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Having a field day

EXPRESS PHOTO COURTESY OF ANDERS KUUSSELKA FACEBOOK

The Gimli Wave youth group got to play indoors in Arborg last week after a facility there generously offered the group space for play, exercise and socializing.

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

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GREEN THUMB ITCHING? HERE'S HOW!



Arborg offers Gimli Wave youth group dedicated space to let loose

By Patricia Barrett

The Gimli Wave youth group has been granted access to a facility in Arborg where they can play games, get some exercise and socialize with their peers.

Gimli doesn't have a youth centre, and the Wave group has been fundraising to build one.

The Wave has undertaken a number of community-minded projects, including cleaning up garbage from ditches along highways. It has embarked on fundraisers such as run-

ning a concession stand on Gimli Beach.

Until it can get a Gimli-based youth centre where children can safely hang out, the Wave is happy to go on "field trips" to surrounding towns.

"We are so very thankful that Arborg will allow the Gimli Wave to have access to their youth centre once a month," wrote Wave director Anders Kuusselka last week on his Facebook page. "They have a beautiful facility and our youth love to go there."



Fooling around.



EXPRESS PHOTOS COURTESY OF ANDERS KUUSSELKA FACEBOOK

Wave kids taking part in a group exercise.



The kids got to try their hand at pool.

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COVID outbreak over at Fisher PCH in Fisher

By Patricia Barrett

A COVID-19 outbreak that had been declared on Feb. 8 at the Fisher Personal Care Home in Fisher Branch is now over.

Interlake-Eastern Regional Health Authority's medical officer of health declared the outbreak over on Feb. 18, said a spokesperson for the RHA.

"We're pleased to advise that the regional medical officer of health has concluded the COVID-19 outbreak at

Fisher Branch Personal Care Home today," she said. "This good news has been shared with family members and friends of residents in the personal care home."

THE IERHA will be proceeding with expanding visitor access in the facility as of Feb. 18, she added.

Visiting remains suspended in facilities still experiencing COVID outbreaks.

Youth-led vaccine campaign gives Indigenous youth a voice

By Nicole Brownlee

Indigenous youth can now share their experiences during the COVID-19 pandemic and their thoughts on getting vaccinated through a national campaign.

The National Association of Friendship Centres is working with the National Indigenous Youth Working Group on Vaccine Uptake to encourage Indigenous youth to speak up about their hesitations, struggles and ultimate decision to get vaccinated.

"You can be hesitant when it comes to vaccinations and seeing others discuss their journey. ... Hopefully, it'll encourage others to receive the COVID-19 vaccine," said John Paillé, NAFC's project co-ordinator.

The vaccine uptake youth group was formed a few months ago, with Indigenous youth living on and off-reserve across Canada, to create a safe space for them to express their motivations to get the vaccine.

"It's been amazing to see Indigenous youth come together to identify and address key hesitations in vaccinations such as mistrust of government, systemic racism, historical injustices, etc.," said Brenan Wood, a member of the youth group, in a statement.

Part of the mandate of the youth group was to create a youth-led campaign that would encourage confidence and uptake of the COVID-19 vaccine.

"(We're) trying to encourage folks in the community to get vaccinated to protect themselves, and our communities and our elders," said Jenna Chisholm, a youth advocate part of the vaccine uptake

campaign.

"When you lose an elder, you lose so much more than just that one person. You lose all of their stories and all of the culture."

The My Vaxx Journey social media campaign launched on Feb. 7 and is open to First Nations, Métis and Inuit youth across Canada aged 12 to 29 until March 31.

Participants submit videos sharing their thoughts to the My Vaxx campaign and will be entered to win one of 150 pairs of Retro Air Jordan 4s donated by Save the Children.

"As Indigenous youth, we don't often see ourselves represented, and to see an entire campaign run by someone who's like me makes a world of difference," said Chisholm.

As of Feb. 16, the My Vaxx campaign received five video submissions.

