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Halloween spirit

Winnipeg Beach Legion members, from the left, Peggy, Cheryl, Velma and Donna spent hours filling Halloween goody bags for Winnipeg Beach School students. **EXPRESS PHOTO SUBMITTED**

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Customers tell their stories and win big at Interlake Co-op and Moosehorn Co-op

By Patricia Barrett

Customers expressed appreciation for their local Co-op stores in the Interlake after they were invited to write in and tell management how the stores have met their needs and made a positive difference in their lives.

Interlake Co-op (Arborg and Eriksdale) teamed up with Moosehorn Co-op (Moosehorn and Ashern) in September, inviting people to take part in the Tell Us Your Story promotion.

Between Sept. 17 and Oct. 17 customers were able to write in about their experience with a Co-op store and have an opportunity to win one of two Co-op prize packages, a \$250 gift card and a \$500 gift card.

"Tell Us Your Story was something we never did before," said Interlake Co-op general manager Jordan Cook. "We just wanted to try a new idea this year and hear from our members. There are a lot of great untold stories out there and we wanted to see if our members were willing to share them."

And people sure did. They shared stories about their kids' first-ever job at a Co-op store, working with managers that helped the kids become more responsible and develop a solid work ethic. Others thanked Co-op staff for selecting good quality food for phone-in orders when they were locked down because of COVID.



Thelma Cosens won the \$250 Interlake Co-op gift card in the Tell Us Your Story promotion.

Some people applauded the stores for having fresh produce and healthy foods available.

One person from Fisher River Cree Nation wrote that shopping at Interlake Co-op stores has saved them time and money.

"They have everything that fits my family's needs. I love shopping local. The employees are so friendly," the person wrote. "Interlake Co-op sure made a positive difference in my life for sure."



Lyndsey Miazga won the \$500 Co-op gift card

EXPRESS PHOTOS SUBMITTED

A customer from Arborg wrote that Co-op has contributed in many ways to community growth by stepping up with sponsorships.

"Over the years, the Co-op has generously helped my community and many organizations I have volunteered with. They have helped our schools when we were fundraising, have been a huge asset to the Christmas Cheer Board, and have given many kids, including mine, the chance to go to camp," the person wrote. "The goal of a Co-op is to benefit everyone

in the community. I think our Co-op is an excellent example of the definition of community."

Cook said the Co-op board read all of the submissions and picked the winners at random.

Thelma Cosens won the \$250 Co-op gift card and Lyndsey Miazga won the \$500 Co-op gift card.

"It went over nicely," said Cook. "The first time you try some new idea, you don't know how it will go. But there were some really great stories we got."

Deadline to use denture coverage

BY ELISHA VANDOR
www.vandordenturecentre.com

If we've learned anything from this year in regards to the pandemic, it's to act fast and follow protocol. Surprisingly, this formality is also how to claim your unused dental insurance before year end! The benefit of acting fast is to predetermine exactly how much insurance coverage you'll receive prior to starting any denture procedure, which means more money in your pocket.

Utilizing your denture insurance benefits starts with one phone call...

Call our office and book a free consultation with Brock or Matthew, the Denturists. The consultation appointment is the most important step because the insurance company needs to know the exact procedure (specifically procedure codes) in order to determine coverage. Once we've figured out the procedure, Manon follows the protocol for submitting predeterminations, which ensures a timely response. For some providers (like Blue Cross) coverage response can be immediate; however some insurance companies processing times are long than expected this year. For most plans, any unused coverage in 2020 is non-recoverable and essentially money down the drain when your plan restarts January 1, 2021.

2. Insurance companies often have a time limit as to how often they cover certain procedures, most commonly, you are eligible for relines every 3 years and new dentures every 5 years. Routine services, such as check-ups, cleanings, or repairs are usually covered every year.

Brock, the Denturist, finds that dentures perform the best if they're replaced every 7-10 years. Heavy chewers typically need to replace their dentures every 5 years due to faster wear and tear. Relines are commonly required every 3-5 years, especially on the lower denture where bone loss affects the looseness greater than the upper.

A common strategy to use your benefits efficiently is to book some treatment at the end of the year and the rest of the treatment after January 1st, as this is when most plans restart

3. If you have a consultation in early to mid November, we will have time to finish the services before year end. Typically, new dentures take four appointments, and are scheduled twice per week, but dentures can be made in as little as one day if we have enough notice! Don't delay today because your denture insurance coverage won't stay. Book your free consultation.



- supplied photo -

Manon is Vandor's "Insurance Guru" and loves to assist patients in getting the most from their denture insurance coverage.

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Gimli Betel health-care aide saluted for going above and beyond

By Patricia Barrett

Although her husband passed away a year ago, a Matlock woman has never forgotten how one health-care aide at the Betel personal care home where her husband lived went above and beyond the call of duty.

Doreen Pendgracs' husband, Reg, lived at Betel for 18 months where he received outstanding care overall, she said, and especially from health-care aide Gina Macduff.

"Gina's remarkable. She goes above and beyond the call of duty, always cheery and helpful to the residents and to their families," said Pendgracs. "I truly think she has a calling, helping people who are dying and in need of a great deal of assistance. I thank God for people like Gina."

Reg was a "free spirit" who loved to make people laugh, said Pendgracs. He built a career as a claims investigator at Manitoba Public Insurance where he was dubbed the "Corporate Columbo" for uncovering millions of dollars' worth of fraudulent claims. After he was diagnosed with vascular dementia, he moved into Betel in May 2018.

Macduff took the time to get to know Reg, said Pendgracs, chatting with him, encouraging him and rubbing a special pomegranate lotion on his back to help him sleep.

And on the first anniversary of Reg's death (Oct. 30, 2019), Pendgracs said she wants to salute Macduff for all the care and comfort she gave Reg and also bring recognition to the overall importance of health-care aides in the care of ill and mostly elderly patients.

"They're not just looking after a body; they're looking after a spirit as well. I really believe they have a connection with the people who are in need of aid," said Pendgracs. "They do more than the mundane everyday tasks. I think some of them have a special ability to reach inside a person's soul and really touch it."

Reg died two weeks after he fractured his hip and underwent surgery in Winnipeg, said Pendgracs. She had him transferred back to Gimli so that he could receive better pain relief at the Gimli hospital than what he had been getting in Winnipeg.

"But he never ate or drank after his surgery and just spoke one or two words. Basically, I think he had given up on living," said Pendgracs.

When Macduff found out Reg had returned to Gimli, Pendgracs said she would visit him regularly at the hospital to "rally him," and to tell him he was missed at Betel.

"It's hard enough for them to work with patients during their shifts at Be-

tel, but for her to come to the hospital after her shifts and sit with Reg, hold his hand and try to make him want to live, I thought was so remarkable. I will never forget that as long as I live," said Pendgracs.

Macduff, who lives in the Gimli area, has worked as a health-care aide at Betel for almost eight years and said she doesn't think of it as a job.

"It's not really a job when you think about it," said Macduff by phone after a shift. "If you start classifying it as being a job, then you shouldn't be there."

It's not easy for anybody to be in a personal care home, said Macduff, and it wasn't for Reg at first. But she and the other health-care aides helped transition him to his new home by getting to know him.

"He had good connections with some of the health-care aides that worked there so it made his transition a lot easier. He probably thought he would be treated like crap and his family would forget about him," said Macduff.

"And I get that. We get a lot of family members that are sound in body and mind and that's how they feel because they tell us, 'My family put me in here and they're going to forget me.' But whether they forget about you, we're here and we're not going to forget about you."

Getting to know the residents is the most gratifying aspect of caring for them, said Macduff. She tries to find out what they used to do for a living, what their lives were like and who they were as people before they got sick and needed to enter the nursing home. Getting to know her patients as people just naturally leads to a bond developing.

"And that was the thing with Reg. He was able to tell me stories about his life, before he wasn't able to any more, and he had some really interesting stories to tell," she said.

Macduff said she provides the same level of support to all the residents she cares for, but some, such as Reg, just "seem to touch her heart" in an extra special way that's hard to explain. Reg was a real character who had a unique outlook on life and they just hit it off.

"That's what endeared him to me. He always had stories and a kind word to say. He had a good outlook on people he came across. There was just something about him. I think, in some ways, he kind of reminds me of one of my grandparents," she said.

She visited Reg in Gimli hospital after Pendgracs let Betel staff know she was having him transferred out of the city.



EXPRESS PHOTO BY DOREEN PENDGRACS

Gina Macduff visiting Reg Pendgracs at Gimli Hospital where he passed away.

