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Blues buster

EXPRESS PHOTO COURTESY OF CHERYL BUHLER
Robin's Donuts owner Cheryl Buhler (in pink) and staff member Dona Saint Cyr (in yellow with Robbie the Robin mascot) banished Blue Monday (Jan. 17) with an assortment of colourful, mouth-watering treats for their customers. Steve (left) and Patrick (right) popped in for coffee and willingly volunteered to take part in keeping everyone's troubles at bay.

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Saddest day of the year banished by Robin's Donuts in Gimli

By Patricia Barrett

Gimli Robin's Donut owner Cheryl Buhler and her staff refused to let Blue Monday (Jan. 17) get them down. They went all out to spice up the day for their customers with brightly decorated donuts and other hot-from-the-oven treats to banish the blues.

And to thank teachers for going the distance over the course of the pandemic, Buhler dropped by Dr. George Johnson Middle School that morning with three boxes of pastries to kick-start 2022's first day of in-class learning.

Blue Monday is marked on the third Monday in January. About 20 years ago, without any scientific evidence whatsoever, the day was pegged the saddest day of the year by a psychologist and later picked up by a travel agency trying to promote holiday bookings. Weather, money woes, inadequate salary and resolutions that never got off the ground — we can probably throw more time with omicron in there — can all factor into a most depressing day. Nevertheless, people are encouraged to get out of bed or off the sofa and *carpe diem*. If that means some serious face time with patisseries like donuts or chocolate eclairs, so be it.

With pandemic pressures weighing heavily on health-care workers, teach-



Who could possibly be sad with chocolate eclairs, pink sprinkles and icing on a fresh-from-the-oven donut and a colourful assortment of Robin's Eggs?

ers, business owners, families and everyone else across the region, Buhler said people deserve a tasty time-out.

"We decided this year we were going to turn Blue Monday on its head. We are all a bit discouraged living through another year of COVID and all the uncertainty that brings," said Buhler after she dropped off treats at the school. "We thought, 'What a perfect day to bring some vibrant colour to our teachers,' who have done exceptional work teaching remotely and in person. They



EXPRESS PHOTO BY CHERYL BUHLER

Robin's Donuts spread some cheer among teaching staff at Dr. George Johnson Middle School in Gimli with a special delivery of tasty pastries on Blue Monday. The saddest day of the year just happened to coincide with the start of in-class learning in Manitoba's public schools. Teaching staff Shawna Johnson, Heather Clarke and Kimberly Becker were happy to receive three boxes stuffed with treats.

are unsung heroes and we say, 'Thank you!'"

Buhler said she's running a "nominate your frontline hero" contest all week at Robin's. People can single out a health-care worker, a teacher, a friend or other worker who they think has gone above and beyond or shown remarkable endurance in the face of the pandemic. The winners will receive prizes such as a Robin's gift card, free donuts or free coffee.

Located in the Lakeview Resort, Robin's has a south-facing vantage with lots of sunshine. Patrons can slide

onto a freshly disinfected banquette or grab a socially distanced table and take a half hour or so to soak up some Vitamin D, reflect on how Manitobans are getting on with looking after themselves and catch up on the latest protests with a triple-masked chum, a box of Robin's Eggs and a steaming cup of dark roast.

Because Gimli has a gym, walking, skiing and snowshoeing trails — and a soon-to-be-built skating trail in Gimli Harbour — a few extra calories can be burnt off in no time flat.



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Sincerest apologies

Staff

In the story "Students donated \$1,000 to community programs" in the Jan. 13 edition of the *Express*, we mistakenly said students in the Gimli Kiwanis Builders Club at Dr. George Johnson Middle School fundraised for a number of community programs. It was actually grades 5 and 6 students in the Gimli Kiwanis K-Kids Club that raised the funds for the Gimli Humane Society and the breakfast/snack program at their school, as

well as collected food items to make Christmas hampers for families in need. The K-Kids are supervised by teacher Linda Stevens.

Also in the Jan. 13 edition of *The Express Weekly News*, the article "Snowshoers trek through mounting restrictions" incorrectly stated that the Winnipeg Beach Snowshoe Club meets at Camp Morton Provincial Park. The group meets at the Winnipeg Beach Provincial Park.

The *Express* apologizes for the errors.

Making something out of nothing for the little ones



EXPRESS PHOTO SUBMITTED

Loving on the Littles activity packages include crafts for kids like Jet Loewen, shown here, to complete at home with their families.

By Nicole Brownlee

A series of activity and information packages for families looking for help entertaining their young ones has returned to the Arborg area.

Penny Helgason created Loving on the Littles, a six-installment subscription service after the COVID-19 pandemic disrupted her music program.

"I used to offer a program called Music and Munchkins," said Helgason.

Helgason would lead parents and children up to age five through instrument exercises, stories and dances in weekly sessions.

"Children learn best through playing and through having fun," said Helgason.

After an unsatisfactory transition from in-person to online, Helgason decided to pack in Music and Munchkins and find another route to helping parents engage with their children.

"When you do things online, I don't think you have the same level of interaction that you would when you're sitting around a circle together," said Helgason.

In 2021, Helgason worked with a staff member from the Arborg Support Centre to compile supplies to fill Loving on the Littles packages with an activity for parents and children to complete together, educational material for parents to consume and a treat for caregivers.

"One of the items in one of the packages was just a simple roll of painter's tape," said Helgason.

Families were encouraged to create obstacle courses, racetracks and other floor games using the painter's tape as a boundary.

By the end of the 2021 subscription period, 34 families and 63 children from Arborg and surrounding communities participated in Loving on the Littles.

Helgason hoped the bi-monthly activities would help families combat feelings of isolation and hibernation while stuck inside during winter months

and strict public health restrictions.

"It's kind of instilling the mindset of making something out of nothing," said Helgason.

"You don't have to purchase fancy things to have fun and to be creative."

Thirteen families signed up for the first activity package, which offers packages for children between one and five years old. Loving on the Littles has different packages depending on the child's age.

For the Jan. 13 package, the activities for one- to two-year-olds are nesting tubes, which can be stacked, rolled or decorated with the tissue paper, glue and sparkly paint also included in the package.

Embroidery hoops, ribbons, pipe cleaners and more are included in the two- to five-year-old package for families to create a dream catcher, mobile or another imaginative craft.

Helgason also shares two exercises on the Loving on the Littles Facebook page. Stop Everything and Dance (SEAD) and Drop Everything and Read (DEAR) on the day a package drops.

"Even though we're not together, (the packages help create) the opportunity for children and parents to delight in each other," said Helgason.

"It's that opportunity to have fun together."

Families can contact Helgason through her personal Facebook page, Penny Helgason, to sign up for the five upcoming packages. The packages will be released on Jan. 25; Feb. 8 and 22; March 8 and 22. All packages can be picked up at the Evergreen Regional Library in Arborg.



Attention Noventis CU Members:

The boards for Noventis Credit Union, Access Credit Union and Sunova Credit Union have signed an amalgamation agreement and are now turning to our members, our staff, and our respective communities for your participation and your support as we proceed towards a member vote on **January 25-27, 2022**



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January 25 - January 27, 2022

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CancerCare Manitoba goes digital with resources

With more people staying home due to increase COVID cases, online options are available

By Katelyn Boulanger

CancerCare Manitoba has been hosting online webinars for people throughout the province who are navigating their cancer journey. This month they will be starting their Body Image and Cancer webinar on Jan. 27.

"CancerCare Manitoba offers information and support sessions to patients and families with the generous funding support of the CancerCare Manitoba Foundation. During the pandemic, we decided to explore the technology that was available to stay connected and decided to offer the sessions online as of October 2020," said Kathleen Helgason, co-ordinator of the Patient and Family Resource Centre for CancerCare Manitoba.

The webinars have helped offer support and information to patients and families affected by cancer during these times of social distancing and isolation.

Because the treatments for some cancers can reduce people's immunity, it's even more critical for these patients to safely get the resources they need.

Some of the webinars that have happened so far have covered topics like anxiety, exercise, nutrition, complementary therapies, fear of cancer re-

currence, the importance of sleep, and spirituality.

This month's presentation about body image and cancer will be presented by Dr. Anne Katz, a clinical nurse specialist and sexuality counsellor at CancerCare. She is the author of over 10 books and has her own podcast called Sexually Speaking.

Body image can be an issue for those with cancer psychologically and physically. Patients getting a cancer diagnosis may have to work through how the perceptions they had about their body have changed, but also physically, as having cancer and treating it can change the way people's bodies look and work.

Even though these sessions are digital, CancerCare has tried to make the experience personal and interactive.

"We decided to use Zoom for health-care, which allowed us to create interactive polls and to engage the attendees in more dialogue with the presenter. Although patients can't see each other, they can ask questions and make comments, and can do so anonymously if they prefer," said Helgason.

Even if this particular webinar is not the right fit for your journey, getting in touch with CancerCare Manitoba



EXPRESS PHOTO BY KATELYN BOULANGER

This CancerCare Manitoba webinar is offered over Zoom.

can help connect cancer patients with resources and give them a community that understands what they are going through.

"It helps to connect with others who understand what you're going through, and who may be able to offer support. Creating community has been difficult during the pandemic. Cancer can be isolating as it is, and the pandemic has increased this challenge. These webinars [are one of the ways we] offer an opportunity to connect and hear from others," said Helgason.

If you would like to register for the

webinar contact Helgason at 204-787-2970 or toll-free at 1-977-561-1026.

"I can help you set up Zoom over the phone and even do a trial run in advance of the webinar. Once you've tried it, you'll enjoy how easily you can connect from the comfort of your own home without worrying about driving and parking," she said.

To learn more about the webinar and other opportunities through CancerCare Manitoba, visit their website at www.cancercare.mb.ca. To learn more about Dr. Anne Katz, her books or her podcast, visit her website at www.drannekatz.com.

Schools no longer notifying close contacts

By Ashleigh Viveiros

Manitoba is changing the way it does contact tracing when it comes to staff and students getting sick in schools.

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Education Minister Cliff Cullen announced last week that schools will no longer provide close contact notification and notification letters on individual cases.

"We are dealing with a different virus," he said, referring to the more contagious omicron variant that is causing Manitoba's number of cases to skyrocket. "This means we must shift the way we case manage and contact tracing occurs."

Moving forward, schools will report on absenteeism due to the virus instead of close contact notifications, Chief Provincial Public Health Officer Dr. Brent Roussin said.

"Given that transmissibility of omicron, given the shorter incubation period, it's not possible to manage cases at that individual level anymore," he said. "We have to focus on managing that risk at the community level."

Public health officials will continue to monitor confirmed cases in schools for evidence of increased transmission above levels expected in the community. Should that occur, officials may recommend a period of rapid antigen testing or other preventive measures in a school, such as reducing higher-risk activities. Periods of remote learning are also a possibility in facilities where high transmission is affecting school operations.

"We know COVID is here with us, it's going to be here with us for the foreseeable future, and so we have to not consider that we're going to eliminate this virus—we need to find ways to mitigate our risk related to this virus," Roussin said.

Looking at the data related to school-age children who contracted COVID-19 over the past month, Roussin said the risk of severe illness re-

quiring hospitalization for most kids is relatively low.

"So we also need to weigh what are the benefits of having these children in school ... and we know that is very large, there's a huge benefit to having kids in class learning," he said, pointing to improved mental health for students and better learning outcomes when it comes to in-person learning. Those benefits are "outweighing the risks."

Cullen echoed that sentiment, noting as well that investments have been made in schools to mitigate the risk of COVID through rapid testing programs, medical masks and other personal protective equipment, enhanced cleaning measures, and improved ventilation systems.

Manitoba students headed back to in-person classes on Monday.

Snowmobilers should take precautions before hitting trails

Taking a few steps ahead of time could make your ride a whole lot more fun

By Katelyn Boulanger

It doesn't matter if it's 40 below in the Interlake; residents will find a way to enjoy the natural beauty of our region.

Of course, one of the best ways to get out of the house this time of year is to take a ride on a snowmobile; however, if you're going to get out on the trails, you're going to want to do it as safely as possible.

"The first thing is to be prepared. Have a plan, know where you're going, ensure that your sled is in good running order, bring a spare belt, spare spark plugs, things like that," said Joe Thievin, an executive member of Snoman and Interlake resident.

Snoman or Snowmobilers of Manitoba help member clubs in our province develop and maintain safe and environmentally responsible snowmobile trails so that more people can enjoy snowmobiling.

Thievin also recommends that snowmobilers make sure to go out with a full tank of gas, good oil and that your sled doesn't need repairs before leaving your home.

"Just make sure that before you go that your sled is in good running order. I think the next thing to do is plan your trip. In planning your trip, you can go to the Snoman website or you can download the Snoman app. It has all the trail maps. It works within cell-serviced and outside of cell-serviced [areas] and it gives you fuel stops, places to have lunch, and it tells you the distances of each trail segment so you can plan your trip. You know if your snowmobile has a range of 110 miles or whatever it is, then you can plan your trip and manage your trip with the fuel stops and the eating stops and the warm-up shelters and all those things that will lead to a positive experience," he said.

