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VOLUME 7 EDITION 49 THURSDAY, DECEMBER 10, 2020

WEEKLY NEWS

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EXPRESS PHOTO SUBMITTED

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Ashern funeral home still operating under government regulations

By Evan Matthews

While things have already improved for the Anderson Family Funeral Home after taking to social media with its message, the family-owned business is still trying to help Ashern residents better understand why people continue to show up to the business.

Funeral director Conrad Anderson said with churches and mostly every other public gathering space closed to the public, funeral homes are the only place in which families can mourn and grieve.

"Yet, we received a notification from the RCMP that somebody had complained. Public health phoned us once," said Anderson.

"We had a service here just the other day, and within five or 10 minutes of starting, the RCMP were phoned in again."

Obviously, Anderson emphasized

there are restrictions due to the pandemic and that the business has been respectful of and accountable to those restrictions.

According to Anderson, the restrictions to the funeral home are:

- Only five people are permitted inside the funeral home —plus a minister and funeral home staff — for any arrangements, viewing or service. Only those five designated people are allowed inside. They cannot go outside to let others come in. Hand sanitizer is required and available upon entry. Social distancing is required, and masks are mandatory.
- Pallbearers must stay in their vehicles until the casket is brought to the door to place into the hearse.
- All who come to support a family by parking outside the funeral home and/or joining the procession to the cemetery must remain in vehicles at all times, with no exceptions.



EXPRESS PHOTO FROM GOOGLE

The Anderson funeral home is doing its best to communicate with area residents that it is operating within the provincial guidelines and is acting responsibly and in good faith.

- No public washrooms are available, except to the five designated people.
- Flowers must be pre-ordered and pre-paid using e-transfer.

The important part of communicating with Ashern residents, for Anderson, is to ensure everyone knows the funeral home is not doing anything carelessly.

Everything amidst the pandemic is new, but Anderson reiterated the fact that death does not make exceptions and people still need to lay loved ones to rest.

"We understand this is a tough time for everyone, and dealing with loss makes it even more difficult," said Anderson.

"Unfortunately, the current restrictions don't alter based on circumstance, so we need everyone to help us follow public health guidelines and understand we're trying to do things the right way," he said, adding many thanks in advance.

Anyone with questions or concerns is encouraged to phone Anderson Family Funeral Home at 204-768-3606.

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Santa is coming to Riverton

By Evan Matthews

Santa Claus has scheduled a visit to Riverton over the holidays, but to keep everyone safe from COVID-19, he's scheduled to appear at RDFC's virtual holiday party.

Desarae Bilinski, a youth worker at RDFC, said the organization will host a virtual Christmas party on Dec. 13 from 2 to 3 p.m.

"The holidays are about the kids. Everyone has had a tough year, but especially the kids, I think. This is a time of year where we can really emphasize joy and happiness for them," said Bilinski.

"We just want to ensure we're still focusing on it. Typically, we have our Santa breakfast, our seniors' dinner, our market, our pancake breakfast. ... We have so many holiday activities for (people) in the month of December.

"Because we can't do those things this year, we want to make sure we're still doing something," she said.

In order to get kids in the community excited for the holidays, RDFC hosted a "Christmas curbside" giveaway, in which kids received a free advent calendar, craft, and book.

In total, 152 kids, aged up to 13 years old, participated on Nov. 30.

The books were distributed based on the child's



EXPRESS PHOTOS SUBMITTED

RDFC distributed 152 books, based on a child's age, on Nov. 30 via a "Christmas curbside" pickup.

age and were originally collected as donations to the RDFC.

"We also gave everything the child would need to participate in our Thursday craft," said Bilinski.

"Every day we do a (virtual) Zoom activity at 4 p.m. Mondays are jiggig with Mikey from the Ivan Flett Memorial Dancers, Tuesdays are Indigenous storytelling, Wednesday is Zumba for kids, Thursday is crafts, and Friday is for something fun," she said.



RDFC distributed 152 advent calendars on Nov. 30 via a "Christmas curbside" pickup.

Bilinski said many parents had expressed difficulty finding an advent calendar, something usually so easy to find, due to the lockdown and what has been deemed essential. Though maybe small to some, filling that gap became an RDFC objective.

Safe at Home program launched by province for holiday season

Submitted by Manitoba government

The Manitoba government has launched a new Safe at Home Manitoba grant, which will enable people staying home this holiday season to enjoy creative cultural, artistic and fitness activities delivered by Manitoba organizations and businesses, Sport, Culture and Heritage Minister Cathy Cox and Municipal Relations Minister Rochelle Squires announced Monday.

"We are excited to invite organizations from across the province to create programs that bring Manitobans together while we are physically apart," said Cox. "Manitoba is home to so many diverse artists, cultural organizations and festivals, and I look forward to enjoying all the creative ways they can bring safe at home ideas into our own homes."

The Safe at Home Manitoba grant will provide \$3 million in grant fund-

ing to a wide variety of Manitoba organizations and individuals who are able to produce free programming for Manitobans to stay safe at home, such as live streaming of the performing arts, cooking classes, at-home fitness programs and home-based art programs for children.

"We recognize that staying home this holiday season as we fight the pandemic and not being able to see our friends and family will be difficult," said Squires. "This gives us an additional reason to stay home with our family, enjoy these home-grown Manitoba activities together and help make this time easier for us all."

The province has partnered with five organizations that will adjudicate the grants, as well as actively seek out organizations to take part in the program. Partners include the Mani-

Continued on page 4

Has Your Business Been Impacted by COVID-19?
Regional Relief and Recovery Fund
Community Futures Stream

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Winnipeg Beach students perform random acts of kindness and pay it forward

By Patricia Barrett

To emphasize the importance of kindness, co-operation and community spirit, students at Winnipeg Beach School carried out random acts of kindness for an entire week last month.

Principal Jamie Gilbert said the kindergarten to Grade 8 school undertook the exercise from Nov. 16 to Nov. 20 to learn about various forms of kindness and about “paying it forward.”

“Paying it forward is the idea that if you do an act of kindness for someone, then that person would do an act of kindness for someone else,” said Gilbert by email. “If we have a community of people doing kind things for others, then the community would be a better place.”

Not only was the exercise beneficial for creating an atmosphere of inclusion and support, but students who performed an act of kindness could also be formally nominated for recognition by a classmate.

Every morning over the tannoy, nominees would be recognized for whatever act of kindness they had undertaken and have their name — along with the student who nominated them — entered into a draw for a prize.

“Billy, one of our Grade 8 students, kicked off Random Acts of Kindness week by volunteering to virtually read books about kindness to our early years students during snack break,” said Gilbert. “We finished the week with a virtual assembly on Nov. 23 in which we recognized the remaining nominees, gave lessons about paying it forward and the 7 teachings focusing on love and did our draw for prizes.”

Students were nominated under several categories



After being entered into a prize draw, many students won T-shirts emblazoned with their school's name. The school's parent advisory council had fundraised and donated funds towards WBS clothing.

of kindness.

The “Being a Good Friend” category entailed treating friends well, listening to them, making a friend happy when they felt sad and stopping a friend from making a bad choice.

The “Playing Nice”

category saw students nominated for inviting others to play with them, respecting the feelings of others, playing by the rules and sharing.

The “Nice and Kind” category included being polite when speaking, treating others with respect and never making fun of someone.

“We also had a few students nominated many times by their peers and deserve special recognition for being kind all year long,” said Gilbert.

“Aleigha was nominated for helping others in class, helping others with French and helping others when they were sad. Tanner was nominated for including everyone at recess and always being really nice to people. And



EXPRESS PHOTOS SUBMITTED

During the Random Act of Kindness week, students earned 231 nominations. Each student was singled out for being kind in some way.

Mya was nominated for helping others, making others laugh and always being nice.”

Gilbert said there were some stand-out nominees who were great supports to their friends. They include Nick for helping a nervous friend prepare for a presentation, Matt who helped boost a friend's confidence, and Ivy for always being a good friend and for “being there” when times got hard.

“In total we ended up with 231 student nominations and every single one was recognized as sharing the many acts of kindness that are happening at WBS,” said Gilbert.

> SAFE AT HOME, FROM PG. 3

toba Arts Council, Sport Manitoba, The Winnipeg Foundation, Manitoba Chambers of Commerce and the United Way of Winnipeg.

Eligible applicants for the grant include Manitoba municipalities, First Nations, local authorities, not-for-profits, charitable and for-profit businesses, government agencies, post-secondary institutions, and individual artists and they are eligible to apply for up to \$50,000 per project.

Grant requests may include the following:

- new projects that support social inclusion, mental health and physical wellness while staying home;
- expansion or additions to existing projects including the removal of fees or costs to participate;
- equipment or supplies required to deliver a program or project; and
- administration or event costs directly related to program delivery.

A number of programs are already scheduled to begin in December in-

cluding:

- Legislative Building Open House – Manitoba's holiday tradition will go online with a live broadcast of music, live performances and messages from Manitoba's elected officials on Dec. 18 at 6 p.m.

- Royal Manitoba Theatre Company – A pre-filmed variety show featuring dozens of artists will be available to all Manitobans for download and streaming beginning Dec. 19; and

- Skills Manitoba – Manitoba families will be invited to complete a gingerbread house making exercise that tests creativity and geometry skills.

As well, special initiatives are in store from Festival du Voyageur, Sport Manitoba, The Manitoba Museum, and Manitoba Parks.

For more information on how to apply, as well as additional online programming listed above, visit the Safe at Home Manitoba website at www.SafeAtHomeMB.ca.

Holiday Early Booking Deadlines

December 17 (Christmas Edition)

Booking Deadline - Regular and Classified
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December 24 (Boxing Week)

Booking Deadline - Regular and Classified
Flyer Deadline

Thurs., December 17 4:00 pm
Fri, December 18 4:00 pm

December 31

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Get Better Together – Now being offered ONLINE!

By Marilyn Sitar

Community Wellness Facilitator

For the first time ever, Get Better Together, a peer support program for people with chronic health conditions, will be offered online by the local health authority, along with a number of other health and wellness classes. All classes are free.

"In our new world of adjusting to living with COVID-19 and focusing on the public health fundamentals, we need to be able to still offer health programs and services but in a way that is safe to do so," said Shannon Montgomery, regional director of public health and community wellness.

"We've had to change a number of the ways that we do things. We know there is still a need for these supports, but we also know that we need to offer them in a way that makes sense, both for the individual and the community."

This fall marks the first time they have offered our programs online, said Jan Keryluk, community wellness facilitator and wellness newsletter lead.

"We started in October with our Intro to Relaxation Series, which consisted of three one-hour sessions on practical strategies for stress management, as well as another three-session class called Intro to Exercise," Keryluk said.