"One of the videos that we've shared already talks about this youth's journey through the whole pandemic, their pre-existing health conditions, and why they found it was really important for them to get vaccinated," said Paillé.

"(These videos) show that this is something that's super important to people, and a lot of folks are just trying to get back to being able to go to the ceremony and be around their community members and feel safe again," said Chisholm.

To learn more about the campaign, visit myvaxx-journey.ca.

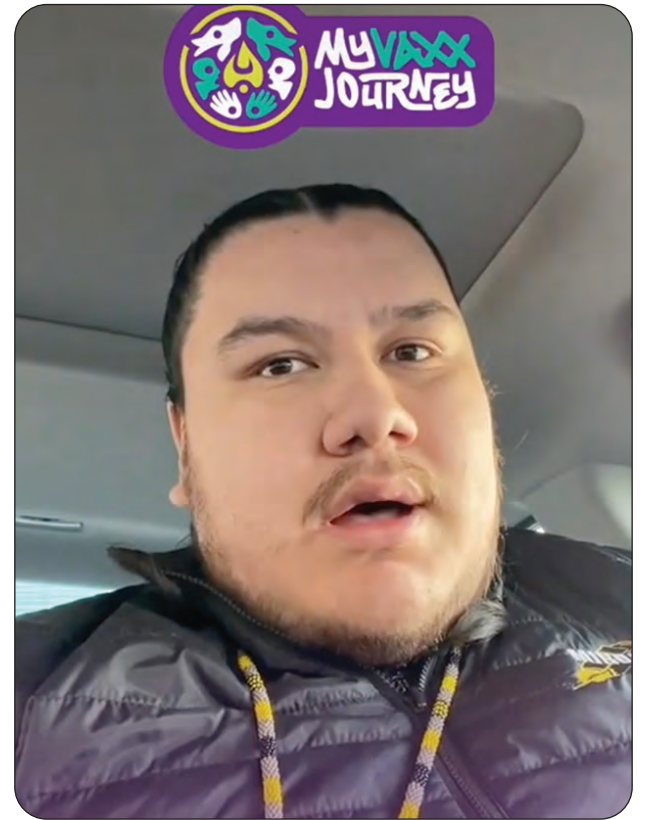


PHOTO SUBMITTED

Brendan Wood from Island Lake and Chayce Taylor from Edmonton, Alta., submitted videos to the My Vaxx campaign talking about why they decided to get vaccinated.

Across the miles



EXPRESS PHOTO SUBMITTED

Pavel, who used to live in the Interlake and is now living in the Czech Republic was happy to receive the *Express Weekly News* from friend David Johnson. "It is so nice to read a paper which is full of smiling faces," said Pavel. Our local paper travelled 7,378 kms safely and warmed his heart.

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Trim Fit lands Gimli inventor in big retail outlets

By Patricia Barrett

If you love soaking in the tub for hours with a little bubbly or taking long hot showers, you'll no longer have to worry about the build-up of mould thanks to a made-in-Gimli invention.

Don Fletcher of Bond Invention House came up with Trim Fit, a watertight, permanent sealing system that banishes mould and mildew from tubs.

He said he launched Trim Fit online a few months ago and is already selling many kits.

And major retailers have come calling.

"It's really taking off," said Fletcher last week. "We're in Home Hardware stores in Stonewall, Gimli, Winnipeg Beach and Selkirk, Canadian Tire, and we just signed for Hilton Hotels. We've also got Lowe's, Menards and Home Depot in the U.S. wanting us. I just got approached by True Value last week."

Fletcher said he was a builder for 30 years and used to do a lot of bathroom renos. Unfortunately, there was always a problem with mould around tubs. Even a few years after a new install, mould could appear.

"About 10 years ago, I was sitting in the tub looking at mould, and I decided to see if there was a [waterproof] tape out. I found a tape that was rated to stick wet concrete together. Then I made [product] profiles — I knew

what profile would work because I was a builder — and I put it around a tub. It looked like part of the tub; it looked perfect," said Fletcher, who graduated from Red River College in 1982 and was invited to speak at its 2020 convocation for skilled trades.