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Continued on page 5

Interlake-Eastern Health Region moves to orange level

Submitted

Public health officials advise five additional deaths due to COVID-19 have been reported Monday.

The current five-day COVID-19 test positivity rate is nine per cent and 241 new cases of the virus have been identified as of 9:30 a.m., which brings the total number of lab-confirmed cases in Manitoba to 6,275.

The test positivity rate in Winnipeg is 9.8 per cent. Officials advise this number is less reliable due to the smaller sample size. In addition, it does not reflect the situation in other parts of the province, as cases continue to be identified outside Winnipeg.

Monday's data shows:

- 35 cases in the Interlake-Eastern health region;
- 29 cases in the Northern health region;
- 11 cases in the Prairie Mountain Health region;
- 44 cases in the Southern Health-Santé Sud health region; and
- 122 cases in the Winnipeg health region.

The data also shows:

- 3,455 active cases and 2,740 individuals who have recovered from COVID-19;
- there are 124 people in hospital and 18 people in intensive care; and
- the number of deaths due to CO-

VID-19 is 80.

Laboratory testing numbers show 2,458 tests were completed yesterday, bringing the total number of lab tests completed since early February to 262,571. Case investigations continue and if a public health risk is identified, the public will be notified.

The Interlake-Eastern total cases breakdown by districts is as follows: A total of 530 cases, 320 active cases, 206 recovered, 8 currently in the hospital with five of those in ICU and 4 deaths. Arborg/Riverton 20 recovered; Beausejour 3 active 18 recovered; Ericksdale/Ashern 42 active cases; Fisher/Peguis 140 active cases and 19 recovered; Gimli 2 recovered; Northern Remote 57 active cases, 9 recovered and 1 death; Pinawa/LacduBonnet 6 recovered; Powerview/PineFalls 9 active case and 6 recovered; Selkirk 6 active cases and 4 recovered; Springfield 14 active cases and 37 recovered; St. Clements 5 active cases and 8 recovered; St. Laurent 3 recovered; Stonewall/Teulon 15 active cases, 38 recovered and 2 deaths; Unknown District 12 active cases and 12 recovered; Whiteshell 3 active cases and Winnipeg Beach/St. Andrews 11 active cases and 24 recovered and 1 death.

Public health officials are advising the Winnipeg Metropolitan Region — which includes Town of Stonewall,

RM of Rockwood, Town of Teulon, City of Selkirk, RM of Springfield, RM of St. Andrews, RM of West St. Paul, RM of East St. Paul and the Village of Dunnottar — that for anyone who is symptomatic, or has a household member who is symptomatic, the entire household needs to self-isolate. The symptomatic individual needs to stay in their own room and, if pos-

sible, use their own bathroom and not use common areas. Exemptions are in place for asymptomatic household members if they are a health-care worker or first responder. For information on self-isolation, visit www.gov.mb.ca/covid19/updates/resources.html#collapse2.

Effective Monday, the Winnipeg Metropolitan Region will move to the Critical level (red) on the #RestartMB Pandemic Response System.

Meanwhile, the Southern Health-Santé Sud, Prairie Mountain Health and Interlake-Eastern health regions moved to the Restricted level (orange) on the #RestartMB Pandemic Response System. The Northern health region moved to the Restricted level (orange) on Oct. 26.

The following measures for code orange will be in place:

Gathering sizes

- Public and private group gathering sizes limited to five, in addition to household.
- Limiting contacts from outside household is strongly encouraged.
- Mask use is mandatory in indoor public places.

Restaurants and bars

- Table/group sizes limited to five.
- Capacity limited to 50 per cent.
- No tables larger than 10.
- No alcohol after 10 p.m., closed at 11 p.m.
- Noise limited to 80dB.
- Screening and patron registration.
- Patrons must remain at their table except in specific circumstances

Retail

- Formally reduce capacity to 50 per cent.
- Reduced gathering sizes of five apply to public common areas of malls.
- Food courts should operate at 50 per cent capacity.
- Encourage limiting the number of people from each household who go shopping.

Schools

- Blended learning required for grades 9 to 12.
- Voluntary blended learning temporarily available for kindergarten to Grade 8.
- Schools are advised to ensure as much physical distancing as possi-

ble (two metres). Cohorts or remote/blended learning is required when this is not possible.

Sports and Recreation Activities

- Reduce spectators to 25 per cent of capacity.
- Encourage one parent only to attend children's activities.

Gyms and Fitness

- Require contact information for all attendees.
- Encourage mask use except when doing physical activity.

Casinos and VLTs

- Casinos must close.
- VLTs remain operational.

Museums, Galleries and Libraries

- Reduce capacity to 50 per cent.
- Require contact information for all visitors/attendees.

One-time or Occasional Outdoor Events

- Group sizes limited to five.

Movies Theatres and Concert Halls

- Require contact information for all attendees/patrons.

Community, Cultural and Religious Gatherings

- 20 per cent or 250 people, whichever is lower

Personal services

- 50 per cent capacity (no change)

The chief provincial public health officer urges Manitobans to not socialize with people from outside their household, to cut down the number of close contacts and avoid closed-in or crowded spaces. In addition, they should focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick.
- Wash/sanitize your hands and cover your cough.
- Physically distance when you are with people outside your household.
- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing. Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present. Employers are asked to only send employees for testing if they have symptoms or if public health officials have recommended testing.

The online assessment tool can be found at <https://sharedhealthmb.ca/covid19/screening-tool/> and COVID-19 symptoms can be found at www.gov.mb.ca/covid19/updates/about.html#collapse4.

For up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/COVID19.

For up-to-date information on the #RestartMB Pandemic Response System, visit: <https://manitoba.ca/covid19/restartmb/prs/index.html>.

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New agricultural Crown land credit supports beef producers

Submitted by Manitoba government

The province is helping position the Manitoba beef industry for success through a number of new and ongoing measures, including a one-time rent credit for agricultural Crown land leaseholders and enhanced risk management tools, Agriculture and Resource Development Minister Blaine Pedersen announced last month.

"The last few years have been challenging for livestock producers, with dry conditions and new financial pressures," Pedersen said.

"I'm pleased to announce that our government is introducing a number of measures to support beef producers in our province, which will build on other investments that recognize the importance of this sector to Manitoba's economy."

Very dry conditions resulted in 18 municipalities declaring a local state of agricultural emergency in 2019. Drier than normal conditions continued in 2020. In response, the province will provide a one-time, 20 per cent rent credit to producers who held a

forage lease or renewable permit on agricultural Crown lands (ACL) in these municipalities in 2019 and will continue to hold it in 2021. This 20 per cent account credit will deliver more than \$530,000 to producers, based on their 2021 rental rate.

On average, each client will receive more than \$430 in rent credits, which will be applied to their ACL rental rate in 2021.

The minister also noted several new improvements will be made to Manitoba Agricultural Services Corporation programs including:

- a new pilot project to evaluate the potential of index-based forage insurance products, in partnership with the governments of Canada, Alberta and Saskatchewan;
- changes for the 2021 AgriInsurance contract to introduce individual productivity indexing for silage corn and increasing the transportation allowance within the forage insurance dollar value and Hay Disaster Benefit for the Forage Insurance Program; and

- working with industry to reduce the impact of disaster years on insurance coverage, reduce participant burden and increase awareness of forage insurance options.

Recognizing the importance of agricultural Crown lands to Manitoba's beef industry, family farms, biodiversity and the sustainability of the animal protein industry, the province will continue to meet its commitments to legacy leaseholders. The province will provide a mechanism for in-family renewals at the end of each 15-year lease term on any leases that were in place prior to Oct. 1, 2019. Producers and stakeholders can continue to provide input on agricultural Crown land leases and permits as part of an online regulatory consultation. For more information, visit <https://reg.gov.mb.ca/detail/3313599>. The deadline for comments is Nov. 16.

The province also continues to support other initiatives focused on the sustainability and success of the beef sector. The federal-provincial Canadian Agricultural Partnership is invest-

ing \$2.85 million over five years with the Manitoba Beef and Forage Initiatives, a partnership between Manitoba Beef Producers, Ducks Unlimited Canada and the Manitoba Forage and Grasslands Association to enhance productivity, profitability, sustainability and public trust of the beef industry in Manitoba.

In addition, the province is providing \$300,000 over three years to support an industry-led pilot project to reduce wildlife predation of cattle and sheep in Manitoba. The Livestock Predation Pilot Project will help producers most affected by predation to develop individual risk management plans, while also supporting broader industry-wide efforts to test a variety of risk management approaches and share knowledge and best practices to reduce losses.