In the New Year, there are more options lined up, including Commit to Quit, a program to aid those looking for information and support in quitting or

cutting down on tobacco use; Craving Change, a program to help understand why we eat the way we do and how to change unhealthy habits; and Get Better Together, a support program for people living with chronic health conditions. Each of these programs is offered once a week for a set number of classes.

"I'm thrilled that we can now offer Get Better Together online," said Caroline McIntosh, regional lead for the program. "Peer support is so helpful for people who cope with ongoing health conditions. Since we can't meet in person, online is a great way offer classes. People get the support they need, while still being 'COVID-careful.'"

Classes are open to anyone to attend. All you need is a digital device (laptop, tablet or cell phone), internet and an easy-to-download software program called "MS Teams." All classes are confidential; participants are asked to commit to being in a private room when participating in the program and to respect confidentiality with information that is shared in the group.

For more information on any of these programs, please go to <https://is.gd/WellOnline> (or go to www.ierha.ca and click on Care in Your Community/ Community Wellness Team/ Free Classes).

Registering is easy. Call toll-free 1-877-979-WELL (9355) or email wellness@ierha.ca.



EXPRESS PHOTO SUBMITTED

Shannon Montgomery, IERHA regional director of public health and community wellness.

RCMP traffic stop leads to large seizure of cannabis

Staff

RCMP officers from the East District Crime Reduction Enforcement Support Team (CREST) conducted a traffic stop on a vehicle travelling on the Perimeter Highway in the RM of Rosser on Dec. 1.

The subsequent investigation into the driver and lone occupant, a 33-year-old male from the RM of Gimli, led to the search of the vehicle where officers located and seized over 27 kilograms of cannabis. This cannabis originated from Western Canada and has been linked to organized

crime. The cannabis was destined to be sold in the Manitoba Interlake region.

The 33-year-old male was arrested for possession of the purpose of trafficking and later released for court scheduled in Selkirk.

CREST focuses on intelligence-based investigations into drugs, rural property crime and serious prolific offenders within our communities. There are currently three teams in the province: one in the north, one in the east and one in the west.

RCMP continue to investigate.



EXPRESS PHOTO BY RCMP

RCMP East District Crime Reduction Enforcement Support Team arrested a 33-year-old man from the RM of Gimli for possession for the purpose of trafficking.

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> Got news?

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

Once again, acknowledging nuance

By Evan Matthews

For what seems like the millionth time, nuance is the theme this week, but perhaps never has the concept been so important.

Nuance, in this week's context, will refer to people's opinions and conversations, as they relate to the COVID-19 pandemic.

As it relates to COVID-19, there seems to be a number of varying views. Let's not even waste the time debating which of these, if any or all, are correct. Rather, let's discuss the nuance of these opinions.

COVID-19 is as we are being told by public health officials and government, all of whom are doing their best, and know better than the average laymen, therefore, we as a society should listen; while also believing the current restrictions are a violation of rights and freedoms, and may or may not work in the way public health officials and government hope them too?

COVID-19, is not as we are being told. There are hidden agendas, often relating to the conversion of the western world to communism and fascism, and we must protest now before it is

too late; while also believing COVID-19 is real but not nearly as deadly or as big a deal as we've been made to believe?

Whether or not you believe everything you're being told, some of what you're being told, or none of what you're being told, we live in a free and democratic society, and therefore no one can tell anyone else what to hold as an opinion or belief.

Is it possible to notice similarities between the current restrictions and COVID enforcement teams' behaviours comparatively to the Nazi police force (called the Gestapo), while also acknowledging it would be extremely unlikely for western society to genuinely be moving toward communism and fascism?

Is it possible to believe that what others believe is irrelevant, given the nature of our free and democratic society, and that no one can tell anyone else what to hold as an opinion or belief; while also thinking COVID-deniers and anti-maskers are completely and willfully ignorant, uneducated, and for lack of a better term, stupid?

Or on the flip side that while COVID is a real threat, those battenning down the hatches and being extreme in their avoidance of this virus are hypochondriacs and unnecessary worriers?

Here is the point: There is a spectrum of belief. This is okay. We, as a society, must accept this.

But we must also accept one another.

The easiest way to do so is to stop worrying about your own rights and freedoms for a little while; don't forget history and acknowledge what could be taken from you, but acknowledge that—even if you believe the pandemic is fake—not everyone does, and people are scared right now.

Until things calm down with this pandemic, we are asked to do a few things right now: Stay home as much as possible to stop the spread, socially distance when we are out in public, proper hand hygiene, and wearing a mask in public.

No matter what you believe, acknowledge nuance, and acknowledge these are small asks for a short time. At the end of the day, we all have to be neighbours. Let's start acting like it.

Call Patricia Barrett
1-204-407-6099
patricia@expressweeklynews.caCall Evan Matthews
1-204-990-9871
evan@expressweeklynews.ca

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Thank you to the Coldwell Lunder community

Coldwell Lunder Community Foundation (CLCF) is one of 55 community foundations in Manitoba that took part in the annual Endow Manitoba Giving Challenge during the week of Nov. 9-15. This initiative of The Winnipeg Foundation was to challenge all Manitoba community foundations to collect as many gifts as they could in one week to help grow their unrestricted endowed

funds. The interest from these funds is what is granted to local initiatives each year.

Again, this year The Winnipeg Foundation and the Manitoba government each provided a \$1 stretch for every \$5 donated to a combined maximum of \$4,000 per foundation. The CLCF board is very pleased and excited to announce that through the generosity of the many sup-

portive donors, the challenge was a huge success and the maximum stretch dollars was reached, resulting in the endowed funds growing by \$14,242.78 in just one week! That is an amazing achievement considering what the entire world is going through right now and proof positive that one thing this pandemic cannot stop is community spirit!

- Irene Runolfson
Coldwell Lunder
Community Foundation

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Ashern's Lakeshore General Hospital outbreak declared over

Staff

Public health officials advise 12 additional deaths due to COVID-19 have been reported as of Dec. 7 including:

- a female in her 60s from the Southern Health-Santé Sud health region, linked to the outbreak at Health Science Centre unit GA3;
- a female in her 70s from the Southern Health-Santé Sud health region;
- a male in his 70s from the Prairie Mountain Health region, linked to the outbreak at Grandview Personal Care Home;
- a female in her 70s from the Interlake-Eastern health region;
- a female in her 70s from the Winnipeg health region;
- a male in his 80s from the Winnipeg health region, linked to the outbreak at the Golden Links Lodge;
- a female in her 80s from the Northern health region, linked to the outbreak at Acute Care Inpatient Unit of The Pas Health Complex, St. Anthony's General Hospital;
- a female in her 80s from the Winnipeg health region;
- a female in her 80s from the Winnipeg health region;
- a male in his 80s from the Winnipeg health region;
- a male in his 90s from the Winnipeg health region, linked to the outbreak at the St. Norbert Personal Care Home; and
- a male in his 90s from the Northern health region.

The five-day COVID-19 test positivity rate as of Dec. 7 was 13.7 per cent provincially and 14.6 per cent in Winnipeg. As of 9:30 a.m. Monday, 325 new cases of the virus were identified. The total number of lab-confirmed cases in Manitoba is 19,131.

Monday's COVID-19 data shows:

- 38 cases in the Interlake-Eastern health region;
- 37 cases in the Northern health region;
- 20 cases in the Prairie Mountain Health region;
- 39 cases in the Southern Health-Santé Sud health region; and
- 191 cases in the Winnipeg health region.

The data also shows:

- 5,462 active cases and 13,262 individuals who have recovered from COVID-19;
- there are 310 people in hospital with 39 people in intensive care due to COVID-19; and
- the number of deaths due to COVID-19 is 407.

Laboratory testing numbers show 1,736 tests were completed yesterday, bringing the total number of lab tests completed since early February to 373,260. Case investigations continue and if a public health risk is identified, the public will be notified.

The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 1,285 cases, up by 162 from last Monday: 275 active

cases, 991 recovered, 21 currently in the hospital with five of those in ICU and 19 deaths.

Arborg/Riverton 4 active cases, 42 recovered; Beausejour 20 active cases, 37 recovered; Eriksdale/Ashern 27 active cases, 72 recovered and 7 deaths; Fisher/Peguis 36 active cases and 250 recovered, 2 deaths; Gimli 9 active cases, 14 recovered; Northern Remote 58 active cases, 71 recovered and 1 death; Pinawa/Lac du Bonnet 33 recovered; Powerview/Pine Falls 19 active case and 19 recovered; Selkirk 12 active cases and 42 recovered and 2 deaths; Springfield 29 active cases and 92 recovered and 2 deaths; St. Clements 16 active cases and 34 recovered; St. Laurent 9 recovered; Stonewall/Teulon 13 active cases, 108 recovered and 3 deaths; Unknown District 15 active cases and 73 recovered, 1 death; Whiteshell 8 recovered and Winnipeg Beach/St. Andrews 12 active cases and 87 recovered and 1 death.

On Sunday, Dec. 6 a male in his 70s from the Interlake-Eastern health region, linked to an outbreak at Kin Place Personal Care Home in Oakbank passed away.

Currently there are 12 active cases, two recovered and one death at Kin Place PCH.

IERHA regional medical officer of health declared at midnight on Dec. 7, that the outbreak at Ashern's Lakeshore General Hospital was over. There were no transmissions of COVID-19 to any inpatients and no evidence of COVID-19 transmission among staff.

Public health officials advise COVID-19 outbreaks have been declared at the Swan Valley Health Centre in Swan River and Action Marguerite - St. Joseph's Residence, Kildonan Personal Care Centre and Convalescent Home all in Winnipeg. The sites have been moved to Critical (red) on the #RestartMB Pandemic Response System.

In addition, public health officials advise that a person who has tested positive for COVID-19 attended a funeral in Sapotaweyak Cree Nation on Nov. 27 when they were in their infectious period. People who attended the funeral should self-isolate and call the local health centre for further instructions.

Clarification

Staff

In the story, "ESD deals with COVID-19 case; remote learning provisions in place," in the Nov. 26, 2020, edition of the *Express Weekly News*, it was not explicitly stated that the Evergreen School Division alerted parents/guardians and other members of the public as soon as it was notified that a student at Gimli High School tested positive for COVID.

The presumption that the division did notify people is in a Nov. 20 letter, which the *Express* quoted in its story. But readers may have been left with the impression that the division did not act until Nov. 20, which is erroneous. The *Express* apologizes for any confusion that may have arisen as a result.

The *Express* either overlooked or did not have access to a Nov. 13 letter the division had sent to parents/guardians; the division shared the letter with the paper.

In its Nov. 13 letter, the division wrote that provincial health officials

advised the school that day of a confirmed case of COVID that had been "in the school on November 6, 2020 when the individual may have been infectious." The letter went on to say that contacts were being advised to quarantine.