If you are going to use a map or app on your phone, you should know that you will have to keep the device in a pocket close to your body, as cold temperatures can drain your phone's battery more quickly. This is one reason that having a backup paper map is helpful.

Another of Thievin's tips is that the designated trail system is the safest place to ride your snowmobile.

"The trail surface is safe, and it has signs so all of the hazards adjacent to the trail are identified. The directional signs are on there so be cognizant of your surroundings and where you're at and where you're going. The designate trail system provides that level of safety and reassurance that where you left from and where you're going to is going to be your destination," he said.

Norah Thibodeau, secretary/treasurer of the Northern Lites Snowmobile Club, said if you are unfamiliar with the area, you should stick to areas that the local club clearly



EXPRESS PHOTO BY BRETT MITCHELL

Snowmobilers enjoying the trails.

marks.

Our local clubs make sure that considerations are taken to ensure safe driving on marshy and swampy areas and waterways that are present in the Interlake. Once the club has opened the trail, riders can be assured that the ice is thick enough over the water and that trails are filled in enough with snow that they will have a smooth path to ride on.

As a snowmobiler who goes out most weekends, Thievin also recommends that you consider what you are wearing when you go out.

"You need to dress for the conditions. Look at the weather reports. See what the weather is doing and, of course, never ride alone. Take a friend along. If you break down, it's a pretty lonely place when you're by yourself and it's very cold out," he said.

You should also not use anything that impairs your ability to drive the

machine, including prescription medication, drugs including marijuana, alcohol or lack of sleep.

"Inherently, snowmobiling is safe. When you add in something that impairs your ability to operate the machine, it can quickly turn into something that is more undesirable than not," he said.

Thievin recommends that anyone interested in learning to snowmobile or getting out on a trail contact one of their local snowmobile clubs or find a friend who snowmobiles and spend a day out on the trails to see if it's a good fit for them.

"We have in excess of 30,000 licensed snowmobiles in the province of Manitoba. That gives you a sense of how many snowmobilers are out there. The trail comes by my place, and this morning, there was a half a dozen snowmobiles that went by my house. That's how popular snowmobiling is. People just absolutely love it once they get there in the fresh air," he said.

More information about snowmobiling, trail passes and safety courses can be found at snoman.mb.ca.

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One Pfizer dose in COVID-positive people reduces hospitalization

By Patricia Barrett

Findings from a recent study suggest that COVID-positive people who receive their first dose of Pfizer-BioNTech's vaccine have better odds of avoiding hospitalization and a reduced risk of death.

Israeli and Italian researchers compared unvaccinated subjects to vaccinated people who were found to be COVID-positive on the same day they received their first Pfizer dose or on one of the five consecutive days after receiving their first dose.

Titled "BNT162b2 post-exposure prophylaxis against COVID-19," the study was published Jan. 8 as a pre-print (not yet peer reviewed).

The findings suggest that vaccinating COVID-positive people with Pfizer reduced death in high-risk age groups by about 50 per cent. And hospitalization was found to be "significantly less" for those who were vaccinated.

"This post-exposure prophylaxis could have an advantage of halting, or at least attenuating, the spread of the virus, possibly by reducing its titer in the respiratory track of exposed individuals," the researchers wrote. "This approach is substantiated by the fact that infected patients are spreading the virus prior to the occurrence of symptoms."

The researchers analyzed nationwide surveillance data from the Israeli Ministry of Health registry, focusing on residents aged 12 and older who were identified for the first time as positive for COVID between Dec. 20, 2020, the start of Israel's vaccination campaign, and Oct. 7, 2021.

Data included the subject's age, gender, first positive PCR date, first vacci-

nation date, hospitalization dates (arrival and discharge) and date of death. Confirmation of a COVID infection was obtained by PCR testing.

Researchers identified 11,690 people as having COVID on the day they received their first Pfizer dose or on one of the five days that followed. The five-day period represents "unintended" post-exposure protection with the vaccine. They matched vaccinated subjects to an unvaccinated control group using gender, age and date of the first positive PCR.

There were 143 deaths in vaccinated people aged 65 and older. In similarly matched unvaccinated people, 280 died. In people aged 55-64 years of age, eight vaccinated people versus 43 unvaccinated people died. In people aged 12-55 years of age, 10 vaccinated versus 22 unvaccinated people died.

Vaccinated people fared better than the unvaccinated when it came to hospitalizations. In people aged 65 and older, 321 vaccinated versus 430 unvaccinated were admitted to hospital. In people aged 55-64, 81 vaccinated versus 115 unvaccinated were hospitalized.

Even though there are some beneficial COVID treatments, such as Pfizer's Paxlovid antiviral pill, other antiviral drugs and Dexamethasone, the researchers say "additional therapeutic approaches [i.e., post-exposure vaccination] are needed to reduce the loss of human lives."

Vaccination has been found to offer better protection against COVID than natural immunity, they wrote. And giving vaccines after infection occurs is not a new practice; it is an "old approach" used to reduce severe infections such as tetanus, a bacterial

infection, and viral infections.

"Thus, active vaccination with the attenuated/killed pathogen or viral associated protein is a very effective mean[s] to attenuate and almost eliminate any infection related symptoms. This approach is now also suggested for Ebola virus infection," they wrote with reference to other research findings. "In accordance, it was recently shown that the overall neutralizing potency of plasma is greater following vaccination compared to natural infection with SARS-CoV-2."

The researchers said additional studies should be undertaken to determine if post-exposure vaccination is an appropriate intervention that can be used to reduce illness. Patients who develop severe respiratory symptoms, which include low saturated oxygen, increased respiratory rate and pulmonary infiltrates on chest X-rays, could potentially benefit from vaccination to help prevent deterioration to pneumonitis and adult respiratory distress syndrome.

"Based on our findings, we propose that additional approaches should be investigated to potentially expand the usage of post exposure prophylaxis to reduce COVID-19 morbidity," they wrote.

The United States Centers for Disease Control and Prevention notes on its frequently asked questions webpage that natural immunity offers "some protection" from future COVID infections, but the level of protection may vary. And there is no test that can "reliably determine if a person is protected from infection." It recommends getting a COVID vaccine even if people have had the disease.

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EXPRESS PHOTO BY PAT PAYJACK

Mother Nature tends to be at her most beautiful in the winter. Whether you experience ice, frost and snow or just a drop in temperature, wintry weeks can be spectacular to behold. Lake Winnipeg and the Red River freeze over into glacial tranquillity. Help the *Express* record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

Province shifting from prevention to mitigation with COVID-19

By Ashleigh Viveiros

As the more contagious omicron variant of COVID-19 continues to spread, Manitoba is shifting its focus from prevention to mitigation, officials announced last week.

Premier Heather Stefanson was joined by Health Minister Audrey Gordon, Deputy Chief Public Health Officer Dr. Jazz Atwal, and Vaccine Task Force medical lead Dr. Joss Reimer at a news conference in Winnipeg Jan. 12.

"COVID-19 is no longer an emerging illness," said Dr. Atwal. "It is here to stay, and our ability to contain the virus is limited. It is highly likely that everyone will be exposed to the virus in the coming weeks.

"Some Manitobans will have immunity from a previous infection or vaccines," he continued. "This will make COVID cases less severe, but the sheer number of cases still has the potential to overwhelm our health care system, which is something we are monitoring closely."

Due to how fast omicron spreads compared to earlier forms of the virus, the province is moving away from individual case management to instead managing risk at the community level, Atwal said.

"We have to shift to mitigating the impact of COVID-19 and away from

containing the virus," he said, stressing that this shift "does not mean public health has given up the fight against COVID-19. It means we are shifting our approaches to focus our efforts and our resources to best manage the risks."

That includes increasing vaccination appointments, shifting medical staff to needed areas, and also identifying those patients eligible for antibody and antiviral treatments, Atwal said.

Premier Stefanson urged Manitobans to continue to do their part to protect themselves.

"As Manitobans we all have a role to play. Follow the fundamentals. Mitigate your own risk and get fully vaccinated," she said. "Vaccines work. And now more than ever with the omicron variant circulating throughout Manitoba it's crucial that all Manitobans get fully vaccinated, including the third dose when you're eligible."

Stefanson was asked repeatedly whether the government had received recommendations from public health for stricter restrictions to try and curb the spread of omicron.

"We have already some of the most stringent rules in place. We put those in place, also, just a reminder, earlier than other provinces," she said in response.

The premier also noted the govern-

ment is taking advice from more than just public health officials.

"I think what we need is to go and have a more balanced approach moving forward," she said. "I certainly have been reaching out to [the] business community, we know that pediatricians were out earlier this week talking about the importance of getting kids back to school. This is all of the advice that we need to get from professionals out there, so it's not just falling at the feet of public health.

"At the end of the day, we'll take advice from public health, but we will be taking advice from other Manitobans as well moving forward," Stefanson said. "We need to start looking at longer term and how we're going to live with this virus."

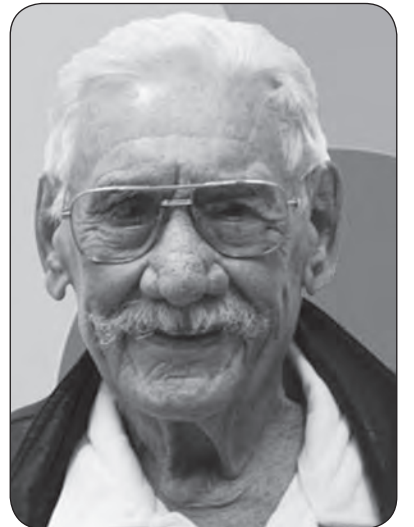
Stefanson said the province has plans in place to provide the health care system with needed resources and staff, including bringing in internationally trained nurses to fill some of the gaps.

"As a government we are committed to providing additional support and staffing help as we continue to navigate these unprecedented COVID challenges."

Vaccine protection

Officials continue to stress the importance of vaccination when it

\$250,000 LOTTO Max Extra winner



John H.

John H. saw that the Lotto Max jackpot was climbing and thought there was no better time to pick up a ticket. That ticket ended up netting him \$250,000.

John purchased his Lotto Max ticket and opted to add EXTRA for just \$1. The Lotto Max jackpot that night carried over to the next draw, so John, like all players, did not end up taking home the \$50-million jackpot. However, his EXTRA selection ended up winning the top prize of \$250,000. Not bad for a \$1 add-on.

John said after checking the winning numbers online, all he could say was "Holy!" He was stunned.

John says his windfall will be going straight to the bank.

The Gimli resident purchased his winning Lotto Max and EXTRA ticket at Taylor Pharmacy in Gimli. He won his \$250,000 prize by matching all seven digits of EXTRA number on the Dec. 3 draw — 1048840.

comes to protecting oneself against severe COVID-19 outcomes.

Dr. Reimer shared data compiled in Manitoba from Nov. 22 to Jan. 3 that shows someone with just one dose of vaccine is three times less likely to end up in an intensive care unit due to COVID-19 than someone who is unvaccinated.

Further, someone with two doses of vaccine is 19 times less likely to need ICU care than an unvaccinated individual. That number jumps to 139 times less likely once you receive the booster shot.

Similarly, the risk of death for a vaccinated person compared to an unvaccinated person who contracts COVID-19 is 63 times less likely with three shots, 19 times less likely with

Einarson featured in new video series by Kubota

By Ty Dilello

Camp Morton's Kerri Einarson is featured in a video series produced by Kubota Canada. The new limited video series featuring Einarson and Team Brad Gushue called *Sweeps and Stones: A Canadian Curling Story* features an inside look into what shapes Canadian athletes into world-class competitors.

Kubota Canada is an equipment manufacturer that produces and sells farm equipment, construction equipment, mowers and UTVs. After being a proud sponsor of Team Einarson for a few seasons now, Kubota wanted to highlight Canada's athletes' hard work and dedication through a behind-the-scenes look into the personal stories of these Canadian curlers.

"The Kubota video came about when I teamed up with Brad Gushue for the mixed doubles, and we earned our spot to the mixed doubles curling trials, and we started our journey to pursuing our Olympic dream," said Einarson. "Kubota then teamed up with my women's team the next season. My role in the video is about telling my story of how I started curling and getting to where I am today. It wouldn't have been possible without

the support of amazing sponsors like Kubota and all the support from my family and friends."

The video series is now available on a dedicated playlist on Kubota Canada's YouTube channel. There are currently two videos uploaded.

"In this series, we aim to uncover what shapes a Canadian athlete into a world-class competitor and how without sponsors like Kubota, we athletes wouldn't be able to do the things we love like train and spend quality time without families," said Einarson.

Impacted by unique challenges throughout the pandemic, Kubota has helped its athletes like Einarson persevere so they could do the two things that matter most: training for and playing the game they love and spending time with their families.

"There have been many challenges that this pandemic had brought to my curling career, like not being able to train/practise, curling events being cancelled, missing out on the opportunity to represent Canada on the world stage, having to live in a bubble for months and not being able to see family or friends.

"Some solutions to those challenges were that I made a home gym so



EXPRESS SCREENSHOT

Camp Morton's Kerri Einarson is featured in a new video series produced by Kubota Canada that showcases an inside look into what shapes Canadian athletes into world-class competitors.