For more information and tools supporting beef producers in Manitoba, visit www.gov.mb.ca/agriculture/livestock/production/beef/index.html.

Province invests in Futurpreneur youth pandemic recovery project

Submitted by Manitoba government

The Manitoba government is providing \$750,000 to Futurpreneur to support a three-year youth economic recovery project to combat the economic effects of COVID-19, Economic Development and Training Minister Ralph Eichler announced last week.

"Our government is proud to take proactive action by providing support to young entrepreneurs, who are an integral part of our plan to restart and recover our economy," said Eichler. "Futurpreneur has a strong track record of coaching and mentoring young entrepreneurs both in Manitoba and nationally and we believe they will be an invaluable resource to the innovative and ambitious young people who will be critical to building Manitoba's future economy."

Manitoba's support will leverage a total of \$4 million in federal government and private-sector investments and is expected to result in 150 new businesses and 400 jobs over three years, the minister said.

"We're very grateful for this support from the government of Manitoba as we increase our efforts to help diverse, young entrepreneurs age 18 to 39 launch successful businesses across the province," said Karen Greve Young, CEO of Futurpreneur Canada. "The businesses we support with our loan financing, mentorship and specialized resources are pillars of their communities, contributing to local economic growth and prosperity, while also creating jobs and fostering the vitality of main streets in communities large and small. Their success

will be critical to Canada's inclusive economic recovery in the months and years ahead."

The project will help young entrepreneurs launch and sustain successful businesses by providing them with access to financing, hands-on support from Futurpreneur business experts, up to two years of mentorship from one of Futurpreneur's volunteer mentors, as well as tailored programs and specialized resources designed to help small businesses grow.

"Manitoba is a national leader in our restart programs to help our economy rebound from the effects of COVID-19," said Eichler. "The youth employment increase is a testament to our strong programming for young Manitobans, which are now further supported by our investment in Fu-

turpreneur."

The investment further supports Manitoba's #RestartMB plan to safely reopen and rebuild the economy. Last month, the minister highlighted recent economic indicators from Statistics Canada that showed the province's employment numbers increased by 8,100 from July to August. Economic indicators also showed youth employment increased by 4,400 in Manitoba, further indication that Manitoba's youth-focused programs are achieving results.

Learn more about #RestartMB at www.gov.mb.ca/covid19/restartmb. For more information on Futurpreneur, visit www.futurpreneur.ca/en.

> HCA, FROM PG. 3

"I'm glad I was able to be there for Reg. I said I've got to see him because I didn't get a chance before he had gone to [Winnipeg for surgery] and that upset me," said Macduff. "You want to be able to say your goodbyes."

It's hard on health-care aides when residents die, said Macduff, because of the bonds they forge caring for them. But in her experience, she's learned that residents know when it's their time to leave this world.

"That's the thing that happened with Reg: he knew he wanted to go," said Macduff. "People know when they want to go. It's hard for us to watch them go, but at the same time you want to make them as comfortable as you possibly can."

Pendgracs said she thinks Betel, a non-profit nursing home, is superior to for-profit nursing homes that she once had a family member in. Betel is invested in providing good care because many of its residents are parents or other relatives of community

members.

For the entire 18 months Reg lived there, Pendgracs said Betel staff tried to take the time to listen and speak with family members. The building was clean, the food good and staff attentive to the immediate needs of residents.

"I think because it's community-run on a non-profit basis the quality of the care is just second to none and relevant to why we have such good care out here in Gimli," said Pendgracs.

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Narrative has changed, behaviours haven't

By Evan Matthews

Over the last couple of weeks, some of the rhetoric from provincial politicians — and maybe surprisingly — public health officials have been concerning.

Why, you ask? Not because of what's being said but because of the shift in narrative.

Society is starting to see the effect of people disregarding COVID-19 and the public health orders. It's become stressful for all involved: public health officials, politicians, businesses and individuals.

Throughout the pandemic, we've seen so many politicians, leaders and health officials use positive rhetoric used to bring people together.

Leading up to the throne speech last month, Manitoba Premier Brian Pallister said, "COVID-19 has handed us new challenges, even greater than the ones before, but we are determined to face these challenges together as Team Manitoba."

Winnipeg Mayor Brian Bowman at one point said, "We're in this together," and in reference to a COVID death, "We are grieving together."

To his credit, our Chief Public Health Officer Dr. Brent Roussin has been forthright in saying we need to show

compassion to one another but also need to be accountable for doing our part.

"Be kind. We know this virus will be here for the foreseeable future," said Roussin last week. "We need to live with this virus and deal with it. ... So, let's all do our part to get through this together."

The shift in narrative came this past week.

By press time, Manitoba experienced a couple days of record-breaking COVID numbers.

With 480 new cases on Friday last week and six deaths on Sunday — both single-day records in Manitoba — COVID-19 is as prevalent in the province as it has ever been.

At press time, there were more than 3,200 active cases with a test positivity rate of about nine per cent. It's bad right now.

The province is now under a complete "Code Red and Code Orange" lockdown, and it seems as though we can expect things to get worse before they get better.

But, we're in this together. We are Team Manitoba and must be kind to one another. Right?

Well, yes, as Chief Nursing Officer Lanette Siragusa said, "We are going



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to get through this together," continuing the cliché.

But, also, no.

With Manitoba bylaw officers now allowed to enforce \$1,200 fines to individuals, Justice Minister Cliff Cullen said, "Despite extensive public health education campaigns, compliance with public health orders continues to be an issue."

Last week Premier Pallister came out and said, "Thoughtful Manitobans are making sacrifices ... while other people are doing dumb things, and those dumb things are endangering all of us. Grow up. Stop going out there and giving people COVID."

The troubling part of it all isn't the shift in narrative; it's the people who won't shift their behaviours. Nobody needs to be scared, but we all need to be compassionate and cognizant.

Unless everyone gets on board with curbing this most recent "wave," it seems as the numbers continue to climb and commentary becomes even more divisive, we are actually not in this together.

So please, listen to the public health officials, take the directives, and do your part.

If we're in this together, now is the time.

Letters to the Editor:

letters@expressweeklynews.ca

letter to the editor

Response letter to Wally Johansson

Wally Johansson's letter last week has a few issues. Firstly, in an interview with CTV, Dr. Joel Kettner set the record straight when he said that the flu meets the criteria for a pandemic every year. So why do we not run for cover every year? What is so different this year?

As of Oct. 28, 4,500 cases represents less than 0.3 per cent of the population; 58 deaths, less than one per cent of all deaths; ICU admissions, 15 to 20 per cent of ICU beds. And Dr. Kettner stated, in a typical flu season, the majority of beds are taken up by people with a variety of

bacterial causes of acute lung injury or pneumonia. Bacteria is obviously dangerous. You can find multiple scientific articles that state bacterial pneumonia caused more deaths during the 1918 flu, as well as the use of aspirin being a major issue. Aspirin thins the blood, which would in-

Continued on page 7

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Gypsumville RCMP officer tests positive for COVID-19

Submitted by RCMP

On Oct. 26, an RCMP officer was notified by Manitoba public health officials that they had tested positive for COVID-19. The general duty officer worked in Gypsumville and surrounding areas Oct. 19-21.

Public health officials are now doing contact tracing and will communicate with anyone considered

a close contact and provide them with information on the next steps.

The Manitoba RCMP has implemented numerous safety precautions throughout detachments across the province, including physical barriers, increased hand-washing stations and requiring that, when possible, officers wear masks when interacting with

the public.

To limit contact with police personnel, the public is encouraged to call their local detachment with questions and to only attend a detachment when it is necessary.

> LETTER, FROM PG. 6

dicare a general increase in water retention, which would show up as excess lung fluid. You wouldn't want to provide a mechanism for bacterial growth near your face, now would you? Eighty-three hospitalizations, less than three per cent of all our beds. As Dr. Kettner was moving on to further numbers of who is affected, he was cut off. But as of Oct. 28, we have 80 per cent of COVID-19 related deaths in residents of long-term care facilities; 19 per cent of national cases are among health-care workers; 92 per cent of hospitalized COVID-19 patients had at least one underlying health condition.

Here is where we should have common ground. Investigate the care homes, particularly Revera homes. As of Nov. 1, they account for 27 out of 75 deaths, or 36 per cent. In May, the military reports into Ontario care homes showed that Revera had major issues. A March inspection in Winnipeg showed deplorable conditions at Parkview, yet no one followed up until surprise inspection Oct. 26 at Parkview Place still found deplorable conditions.


