"> To amend Part 1 – Interpretation, by adding and/replacing definitions; To amend Part 2 – Administration, confirming minor variances; To amend Part 3 - General Regulations, by making alterations to regulations pertaining to: <ul style="list-style-type: none"> Temporary Buildings, Structures and Uses; Travel Trailers; Truck, Bus, Rail, Coach Bodies and Storage Containers; Public Utilities, Services and Streets; Home Occupations; and Guest Houses To amend Part 4 – Zones, by making corrections, amending and/or adding uses as either conditional or permitted in various zones; and To amend all references of “MP Industrial Park Zone” in the text and map portions of the Zoning By-Law to “MP Multi-Use Business Park” Zone.
FOR INFORMATION CONTACT:	Nancy Thom, Chief Administrative Officer/Development Officer Eastern Interlake Planning District, 62-2 nd Ave, Box 1758 Gimli MB R0C 1B0 Ph: (204) 642-5478 Fax: (204) 642-4061 Email: eipd@mts.net Web : www.interlakeplanning.com

COVID-19 PROTOCOL: Should you wish to attend the hearing, you must **PRE-REGISTER NO LATER THAN 5:00 p.m. ON THE DAY OF THE HEARING** with the RM of Gimli office – PH: 204-642-6650.

A copy of the By-Law Amendment may be provided upon request to the contact person as mentioned above.

Please Note: *E.I.P.D. recommends that property owner's notify lessee/renter if applicable.*



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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF LARRY GENE HUZIZY, late of the Postal District of Arborg, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500-369 Main Street, Winnipeg, Manitoba, R3C 4H6 on or before the 9th day of January, 2022.

DATED at Arborg, Manitoba this 1st day of December, 2021.
PITBLADO LLP
Attention:
Leigh Robertson
Solicitors for the Estate of
Larry Gene Huzizy

EXPRESS WEEKLY NEWS
204-467-5836

McSherry Auctions
12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Last Estate & Moving Auction for 2021
Closes Wed Dec 15 @ 7:00 PM

First Estate & Moving Auction of 2022
Closes Wed Jan 5 @ 7:00 PM

Starting in 2022 - The Last Estate & Moving Auction of each month will feature Guns & Ammo along with the regular items!

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(204) 886-7027
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CAREER OPPORTUNITY

Ukrainian Farmers "Part-Time" "Office Clerk"



The Ukrainian Farmers Co-op are currently looking to fill a part-time position in our Admin Office.

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

If you would like to join our Admin team, please fill out an application or submit a simple letter of interest to our office.

The position will be posted until **December 16th, 2021.**

Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, R0C-0Z0

EMPLOYMENT OPPORTUNITY

Prairies East Sustainable Agriculture Initiative Inc. (PESAI)



Applied Research Technician

Term/full-time
Arborg MB

Salary: Starting at \$25.57 / hour plus benefits
Closing Date: December 31, 2021

Job Responsibilities

PESAI is seeking a flexible, motivated and hard working Research Technician for the 2022 field season. This term position is up to March 31, 2023 and is based out of Arborg MB. Responsibilities are to execute field experiments in agricultural crops. Duties include land preparation and maintenance, small plot equipment operation and maintenance and crop husbandry related to crop seeding, plot maintenance, harvest and storage. It also includes plot data collection and entry and assisting with research report writing, financial and administrative functions of PESAI. The candidate must be legally entitled to work in Canada.

Qualifications

- Diploma or Degree in Agriculture or combination of relevant education and experience in field research may be considered
- Experience in operating and maintaining farm equipment
- Knowledge of crop husbandry practices in a research setting
- Experience in statistical designs / analysis and report writing
- Strong organizational skills including the ability to prioritize work and meet time sensitive deadlines
- Ability to work independently with minimal supervision
- Strong written and verbal communication skills
- Must have a valid Class 5 driver's license, a Class 3 license will be an asset
- Experience in using the latest Ag technologies including GPS and Real Time Kinematic (RTK) guidance systems
- Proficiency with Microsoft Office applications (Word, Excel, Outlook, PowerPoint)
- Experience supervising staff

Your cover letter, resume and/or application must clearly indicate how you meet the qualifications.

