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EXPRESS PHOTO BY ANDREW MARSH

Pearl Henry from Roseau River Anishinaabe First Nation performed a healing Jingle Dress Dance on June 4 at the People's Medicine Garden in Selkirk with hand drum singer, Mike Esquash Sr., a knowledge keeper from Swan Lake First Nation and lead singer with Spirit Sands Singers.

> everything you need to know in your locally owned and operated community newspaper

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# Children lost to residential schools remembered

By Nicole Brownlee

Over two hundred pairs of shoes line the stone path near the Anishnaabe Mashkiki Gitigaan (The People's Medicine Garden) in Selkirk.

Each empty pair contributes to the memorial site for the 215 children whose remains were found at the former residential school in Tk'emlúps te Secwépemc near Kamloops, B.C., also known as the Kamloops Indian Residential School.

Julie St. Croix felt the need to create the demonstration on the evening of May 29.

"I had an incredible urge suddenly come over me to follow suit with the demonstration at The Forks," said Julie St. Croix.

She was heartbroken to hear how the children's remains were found and disregarded, she added.

Michelle Faith and Shelby Sinclair placed children's shoes at the Oodena Circle at The Forks on May 29. The shoes were moved to the Manitoba Legislature building the following day.

St. Croix reached out to the community by posting on the Buy Nothing Project Selkirk Facebook page to find the best location. She was met with immediate support from some group members and within hours picked up 38 pairs of shoes, said St. Croix.

After placing the shoes with flowers, St. Croix and her friend encouraged people to visit the space to add additional pairs quietly.

"[Also, to] take a moment to remember the lost little ones, as well as the ones who came home with horrific traumas which have been unintentionally passed down through generations," said St. Croix.

By the following day, 80 pairs of shoes lined the path. By late afternoon, there were 203.

Elder Wally Richard smudged and performed a small Pipe Ceremony at the site on May 30.

"It has grown so much," said St. Croix. "That [sheds] a small amount of light for the people affected and people who did not know or understand before."

"I'm truly amazed at how quickly and efficiently Selkirk made this happen. I don't feel like I orga-

nized anything, I just did what I felt in my heart, and this amazing community showed what was in their hearts as well."

The shoes will be donated around June 7 after the sacred medicines of tobacco, sage, sweetgrass and cedar, will be placed in the medicine garden.

St. Croix said she offers sincere condolences to the families of all the children lost to the residential school system.

The Mashkawigaabawid Abinoojiiyag- Stand Strong Children mural on 260 Superior Ave., which commemorates the history and legacy of residential schools, will be added to this month to include an element about the uncovering of the 215 children's remains, said Jeannie Red Eagle, who contributed to the artwork.

"These are historical times in that the truth has been uncovered through evidence of what we as Indigenous people have always been saying regarding our horrific experiences of the residential school system," said Red Eagle.

A National Indian Residential School Crisis Line has been set up to support former residential school students and those affected. To access this help, call 1-866-925-4419.



A memorial site remembering the 215 children whose remains were found at the former residential school in Tk'emlúps te Secwépemc near Kamloops, B.C., also known as the Kamloops Indian Residential School has been set up at the People's Medicine Garden in Selkirk.



**EXPRESS PHOTO BY ANDREW MARSH**  
Pearl Henry from Roseau River Anishinaabe First Nation performed a healing Jingle Dress Dance to honour the 215 children whose remains were found earlier this month.

## Upgrades to Gimli Recreation Centre, new businesses approved in Gimli

By Patricia Barrett

The province is paying for upgrades to the Gimli Recreation Centre in exchange for the municipality letting it use the building as a COVID-19 vaccination super site.

Council had passed a resolution last month entering into an agreement with the provincial government.

Revenues for the recreation department for the fiscal period ending April 30 were \$14,973.83, according to a summary the RM posted online. There were no funds generated by the outdoor pool, the pub above the ice rink and from sports fields. The RM spent \$138,402.65, the majority of that on maintaining the arena and the indoor ice which was periodically shut down because of high COVID case numbers. The overall loss was \$123,428.82.

A provincial government spokesperson said two weeks ago the government will be spending more than \$123,000 for the rec centre's upgrades, which

will include parking lot safety repairs, HVAC upgrades and accessibility upgrades.

The spokesperson didn't say exactly how much the upgrades will cost.

"Additionally, these upgrades will greatly benefit the residents of Gimli and area for decades," the spokesperson told the *Express* by email. "The costs of supersite upgrades are funded by the province as part of the fight against COVID-19."

The government entered into "various leases" with landlords across the province to set up vaccination super sites, the spokesperson said.

"Each site was unique and some required modifications for use as a fixed vaccination clinic which may have included electrical, mechanical, IT and interior fit-up work," said the spokesperson. "This was in order to ensure the site would function well as a clinic and meet Public Health requirements."

**Other council news:**

-Gimli council approved a home business operation called Boomer's Funny Farm during a May 26 public hearing. The farm is located at 18064 Gimli Park Road, near the Industrial Park. Owners Janet and Jon Thordarson will be offering tours of their hobby farm, which includes chickens, ponies and a donkey named Boomer. Reservations can be made via Facebook.

-Gimli council approved the set-up of a home hairstyling business in the Odin Green residential subdivision, south of Gimli, despite an objection from neighbouring homeowners about a commercial enterprise in a residential area and a potential for increased traffic.

Loretta Penner will set up a year-round hairstyling service at 277 Waterfront Drive. Her hours will be Monday to Sunday, 10 a.m. to 8 p.m. In a submission to council, Penner said the increase in traffic will be "negligible" and that there's plenty of parking at the residence.

# 'It gave me hope': Grand Beach rescue a display of humanity

By Iris Dyck

Blake Morden was gardening at his cabin when a man approached him, panicked.

He told Morden he'd just run from Grand Beach where two children on inflatables were drifting off into Lake Winnipeg. The wind was strong, the water was cold, and no one had a boat to save them.

Morden, a nurse in his 50s and former lifeguard, scanned the water from his lakefront lot.

"I could see, oh yeah, there's trouble," he said.

An avid paddler, Morden's kayak was on its wheeled cart outside. He'd gone on a three-hour excursion earlier that day and hadn't had time to put it away. He and the man, an acquaintance named Aaron, grabbed the kayak and raced to the water.

--

Growing up, Breanne Lefort spent her summers at her family cabin at Grand Beach. Lefort, 40, and her two young daughters came up from Winnipeg for the long weekend of Saturday, May 29. As they walked to the beach, Lefort noticed a man sprinting into the frigid water.

"I was like, oh, these crazy people going out in the water, what is it, polar bear season?" she said.

She soon realized the man was running after his daughter, who had floated far onto the lake on an inflatable ring. When she saw the man reach her, she breathed a sigh of relief. Then she heard a scream.

The high winds had swept the sec-

ond daughter, also on an inflatable ring, out of her father's reach and into the deep water.

The father could only watch as his little girl was swept away.

Lefort could hear him screaming, "I'm sorry! I'm sorry! Someone help me!"

Lefort ran into the water and swam toward the girl. Another bystander (Jason Cherewayko) down the beach did the same. After about 15 minutes, the man reached the girl, and Lefort swam back to the beach. But when she looked back at them, something didn't feel right.

"We're looking, and he's going further with her," she said. "He couldn't get back in."

--

Morden launched his kayak and started paddling. When he'd gone out earlier that day, he'd worn gloves, a parka, a lifejacket - none of which he had now. The water was only 11 C, cold enough to limit the ability to move within minutes, according to the Canadian Safe Boating Council. The wind at his back, he made it to the pair quickly. But he'd been expecting two children, not an adult.

"I thought, there's no way I'm going to be able to bring him in," he said.

He threw a rope to the man and told him he'd

save his daughter, but he wouldn't let him tie on. Kayaks aren't made for towing, and if it flipped, all of them would die. Holding the bare rope in one hand and the girl in the other, the man said he understood. Morden turned his kayak into the wind and

**"IT WAS LIKE EVERYONE WAS MEANT TO BE IN THOSE SPOTS AT THAT TIME, BECAUSE THEY KNEW HOW TO REACT TO IT."**



EXPRESS PHOTO BY BREANNE LEFORT

Beachgoers acted quickly last weekend to rescue two young girls who had floated too far into the water at Grand Beach. The children were in the lake on inflatable rafts when the high winds pushed them into deep water. Breanne Lefort calls Grand Beach her "happy place," and says her best memories - and now one of the scariest - are at the beach.

started the long journey to the shore.

--

On the beach, Lefort teamed up with a group of people and broke into the

Grand Beach Safety Program's shed. The program sees Beach Safety Officers patrolling the area during the

Continued on page 8



## Cornmeal Turkey Burgers

### Ingredients

- 2 lb (900 g) ground turkey
- 1/4 cup (65 ml) cornmeal
- 1/4 cup (65 ml) onion, finely chopped
- 1 tsp (5 ml) garlic, minced
- 2 tbsp (30 ml) egg white
- 1/4 cup (65 ml) fresh parsley
- 1 tsp (5 ml) sea salt
- 2 tbsp (30 ml) grainy mustard

### Directions

Preheat barbecue to 350°F (175°C). Combine all ingredients and form mixture into 6 patties. Grill patties for 5-10 minutes per side on an oiled grill or until a digital thermometer reaches 170°F (77°C). Serve with your favourite toppings.

Find more recipes & cooking tips at [turkey.mb.ca](http://turkey.mb.ca)




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# \$10,000 grant for Arborg handi-van service to COVID vaccine appointments

By Patricia Barrett

The Arborg & District Handi-van service is receiving \$10,000 of COVID-related funding from the provincial government to help with its operations.

The Town of Arborg's chief administrative officer Cindy Stansell said the province provided a one-time additional grant.

"These grants were provided to sponsoring municipalities of handi-transit services funded by the Mobility Disadvantaged Transportation Program," said Stansell by email. "There were specific parameters for the allocation of funding."

The grant will cover the costs of transporting people to and from out-of-town COVID vaccination appointments, offset per-kilometre charges, personal protective equipment and vehicle sanitizing, she said.

The Arborg & District Seniors' Resource Council over-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Town of Arborg has two handi-vans that transport mobility disadvantaged people.

sees the operation of the handi-van service. Spokesperson Maureen Sigurgeirson said the government provided \$10,000.

The town has two vans. The COVID funding is to be used for mobility disadvantaged people only.

The vans can travel to "any site that [people] can book their appointment at," said Sigurgeirson by email.

An undated bulletin (No. 2021-26) from Municipal Relations provides more detail on the use of the top-up grant. The \$10,000 will cover the cost of providing drivers, use of the transit service to and from vaccination appointments outside a home community and enable each service to waive or offset the per-kilometre charge to and from COVID vaccination appointments.

Clients will still be charged flat fares for the service.

The funds will also offset the cost of providing personal protective equipment for both drivers and passengers, as well as vehicle sanitization costs.

If municipalities don't spend all of the \$10,000 grant, they can place the remaining funds into a reserve fund.

"However, the funds are to be held for ongoing/future use to offset COVID-19 related expenses as per above parameters," states the bulletin.

Municipalities must provide a report on the "key outcomes" that were met as a result of the grant.

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*-Jay Ewert, President - ETA*



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# Motorcyclist says safety is everyone's responsibility

By Jules Stevenon

As a motorcyclist, taking precautionary measures even before going on the road could save your life, says Rudy Ens, owner of Gaslight Harley-Davidson Sales in Morden. He says taking a driver's training test gives motorcyclists the basic knowledge they need to ride safely.

Once road ready, motorcyclists also need to gear up properly. Black leather or durable synthetic materials keep motorcyclists protected, and can prevent road rash and other injuries in case of an accident.