If Mr. Johannsson wants to quote Trump that this flu is five times more deadly, then he can attack our government for not taking steps to mitigate spread in the most vulnerable population, and not Mr. Affleck. In Ontario, Kingston Health Region sent inspectors and hygiene teams into the homes in April and fared extraordinarily well in avoiding needless deaths and infections. They were able to send staff to other homes in Ontario. Manitoba waited until Oct. 26 to confirm that Parkview Place was still filled with fecal matter, urine, cockroaches, and that sick patients were roomed with healthy patients. Twenty-two deaths in one month. Criminal.

The lockdowns and restrictions are absolutely a violation of the Charter, and they represent a form of collective punishment and must be challenged. We will have no small businesses left, and thousands will lose their homes.

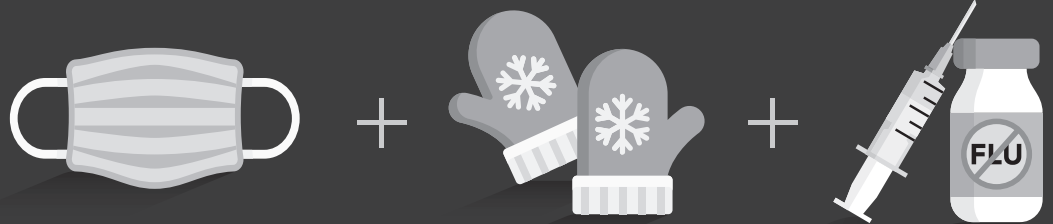
No one is safer as we watch livelihoods being destroyed, as no societal good comes from mass poverty and the absolute destruction of Canada as we know it. I am shocked that Mr. Johannsson would rather attack than talk to Mr. Affleck and find common ground. Who is infecting who? We are all being infected with xenophobia and mistrust of our neighbour and, worst of all, we are raising an entire generation of kids to fear the planet, while exposing them to toxic levels of sanitizer. At a time when we are supposed to be at the pinnacle of human technology and research, they have us cowering in fear from a coronavirus, which is cold and flu. It is exposing our processed food diet, our reliance on chemically intensive agriculture, the air and water pollution all around us, and the abject failure of chemically synthesized allopathic medicine. We must come together and work towards a future for our kids and grandkids. The elders of society were once revered, but nowadays I speak to youth that have more fire in their belly, as most boomers will ask no questions and would rather coast their way out than have hard conversations. Well, you're limited to five at your funeral. The saying "hard times breed strong people, and good times breed weak people" has never been

more apparent. We must come down from our collective mountains and spend some time in the valley, which is where all life takes place. Together, we can call for an investigation into Manitoba's care homes and better access to all data on this outbreak. If no one has anything to hide, these are both reachable goals. Future generations are counting on our vigilance and will only be betrayed by our ignorance. Everyone, get out in the sunshine this week, have a laugh with someone you love, and let's get to work!

- Darren Carlson



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Gimli council approves variation for visitation shelters at Betel PCH

By Patricia Barrett

Betel personal care home in Gimli is one step closer to having heated outdoor visitation shelters available for its residents and their families.

Two shelters made from modified sea containers have arrived at the PCH but are not yet ready for occupation. They'll allow people to visit their relatives over the winter months while minimizing the chances of spreading COVID-19 inside the nursing home. To date, Gimli Betel has not had a case of the deadly virus.

The containers are situated on the west side of Betel, along Second Avenue, and are a stone's throw from Viking Park.

The provincial government, which is funding the shelters, asked council for a variation to permit human habitation as Gimli's zoning bylaw does not allow storage containers to be used for such a purpose.

Council approved the request after a public hearing held Oct. 28 during its regular meeting. Council will also let the province keep the trailers on site for one year.

"We passed a resolution last night that the containers can [stay there] until October 2021," said Mayor Lynn

Greenberg by phone after council's meeting. "And we will extend it at that time if COVID carries on. If COVID is over sooner, then the expectation is that they'll be removed."

The provincial government announced this summer it was purchasing sea containers for licensed personal care homes. It did not specify how many containers are being supplied, but they're expected to cost \$17.9 million. The tender was awarded to PCL Constructors Canada.

Council was in receipt of concerns from a number of residents, including DJ Sigmundson, who said his property is the "most" impacted by the placement of the containers.

"My front view is diminished greatly with this sea can, this storage container, being plunked in my sightline," Sigmundson wrote. "I bought this property because of the view. I paid a substantial amount more for the view than I would have if I had purchased across the street from an industrial area that had storage containers in my sightline."

With reference to an information bulletin supplied by the province, in which it encourages municipalities and planning districts to "find ways



EXPRESS PHOTO BY PATRICIA BARRETT

Betel personal care home in Gimli.



ILLUSTRATION COURTESY OF EASTERN INTERLAKE PLANNING

The two sea containers are located on the west side of Betel.

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to achieve compliance with local by-laws," Sigmundson raised concerns about undue pressure being exerted on council.

"This type of encouragement is an abuse of [the province's] position," he wrote. "How could council refuse a request from the province? Will that impact future grants or even the basic services the province provides to our community?"

Residents Shirley MacFarlane, H. Keith Sigmundson and Gwen Kalansky also wrote to council asking for assurance that the containers will be removed when no longer required, citing their unappealing appearance so close to Viking Park.

The mayor said the containers have been painted and look as good as trailers can look.

"They are sea cans but this is an emergency situation," said Greenberg. "This gives people an opportunity to see their family member."

An accompanying illustration of the Betel site shows that a tree had to be removed from the west lawn to ac-

commodate the containers.

Because Gimli Betel is an 80-bed PCH, two shelters were requested, said Betel Home Foundation's chief executive officer Angela Eyolfson by email. That will give more patients and their families an opportunity for visits.

Eyolfson said Betel will be looking at accommodating visits at night and during weekends.

"We are going to do our best to provide flexible visiting times, which will include some evening and weekend time. Visits will be pre-booked and will be 30 minutes long with time allotted after each visit for sanitizing the visiting space," she said. "We are hoping to be able to accommodate approximately 10 resident visits per day per visiting shelter."

The provincial government is paying for all of the costs related to the construction and finishing of the shelters, said Eyolfson, and the PCH is hoping they'll be ready before the end of November.

Province transfers power to rural municipalities and towns for public safety

By Evan Matthews

The province is giving authority to rural municipalities and towns to enforce and ticket residents who are in contravention of public health orders.

The government amended the fines prior to the most recent announcement, and they are now set at \$1,296 for an individual and \$5,000 for corporations. But whether or not individual communities enforce public health by doling out tickets remains to be seen.

"We're going to have to sit down as a council and discuss this and then decide what we're going to do," said Gimli Mayor Lynn Greenberg, confirming the RM does employ a bylaw officer.

"People get upset enough over a \$50 fine. ... They're going to be 20 feet in the air if they end up with a \$1,200 fine for forgetting to put their mask on going into the store or whatever else," he said, emphasizing he's of the belief that, by this point, everyone should be educated and aware on what have become social norms like mask wearing, hand sanitizing and distancing.

In Arborg, the council has already made its decision.

Mayor Peter Dueck said the town does not employ a bylaw officer and has no plans to.

"We have designated staff to do some of the work bylaw enforcement would do, such as catching stray animals," said Dueck.

"But we do not have a bylaw officer, nor do we have immediate plans to recruit one."

On Oct. 23, the province announced it made regulatory changes to allow

municipal bylaw officers to enforce public health orders in an effort to reduce the spread of COVID-19.

Current orders under the Public Health Act restrict gatherings and limit group sizes, set out physical distancing requirements, and require businesses and their customers to maintain physical distancing requirements.

Anyone in contravention of these orders can now be ticketed by bylaw officers given authority do so by their governing councils.

"Despite extensive public health education campaigns, compliance with public health orders continues to be an issue," said Justice Minister Cliff Cullen via press release.

"Empowering additional enforcement personnel will help address the ongoing concerns about non-compliance as we reduce the spread of COVID-19."

At the start of the pandemic, fines were set for breaching public health emergency orders.

Prior to the changes, public health orders were enforceable by RCMP and other police agencies, the Health Protection Unit, Manitoba Conservation and Climate, Workplace Safety and Health, and the Liquor, Gaming and Cannabis Authority, according to the province.