Apply to:

Dr Nirmal Hari, PESAI
Box 2000, 317 River Rd W, Arborg MB R0C 0A0
Ph. 204-391-3623
prairies.east@gmail.com
<https://mbdiversificationcentres.ca/>

MORTGAGE SALE ADVERTISEMENT

The building and land known as 9 Lorna Street, Matlock, Manitoba as described in Certificate of Title No. 3067230/1 will be sold at auction on Wednesday, the 12th day of January, 2022, at 11:00 a.m. Due to COVID-19 restrictions, the auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction.

In order to participate in the auction sale, you must pre-register at least 24 hours prior to the auction by contacting Sonia at 204-957-6437 or by email at srappel@ltglc.ca.

The Vendor is informed that there is situated on the property a single family two story year round residence of approximately 2,040 square feet with 3 bedrooms, 2 bathrooms, living room, eat-in kitchen, sunroom, laundry room and double attached garage.

TERMS: Deposit of \$64,000.00 by certified cheque, bank/credit union draft or solicitor's trust cheque to the address below within 24 hours of the date and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$356,893.31 plus such other additional and incidental costs which may be incurred by the Lender from the 29th day of November, 2021 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2021.

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

Property is subject to Mortgage 3719686/1.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

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

LEVENE TADMAN GOLUB LAW CORPORATION

Barristers & Solicitors
700 - 330 St. Mary Avenue
Winnipeg, MB. R3C 3Z5
Attention: Mara Koven-Lapointe/Sonia
File No. 117805
Phone No. 957-6437



FISHER

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

EMPLOYMENT OPPORTUNITY

TRACTOR OPERATOR/ PUBLIC WORKS

The position of tractor operator / public works is a year-round position which requires a self-motivated individual who can work with little supervision and as part of a larger municipal team. The successful applicant will be mechanically inclined, able to operate various tools and equipment. Training for relief operator to municipal graders will be provided. Duties include but are not limited to roadside mowing, snow removal, maintenance of equipment, and assisting other municipal departments. Hours of work are Monday to Friday from 7:30 a.m. to 5:30 p.m. during summer months and 7:30 a.m. to 3:30 p.m. winter months, with statutory holidays off.

As a municipal employee the RM of Fisher offers a comprehensive benefits package including holiday, sick leave entitlements, and pension.

Requirements for this position are:

- Valid drivers' licence (Class 3 an asset)
- Criminal Record Check and Child Abuse Registry check required
- Pay will be by direct deposit only

Salary is set out in the CUPE Local 4348 Collective Agreement.

Please forward your application by **4:00 p.m., December 16, 2021** by mail, e-mail or drop box at Municipal office. Applicants responsibility of receipt of application.

The Rural Municipality of Fisher supports equitable employment practices and promotes representation of a designated group (woman, Indigenous people, persons with disabilities, visible minorities)

For further information regarding this position, please contact the Rural Municipality of Fisher Office at 372-6393.

Kelly Marykuca
Chief Administrative Officer
Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba R0C 0Z0
fishercao@mymts.net

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Rural Municipality of Woodlands LAND FOR LEASE



The R.M. of Woodlands is accepting tenders for the lease of the following lands available commencing January 1, 2022.

30.3 Acres	NW 20-14-2W
59.44 Acres	SE 34-13-3W
16.1 Acres	NE 22-15-3W
79.98 Acres	SW 35-15-3W
42.87 Acres	SW 29-13-1W

The lease of the property applies to the surface of the property only and for agricultural use only.

The lease shall be for a term of 5 years.

For further information contact R.M. of Woodlands, 204-383-5679 or by email at finance@rmwoodlands.ca

Sealed tenders must be dropped off at 57 Railway, Woodlands, MB by 4:30 December 23, 2021.



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email resume to shaunne@charisons.ca

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EMPLOYMENT OPPORTUNITY

UTILITY OPERATOR

The Rural Municipality of Fisher invites applications for the position of Utility Operator. This position demands a high level of accuracy and dependability.

The normal hours of work are four (4) hours per day, Monday to Friday from 8:00 a.m. to 12:00 p.m. Candidates must be willing and available to be on-call for emergent situations.