I could still do off-ice training. I also had a family friend make me an outdoor curling sheet on the lake, so I could still practise. Since events were being cancelled, I got to spend a lot more time at home with my family. I've also learned to adapt to so much

adversity and not let it get me down as I kept trying to stay positive throughout these challenging times."

The episode in the Kubota Canada video series that Einarson is featured in will be released on their YouTube page on Jan. 25.

Community comes together to help neighbour in need

By Katelyn Boulanger

It was just after the new year started when George Thompson, in his 80s, had a health crisis at his home. It was -29C and Environment Canada had issued an extreme cold warning when he fell in the snow between his garage and his home due to a pre-existing health condition.

"It was about 40 feet to my house, and my spine collapsed, and I fell. I wasn't able to get up. I didn't have a cane or anything with me, and I had nothing to help me stand up, so I crawled on my tummy to the back door of my house," said Thompson.

Unable to use his legs, Thompson reached his house but by the time he got to the door and was able to call out to his wife, he was frostbitten and experiencing hypothermia.

It was a bad situation, but this is when the community jumped into action.

"I was able to get the attention of my wife, and she called the ambulance immediately, and then she called our back door neighbour," said Thompson.

His neighbour is David Oberding, who residents will recognize as the

Deputy Mayor of Dunnottar.

"He immediately came over and assisted my wife and dragged me into the house," said Thompson.

The ambulance arrived shortly afterward and started treating Thompson immediately with chemically activated heating pads, but he needed additional resources. The RM of St. Andrews fire department was called to assist, who quickly got to the scene to help out.

Thompson was transferred to the Gimli hospital, where he had an excellent experience being treated by local healthcare staff.

"They treated me there and kept me overnight. The next day, they wanted to make sure that the collapse of my spine was due to, [pre-existing] spinal stenosis and not due to a broken bone. They did a whole series of X-rays to make sure that it wasn't a bone problem," he said.

However, while he was in the hospital, he realized that he was missing a few things.

On his way from falling to the house, he lost his glasses, car keys, and dentures in the snow.

Oberding came to the rescue again,

looking through the snow until he found them. They were then brought to Thompson so that he was able to eat at the hospital.

"The next day, I realized I had lost my car keys so I retrieved [the second set of electronic keys] but they wouldn't work apparently, due to a dead battery," said Thompson.

He called his local garage to see if they could replace the battery for him, and Ken McCracken went above the call. He went out to Thompson's home and raked around in the snow until the keys were found.

"He really helped me out with that situation," said Thompson.

Next, Chris Petrie came to the rescue raking the area again to find the missing glasses.

"He had found my glasses, but one lens was missing so, he kept raking through and found the other lens and then he took the glasses home and repaired [them], and he brought them back to me," said Thompson.

Petrie has also continued to help clear snow while Thompson is out of commission.

Another person who has helped out was Marjorie Marks, part of the Gimli

Senior Resource Council. She helped him secure a pendant to hang around Thompson's neck so that if he ever has a fall like this again he will be able to call for help much sooner.

"I lost most of the skin off all of the fingers on my one hand, and partially on the other hand but I'm not going to lose any fingers. Ultimately there'll be [a] full recovery it's predicted," said Thompson.

Overall, Thompson is doing well and recovering with outpatient help from a team at the Selkirk Hospital.

"I just can't believe what a beautiful neighbourhood [we have]. This is the kind of community I live in," said Thompson.

Thompson wants everyone who helped him in his journey to know that he appreciates their help and is glad to live in such a giving community.

"I just feel so grateful for what everybody has done for me. And I just had to say a few words, so other people would know what kind of community we live in," he said.

ESD anticipating closure because of COVID after in-class learning resumes

By Patricia Barrett

As Evergreen School Division was preparing for a return to in-class learning on Jan. 17, it was also continuing to monitor COVID infections in the communities it serves.

Given the significant transmission of the omicron variant, the division is anticipating shutting down.

ESD Supt. Roza Gray said it's likely the division will cancel classes. She informed parents and staff by letter Jan. 14 that disruptions to in-class learning may be coming.

"With the expected surge in cases, we anticipate the likelihood of operational closure and temporary reductions in service including cancellation of classes and bus routes," wrote Gray. "This will be communicated as early as possible so families can plan accordingly."

Federal modelling predicts a massive increase in new COVID infections and hospitalizations this month across the country, said Canada's chief public health officer Theresa Tam last week. There will be several weeks of sickness to come.

Gray wrote that the division is aware of infections and/or suspected infections amongst students and staff in all its schools. And she asked parents to contact the school should their child test positive or have to isolate because a family member is positive.

As far as staff absenteeism goes at present, Gray wrote it's higher than usual but so far manageable.

Other division news:

- The province announced that close contacts of students infected with COVID will no longer be notified as

managing cases and contacts is "ineffective."

"While schools will no longer provide close contact notifications on individual cases, public health officials will continue to monitor cases in schools and work with schools to issue notification letters, implement a rapid antigen testing program or implement remote learning, if needed," states the province in a six-page updated document titled Public Health Measures for K to 12 Schools, which it sent to divisions last Friday to prepare them for Monday's return to class.

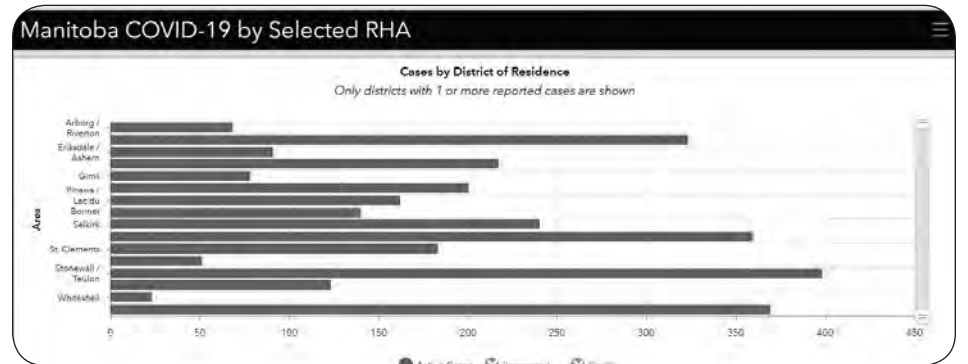
- While N95 or KN95 masks are said to provide a much higher level of protection against COVID than medical or procedure masks, the province won't be supplying them to ESD teachers.

"Manitoba Education has indicated they will continue to supply medical grade masks for staff," Gray told the *Express* by email. "Evergreen has purchased and supplied 3-ply medical grade masks for students since the beginning of the year."

- With regard to improving school ventilation, the province's health measures document says funding of \$6.8 million was allocated to support over 200 short-term operating improvements related to air purification. The province is also asking school divisions to "report on progress on the implementation of provincial guidelines for school ventilation."

Gray said ESD has yet to hear from the province regarding funding assistance for ventilation.

"We have not yet received confirmation of funding for ventilation proj-



EXPRESS MANITOBA GOVERNMENT

Active cases in Interlake-Eastern Regional Health Authority communities (as of Friday, Jan. 14). Case numbers in communities in the Evergreen School Division catchment area are as follows: Arborg/Riverton, 68 cases; Gimli, 78 cases; and Winnipeg Beach/St. Andrews, 369 cases. True case numbers are unknown because of lack of provincial PCR testing capacity and some residents having obtained access to rapid tests whose results aren't tracked.

ects," she said.

- Access to rapid antigen tests could help prevent the spread of COVID in schools, but they're not available to all students. The tests will be available to ESD students in kindergarten to Grade 6 only.

"We received tests for K-6 students this week [the week of Jan. 10] and most have been distributed this week to families who requested them," said Gray.

As for staff, the province has restricted eligibility to rapid tests to only "symptomatic" staff.

Education minister Cliff Cullen posted Jan. 11 on Twitter that eligibility for rapid antigen tests "is being expanded to include all designated staff in critical service areas who are symptomatic. This includes school teachers & staff who are in direct contact with

K-12 students."

In an accompanying Jan. 11 provincial news release, the province said staff who are "healthy" won't be provided with rapid tests.

"Given the limited supply of rapid tests, kits will not be made available for healthy staff to have on hand in case they become ill," the release states.

- As well as announcements last week regarding public health measures for in-class learning, premier Heather Stefanson said her government will no longer try to prevent COVID infections, and that going forward, the government will be taking advice from community groups such as business leaders rather than exclusively from public health officials. Stefanson said Manitobans have to look after themselves.

Tournament offers prizes and national significance

By Nicole Brownlee

An Interlake ice fishing contest is attracting residents to venture onto the ice to compete and help compile data.

The 2022 Interlake February Fishing Frenzy Ice Fishing Tournament is a virtual tournament from Feb. 1 to 28 hosted by the Interlake Tourism Association with the help of Angler's Atlas.

Communities across the Interlake region usually host local tournaments for anglers to compete in, but public health restrictions have made planning events difficult for many community organizations, said Melissa Van Soelen, Interlake Tourism manager.

"(Interlake Tourism) thought if we got together as a region, we can all pitch in and have a region-wide (competition), so that we can all participate at a safe distance," said Van Soelen.

Angler's Atlas, a resource for Cana-

dian anglers to find fishing maps, also collect data through their MyCatch App to learn more about Canadian fisheries. The organization has a detailed understanding of B.C., Alberta and Ontario fisheries but had a gap in research in the prairie region.

To help fill the gap, Angler's Atlas reached out to Interlake Tourism to propose a tournament.

"Manitoba has phenomenal fishing," said Sean Simmons, Angler's Atlas publisher.

"We're really excited to be able to work with all these different communities."

Angler's Atlas started working with communities to host tournaments to collect data last year in B.C. and Ontario.

"The tournaments allow us to have fun and motivate people to go fishing while at the same time getting in-



EXPRESS FILE PHOTO BY KATELYN BOULANGER

The Interlake February Fishing Frenzy is running from Feb. 1 to 28 in our communities.

formation on the state of the fishery," said Simmons.

While Angler's Atlas will be collecting data about the length, variety and quality of fish through the Fishing Frenzy competition, they will not publicly release the location of fishing spots.

"Secret spots stay secret. We're not going to share anything about your

secret location," said Simmons.

Angler's Atlas is working with researchers in Alberta and Nova Scotia to develop the program.

"There are millions of anglers across Canada. If we can develop a standardized way of doing the data collection

Finding supports for Alzheimer's patients and families

The Alzheimer Society makes resources available for all

By Katelyn Boulanger

The Alzheimer Society is on top of the latest resources when it comes to helping people with Alzheimer's through the very beginning of the disease all the way to its last stages, but one thing that friends and families of Alzheimer's patients may not know is that there is also support for them.

With January being Alzheimer's Disease Awareness Month, former Selkirk resident Glenda Oldham spoke to the *Express* about her experience with the Alzheimer Society as the spouse of someone with Alzheimer's.

"The Alzheimer Society serves the people with the illness and the people who are caring for the person who has the illness because there's virtually little to no medicine that will actually make a big difference to someone with Alzheimer's. In my estimation, the Alzheimer Society is the medicine," said Oldham.

Her husband Tim Oldham was diagnosed with Alzheimer's disease in 2014 and he's participated in the Alzheimer Society in Selkirk's Minds in Motion classes, but Glenda has also been able to gain from their services.

"They have counselling so that I can talk to somebody about my personal life situation and they can help me to work through that to figure out the best decisions to be made at different stages. They're just all-encompassing," said Oldham.

For the first little bit after her husband's diagnosis, Oldham went it alone. Having been a special education teacher, she felt that she had a leg up on helping break things down

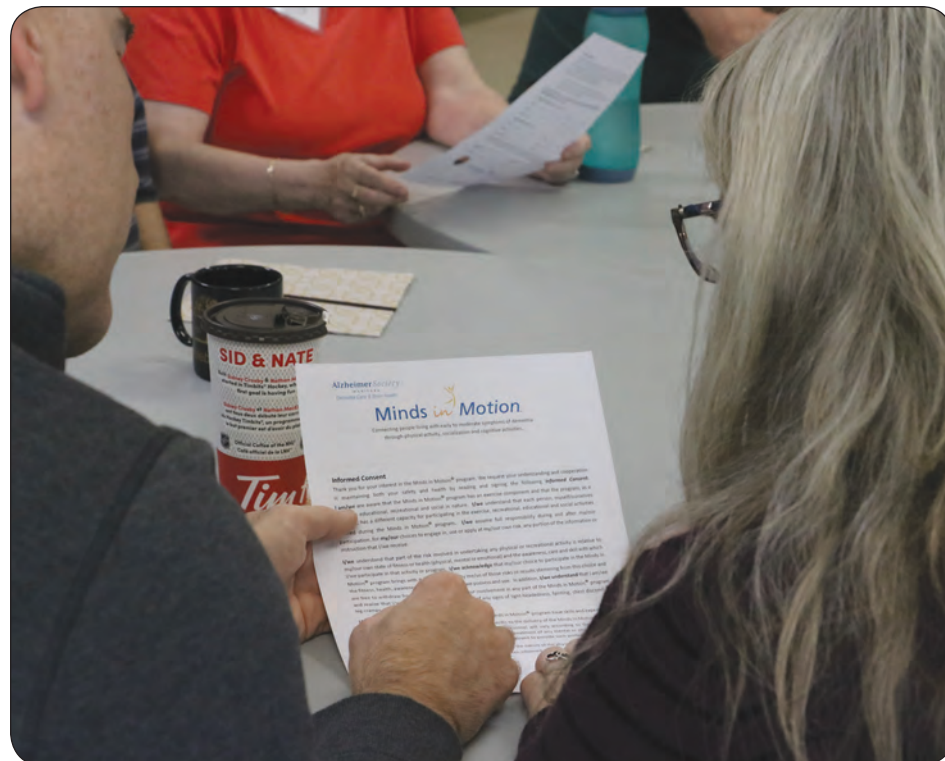
for people with brains that work differently. Eventually, she spoke to her minister about her experience and that minister pointed her right to the Alzheimer's Society.