A copy of the most recent orders under the Public Health Act can be found on the Manitoba government website at https://manitoba.ca/assets_library/en/proactive/2020_2021/orders-soe-capital-10192020.pdf.

Toastmasters in the Arts attracting new adherents via Zoom

By Patricia Barrett

Undeterred by COVID-19 having cancelled in-person meetings, the Toastmasters in the Arts club has picked up new members from far and wide by offering meetings via Zoom.

The club meets remotely every Wednesday morning with members hailing from Gimli, Matlock, Ponenah, Riverton and Fisher Branch.

"We even have an Ontario member now because we're zooming. People can join us from wherever they are in the world," said club founder and Distinguished Toastmaster Doreen Pendgracs, who acts as Zoom master for each meeting. "We had one Toastmaster from Manchester, England, join us for a meeting, and a former member who now lives in Vancouver joined us."

Pendgracs said the Zoom meeting app has also allowed some TMIA members to sit in on meetings held by other clubs in their district, such as the Star of the North club, which has members from Minnesota and Manitoba.

"TMIA was able to steal the traveling gavel because three of our members sat in on their meeting," said Pendgracs. "That's a fun way to encourage people to visit other club's meetings."

With a notorious reputation for fun, creativity and bringing out the best in others, TMIA's members donned their Halloween costumes last Wednesday, shared some speaking tricks and brushed up on their presentation skills. Sadly, the only thing they couldn't share was chocolate.

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Endow Manitoba is our province's network of 55 community foundations and Manitoba is home to more community foundations than any other area of the country. Donations to a community foundation are pooled and permanently invested. The income earned on these investments is distributed each year to support local charitable needs. These foundations are a sustainable model for communities and your gifts during this Challenge will have a lasting legacy.

Westshore Community Foundation is participating in the Endow Manitoba Giving Challenge and encourages residents along the west shore of Lake Winnipeg to consider a gift to the Westshore Community Foundation during this campaign.

"Giving to a community foundation means giving back to your hometown forever," says Tim Arnason, President of the Westshore Community Foundation. "It's a great opportunity to take care of our community now and for future generations to come."

During this year's Giving Challenge gifts to Westshore Community Foundation can be made by:

- o Credit card - Securely online through www.endowMB.org
 - o Cheques - Made payable to Westshore Community Foundation
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For more information, please visit westshorefoundation.com, call 204-642-9796 or visit www.endowMB.org.

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The Great Escape, and Henry Birkland

By Evan Matthews

Spearhill, Man., is roughly eight kilometres east of Moosehorn and home to a small cemetery. The cemetery has an even smaller portion designated to the community's soldiers.

After visiting the Spearhill Cemetery and doing some thinking, Woodlands resident Carolyn Davis, 77, said the local story — converted into a Hollywood movie — deserved re-telling.

"My dad worked in the Spearhill Quarry, as many men did at the time. I believe Hank Birkland (the war hero) ... also worked at the quarry," said Davis, adding that the community quarry was much the same as Stonewall's at the time.

"Revisiting these types of stories is important because all of the soldiers fought in the war for our freedom. We owe it to them to recognize and remember. This is just one story."

Her father's family has been in Canada for roughly 200 years, and Davis noted her fondness of and allegiance

to Canada.

The story of Flight Lieutenant Henry "Hank" Birkland is one oft-told.

Hollywood Americanized the story and converted it into a film called *The Great Escape* (1963). The movie tells the story of a mass escape by British Commonwealth prisoners of war from a Nazi-controlled German camp in what is now Zagan, Poland.

While the story has been told in print and online many times, it has maybe been best told by Bill Redekop of the *Winnipeg Free Press* in a story titled "Manitobans' role in Great Escape uncovered," which is available in the paper's archives.

Another version of the story is in the Ted Barris book *The Great Escape: A Canadian Story*.

The commonly accepted version of the story goes as follows:

Stalag Luft was a well-known Second World War PoW camp for British Allied Forces in Poland, holding roughly about 10,000 PoWs.

Among them was Henry Birkland.

Allied Forces dug a narrow tunnel with whatever tools they could muster, including kitchen utensils. The common story suggests the tunnel was as long as a football field. The PoWs even managed to acquire and install wiring in the tunnel for light.

Soldiers prepared one another for once they made it through the tunnel, with forged documents to get PoWs across checkpoints and through borders, and language lessons for those who could not speak German to help them blend in.

It's said that 76 PoWs escaped on the morning of March 24-25, 1944, and 73 of them were rounded up and put back in the camp within days, including Birkland. Just how many PoWs the group intended to liberate is not specified.

Birkland was one of six Canadians, and one of 50 escapees said to have been executed by the Hitler-directed and Nazi-controlled camp.



PHOTO SUBMITTED

Henry "Hank" Birkland

According to Canadian Veterans Affairs, Birkland was 26 years old.

Lest We Forget

Derek Johnson
MLA for Interlake-Gimli
InterlakeGimliMLA@gmail.com

Lest we forget.

In honour of **Remembrance Day**, all Noventis branches, iTMs and the contact centre will be closed on **November 11th**.

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CREDIT UNION



St. Laurent Legion Metis doing renos

Paying homage to founding veterans

By Evan Matthews

The St. Laurent Legion Metis is renovating its building, a project a long time coming.

The legion is undergoing renovations, according to president Marion Furey. Everything from the clubroom to the hall to the kitchen, Furey said every single area needs some TLC.

"New flooring, new painting, new lighting, new roofing, etc. We even plan to build a deck, but that probably won't happen until the spring," said Furey.

The legion received a \$75,000 grant from the provincial government's Building Sustainable Communities Program, she added.

"Once we finish all the major renovations, we expect to have used all of the donation on this renovation," she said.

With so many different projects on the go, a Furey said the board hasn't

set a finish date just yet.

The renovations were made possible back in July 2019 when businessperson Sean McCoshen donated \$170,000 to the St. Laurent Royal Canadian Legion Metis Branch 250, according to Furey.

"He supports a lot of Indigenous and Metis groups. ... We were badly in need of renovations, and we had a connection to Mr. McCoshen," said Furey, adding that a board member's relative worked for McCoshen and put in a request.

"We all thought it was pretty incredible, and we're so thankful."

Sean McCoshen is chairperson and chief executive officer of The USAND Group. With a background in investment banking, McCoshen has publicly stated he now uses his skills to assist First Nations in acquiring capital.

Part of the reason local people are so

thankful, according to Darlene McKay, a board member of the St. Laurent Legion, is because of how symbolic the organization and its building are to the community.

"It was a lifelong dream for my dad to establish a legion here. He was in the First World War and the Second World War," said McKay.

"He wanted a place for the veterans to be able to meet and for local people to be able to come and celebrate the veterans, especially those who maybe didn't come back."

Her dad, Louis George Coutu from St. Laurent, was a prisoner of war in Nazi Germany.

In St. Laurent, McKay said local veterans started by installing a cenotaph and slowly worked toward acquiring funding. When "the old hotel" went out of business, the legion formed a board, came up with a charter, and acquired the building it still calls home.

The St. Laurent Legion Metis 250 and its hall are used to host bingo nights, dances, social and cultural events.

Veteran Paul Sanderson, who serves as the St. Laurent Legion Metis 250



PHOTO SUBMITTED



Louis George Coutu served his country from 1939 to 1945 with the Queen's Own Cameron Highlanders of Canada Second Division Canadian.

sergeant-at-arms, said the legion has meant a lot to him after serving.

"I'm very proud of the legion, where it is today and how everything is being handled," said Sanderson. "I always wanted to be in the army ... to be with my comrades."

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 **In Remembrance**
Rural Municipality of Gimli
Council and Staff 



Lundar Lutheran to ring bell tower 75 times

By Evan Matthews

Lundar Lutheran Church is going to ensure area residents remember on Remembrance Day that 2020 marks 75 years since the end of the Second World War.

On Nov. 11, starting sometime slightly before 11 a.m., members will ring the church's bell tower 75 times — one time for each year that has passed since the war and as a gesture of respect and gratitude to all veterans.

"We support our local legion and veterans," said church chairperson Faye Goranson. "Given this year's service is likely a bit different, we wanted to be a part of it in whatever way would help."

This year's service is, in fact, going to look different in that there won't actually be one.

Lundar Legion president Donny Thorkelson said while the church's bell tower rings throughout the community, the organization plans to have a few of the community's veterans bring wreaths to present at the local cenotaph.

"We've been trying to circulate through Facebook and other means, just as a suggestion, that people go out on their doorsteps upon hearing the church bells, waiting for a moment of silence," said Thorkelson.