"Protective gear is super important. That's why bikers look the way they do, it's not to portray a certain image, it's to be protected," said Ens.

When on the road, Ens said driving defensively is key. Being aware of all other motorists and predicting what they could do next helps keep motorcyclists prepared for any danger that might come their way.

"Never take anyone for granted. In other words, you're coming through an intersection and there's a car in the intersection, never take for granted that they see you coming, because they might just pull out right in front

of you," he said.

Ens said other motorists need to be aware of motorcyclists too.

"Quite often, drivers forget that motorcyclists are part of the road. One of the big reasons for motorcycle accidents is motorcycles get caught in a driver's blind spot."

Besides being visually aware of motorcyclists, Ens says listening for them can also save lives.

"In the biking world, there's something that we think is very important, and that's that loud bikes save lives. Part of keeping a rider safe is the sound, because if you didn't see them in your blind spot, you hear them," says Ens.

Wildlife can also be very dangerous to motorcyclists, especially deer.

"You know how sometimes you'll try to pass someone in the middle of the doorway, and you go one way, and the person goes the same way? I've had that happen to me with a deer," he said.

The deer was right in his headlights and kept moving in the same direction as him.

"We missed each other, but it was so close I could have touched the deer



EXPRESS PHOTO BY GWEN KELLER

Gaslight Harley-Davidson Sales owner Rudy Ens reminds motorists of the importance of safety.

when I went driving by," says Ens.

Close calls like this are important to talk about, as they might help protect other motorcyclists.

Ens runs what he calls an 'Old time motorcycle dealership.' He started the business in 1972 and has been an authorized Harley Davidson dealership since 1977. He has been a motorcycle

enthusiast his whole life, and been riding since 1962.

"We love this game. It's an occupation that I seem to never get tired of. Motorcycles are not a necessity to life, so it's just part of what makes it enjoyable. The people we deal with are mostly happy people, wanting to have fun on a motorcycle," says Ens.

# Stonewall optometrist sees more patients suffer screen time strain

## Taking breaks, switching up your diet, and staying active can reduce symptoms

By Tyler Searle

Extended periods of screen time have the potential to harm your eyes, but there are ways to mitigate the damage.

Dr. Dawn Dunford, an optometrist at Doctor's Vision Centre in Stonewall, is seeing an increase in patients suffering from blurry vision, eye dryness, and fatigue as a result of working and learning from home, she said.

"When you are using the computer a lot, you are not blinking near as often as you should, and so your eyes dry out more."

Dunford recommends taking frequent breaks from the computer, working in a well-lit room with minimal glare, and making a point of blinking more often. For best practice, people should abide by the 20-20-20 rule.

"For every twenty minutes on the computer, you should

take at least a twenty-second break to look twenty feet or further," Dunford said.

Another helpful tip is to bolster your diet with omega-3 fatty acids. Omega-3s are fat nutrients commonly found in many foods. Oily fish like sardines, anchovies, and salmon are particularly high in healthy fats.

Omega-3s provide a wide range of benefits, but in the context of ocular care, they ensure the eye stays lubricated, she said.

Dunford's final recommendation is to invest in a pair of glasses with blue light filters—prescription or otherwise.

Screens emit a large amount of blue light, and the effect it has on human eyes is a contentious issue in the world of optometry. The light is proven to disrupt sleep, but the long-term implications of extended exposure are unknown, Dunford said.

While animal studies have shown blue light can damage



TRIBUNE PHOTO SUBMITTED

Optometrist Dr. Dawn Dunford says applying the 20-20-20 rule is vital for eye health.

Continued on page 7

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## Canada's National Advisory Committee on Immunization recommends mixing COVID vaccines

By Patricia Barrett

Canada's National Advisory Committee on Immunization (NACI) advised last week that mixing different two-shot COVID-19 vaccines is acceptable despite a lack of real-world data on the safety and effectiveness of doing so.

NACI made two major recommendations that were released June 1 in a Public Health Agency of Canada (PHAC) update titled "Interchangeability of Authorized COVID-19 Vaccines."

The first recommendation pertains to the AstraZeneca COVID vaccine, which is linked to serious blood clots and deaths around the world, including in Canada. Those who received AstraZeneca for their first dose can opt to either have it for their second dose or have instead an mRNA (messenger RNA) vaccine, either Pfizer-BioNTech or Moderna, unless there are contraindications, which are conditions, symptoms or allergies that prohibit use.

The second recommendation centres on the mRNA vaccines themselves. NACI says they should be matched for first and second doses rather than mixed – unless there are supply issues.

"If the same mRNA vaccine is not readily available or unknown, another mRNA vaccine can be considered interchangeable and should be offered to complete the vaccine series," states the update.

The recommendations are based on "current scientific evidence and NACI's expert opinion."

Mixing vaccines is not a new concept, according to the document. Different vaccines have been used to complete a course of treatment for a number of illnesses such as hepatitis A, influenza and Ebola.

But studies on the safety and efficacy of mixing different COVID vaccines – whether the adenovirus vaccines (AstraZeneca and Johnson & Johnson) with the mRNA vaccines, or mixing different brands of the same vaccine type – are either preliminary or ongoing. There are as yet no "real-world" data with millions of people to show potential issues.

Addressing that lack of real-world studies, Canada's chief public health officer Dr. Theresa Tam said the recommendation to mix is partly based on immunology basics and knowledge of how vaccines work, and partly based on preliminary results from a



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few COVID vaccine mixing studies, including a Spanish study released last month.

"NACI isn't recommending to use [mRNA vaccines] interchangeably, but try to use the same vaccine for the mRNA second dose," said Tam during a news conference June 1. "But if you can't find it or you don't know what someone had, whether Pfizer or Moderna for their first dose, then another mRNA vaccine can be considered."

The Spanish study, called CombivacS, enrolled 663 participants and focused on combining the AstraZeneca and the Pfizer-BioNTech vaccines. It showed that a second dose of Pfizer boosted participants' levels of antibodies.

Tam said the public, especially those who got AstraZeneca for their first shot, have been waiting "with eagerness" for NACI's approval on mixing vaccines.

"I have a lot of confidence in both the work of Health Canada regulatory authorities but also in the National Advisory Committee on Immunization," said Tam. "They [the public] should be reassured ... that this is a pandemic and we will get real-life data and it's great that we do."

## Crown lands available for haying by livestock producers

Submitted by Manitoba government

Manitoba Agriculture and Resource Development advises that due to dry conditions in parts of the province over the past few years, livestock producers will temporarily be allowed to cut hay on Crown lands not normally designated for agricultural use.

Under certain circumstances, non-agricultural Crown lands can be made available for agricultural use. The Agricultural Crown Lands Leas-

ing program will administer the use of available land and provide necessary permits.

This year, the department has proactively posted a list of lands available on the website that will be allocated by draw on June 11 including unallocated ACL forage lands. After further review, additional land has been made available. This additional list is now posted with an allocation draw date of June 21. The available lands

can be found at [www.manitoba.ca/agriculture/land-management/crown-land/](http://www.manitoba.ca/agriculture/land-management/crown-land/).

For more information, contact the Agricultural Crown Lands Leasing program at 204-867-6550 or a local Agricultural Crown Lands District Office. A listing of offices can be found at: [www.manitoba.ca/agriculture/land-management/crown-land/agricultural-crown-lands-district-offices.html](http://www.manitoba.ca/agriculture/land-management/crown-land/agricultural-crown-lands-district-offices.html).

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NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



EXPRESS PHOTO BY JAMES DENG

Winnipeg photographer James Deng captured this spectacular lightning show above the Stony Mountain Penitentiary on his first storm chasing adventure in the early morning of June 6. Lightning is an electrical discharge caused by imbalances between storm clouds and the ground, or within the clouds themselves. Most lightning occurs within the clouds. The heat causes surrounding air to rapidly expand and vibrate, which creates the pealing thunder we hear a short time after seeing a lightning flash. As temperatures soared to the high 30's over the weekend, southern Manitoba was destined for some extreme weather. 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](mailto:weather@expressweeklynews.ca).

## Daily COVID-19 case numbers improving gradually

By Ashleigh Viveiros

Manitoba's daily case counts appear to be on a downward trend, though health officials warn we're not out of the woods just yet.

The province on Monday reported 169 new cases of COVID-19 and two deaths.

That's a far cry from the heights of just a few weeks ago, which saw a record 603 cases in one day mid-May. By contrast, the average daily case counts for the first seven days of June was 265.

"Our day-to-day case numbers continue to gradually improve over time," chief provincial public health officer Dr. Brent Roussin said Monday afternoon. "However, our health care system is still struggling. We still have a ways to go in that regard."

"We have too many people in hospital right now that are requiring care. Too many people in ICUs both in Manitoba and in other provinces."

At press time, 344 Manitobans were hospitalized with COVID-19, including 308 in Manitoba. There were 66 intensive care unit patients in Manitoba and another 36 at ICUs in Ontario, Alberta, and Saskatchewan.

"Manitobans have been working hard to address this," Roussin said. "By staying home as much as possible we've been able to start breaking some transmission chains and start seeing some of these numbers coming down."

"By getting vaccinated, Manitobans are making a difference, decreasing the risk for themselves, the people around them, and all Manitobans."

Everyone over age 12 is eligible for the COVID-19 vaccine. On Monday, those who received their first dose on or before May 1 were eligible to book their second shot. Appointments can be made online at [protectmb.ca](http://protectmb.ca) or by calling 1-844-626-8222.

Manitoba started the work week

with 3,962 active cases of the virus and 47,880 recoveries. A total of 1,077 Manitobans have died due to COVID-19. Monday's five-day COVID-19 test positivity rate was 11.9 per cent provincially and 12.7 per cent in Winnipeg.

In our region, Interlake-Eastern as a whole was reporting 292 active cases and 3,177 recoveries. There were 30 people hospitalized with the virus, 4 in ICU. The number of deaths in the region is at 42.

In the Interlake-Eastern RHA as of Monday, Eriksdale/Ashern district and Powerview/Pine Falls district both had 86 active cases, Arborg/Riverton seven, Beausejour six, Fisher River/Peguis 14, Gimli three, Northern Remote 28, Pinawa/LacduBonnet four, Selkirk six, Springfield six, St. Clements eight, St. Laurent 0, Stonewall/Teulon 14, Unknown nine, Whiteshell one and Winnipeg Beach/St. Andrews 14.

## > SCREEN TIME STRAIN, FROM PG. 5

cells in the retina, there is little evidence regarding humans.

"A lot of stuff we can say anecdotally, which means there's no direct evidence but the things we are hearing from our patients," she said.

"I myself use them; I have my daughter in them. It's kind of one of those things where the science is there, but it's not proven yet."

When it comes to kids, it is always best to err on the side of caution. The World Health Organization (WHO) recommends parents do not expose children under two to any screen time, and kids between two and three should be limited to one hour per day.

A study from the University of Calgary found toddlers who engaged in more screen time performed worse on behavioural, social, and cognitive development tests.

Online learning for school-aged children presents its own set of challenges because they have to spend extended periods online.

Keeping kids physically active is paramount. Take frequent breaks, ensure your kids get exercise, and try to spend as much time outside as possible, she said.

Replacing your child's chair with an exercise ball will keep them moving, engage their core, and promote balance.

For eye health, parents should also apply the 20-20-20 rule to their children and supplement their omega-3 intake with a healthy, balanced diet, Dunford said.

Dunford suggests people looking for more information refer to the WHO or the Canadian Association of Optometrists.