"The infection was not believed to be acquired at the school," Supt. Roza Gray wrote in the Nov. 13 letter. "Please note: the division is not permitted to release the name or any identifying information about the confirmed case of COVID-19 to any member of the school, community or media."

To clarify, on the day the Evergreen School Division was notified (Nov. 13) that a student tested positive for COVID, it alerted provincial public health authorities, parents/guardians, contacts and all Evergreen schools.

On Nov. 20 the division posted a letter (dated the same day) on its website advising the public the quarantine period had ended and the students could return to school.

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Janis Johnson and Glenn Sigurdson appointed to the Order of Canada

By Patricia Barrett

Gimli Film Festival founder and retired Canadian senator Janis Johnson and Riverton-born lawyer and consultant Glenn Sigurdson were among 114 recipients of the 2020 Order of Canada announced last month.

Governor General Julie Payette announced the names of appointees on Nov. 27 after receiving recommendations from the order's advisory council.

Created in 1967, the order is one of Canada's highest civilian honours. It recognizes recipients' outstanding achievement, dedication to the community and service to the nation.

The 114 recipients include eight Companions (C.C.), 21 Officers (O.C.), one Honorary Member (C.M.) and 84 Members (C.M.).

The insignia will be presented during a ceremony held at a later date.

Janis Gudrun Johnson (C.M.), who grew up in Gimli, was awarded the order for her "long-standing career in the public service and for her contributions to Manitoba's arts and culture scene," according to the honours page on the governor general's website.

Johnson studied political science and graduated from the University of Manitoba. She founded the first women's Progressive Conservative Caucus in Winnipeg in the 1980s and served as the first female national director of the PC Party of Canada from 1984 to 1985.

Prior to her appointment to Canada's senate, Johnson ran her own Winnipeg-based consultancy firm,

addressing social policies such as women's health, equality, cultural policy and Indigenous affairs.

She also volunteered on a number of boards, including Manitoba Special Olympics, the Royal Winnipeg Ballet, Prairie Theatre Exchange and the Winnipeg Art Gallery.

Johnson was appointed to the senate in 1990 as a representative for Manitoba and served for 26 years before retiring in 2016. She served on or chaired over a dozen senate committees, including the special committee on senate modernization and standing committees for foreign affairs and international trade and the environment and natural resources.

She put Gimli on the national and international festival stage when she founded the Gimli Film Festival in 2000. It is the largest rural film festival, showcasing cutting-edge cinema made by local, national and international filmmakers. Between 110 and 150 films are shown each year. It is also the only film festival that offers free beachside screenings on a 35-foot screen.

The festival hosts workshops and panels and offers a mentorship program to women and emerging filmmakers. It provides a platform for women filmmakers. In 2019 almost half of films shown (46 per cent) were either directed or written by women. Since 2004 the festival has grown by 60 per cent and has over 100 community sponsors and partners.

Johnson is the recipient of several honours that include the Queen's



Janis Johnson was made a Member of the Order of Canada.

Golden Jubilee Medal (2003) and the Order of the Falcon (2000) from the Iceland government for promoting Canadian-Icelandic relations.

Stefan Glenn Sigurdson (C.M.) was awarded the order for "dexterous relationship-building skills and for his contributions to alternative dispute resolutions across Canada and beyond," according to the governor general's honours page.

Sigurdson, who currently lives in Vancouver, grew up in Riverton and graduated in 1964. He earned an economics degree from the University of Manitoba and a law degree from York University in Toronto.

During his law career, he served as counsel to Cree people whose lives were impacted by hydroelectric development, and to Ojibway people affected by mercury contamination. He



Glenn Sigurdson was made a Member of the Order of Canada.

paved the way for reconciliation strategies, healing and redress for claims as a result of Canada's century-long residential school system.

Sigurdson is a speaker, writer and has a consultancy practice. He is noted for mediation in areas such as the environment and land use stemming from mining, oil, gas, fish, forests, energy and water, which often involve Indigenous rights and interests.

Sigurdson co-authored a book titled *Building Consensus for a Sustainable Future – Putting the Principles into Practice*, and wrote a memoir titled *Vikings on a Prairie Ocean* about growing up in Riverton to a Lake Winnipeg fishing family.

He served as president of the Icelandic Festival of Manitoba and returns to the Interlake and the festival each year.

Lundar School staffer COVID positive

By Evan Matthews

A staff member at Lundar School has tested positive for COVID-19.

Though Lakeshore School Division could not provide any information that would identify the staff member, Don Nikkel, Lakeshore School Division superintendent of human resources and alternative program director, was more than willing to speak on the matter.

"We're calling it a presumptive positive case because, at this point, we haven't been contacted by public health," said Nikkel, adding the division found out about the situation the afternoon of Dec. 2.

After hearing of the situation, Nikkel said the first priority became communicating with the community and the school's students and their parents.

"We're going off the information coming from the individual themselves. This person shared they had a positive result. We've taken a proactive approach. We've reached out to anyone we think may be con-

sidered a close contact," said Nikkel.

"Of course, public health will be doing their own in-depth analysis. We've had our staff doing thorough sanitization of the building and of individual workspaces."

In addition, Nikkel said the person acted responsibly, in that when symptoms arose, the person had not been in the building thereafter.

A "significant" amount of time had passed prior to having students back in the building and frequenting a potential transmission area, which means cleaning staff had adequate time to minimize the potential threat.

"We're quite confident we've done all we can do to ensure it is still a safe space, and we believe it is," said Nikkel.

"There is significant time that has passed since this individual was even in the building. That's in our favour. The other part is having all the different layers we have in place to prevent transmission.

"Each layer may not be perfect, but when you put all the different layers of protection together, you get a more complete safety plan. It's about social distancing, stay home if you're sick, hand hygiene, sanitizing surfaces, wearing masks. It adds up to a safety

plan," he said.

The division has moved forward with in-person classes, and Nikkel said so far all is well.

"WE'VE TAKEN A PROACTIVE APPROACH. WE'VE REACHED OUT TO ANYONE WE THINK MAY HAVE CONSIDERED A CLOSE CONTACT."

Everyone is a winner with Fisher Branch Chase the Ace

By Evan Matthews

Fisher Branch's Chase the Ace was paid out to a few lucky winners this past week.

Karl Barrett, president of Fisher Branch Chase the Ace Fund Inc., said community groups needed funding and a lottery-style game was the best way to give back to the community on two fronts: organizations raise funds and a community member wins some money.

"All of our community groups need funding, and our communities aren't getting any bigger, it would seem," said Barrett.

"I thought rather than everyone going around and asking for money, if we could generate funds collectively, what could be better than that?"

The organizations most recently to receive money included the Fisher Branch Chaika Dance Club, the Fisher Air Cadets and the Fisher Branch Festival of the Arts, all of which received \$3,000.

Fisher Branch Chase the Ace Fund is the first organization of its kind, according to Barrett, in that 10 local organizations in need of funding came together to run Chase the Ace locally.

The 10 organizations making up Fisher Branch Chase the Ace Inc. all encourage youth education and development in some way, according to Barrett.

Typically, only one local organization will run Chase the Ace, a game licensed through the Liquor and Gaming Authority of Manitoba. Chase the Ace is a form of lottery that has gained popularity since 2013 in parts of Canada. The game is used to raise funds for charities.

"All of our groups are based in Fisher Branch ... but many of our groups are far reaching into our Interlake community," said Barrett.

"This isn't a hyper-local thing. We'd welcome anybody who wants to participate in playing Chase the Ace."

The 10 organizations include:

- Fisher Branch Recreation Centre
- Fisher Branch Community Centre
- Fisher Branch Women's Institute
- Fisher Branch Chaika Dance Club
- Fisher Branch Curling Club
- Fisher Branch Rolling Memories Museum
- Fisher Branch Golf Course
- Fisher Air Cadets
- Fisher Branch Festival of the Arts

How to play

The jackpot accumulates week to week un-

til someone wins and the game ends. Each week, participants buy lottery tickets and sales are usually divided three ways. Typically, organizers keep 50 per cent, the winner of the weekly lottery takes 20 cent, and the remaining 30 cent goes into the jackpot.

The lottery winner draws a card from a deck of playing cards and wins the accumulated jackpot if

the ace of spades is drawn. If not, the reduced deck is kept for the following week's game and the jackpot rolls over to the next week.

Once Chase the Ace starts again, Barrett said organizers have \$13,000 ready to kickstart the next jackpot.



Annette Holowka with the Festival of the arts receives a cheque from Chase the Ace volunteer Karen Abas.



EXPRESS PHOTOS SUBMITTED

Chase the Ace volunteer Amanda Brown presents a cheque to cadets executive Dwight Nahuliak.



Chase the Ace volunteer Tanis Yuzwa presents a cheque to Leanne Kochan of the Chaika Dance Club.

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RURAL DISCOUNTS WITHIN REACH!

SSES students collect food and toys for those in need

By Patricia Barrett

Students at Sigurbjorg Stefansson Early School in Gimli just wrapped up a voluntary food drive for Evergreen Basic Needs to help people who are struggling to make ends meet this Christmas.

Before Christmas every year, students in Michelle Poloski's grades 3 and 4 class set aside a week to collect food and toys so that everyone in the community has an opportunity to celebrate the season.

This year's food- and toy-raising drive took place from Nov. 30 to Dec. 4.

The students spoke with the *Express* via email, relaying the importance of helping their community and those beyond, as well as emphasizing the effect the COVID-19 virus has had on people's lives.

Student Marilla Nickerson said although they undertake a food drive every year, they thought it was "needed even more" this year as COVID has shut down businesses, caused job losses and forced people to turn to food banks.

"We wanted to help people," said Marilla. "Because of the impact of COVID-19, people are losing their jobs and money so they are having more trouble buying things that they need."

Nickerson's classmate Izaiah Soucie said they also wanted to lift the spirits of people who may be discouraged by the virus's impact and to ensure they have a good meal on Christmas Day.

"We wanted to do this to help our community get through this," said Izaiah. "We also want to make sure that everyone has a great Christmas with plenty of food on the table."

Evergreen Basic Needs distributes about 10,000 pounds of food every month to low-income individuals and families in Gimli, Winnipeg Beach, Dunnottar and the municipality of Armstrong. At Christmas, it distributes food hampers and toys.

Mrs. Poloski's class set to work decorating collection boxes in an array of festive colours and rounding up non-



Students decorated over a dozen collection boxes in an array of colours and designs.

perishable food items, necessities such as diapers, and toys and gift certificates. Then they elected Albert Ostapchuk, who oversees maintenance at the school, to deliver the goods to the food bank every morning.

To simplify the process for parents and other community donors, the students came up with a handy "Days of the Week" donation guide.

On Monday, students collected items in cans and jars, including peanut butter, vegetables, meat, fish and fruit. Tuesday was reserved for pasta. Because many people who use the food bank might not get a regular breakfast, students designated Wednesday for the collection of items such as cereal, pancake mixes and syrup, fruit cups, granola and cereal bars.