He put his invention to the test by placing the tub in the back of his truck and leaving it there until the following spring.

"It was full of weeds and mud. I took it to the car wash and sprayed the tub and found that no water had come through the back of it," said Fletcher. "I knew it was a winner."

Mould on silicone caulking can build up quite quickly. Silicone also breaks down and can let water penetrate drywall. Fletcher said Trim Fit provides a watertight seal and is easy to install.

Fletcher has patents in Canada, the U.S. and Mexico for Trim Fit, he said, and also has patents on other inventions that he's in the process of bringing to market.

Trim Fit is manufactured in Winnipeg, Montreal and Toronto, said Fletcher, and he's in the process of expanding manufacturing to meet the demand from retailers.

In addition to tubs, Fletcher said Trim Fit can be used as weather-stripping around doors, around toilets, as quarter round moulding to cover gaps between baseboards and flooring and for shelving.



Trim Fit makes a watertight seal around tubs.



Trim Fit can be used for tubs, floors, doors and shelves.

"The one product I invented has morphed into other uses," said Fletcher.

For more information about Trim Fit, call Don Fletcher at 204-960-5078 or visit his website at www.bondinventionhouse.com which has an installation video. Fletcher's store is located at 1-40 Centre St. in Gimli.



Gimli inventor Don Fletcher with Trim Fit. The watertight sealing system has taken off. Major retailers are either carrying it or want to carry it.



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AA Winnipeg Beach

Lady of the Lake RC Church
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Winnipeg Beach

Meetings are Saturdays
between 7 and 8 p.m.
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Manitoba forming new immigration advisory council

Local immigrant services agency eager to weigh in on the struggles newcomers face

By Ashleigh Viveiros

News that Manitoba is creating a new advisory council on immigration got a thumbs up from those involved in the local settlement services community last week.

Premier Heather Stefanson and Advanced Education, Skills and Immigration Minister Jon Reyes announced Feb. 14 that the Immigration Advisory Council will bring together experts in the field to review the entire continuum of immigration, from promotion to retention of newcomers.

"This new advisory council will help us look at new and innovative ways to continue to be a welcoming new home for all newcomers, including refugees and international students, a dynamic destination for immigration and business investors, and an attractive place for people to come to build a life of opportunity and prosperity for themselves and their family," Ste-

fanson said.

The council will be co-chaired by Reyes and Dr. Lloyd Axworthy, who will be joined by a team of individuals with expertise in immigration and related fields.

They'll be looking at attracting and retaining newcomers to Manitoba, streamlining the Manitoba Provincial Nominee Program, and fostering settlement and integration programs and services and foreign credential recognition programs.

"Immigration is an issue of great importance to the province, and we all have a common interest in an effective and efficient system," said Axworthy. "I'm pleased to be a part of this advisory council, and eager to get to work on behalf of all Manitobans current and future."

A final report is expected to be released by the end of the year.

Regional Connections Immigrant

Services executive director Steve Reynolds is eager to see what findings that report contains. He's pleased the province seems keen to dive into the immigration and settlement system in Manitoba to see what improvements might be made.

"It's really important to engage with people who are affected by policies and policy development in immigration," Reynolds noted, "so including people who have lived experience and are impacted by those policies is always really good to see."

Few details were made available to agencies like Regional Connections ahead of the announcement, but Reynolds is optimistic they'll have the opportunity to weigh in on the matters in the council's scope of interest.

"One of the things we commonly hear from our clients is the impact of delays and delayed processing times going through the Manitoba Provincial Nominee program," he said, noting many people come to the Pembina Valley on temporary worker visas that can expire before their applications are processed. "More effi-

cient processing that doesn't take two or three years would be an improvement.

"There's a lot of uncertainty being here with a temporary visa, including some limitations and access to services," Reynolds continued, explaining, for example, immigrants with visas aren't currently eligible for funding for some of the English classes offered locally.

Another major issue for many people who come to call Manitoba home is how long it can take to be reunited with family members they left behind.