**"FOR EVERY TWENTY MINUTES ON THE COMPUTER, YOU SHOULD TAKE AT LEAST A TWENTY-SECOND BREAK TO LOOK TWENTY FEET OR FURTHER,"**

# Agriculture in the Classroom rebrands to include students of all ages

By Jules Stevenson

Agriculture in the Classroom received money through the Canadian Agricultural Partnership to support their projects through the COVID-19 pandemic. One project being a total rebrand of their website and resources.

"The branding of our organization was really more geared towards elementary students," says Sue Clayton, Executive Director of Agriculture in the Classroom.

When Agriculture in the Classroom was formed in the 1980s, most of its content was geared towards them too. Clayton says as they've evolved over the years, they've become more of a kindergarten through grade 12 organization.

"We're focusing a lot more on middle years and high school than ever before, specifically around careers. We thought it would be a good idea for our brand to reflect that maturity of the organization," says Clayton.

It has taken them a few months to decide on their rebrand, wanting to make sure it was beneficial for both staff and educators.

Clayton says Agriculture in the Classroom is now in the process of rebranding all their resources and hope to have it done by the end of summer.

"It's been well received. We've had a lot of our partners and teachers make comments to us that they like the new brand," says Clayton. The feedback has been positive from teachers of all grades.

Clayton has had conversations with middle and high school teachers in the past who clicked away from their old website as soon as they saw the branding because of how much it was targeted at younger students.

"It would stop them right away, when they saw the look of the old brand," she says. The new, more mature branding is welcoming and inclusive to all ages.

Their website now features pictures of students of all ages and provides a more user-friendly layout. Their navigation allows educators to choose resources that are targeted to the age group they teach.

Clayton says she wants to make sure students understand where their food comes from and are educated in available careers in agriculture.

"When people think of agriculture, they think of farming, only ten per cent of the jobs are actually on the farm. The other 90 per cent are off the farm and can take you all over the world," says Clayton.

Clayton says Agriculture in the



EXPRESS PHOTO SUBMITTED

The Canadian Agricultural Partnership has rebranded their Agriculture in the Classroom to include Kindergarten to Grade 12 students.

Classroom's goal is to make sure agriculture education happens in every classroom in Manitoba, and every student is agriculturally literate when they leave the education system.

"[The students] understand where their food comes from, when they go to the grocery store, they understand

what the labels mean, and when they go to vote they understand that agriculture is a giant part of our economy," says Clayton.

Agriculture in the Classroom provides resources like virtual farm tours, farm to plate recipes, and gardening programs.

## > RESCUE, FROM PG. 3

summer, but wasn't due to start until the following weekend. Lefort hoped to find a boat or first aid kit inside, but only found a few lifejackets and some rope. Someone from the group called 911 and was told help was 10 minutes away. Those 10 minutes passed. Then another 10. And another.

All the while they watched Morden struggle against the 30 km/h wind. Morden heard the girl and the man singing to stay calm behind him. He counted his paddle strokes to keep his mind off his seizing muscles. He was exhausted from his previous kayak trip, and he didn't know how much further he could tow them both.

"I thought I was going to pass out," he said. "I wanted him to let go."

Then the girl stopped singing.

The next thing Morden remembers is seeing people swimming toward him. He'd paddled at maximum speed for 20 minutes and was nearing the shore. Lefort and two others met him in chest-deep water and guided him to the sand.

When paramedics got to Morden, he told them to help the man and his daughter first. They told him they were not related – the man was a

stranger with a family of his own who had run after a child he'd never met.

"I thought for the longest time that this man was the father, and I was going to sacrifice him," said Morden. "I had huge guilt feelings."

The man, Jason Cherewayko, and his wife Cynthia both jumped into the water when they first saw the girls floating away. Cynthia helped get the first girl back to land.

"It's akin to jumping into a pile of lava to save a child," Morden said. "You're not coming out."

Cherewayko told Morden he kicked the whole way to the shore.

"Thank heavens, or else I would never have done it," said Morden. "How he was still kicking...it's unbelievable."

When it was clear everyone had made it out of the water safely, Lefort ran to her own children and took them straight to her cabin. She was in shock from the cold water and what she'd just experienced.

"It was really traumatic, seeing that," she said. "Their skin was blue."

"I cannot believe this just happened."

--

A week after the rescue, Lefort feels the experience has changed her.

"It's made me want to do better for Grand Beach," she said.

She wants her community to take water safety seriously. While everyone involved survived, she thinks more needs to be done to save time and trauma in an emergency. She was surprised the provincial park Beach Safety Program was not running over the long weekend, and wants to see more money put toward supervision at beaches.

"It will happen again, and we need to have a better system in place for when it does, because the outcome may not be the same," she said.

Lefort is left thinking how fragile life is.

"It can change in a gust of wind," she said.

Morden was back in his kayak just days after the rescue.

"I love this boat, I love this lake," he said.

But he knows all too well how unforgiving it can be. He often thinks about the choice he didn't have to make that day.

"I'm not a man that's driven by emotion," he said. "But when I think about leaving that man out there, and I re-

alize what kind of man he is now... yeah, I feel emotional still. I've had nights with no sleep."

Morden tracked down Cherewayko through mutual friends. He gifted him his old rugby jersey, a gift that he says only goes to someone who "shows all the characteristics and elements you want to have."

"My past is full of checkered moments," Morden said. "I'm a prankster. Sometimes I might bug people too much. But I have wonderful friends, I have a beautiful wife. And this guy, who says he has the same things, was willing to give it all up for a stranger."

Despite what happened there, both Morden and Lefort feel fortunate Grand Beach is, and will continue to be, a place of refuge for them. Seeing a group of strangers band together to save a child reminded Lefort why she loves Grand Beach, her "happy place," so much.

"It was unbelievable the amount the Grand Beach community helped that day," she said. "It was like everyone was meant to be in those spots at that time, because they knew how to react to it."

"It gave me hope."



# Campers delight in another Interlake site opening

By Nicole Brownlee

Grahamdale welcomes 'glamping' site to encourage Manitobans to explore the community.

Ben and Haley Price were approved by the RM of Grahamdale to construct an off-the-grid, eco-tourism campsite in Spearhill on May 13.

Price said he and his wife, Haley, had always wanted to own a campground or a hostel.

"We're both like avid campers and outdoors people," said Price.

"Now, nobody can get campsites anywhere, and we thought, well, this would be a great time to start."

The 65-hectare property is surrounded by farmland and a pine forest, creating a quiet hideaway for campers looking to relax in an eco-conscious way.

"We want it to be a very like, back-to-basics, kind of nature experience where you can really just go unwind in nature," said Price.

"We're looking for a more tranquil, peaceful-looking experience."

The Prices hope to primarily use solar power to heat the water in the campground, but in the meantime will use propane as the first few campers book their sites.

"I'm hoping to be open for Canada Day," said Price.

The Prices are currently working on creating five tenting sites with fire pits, a walking trail and activities area, but plan to offer more accommodations by the end of the summer, like glamping sites.

These sites would include A-frame structures with a metal roof and wood



Old Pine will be an eco-conscious campground with gear available for rent.

rafters, screened on both ends, with room for a bed, a small table and chairs.

"It's kind of a tent, cabin hybrid," said Price.

For amateur campers, Old Pine will also offer tents, camp stoves and other gear to rent.

Grahamdale reeve, Craig Howse said the Old Pine Campground is a great option for people who weren't able to book a site elsewhere this summer.

"There's only, basically one, campground in the RM right now and it's the Steep Rock beach and it's booked up completely with seasonal and weekend sites," said Howse.

"It'll be a good thing for people to have other options and campsites to go to... if they want to come out and



EXPRESS PHOTO SUBMITTED

Ben and Haley Price plan to open Old Pine Campground in Spearhill on Canada Day with five tenting sites.

explore the RM of Grahamdale, and see what it has to offer," said Howse.

"This new off-grid wilderness camping and glamping campsite is a perfect addition to the eco-tourism experience in the Interlake and in the RM of Grahamdale," said Melissa Van Soelen, Interlake Tourism Association

manager, in an email.

"Wilderness camping is thriving in Manitoba, and we are thrilled to see this new development in our region," said Van Soelen.

To find out more, visit Old Pine Campground on Facebook or @old-pinecampground on Instagram.

## Fisher Branch RCMP foil bootlegging, illegal liquor sales on FRCN

By Patricia Barrett

The Fisher Branch RCMP detachment put an end to a bootlegging endeavour and the illegal sale of liquor on Fisher River Cree Nation last week.

Officers executed a Liquor, Gaming and Cannabis Control Act search warrant at a residence in the First Nation community and arrested the homeowner, a 54-year-old male.

"We want to remind community members to respect FRCN and provincial laws and regulations," said Cpl. Michael Garton by phone last Thursday. "In any of our rural communities, bootlegging and selling liquor to minors can lead to social issues and have a negative impact on community cohesion."

Officers seized cash and a substantial amount of liquor from the residence. The male faces several thou-



EXPRESS PHOTO COURTESY OF FISHER BRANCH RCMP

Fisher Branch RCMP seized a variety of liquor and cash from a residence in FRCN.

sand dollars in fines.

"If community members have any information for police related to the illegal sale of alcohol and/or drugs, they can contact their local RCMP detachment," said Cpl. Garton.



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# Another lease on life for Gimli man recovering from COVID

## Kuusselka hospitalized with COVID variant still on the road to recovery

By Patricia Barrett

A Gimli man who had to be hospitalized after acquiring a COVID-19 variant said he will need about six months to recover from serious damage to his lungs and liver but plans to pick up where he left off on a project for community youth.

Retired Gimli High School teacher Anders Kuusselka, who periodically fills in as a substitute teacher for the Evergreen School Division, still has the blood clots which developed in his lungs after he was infected with the highly transmissible alpha variant or B117 over a month ago.

"I've suffered lung and liver damage because COVID can cause organ failure. My liver is not at 100 per cent but I'm hoping it can rejuvenate itself. I also have blood clots in my lungs," said Kuusselka by phone last week. "I hear some people say, 'Oh, it's just like the flu,' and they have it for a few days. But others, like me, have suffered far more serious consequences. I would not wish this on anybody. It was a horrible ordeal to go through. Being bedridden for a month weakens the muscles and affects the entire body."

His symptoms came on "really suddenly" around the time of a snowstorm in early April, he said. He called Gimli hospital which advised him to get tested for COVID in either Selkirk or Arbog. The roads were treacherous, so he waited it out at home. His wife also got COVID – he's sure he gave her the virus and feels terrible about it – but thankfully her symptoms weren't as bad as his.

"I had a high fever and lost my sense of taste. All my muscles were aching, you know that achy feeling you get when you have a bad flu," he said. "I was also shivering like crazy even though I had lots of blankets on me; then I would start sweating profusely."

To make matters worse, he said he's immunocompromised as a result of a horrific workplace accident he suffered when he was a young man. He had been welding steel rafters on the roof of a warehouse when the building collapsed and he fell. He was buried beneath a pile of twisted steel.

He shattered many of his ribs, broke both of his hips and damaged four vertebrae in his back, he said. His lungs collapsed and he ultimately lost a kidney and his spleen, a vital organ



EXPRESS PHOTOS SUBMITTED

Anders Kuusselka suffered serious lung and liver damage from COVID. It will take about six months to recover. Left photo, Kuusselka celebrating Canada Day.

that's part of the immune system.

"Everyone thought I was dead. Eventually they were able to get the beams off me, thank God. But it was horrible. I was only 22 years old and they told me I would never walk again," he said.

But walk he did and he re-trained to become a music and French teacher. To everyone's surprise, he also taught physical education for many years.