"We usually hold a really nice service, but with a lot of older people in attendance and with the numbers



EXPRESS PHOTO SUBMITTED

The Lundar Lutheran Church will be ringing the bell tower 75 times on Nov. 11.

(COVID) steadily climbing, hosting a service didn't seem like the wisest thing to do."

As is the case in most other communities, the Lundar Legion opted to cancel its 2020 Remembrance Day Service due to COVID-19 pandemic and the province's limited numbers for public gatherings.

On Friday, Oct. 30, Manitoba record-

ed its highest single-day COVID-19 total with 480 new cases.

"But no matter what, we have to acknowledge the sacrifices that were made for us so that we can have the freedoms we do," said Thorkelson.

"Whatever we're struggling through now, we wouldn't even have the opportunity to struggle if not for our veterans' sacrifices."

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Honouring the fallen

Town of Winnipeg Beach Council and Staff

Winnipeg Beach Legion spreads the Halloween spirit at school

By Patricia Barrett

The Winnipeg Beach Royal Canadian Legion Branch 61 gave local students a special treat last week by delivering goody bags full of Halloween treats.

The legion did not want any child to miss out on the chance of celebrating Halloween this year as COVID-19 continues to spread and forces the cancellation of some events.

"We went and purchased a bunch of Halloween candy and we made up bags for all the kids at the school," said the legion's second vice-president Velma Darroux, who helped stuff goody bags.

Peggy Kennedy, who is co-chair of the legion's ways and means committee, delivered the packages to the kindergarten to Grade 8 school, which has about 180 students.

The school held a Halloween party last Friday. Students got to dress up, feast on their treats, create Halloween-themed art and watch a movie.



Students got to feast on their legion-supplied treats Oct. 30 during a Halloween party at the school.



EXPRESS PHOTOS SUBMITTED
The legion's ways and means co-chair Peggy Kennedy delivered candy to the school a few days before its Halloween party.

Safe Drive-Thru Halloween at the Gimli Recreation Centre sees 200 kids

By Patricia Barrett

Staff at the Gimli Recreation Centre opted for a Halloween Drive-Thru last Saturday night, scrapping plans for an outdoor Halloween maze in order to enhance COVID-19 precautionary measures.

The decision to hold a drive-thru came on Friday after a particularly troubling week that saw over 1,100 new cases of the highly infectious virus and the province announcing tighter restrictions for Manitobans to take effect Monday.

The RM of Gimli's recreation programmer Brenna Philp organized the drive-thru in the rec centre's parking lot with the help of masked volunteers who used telescopic grab sticks to handle the candy. They delivered candy to about 200 kids.

Noventis Credit Union, Lakeview Dental, Taylor Pharmacy and several individual community members sponsored the event.

What would have been an added treat, a Pokémon Scavenger Hunt held in conjunction with the rec centre's event, had to be postponed because of high winds and a provincial weather alert.

Jay Boaz and his nine-year-old son Griffin had been planning on stashing homemade Pokémon around town on Saturday and arming kids with a clue list. Those who completed the hunt would have been able to earn additional treats at the rec centre and have had a chance to win prize packs the Boaz family had personally sponsored.

Visit Boaz's Geek Works 204 Face-



EXPRESS PHOTOS SUBMITTED
Gimli Recreation Centre staff handed candy out to kids during the Halloween Drive-Thru event last Saturday night.

book site for more information about a rescheduled event.



Five reasons to adopt a black cat

Did you know that black cats are adopted far less often than cats of any other colour? Yes, even today, ancient superstitions continue to govern people's choices. Every year in animal shelters across the country, numerous black cats are rejected solely based on the colour of their fur. Are you thinking about adopting a new feline friend? Here are five good reasons to go against the grain!

1. Certain cultures consider black cats good luck.
2. Black cats have a mysterious, panther-like elegance to them.
3. If you often dress in black, you won't have to worry about visible cat hair on your clothes.
4. Come Halloween, your black cat becomes the perfect accessory.
5. According to a study published in the scientific journal PLOS Genetics, black-haired felines live longer.

AND WHAT ABOUT DOGS?

Black dogs are also left rejected in animal shelters and adoption centres more frequently than those of any other colour. One hypothesis is that their darker shade makes it difficult to distinguish their features in the photos that accompany their description online or in local newspapers.

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Interlakers join Main Street Project to help homeless

By Evan Matthews

Brandy Lamb grew up in a family that always made an effort to give back to the community, so when she saw Damien Wilts' post on social media, she instantly wanted to help.

Now a Woodlands' resident, Lamb said she saw another local person share Wilts' Facebook post roughly three weeks ago, in which he called for an array of warm winter clothing to donate to the Main Street Project.

"I thought it was awesome, them helping the homeless by providing clothes. I just had to connect with them. It gets cold here, and people don't have warm clothes or a place to go," said Lamb, who used to do a winter coat drive with her mom every year.

"I saw they — Damien and his wife — were making all the trips to pick things up and doing all the deliveries to drop things off. ... I thought I'd offer my hand in doing my area."

Wilts now lives in Ste. Anne, roughly 50 kilometres southeast of Winnipeg, with his wife Christine Guenette.

But things weren't always so good in Wilts' life. He said addiction and homelessness can often be stigmatized, something he understands personally.

The world needs more kindness and compassion, he said.

"In my life, I had it hard as a young man. I found myself homeless at 15. I lost my mother and father very young and found myself with some mental health issues. People don't truly understand the devastating effects of addiction," Wilts said.

"I ended up living in a tent and didn't have anywhere to go. I had to build myself up. I know the struggle. It's not as simple as people think — go get a job or whatever. It's not as easy when you don't have a cell phone, clean clothes for an interview, etc. It's not easy.

"You go through the news or social media, and it's constant. There is constant judgment. It's left versus right, Democrat versus Republican. ... I'm trying to show people anybody can band together for a good cause. ... Everybody can do something."

Wilts said the idea struck when he saw an elderly woman in Winnipeg who looked cold and was struggling to cross the street. With the pandemic putting everyone on hold, Wilts recognized some down time and an opportunity to make a difference.

Starting a small drive locally in Ste. Anne, Wilts said he actually made the mistake of posting his call for warm clothing in what he thought was a local Facebook Marketplace.

"The first drive in Ste. Anne filled our whole house. When you post in one marketplace, it somehow spreads to every marketplace you've ever belonged to. It was the best mistake that ever happened," Wilts said.

"I was hit with thousands of calls, texts, messages, etc. I felt totally overwhelmed and put a call out for volunteers."

Now there are roughly 30 volunteers around Winnipeg and surrounding areas including Ste. Anne, the Inter-



EXPRESS PHOTO SUBMITTED

Left to right: Christine Guenette, Damien Wilts and Main Street Project's Jacob Kaufman, as the Wilts-led volunteer group makes a donation on Nov. 2.

lake, Lac du Bonnet, La Salle, Oakbank, Steinbach, Mitchell, St. Adolphe and Ile des Chênes.

Once Main Street Project caught wind of the efforts Wilts put forward, they reached out in desperation, according to Wilts. When he arrived at its warehouse, it was bare with no clothing to help those in need, he said.

What started in Ste. Anne has spread throughout many communities all over Manitoba. Wilts said he hopes to continue to grow the network. He emphasized COVID-safe practices including contactless pickup and sanitization of items.

"We ask all donations come in clean and washed, if possible," said Wilts. "We spray it again with sanitizer, wash and clean it, and then we get it to the Main Street Project."

Though right now Wilts is simply heading up a volunteer group with good intentions, he said the paperwork is well underway to acquire

non-profit status.

For Interlakers who are interested in co-ordinating a donation with Lamb, they can call her at 204-739-6455.

"WE ASK ALL DONATIONS COME IN CLEAN AND WASHED, IF POSSIBLE," SAID WILTS. "WE SPRAY IT AGAIN WITH SANITIZER, WASH AND CLEAN IT, AND THEN WE GET IT TO THE MAIN STREET PROJECT."

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THE EXPRESS
WEEKLY NEWS

Incredible Creatures: Vampire bats: Knowing when to social distance

By John Gavloski

The week leading up to Halloween is Bat Week, an annual international celebration to raise awareness about bat conservation.

This year for bat week, we will focus on a tropical species, vampire bats, and some interesting social behaviours. Vampire bats are highly social mammals. But recent research showed that when they get sick, their normally social behaviour changes and they keep their distance.

In this month's Incredible Creatures, we will explore the interesting biology and social habits of vampire bats.