"[I felt] this is the first year of a long, long journey. 'This is silly. Oh, what the heck, I'll go anyway.' I figured they would pat me on the head and say, 'There, there, dear. When he really gets sick, let us know.' I was so far off the mark, it wasn't even funny," she said.

The first session that Oldham had with the Alzheimer Society representative in Selkirk lasted three hours, and as Oldham spoke about her experience, the person she was speaking with was able to give her many resources and information. Some of this information came in tips to help her husband, but there was also info about what needed to be done legally, medically, and she even received some tax advice.

Since she first contacted the Alzheimer Society, COVID-19 has limited the amount of in-person interacting that the group does, but resources have moved online like so many resources have had to.

"They actually had a Zoom Minds in Motion. They have Zoom support groups. I participated in a group called Ambiguous Grief. Because we are dealing with someone who is continually dying, which sounds kind of weird, we are continually grieving, but the person is still alive. It's just a different kind of grief from the grief that a person feels when their loved one has passed away within a shorter timeframe," said Oldham.



EXPRESS FILE PHOTO BY LINDSEY ENNS

Participants read about the Minds in Motion program at Selkirk's Gordon Howard Centre during one of the program's sessions prior to the COVID-19 pandemic.

She appreciates the Zoom sessions and hopes that they continue to be a resource beyond COVID-19 as they make connecting to a community easier when Alzheimer's disease makes leaving the house difficult for both caregivers and patients.

Her Zoom group actually felt so bonded after their weekly sessions that they've continued to meet up after the sessions are over as they've become so connected.

"[It's] that building of community that the Alzheimer Society is so good at doing. It feels like a family," said Oldham.

She suggests that families and friends of people with an Alzheimer's

diagnosis, no matter how early or late their loved one is in their disease, get in contact with the Alzheimer Society.

"I would completely eagerly suggest that they need to get in touch with the society. They are going to be your saving grace. They have the knowledge. They have lots of suggestions and like I say they work at building community," said Oldham.

To learn more about the Alzheimer Society, go to their website at alzheimer.mb.ca. They can also be contacted by phone at 1-800-378-6699 and email at alzmb@alzheimer.mb.ca.

> MITIGATION, FROM PG. 7

two, and 11 times less likely with one dose.

"The vaccine is not providing the protection we have hoped against omicron infection overall," Reimer said,

acknowledging that vaccinated individuals can still contract the virus, though they generally fall far less ill with it than unvaccinated individuals. "This data—that comes from Decem-

ber and is Manitoba data—is very reassuring about how we can continue to protect ourselves against ending up in the hospital or worse."

Manitoba has a limited number of intensive care unit beds—beds that are needed as well for non-COVID-19

health care emergencies—so keeping people out of them is paramount. Before the pandemic, Manitoba's ICU capacity was 72. Now there are around 110 beds.

As of Monday, there were 601 people hospitalized with COVID-19 in Manitoba and 47 people in ICU.

In Monday's COVID-19 bulletin, the province noted that over seven days ending Jan. 13, there were 335 new hospitalization—a 40.2 per cent increase over the previous week—and 37 new ICU cases—an 85 per cent increase.

The province also announced 20 more deaths due to COVID-19 on Monday, bringing the death toll to 1,463.

Derek Johnson
MLA for Interlake-Gimli

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Buddy Check program supporting mental health

By Ty Dilello

The Buddy Check for Jesse program is in full swing here in Manitoba for the 2021-22 season.

Ex-Winnipegger Dr. Stu Gershman first created the program after losing his son to suicide in 2014. Gershman is also a hockey coach, and opening the dialogue surrounding mental health issues in the dressing room was one way he could help end the stigma surrounding mental health in sports. He created the Buddy Check for Jesse program in Jesse's honour, and it quickly caught on in British Columbia.

The idea of doing a "Buddy Check" is simply a reminder to keep an eye on each other and ourselves. It is not about suicide (which isn't always related to a mental health problem). Instead, if people look out for each other and do a 'Buddy Check' with friends, teammates, family members and even with ourselves, everyone plays a role in ending the mental health stigma.

Hockey Manitoba's "Buddy Check Week" is coming up from Jan. 24 to 30.

There are approximately 15 Interlake teams that are participating in the program. One of those teams participating is the boy's Interlake Lightning U15 AA team, thanks to West St. Paul's Robyn Vandersteen, the mother to the team's goaltender, Jackson.

How Vandersteen got involved in the program was serendipitous.

"A friend of mine who works with Dr. Gershman tagged me in a Buddy Check Facebook post. During this time, I was fighting my own PTSD battle, which she knew about. She was also from my hometown, which she also knew an unfortunate history of teenage suicide that had impacted myself and many friends around my age."

As soon as Vandersteen browsed through the Buddy Check website, it was exactly the program that she wanted to play a part in bringing to her children's minor hockey teams.

"So three years ago, I reached out to Dr. Gershman. He was on board to bring the program to Manitoba. At that time, he connected me to his nephew, Mike Gershman, and the two of us pounded the pavement in the first two years to physically hand coaches' packs to any coach we could. One year, I hit up several early-season tournaments. Our first year, we could get coaches' packs into the hands of about 100 teams. The following year, we hit around 150, and then in 2021, with the pandemic, we got as many out as we could, but most of our hockey got shut down."

"I was so passionate about the pro-



This year, each player will receive a bag tag with the acronym 'BUD-DY' on the back as a reminder.

gram and the message about mental health that I self-funded the Manitoba program the first year. I just wanted every youth to be a part of it, to learn the language, to talk about mental health, to know what signs to look for in their peers, and to know that the dressing room is a safe space to talk about their own mental health."

The program's benefits had made such an impact over the past few years that Vandersteen was proactively approached by players and coaches alike asking for a coaches' pack because they wanted the message shared again with their teams.

"I considered that a huge sign of success," said Vandersteen. "This past spring, after a few conversations between Hockey Manitoba and Dr. Gershman, Hockey Manitoba jumped on board and was supporting the distribution of coaches' packs to all U13, U15 and U18 teams across the province. That's over 600 teams and over 12,000 youth. My current role with the program is now Manitoba Ambassador. I am the one who made the initial lunge to bring the program to Manitoba, and I'll be a part of it for many years to come."

For the current 2021-22 season, Vandersteen has co-ordinated the efforts between Buddy Check and Hockey Manitoba, ordered the individual components for the coaches' packs, and oversaw their completion and shipments to each association.

"But it takes a village, so I relied on many volunteers, specifically my son's Interlake Lightning U15AA team hockey moms and dads to help me out. They were invaluable to me."

The Buddy Check for Jesse program gives youth today the language to discuss how they are feeling, the acceptance to go through a rough patch and gives them a resource starting point to express themselves and know they will be heard and shown compassion in the hockey dressing room.

If you are interested in learning more about the program, please visit www.buddycheckforjesse.com for



Interlake Lightning player leaders displaying their green tape. Captain Tytan Johnson (Riverton), assistants (on the left) Tallon Sutherland (Pequiguis), Logan Meier (Stonewall) and Justin Braid (Stony Mountain).

more info and how you can help or sign up your sports team.

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The Recipes That Made Us highlights Arborg dishes

By Nicole Brownlee

Whether it's sharing a schedule over coffee, recalling the latest episode of a new show over a sandwich or reflecting on the day over a large pot, stories are best paired with food.

Theatre Projects Manitoba explores the connection between stories, food and place in their video series, *The Recipes That Made Us*.

Joshua Banman, the creator of the series and Theatre Projects' technical digital director, also reconnected with memories of his late grandfather.

"My grandpa made the best noodle," said Banman.

Banman's grandfather died a few months before Banman began the project.

"If I had him, I would do an episode with him."

The Recipes That Made Us is a part of Theatre Projects' larger project, *Chautauqua: The Interlake Trail*. Several artists from the collective worked with Interlake communities like Arborg, Riverton, Selkirk and Eriksdale to create art inspired by the region's stories.

Theatre Projects first produced work inspired by Chautauqua in 2018.

"There was a lot of goodwill and relationship to build off of as we went out last summer," said Banman.

A chef himself, Banman hosted the three-part series available on YouTube, accompanied by four Arborg residents.

Owen Eyolfson, Alice Bjornson, Marlene Taylor and Martine Sawanis led Banman through the recipes they not only loved to make but also loved to share.

Banman connected with the four residents through Eyolfson's mom, Pat Eyolfson, co-chair of the Arborg and District Heritage Village.

"There's a few folks in Arborg who were very generous," said Banman. "I imagine Pat Eyolfson was a big part of it."

Banman met Pat in September 2021 while camping at the Heritage Village with his Theatre Projects team.

"She's quite a connector."

In the series, Bjornson and Taylor bake vinarterta, an Icelandic layered torte, and Sawanis whips up three iterations of bannock with garlic and cheese, cinnamon sugar and sausage.

Eyolfson recreates one of Eldhús Restaurant's most popular dishes passed down from Eyolfson's great-grandmother, celery sauce.

"It's so versatile," said Eyolfson.

At Edlhús, the restaurant at the Arborg Hotel, which Eyolfson owns, customers request jars of sauce to add to burgers, steaks and seafood.

"I polished one jar off right away," said Banman, noting that Eyolfson gifted him two jars of the sauce when they filmed episode.

The celery sauce recipe was passed to Eyolfson after relying on Pat to prepare it at family functions.

"She said, 'I think it's time you learned to make it,'" said Eyolfson in the YouTube video *The Recipes That Made Us — Celery Sauce with Owen Eyolfson*. When his family would prepare the sauce, Eyolfson remembers they would often reflect on the harvest that year, consider the following season's crop and retell tales.

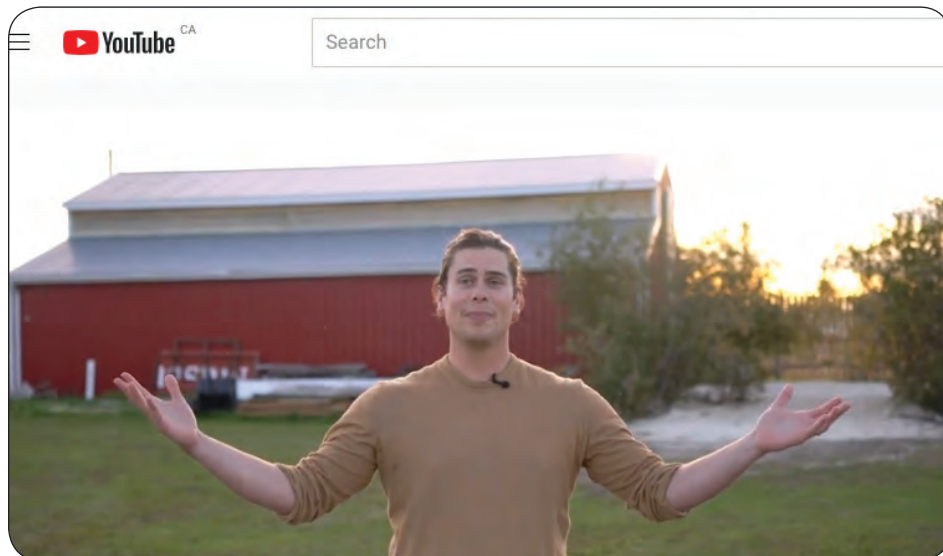
"There's a lot of family connection time," said Eyolfson.

Since appearing on the series, Eyolfson said he's received numerous compliments about the video and recognized while running errands.

"I spent the evening in Gimli the other day, and somebody stopped me on the street to say they loved the video."

Considering when he first proposed the project, Banman knew a guaranteed way to learn more about people.

"If we dive into food, we're going to find a story."



EXPRESS PHOTOS YOUTUBE VIDEO SCREENSHOT

Chef Joshua Banman, above and right, makes celery sauce with Eldhús Restaurant's owner Owen Eyolfson in one of four YouTube videos: *The Recipes That Made Us*.

> PRIZES, FROM PG. 9

as well as data validation ... then there's a huge opportunity to get a much better sense of the state of our fisheries," said Simmons.

To participate in the competition, anglers pay \$40 to register through the Angler's Atlas' website. Participants must live in one of 13 Interlake communities listed on the website to enter the tournament.

"When you sign up, you're signing up as an angler yourself, but you also have the opportunity to sign up under

each of the participating towns, rural municipalities and the city of Selkirk ... to represent them," said Van Soelen.

"You can fish anywhere in the Interlake, but you're representing that specific town or city."