Continued on page 12

# Better belated than never- Lundar school celebrates Manitoba's birthday

By Nicole Brownlee

Lundar Early Years School (LEYS) students have created a cake to commemorate the province's history and 151 birthday.

The current Grade 5 class started the project last year but was interrupted by COVID-19 restrictions, which paused the craft until students could complete it in person.

"We were supposed to have this great celebration of Manitoba's 150 birthday, and so the idea of a birthday cake came to mind," said Grade 4 teacher Patty Goranson.

The Grade 4 students happily took on the challenge this year and have incorporated their predecessors' ideas to designate each tier of the cake made from boxes to a part of Manitoba's character.

One tier showcases Manitoba's landscapes with postcards illustrated with rolling prairies, while another highlights well-known Manitobans, monuments and pieces of the province's history.

The 17 students contributed to each layer of the cake throughout the school year, taking time to research their assigned topics, visually represent the item and write a short synopsis of the importance.

Plasticine snakes for the Narcisse Snake Dens slither over the cake decorated with bright white

polar bears, sturdy brown bison and paper prairie crocuses. Topped with the Golden Boy and an updated 151 birthday candle. The green and tartan cake is displayed in a hallway outside the Grade 4 classroom.

"It took a little bit of creativity," said Goranson while reflecting on working on the project six feet apart from her students. "We're very thankful for technology because a lot of the research, of course, was done on the computer."

Featured moments on the cake include comparing the Spanish flu to the COVID-19 pandemic, looking into Manitoba's role in residential schools and noting provincial sports teams like the Winnipeg Blue Bombers.

The students worked on the cake for several months, starting in September and working on each layer every few weeks.

Though it took a long time and was a lot of hard work, they're impressed with how the cake turned out, said Goranson's students.

"It was just a pleasure to work with the two groups of kids to get through it. It was nice to do something positive in the classroom through the pandemic," said Goranson. "This birthday cake will be a once in a lifetime kind of thing."

**"THIS BIRTHDAY CAKE WILL BE A ONCE IN A LIFETIME KIND OF THING."**



PHOTO SUBMITTED

Patty Goranson's Grade 4 class completed Manitoba's 150 birthday cake this May after a year of waiting due to COVID-19 restrictions.

# Lundar community freshened up with students help

By Nicole Brownlee

Lundar school added plants and a seating area to spruce up the school grounds and to help the community.

Grade 12 student Deidra Olafson planted dill, basil and lettuce in early March to contribute to the Home Economics program at Lundar High School. Olafson also planted Zinnia seeds in the school's greenhouse, which will be added to the planters in front of the school.

This is the first-year students have grown plants in the school's greenhouse, said Stevie Anderson, an educational assistant at Lundar High School.

Olafson gardens at home with her parents and plans to make pesto and dill pickles with her first harvest. She also hopes to grow tomatoes, cucumbers and mushrooms in the future.

The school plans to grow more produce and herbs next year to supply the home economic classes throughout the year and potentially incorporate the plants into science and industrial arts classes, said Anderson.

Grade 12 Industrial Arts students have built several items over the past two months to add to the school grounds, including benches, planters and tables.

"The thought behind [the project] was, what are the needs in the com-



Lundar High School Grade 10 Industrial Arts students are building a shed for the Lundar skatepark.



Lundar High School Grade 12 student Deidra Olafson, right, has planted basil, dill and Zinnia seeds in the school's greenhouse this spring with educational assistant Stevie Anderson.

munity and the school," said Ben Loewen, Industrial Arts teacher.

Loewen said his class noticed the existing picnic tables around the school were old and needed to be replaced, and planters would help brighten the area.

"The planters just give, well plants in general, give life to [their] surroundings," added Loewen.

"We wanted to get the students to be involved in sprucing up the surroundings that they're in at the school and to be proud of that as well," said Loewen.

The Grade 10 students are also building a shed for the Lundar skatepark, which many of them use, said Loewen. Seeing their work in the community may also encourage the students to feel proud of their hard work, he added.

"The hope is to build up some pride in what they're doing with their hands and their communities as well," said Loewen.

"The students are doing a fantastic job, and I'm very proud of what they're doing."



Olafson enjoys the sun on a recent addition to the school grounds- a wooden picnic table built by the Industrial Arts class.



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# It's as simple as ABG: COVID variants get new names to avoid stigmatizing countries

By Patricia Barrett

The World Health Organization (WHO) announced last week it's renaming COVID-19 variants in order to prevent backlash against countries where the variants were first detected.

The WHO is using letters of the Greek alphabet to rename existing variants of the virus and future mutations that get designated either variants of concern (VOC) or variants of interest (VOI).

Variants of concern and variants of interest are classed differently depending on how they behave.

A VOC affects diagnostics, treatments and vaccines. It shows a decreased susceptibility to therapies and significantly decreased neutralization by antibodies. It also shows evidence of increased transmissibility and disease severity and reduced vaccine-induced protection from severe disease, according to the U.S. Centers for Disease Control and Prevention. A VOI, on the other hand, has genetic markers which are predicted to affect transmission, diagnostics, therapeutics or immunity. A VOI can have caused outbreak clusters but has limited prevalence.

For ease of identification, world leaders, public health commentators and the media have used descriptors, or a combination thereof, to name

variants, including the country where it was first detected and the variant's Pango lineage. Pango is a scientific naming scheme based on letters, numbers and dots, which indicate a descendent or ancestor of the original strain (e.g., B.1.1.7), and which are sometimes not provided by media (e.g., B117).

The WHO is encouraging everyone to start using its new naming system.

"While they have their advantages, these scientific names can be difficult to say and recall, and are prone to misreporting. As a result, people often resort to calling variants by the places where they are detected, which is stigmatizing and discriminatory," states the WHO in a May 31 news release.

"To avoid this and to simplify public communications, WHO encourages national authorities, media outlets and others to adopt these new labels."

The most egregious example of COVID stereotyping was made by former U.S. President Donald Trump, who repeatedly referred to the original strain as the "Wuhan" or "China" virus.

The first four letters of the Greek alphabet, Alpha, Beta, Gamma and Delta, have been given to the first four VOCs that are currently prevalent. Other letters of the alphabet have been assigned to VOIs.

The renaming for variants of con-

WHO label	Pango lineage	GISAID clade/lineage	Nextstrain clade	Earliest documented samples
Alpha	B.1.1.7	GRY (formerly GR/501Y.V1)	20I/S:501Y.V1	United Kingdom, Sep-2020
Beta	B.1.351	GH/501Y.V2	20H/S:501Y.V2	South Africa, May-2020
Gamma	P.1	GR/501Y.V3	20J/S:501Y.V3	Brazil, Nov-2020
Delta	B.1.617.2	G/452R.V3	21A/S:478K	India, Oct-2020

EXPRESS SCREENSHOT WORLD HEALTH ORGANIZATION

The WHO renamed COVID variants of concern (shown here) and variants of interest to avoid stigmatizing countries where they were first detected.

cern is as follows:

Alpha: Kent or U.K. variant or B117

Beta: South Africa variant or B1351

Gamma: Brazil variant or P1

Delta: India variant or B16172

The renaming of variants of interest is as follows:

Epsilon: U.S.A. variant or B1427/ B1429

Zeta: Brazil variant or P2

Eta: multiple countries variant or B1525

Theta: Philippines variant or P3

Iota: U.S.A. variant or B1526

Kappa: India variant or B16171

The WHO said it consulted with experts from around the world before

renaming variants and reviewed other possible identification systems.

Like all viruses, COVID has mutated and produced new strains. They help the virus adapt and survive in new conditions. They are carried around the globe by travellers.

Variants are given names to help other countries prioritize their monitoring and research capabilities or to warn them of their possible rise and determine responses to them.

COVID has infected over 171 million people around the world and has killed almost 3.7 million (data: World Health Organization COVID-19 Dashboard, June 4).

## > LEASE ON LIFE, FROM PG. 10

After testing positive for COVID, Kuusselka said he called Gimli hospital and they admitted him. He was put in a private room and kept away from all other patients. They gave him an EKG to test his heart and also tested his lungs, putting him on oxygen right away. They hooked him up to an IV and treated him with a powerful steroid and antibiotics.

"I couldn't do anything but gasp for air. It was a struggle just to breathe," said Kuusselka. "But the Gimli hospital staff were absolutely fantastic. I loved all the people there. They treated me really well and they hovered over me in their yellow gowns, masks and visors. They had that surreal appearance of space travellers or astronauts."

The whole thing is a bit of a blur, he said, but he thinks he was sent to Selkirk hospital by ambulance because Gimli lacked the adequate resources to treat him. He was put on 100 per cent oxygen in Selkirk. When he improved, he was sent back to Gimli hospital.

His progress seemed typical of what lots of people infected with the virus have reported: they improve and

think they're on their way to recovery then suddenly find themselves drastically declining. When Kuusselka's doctor came to see him, he decided to send him to Winnipeg for treatment, expecting that he might need a ventilator.

"He sent me to Health Sciences Centre where I was put in a ward with 38 other COVID patients. I shared a room with a poor young guy who not only had COVID but had also been stabbed in a bus shelter," said Kuusselka. "They did a CT scan on me and told me I have blood clots in my lungs. They also said I might have to go on a ventilator. I really didn't want that."

He was offered an alternative treatment whereby they would pump steam into his lungs along with oxygen to see if that would improve his breathing.

"The amazing thing is when they hooked me up to that machine, it worked after a couple of days," said Kuusselka. "My oxygen levels were improving and I did not have to go on a ventilator, which I'm so happy about."

COVID took a lot out of him and he was told by doctors it would take

about six months for the blood clots to dissipate. He has to take blood thinners to prevent further blood clots.

"With COVID, you can get blood clots anywhere but I was lucky, in a way, that they were in my lungs instead of in my brain or in my heart where they would have caused a stroke or a heart attack," said Kuusselka. "The clots are still making it difficult for me to breathe. When I walk or exert my-self physically, I get tired and out of breath quickly. I am weak and still need to take a nap during the day, making it difficult to work full days as a substitute teacher."

During his hospitalization, Kuusselka said he was buoyed by the flowers, cards, prayers and general support he received from his friends and others in the community, including students and teachers. Although he couldn't have visitors, he was able to stay in touch with people with his phone and through Facebook. He feels badly for those who have no one and have to suffer alone.

"Every text, phone call or comment on Facebook lifted my spirits and renewed my faith. As long as I was able to stay positive, my health improved. I really believe all those prayers helped bring about my healing," said

Kuusselka. "I want to thank the many churches and individuals who took the time to pray for me. Most of all I want to thank God for giving me another lease on life. I believe we all have a purpose for living and we all have an assignment to complete. Obviously, my work here on earth is not done yet."

Kuusselka is the director of the WAVE Drop-in Youth Program that's offered to middle years and high school students in Gimli. His "dream" is to build a dedicated centre where young people can safely hang out after school and participate in various activities such as sports, dance, arts and music.

Kuusselka and his team of WAVE volunteers already put the wheels in motion a few years ago. They've been raising money through the Snack Shack on Gimli Beach (when public health orders permit), 50/50 raffles and donations that will go towards the construction of the building.

"My dream has always been to build a youth drop-in centre in Gimli," said Kuusselka. "Now my prayer is that the community will come together and help make this dream come true, hopefully in my lifetime."

# Keeping safe on the water this fishing season

Enjoy the water with the peace of mind that you are prepared for all eventualities

By Katelyn Boulanger

With fishing season starting on May 15 this year, and bringing more people to the water the Lifesaving Society of Manitoba reminds residents to make boating safety a priority before they leave the dock.