There was no school on Friday so students ratcheted up their food-raising efforts on Thursday, collecting items in boxes, which included juice, crackers, Hamburger Helper, rice and Jell-O, and variety items, which included baby food, diapers, flour, mayonnaise, coffee and pickles.

Gift cards and toys were also generously donated.

For safety reasons due to COVID, students left the collection boxes outside near the school's entry doors, which are reserved for different student cohorts. That way they could ensure proper social distancing and no contact between cohorts in order to help keep their school safe.

"In the past, we would have tables set up at the front of the school for students to drop off their donations. Then our class would box up the food and pack it on an Evergreen Basic Needs



EXPRESS PHOTOS COURTESY OF SSES

One of Michelle Poloski's students paints a collection box in festive colours.



Students collected non-perishable items for food bank patrons.

truck," said one student spokesperson. "We also did activities such as organize, sort, count and graph the food we collected to augment our real-life math skills."

When students arrived at the school each morning, they'd place their collected items in the box and Mr. Ostapchuk would cart them away.

This year the grades 3 and 4 class decided to forego setting a collection goal, recognizing the financial stress many community donors may be experiencing because of COVID.

"In the past years, we have collected between 700 and 1,000 kilograms of food," said another student speaking on behalf of the class. "We usually try to make our goal to raise 1,000 kilograms or more, but this year we didn't want to put a goal. We know that some people in our community are having trouble keeping up, so we just thought that anything we get would help."

Although they're only young, the students said they're "never too young" to lend a helping hand and make a difference in the world. The



Albert Ostapchuk delivered the boxes to the food bank each morning.

example they set can be handed down — or up — to other kids and adults.

"We think it's important to participate in food drives and support our community because these are skills we need to learn to be engaged and active Canadian citizens," said another class spokesperson. "Volunteering is another way to support our community."



Interlake Agencies provides EBN with \$5,000 donation

By Patricia Barrett

Evergreen Basic Needs (EBN) in Gimli received a much-needed Christmas funding boost a few weeks ago when Interlake Agencies in Gimli presented it with a \$5,000 cheque.

Interlake Agencies nominated the food bank and thrift store for the grant money, which was provided under a charitable donation program run by the Saskatchewan Mutual Insurance Company.

With COVID-19 continuing to affect the economic well-being of families and individuals, the grant will go a long way to help those struggling this Christmas. Many of the food bank's clients are single parents, seasonal and part-time employees and seniors.

"What a huge impact this donation of \$5,000 will make to EBN's Christmas hamper and toy program, especially during these challenging times," said EBN co-executive director Karen Bowman, who oversees the administration of the food bank. "Our thanks to Saskatchewan Mutual Insurance and Interlake Agencies for nominating us for this grant."

In addition to the food bank, EBN operates the Respun Threads Thrift Store and a café, which help raise

money for the charity. The food bank covers Gimli, Winnipeg Beach, Dunnottar and the RM of Armstrong, and surplus food is distributed to northern communities.

Despite having to close Nov. 12 under provincial public health orders, the food bank and its Christmas hamper and toy program continue to operate.

Saskatchewan Mutual provided the funds after Interlake Agencies submitted an application earlier this year to the SMI Broker Donation Fund, nominating the food bank for the award.

Anne Isfeld, Interlake Agencies' general manager of insurance operations, said Saskatchewan Mutual has for several years put out a call to prairie brokers to nominate their charity of choice under the Broker Donation program because "they believe charitable organizations are the backbone of communities in assisting others in times of need."

The Broker Donation program provides brokerages such as Interlake Agencies an opportunity to bring grants into the communities that support them and Saskatchewan Mutual.

"We chose to submit Evergreen Basic



EXPRESS PHOTO SUBMITTED

Evergreen Basic Needs staff, from left, Karen Bowman and Elaine Gibbs received a \$5,000 donation from Interlake Agencies staff Anne Isfeld and Darlene Vokey.

Needs as they are a community-based organization that works to combat hunger and insecurity through food distribution, education and support programs to community members."

Interlake Agencies has offices in Selkirk, Gimli and Arborg, providing real

estate and insurance services to Inter-lakers, people living in the city and other Manitobans since 1962.

Over the past 10 years, Saskatchewan Mutual has awarded \$20,000

Continued on page 16



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Turn the Lights on ‘big success’



Sure to put you in the Christmas spirit, a festive home display is found at 24 Elderberry.



EXPRESS PHOTOS BY KAREN ABAS
This mini winter wonderland is found at the Fisher Branch Health Centre.



An eloquently lit snowman is found at Main and Railway.

By Evan Matthews

Getting residents into the holiday spirit, Karen Abas said people hopped in their cars and turned Fisher Branch into a winter wonderland last week.

On Dec. 1 at 6 p.m., residents participated in Abas’s idea to “Turn the Lights On,” as many residents turned their Christmas lights on and encouraged cars to drive around the neigh-

bourhood to take in the beauty and wave to their neighbours.

COVID protocols were emphasized, as people are currently prohibited from socializing with others outside their household in certain contexts. The province is encouraging anyone unclear on the current restrictions to visit its website.

PHOTO CALENDAR

January 2021

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

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STAY SAFE

RDFC acquires Fellowship Circle; building to be renamed

By Evan Matthews

Having close ties and a positive working relationship for many years, the Riverton and District Friendship Centre has officially acquired the Fellowship Circle but will continue its operation with a new name.

After RDFC officially acquired the legal title for the Fellowship Circle on Nov. 30 for \$1, executive director Tanis Grimolfson said the building will now go by a new name: The Friendship Circle.

"Friendship is in our name; it's who we are, and it's in line with our brand and our mission," said Grimolfson.

Despite the name change, she said the building's operation won't change very much at all.

"Over the last several years, we were able to use the church for our programs. We would take the bookings for the church because they rent it out, and we'd pay half the utilities."

The decision to have the building change hands was actually a church decision, according to board member Neill Von Gunten, who was also a former pastor at the church roughly 15 years ago.

A long-standing connection

The Fellowship Circle's congregation started meeting as a church in 1985 at the RDFC. Von Gunten was also one of the founding members of RDFC, he said.

Von Gunten said there was interest locally and the church's congregation was growing, and it needed its own building.



EXPRESS PHOTO GOOGLE

RDFC has acquired the Fellowship Circle in Riverton and has renamed it the Friendship Circle to align with its brand and missions.

The Fellowship Circle fundraised through an array of activity and then constructed its church, which remained under the same ownership until Nov. 30.

"Much of our congregation sat on the board at the Friendship Centre. We had a real long history and involvement with one another and a long-standing, positive connection," said Von Gunten.

"Both mission statements had a lot to do with working with children and youth, elders. At this point, they're the ones doing the most for children

and elders in the Riverton community.

"We wanted that legacy to continue, and they're doing an amazing job. We wanted them to have the building, and we wanted to donate it too. We believe in what they're doing and want them to carry on," he said.

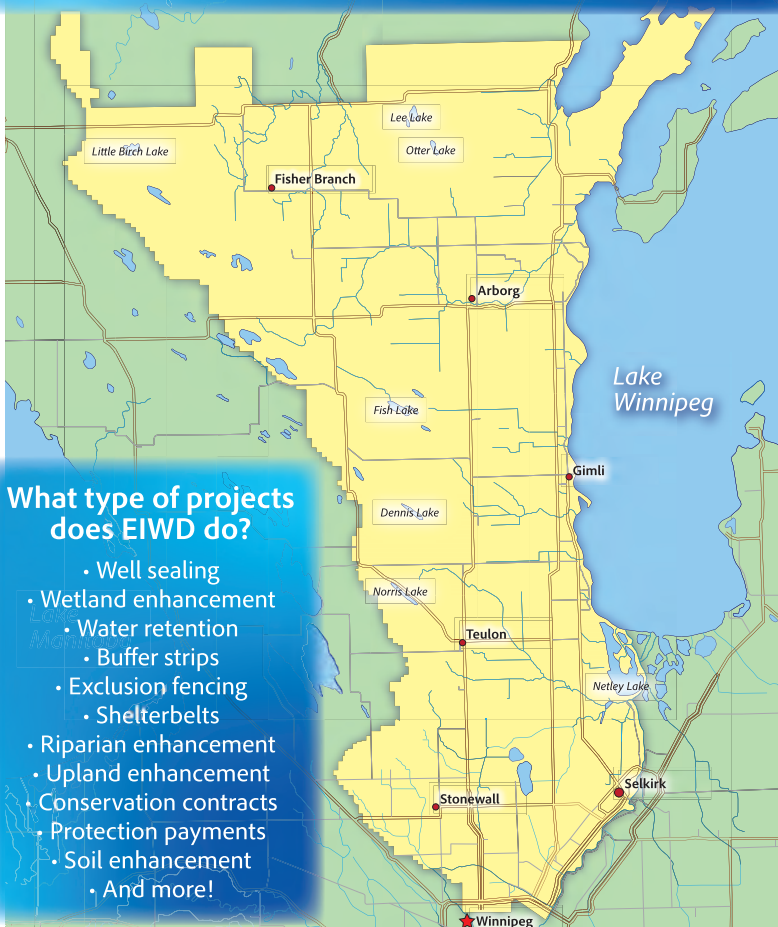
Von Gunten made note of the kitchen available in the church, which will open up opportunity for RDFC as well.

Attn: Landowners



PROJECT TYPES AND PROGRAM AREA

Who is the EIWD? In 2005, the local governments within the East Interlake partnered with the Province of Manitoba to deliver land and water conservation projects on a watershed basis.



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- Exclusion fencing
- Shelterbelts
- Riparian enhancement
- Upland enhancement
- Conservation contracts
- Protection payments
- Soil enhancement
- And more!

STEPS TO COMPLETE A PROJECT

- 1 DISCUSS**
EIWD and Landowner to discuss project design and partnership.
- 2 DEVELOP**
EIWD staff will work with landowner and partners to develop project design and Enhancement Protection application/bid.
- 3 APPLY**
Project design and application/bid submitted for evaluation by Watershed Sub-District/ GROW committee.
- 4 APPROVAL**
Project Approved or Denied.
- 5 IMPLEMENT**
EIWD staff will work with landowner and partners to complete project as designed.

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The bells are jingling at Gimli harbour



Every year the town brightens up the season with colourful decorations on the tree.



Twinkle twinkle.



EXPRESS PHOTOS COURTESY OF BRITTANY ISFELD
The big tree overlooks the town and harbour.

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Travel Manitoba's *Take the Pledge* contest closes December 18, 2020. No purchase necessary to enter, must complete entry online including name and email address at: manito.ba/restaurants. A total of 60 gift cards will be distributed to winners chosen at random. Winners must choose their prize from a restaurant that is currently closed to in-person dining and is offering curbside pickup, takeout and/or delivery. Restaurants must be locally owned and operated.