Anglers then download the MyCatch app onto their mobile device and enable GPS tracking before heading out to fish.

Once they've caught a fish, anglers take a photo of the catch with a measuring device through the MyCatch app. Anglers also need to take a video with the app of themselves releasing

the fish after measuring.

Once the angler is in a wireless internet area or can access data, the photos and videos will be uploaded to MyCatch, reviewed and entered into the Fishing Frenzy competition.

More details about the rules of catching, releasing, measuring and recording fish are available on the Angler's Atlas website.

Anglers compete for over 19 prizes, including the overall longest walleye, northern pike, yellow perch, burbot or lake whitefish; greatest diversity of species entered and weekly draws.

The prize amounts vary from \$250 to \$1,500 but may change depending on how many participants enter the tournament. Local prizes will also be awarded.

"Each area wants to be labelled as the ice fishing capital, so the better their prizes, the more people are going to sign up under them," said Van Soelen.

"We want people to be able to go out with their families and friends and just enjoy ice fishing and the lakes ... while still remaining COVID safe."



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Virtual quilting group helps in a stitch

By Nicole Brownlee

A relatively new member of the quilting community has created a judgment-free space for aspiring and master quilters to share projects, suggestions and support.

"There are so many wonderful quilters nearby, and we really don't get in touch with each other because we don't know each other," said Sherryl Woloshyn, creator of the Interlake Quilting Facebook page.

Woloshyn started quilting around seven years ago. "Before I started quilting, I just thought it was squares sewn together, and it's not that," said Woloshyn.

"It's an artwork."

Woloshyn created the page on Jan. 8, and within a few days, quilters from across the Interlake started posting their intricate projects like a patchwork elephant walking, an eight-point star and colourful children's blankets.

Members ask for advice, offer their embroidery skills and raise awareness about local resources.

"I'm excited that so many people are interested," said Woloshyn.

"It's fun to look at a new post every day."

When Woloshyn first dipped her toe into quilting, she reached out to local quilting groups around Fisher Branch for advice on colour matching, different stitches and techniques.

She was unaware of the established quilting community around her before she jumped into the pastime.

"I didn't even realize (the tight community) existed," said Woloshyn.

"Now I'm mesmerized."

A quilt can take anywhere from a day to a few weeks to construct depending on the pattern and familiarity with the skill, said Woloshyn.

"Right now, I'm not really advanced. I'm still learning."

Woloshyn tends to gift her quilts to family and friends after she finishes the laborious project instead of trying to sell them.



EXPRESS PHOTOS BY SHERRYL WOLOSHYN

Two of Sherryl Woloshyn's current quilting projects are a blanket made from marathon T-shirts and a grid with panels celebrating nursing.

"You could never recoup what you spend on the fabric and the batting and the thread by selling it," said Woloshyn.

The hobby was made even more difficult last year because of global shipping delays.

"It was really hard to get the backing and the batting and everything I needed."

Woloshyn has fashioned six quilts for her grandchildren and is completing the final two for the most recent additions to the family.

A few other UFOs (Unfinished Objects) Woloshyn is working on is a quilt made from marathon T-shirts for a friend and a quilt adorned with squares

celebrating nurses.

While travelling, Woloshyn has made it a habit to search for compelling fabric. She's now amassed a collection from Europe, Hawaii and the Maritimes.

"About three or four years ago, I went on a quilting tour of the Maritimes," said Woloshyn.

Accompanied by a tour group, Woloshyn toured the Eastern provinces and visited several quilting shops along the coast.

"People were buying suitcases to bring home all of the things they bought," said Woloshyn with a laugh.

Last chance to get your 50/50 ticket is Jan. 20

Submitted by Manitoba Ag Days

It's been nine years since Manitoba Ag Days announced the "Ag Days Gives Back" community giving program. In total, 100 per cent of the 50/50 funds raised goes back to agricultural organizations and communities throughout the province. To date we have given back \$347,500.

"We wanted to give back some of the show's success to the communities where our exhibitors and patrons live. Over the course of the last nine years, we have been able to support some many amazing projects that are helping to grow communities across the region", stated general manager Kristen Phillips.

Last year's 50/50 jackpot winner took

home \$17,780 (LGCA #4206-RF-35050). Please consider buying a ticket for the 2022 show at www.agdays.com/buy5050 to support the 2022 Show 50/50 Draw. (LGCA #4206-RF-36074). With the 2022 show postponed, we decided to go forward with the 2022 draw on Jan. 20 at 4:30 p.m. You can still purchase your tickets online or by calling us at the office at 204-866-4400.

Our 2021 recipients were:
 Community Improvement – \$15,000
 Fisher Branch Care-A-Lot For Tots Inc. – Fisher Branch, \$1,000
 Laurier Play Zone – Laurier, \$1,000
 The New Beginnings Daycare – Ochre River, \$1,000
 Charlie Brown Day Care Centre –

Ste Rose, \$1,000
 Kiddie Sunshine Centre Inc. – Atona, \$1,000
 TLC Centre Inc. – Carman, \$1,000
 Emerson Kinder College Inc. – Emerson, \$1,000
 Pembina Valley Child Care Centres Inc.: Hives – Morden, \$1,000, Y Maryland, Brandon, \$1,000
 Elkhorn Early Learning Centre – Elkhorn, \$1,000
 Little Hands Early Learning Centre – Erickson, \$1,000
 Melita Early Learning Centre – Melita, \$1,000
 Minto Nursery School Inc. – Minto, \$1,000
 Waskada Wee Ones Inc. – Waskada, \$1,000

Wawanese Wee Care Inc. – Wawanese, \$1,000
 Education and Leadership – Agricultural Youth Education - \$13,000
 Agriculture in the Classroom - Manitoba \$10,000
 ACC Diploma Scholarship – Paige Freitag, \$1,000
 U of M's Diploma Scholarship – Jill Martens, \$1,000
 U of M's Degree Scholarship – TBD, \$1,000
 Stay tuned for our 2022 recipients. They will be announced on Wednesday, Jan. 19.
 With no show to sell the tickets at we need your help to get the word out — www.agdays.com/buy5050

Skating trail and rink being built on Lake Winnipeg

By Patricia Barrett

Gimli is in the process of creating a country-style skating trail on Lake Winnipeg with all the conveniences skaters could want, including rest stops with hay bales, a warm-up hut, outdoor washrooms and solar lights for those who prefer to skate by night.

The "Light up the Lake" skating trail will also have an attached rink where people can play hockey.

Gimli Mayor Lynn Greenberg said the municipality worked with its community development corporation (CDC) and the Gimli Chamber of Commerce to get the project up and running.

"The municipality gave the Gimli chamber a grant for this project," said Greenberg last Thursday.

The CDC hired local contractor, Mark Einarson, to build the trail and the rink, he said, and he'll be clearing them when it snows.

Travel Manitoba is also backing the project to help the community shore up its winter tourism season.

"Travel Manitoba provided significant funding for the project to support the chamber's destination brand and to help make Gimli a year-round destination," said Cheryl Buhler, who

is chair of the chamber's Destination Brand Committee.

The trail will help attract visitors looking for a Manitoba getaway with outdoor recreational facilities, as well as shopping, dining and entertainment opportunities.

Shel Zolkewich, who works with the Destination Brand Committee, said they focused on user comfort in the design of the trail and rink.

It will be built in Gimli Harbour where the seawall will help protect skaters from the elements.

"While the RM of Gimli will take the lead on developing and maintaining the skating trail and rink on Lake Winnipeg, the chamber is focusing on the creature comforts that help every user maximize time spent on the lake and in the Gimli community," said Zolkewich.

Skaters can take a break at a series of rest stations where benches made from straw bales will be placed. The trail will have solar lighting for evening skating and star-gazing, a warm-up hut, garbage cans and outdoor washrooms.

"We are confident that visitors will take time to enjoy the natural beauty of the lake in winter then head into



EXPRESS FILE PHOTO BY JO-ANNE PROCTER

Gimli is inviting visitors to head to the harbour and get their skates on. A skating trail and rink, along with solar lighting, hay bales and outdoor washrooms, is in the process of being built.

town for a meal, museum visit and some retail therapy before filling up with gas and heading home," said Zolkewich.

Visitors can also book a room for the weekend at one of the local hotels or

bed and breakfasts.

Once the trail and rink are created, Zolkewich said they'll be looking at creating programming in conjunction with community partners for remainder of the winter season.

Incredible Creatures: new species identified in 2021

By John Gavloski

With new high resolution telescopes being sent into space, and probes being sent to Mars and the sun, it may be tempting to think that the earth and its diversity have been adequately explored and documented.

But that is far from the case. Hundreds of new species are being discovered every year. It is estimated that there are still thousands, if not millions, of species yet to be discovered.

In this month's Incredible Creatures, we will explore some of the new species that have been described in 2021. Although there have been hundreds of new species identified from all corners of the earth over this past year, I will focus on some cool new animals, starting with a large mammal and concluding with the new "leggiest" animal on earth.

North America:

Researchers determined that a group of whales in the Gulf of Mexico that looked like Bryde's whales are actually a new species, which they named the Rice's whale (*Balaenoptera ricei*). Scientists estimate that only 33 individuals remain alive and are threatened by marine ship traffic,

plastic waste, and oil and gas exploration in the Gulf.

Six new species of bark scorpions were discovered from Guatemala and Mexico. While people might generally associate scorpions with arid desert climates, these bark scorpions find respite from predators, namely larger scorpions, high in the treetops of undisturbed primary forests.

Asia:

Researchers have described 12 new gecko species from India's Western Ghats mountains. One of these is described as "nearly impossible to catch" and was named Jackie's day gecko, after the famed actor and martial artist Jackie Chan. Most of the new geckos were found in caves or on the forest floor. They are quite small, most measuring only three to four centimetres.

A brightly coloured Easter egg weevil, *Pachyrhynchus obumanuvu*, was discovered in the forested mountaintops of the Philippines. These weevils live in the canopy of the moist, moss-covered cloud forest. Its colours mimic the traditional garments of the Indigenous Obu Manuvu tribe; hence the species name of this beetle. Deforestation is a concern in the re-

gion, and it is hoped that the power of a name may instill a sense of pride and stewardship for a species within a community.

Africa:

The newly described *Brookesia nana* chameleon from Madagascar is believed to be the smallest reptile on earth. It is about the size of an aspirin tablet. Madagascar, though quite large, has a surprising number of miniature animals, many of them found nowhere else on the planet.

A new chameleon species, named the Wolfgang Böhme's Ethiopian chameleon, was found living in bushes and small trees in the Bale Mountains of south-central Ethiopia. The chameleon is around 15 centimetres long and has a distinctive crest of large spiny scales along its back and tail.

Australia:

One of the truly amazing new discoveries over the past year was a new species of millipede, named *Eumilipes persephone*, which broke the record for number of legs; one of the specimens collected has 1,306 legs. This eyeless millipede was discovered underground near the south coast of



PHOTO BY ANALYN CABRAS

A new species of Easter egg weevil discovered in a cloud forests in the Philippines.

Western Australia. There are more than 13,000 species of millipedes, and in spite of the name millipede, most species only have a few hundred legs at most. The previous record was a millipede with 750 legs. This new species is the first "true millipede" and the leggiest animal on Earth.

From whales to tiny reptiles, some amazing new species were discovered in 2021. It's exciting to think about what is still out there waiting to be discovered.

sports & recreation

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U18 Lightning zap Norman Northstars

By Brian Bowman

The U18 "AAA" male Interlake Lightning defeated the Norman Northstars 7-6 on Saturday afternoon in Teulon.

"They played well and Norman has a few snipers on that team," said Lightning head coach Scott Wong. "Their power play is deadly and when it counted, we stopped it."

Hayden Wheddon scored the game winner on the power play at 19:40 of the third period. It was his fourth point of the game.

"He's been really good," Wong said. "He's playing with a lot of confidence ... and he's come a long way this year. He's really shown that he belongs at the next level in the Western Hockey League."

Alexander Kaczorowski also had a strong game with a goal and three assists while Joel MacMillan and Andrew Thevenot each scored twice.

Darian Sinclair scored Interlake's other goal.

Norman's goals were tallied by Clark Scaddan (three), Cheechoo Lathlin,

Brady Krentz and Nolan Rideout.

Each team scored four power-play goals in the game.

Zach Meadows was fantastic in goal, earning the win.

With the victory, Interlake snapped a four-game losing streak. During that time, Interlake scored just six goals.

"If you take a look at where we are in the standings, our goals against is right in the middle of the pack but we have struggled all year putting the puck in the net," Wong said. "Defensively, our team has improved even though it didn't show (Saturday) with giving up six goals."

The Lightning, now 7-21-1, will host the Winnipeg Bruins on Wednesday (8 p.m.) and then travel to Brandon to take on the Wheat Kings Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

Meanwhile, in an effort to reduce risk to the community, the Manitoba U18 "AAA" Hockey League has re-scheduled all Showcase games originally scheduled for Jan 28-30. Games will be played at each team's home



EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning snapped a four-game losing streak with a 7-6 win over the Norman Northstars last Saturday.

rink rather than a centralized location.