Applicants:

- **MUST** obtain certification in Small Systems Water Works Operator certificate and Small Systems Wastewater Works Operator certificate.
- Must be 18 years of age or older, hold a valid driver's licence and have a vehicle, minimum grade 10 education.
- Strong mechanical skills a definite asset.
- Willing to work as part of a team and may be called upon to help out in other duties within the municipality.
- Friendly, team player, responsible and a strong work ethic is expected.
- Pay will be by direct deposit only
- Criminal Record Check and Child Abuse Registry Check required

Please forward your application by 4:00 pm December 16, 2021

The Utility Operator will report to the Chief Administrative Officer. For copies of job description and pay as per CUPE Collective agreement please contact The Rural Municipality of Fisher at 204-372-6393.

Kelly Marykuca, CMMA
Rural Municipality of Fisher
Box 280 Fisher Branch, MB, ROC OZO
fishercao@mymts.net
Phone: (204) 372-6393

Canteen Operator / Lessee for the 2021 – 2022 Season

The Winnipeg Beach Curling Club
invites applications for:

1. Canteen Operator / Lessee
for the 2021 – 2022 Season
(January 1, 2022 – March 31, 2022)
Lessee fee is \$ 150.00 / month.

Please contact

Shawna Johnson: 204-641-1721 or
Larry Moore: 204-389-3086

to apply or for further information.

Curling days are:

- Men – Thursday evening
- Doubles – every second Wednesday evening
- Mixed – Friday evening

Bonspiels are:

- Men's: January 7-9
- Ladies': February 4-6
- Cash & Candy: February 18-20
- What the Heck: March 25-27

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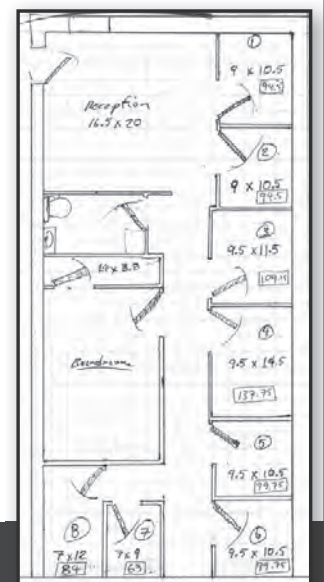
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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building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



For information please contact:
BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

Manitoba Government Job Opportunities

Construction Worker

Nine (9) Departmental Full-Time Positions
Manitoba Infrastructure, Water Operations, Morris, Ashern, Grosse Isle, Carman, Teulon, The Pas, Dauphin, MB
Advertisement Number: 38406
Closing Date: December 19, 2021
Salary Range: \$39,360.00 - \$43,409.00 per year; remoteness allowance where applicable

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

Introduction

Water Operations has nine (9) full-time departmental Construction Worker vacancies in Ashern, Morris, Carman, Dauphin, Teulon, Grosse Isle, and The Pas. As well, the eligibility list will be used to fill future departmental and/or seasonal Construction Worker positions in the province within the next 12 months.

We are seeking highly motivated individuals that are results oriented with a strong work ethic to work within our Water Operations Branch. We offer a competitive benefits package, extensive orientation, certification and training, with opportunities for professional growth and advancement. Water Operations ensures safe and effective provincial water related infrastructure through the delivery of inspection, planning, design, maintenance, rehabilitation and construction activities. The Branch is responsible for the overall management of infrastructure inventory that includes: drains, dams, flood protection dikes, diversions, bridges, culverts and pumping stations.

For a complete list of conditions of employment and qualifications please visit our website at: www.manitoba.ca Applications must describe how the applicant meets the requirements of the position to be considered further.

Duties:

As part of a crew, the Construction Worker carries out maintenance and operation of water conveyance structures, bridges, dams, buildings and other water resources related works. The Construction Worker also assists in bridge repairs, installation of culvert and low level crossings, assists survey crews with line cutting or drilling ice, operation and maintenance of pumping facilities, brushing, seeding and flood fighting operations as required.

Apply to:

Advertisement No. 38406
Service Centre 3
Human Resource Services
600-155 Carlton Street
Winnipeg, MB, R3C 3H8
Phone: 204-945-8819
Fax: 204-948-3382
Email: govjobs@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

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Launch Ramp Reconstruction Gimli, Manitoba

Fisheries and Oceans Canada, Small Craft Harbours Branch, will be undertaking work at Gimli Harbour during winter 2022.