Where would you go to find a vampire bat?

There are three species of vampire bats: the common vampire bat, hairy-legged vampire bat and white-winged vampire bat. They live in Mexico, Central America and South America. So, no, vampire bats would not be found in Transylvania, which is a region in

central Romania known for medieval towns and castles such as Bran Castle, a fortress associated with the legend of Dracula. But if you expect to find any vampire bats there, you would be disappointed.

Vampire bats feed on the blood of warm-blooded animals. Despite contrary belief, vampire bats do not suck blood but rather lap it up with their tongues. Like snakes, vampire bats are good at sensing heat. And while other bats have almost lost the ability to manoeuvre on land, vampire bats can walk, jump and even run.

Another unique adaptation of vampire bats is the sharing of food. A vampire bat can only survive about two days without a meal of blood, yet they cannot be guaranteed of finding food every night. This poses a problem, so when a bat fails to find food, it will often "beg" another bat for food. The "host" bat may regurgitate a small amount of blood to sustain the other member of the colony. Vampire bats

also engage in social grooming. It usually occurs between females and their offspring, but it can also occur between adult females.

What vampire bats do when they feel sick

New research carried out in Belize shows that when vampire bats feel sick, they socially distance themselves from groupmates in their roost. Researchers captured 31 female common vampire bats living inside a hollow tree in Lamanai, Belize. They injected 16 bats with a substance that activated their immune system and made them feel sick for several hours but did not cause disease. They injected another 15 bats with a placebo (saline). The researchers did not use a real virus or bacteria because they wanted to isolate the effect of sickness behaviour. Some real diseases might make interactions more likely, not less, or they might lead to sick bats being avoided.

Data on the social encounters of these bats was transmitted to scientists by custom-made proximity sensors glued to the bats back. These are miniature computers that weigh less than a penny and fall off within a week or two. They took measures every few seconds of associations involving sick or healthy bats or a combination of the two. After returning the bats to their roost, the scientists analyzed social behaviors in the colony over three days.

Compared to control bats in their hollow-tree home, sick bats interacted with fewer bats, spent less time near others and were overall less interactive with individuals that were well-connected with others in the roost. Healthy bats were also less likely to associate with a sick bat.

Although vampire bats may not be getting information on the latest public health guidelines, they still are able to social distance when necessary.

IERHA encouraging patients to make flu shot appointments

By Evan Matthews

Despite already advising the public, the IERHA is reminding residents they must book a flu shot appointment in advance to avoid potential congestion.

It's the first time in IERHA's history appointments have been required.

The IERHA said in a statement that public health flu clinics have already received a "tremendous" response this year. Though busy, clinics in major centres like Ashern, Beausejour, Gimli, Selkirk and Stonewall are still accepting appointments.

"People who have had troubles securing a flu shot in smaller communities will still be able to access clinics in larger communities that can accom-

modate greater numbers of people," said IERHA regional immunization co-ordinator Wendy Fontaine.

"Our flu clinic staff who answer the phone can identify options available to people to secure their flu shot. I encourage people to call even if it looks like the clinic serving your area is full."

The belief (or best guess), according to the IERHA, is that the increased demand this year tied to people trying to proactively avoid interactions with the health-care system.

Potential options existing for the IERHA to administer flu shots for people include local pharmacies, primary care providers (such as family doctors or nurse practitioners) and public nurses.

The situation can vary by community, so the IERHA said in its statement that a conversation can be helpful when determining best available options.

"We increased our vaccine order this year, recognizing that we'd see increased demand," said Fontaine.

"It's important to get your shot as we want to reduce the number of people who experience the flu, particularly at this time of the pandemic response."

She emphasized that the IERHA has enough flu vaccine to address the region's needs.

The IERHA mandated appointments to help public health staff manage the number of people in a clinic at any given time to accommodate physical

distancing requirements.

Given infection prevention and control requirements related to COVID-19, not all sites where clinics have typically been hosted could be used in 2020, according to the IERHA.

For more information on flu clinic appointments, visit www.is.gd/flu-clinics and call 1-877-979-9355 for further information or to book your appointment — 8:30 a.m. to 4:30 p.m. weekdays in November — and if the line is busy, try again at a later time.

The IERHA is also encouraging people to inquire if their local pharmacy or care provider is offering the vaccination.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

KJHL postpones start of 2020-21 regular season

Staff

The Keystone Junior Hockey League announced on Oct. 27 that the 2020-21 regular season will now begin Dec. 5.

It was originally slated to start on Nov. 7.

The decision, made by KJHL presi-

dent Ed Albert and the league's five team governors, was due to the rising number of COVID-19 cases across Manitoba.

The number of regular-season games had not been announced as of press time. Exhibition games are cur-

rently allowed with restricted travel.

KJHL teams include the Peguis Juniors, Cross Lake Islanders, Norway House North Stars, NCN Flames and OCN Storm.

Peguis has won the KJHL championship eight times, including 1996, 1998,

2013, 2015, 2016, 2017, 2018 and 2019.

There was no league title awarded last year as Hockey Canada shut down all leagues in the country in March due to COVID-19.

Hamrlik scores overtime game winner

By Brian Bowman

Mark Hamrlik was the overtime hero on Saturday.

Hamrlik scored the OT winner to lift his Arborg Ice Dawgs to a 5-4 victory over the Lundar Falcons.

Arborg, which trailed 3-1 after the first period, received a goal and an assist effort from Jordan Klippenstein, Preston Seymour, Tyson Barylski and Kalen Guimond. The Ice Dawgs' Cadrick Dueck had two assists.

Tyler Earl (two), Dennon Sichevski, and Ryan Gleich scored for Lundar. Sichevski, Brent Johnson and Earl each finished the game with two points.

Both goalies were very busy as Lundar's Dillon Rapinchuk and Arborg's Brandon Kowalchuk each made 50 saves.

Last Friday, Arborg was doubled 4-2 by the league-leading Fishermen in Selkirk.

Travis Spratt and Kasen Andrushko, on the power play, scored first-period goals for Selkirk.

But Arborg's Jordan Einarson tallied in the second and then Guimond scored in the third to tie the score at

2-2. Both goals came on the power play and were assisted by Preston Seymour and Daron Monkman.

Spratt netted the eventual game winner with 3:18 remaining in the third and then he added a shorthanded goal into an empty net with 28 seconds left in the game.

Tre Strachan made 33 saves in the losing cause.

On Oct. 27, Arborg skated to a solid 5-1 road victory over the North Winnipeg Satellites.

Arborg's Jordan Klippenstein and North Winnipeg's Kevin Budd, on the power play, traded first-period goals.

The Ice Dawgs came out flying in the middle frame as Josh Roche, on the power play, Monkman and Klippenstein tallied.

Roche then added his second goal of the game early in the third. He finished the game with three points.

Michael Crave, Barylski and Troy Gutowski each had two assists.

Tre Strachan made 26 saves for the victory.

The CRJHL has decided to shut down for two weeks due to COVID-19.



EXPRESS PHOTO BY BRETT MITCHELL

The Ice Dawgs' Preston Seymour had two assists in Arborg's 4-2 loss to the Selkirk Fishermen last Friday.

'AAA' games postponed



EXPRESS PHOTO BY LANA MEIER

The Lightning's Kalder McPherson scored for Interlake in the second period last Friday against the Winnipeg Hawks.

Staff

The Interlake Lightning "AAA" U17 male hockey team had its game against the Eastman Selects in Niverville postponed due to COVID-19 concerns last Saturday.

Interlake was scheduled to play the Winnipeg Thrashers three times over the next week but those games have also been postponed.

In U15 action, the Lightning lost 11-3 to the Winnipeg Hawks last Friday in

Warren.

Interlake's Talon Hogg scored a shorthanded goal in the first period and then Ian Buors and Kalder McPherson tallied in the second.

Winnipeg goals were scored by Rhylan Baxter (two), Ian Lavallee (two), Carter Bear (two), Marlen Edwards, Alexander Keith, Shane Fetterly and Cole Bilous.

Saturday's game between the Lightning and the Hawks was postponed.

U18 Lightning lose to Pembina Valley



EXPRESS PHOTO BY RICK HIEBERT

Interlake Lightning defenceman Jacob Plett, an Arborg product, checks a Pembina Valley player during Manitoba U18 Hockey League action last Wednesday in Morden.

Staff

The Interlake Lightning U18 AAA male hockey team had both of their weekend games postponed due to COVID-19.

All Manitoba U18 AAA Hockey League games have been postponed until Nov. 15.