U15 'AA' Lightning continue to win games

By Brian Bowman

The Interlake Lightning U15 "AA" boys' hockey team has won a lot of games this season.

They won another one on Sunday.

Liam Butcher, Justin Baird and Owen Shymko scored in Interlake's solid 3-0 shutout win over the River East Marauders in East St. Paul.

The score could have been a lot more lopsided. Interlake scored twice in the second period and then added another in the third.

"Their goaltender stood on his head to keep them in the game," said Lightning head coach Cody King. "Our kids all played really well. It was a pretty one-sided game, really."

The Lightning were great defensively in the game as Interlake outshot River East 22-4 after two periods.

Jackson Vandersteen posted the shutout. It was his fourth of the season.

With the win, Interlake now has a

16-3-0-2 record and 34 points, two back of first-place Brandon (19-1). The Lightning are two points ahead of St. Vital (16-2) although the Victorias have played three fewer games.

Interlake has scored 74 goals this season and allowed just 34. That's second only to St. Vital (26) in the 14-team league.

"Both of our goaltenders have played great," King said. "We haven't given up more than three (goals) in a game. That's pretty good through 21 games."

There's a lot of depth on this year's Lightning team.

"We get effort from everyone, that's probably the biggest thing," King said, noting that they have had to use a lot of call ups this season. "We have a great group of kids, a great group of parents. Everyone is happy and buying in. All in all, it's everyone contributing. We roll the lines and everyone plays ... you couldn't ask for much more."



EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning's Liam Butcher delivers a hit on a St. Vital Victorias' player during a game earlier this month.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wheddon signs with Edmonton Oil Kings

U18 'AAA' female Lightning win first game of season

Dorsch shuts out Westman Wildcats

By Brian Bowman

The U18 "AAA" Interlake Lightning female hockey team won its first game of the season on Saturday.

"The girls were quite excited, for sure," said Lightning head coach Paul Miller. "They've been working hard to try to get that win. You could see by the scores and stuff that we've been competitive all year. We have had close games but we haven't been able to get that 'W.' It was a great monkey to get off of their backs."

Lightning goaltender Katie Dorsch stopped 39 Westman shots as Interlake blanked the Wildcats 4-0 in Warren.

"Katie Dorsch is a first-class goalie in this league," Miller said. "Our goaltending has been awesome and they have been the best players on our team all year."

Seanna Price had a great game for Interlake with a goal and two assists.



PHOTO SUBMITTED

Interlake Lightning goaltender Katie Dorsch recorded the shutout in her team's 4-0 win over the Westman Wildcats on Saturday.

"She was the best player on the ice that game, for sure," Miller said.

Emerson McAuley, Veronica Smarz and Bre-Ann Windross also scored for the Lightning.

On Sunday, Interlake lost 4-0 to the Yellowhead Chiefs in Lundar.

The Chiefs took a 2-0 first-period lead and then added a pair in the third.

"I thought we played well," Miller said. "I was a little disappointed in the third. I thought we could get at least one (goal) in the third and maybe make it a 2-1 game but I think we ran out of gas. We've been short players all year. We've gone through COVID here. We had five girls with COVID so we're still short a couple of players in our lineup. We couldn't get any APs on Sunday and we had one AP in our lineup on Saturday."

Yellowhead goals were scored by Callie McGuire, Nadia Nickel, Darbi Poole and Dara Thompson.

Rachel Halldorson was outstanding in goal, making 54 saves.

The Lightning are competitive in every game, said Miller, and have improved a ton since September.

Interlake, now 1-17, will battle the Pembina Valley Hawks this Saturday in Morden. Game time is 5:15 p.m.



PHOTO SUBMITTED

Stonewall's Hayden Wheddon signed a Western Hockey League Standard Player Agreement with the Edmonton Oil Kings.

Edmonton Oil Kings

The Edmonton Oil Kings have signed forward Hayden Wheddon to a Western Hockey League Standard Player Agreement, the team announced last Wednesday.

Wheddon, 16, was selected by the Oil Kings in the ninth round, 196th overall, of the 2020 WHL Draft.

"We are excited to be signing Hayden to a Standard Player Agreement," said Oil Kings' director of scouting Michael Chan. "As a player, he has shown a great amount of focus and resilience in continuing to develop his game amidst adversity and pandemic-filled two seasons since his draft selection."

The Stonewall product is playing this season with the U18 AAA Interlake Lightning where he has tallied 34 points (18 goals, 16 assists) and eight penalty minutes through 28 games. Wheddon leads the Lightning in goals and points this season.

"Hayden has demonstrated a knack for being able to contribute in a variety of different ways and has been determined to make a difference in each game he has played with the Interlake Lightning program upon returning from our training camp," Chan said. "Our staff is looking forward to being able to work hands-on with Hayden to continue his development trajectory and look forward to his future as an Oil King."

U17 'AAA' Lightning doubled by Selects

Staff

The Interlake Lightning were doubled 6-3 by the Eastman Selects in St. Anne on Saturday in U17 "AAA" action.

Steele Jowett and Luke DeGagne scored to give Eastman a 2-0 lead before Interlake's Luke Sekundiak cut the deficit in half at 15:21 of the opening period.

The Lightning's Ian Buors tied the

score at 6:32 of the middle frame but the Selects responded with a goal from Ashton Cure about five minutes later.

Eastman's Mason Hooper and Seth Hlady scored early in the third before Interlake's Talon Hogg and the Selects' Brady Gregoire traded goals.

Lightning goaltender Dylan LeClair stopped 36 Selects' shots.

Interlake and Eastman will play

again in St. Anne on Wednesday and then the Lightning will host the Winnipeg Wild on Friday in Warren. Both games start at 7:30 p.m.

The U15 "AAA" Interlake Lightning, meanwhile, had home games against the Hawks and Thrashers White postponed last weekend.

The Lightning will host the Winnipeg Thrashers Blue on Saturday (7:30 p.m.) in Warren.

Basarab, McCorrister score in Bisons' victories

Staff

The University of Manitoba Bisons men's hockey team returned to action Friday night with a 4-2 win over the MacEwan Griffins at Wayne Fleming Arena.

Trailing 2-0 after the first period, the Bisons roared back with four unanswered goals.

Bisons' goals were scored by Reece

Harsch, on the power play, Gimli's Noah Basarab, Peguis' Linden McCorrister (power play) and Chase Hartje.

It was Basarab's first goal of the season.

On Saturday, Basarab scored twice and added an assist to lead Manitoba to a 5-2 win over MacEwan.

Devon Skoleski, with a pair on the power play, and Geordie Keane also

scored for the Bisons.

Manitoba, which has won four of its past five games, is now 5-9-1-0. The Bisons are just two points behind the Mount Royal Cougars for the final playoff spot.

Manitoba returns to action on Jan. 29 against one of Canada West's newest teams, the Trinity Western Spartans.

Manitoba student-athletes, coaches awarded \$17,000 in sport scholarships

Submitted by Sport Manitoba

Sport Manitoba recently awarded \$17,000 in academic scholarships to six high school students, 12 university students and four Manitoba coaches.

The awards included the Manitoba Foundation for Sports Scholarships and Sport Manitoba Coaching Bursaries.

Administered by Sport Manitoba, this scholarship program was established to support young athletes of Sport Manitoba partners who continue to participate in amateur sport while pursuing a post-secondary education on a full-time basis.

This year's \$1,000 university scholarship recipients are Speranza Al-

bensi (Winnipeg), Cameryn Carlos (Winnipeg), Lily Francis (Winnipeg), Alexander Krykewich (Winnipeg), Blake Magnusson (Gimli), Paisley Poirier (Lac du Bonnet), Linus Schweizer (Winnipeg), Kate Sigurdson (Winnipeg), Alexandra Yarema (Winnipeg), Cali Yates (La Salle), Emily Zacharias (Altona) and Mackenzie Zacharias (Altona).

The \$500 high school scholarship recipients are Jessica Chow (Winnipeg), Maxine Lavitt (Winnipeg), Lauren Lenentine (Winnipeg), Jordon McDonald (Winnipeg), Chloe Morrison (Stonewall) and David Nelson (Winnipeg).

Silvio Sbotto Memorial

Rural Coach Award

This award is named after Silvio Sbotto, a dedicated and humble man who started learning judo in the late 50s after immigrating to Canada from Peru. He resided in Brandon for the last thirty years where he worked at the Seikeikan Judo Club. Silvio was the chair of the National Coaching Certification Program (NCCP) for Judo Canada. Recipients of this award receive a \$500 bursary to be used toward their tuition. This year's recipient is Cassidy Jones (Brandon).

Jeff Collins Memorial Winnipeg Coach Award

Jeff Collins' expertise earned him

a reputation as a coach's coach. Jeff served as head coach and clinician for the Legion Athletic Camps at the International Peace Garden for 32 years. He was the convenor and co-meet director of the MHSAA's provincial track and field champs from 1984 to 2001. He attained his Level 3 NCCP and also worked with world-class special needs athletes. In 2003, Collins was inducted into the Manitoba Sports Hall of Fame. Recipients of this award receive a \$500 bursary to be used toward their tuition. This year's recipients are Vanessa Navarro (Winnipeg), Yonatan Orlov (Winnipeg) and Mark Naylor (Winnipeg).

Lundar Falcons win wild game over Arborg Ice Dawgs

Staff

Defence was nowhere to be found during Sunday's Capital Region Junior Hockey League game between the Arborg Ice Dawgs and the Lundar Falcons.

The two teams combined for 101 shots — which produced 18 goals — in Lundar's wild 10-8 victory.

Arborg led 5-1 after the first period but Lundar stormed back to tie the score at 6-6 heading into the third period.

The Ice Dawgs' Kalen Guimond continued his stellar play this season with three goals (all coming in the first period) to go along with two assists.

Two of those goals came on the power play while the third one was short-handed.

Arborg's other goals were scored by Dyson Pelletier (two), Tyson Barylski, Jordan Einarson and Riley Huston.

The CRJHL's leading points producer, Jack Einarson, had four assists. He now has 24 goals and 61 points in just 20 games.

Lundar, meanwhile, had two-goal and two-assist efforts from Dennis Baptiste and Riley Wirgau while Carson Gudmundson also tallied twice.

Cody Procter also had a strong game with two goals and an assist. Jayden Timlick chipped in with a goal and

three assists. The Falcons' other goal was scored by Kayden McMahon.

Lundar was 3-for-11 on the power play while Arborg finished 4-for-9. The Ice Dawgs also scored two short-handed goals.

Graeme Edmund made 38 saves for the win.

On Friday, Arborg defeated Lundar 8-3 as Ice Dawgs' forward Jack Einarson scored three first-period goals and added three assists.

Arborg, which held period leads of 4-0 and 7-2, also received goals from Cadrick Dueck, Dylan Woytowich, Austin Adair, Guimond and Pelletier.

Guimond finished the game with

four points while Adair had three.

Wirgau, with a pair, and Andrew Henry scored for Lundar.

Tre Strachan made 29 saves for the victory.

The second-place Ice Dawgs will host the league-leading Selkirk Fishermen on Friday (8 p.m.) and the St. Malo Warriors Saturday (7:30 p.m.).

On Sunday at 6 p.m., Arborg will visit the Falcons.

Lundar, meanwhile, played at the North Winnipeg Satellites this past Tuesday but no score was available at press time. The Falcons will host the Satellites on Friday (8 p.m.)

Nominations underway for Recreation Manitoba awards

By Jennifer McFee

Do you know an individual or organization that's made a difference in recreation, parks or leisure?

If so, you might want to consider nominating them for a 2022 Recreation Manitoba Award before the Jan. 28 deadline.

Each year, Recreation Manitoba's awards and recognition program honours individuals and organizations that make an outstanding contribution to advance recreation, parks and leisure in Manitoba.

"The annual presentation of these awards reflects Recreation Manitoba's commitment to celebrate and publicly recognize individuals, groups and organizations who have inspired us and earned our respect," said executive director Shane Ray.

"The nomination form is a simple one-page nomination form, and individuals, organization and facilities are eligible on most categories."

He encourages community mem-

bers to consider submitting a nomination.

"COVID has highlighted the need for individuals and communities to be active, be social and connect with each other and nature," he said.

"Individuals and organizations who have continued to find ways to provide this to the community should be lauded for providing this essential and vital service."

Recreation and leisure have taken on even more importance during the pandemic.

"COVID has impacted every aspect of our lives, and recreation and leisure have become central to our ability to cope and recover. The spaces, places and people providing these services and programs to Manitobans have twisted and turned with each change, seeking new ways to support communities and individuals," Ray said.

"A nomination is a simple way to acknowledge this contribution to individuals' and communities' well-being.

It is a way to say thank you to those organizations, facilities and individuals for their role in helping us all through these difficult times."

The awards fall under six categories:

- The prestigious Prairie Crocus Award honours a professional who has made a significant contribution to recreation, therapeutic recreation, parks or leisure services in Manitoba.

- The Therapeutic Recreation Award of Excellence recognizes a professional who has made a contribution in the field of therapeutic recreation in Manitoba

- The Facilities Award recognizes a Manitoban recreation facility, individual or group with outstanding or unique innovations for providing a place to gather, play and connect.