The construction is planned to occur from December 2021 to March 2022. The timelines are subject to weather conditions and the results of the tendering process.

The project includes the demolition of the existing concrete launch ramp, and the construction of a new concrete launch ramp.

During construction, the launch ramp will be closed to the general public. Lake ice access via the launch ramp/harbor will be closed for the duration of the project.

For inquiries please contact: Small Craft Harbours Fisheries and Oceans Canada (204) 430-4741

Reconstruction de la rampe de mise à l'eau Gimli, Manitoba

La Direction des ports pour petits bateaux de Pêches et Océans Canada entreprendra des travaux au port de Gimli durant l'hiver 2021/2022.

Les travaux sont prévus de décembre 2021 à mars 2022. Le calendrier est soumis aux conditions météorologiques et aux résultats du processus d'appel d'offres.

Le projet comprend la démolition de la rampe de mise à l'eau existante en béton et la construction d'une nouvelle rampe de mise à l'eau en béton.

La rampe de mise à l'eau sera fermée au grand public pendant la construction. L'accès aux glaces du lac par la rampe de mise à l'eau ou le port sera fermé pendant la durée du projet.

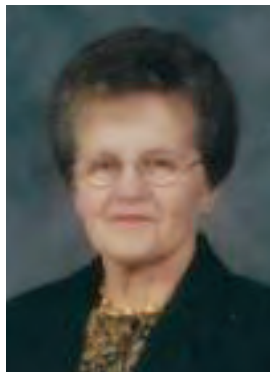
Pour toute question, communiquez avec la Direction des ports pour petit bateaux Pêches et Océans Canada 204-430-4741

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THE **EXPRESS**
WEEKLY NEWS

OBITUARY



Lona Pauline Maly
April 13, 1929 – November 30, 2021

Sadly, we announce Lona's passing on November 30, 2021 at the age of 92.

She was predeceased by her husband, Peter; her parents, Peter and Sophia Dutchak and her brother-in-law, Mike Natyna. She leaves to mourn, her daughter, Bev (David); her son, Larry; her grandchildren, Garth, Grant and Amanda; her great-granddaughters, Leila and Keeley; her sister, Dolores Natyna, and several nieces and nephews.

Lona was born, raised, and lived in Gimli. She took great pride in her home and gardens. In earlier years, she looked forward to trips to B.C. with Peter to visit the family.

She was also a lifelong member of St. Michael's Roman Catholic Church as well as being a long standing member of the Catholic

Women's League.

There will be no funeral service at this time. Interment will be in Gimli Community Cemetery. In lieu of flowers, donations would be appreciated to the Heart & Stroke Foundation or to a charity of your choice.

Our family wishes to thank the many caring and patient nurses and staff of Betel Home along with the doctors in attendance and Gimli Hospital.

Never to be forgotten, sincere thanks to Mrs. Angela Zalevich, Lona's friend and true Guardian Angel.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Bernice Johanna Eyolfson (nee Einarson)
October 20, 1934 - November 29, 2021

Our hearts are saddened to announce the passing of our dear mother, amma, great-amma, Bernice Johanna Eyolfson. She passed quietly into the night November 29, 2021 at Gimli Community Health Center to the calling of God, Our Father.

Mother's life and memory will be cherished by her children, Elerd (Valerie), Brenda (Roy), David (Cathy), Lois (Joe), and Tanis; her grandchildren, Kyle (Rachel), Kurtis, Garrett (Megan), Hailey, Koen, and Kelsey; her great-grandchildren, Zion, Lyric and Lex. She is survived by her sister Sigga Helgason, brother-in-law Raymond Ostertag, sister-in-law Pat Eyolfson and many dear nieces and nephews.

Mother was predeceased by her husband Stoney; parents Clara and Elli Einarson; her step-father Mundi Halldorson; her brother

Clarence (Mary); sister Begga (Kristjan) Johannesson, sister Ellen (Helgi) Sigurdson, sister Josie Ostertag; brothers-in-law Marino Helgason, Joe, Johnny, Lloyd, Stefan Eyolfson; sisters-in-law Jorunn Beck, Evelyn (Steve) Bjarnason, Thora Eyolfson, Louise (Walter) Charney; son-in-law Blake Thomson and Mom's dear friends Lois and Jack Rickett.