“One thing that everybody needs to know is they have to check their specific craft because the required safety equipment does vary depending upon the exact type and length of your craft,” said Manitoba Lifesaving Society’s Water Smart Coordinator Dr. Christopher Love.

Love says that even though you’ll need different equipment for a Jet Ski than you would for a fishing boat or a yacht, everyone should be aware of some essential pieces of safety equipment.

“Common things that everybody’s going to need is they are going to need an approved life jacket, for each person who is going to be in the boat. By law, you have to have it, it has to be the appropriate size, and it has to be in the boat when someone is in the boat. We recommend that they need to be wearing that life jacket,” said Love.

Lifejackets are the number one thing that he recommends, saying that they should be put on even before you get on the dock and not taken off until after you are safely off the dock. However, he says that people may not know about lifejackets because they need to be either Transport Canada approved or Canada Coast Guard approved. If a fisher grabbed a lifejacket on a trip to the US, before COVID, that jacket might not meet Canadian standards.

Another item required on many crafts is a sound signaling device such as an air horn or a whistle, which can be used to avoid collisions when you are in reduced visibility. A whistle helps if you fall overboard as your voice will eventually give out. It can make noise for much longer.

“We recommend with the life jackets and the sound signaling device, you put a whistle on every single lifejacket that’s in your boat so that when somebody is wearing [their lifejacket], they automatically have the sound signaling device on them,” said Love.

Other common items that you will need: a heaving line, which is essentially a rope that floats and can be used for rescues, an anchor, a manual propelling device like paddles, a fire extinguisher if you are cooking or have

a fire hazard on the boat and lights if you operate outside of daylight hours.

For larger crafts, a reboarding device may also be necessary and should you be taking your boat on a larger body of water where you may not be able to see land at all times; a radar reflector could be necessary.

“A radar reflector is essentially a device that you affix to the highest point of your craft or you affix to a pole so that it gets some height above your craft. This makes you visible to other crafts that are using radar as part of their navigation methods.

It’s also used if you are ever reported missing, and search and rescue are out looking for you,” said Love.

Some things that may not be required but recommend you consider when taking the boat out are a toolkit of basic mechanical repair supplies and a basic first aid kit.

“I’ve heard plenty of stories of incidents where fish hooks have gone in the wrong direction or into the wrong place. I’ve heard stories about fillet knives on a rocking boat. I’ve heard stories. Some of the fish that we have in Manitoba, they bite or they’ve got rough scales and so having those basic first aid supplies — you don’t have to have the world —but having some basic antiseptic, band-aids, a little bit of gauze that can be a big difference between dealing with something easily and immediately or it becoming worse,” said Love.

He also suggests, especially at this time of year, to prepare for changing weather conditions. It may be colder on the water than it is on the shore and water temperatures at this time of year are still very cold as the water hasn’t had time to heat up yet.

Additionally, let someone know where you are going and when you plan to get back just in case.

COVID-19, of course, also comes into play this year as you need to adhere to provincial safety regulations even if you are out on the water.

Also, as always you will require your craft operator card and boat license.

“By doing this planning ahead, by preparing ahead, you can avoid a whole lot of problems and you can have a really, really enjoyable time out on the water,” said Love.

Love recommends anyone who want to head out on the lake or the river check out the Canadian Safe Boating Council’s Boat Notes App. It is available on both the Google Play Store



EXPRESS PHOTO BY BRETT MITCHELL

Chris, Kim and Kaiden Yap enjoyed a day on the water on May 15.

and Apple’s App Store and breaks down all the items you need for your particular boating situation. You can also get additional information on the

Manitoba Lifesaving Society’s website at [lifesaving.mb.ca](http://lifesaving.mb.ca) or the Canadian Safe Boating Council’s website at [csbc.ca](http://csbc.ca).

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## Gimli health-care workers among lucky 500 treated to free Stanley Cup playoff game

By Patricia Barrett

Two health-care staff from the Gimli area were pleased to have won free tickets to a Stanley Cup playoff game last week after they entered their names into a hockey lottery for health-care workers.

Terry Grawberger and Laura Korolyk, who both work at the Johnson Memorial Hospital in Gimli, were among the 500 or so fully vaccinated health-care workers chosen to attend the first game on June 2 between the Winnipeg Jets and the Montreal Canadiens.

"I felt very lucky. I was excited. I didn't think I'd get picked," said Grawberger by phone. "I was at work [on the day of the game] and we kept checking our emails. It was almost 1:30 p.m. and we thought, 'No one here won.' Then I happened to check my email again and there it was!"

True North Sports & Entertainment, which owns the Winnipeg Jets and Bell MTS Place, is working in collaboration with the provincial government to treat health-care workers to home games in the second round of the playoff series.

Grawberger, who is a dietary support worker, had to scramble to find a co-worker to finish the remainder of her shift, she said, then drive to Winnipeg for her staggered entry time to the arena.

"It made for a hectic afternoon but it was fun," she said.

In terms of joining a crowd, Grawberger said she felt perfectly safe as she knew all attendees had been vaccinated. Health-care workers were required to provide proof of their fully vaccinated (two COVID-19 shots) status. Despite being protected, attendees were seated away from each other in the 16,000-plus seat downtown Winnipeg arena.

"There were only three of us in my row and I got to sit with Laura," said Grawberger. "I thought it was a job well done by the way they organized it. They had us enter the building at different times; Laura and I went in at 5 o'clock and there was a second group that came in at quarter to six."

Grawberger's co-worker, Laura Korolyk, who works in Gimli hospital's housekeeping and laundry support services department, said when she found out she won, she was shocked.

"I was in the city when Terry messaged me that she was chosen. I checked mine and, oh my God, I got one too!" said Korolyk by phone. "It was unreal because I heard there were 6,000 entries and we got picked. It's pretty cool that two of us from the same facility won."



EXPRESS PHOTO SUBMITTED

Health-care workers Terry Grawberger, left, and Laura Korolyk from Johnson Memorial Hospital in Gimli were chosen to attend the first game of Round 2 of the Stanley Cup playoffs between the Winnipeg Jets and the Montreal Canadiens on June 2.

Although she happened to be in the city that day, Korolyk said she only found out at around 3 p.m. and had to be at the gate at 5. She had to get things together quickly, including obtaining a hard copy of her vaccination status.

"You didn't have lots of time once you found out you won to get everything you needed, but it turned out great. A woman at work donated T-shirts to us," said Korolyk. "I'm glad I got to go. My kids were jealous."

One thing she didn't have time to organize was warm clothing. She had come to the city in capris and a short-sleeved shirt and had to go to the game as she was. Without a mass of fans in the stands generating body heat, the arena was colder than usual, she said. Luckily, a friend had given her a long-sleeved shirt to take to the game, but "Terry had to wrap towels around her arms." They also didn't have time to dress up in costumes and wigs and make signs.

"I wish I would have had time earlier to make a sign recognizing our Gimli health centre," said Korolyk, "because it was nice seeing all the signs from different facilities."

When they got to gate, Korolyk said she and Grawberger were in separate lines but they asked whether they could sit in the same section, given they both worked in the same facility, and arena staff obliged.

"That made it more fun, having someone you work with in your row you could chat to even though there were people around us and we could have socially distanced conversations," she said.

In addition to the free game, attendees were treated to a free slice of pizza during the first intermission and given Jets-branded swag such as a towel, a water bottle and a T-shirt, said Korolyk. And she thought it was a nice change to have all that space to herself to enjoy the game.

She said arena staff kept tabs on attendees, making sure they weren't hanging out in groups in the foyer and instructing everyone go back to their seats to eat their pizza.

For her, the big takeaway from the evening was the importance of getting vaccinated and enjoying "close-to normal" events again.

"Everyone was saying get vaccinated. Do it so we can get back to normal," she said. "We need people to get those shots. We don't want to go into a fourth wave. We want this to be over."

As to the Jets' loss that night, both women said they were disappointed.

"I was bummed the Jets lost, like everybody else probably was. But it was only the first game," said Grawberger.

Korolyk said it would have been better without "that ending," referring to the Jets' Mark Scheifele's check on the Habs' Jake Evans, who had to be carried off the ice on a stretcher.

True North Sports & Entertainment said in a news release June 2 that it was "pleased to be able to welcome fully vaccinated ... healthcare workers back to the stands to cheer on the Winnipeg Jets."

The provincial government had revised its public health orders forbidding public gatherings so that the health-care workers, families of the Jets' players, managers and other staff could attend the game, and its Shared Health department helped organize the lottery.

"Facilitated by Shared Health, the lottery draw received more than 6,000 entries from fully vaccinated healthcare workers excited at the prospect of seeing playoff hockey in person," said True North in its release.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Bemidji State names Dowhy an alternate captain

### Staff

Kerigan Dowhy will have some added responsibility in her final season with the Bemidji State Beavers women's hockey team.

Dowhy, along with fellow senior Claudia Verkerke and junior Kate Boland will serve as the captains for the 2021-22 season. Verkerke will wear the "C" as the team captain, while Dowhy, whose family lives in Stonewall, and Boland were selected as alternate captains.

The trio was voted to their leadership positions in a vote of returning players.

"To me, leadership, good positive leadership within a team, is all about developing relationships with your teammates and through that process, a connection is made. A deep, meaningful connection where caring is very apparent," said Bemidji State head coach Jim Scanlan in a media release. "It's the ability to put the team first in all situations. It's having a positive outlook and attitude in all situations. That is what these three have provided throughout their careers and that is why they were elected to these leadership positions by their teammates."

Dowhy, a goalie, will take advantage of an extra year of eligibility and return for her fifth season. She played in 19 games this past season and piled up 18 starts. Dowhy finished sixth in the WCHA with a 2.91 goals-against average while sitting eighth with a

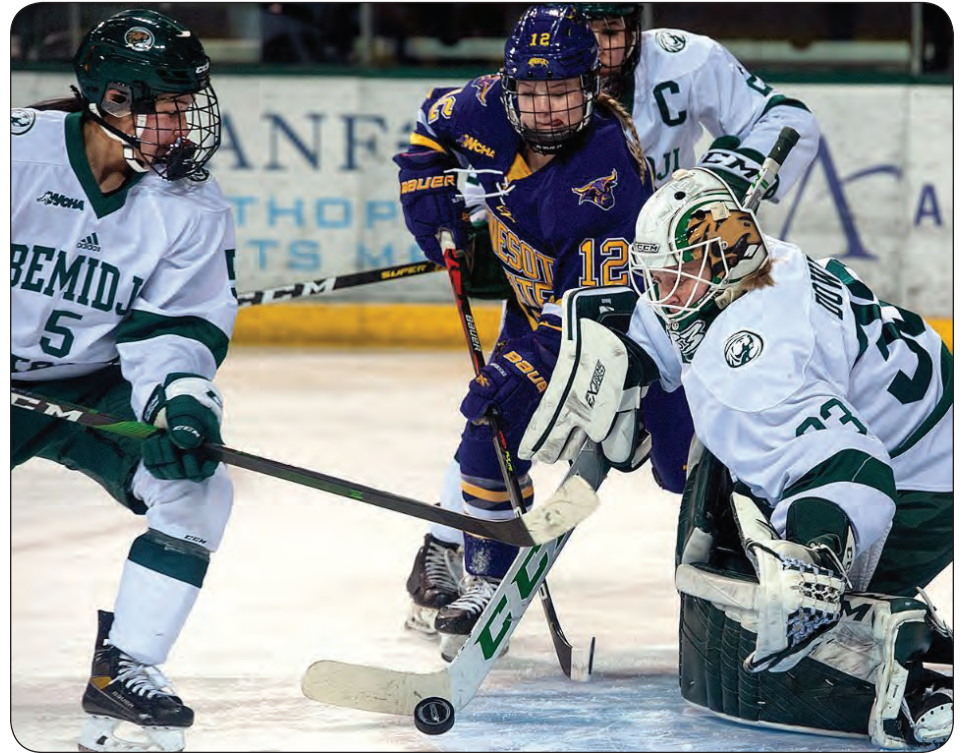


Kerigan Dowhy

.904 save percentage.