Last Wednesday, the Lightning lost 4-1 to the Hawks in Morden.

The game was scoreless until the 14:11 mark of the second period when Pembina Valley's Drew Peters tallied.

Interlake's Ashton Fisher responded with a power-play goal just over two minutes later.

But the Hawks' Nicholas McKee scored at 17:25 of the middle frame and then Tyler Parr and Carter Sotheran added goals in the third.

Michael O'Sullivan made 53 saves in the losing cause.

Interlake was scheduled to host Eastman on Wednesday and Saturday before playing the Selects on Sunday in Beausejour.

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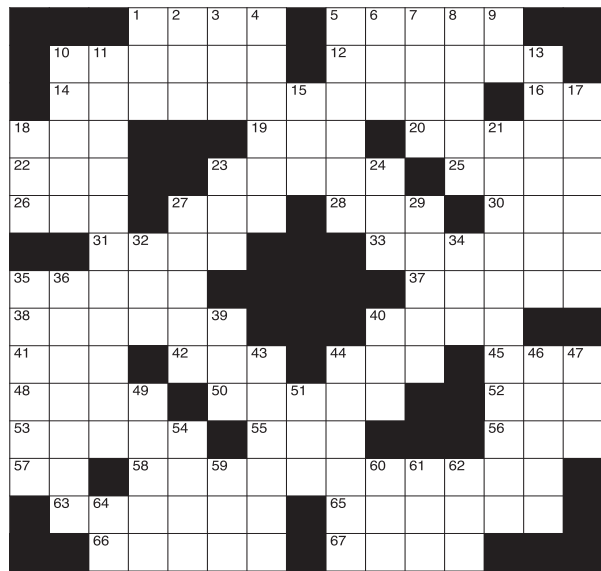


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X CROSSWORD

- CLUES ACROSS**
- Upright post on a boat
 - Sentimental person
 - Native American tribe
 - Wear away
 - Where you're going
 - Doctor
 - Popular Chinese dialect
 - One point east of due south
 - Northern sea duck
 - Note
 - Wives (law)
 - Trigonometric function
 - A way to communicate (abbr.)
 - Swiss river
 - No (Scottish)
 - Commercials
 - Large instrument
 - ___ Chantilly, ___ de Menthe
 - Small, saclike cavities
 - High and thin in tone
 - Treat extremely well
 - Famed track star Usain
 - Secure web connection (abbr.)
 - Rob of energy
 - Paving material
 - Cool!
 - Tip of Aleutian Islands
 - Indicates silence
 - Water in the solid state
 - Security interests
 - Popular hoopster Jeremy
 - Shed tears
 - Low frequency
 - Harmful bacterium
 - Common language: lingua ___
 - Standards of perfection
 - They consist of two parts
 - A detailed description of design



- CLUES DOWN**
- More (Spanish)
 - A subdivision of a play
 - Japanese title
 - More jittery
 - Fabric
 - Luke's mentor ___-Wan
 - Cleaving tool
 - Ancient city of Egypt
 - 36 inches
 - Farewell
 - Second to last
 - Improved by critical editing
 - Defensive weapon (abbr.)
 - Fancy attire
 - ___ Farrow, actress
 - Completely opposed
 - Supervises flying
 - Pouch
 - True firs
 - Mistake
 - Computing platform (abbr.)
 - Snakelike fish
 - Greatly horrify
 - Despicable person
 - Tell on
 - Ballplayer's tool
 - Central Brazilian town
 - Court game
 - Land
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OBITUARY



James "Jim" Wayne Chartrand

It is with heavy hearts, we announce the passing of Jimmey Chartrand of Lundar, MB at an early age of 67 years. Our beloved son, brother, uncle, great uncle and wonderful friend Jimmey passed at the Health Sciences Centre in Winnipeg on Saturday, October 24, 2020.

He will be so sadly missed by his mother Nora Chartrand; sisters Teresa Forbister and Janice Howardson (Raynard); nephews Jeff Forbister, Jason Howardson and Kurtis Howardson (Jen); niece Tammy; great nephew Harlon; great nieces Michaela and Karrigan, along with numerous cousins.

He was predeceased by his father Jim Chartrand Sr., sister Linda Mikula and brother Les Gregg.

Jimmy was known for his love of great friends, family and kids (cause he was a kid at heart himself). The most important person

in his life was his great nephew Harlon Wade Howardson.

Cremation has taken place and a service will be held in the spring of 2021 when he will be laid to rest in the Minnewakan Cemetery.

We thank the many friends, staff of the E. M. Crowe Memorial Hospital in Eriksdale, MB and to those at the HSC Emergency.

Arrangements by:
ARNASON FUNERAL HOME
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OBITUARY

Emma Elaine Metner (nee Grahn)

Emma passed away on Monday, October 26, 2020.

She was granted a long full life. Left to participate in a "Celebration of her Life" are her children Robert, Jane (Ray), Thomas, Glen and Helen (Ross); her grandchildren Michael, Samantha (Ryan), Aaron (Courtney), Jennifer, Christopher and William; her great-grandchildren Joy, Patience and Carter along with her sisters Edna and Helen.

She was predeceased by her husband Herbert; her parents Wilhelm and Julianna; her brothers Harold, Albert, Robert, Jack and Elmer and her sisters Emily and Myrtle.

Due to COVID-19 the family has chosen to hold a small graveside service, scheduled for Saturday, November 7, 2020 at 11:00 a.m. at the Peace Lutheran Cemetery with Dawn Tober officiating.

If desired, in lieu of flowers a donation in her memory may be made to the Peace Lutheran Church Memorial Fund, P.O. Box 68, Moosehorn, MB, R0C 2E0 or a charity of choice.

Rest In Peace

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OBITUARY

Anna (Thorey) Anderson October 13, 1943 - October 28, 2020

It is with profound sadness that we announce the sudden passing of our Mom on Wednesday, October 28th, 2020.

Mom was predeceased by her parents Anna and Skafti, her brother Bob and her son Ed.

Mom is survived by her children, son Carl (Diane), daughter Sherri, daughter-in-law Cori, daughter-in-law Sharon (Murray), Bonnie (Edwin); grandchildren, Joel, Carson, Caitlyn, Nikolas, Sarah (Jonah), Brandon and Kelsey; her sister Dora Joan (Gary), her sister-in-law Carol; as well as nieces and nephews Reg, Jason, Leanne, Eric, Juanita, Michele and their families; and close friends she considered family including Dinah, Ken, Jan, Joan, Joyce, Darlene, Alexis, Norma and Malvina.

Mom was born in Gimli and was raised in Sandy Hook. She worked many jobs to support us growing up, always sacrificing herself for us. She put herself through hairdressing school and worked many jobs including Robinson's Store in Gimli and Darlene's Chocolate Shop, making lifelong friends with Joyce and Darlene.

She worked many years at Husigim Home and finally with Child and Family Services as a support worker of which she recently retired. Over the years, she volunteered with numerous groups including Interlake Special Olympics- Bowling for over 25 years.

Mom loved her crafts and especially baking. She loved to bake and treat her family and friends to delicious desserts and taught her family to carry on with her traditional Icelandic baking which she loved.

Family and friends were important to Mom. She enjoyed having coffee and visiting with friends and relatives. She spent a lot of time with her very close friend Jan Isfeld.

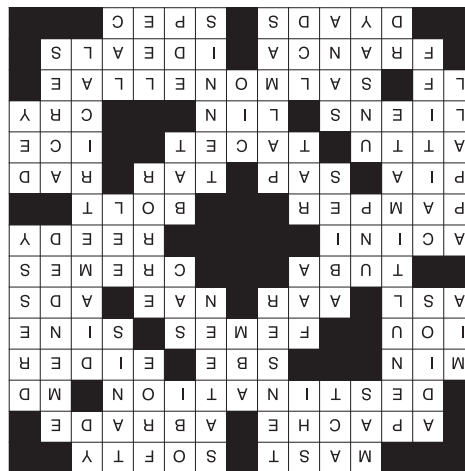
Thank you to her friends at Vesterland Villa.

A private family gathering will be held at a later date.

Goda nott elskan



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Or mail to: Interlake Co-op, Box 40, Arborg MB, R0C 0A0
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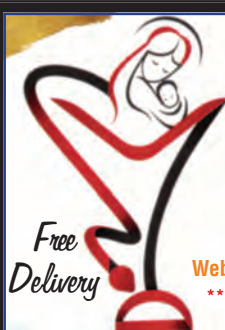
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