- The Nature Award recognizes the achievements of individuals, groups or organizations that steward recreational, natural, and green spaces that enhance community quality of

life.

- The People and Communities Award recognizes the efforts and dedication of individuals, or groups, who lead and advocate the many benefits of the field.

- The Health and Well-Being Award recognizes nominees that have gone above and beyond to increase opportunities for their community to benefit mentally, physically and socially.

To download a nomination package, visit the Recreation Manitoba website at www.reconnections.com. The deadline to apply is Friday, Jan. 28. A selection committee will review the applications and select recipients.

The winners are usually announced as part of an annual conference in March. However, if the pandemic delays the conference, then the timing might change.

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MISCELLANEOUS

For Sale - Browning X Bolt Hells Canyon Model, 300 WIN MAG, Burnt Bronze cerakote finish fluted barrel, muzzle break, C/W RBC loading dies. New \$1650, asking \$1275 obo. Call 204-638-1962. PAL required.

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Benefits Package Available
Please submit resumé to
Karen Bowman ebnooffice@mymts.net
or drop off in person at
71 - 4th Ave in Gimli by
January 21, 2022.

Confirmation of COVID-19 vaccination is required

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EMPLOYMENT OPPORTUNITY

Lakeshore Women's Resource Centre @ #9 Main Street in Ashern

is accepting applications for
Counsellor/

Community Resource Co-ordinator
Full-time position
start date: February 14th/2022.

Submit letter of application and resume to Hiring Committee, complete with 3 references & their contact info to Indentgal@gmail.com.

Application deadline: January 28th/2022.

For more information, contact Hiring Committee at above email address.

We thank all those who apply, but only those considered for an interview will be contacted.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

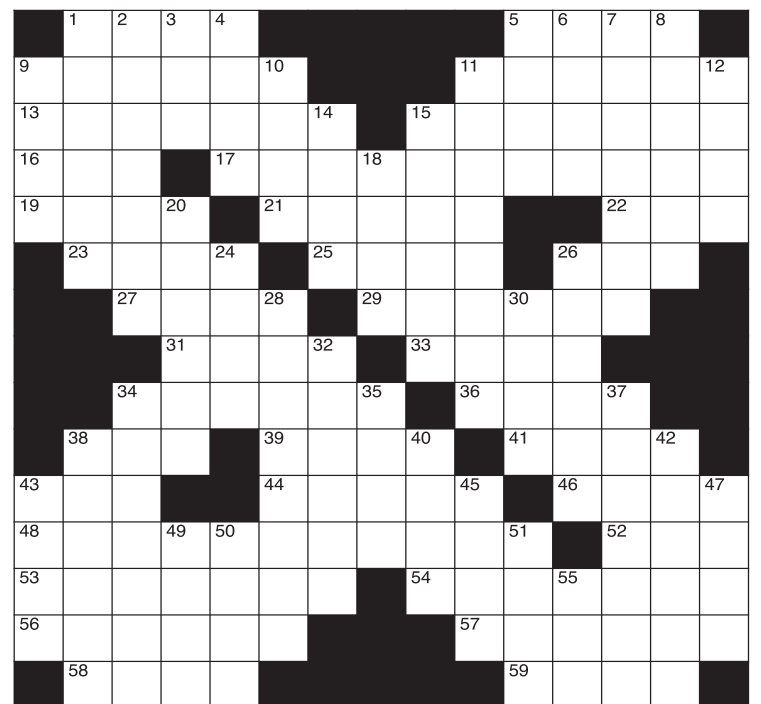
Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Breathe noisily
5. __ Nui, Easter Island
9. Reddish browns
11. Simple shoes
13. Produce alcohol illegally
15. Home to famed golf tournament
16. Tax collector
17. Famous people
19. Urban area
21. Units of syllable weight
22. Pituitary hormone (abbr.)
23. Dismounted
25. Actor Damon
26. Vietnamese offensive
27. Retail term
29. Netted
31. Partner to carrots
33. Witnesses
34. Caulked
36. Satisfy
38. R&B performer __ Lo
39. Monetary units of Macao
41. Give advice, explain
43. Possesses
44. Turn back
46. Gentlemen
48. One who fertilizes
52. Italian monk title (prefix)
53. Parties
54. Type of horse
56. Cuts in half
57. Raises
58. Expresses contempt or disgust
59. Ancient Italian-Greek colony

CLUES DOWN



1. Illinois city
2. One of the original disciples chosen by Christ
3. Young form of a louse
4. Type of powder
5. Finger millet
6. Share a common boundary
7. Assumed as a fact
8. Provide clear evidence of
9. Invests in little enterprises
10. A way to be
11. Monies given in support
12. Fashion accessory
14. Steal
15. Becomes less intense
18. Geological times
20. Hooray!
24. Monetary unit
26. Male reproductive organs
28. Earnings
30. Close by
32. Small integers
34. Fixed in place
35. Used to treat Parkinson's disease
37. Large, imposing building
38. A rooflike shelter
40. Stiff, hairlike structure
42. Print errors
43. To show disapproval
45. Body of traditions
47. Without
49. __ Clapton, musician
50. Dangerous illegal drug
51. Infrequent
55. Sound unit

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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.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a winter or Christmas event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for **ONLY \$35 + GST/HST**. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

COMING EVENTS

Health Checks - There's a Whole Lot of Living Left To Do! Free Virtual Health and Wellness On-line event January 25th to January 27th, 2022. Link to register <https://hopin.com/events/health-checks-brandon>



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Contact this newspaper NOW or MCNA at **204.947.1691** or email classified@mcna.com
www.mcna.com

EXPRESS WEEKLY NEWS
204-467-5836



Rural Municipality of Armstrong

MUNICIPAL GRANT APPLICATIONS 2022

The Rural Municipality of Armstrong is now accepting applications from various types of charitable, non-profit and community organizations.

Each year the Rural Municipality of Armstrong receives more grant requests than it can fund, the RM would like to treat all organizations fairly and share available resources throughout the Municipality.

All funding decisions are made based on local needs and priorities within the limitations of Council's approved budget.

Grant applications are available on our website at www.rmofarmstrong.com or contact the municipal office 204-278-3377.

The deadline for the Municipal Grant applications is February 28th, 2022.

RM of Armstrong Office
Box 69, Inwood, MB ROC 1PO
Phone: 204-278-3377
Fax: 204-278-3437
Email: cao@rmofarmstrong.com



Municipality of Alexander Employment Opportunity

Chief Administrative Officer

For complete advertisement please visit www.rmalexander.com
The position will remain open until filled.

Manitoba Government Job Opportunities

Pharmacy Assistant (DI1)

Full-Time
Location: Selkirk Mental Health Centre, MB
Salary Range: \$34,308.00 to \$39,888.00 per year
Closing Date: January 31, 2022

For a complete listing of qualifications, conditions of employment and duties for this position, please see Competition #39015 at <http://www.gov.mb.ca/govjobs>



Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



PUBLIC WORKS HEAVY EQUIPMENT OPERATOR 2 AND/OR 3

The Rural Municipality of Woodlands invites applications for the full-time position of Public Works Heavy Equipment Operator (Operator 2 and/or 3). The HE Operator's main responsibilities are the operation of a grader and/or excavator. The HE Operator reports to the Public Works Foreman.

Contact the RM of Woodlands Office for a complete job description

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Starting salary for the Operator 2 position (without Class 1 license) \$23.52/hr. Starting salary for the Operator 3 position (with Class 1 license) \$24.41/hr. There is a \$2.00/hr premium for all hours operating the excavator.

Upon completion of probation employees receive Health & Dental, Pension, Group Benefits, and Long-Term Disability.

Applications will start to be reviewed January 21, 2022. Additional applications will continue to be accepted until the position is filled.

R.M. of Woodlands
Box 10
Woodlands, MB ROC 3H0
Fax: (204) 383-5169
Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.



Gimli Community Development Corporation, (GCDC)

ECONOMIC DEVELOPMENT OFFICER

The Opportunity: The successful candidate will undertake key responsibilities that will enhance Gimli and the Municipality as a whole and promote the Municipality as a place to work, live, play and grow. They will facilitate and promote community growth and economic development planning and implementation within the Municipality to be measured, in part, by securing opportunities for new economic and business development and supporting the growth and development of existing business within the community.

Job Description: Reporting to the GCDC board the candidate will promote the Gimli industrial park and oversee current and future operations of GCDC properties. They will also identify, develop and implement approved strategies for attracting new business to the area while facilitating growth of existing businesses. Represent the Municipality at regional and provincial meetings and conferences on economic development, which could include public speaking and delivering presentations.

The Ideal Candidate: The successful applicant will possess relevant post-secondary education and/or years of business and administrative experience. The candidate will be self-motivated, effective written and oral communication skills and computer skills including Excel, Word, Powerpoint. Ability to identify and promote community economic development projects and initiatives along with knowledge and understanding of the Municipality would be a definite asset. The candidate must have a valid Class 5 driver's licence and access to a vehicle for travel and be available to work flexible hours. Hours and wages are negotiable with experience and qualifications. Please submit a detailed resume on or before January 31, 2022 by 4:30 p.m. to PO Box 1246 Gimli, MB ROC 1B0 or to gimlicdc@rmgimli.com



ATTENTION FARMERS & RANCHERS

ASHERN AUCTION MART WILL BE HOLDING A BRED COW SALE FOLLOWING THE FEEDER SALE

ON
Wed January 26, 2022
Complete Herd Dispersal for Fleury Agri Ltd.

Approximately 100 Mixed cows
Avg. age 6-10

Red, Black and Charolais Cows
Bred to Red Simmental

Start calving approx. Feb 20th
Full Health Program

Cows were done with scour guard second week of December

Also Selling 5 Simmental Bulls from Triple T Diamond Simmentals

Also selling complete herd dispersal for Carl Fleury

12 mixed cows
Bred to start calving middle of April.

Also Selling 13 red Angus cows for Jim Marten

Bred approx. end of February
Bred To Red Angus Bulls
Full Health Program

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OFFICE AT 204-768-2360

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Inwood Manor Incorporated
1-204-278-3534
Email: inwoodm@highspeedcrow.ca

EMPLOYMENT Opportunity

TERM POSITION - Meal Coordinator

Hours are 8:30-1:30 Daily; Monday to Friday
Position to start immediately until March 31st, 2022
With potential to continue.

Duties Include:

- Menu Planning
- Cooking Nutritious Meals
- Inventory & Cleaning Kitchen
- Questions or TO APPLY:

Please contact Tina at the above address.
Position will remain open until suitable candidate is found.

MUST HAVE or be Willing to Acquire

- Food Handlers Certificate
- Valid Class 5 Drivers License
- Access to a Vehicle
- Criminal Record Check

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(204) 886-7027

www.mcsherryauction.com

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

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Contact us or submit your resume to Cody:

Phone: 204.571.0187

Email: recruiting@renaissancetrans.ca

Online: www.renaissancetrans.ca

Gimli Seniors Resource Council Inc. is seeking a full time Resource Coordinator

We are looking for a reliable, self-motivated person to join our team in coordinating and supplying support services to seniors in our communities. Programs include Meals on Wheels, Transportation, Lifeline, Housecleaning and others.

This position reports to the Manager. Requirements include good administrative skills, interpersonal skills, commitment to seniors' health and well-being, being a team player, the ability to work independently, and willingness to take on other duties as assigned.

University or college credentials, plus related experience or some equivalent combination is required, along with a valid driver's license, a vehicle, and all pre-employment checks. We offer a competitive starting wage which includes pension and benefits package.

Deadline for applications is: January 24, 2022

Please submit a resume including 3 references to: gsrc@mymts.net

Or Gimli Seniors Resource Council Inc.
Box 1928 Gimli, Mb. ROC 1B0



RURAL MUNICIPALITY OF GIMLI PROPERTY OWNERSHIP MAP

TAKE NOTICE THAT the Rural Municipality of Gimli proposes to have printed property ownership maps of the entire municipality. These maps will display the names of the owner(s) of all **farmland properties** (not subdivisions i.e. Sandy Hook, Town of Gimli, Pelican Beach) within the boundaries of the Rural Municipality of Gimli.

Under the provisions of the Freedom of Information and Protection of Privacy Act of Manitoba, and in keeping with the desire of the Municipality to protect individual rights to privacy, persons objecting to having their name(s) displayed may make application in writing to have their name(s) omitted from the proposed map.

Written objections may be mailed to:

Rural Municipality of Gimli
Box 1246
Gimli, MB. ROC 1B0

Emailed to gimli@rmgimli.com, or delivered to the Municipal Office at 62 2nd Avenue, Gimli, Manitoba.

Please have your written objections in to us by February 9, 2022

Kelly Cosgrove
Chief Administrative Officer
Rural Municipality of Gimli

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EMPLOYMENT OPPORTUNITY

Economic Development Officer/ Municipal Recreation Facilitator

The desired applicant will perform a variety of administrative, technical and professional work to research, prepare and implement economic and community development plans, programs and services.

This is a part-time position – 3 days per week starting in February, 2022 (approximately 21.75 hours per week). This position has the potential to become a permanent full-time position.

The successful applicant will work with the R.M. of Grahamdale's Community Development Corporation (CDC), Reeve and Council and Municipal Administration.