She recorded her third collegiate shutout Jan. 22, stopping all 46 Minnesota Duluth shots. Entering her fifth season she is seventh on BSU's career wins list (13), eighth in minutes played (2,657:10), tied for sixth in career shutouts (three), fifth in goals-against average (2.66), sixth in save percentage (.909) and seventh with 1,177 saves.

"Kerigan gives everyone confidence and can pick anyone up if they are down," said Scanlan. "She sticks up for her teammates, holds everyone accountable, gives great advice and



EXPRESS PHOTOS BEMIDJI STATE

Kerigan Dowhy has been named an alternate captain for the Bemidji State Beavers women's hockey team for the upcoming season.

works hard both on and off the ice. She wants what is best for the team and she will strive for that. She is someone who will say what needs to be said in a direct, fair way."

The Beavers finished the COVID-19 shortened 2020-21 season with a 2-16-2 record.

Scanlan returns 20 student-athletes from a young 2020-21 squad to the roster for 2021-22.

The Beavers open the 2021-22 con-

ference season Oct. 1-2 when they travel to St. Paul, Minn. to face WCHA newcomer University of St. Thomas in a two-game league series. The two-game set will kick off a 28-game WCHA slate that currently features 14 home contests. That number of games will likely grow as the team will announce its non-conference schedule at a later date.

## Manitoba 55+ Games moves online

### By Ashleigh Viveiros

After a pandemic-induced year's break, the Manitoba 55+ Games are back.

Organizers are taking the "Olympics" for older adults online this year and stretching the participation window out to include five weeks: June 14 to July 16.

"We saw there was a need," says coordinator Karyn Heidrick, explaining they've been hearing from Games participants for months now wondering if the event would be going ahead in some way in 2021. "We've seen so

many things going virtual right now and working and still being able to connect with people that way, so that's what we've decided to do a well."

Games participants can sign-up to complete a range of featured events, including walking, running, cycling, Bocce ball, Nordic pole walk, 9-hole and 18-hole golf, horseshoes, arts and crafts, pickleball, badminton, tennis, cribbage, whist, and Scrabble.

"We ask people to participate safely in their own household or their own 'bubble,'" says Heidrick. "Pick something you already do or maybe try

something new and then track that for four weeks.

"At the end of that period we're asking people to share their stories with us," she says. "We'll be able to share all that with the other participants and create some storyboards and really be able to share what everyone is able to accomplish. We can't do so many other things right now so let's focus on what we actually can do."

Registration is free. Participants who send in their activity trackers and stories of their Games experience will be entered into a draw for some active

aging prizes (walking poles, exercise bands, gift certificate).

"We're trying to motivate people to stay connected because that's always been such a huge part of it," Heidrick says, adding that "being able to move and being physically active is so good for your mental health too."

"Until we can meet again, this is a great way for all of us to still be part of something together." Head to [www.activeagingmb.ca](http://www.activeagingmb.ca) to download the registration form or contact the Games office at 204-261-9257 or [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Charison commits to Valley Huskers

By Brian Bowman

Josh Charison enjoyed a solid career as a quarterback with the Interlake Thunder.

Now, he'll get a chance to see how he fares at the junior level.

Charison recently committed to play football for the Valley Huskers, located in Chilliwack, B.C.

"I think it's going to be awesome," Charison said. "I got lucky. One of the people within the Thunder organization sent out my tape to the team in B.C. and they ended up contacting me. It's so exciting because I didn't know if I was going to be continuing my football at the next level and now I have an amazing opportunity with Chilliwack."

Charison is really looking forward to playing football for Huskers' head coach Bob Reist.

He knows the level of play is going to be very good with players much bigger, stronger, and faster than in years past.

"It will be equivalent to the (Winni-

peg) Rifles here," said the 18 year old. "I'll be making the transition from nine-man (football) back up to 12-man so I'll have to get adjusted to that again. If I do get some playing time, I'll be competing against guys who are a few years or even four years older than me. It will be challenging but I think it will be really good, exciting and rewarding, too."

The Huskers have a couple of returning quarterbacks so the competition for playing time will be stiff. Charison, though, is prepared to bide his time as a first-year player.

"I understand going into this that I'm the young one," he said. "There are a couple of quarterbacks that are older than me. Sitting out a year and kind of watching them will be really good for me. It will let me settle in and prepare myself for if I do get out on the field."

Charison has always done a good job running the offence from the QB position. He's an accurate passer who can pick up some yards with his legs and

he also has a good football IQ.

"I'm not the deepest thrower but if it's in my range I can put it on you," he said. "I know what guys are supposed to be doing and I know how plays are supposed to work and I can relay to coaches what I'm seeing out there."

Away from the football field, Charison is both excited - and nervous - to be making the move west from Teulon to Chilliwack.

"It's very nerve-wracking because not only am I going to be playing at a higher level of football but I'm also moving away from home," he said. "I'm going to be meeting new people and it sounds like they have a billet system there so I'll be living with new people. I'm going to be gaining a lot of independence and there's going to be two guys, for sure, that are going to be on that Chilliwack team and I talked with one guy that I used to play with and he was on that Chilliwack team and he said it was really fun and a really good experience."



**EXPRESS PHOTO SUBMITTED**  
Josh Charison has committed to play football for the Valley Huskers, which are located in Chilliwack, B.C., for the upcoming season.

## Eight Manitobans listed in NHL's Central Scouting's final 2021 draft rankings

From Hockey Manitoba

Eight Manitobans have been named to NHL Central Scouting's final rankings for the 2021 NHL Draft.

Winnipeg ICE defenceman Carson Lambos was the highest ranked Manitoban by NHL Central Scouting at 11th overall amongst North American skaters. The 18-year-old was limited to just two games with the ICE this year due to injury. Prior to the start of the 2020-21 Western Hockey League

regular season, Lambos played in Finland for the JYP club in Jyväskylä. Lambos registered two goals and nine assists in 13 games for JYP's Under-20 team. Lambos was the third-highest ranked player from the WHL.

Seattle Thunderbirds' forward Conner Roulette was the second-highest ranked Manitoban by NHL Central Scouting at 36th overall. Roulette scored six goals and added six assists in 11 games for the Thunderbirds this

past season. Roulette, who also played three games with the Selkirk Steelers, represented Team Canada at the 2021 IIHF U18 World Championship in Texas, winning a gold medal.

The other Manitobans on the list include Moose Jaw Warriors' forward Eric Alarie of Winnipeg (51), Moose Jaw defenceman Cole Jordan of Brandon (88), Portland Winterhawks' forward Tyson Kozak of Souris (161), Brandon Wheat Kings' forward Nolan

Ritchie of Brandon (197), Green Bay Gramblers' defenceman Owen Murray of Decker (210), and Regina Pats' forward Jakob Brook of Roblin.

The 2021 NHL Draft is scheduled to take place on July 23-24. For the second year in row, the event will be held remotely, with teams convening via video conferencing.

## Portage la Prairie to host MJHL Showcase

Staff

The Manitoba Junior Hockey League announced that the 2021 MJHL Player Showcase will take place Nov. 22-24 at Stride Place in Portage la Prairie.

The Showcase will feature all 12 MJHL teams in one location over three days with each team playing

two highly-competitive regular-season games during the high-performance event.

"We are extremely excited for the 2021 edition of the MJHL Showcase after not being able to host the event last season," said MJHL Commissioner, Kevin Saurette. "For our elite athletes, these games are a very

important step in attracting the attention of the many NCAA, Major Junior, University, NHL and NHL Central Scouting scouts and coaches that will be attending from across North America.

"For both fans of the MJHL and the game of hockey, this event is a great way to watch a variety of high-cal-

ibre hockey games, while enjoying the many comforts and amenities that Stride Place has to offer. The timing of the event will allow teams and players the ability to be in mid-season form so that they are best prepared to showcase themselves positively."



# MJHL awards expansion franchise to Niverville

## From the MJHL website

The Manitoba Junior Hockey League Board of Governors announced last Friday that it has granted an expansion franchise to operate in Niverville.

The new MJHL member will play its inaugural season from the brand new Niverville Community Resource and Recreation Centre in the 2022-23 campaign.

"Niverville is recognized as one of the fastest growing communities in the province and the MJHL is thrilled to bring a new organization into this community, while adding another first-class, state of the art facility to our League," said MJHL Commissioner Kevin Saurette.

"We have been in ongoing discussions with this group for a number of years and are very confident that the community owned non-profit organization and the Town of Niverville will provide an ideal new home market for the MJHL going forward. I would also like to recognize the significant commitment and efforts of Clarence Braun who was instrumental in help-

ing bring a new MJHL franchise to the Town of Niverville."

Niverville's Mayor, Myron Dyck shared his excitement in welcoming Junior "A" hockey to the growing Town of Niverville.

"On behalf of the Town of Niverville I would like to take this opportunity to welcome the MJHL to our community and to congratulate the group of local residents for their hard work in making their dream a reality today," Dyck said. "We are excited for this news and wish both the MJHL, local resident Clarence Braun, his management team, and all their supporters much success in the years ahead."

Niverville Junior A Hockey Inc.

After considering this opportunity for some years, we at Niverville A Junior Hockey Inc. are both excited and proud to be accepted as the newest franchise entry into the MJHL. As we have been exploring entry into the MJHL, we have extended the opportunity for ownership and have seen many new shareholders added within the past few months. That opportuni-

ty will continue as we follow a plan to be ready for the 2022-23 MJHL season.

As a shareholder group for this community owned not for profit team, we are excited to be in the community we are in. We are aware of the many young families that have made Niverville their home and the investment that they have made to our community. We look forward to engaging with many hundreds of volunteers in the surrounding area as we put the various leadership teams into place in the weeks and months ahead.

We are especially grateful to the Council of the Town of Niverville and administration for their vision in the building of this awesome community recreational space called the CRRC. We are thankful for their support as we move forward and make plans for it to be our hockey home for many years to come.

I want to personally express great appreciation to Kim Davis, the former commissioner of the MJHL, and its present commissioner Kevin Saurette. Kim was there back in our early meet-

ings. He was gracious in helping us understand what this opportunity could look like. In the past few years Kevin has been there for us at every turn in his support in representing our cause to the league governors.

We are grateful to all the league partners, governors and their representative for having the confidence to welcome us in. We are looking forward to providing a great game experience and a quality hockey product on the ice that will add value to the MJHL as a league. We believe that this initiative will provide another great opportunity for young players in the surrounding area to play Junior A hockey at the highest level.

We anticipate our initial website to be functional within a short period of time and will release that info as it becomes available. Stay tuned for further updates and we thank you all.

For additional information please contact Clarence Braun at 204-791-2587 or email at clareb2@shaw.ca.

# Neepawa announces new name, logo

## From the MJHL website

The Neepawa MJHL franchise has changed their name to the Titans.

Titans was one of five names brought to the table for discussion after the organization decided to drop their long-time name and logo.

According to Titans' head coach and general manager, Ken Pearson, it was a long time coming but something that the organization and Town of Neepawa can now be proud of.

"The process has been long and extensive, but for the most part I think a lot of fun for myself and the group

that was tasked with the rebrand. The organization is very excited to begin a new era of hockey in Neepawa and the surrounding area, creating new history so to speak," Pearson shared.