Cross-country multi-use trails in Camp Morton Provincial Park

By Patricia Barrett

Refusing to let COVID-19 and a lack of snow throw their organization off track, the Gimli Cross Country Ski Club has created four multi-use trails in Camp Morton Provincial Park, about 10 kilometres north of Gimli.

The new trails can be used for a range of activities, including walking, snowshoeing and skijoring, but are off-limits to motorized vehicles.

Ski club president Craig Mackie said 2020 has been a challenging year, but the new multi-use trails the club created in conjunction with the provincial department of Conservation and Climate might help take the edge off the pandemic.

"The trails will be well marked along the entire loop to prevent hikers from getting lost and from wandering onto groomed [ski] and skate trails," said Mackie. "For folks north of Camp Morton, a trail at the campground on the east end of PR 324 [between PR 222 and Highway 8] will provide access to a day in the outdoors."

Skate trails are for skate skiing, which is a cross-country skiing technique that has skiers pushing themselves forward like an ice skater. Skijoring is cross-country skiing while being pulled by a dog or other animals.

Founded in 1987, the cross-country ski club is a non-profit volunteer organization. It maintains 15 kilometres of trails in Camp Morton Provincial Park.

Trails flank both sides of PR 222. The east side trails are called Steepleview, Birch, Ravine and Moonshine. The west side trails, which are accessible at Lakeside Road near the Aurora Recovery Centre, are called Jackrabbit,

Foxden and Pincherry. Trail conditions are posted on the club's website.

The club runs a Jackrabbit Program, which teaches cross-country skiing to youth aged six to 16. But the program for the 2020-2021 season became an "unfortunate casualty" of COVID, said Mackie.

The club's events co-ordinator Matthew McKelvey said the creation of new multi-use trails will provide more opportunities for people to get out of the house and experience nature.

"With the advent of so many Interlake residents staying home for the winter, we felt that proper dog-walking, skate skiing or snow-shoeing trails might just be the answer to cabin fever," said McKelvey. "This is the first time a multi-use trail has been groomed on both sides of PR 222."

Three of the four new multi-use trails will start at trail heads located on both sides of the highway and one will start at the park. Trail users can park on Camp Morton Road as the province prohibits vehicles in the park in the off season. All multi-use trails are identified by a blue circle.

"We welcome walking, snowshoeing, dog-walking, cycling, skijoring, and other non-motorized activities on these designated trails," said McKelvey. "We strongly encourage our community members to utilize these multi-use trails as without usage, we cannot legitimize the many hours of hard work involved in maintaining them."

For those who like a bit of a physical challenge, some of the trails can deliver.

"One of the multi-use trails on the west side is an un-groomed, moderately challenging snowshoe trail that winds its way up the creek bed and returns via same," said McKelvey. "It may require climbing up and down the bank as well as over or around obstacles."

Another west-side multi-use trail is primarily flat, said McKelvey. He would like to link them together in future — with provincial parks' permission — to make a four- to five-kilometre loop.

For outdoor enthusiasts who appreciate a comfy rest stop, the club maintains warm-up shelters stocked with firewood. But around Oct. 22 Mackie said somebody stole the woodstove and chimney from the east side warm-up shack.

"We've had to replace it in a year where everyone has faced unprecedented challenges," said Mackie. "This was a thoughtless crime. ... The mess left behind — tin goods, empty



EXPRESS PHOTOS BY CRAIG MACKIE

Back row, left to right: Chris Milne, Lee Bowman, Dan Goray; front row: Matthew McKelvey



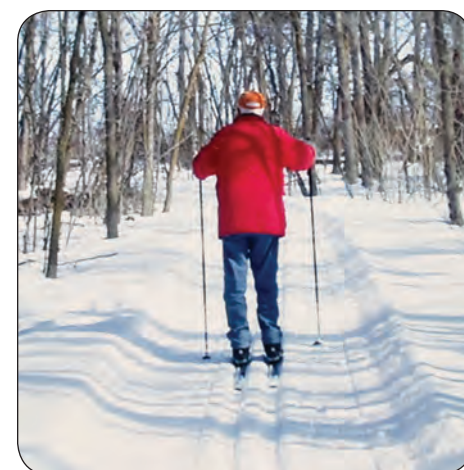
Craig Mackie, left, and Matthew McKelvey.

bottles and beer cans — made the discovery that much worse."

The club is reminding people who walk with their dogs to pick up after their pooches and either deposit the bags in garbage cans where available or carry it off the trail with them.

"We are running this project with tireless volunteers who need the co-operation of all trail enthusiasts," said Mackie.

For more information about the new



EXPRESS PHOTO COURTESY OF LYNDA DODUNSKI

A cross-country skier enjoys a groomed trail in Camp Morton Provincial Park.

trails, email the club at: skigimli@gmail.com or visit online.

> EBN, FROM PG. 11

to charities nominated by Interlake Agencies.

"We are thrilled to have been chosen four times now to bring this donation to charities in our area. This is actually the second time the \$5,000 donation will go to Evergreen Basic Needs — the first time was in 2010," said Isfeld. "In 2011, \$5,000 was donated to the Interlake Women's Resource Centre Inc. and in 2013, \$5,000 was donated to Gimli Senior's Residence Inc."

In addition to providing the \$5,000 grant to Evergreen Basic Needs (Interlake Agencies) under its Broker Donation program, Saskatchewan Mutual provided \$5,000 each to the Saskatoon Food Bank (Affinity Insurance Services) and to Edmonton-

based Little Warriors (Johnson Inc., Morgex Insurance).

Saskatchewan Mutual also made donations to other charitable organizations. In an Oct. 23 letter to its members brokers, the company said that after it saw the impact COVID-19 was having on vulnerable and at-risk populations, it donated \$40,000 to the United Way's Manitoba, Saskatchewan and Alberta branches. And it donated "an additional \$15,000 in September to various homeless shelters throughout Alberta, Saskatchewan and Manitoba."

Isfeld said Interlake Agencies was proud to have been a part of helping its community.

"All of us at Interlake Agencies are very proud to have been able to give back to the community that supports us," said Isfeld.

CHRISTMAS FOOD HAMPER Local Store Food Vouchers

For residents in the RM of Coldwell

This year local store food vouchers will be given out in place of food hampers.

Due to the COVID-19 pandemic constraints assembling and delivering hampers this year is not possible.

If you are needing a "Christmas food hamper" please contact the RM of Coldwell office at (204)762-5421
Registration deadline Dec 13th

Vouchers will be ready for pick up Dec 17th & must be redeemed by Dec 21st at either one of our 2 local grocery stores.

Monetary donations accepted & directed to the Lundar Lutheran Church, box 216, Lundar, R0C1Y0. Please indicate that it is a gift for the food hampers. Any donation of \$20 or greater will be issued a tax receipt.

Lakeshore School Division reacts to prolonged break

By Evan Matthews

Many students will be at home a little longer this holidays season, after the province announced a two-week remote learning period starting on Jan. 4.

On Dec. 7, the Manitoba government announced it would be mandating two-week remote learning period for grades 7 to 12, and offering the same remote learning period for kindergarten to Grade 6 students if parents so choose.

"Current data indicates the risk of COVID-19 transmission in our schools remains low and we want to ensure the return to the classroom is as safe as practically possible," said Education Minister Kelvin Goertzen.

"By moving our Grade 7 to 12 students to remote learning for the first two weeks of the new year — and offering remote learning options to kindergarten to Grade 6 students — we are reducing the risk that may be posed as a result of a change in students' close contacts during the winter break," he said.

Students in grades 7 to 12 will move to remote learning for a two-week period from Jan. 4 through Jan. 15,

according to the province, while optional remote learning will also be available to kindergarten to Grade 6 students during this period should families wish to keep their children at home following the holiday break.

The idea has been well received in most capacities, according to Don Nikkel, Lakeshore School Division's superintendent of human resources and alternative program director.

However, Nikkel emphasized how important it is for early years students to be in the classroom.

"We encourage parents to continue sending kindergarten to Grade 6 students to school. We believe schools have been safe places across Manitoba. ... It's been a phenomenal track record regarding safety, so far," said Nikkel.

"We've seen little evidence of any in-school transmission happening, and in Lakeshore, we haven't seen any whatsoever. With our protocols in place, we're quite confident in this being a low-risk environment."

He emphasized that these protocols include distancing, hand hygiene, enhanced cleaning schedules and mask wearing.

"We believe kids learn best in school. For the students who are allowed to be there, we'd encourage parents to continue sending their kids," he said.

Nikkel used the specific example of young kids learning to write the alphabet. It's easy to comprehend why a student would benefit in that example from being in-person with an instructor, according to Nikkel, versus what they would get out of a virtual lesson.

In order to help give access to remote learning, Lakeshore School Division has invested in and now has in its possession a laptop computer for every student in grades K to 12, Nikkel said.

Government intention

This two-week remote learning period for grades 7 to 12 is intended to keep close to half of the student population in Manitoba at home following the winter break, according to the province.

Evidence suggests, according to the province, that older students have a higher incidence of contracting the virus, have a larger number of close contacts and are more likely to transmit the virus to others as a result.

By moving this demographic to remote learning, the province said it hopes to reduce the risk of transmission in schools while minimizing the impact on kindergarten to Grade 6 students and their families.

Challenges for teachers

Regular in-person classroom learning will be available during this period for kindergarten to Grade 6 students, as well as for any Grade 7 to 12 students with special needs that must be accommodated in the school or classroom setting, the province added in its statement.

But, again, Nikkel noted that Lakeshore is facing some difficulty Lakeshore in that many of its teachers are responsible to teach multiple grades.

"For those teachers teaching multiple grades in one room, for them to wrap their minds around how they will teach in a class as normal, while also meeting remote learning requirements for other students, it's a lot for somebody to bite off," said Nikkel.

"It's really challenging doing in-person and remote learning at the same time. We're still developing our plans with our schools' staff."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Major curling events to be staged in Calgary bubble

Staff

It worked for the NHL and NBA so Curling Canada is hoping that it will work for them, too.

Curling Canada announced last week that it will be hosting its premier events in a bubble format in Calgary later this winter.

The Brier national men's championship, Scotties Tournament of Hearts women's championship, the world men's championship and national

mixed doubles championship will be held at Markin MacPhail Centre at WinSport's Canada Olympic Park in Calgary.

The events will be televised but no fans will be allowed.

Dates for the events will be announced later as Curling Canada works with local, provincial and national health authorities to set up the facility.

"No one can deny that these are

challenging times, and not just for curling, obviously," Curling Canada CEO Katherine Henderson said on their website. "But we also know how important these events are to the athletes, to our partners and, of course, to our fans."

Curling shut down in mid-March because of the coronavirus pandemic, cancelling the men's, women's, mixed doubles and senior world championships, among other events.