Mom was born October 20, 1934 to Clara and Elli Einarson of Hnusa, MB and grew up with her siblings Clarence, Sigga, Begga, Ellen and Josie. Fishing and mink farming was their family livelihood. Mom spoke fondly of her childhood as they all worked and played together. She attended school in Hnusa and met many of her life long friends there.

As a young adult she worked at Gimli Betel Home. She met Stoney and they married in 1954. They moved to Gimli, settled in South Beach and raised their family. Mother was always busy sewing, knitting, crocheting, cooking, baking, or painting. She enjoyed afternoon curling with her lady friends, as a 4H leader she shared her sewing and crafting skills with youth in our community, she also assisted in teaching children a little of the Icelandic language when she was asked. All her children loved when she made fresh bread especially brown bread, ponnukokurs, vinnerterta (cookies) and kleinur (dipped in sugar). Mom's joy in life came from the special bond she shared with all her grandchildren. They all have fond memories of time spent alone with their Amma. She would draw, color, read, do puzzles, play games, cars, bake, knitting classes, and often had a chair at the sink for her little helper (lots of bubbles). Many trips to the lake to play in the sand with trucks and shovels. Mom loved all her little angels and now we have our beautiful, kind, caring, special Angel Mom and Amma!

Thank you to Dr. Belloch and the staff of Gimli Community Health Centre for the care and kindness given to Mom. There are things we don't want to happen. But have to accept. Things we don't know but have to learn and people we can't live without but have to let go. As mother requested, cremation has taken place and a private family burial will be held.

Donations in her name may be made to a charity of your choice.

Goda Nott Elskan. Until we meet again.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Craig, James (Jim) Arthur
September 12, 1923 – November 28, 2021

James Arthur Craig, known fondly as Jim, passed away on Sunday, November 28 at Grace Hospital in Winnipeg, Manitoba at the age of 98.

He was predeceased by his wife of 60 years, Frances Marolyn Craig (née Houston) and their infant son Thomas. James (Jim) is survived by his sister Jean Oatway and his sisters-in-law Josephine Rae and Marion Craig; his children Susan Manness (Mark), Janice Vosper (Greg), Jim S. Craig (Renate), Dan Craig (Brenda), Lori Matthews (Jonathan), Kristjana Commandeur (Ted), Matthew Craig (Delcie) and Kerry Craig (Margot); his 20 grandchildren and 10 great-grandchildren.

Born to William and Janet (Jennie) Craig on September 12, 1923, Jim was the 11th and youngest child on the family farm at Sturgeon Road and Saskatchewan Avenue in Winnipeg. Jim was a veteran of the Second World War. In 1942, he enlisted in the Royal Canadian Signal Corps and served overseas in North Africa, Sicily, Italy and Holland. After returning to Winnipeg, Jim obtained his Agricultural Diploma at the University of Manitoba. He met the love of his life, Marolyn, at the Winnipeg Roller Skating Rink and they were married on September 18, 1948.

The happy couple lived in Winnipeg on Sackville Street and then 958 Winnipeg Avenue before moving to a mixed farm at Argyle, Manitoba and starting their family. In 1959, they moved to Arborg, Manitoba, where Jim accepted a position with the Veterans Land Act, later known as the Farm Credit Corporation (FCC), as a Credit Advisor. In Arborg, Jim and Marolyn made many friends and were active in the community. Jim served on the Ardal Lutheran Church council and the Arborg Hospital board. The family then moved to Portage La Prairie in 1974, where Jim continued his career with the FCC as a District Supervisor, retiring in 1985.

Jim and Marolyn then moved to Glen Bay and built their lake retreat for their retirement years on the shores of Lake Winnipeg, near Camp Morton, Manitoba. They enjoyed travel immensely with friends and family, visiting Cuba, the United Kingdom, Australia, Mexico and Hawaii, until Marolyn became ill and later passed away in 2008. Jim made the decision to move into Gimli, where he continued to enjoy walks, breakfasts at the Gimli Hotel and his membership at New Horizons, particularly lawn bowling. At the age of 95, Jim moved to Winnipeg to be closer to family and lived at Sturgeon One.

Jim was an inspiration to all who knew him for his integrity, spirit of community, love of family and steadfast care of his beloved wife Marolyn.