The applicant should possess the following skills:

- A self-motivated individual, with the ability to work with minimal supervision;
- Have excellent oral and written communication skills;
- The ability to perform varied and multiple tasks within deadlines;
- Computer skills required;
- Dedicated team player;
- Willingness to attend training for Economic Development Officers as well as educational workshops and seminars.

Job Description:

- Administrative – managing the day to day affairs of the CDC (meeting agendas and minutes, correspondence, coordinating reports);
- Administer and implement the decisions of the CDC (this may require attending the occasional event or workshop in the evening or on weekends);
- Research funding opportunities;
- Proposal writing;
- Project development, management, and promotion;
- Public speaking and delivering presentations;
- Marketing and promoting the community.
- Working with community clubs and members of the community to facilitate events and activities within our Municipality;
- Providing general assistance to recreational programs being delivered within our communities;

Hours and wages are negotiable with experience and qualifications.

For more information contact CAO Shelly Schwitek, 768-2858.

Please submit a detailed resume on or before February 1, 2022 by 4:30 p.m. to the R.M. of Grahamdale Municipal Office, PO Box 160, 23 Government Rd., Moosehorn, MB ROC 2E0.
Email: rm606@grahamdale.ca

Announcements

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OBITUARY



Lorraine L. Krentz (Cuthbert)

November 2, 1940 - December 18, 2021

It is with tremendous sadness and heartbreak that we announce on December 18, 2021 at the age of 81 years, Lorraine Krentz (Cuthbert) of Moosehorn, Manitoba left her family and friends for a place without pain and suffering.

Lorraine had been struggling with serious health issues the past few months. Heaven has gained one strong, stubborn, loving angel. She truly was a gem of a lady and we will miss her the rest of our days.

Due to current COVID restrictions we are unable to formally celebrate Lorraine incredible life. Something will be planned at a later date.

In lieu of flowers, if you wish to honour Lorraine's lasting memory, please donate to Lung Cancer Canada.

Arrangements Entrusted To
ANDERSON FAMILY FUNERAL HOME
Ashern, Manitoba
204-768-3606

OBITUARY



Walter Marino Stevens

December 22, 1926 - January 13, 2022

It is with heavy hearts that we announce that Walter Stevens, aged 95, of Gimli, peacefully passed away at home on January 13, 2022.

Walter will be sadly missed by his loving wife of 67 years, Betty; his children, Lori, Joan (Morris); his grandchildren, Nicole, Harley (Jaye), Rylee (Myranda), Chelsea, Jesse (Jessica) and Tyson (Emily). Afi is also survived by his great-grandchildren, Shawn, Pearl, Holly, Freya, Tryggve Walter, and Jaylee; in-laws Alice McLaren, Anna Stevens and Gudni Magnusson as well as many nieces and nephews.

Walter was predeceased by his parents, John and Ranka Stevens; Betty's family, Stephania, Bjarney and Tod Bjarnason; all of his siblings; and son-in-law Frenchie Ouellette.

Dad worked for the Air Force Base as a heavy equipment operator, and then at Seagram's until his early retirement. He was a jack of all trades and could fix almost anything. Dad loved spending time at the farm in Camp Morton gardening, planting, growing, pruning and grafting fruit trees, tuning up his stationary engines and enjoying a cold one after his labours. We enjoyed many family barbeques together there over the years.

A private family gathering will be held in the summer.

The family would like to extend sincere thanks to Dr. S.V. Patel and Dad's wonderful Home Care workers.

In lieu of flowers, a donation may be made to the Evergreen Basic Needs, Box 89, Gimli, MB R0C 1B0.

Goda Nott Dad
Love You Forever
A Glimpse from the Past,
By niece Jamie Magnusson

My Uncle Walter's accordion tunes filled every family gathering. If it was far enough into the evening, there was dancing. The Stevens sisters, Walter's cousins, sang harmonies because that's how they practiced in church. My Dad played the guitar or piano, Uncle Franklin would play the button accordion. No one had ever taken a lesson in their lives and yet they could mysteriously play anything and bring any space to life.

Walter could take apart the most complex machinery and restore it. He had no formal mechanical training, but he could fix anything. One of my treasured memories was Uncle Walter inviting me to play an old pump organ he had in millions of pieces and then meticulously restored and assembled.

Uncle Walter was the only person in the world who called me "Jimmy James". I loved that. Walk well Uncle Walter and thank you for the precious memories.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Bruce Sylvester

On Saturday, January 15, 2022, Bruce Sylvester, aged 65 years, of Winnipeg Beach, MB, passed away.

In keeping with his wishes, cremation has taken place and a private family service will be held at a later date.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Michael Lawrence Zagozewski

It is with great sadness we inform you that Michael Lawrence Zagozewski passed away suddenly on January 2, 2022 following a stroke at his home in Hnausa, Mb. on January 1. He passed away at the HSC with his wife Jacquie and stepdaughter Kaitlyn by side.

He will be greatly missed and lovingly remembered by his wife and best friend Jacquie. He is survived by his stepdaughters Kaitlyn (Blaine), Shawnee (Trent), Taylor (Creyton) and his daughter Mackenzie. He will be lovingly missed by grandchildren and life treasures Kenley, Lucas, Walker, Emery, Nash and Maia. Left to mourn his passing are brothers Sheldon (Kathy), Daryl (Dianne), and David; his uncle Barry (Marlene), aunt Sylvia and numerous nieces, nephews and cousins; his mother-in-law Phyllis (Dave), sister-in-law Tracey (Brent) and nieces. He also leaves his very close friends Hugh (Lorraine) Collins, Barry (Elaine) Johannesson, Darren (Kim) Sigurdson, Gary Thorarinson, Cole (Chelsea) and Ashtyn (Mathew).

He was predeceased by his parents Ted and Eileen; brothers George, James and Wesley, Braden and brother-in-law Jeff Einarson.

Mike was born in Gimli, Mb on May 3, 1963. He was raised in Riverton and always took great pride in his hometown. He was very family oriented and was always happy to lend a helping hand to his brothers and friends. Mike was very ambitious and he started working at the young age of 13 with his dad on P&T Construction. He graduated from Riverton Collegiate in 1981 and worked with Manitoba Pool Elevators from 1981-1988. He then began his career with Manitoba Hydro where he was proudly employed for 33 years. He was a "Lineman by trade" and in 2007 he became a Field Safety Officer and upgraded his education at the U of M. Mike enjoyed his years of service, especially spending time with his co-workers and acquaintances. Traveling across Manitoba he always enjoyed meeting new people and seeing new country.

Mike cherished his early travels and weekend visits with his daughter whom he loved very much. He enjoyed hunting, fishing and more recently smoking meats and making rulapysla.

In 2014 Mike found a new enjoyment in life, when he met Jacquie. They celebrated their marriage on September 1, 2018. Together they purchased a home, on the lake in Hnausa, where they enjoyed having their family and friends over. All special occasions were celebrated including "Amma days" every Thursday.

Mike loved life and lived each day to the fullest. He greeted everyone with that infectious smile that made you wonder what he was up to. He always tried to have a positive attitude and look for the good in everyone. He would have given the shirt off his back to a total stranger. He was a true and loyal friend to many, well loved and will be greatly missed.

Cremation has taken place and a funeral will be held at a future date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

William (Bill) Klatt

October 8, 1929 - January 9, 2022

Due to recent health issues, Dad is now at rest.

Bill was born in Grahamdale, MB on October 8, 1929 at the boarding house owned by his mother. At the age of 14, he quit school to work on the family farm where he was active in farming until 2008.

Bill married Frieda Weigelt on April 25, 1953, and together they raised their two boys on the farm. After the passing of Frieda in 1991, Bill married Kathleen Haus a few years later and moved to Moosehorn, MB. They enjoyed going to the Austin Thresherman Reunion, auction sales, a trip to Alaska and visits to BC to visit family.

In 2015, Dad moved from Moosehorn to a manor in Ashern where he lived until his passing.



Left to mourn his passing are his two sons Dan (Nyla) and Bert (Bev); grandchildren Mark (Krista), Joanne (Larry), April (Chris) and Paul; great-grandchildren Kayson, Alex, Troy and Athena; step-daughter Wanda Kohanik; brother-in-law Alfred Weigelt; sisters-in-law Myrtle Iverson and Merle Iverson.

Bill was predeceased by his wife Frieda, second wife Kathleen, four sisters and one brother.

Thank you to his care givers at the manor and staff at the Lakeshore General Hospital in Ashern for the care Dad received.

Cremation has taken place as per Bill's wishes. A family service will take place at a later date.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593

get inspired

> MEAL IDEAS



Cheesy Frittata with Veggies

To make roasted garlic: Preheat oven to 400 F.

Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid.

Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze garlic from pods.

To make frittata: Lower oven to 375 F. In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat.

In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.

Recipe courtesy of chef Nate Appleman on behalf of Abbott

- Roasted garlic:
- 2 heads garlic
- olive oil
- salt
- Frittata:
- oil
- 2 medium leeks, sliced
- 8 ounces blanched, chopped broccoli
- salt, to taste
- 9 eggs
- 2 tablespoons chopped fresh parsley
- 2 ounces grated Parmigiano Reggiano
- 2 tablespoons heavy cream



Marinated Skirt Steak

- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste

- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

Recipe courtesy of chef Nate Appleman on behalf of Abbott

- Vinaigrette:
- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped
- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned
- Skirt steak:
- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk

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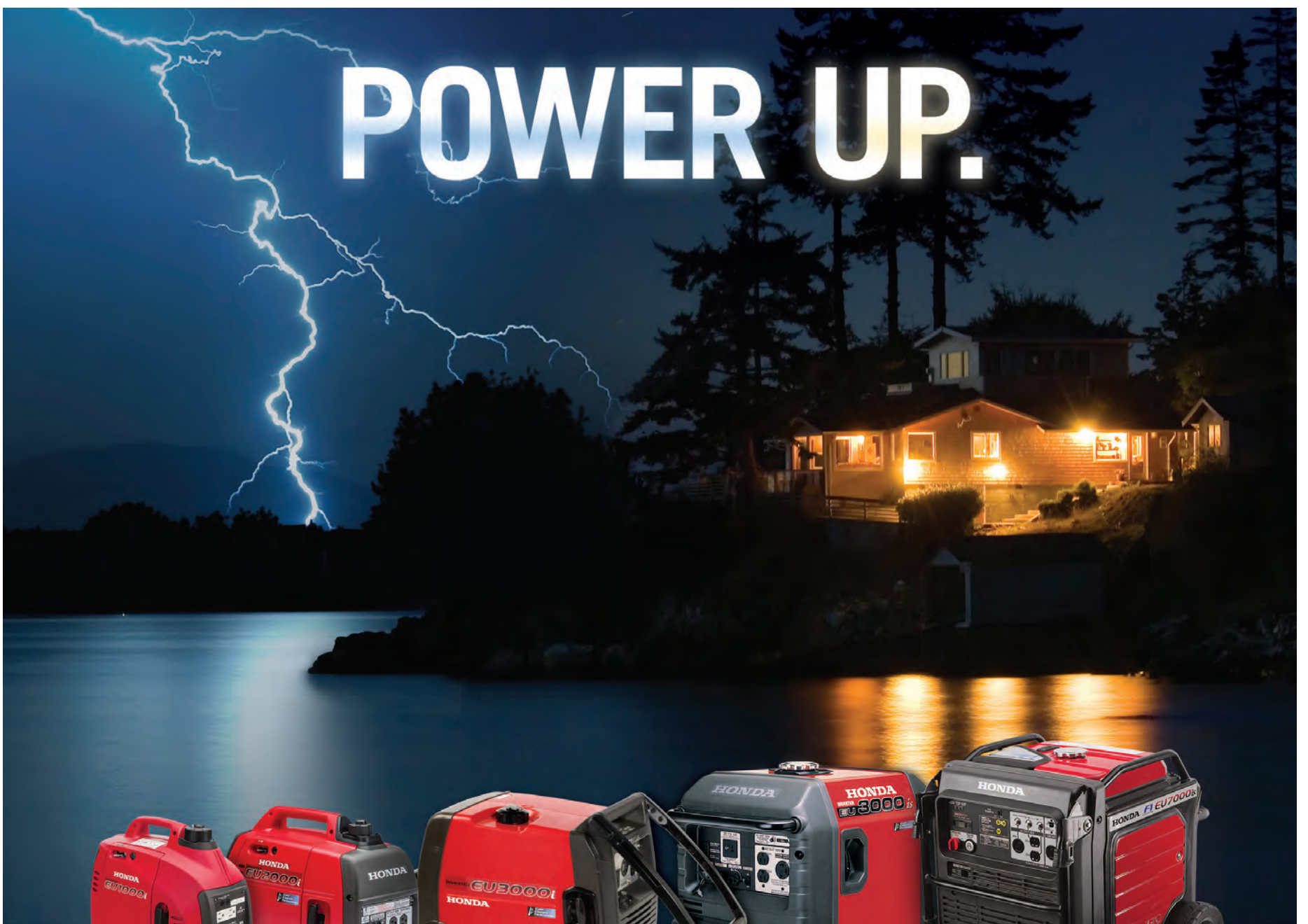
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