"It's been a difficult few months, obviously," Kerri Einarson, skip of the 2020 Scotties champions, told the Associated Press' Jimmy Golen.

"We understand these are strange times with some accompanying challenges that go beyond sport, but as athletes we embrace challenges and will do our best to thrive under whatever circumstances we find ourselves in."

Former Steelers lead Beavers to a pair of weekend wins

Staff

The Minot State Beavers' men's hockey team wrapped up play before the Christmas break with a 5-1 win Saturday over the Jamestown Jimmies.

The Beavers received goals from Brayden Pawluk, Adam Wowryk, Justin Metcalf, Drew Carter and Landyn

Cochrane.

Carter Barley, a former Selkirk Steeler, had two assists.

The Beavers once again got steady goaltending from Troy Martyniuk who stopped 28 of 29 shots for his third victory as a Beaver.

Through seven games, Pawluk, who

played parts of four seasons in the MJHL, has three goals while Barley has two goals and eight points, according to the ACHA website.

Former Steelers' Wowryk (two goals, three assists), Rhett Lough (goal, four assists) and Wayne Johannesson (10 penalty minutes) also play for the

Beavers.

Last Friday, Minot State downed Jamestown 3-1.

With the pair of weekend victories, the Beavers improved their record to 8-1 this season.

Minot State is back in action Jan. 23 when it hosts Colorado State.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba Basketball Hall of Fame nominees due Dec. 15

Staff

The Manitoba Basketball Hall of Fame & Museum has announced that the next induction dinner will be held on Sept. 25, 2021.

The selection committee is now requesting nominations of worthy candidates for the next induction that meet the set criteria. The deadline to submit a nomination for the next induction is Dec. 15.

Eligibility for Nomination

All nominations are welcome. The criteria/guidelines used by the selection committee are as follows:

Player Category

Players who consistently performed at a high level over a number of years on provincial, university, national or professional teams; and (a) who played high school basketball in Manitoba, whether or not they stayed in Manitoba after graduation; or (b) who played high school basketball outside the province, but played at an elite level in Manitoba.

Builder Category

Eligible nominees are individuals, such as coaches, managers, trainers, sponsors, and media persons, who

have made a significant contribution to the development and the promotion of basketball in Manitoba.

Team Category

Manitoba based teams that have won national, international, or world championships; and high schools whose male or female varsity teams have won a minimum of three provincial championships within a six-year period.

Submitting Nominations

The Manitoba Basketball of Fame Committee invites members of the community to submit nominations in

the player, builder, and team categories of the Hall of Fame. Nominations can be submitted at any time. However, as the induction dinner is traditionally held in late September/early October, the selection sub-committee of the MBHOF Committee reviews only those nominations that are submitted no later than Dec. 15 of the preceding year.

To submit a nomination for consideration, please visit the Manitoba Basketball Hall of Fame website at www.mbhof.com/p/nominate.html.

VB Manitoba recognizes the 2020-21 high school volleyball grads

Staff

Following the cancellation of the 2020-21 high school volleyball season due to the COVID-19 pandemic, Volleyball Manitoba wanted to offer their support to those Grade 12 players who lost their graduating year.

In place of the usual Graduating All-Star event, Volleyball Manitoba is recognizing all current Grade 12 athletes who would have been participating in their final high school volleyball season.

The list of athletes they compiled came from the 2019-20 rosters.

Local "A" schools and female athletes include Fisher Branch Cougars (Dawson Gard, Alayna Kochan, Jan

Yana Lumasac); Fisher River Hawks (Aurora Bowers, Halle Cochrane, Kaylyn Crate, Tyra Lopes, Emma Selkirk, Sarai Sinclair, Trinity Stranger, Payton Wilson); Lundar Kodiaks (Rayna Gleich, Talena Johnson, Paige Law, Danielle Loewen, Hannah Lusei, Brooklyn Wirgau); Morweena Christian Raptors (Ashlee Kornelsen, Kiara Kornelsen); and the Riverton Patriots (Miya Comeau, Abby Eastman, Faith Everett, Renae Gislason, Bethany Nordal, Kennedy Toderan).

On the boys' side, "A" school and athletes feature Fischer Branch (Allan Emms, Paul Emms, Jason Gauthier, Walker Lappage, Zebediah Novak, Pierson Yuzwa); Fisher River (Kyle

Cochrane, Marcus Crate, Ozzy Jones, Mathew McKay, Koby Wilson); Lundar (Zach Halldorson, Austin Magnusson, Andrew Mason, Alex Ryden, Ethan Sweetland); Morweena Christian (Christian Doerksen, Cameron Dueck, Reagan Kornelsen, Isaiah Payne, Jake Plett, Brendan Reimer, Ormando Reimer); and Riverton (Bryce Bodnarus, Lloyd Courchene, Mac-Dyck Hudson, Derrien Johannesson, Gracyn Melsted).

The "AA" local schools and female athletes include the Arborg Athletics (Brooke Blahey, Keely Emms-Finnson, Natasha English, Delaney Yarema); Ashern Central Cobras (Tristan Kehler, Halle Meisner); Gimli Lakers

(Montana Bochorka, Hannah Collard, Emma Gray, Avery Porteous, Kenna Sahaidak); and the Peguis Central Wolverines (Makayla Cochrane, Lainey Cook, Brooklyn Manningway, Twyla McPherson).

The "AA" schools and graduating male athletes are Arborg (Tyson Baryliski, Zak Leochko, Logan Pearce, Garrett Zuk); Ashern (Kaden Sigfusson, Marcus Summer); Gimli (Nicolas Auer, Michael Crave, Erik Isfeld, Dylan Johnson, Riley Kennedy, Tommy Pitman, Taylor Stevens); and Peguis (Layne Bear, Nolan Bear, Andrew Stevenson, Elliot Sutherland, Philip Thomas).

Manitobans Mahoney, Roeland to officiate the 2021 IIHF World Junior Hockey Championship

From Hockey Manitoba

Manitobans Kelsey Mahoney (linesman) and Brett Roeland (referee) have been selected to officiate the 2021 IIHF World Junior Hockey Championship which is being hosted in Edmonton between Dec. 25 and Jan. 5.

This is the first time that both Mahoney, 33, and Roeland, 27, have been selected to officiate at the prestigious tournament, which is a showcase of some of the best under-20 players in the world.

This year's World Junior Championship will be held without spectators in a single-venue in Edmonton as a result of the COVID-19 pandemic.

"It's obviously something I've really worked for the last 10 years to try to get this assignment so it's very rewarding. It's going to be a little different living in a bubble but I'm look-

ing forward to it. It's just going to be a lot of fun and I'm excited for it," said Mahoney, the Director of Officiating for the Manitoba U18 AAA Hockey League.

Mahoney has been a linesman in the American Hockey League since 2015 and a linesman in the Western Hockey League since 2010. His WHL experience includes working the lines in four-straight WHL Championship Series between 2015-2018. Mahoney's previous IIHF experience includes being assigned to the 2018 IIHF Ice Hockey U20 World Championship Division II, Group B in Belgrade, Serbia and the 2017 IIHF Ice Hockey U18 World Championship Division III Group B in Mexico, Mexico City.

"It's going to be completely a different atmosphere with no fans. There are going to be a lot of quality hockey

players there with the NHL shutdown and there is a really good group of officials going," Mahoney said. "Obviously, Brett has worked really hard over the last couple of years with his fitness and his drive to make it to the NHL as a referee and it's just going to be exciting to share this experience with another Manitoba guy."

Roeland spent last season refereeing in the American Hockey League and East Coast Hockey League and his previous IIHF experience includes officiating at the 2018 Hlinka Gretzky Cup in Edmonton and the World Under-17 Challenge in Fort St. John, B.C.

"I'm just looking forward to getting back on the ice at a high level especially after the way last season ended," said Roeland. "Combined with the uniqueness of a bubble, I'm excited for the experience and know it will be

something that I draw upon for the rest of my life. It's a tournament that I've watched over the holidays ever since I can remember and I'm humbled and honoured to be able to represent the branch, everyone I grew up officiating with, and also my friends and family."

Mahoney and Roeland will fly out to Edmonton on Dec. 13 and will start working pre-season games on Dec. 20. The regular competition begins on Christmas Day.

Manitobans Seth Jarvis (Winnipeg, Carolina Hurricanes draft pick) and Daemon Hunt (Brandon, Minnesota Wild draft pick) have been invited to attend Hockey Canada's National Junior Team Selection Camp in Red Deer, which began on Nov. 16.

get inspired

> MEAL IDEAS



Coconut Popcorn Snowballs

1 teaspoon coconut or vanilla extract
8 candy canes or candy cane sticks (about 3-4 inches)

Place large sheet wax or parchment paper over work surface. Spread coconut on paper.

Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan, melt butter over low heat. Stir in marshmallows until melted and mixture is smooth. Pour over popcorn and mix well until coated.

Spray hands with cooking spray and press mixture firmly to form into balls. Place balls on coconut; roll and press coconut to coat. While holding popcorn balls, gently press candy cane into each ball.

Serve immediately or wrap individually in plastic wrap for storage.

Yield: 8 balls (4 inches)
2 cups shredded or flaked sweetened coconut
nonstick cooking spray
3 quarts popped popcorn
4 tablespoons (1/2 stick) butter or margarine
3 cups miniature marshmallows



Jingle Balls

Spray large mixing bowl lightly with nonstick cooking spray. Add popcorn.

Spread plastic wrap on cookie sheet; set aside.

In medium saucepan, melt butter and marshmallows; stir until mixture is smooth. Stir in peppermint extract. Pour over popcorn, mixing until well coated. Let cool 2 minutes.

Spray hands with nonstick cooking spray and form popcorn mixture into 3-inch balls. Gently press colored sugar onto balls. Let sit on prepared cookie sheet until cool and set.

Yield: 12 cups
Nonstick cooking spray
12 cups popped popcorn
6 tablespoons butter or margarine
3 cups mini marshmallows
1/2 teaspoon peppermint extract
assorted colored sugars



Chocolate Popcorn Reindeer

16 eyeball candies
8 red candy-coated chocolate candies

Place popcorn in large mixing bowl.

In saucepan over medium heat, heat marshmallows, chocolate, butter and salt, stirring often, until smooth. Toss marshmallow mixture with popcorn until well combined.

Scoop 3/4 cup popcorn mixture into ball. Repeat with remaining mixture to make eight balls. Place each ball in paper muffin cup liner.

Insert one pretzel stick on each side of ball to resemble antlers, attach two eyeball candies for "eyes" and one red chocolate candy for "nose." Repeat with remaining balls. Let cool completely.