The family would like to thank the doctors and nurses at Grace Hospital and the staff at Sturgeon One in Winnipeg.

In lieu of flowers, donations may be made to Siloam Mission and Health Sciences Centre Foundation.

Memorial Service will be held on Sunday, December 12, 2021 at 11:00 a.m. at the MacKenzie Funeral Chapel, Stonewall. The service will be live streamed online at mackenziefh.com.

Due to public health restrictions all attendants must be fully vaccinated and provide confirmation.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



INVITATION TO TENDER

Noventis Credit Union Limited
Winnipeg Beach Janitorial Contract
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You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:

J Collins; AVP, Operations

Email: jcollins@noventis.ca

Subject line: Winnipeg Beach Janitorial Contract

Deadline: December 24, 2021 by 4PM

Any questions regarding this tender may be referred to:

Nicole Skorupski; Manager, Branch Experience

Email: nskorupski@noventis.ca

Phone: 204.641.2172

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THE **EXPRESS**
WEEKLY NEWS

OBITUARY



Robert Arnason

It is with broken hearts that we announce the passing, on November 27, of our much-loved husband and father, Robert Arnason.

He is survived by his loving wife Ruth; two sons Erik and Luke; his siblings Brian (Dorothy), Kenny (Judy), Debbie (Nick), and Susan (Bruce) and in-laws Cal, Norma, Ross (Cheryl), Trisha (Amine) and Larry; his many nieces and nephews and great nieces and nephews. He was predeceased by his infant son Jay; his parents Joey and Diddy; his in-laws Muriel and Allan Bailey.

Robert grew up in Gimli and was a prolific hockey, football and track and field star. He attended the University of Manitoba where he obtained a Physical Education degree and later a Masters in Education. After teaching a year in Australia with his best friend Victor, he returned home to marry Ruth, the love of his life and

begin his lengthy commitment to education in Gimli. He taught Phys-ed for many years and coached varsity volleyball. After several years of teaching, he became principal of Gimli High School, a position he held until his retirement. He continued his commitment to education as a school trustee, sitting on the board until his passing.

The greatest joy of Robert's life was the birth of his two sons Erik and Luke. As a family, their lives were defined by fishing trips, ski trips, camping, pond hockey, bonfires and family gatherings. The boys were raised by Robert and Ruth at Willow Island, where the lakes, creeks and marshes were a fixture in his life and in his heart. Later in life, Robert and Ruth would make annual trips to Mexico with Tim and Del and Europe with Deb and Vic. Throughout his life, there was nothing Robert valued more than the time spent with friends and family.

Robert's life was defined by a fierce pride and commitment to the communities around him, whether that be his family, his close circle of friends, the town of Gimli, or the Evergreen School Division. Robert was involved in the Icelandic Festival where he served as president for two years, was involved in the executives of the Pan Am games, Summer Games, World Boardsailing, the Curling Club, and countless others.

Robert was a very special person, adored by his family and his many, many friends. He loved to share three favourite things: his homemade white wine, his infamous crow call, and his family "archives" - old hockey jerseys, his football cards, Tip Top memorabilia, his Bobby Hull hockey stick, the baseball he caught at a Blue Jay's game. Even Parkinson's Disease and the struggles that accompany it could not dim the light of his kindness, warmth, love of life and drive to help those around him.

Honorary pallbearers are Kenny Arnason, Ross Bailey, Victor Thordarson, Cameron Arnason, Barry Arnason, Joey Wilkinson, Ken Halldorson, Lyle Eyjolfson.

In lieu of flowers, a donation can be made to the Westshore Community Foundation, Box 395 Gimli R0C 1B0, Westshorefoundation.ca

Service will be held on Saturday, December 11 at 2:00 p.m. at the Fraserwood Hall, 10140 PR 231, Fraserwood, MB R0C 1A0. All attendees must be masked and provide proof of vaccination.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com

OBITUARY

Bruce Allan Sielski

Peacefully, at the Gimli Community Health Centre, on Sunday, December 5, 2021, Bruce Sielski, aged 66 years of Winnipeg Beach, Manitoba, beloved husband of Kathy, passed away.

Full obituary to follow in the next edition of the Express.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Marjorie Arnason

It is with great sadness that we announce that Marjorie Arnason passed away peacefully, with family by her side, December 3, 2021, at the Gimli Betel Home.