The organization felt it was important to have a great significance tied to the name and logo to properly reflect the community in which they play in.

"A Titan is known as one that stands out for greatness of achievement and we feel our community is full of Titans in every facet of life. Neepawa is known as the 'Land of Plenty' and feel Neepawa is a Titan in the agriculture,

lumber, pork production and brewing industry," Pearson explained.

"Paying homage to these important pillars of our community is an integral part of our rebrand. The logo plays off the Greek mythological definition of Titan, "One that is gigantic in size or power." The colours chosen reflect a field of canola on the horizon, the silver and black pay tribute to the classic look of Junior hockey clubs of the 90s."

"As part of the process, a group from the Board of Directors, including myself, began submitting names to each other. Once we had it down to about

four/five names we brought those to the rest of the Board members for discussion. Once we had the name we wanted we then moved onto colors and logo design. This included bringing in Brooks Freeman from Brooks Freeman Design to help complete the logos chosen. Brooks and myself spent a few weeks going back and forth and making adjustments until we were able to find the finished product. We also talked with alumni, business leaders in the community, and others to get input," Pearson concluded.

# MJHL announces regular-season schedule

## Staff

The Manitoba Junior Hockey League announced the regular season start date, schedule format, divisional format and important dates for the upcoming 2021-22 season.

The puck will drop for the opening weekend on Friday, Sep. 17.

Opening weekend will feature six home and home divisional matchups taking place over the course of the weekend involving all 12 teams.

The MJHL will make a return to two-divisions for the 2021-22 season featuring a West and East division with six member teams making up each division.

The Selkirk Steelers will be in the East Division along with the Portage Terriers, Steinbach Pistons, Winkler Flyers, Winnipeg Blues and the Winnipeg Freeze. The West Division includes the Dauphin Kings, Neepawa, OCN Blizzard, Swan Valley

Stampeders, Waywayseecappo Wolverines, and the Virden Oil Capitals.

Once the season gets underway, each team will play a 54-game schedule on their road to the MJHL Turnbull Cup Playoffs.

Each team will play 40 games within their division and 14 games outside of their division. The season will begin with 10 weeks of home-and-home divisional play, followed by six weeks of non-divisional matchups,

before moving to a more traditional schedule format in January.

Meanwhile, the MJHL/SJHL joint player showcase will be hosted by the MJHL from Jan. 25-26, 2022.

Hosted in Winnipeg at the Seven Oaks Sportsplex, the event brings together the top 60 players from each league providing maximum high-performance exposure opportunities in front of NHL, WHL, U SPORTS and NCAA scouts.

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## Rural Municipality of GIMLI PUBLIC NOTICE

### REGARDING GENERAL BORROWING BY-LAW NO. 21-0009 TO PAY FOR THE WATERMAIN RENEWAL ALONG FIFTH AND SIXTH AVENUE IN THE GIMLI URBAN CENTRE

The Council of the Rural Municipality of Gimli at its regular meeting at the Gimli Recreation Centre, 45 Centennial Road on June 23rd, 2021 at 6:30 P.M. will consider the following proposal to borrow \$1,878,755.00 (borrowing by-law no. 21-0009) to pay for:

*Watermain renewal along Fifth and Sixth Avenue in the Gimli Urban Centre.*

*The total estimated cost of the watermain renewal is \$4,805,000.00, to be funded as follows:*

*\$2,000,000.00 from the Manitoba Water Services Board; and \$926,245.00 from the Gas Tax Reserve; and \$1,878,755.00 to be funded by borrowing*

*The borrowing will be repaid over 20 years at a maximum interest rate of 5% per year*

*The annual repayment amount will be no more than \$150,756.24 to be levied annually as part of the general municipal levy.*

Copies of the proposal to borrow and information about the capital project are available on the municipal website at: [www.gimli.ca](http://www.gimli.ca) or by contacting the office at (204) 642-6650 to make alternate arrangements to receive information.

Dated at Gimli, Manitoba this 3rd day of June 2021, and issued pursuant to Section 174.1(1) of *The Municipal Act*.

Kelly Cosgrove, CMMA  
Chief Administrative Officer  
Rural Municipality of Gimli



## THE RURAL MUNICIPALITY OF ST. LAURENT 2021 SURPLUS EQUIPMENT SALE

TAKE NOTICE THAT the RURAL MUNICIPALITY OF ST. LAURENT intends to dispose of surplus equipment in "as is" condition.

List of items:

- 2003 Ford F550 Super Duty Truck
- 1978 Dodge ¾ ton Truck
- 96-inch Allied Snow Blower
- John Deere 265 Mower
- Schulte XH600 Mower
- Small Snowex Sander

More details available on the R.M. website at [www.rmstlaurent.com](http://www.rmstlaurent.com) or by calling Donovan (Public Works) at 204-739-8163.

Viewing of equipment is available on Tuesday, June 15, 2021 between the hours of 9:00 a.m. and 3:00 p.m. at the Public Works Yard, 143 St. Laurent Veterans' Memorial Road, St. Laurent, Manitoba.

Bids will be reviewed at a public works committee meeting after closing date. Successful bid accepted by council must be paid in full within 48 hours of notification and item removed within one week.

**PLEASE NOTE: GST will be added to the successful bid.**

Bids are to be submitted in written form and sealed, **no later than Friday, June 21, 2021, 4:30 p.m.** to:

R.M. of St. Laurent  
2021 Surplus Equipment Sale  
Box 220, 16 St. Laurent Veterans' Memorial Road  
St. Laurent, MB, R0C 2S0

The R.M. of St. Laurent reserves the right to reject any or all offers. The equipment is offered in "as is" conditions and the R.M. makes no warranties whatsoever.

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

### AUCTIONS

Halirewich Final Online - Ukrainetz Auction #915851. June 18-21, 2021. 1971 Mustang Mach I, 427 Cobra Jet. 1955 Chevrolet GMC Hot Rod. 1980 Honda C2 750 motorcycle. [www.ukrainetzauktion.com](http://www.ukrainetzauktion.com) or phone 204-937-3424.

### SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

### EQUIPMENT

D4 Caterpillar, approx. 1950's, in running condition. Ph 204-768-0142.

### PROPERTY MANAGEMENT

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

### 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.

### HELP WANTED

Busy roofing company hiring full time roofer/labourer. For more information call 204-641-5200.

### HELP WANTED

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

The Window Factory located at 605 Mercy St, Selkirk is now hiring installer assistant and manufacturer assembly personal. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

### NOTICES

Urgent Press Releases - Have a newsworthy item to announce? Having an event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab or Email [classified@mcna.com](mailto:classified@mcna.com) for more details.

## Summer Employment Opportunity

### Maintenance Assistants in various facilities for various locations within the IERHA:

Locations: Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, Teulon, Selkirk & Stonewall

Competition number: IERHA 1663/21

Please refer to complete job posting at: <https://selfservice.ierha.ca> and search under "View All" and scroll to: Student Maintenance Assistants.

Deadline for submissions is Thursday, June 10, 2021 at 11:59 pm.



Interlake-Eastern  
Regional Health Authority



## Community Thank You

Evergreen School Division wishes to thank the many volunteers who lent support to the planned rejuvenation of the multi-sport courts at Gimli High School. Many have donated their time and passion to the initiative. Unfortunately, financial constraints, pandemic related delays, and a recent unsuccessful attempt to tender the project have proven to be obstacles that cannot be overcome. Consequently, the Board of Trustees has made the difficult decision to turn the area to sod.

The Board of Trustees extends a special thank you to the RM of Gimli for their willingness to make a generous donation to the project.



## RM of Coldwell PUBLIC NOTICE Regarding the 2021 Financial Plan

**PUBLIC NOTICE** is hereby given pursuant to Subsection 162(2) of *The Municipal Act* that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2021 at a public hearing in the Upstairs of the Lundar Arena, 85 Main St. Lundar MB on the **29th day of June, 2021 at 7:00 p.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided. Please **register your attendance** with the Municipal Office prior to **June 29th at 2 pm.**

Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 4th day of June, 2021  
Nicole Christensen, CMMA  
Chief Administrative Officer

## FULL-TIME CAREER OPPORTUNITY

### Ukrainian Farmers



## "Full-Time" "Grocery Clerk/ Teller"

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

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

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

**Closing date for all applicants is set for June 18th, 2021.**

For more info, please see  
Kyle Yaciuk at our store office.

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

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or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

### WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$598. All sizes. Five stage reverse osmosis systems \$246. Filter 10" sediment \$3.40 and 10" carbon \$6.40. Greensand iron/odour/manganese removal filters \$780. All Seasons Furnishings 204-661-8581.

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### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: WILLIAM CHARLES LAWSON GUSTIN, late of the R.M. of Gimli, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 12th day of July, 2021. DATED at Gimli, Manitoba, this 9th day of June, 2021. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTOR  
Attention: Grant D. Baker

### HEALTH

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

### Whispering Pines Independent Living

**112 Beach Road, Teulon, MB**  
Newly renovated 55+ living.  
Starting at only \$650/month including heat/hydro/water

No stairs, in building laundry, new kitchen and wonderful common area!  
Extremely close to all of Teulon's amenities.

Call Kirt 204-886-7717 to get your chance to view your next home!

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



**EVERGREEN SCHOOL DIVISION**  
Invites applications for the following regular position, effective ASAP:

20.SU.29 Gimli High School Caretaker regular (6.0hr/day)

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

**CLOSING DATE: June 14, 2021 (3:30 pm)**

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

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

### WESTERN INTERLAKE PLANNING DISTRICT 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:

**THE RURAL MUNICIPALITY OF WEST INTERLAKE BY-LAW NO. 11-2021**  
Being an amendment to the Rural Municipality of Siglunes Zoning By-law No. 6/05 and the Rural Municipality of Eriksdale Zoning Bylaw No. 7/05, as amended.

**HEARING LOCATION:** VIA CONFERENCE CALL (please call the WIPD office to register)

**DATE & TIME:** June 29th, 2021 @ 10:30 am

**GENERAL INTENT:** 1) To amend "Part 8, Recreation, Parks, Open Space and Institutional Zones" in the RM of Siglunes zoning bylaw 6/05 and "Part 7, Recreation, Parks, Open Space and Institutional Zones" in the RM of Eriksdale zoning bylaw 7/05 by amending "Table 8 - 1 Recreation, Parks, Open Space and Institutional Use Table" in the RM of Siglunes zoning bylaw 6/05 and "Table 7 - 1 Recreation, Parks, Open Space and Institutional Use Table" in the RM of Eriksdale zoning bylaw 7/05 by changing "-" for not permitted to "P" for permitted for mobile homes in all "SR-C" zones.

**AREA AFFECTED:** All lands zoned "SR-C", in the Rural Municipality of West Interlake

**FOR INFORMATION CONTACT:**

Cherie Millar, Office Administrator, Western Interlake Planning District, Box 269, St. Laurent, MB R0C 2S0, (204) 646-2615, Fax: (204) 646-4150, Email: wipd@mymts.net

A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.  
**Note: Property owners are responsible for notifying lessee.**

### EMPLOYMENT OPPORTUNITY DRIVER

The Stonewall & Area Mobility Services (SAMS) is seeking applications from qualified individuals for a 0.8 Time, Driver Position.

Reporting to the SAMS Coordinator, the Driver will perform the duties and responsibilities necessary for the handi-transit service for the area, based on the needs of the entire region. This position will also include training for SAMS office duties as needed.

The preferred applicant will require a valid Class 4 Driver's Licence and be able to produce an acceptable Driver's Abstract, Criminal Record Check and Child Abuse Registry Check.