Servings: 8
8 cups unsalted, unbuttered, popped popcorn
2 1/2 cups mini marshmallows
1/2 cup chopped dark chocolate or dark chocolate chips
2 tablespoons butter or light olive oil
1/4 teaspoon salt
16 pretzel sticks

Holiday Season Fitness Cheat Sheet

By Fitness & Nutrition Expert Julie Germaine

This month, wouldn't you like to enjoy Grandma's adorable, chocolate-sprinkled, candy-covered, sugary cookies without putting on extra weight?

Some of us head into the holidays without much thought about our fitness goals, accepting that putting on fat is inevitable. Many people will tell me they plan to start their workout regime in the New Year, however I will warn you that this mindset is a mistake. Worrying about the consequences of over-indulgences in January is not the path to take. It's been studied that the couple pounds that creep up on people each year add up to 10-20 pounds per decade! Instead, I encourage you to do just a little pre-planning, and I will show you that it is entirely possible to arrive in 2021 feeling healthy, refreshed - and wearing the same pant size!

This doesn't mean toting along your chicken and broccoli Tupperware meal to parties, either! And yes, my love, you may treat yourself to a few 'real' drinks. After all, the holidays are a time to celebrate life and relax with loved ones. So here are some small habitual tweaks to consider to offset the caloric-dense foods you will be savouring.

6 Tips for Healthy Holiday Eating

- Exercise in the morning before your social events. This can mean a walk with the dog, or a great home workout with body-weight resistance or using some gym equipment (I can some great mini bands sets and hip resistance loops available at <https://www.juliegermaine.com/shop> and some free workouts for you to follow along to!). This will give your metabolism a boost and get fitness on your mind. Starting the day out on such a positive note will lead you to make better choices later.

- Don't starve yourself! Don't cut back on your calories because you know you'll be eating big later. Instead, eat a little meal (ie: an egg white omelette or chicken salad) shortly before you go to a get-together so you aren't overly hungry.

- Use a smaller plate. It will make you feel like you are eating more, appear to others that your plate is nice and full, and limit how much food you can serve yourself.



Health and Wellness Fitness expert Julie Germaine

- Budget your carbs. Fill your plate with protein and veggies first, then select only your favourite sides (no need to waste calories on mashed potatoes unless you absolutely love them). Only select one dessert, or 3 dainties. Sugars are quickly converted to body fat, so you truly want to avoid indulging in this area if possible.

- Stick to 2 drinks. Set a limit for alcoholic drinks you will consume and stick to it. Try to choose hard bar and diet soda or water as mix, rather than sugary cocktails, wine, or creamy liqueur. Also, drink a big glass of water with your meal and in-between cocktails.

- Bring a healthy option to share. If you are concerned that the host won't provide many low-calorie options to choose from, consider bringing along a large side to share, such as a garden salad, veggie & dip tray, a light appy like shrimp cocktail, or low-fat cheeses with light crackers.

If you are looking ahead to your New Year Resolutions, please sign up now for my 30 Day VIP Fat Loss Challenge and mention this article to enjoy a 25% off discount! You will lose 2" from your waistline in 4 weeks with 30 minute workouts! Clients choose to begin now or by Jan. 4/21.

Looking for a Christmas gift idea? The 90-Day Weight Training Plan is my brand new book, available at www.juliegermaine.com. This workout-at-home with minimal equipment book is great gift idea for anyone wanting to train at home.

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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.

FIREWOOD FOR SALE

Seasoned and one year seasoned poplar. Other wood for next year. Call or text 204-861-0487.

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.

Now hiring! Palliser/EQ3 has an exciting career opportunity for experienced sewers. Offering competitive wages, benefits and employee discounts. Show off your skills, apply to hadmin@palliser.ca today!

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HELP WANTED

Class 1 driver required. Minimum 3 years experience. Scheduled runs to north western Ontario and Manitoba. Call Derek at 204-785-3984.

Seeking professional drivers with Class 1 - 5 license to transport RV's throughout North America. We have company driver spots available in Double Haul, Triple Haul and Semi fleets and O/O spots available in Single (1 ton) and Double Haul fleets. For more information on each fleet, please visit roadexservices.com. Subsidized health and dental insurance, monthly bonus available for company drivers. Must have valid passport and be able to cross the border. To apply please email resume and a current driver's abstract to recruiting@roadexservices.com

FISHING

Wanted - Lake Winnipeg Goldeye, small quantity of Catfish, one 20+ pound Jackfish. Call Willie 204-739-5495.

FARMLAND FOR SALE BY TENDER

Sealed bids for the purchase of the following parcels of land, located in the RM of Fisher, should be mailed to Colin and Laura Grzenda, Box 7, Broad Valley, MB, R0C 0K0 by Friday, Jan 29th, 2021.

Parcel #	Legal Land Description	Parcel Size	Cultivated Acres
1	NW 11-25-3W1	159.07 ac	110 ac
2	SW 11-25-3W1	160.00 ac	110 ac

Parcels have been farmed as a single unit. Both parcels are well drained and produce well. They also offer excellent hunting and recreational opportunities. Parcel 2 includes access to a gravel pit (excludes mineral rights).

- Tenders accepted until Friday Jan 29th, 2021.
- Sealed bids must be accompanied by a certified cheque for 2% of the tendered amount.
- Possession date of April 1, 2021.
- Purchaser will be responsible for the total of 2021 property taxes.

To obtain a complete tender notice outlining all terms and conditions, or if you have any questions, please contact Colin Grzenda at 204-880-9747 or 204-372-6167.

MISCELLANEOUS

I'm a cheap student looking for a set of dumbbells and other exercise equipment for an at home fitness routine. Am available to pick up. Please call or text 204-513-5611.

Selling online? Doing delivery or curbside pick-ups? Need customers? Advertise it in the 37 Manitoba weekly newspapers and get noticed! Each week our blanket classifieds could be helping YOU get noticed in over 340,000 homes! For as little as \$189 + GST, get your important messaging out! Call 204-467-5836 NOW to book or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

WANTED

Wanted - old anvil, larger the better. Call 204-494-0517.

Wanted - older string musical instruments & amps, etc. Call 204-494-0517.

STRAW FOR SALE

Small square wheat straw & flax straw bales for sale. Call 204-482-5101.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Margaret Georgina Torgerson, late of the Postal District of Eriksdale, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 13th day of January, 2021. DATED at Stonewall, Manitoba this 4th day of December, 2020. GRANTHAM LAW OFFICES Solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER OF: THE ESTATE OF: THORSTEIN OLAFUR MAGNUSSON, late of the Town of Arborg, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500 - 360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 10th day of January, 2021. DATED at Winnipeg, Manitoba, this 2nd day of December, 2020. PITBLADO LLP Attention: Leigh Robertson Solicitors for the Estate of Thorstein Olafur Magnusson

PERSONAL

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Duties:

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- Engaging with customers and offering product information, providing selling suggestions and always giving a genuine concern for their needs
- Focusing on providing fast & friendly customer service
- Must be dependable for all scheduled shifts
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If you are interested or require additional information, please contact Derek or Darlene at 204 378-2251.

Job Applications is available upon request from the meat department, administration office or Darlene or you may submit your resume including 3 work related references to Derek at meatrivertoncoop@mymts.net or to Darlene at rivertoncoop@mymts.net

Thank you for your interest.

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Please send resume or drop off at the workshop to

**Alex Janower, Manager
Riverdale Place Workshop Inc.
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Fax 204-376-5584
email riverdalew@mymts.net**

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BIRTHDAY



Olive Sielski

On December 16, 2020 Mom will be celebrating her 90th birthday! Please call her to wish her well or email gemini715@shaw.ca with a message and we will give it to her.

Mom has lived at Vestureland Villa in Gimli for the past 20 years... where has the time gone! While she holds on to many friends from her Winnipeg Beach days Mom has added many new friends from Gimli. Mom loves to play cards, do Word Search puzzles and is a faithful follower of Wheel of Fortune, Family Feud and the BC news. She also likes to read the Free Press, The Express and The Selkirk Record, Mom stays very current with the news! Our love goes out to you Mom on your special birthday! Wishing you the very best of health & happiness; we are very blessed to have you in our lives!

- Love today and always from your children
Bev, Shirley, Bruce and Carol
and all your family!

IN MEMORIAM



In loving memory of
Heather Joy Hryhorchuk

October 30, 1969 - December 8, 2019

Gone are the days we used to share,
But in our hearts you are always there.
The gates of memory will never close,
We miss you more than anyone knows.
Life goes on, we know that's true,
But it is not the same since we lost you.

-Forever loved and sadly missed
by your Romeo Rory,
your pride and joy daughter Rebekah,
your loving family and all your friends

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Career Opportunity



Interlake Co-op is presently recruiting for a **GROCERY SUPERVISOR – Full Time** **at Our Food Store located in Arborg, MB**

Reporting directly to the Grocery Manager, the successful candidate will be responsible for assisting the grocery manager in all aspects of our grocery department including but not limited to; financial results, marketing, inventory control, merchandising, administrative duties, guest relations, along with talent development and performance management of our grocery team.

Qualifications/Competencies:

- High standards in marketing and merchandising
- Desire to work in a team setting, and networking skills.
- Exemplary guest service
- Strong leadership, and interpersonal skills.
- Knowledgeable in Microsoft Office (excel/word),
- Administration responsibilities including cashups, lotteries, till operations
- Excellent supervisory, planning and organizational skills.
- Strong work ethic with a positive and ambitious attitude.
- Possess sound leadership and decision making abilities.
- Ability to operate a forklift (training will be available)
- Previous leadership experience
- Must be available to work a variety of shifts including days, evenings and weekends.

We offer career advancement opportunities, competitive compensation, benefits package, company contributed pension plan and learning/development opportunities.

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Attention: Jessica McCutcheon – Grocery Manager 204-376-5271

Email: grocery@interlakecoop.com

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

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THE **EXPRESS**
WEEKLY NEWS

OBITUARY



Mike Moroz

Mike Moroz, 73, of Winnipeg Beach, passed away on December 2, 2020 in Gimli, Manitoba after a three year battle with cancer.

Mike was born in Ingolstadt, Germany, to Maria and Walter Moroz of Ukraine, on November 29, 1947. Mike moved to Canada after the war in 1950. He married his loving wife Ann on July 11, 1980 in Winnipeg. They moved to Winnipeg Beach in 1976 and worked very hard turning a small cottage into a year-round family home. Mike worked as a chef in the Northwest Territories in these early years. He then commuted to Winnipeg for years where he worked as a butcher for Northern Meats. Tired of commuting, Mike was hired at Sobey's when it opened in Gimli. Mike made many great friends at Sobey's, both co-workers and customers, and worked there until he retired in 2017.

Mike lived for the outdoors. He was always doing yard work. He took pride in his many gardens. He enjoyed helping neighbours by cutting grass and snow blowing. Mike and Ann enjoyed weekend fishing trips and boating in Eriksdale and the Whiteshell. He could rarely be found in the house, but when he was, he enjoyed having a cold one, listening to old country music, he especially liked Johnny Cash and Elvis.