Marjorie Alice Arnason (nee Doll) born in Riverton, Manitoba January 12, 1928.

Predeceased by her loving husband Kristjan Theodore Arnason and brother Harold Beatty.

Marjorie is now dancing her long-awaited waltz with her beloved Ted. The team has been reunited! All who knew Marjorie know how much she loved dancing and entertaining. Marjorie delighted in having visitors and the doors to her home were always open. Coffee was always on and like magic there was plenty of food and room at the table. She gifted her daughters Wendy, (Raymond) Kathleen and Kristine (Robert) her appreciation and passion for beauty. Marjorie loved everything beautiful from, nature, fashion to the decor of her home. She

dressed a table as though it was a canvas. She loved colour, fabric and food. Numerous couples in Gimli likely still have remnants of the gorgeous wedding cakes she decorated. Our birthday cakes were unique and always anticipated by our friends. As an accomplished seamstress there was nothing she could not sew. She created the most beautiful dresses for her three girls, herself and many others. When Ted gave Marjorie her first easel she often joked that she just might end up a Grandma Moses. Many of the family have been blessed with at least one of her beautiful paintings and she became our Amma Moses!

Marjorie loved to change things up and often, it was as if the furniture had wings. One never knew where the piano, couches or chairs would land from day to day - even the walls sometimes changed colour while we were at school.

Marjorie was Amma to her beloved grandchildren - Marjorie (Alex), Natalie (Rob), Kristjan (Lindsey), Joseph (Tevya), Tomas (Kahla), Danielle and Theodore (Michelle) and they will miss her energy, enthusiasm and her 'you can do it' attitude. She took her grandchildren to New York to experience live theatre on Broadway for their 18th birthday. She was an Amma who travelled the world, returning with stories and surprise treasures for each of them. Lang Amma became her new title when great-grandchildren Sophie, Paul, Maddie, James, William, Alice, Joe, and Ellie arrived on the scene and melted her heart further. She sewed her grandchildren cherished quilts, a comforting reminder of Lang Amma forever.

Marjorie was very involved in community - from fundraising with the Kinette's to inspiring women to cut and sew costumes for the Annual Figure Skating Carnival. She was a member of the Gimli Chamber of Commerce and was the first woman President of the Gimli Rotary. In her early 50's she co-founded Viking Travel and played a major role in building cultural connections with Iceland. When Ted became Mayor of Gimli, Marjorie worked right by his side, often hosting visiting dignitaries at their home and enjoying every minute. We feel blessed to have been raised in a home where we witnessed mutual devoted love.

Marjorie was loving, creative, wise, resilient, kind, generous, dedicated and loyal but what most people didn't know was that she was quite shy and could be quite humorous. Wendy, Kathleen and Kristine spent a solid week laughing in Paris with Marjorie when she treated them to a girl's getaway.

We will miss her presence, however, her Spirit lives within each one of us. Marjorie lived a full and good life! We could not have asked for a better example.

It is with much gratitude we thank Marjorie's long-term physician Dr. Sunil Patel the doctors, nurses, caregivers and staff of Gimli Betel Home for the loving care they gave our mother and the support they gave our family.

In lieu of flowers donations may be made to a charity of one's choice.

In accordance with Marjorie's wishes a private graveside service will take place.

Condolences may be left at www.neilbardalinc.com.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com

OBITUARY

Cecilia (Cecile) Hubar

Cecile Hubar formerly of Stony Mountain, passed away at the Gimli Hospital on Wednesday, December 1, 2021.

Lovingly remembered and forever in our hearts, husband Daniel Hubar, daughter Tracy (Fred), grandson Nicholas; daughter Roxanne (Glen).

Cremation has taken place, with a private service to be held at a later date.



204-886-0404

OBITUARY

George Frederick Howell

July 19, 1945 - December 2, 2021

We sadly announce the passing of George on December 2, 2021.

Full obituary to follow.

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THE **EXPRESS**
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OBITUARY



Tony Deneka
September 18th, 1941 - December 5th 2021

It is with profound sadness the family of Tony Deneka announces his passing on Sunday, December 5th, 2021, at Arborg and District Health Centre with his wife and family by his side.