Remuneration will be commensurate with qualifications and experience.

Qualified persons are invited to submit a detailed resume including three professional references to the undersigned.

**Stonewall & Area Mobility Services**  
Attention: David Underwood

293 Main Street, Box 250  
Stonewall, MB R0C 2Z0  
SAMS@stonewall.ca

Deadline for applications:  
4:00 PM on July 2, 2021

Start date: To be determined

We thank all those persons who apply, however only those granted an interview will be contacted.



### EMPLOYMENT OPPORTUNITY

#### Casual Certified Building Inspector - 2 year term

The Rural Municipality of Grahamdale is accepting applications for a casual Certified Building Inspector for a 2 year term position on an as-needed basis from July, 2021 - July, 2023.

The Building Inspector is responsible for buildings under Part 9 of the National Building Code (2010). The position consists of flexible hours and may require more time in the busy construction season and less during the winter months when there is a lull in development. This position also requires a sound knowledge of the National Building Code (2010), National Plumbing Code and Municipal Zoning By-laws and a sound understanding of construction best practices. The incumbent will be required to complete building permit applications, perform all plan examinations to ensure conformance with the applicable Codes, carry out site inspections to ensure compliance, and be required to document and record all findings associated with the responsibilities of the position during all the mandatory building and plumbing inspections.

The successful applicant must be physically capable to perform the duties and functions of the job ie: kneeling, standing, climbing stairs and ladders, entering confined spaces, etc. Excellent communication, interpersonal, oral, written, and organizational skills are a prerequisite. Proficient working knowledge of Word, Excel and Adobe Acrobat is considered an asset. The applicant must have a minimum of 3 years related experience (or educational equivalent) and have completed required building standard courses as offered through Red River College and be certified, or be eligible for certification by The Manitoba Building Officials Association or be willing to enroll in these courses. Applicants must possess a valid class 5 driver's licence and have access to a reliable vehicle for work purposes. A criminal record check is required.

Please apply in writing to Building Inspector Position, R.M. of Grahamdale, PO Box 160, 23 Government Road, Moosehorn, MB R0C 2E0 or email to rm606@grahamdale.ca giving full particulars as to education, experience and contract expectations and must include two references. Applications must be received by 12 Noon, Friday June 18, 2021.

We thank all applicants for their interest but only those considered for interviews will be contacted.



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

### EMPLOYMENT OPPORTUNITY

#### CUSTODIAN CASUAL ON CALL BASIS

**WASTE DISPOSAL SITES - FISHER BRANCH, POPLARFIELD, HODGSON**  
The Rural Municipality of Fisher invites applications for the position of Custodian (permanent/part time/on call) for our three Waste Disposal Sites. This is an on-call basis to cover sick days and vacation time. Maybe called in to assist on additional days.

**Requirements for this position are:**

- Valid driver's license
- The applicant must be prepared to obtain any legislated certification that is required for the position.

**Job Description:**

The Custodian is required to direct waste disposal and recycling activities, and perform other duties relating to maintenance of the site as assigned.

**Days/Hours:**

The Disposal Sites are open three (3) days a week - Tuesdays, Thursdays and Saturdays. Hours vary depending on the season.

The R.M. of Fisher offers a competitive wage for this position. Salary is set out in the CUPE Local 4348 Collective Agreement.

Written applications including resume, cover letter and three work related references to be submitted in confidence. **Deadline for applications is June 15, 2021**

**RM of Fisher "Custodian Position"**

P.O. Box 280, Fisher Branch, MB. R0C 0Z0  
Phone: (204) 372-6393 Fax: (204)372-8470  
Email: fishercao@mymts.net



# Classifieds Announcements



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## BIRTHDAY



**Happy 80th Birthday**  
**Les Einarson**  
 on June 13  
 Hope you have an eventful year.  
 -With Love, Elaine, Mindy,  
 Greg, Aiden, all your family  
 and friends

## IN MEMORIAM



**In Memory of Erika Barteaux**  
 June 13, 2020

The Barteaux family would like to extend sincere thanks and appreciation to all those who sent cards and gifts, made donations in Erika's honour, shared memories with us and helped us through this difficult year. Hard to believe a year has passed without you. You will be forever missed.  
 You left us beautiful memories,  
 Your love is still our guide  
 And though we cannot see you,  
 You're always by our side.

## OBITUARY



**Charles (Charlie) Zelenitsky**  
 1941 - 2021

On June 1, 2021 Charlie passed away peacefully at Rosewood Lodge, Stonewall, Manitoba.

He is survived by his wife, Donna of 57 years, also his best friend Terry (Joanne) Pemkowski and their daughter Halle. Remembering him fondly are his many relatives, friends and customers in Winnipeg Beach and beyond.

Charlie was born April 6, 1941 in St. Andrews Manitoba to Peter and Pauline (Boitson) Zelenitsky. He enjoyed his childhood growing up in Winnipeg Beach. His long electrical career began at the tender age of nine, helping his father with the family business, Jerry's Electric.

Charlie was a very loyal, loving husband, papa and friend.

His passion was the solitude of nature which he found at "THE FARM". His cabin was rugged and although he was an electrician it had no power and was heated with wood. He did have a pink propane stove and oven which a friend surprised him with one day.

Everyone who knew Charlie, knew that he could be found on Sundays at his special place, "The Farm" enjoying the company of friends, cooking a huge breakfast, brewing strong coffee, bird watching and just visiting. Everyone was always welcome and Charlie cherished his time with them all.

Charlie had many interests connected to his love of the outdoors. He could often be found berry and mushroom picking, going for long walks, enjoying winter camp outs, hunting and target practicing.

In 1971 he founded the "Willow Creek Gun Club" which was enjoyed by the many members.

Special thanks to Kathy Penner and staff at the funeral home for all their help.

A memorial for Charlie will be held at a later date.

Condolences may be left on Charlie's memorial page at: [www.interlakecremation.ca](http://www.interlakecremation.ca)

Arrangements entrusted to:



## OBITUARY



**Raymond Joseph Remillard**

Peacefully, on May 29, 2021, in the arms of his wife, Raymond (Ray) Remillard passed away at the age of 70.

He was predeceased by his father Joseph Remillard, stepmother Madeline Remillard and brother Guy Remillard.

Left to cherish his memory is his wife Joanne; mother Yvonne; sister Diane (Larry); brothers Richard (Pam), Claude (Suzanne), Dennis (Anna), Gerald (Sandy); sons Pierre, Raymond Junior, Adam; daughters Tonya, Kimberly, Trisha, Danielle, Roberta and Jordan as well as many extended family members and friends.

Ray grew up in St. Joseph, Manitoba on the family farm. Ray and Joanne married in 1995 and lived in Winnipeg until 2009 when they retired to the family cottage in Hnaua, MB. Ray worked in the Seven Oaks School Division as a custodian for 18 years in many of the schools. Some of his hobbies included fishing with the grandchildren, raising dogs, target shooting, coffee with the boys at the Chicken Chef in Arborg and sharing his faith with everyone he came into contact with. Ray brought a smile to everyone's face as he loved to joke and was a great storyteller. He will be fondly remembered for his "best" and most used joke "bring me a winning lotto ticket".

In accordance with his wishes, cremation has taken place with a "Celebration of Life" at his home church, Freedom Worship Centre, in Arborg, Manitoba at a later date once COVID restrictions have eased.

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



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**Closing date is June 30, 2021**

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**OBITUARY**



**Lucille Scott**

Lucille Scott passed away peacefully on Sunday, May 30th, 2021 at the age of 87 years. Loving wife of the late Douglas Scott. Cherished mother of Colleen and her husband Rene Menard and the late Brian Scott. Sadly missed by her grandchildren; Raina, Rachelle and Monique. Lucille is survived by her sister Muriel Krier and her husband Bill; nieces Tracy Sones, Pat White and Lorri Davidson-Keays. Predeceased by her brother Roland Jones and his wife Eva and her sister Margaret Davison.

Lucille was a strong individual who displayed that right until her final days. She had a passion for both cooking and hosting and many people enjoyed what Colleen referred to as a "gourmet" meal. She inspired other family members to learn to cook as well. She put a huge importance on an afternoon coffee visit. Lucille was a great athlete and excelled at curling and golf. She loved being a spectator of both of those sports as well. Something she was very proud of was that she and Doug were instrumental in the Curl for Cancer program that they organized and ran for many years at the Trenton Curling Club Curl. She will be sadly missed by all her family and her legacy will never be forgotten.

Arrangements have been entrusted to WEAVER - East, 29 Bay St., Trenton. A private family service will be held in Gimli, Manitoba, a recording and link to view the service will be available Wednesday, June 9 at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Family would like to thank those at Quinte Gardens -Surg Ward and the 6th floor at Belleville General Hospital for all their wonderful care and compassion during Mom's stay.

If desired, expressions of sympathy can be made to the Canadian Cancer Society or the Alzheimer's Society, and would be appreciated by the family.

Memories, stories and condolences can be shared at [www.weaverfuneralhomes.com](http://www.weaverfuneralhomes.com) as well as [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home  
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**OBITUARY**



**Alexander George Zahariuk**  
September 1, 1941 – May 31, 2021

It is with great sadness we announce the unexpected and peaceful passing of Alex at 79 years.

He will be deeply missed and forever cherished by the love of his life Carol of 58 years; daughters, Diane (Cal), Tammy (Nick), and Teresa (Geoff); his grandchildren, Corey, Lucas, Laith and London; brothers Dave (Lynn) and John (Sonja); sister Donna (Tom); sister-in-law Vivian and many nieces and nephews.

Alex raised his family in Birds Hill and worked at CP Rail for over 30 years until retiring in 1994.

When an avid golfer, Alex and Carol built their home in Sandy Hook on the golf course, spending many winters travelling to Texas or Palm Springs enjoying golf in the company of friends and family.

Alex was very caring, outgoing and made many lifelong friendships with coworkers, neighbors, or whether out golfing, snowmobiling, or curling. He was a great listener, loved conversation and would often debate anything from hockey, politics to religion. He would jokingly refer to himself as the Dr. of Mechanics, as he could fix anything and often called it a labour of love.

With many gatherings over the years, Alex was often the center of attention, either playing guitar and singing his songs or with video camera in hand, he then centered his attention to his greatest joy - his grandchildren. Thank you Alex, Dad, Pops, Gigi, for the laughs, the love, but most importantly the wonderful memories you created for us all.

The family would like to send sincere gratitude to the staff at the Gimli Hospital Dialysis unit for their great care over the past three years.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



## Career Opportunity in Arborg Agricultural Equipment Technician

When you join Enns Brothers you are in good company! We're looking for a talented technician who has high personal standards for quality and takes pride in delivering exceptional customer service to our customers.

If you have completed one of the following: Level III of the Ag Equipment Tech, Heavy Duty or related apprenticeship program, or you are an experienced Technician, come and talk to us or email your resume to [hr@ennsbros.com](mailto:hr@ennsbros.com).

We offer a competitive wage, performance bonus, health and retirement benefits, a comprehensive apprenticeship program, ongoing training through John Deere University, as well as the opportunity to work with a terrific group of people, in a great location and with a quality product. Join us and grow with our successful business!

Enns Brothers is a full service John Deere dealer and has grown to 9 locations in Manitoba. Proudly supporting our local communities for over 60 years.



# We're hiring!

**Member Services  
Representatives for our  
Eriksdale, Ashern &  
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**Attention: Jessica McCutcheon - Grocery Manager 204-376-5271**  
 Email: [grocery@interlakecoop.com](mailto:grocery@interlakecoop.com)  
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