Mike made friends wherever he went and will be sorely missed.

Mike is preceded in death by his mom and dad, stepbrother, and daughter. He will be greatly missed by his wife Ann and numerous family members, kids, grandchildren, great-grandchildren, friends, coworkers and neighbors.

The family wishes to extend our sincere thanks to the Palliative Care Team of Interlake-Eastern region, CancerCare, the physicians, nurses, aids, lab techs at Johnson Memorial Hospital in Gimli, MB.

Cremation has taken place and due to current circumstances, there will be no service.

Mike was all about helping others. Therefore, in lieu of flowers, please consider donating to www.evergreenbasicneeds.com to help others during these very difficult times.



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OBITUARY

Edward Michael Powroznik

Peacefully, on Sunday, December 6, 2020 at his residence in Gimli, MB, Ed Powroznik, aged 81 years, beloved husband of Audrey, passed away.

Full obituary to follow.

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Norman (Norm) Janower

July 27, 1953 – November 29, 2020

It is with great sadness that we announce the sudden passing of Norm Janower on November 29th, 2020 at his home in Winnipeg, Manitoba at the age of 67 years young.

He will be deeply missed by his loving wife Lori of 42 years; his daughters, Jodie (Jason) and Jenna (Cody); son Chad and grandchildren, Madyson and Jace; brother Kenneth (Florence); sister Linda Sokil; sisters-in-law, Adeline and Lori; as well as many in-laws, nieces and nephews.

He was predeceased by his parents, Nick and Annie; his brothers, Edward (Eddie), Lenard (Len); and brother-in-law John Sokil.

Norm was born in Arborg, Manitoba and was raised on the family farm in the Arborg area, he later moved to Winnipeg, Manitoba where he met the love of his life and they began their life together.

Norm was always recognized as a hard worker, he spent the majority of his working career happily employed with The City of Winnipeg in various departments over the last 31 years, where he made many lifelong friends. Norm had a great sense of humor and loved talking to anyone about anything and everything, and always gave a helping hand whenever it was needed. He had a passion for sports and a great love for being outdoors, whether it was being at the trailer, hunting, tending to his garden and plants, or finding something that needed fixing around the yard. He was a committed family man and always encouraged his children to achieve their highest potential. He cherished his time spent with his beloved family, friends, and fur-babies, but, most of all, he was the proudest Papa to Madyson and Jace, he never missed Madyson's soccer games and enjoyed play wrestling with his "little man" Jace.

You will be dearly missed, it's not goodbye, it's see you later "And that's the bottom line cause Stone Cold said so!"

A celebration of Norm's life will take place at a later date, when we can all gather safely.

In lieu of flowers, donations may be made to Manitoba Wildlife Federation. Cropro Funeral Chapel 1442 Main Street Winnipeg, Manitoba R2W 3V7 204-586-8044. Obituary can be viewed on Cropro Funeral Chapel website, where condolences can be made.

Your memory will live forever Engraved within our hearts

OBITUARY



Victoria (Vicky) Elizabeth Huewan (Palamarchuk)

It is with great sadness that we announce the peaceful passing of Victoria Elizabeth Huewan (Palamarchuk) at the age of 94 at Red River Place on Sunday, November 29th, 2020.

Vicky was predeceased by her husband Mike (1980); parents Michael and Carrie (Pidstawka) Palamarchuk; siblings Paul, Anne (Frank) Shynkarchuk, infant brother, Marion (Gary) Gelinas.

She is survived by her sons, "the boys", Henry (friend Jana) and Bruce (Linda), daughter Wendy (Zygmunt/Ziggy); grandchildren Cyndi (Allan) Typliski, Kevin (Monik) Huewan and their mother Donna, Cara (Trevor Forkheim) Smolinski, Nicholas (Meagan) Smolinski, Ashley (Jason) and Courtney Huewan, Brandi Standing (Linda's niece); great-grandchildren Holly Typliski, Abigail, Ella and Carter Smolinski, Evan and Max Forkheim; sister Ollie (Eddie) Pomarenski and numerous nieces, nephews, cousins and a host

of friends.

Vicky was born in October in 1926 in Silver, Manitoba and lived on a mixed farm with her family. Those early years held special memories especially of summers when a favorite Aunt would visit from Nova Scotia, surprising Vicky and her siblings with toys or clothes. There were memories of bitter cold walks to Fyrer School and how grateful they were for the occasional ride on a fishermen's dog sled or a neighbour's horse that shortened their trek. Some memories were more life altering than others. When Vicky was 10 years old her mother developed TB and was sent to a sanatorium and then died. Vicky was pulled from school to care for her siblings, one being an infant brother that became ill and also died. These tragic diseases that destroyed a little girl's world, shaped the adult Vicky would become. She was always caring, compassionate, stoic, determined and routinely sacrificing to meet the needs of others. Following that dark time, when family dynamics changed, Vicky made a promise to herself that no one would ever go hungry in her house!

In August of 1946, Vicky married Michael (Mike) Huewan and they began their life on the farm west of Fraserwood. Those were happy days filled with everything that Vicky loved; the hard work and challenges of farming, raising and loving their three children, caring for the gargantuan garden and the building of lifelong relationships with nearby neighbours. In 1980, after two years of intensive home care provided by Vicky, Mike passed away from cancer. Thirty-four years of marriage and farming, side by side, had come to an end. For the next decade, Vicky continued to live on the farm by herself with support from family and neighbours. Then the very difficult decision was made to sell the family farm. Vicky moved to Selkirk to be near her children and grandchildren.

With her usual upbeat, positive attitude, Vicky adapted to city living and made friends with all she encountered over the years in Selkirk. She was many things to many people but to everyone she met, she was a kind, loving, generous, loyal, supportive and fun loving woman. She continued her passionate support of the Winnipeg Blue Bombers, the Jets and the NDP. (She voted in the last provincial election and was always ready to discuss politics.) She was always there whenever any family member needed extra help. Vicky, who was now just "Baba" to everyone in Selkirk and area, would pack her bag to go and help out. The more physical the labour, the more she loved it. She kept her optimistic nature, despite having various health crises over the past decade. This eventually led to her being in a wheelchair and needing to live at Red River Place. As with everything else that happened in her life Vicky was accepting of this reality saying, "it is what it is" and "everything happens for a reason". To say her family and friends will miss Baba is an understatement, but they know she is home now with her beloved Mike and the Lord.

"As for me, my life is already being poured away as a libation, and the time has come for me to depart. I have fought the good fight to the end; I have run the race to the finish; I have kept the faith; all there is to come for me now is the crown of uprightness" 2 Timothy 4: 6-8

May she rest in peace and may perpetual light shine upon her.

Due to COVID restrictions, a private Mass of Christian Burial will be celebrated at Notre Dame Church, Selkirk, MB. at 11:00 a.m. presided by Father Gerald Langevin. Interment to follow in St. Francis Cemetery, Fraserwood, MB.

To view the Mass live or leave a condolence on her tribute wall go to www.gilbartfuneralhome.com and the link will be on her obituary.

Honorary Pall bearers are Bobby and Barry Hudyma, Peter, Kelly and Rocky Karish and Johnny Natyna.

In lieu of flowers, donations in her memory can be made to: St. Francis Cemetery, Fraserwood MB ROC 1B0 or Harvest Manitoba to honour Vicky's wish that no one go hungry.

The family wishes to express their gratitude to the nurses and health care aides of Red River Place for the tender care provided to Vicky and her family this past week.

Vichnaya Pamyat – Eternal Memory

Gilbart Funeral Home, Selkirk in care of arrangements.



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> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: intermediate

Here's How It Works:

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

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

Sudoku Answer

E	N	O	H	P	N	X	D	H	V	S	O
C	V	R	I	D	S	I	B	I	E	D	E
V	B	V	B	S	V	H	V	M	L	V	P
D	E	T	V	N	I	W	E	G	S	E	N
E	U	S	C	V	S	D	E	R	I	S	
E	R	V	A	S	I	N	O	R	V	O	W
L	O	E	R	E	V	P	S	E	T	V	P
E	R	O	W	O	H	P	O	S	D	H	T
T	V	I	H	C	R	O	N	P	S	V	
S	T	V	E	S	D	E	S	I	A	E	T
E	O	T	F	N	V	G	V	S	C	R	O
O	R	B	E	V	P	G	N	V	E	T	C
D	E	R	M	T	S	P	M	A	V	R	

Crossword Answer

CLUES ACROSS

1. Skateboarders love them
6. Popular sports podcast (abbr.)
9. Former Ohio State great Michael
13. Not dirty
14. Earth goddess (Greek myth.)
15. A Spanish river
16. Pig meat (French)
17. Famed astronomer
18. Floating ice
19. Broadcast
21. Aquatic mammals
22. Some are bath
23. Hip hop trio
24. NY Giants' #56
25. Small European viper
28. Neither
29. Multiple Tony-winner Rivera
31. Loud noise
33. Second year high schooler
36. "___ in comparison"
38. Golf score
39. Raise
41. Pastas
44. Easily manageable
45. Fathered
46. Pouch
48. Institute legal proceedings against
49. News organization
51. Unruly group of people
52. Fasten or secure
54. Sheets of glass
56. Doubled
60. Foolish person
61. Rooney and Kate are two
62. Small, rich sponge cake
63. Advice or counsel
64. Large wading bird
65. Famed British physicist
66. Narrow ridges (Swedish)
67. Field force unit
68. Lying face downward

CLUES DOWN

1. Proof of purchase (abbr.)

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
25	26	27		28			29				30		
31			32		33		34					35	
36				37		38			39				40
	41				42				43		44		
		45					46		47		48		
49	50		51				52			53			
54		55				56					57	58	59
60					61					62			
63					64				65				
66					67				68				

2. Soap ingredient
3. Blackbird
4. Single steps
5. Tin
6. Books have lots of them
7. Made of fermented honey and water
8. You can get it in a bed
9. Room for communal meals
10. Early Syrian kingdom
11. Provokes dry amusement
12. Use with "thou"
14. Mollusk
17. Grain storage units
20. Not a car, not a truck
21. Ooze
23. N. Vietnamese ethnic group
25. Tennis pros group
26. Something that's not what it's purported to be
27. E. Indian trees

29. Beloved December holiday
30. Regions
32. Metric unit of length
34. Peter's last name
35. Beige
37. 18-year period in astronomy
40. Where golfers begin
42. Basketball stat (abbr.)
43. Frocks
47. Soda comes in it
49. On approval
50. Trims by cutting
52. Small finch
53. Language Bura-___
55. Nothing
56. Imbecile (British)
57. Tropical Asian plant
58. Abba ___, Israeli politician
59. Small freshwater fish
61. Indicates position
65. Data processing

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