He is predeceased by parents John and Helen Deneka; father-in-law and mother-in-law Michael and Jean Lupky; two younger siblings Bob and Sally Deneka; and brothers-in-law John Rozecki and Joe Lupky.

Left to cherish his memories is loving wife of 57 years Katie; son Robert (Melissa) Deneka; daughters Marianne (David) Sumka and Gladys (Bradley) Hokanson; grandchildren Alex, Connor (Steve), Morgan (Dylan), Madison (Ryan), Hunter, Carter; and great-granddaughter Rhea. Tony is also survived by his sister Phyllis (Nick) Ladyka; brother Russell (Patricia) Deneka; sisters-in-law

Anne Rozecki and Olga

Lupky; and numerous nieces and nephews.

Born and raised in the Arborg area, Tony farmed in Okno the entirety of his farming career. Tony and Katie married in 1964 and started their mixed farming operation in Okno. In 1974, Tony and his brother Russell started Arborg Tire Ltd., and in 1976 they built a new tire business with a mobile service. Along with this business, Tony and Russell also farmed together for many years.

His hobbies included deer and moose hunting, ice fishing, going to auction sales, and socializing with friends and family. Tony worked very hard to provide for his family, working various jobs off the farm, which his children admired him for. Tony enjoyed his time with his grandchildren, pulling them around the farm on the trike and letting them enjoy treats from his peanut jars and candy bowl. In their years of retirement, Tony and Katie moved to the town of Arborg in 2016 and continued enjoying the company of friends and family and cruising the country roads. Dad enjoyed any gatherings that included dessert, especially cake!

We would like to thank Dr. Donnelly for his many years of medical care, and Dr. Komolafe for his excellent care and attention when Tony first came to Arborg Hospital. Thank you to the nursing staff and

healthcare aides at the Arborg Hospital for the amazing care and compassion they showed Tony during his time there.

As per Tony's wishes cremation has taken place. No funeral service will be held at this time, a private family memorial will be held at a later date.

In lieu of flowers, friends so wishing to donate in memory of Tony, may do so to the charity of their choice.

Honorary pallbearers will be his grandchildren and great-grandchild.

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



Announcements



OBITUARY

Jean Kristjanson (nee Cameron)
1935 - 2021

Jean passed away peacefully December 1, 2021 at the age of 86. She was predeceased by her husband Leo and her great-grandson Will.

She is survived by her children Terri (Brian) Wintonyk, Darryl Kristjanson, Brenda (Darrell) Hinz and Johanne Kristjanson; six grandchildren and 10 great-grandchildren.

Jean was raised on a farm near Moore Park, Manitoba. She moved to Winnipeg at the age of 16 to complete high school and enroll in nurses training at Winnipeg General Hospital. It was when she was in Grade 12 at United College that she met Leo, the love of her life. They eventually settled in Saskatoon to raise their four children. Mom made sure we had the ability to experience a host of sports and cultural opportunities, some of which we appreciated more than others at the time, but are so grateful now. Mom and Dad were a true partnership that allowed Leo to accomplish much in his career. She always looked for ways to support and care for her family, friends and community. When she and Leo retired to Gimli, they were both determined to contribute and be active in the community. Mom involved herself with many groups including the hospital auxiliary, curling and leading the Huldudfolk Moms, a project dear to her heart that with friendship, laughter and good coffee breaks created and sold dolls to support community projects. Leo's later years were such that being his caregiver became a big part of her life and she embraced every moment of making his life as comfortable as possible. She also took up golfing, leading to many treasured friendships. She was very proud of her children, grandchildren and great-grandchildren and loved them beyond bounds. She was game for many world travel adventures with her children and grandchildren, thrilled to see the world through their eyes. She was adamant as she started her journey through her later years that she did not want her children to bear full responsibility for her care and found a home at Betel for her remaining years. The family is grateful for the compassionate care she received there. She will be remembered by her family for her compassionate, gentle and direct nature.

In lieu of flowers a donation can be made to the Alzheimer Society of Canada or a charity of your choice.

A fully virtual memorial service was held on Wednesday, December 8 at 1:00 p.m. A livestream will be available through the Neil Bardal Funeral Centre website link: <https://www.hdezwebcast.com/show/jean-kristjanson>

A celebration of life is planned for the upcoming summer.

Expressions of condolence may be sent to neilbardalinc.com.



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