"Often a primary applicant can get through as an economic immigrant and fill a job, bring their immediate family, but then it's really meaningful for people to also be able to welcome extended family," Reynolds said. "It has a real impact on people feeling settled and at home here."

The process, however, can take years. Finding ways to streamline it would be a welcome step for many newcomer families, Reynolds said.

Province announces \$750,000 in funding for Manitoba Camping Association

Funding to support continued operations of overnight camps

Submitted by Manitoba government

The Manitoba government is providing \$750,000 in funding to the Manitoba Camping Association (MCA) to support a COVID-19 economic recovery plan for eligible overnight camps throughout Manitoba, Municipal Relations Minister Eileen Clarke announced last week.

"Manitoba children benefit from the exposure to the outdoors and the learning experiences overnight camps offer, and we recognize the importance of community-based organizations in building thriving and sustainable communities across the province," said Clarke. "These funds will help camps survive the financial impacts of COVID-19 and support their continued operations."

The minister noted the one-time funding grant will be used to offset financial impacts experienced by camps due to COVID-19. This includes financial strain due to closures

and implementing services under conditions of public health orders. It will also help support future recovery efforts. Eligible costs will include fixed operating costs such as taxes, utilities and insurance.

"The MCA has been working diligently with the Manitoba government to make this happen," said Kim Sherger, executive director, Manitoba Camping Association. "The funding will help many camps that have been hit hard by the pandemic as a first step to recovery and we are grateful to the Manitoba government for making this funding available."

The MCA develops and maintains standards for organized camping in Manitoba, and is a registered charity that provides financial support to children and youth whose families experience financial barriers that prevent them from participating in healthy recreation activities. Each year, the MCA sends around 600 children to various camp programs throughout Manitoba and northwestern Ontario through its Sunshine Fund.

For additional information on MCA activities and to inquire about funding support, call 204-784-1130 or visit www.mbcamping.ca.

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'This is going to be a difficult transition phase'

Chief doc urges Manitobans to be respectful, kind as restrictions start to scale back

By Ashleigh Viveiros

The next few weeks will be a transitional period for Manitoba when it comes to moving from public health orders to public health recommendations, noted Dr. Brent Roussin last week.

Speaking to media at an online press conference the day after the province moved down to Level Yellow on the Pandemic Response System, Manitoba's chief public health officer acknowledged there are some mixed emotions out there as restrictions begin to ease.

"For some Manitobans ... the lifting of these restrictions can't come soon enough. But for others, they feel they're being lifted too quickly," he said.

"As we transition away from public

health orders back into public health messaging, I'm asking all Manitobans to continue to respect each other and treat each other with kindness," Roussin urged. "This is going to be a difficult transition phase and, of course, we're not done with COVID, so we're going to have to continue to work together to protect Manitoba."

Proof of vaccination requirements will be gone March 1, with mask mandates in public spaces to follow March 15.

"There's going to be people who continue to wear masks in public settings and some businesses may require masks going forward," Roussin noted. "Manitobans should expect that in some settings, especially in health-care facilities, personal care homes, some protective measures may stay in place to protect those people who are vulnerable to infection."

While the numbers of COVID-19 hospitalizations and ICU admissions are on an encouraging downward trend, the relaxation of restrictions doesn't mean the pandemic is over and done with.

"It's very likely that we'll see more COVID-19 in Manitoba, more waves

and more variants, but we have many tools in place to protect ourselves moving forward, vaccines being the most important one," Roussin said, urging people to get vaccinated if they haven't already.

Wearing a mask in situations where physical distancing isn't possible remains recommended, he noted. All the other fundamentals are also important: good hand hygiene, staying home when sick, and managing the number of people from outside your household that you come into close contact with.

All this is especially important for anyone at high risk of negative COVID-19 outcomes, Roussin stressed.

Heading into the long weekend, the province's online COVID-19 dashboard was reporting 583 total hospitalizations with the virus (302 of which were still actively contagious), including 33 ICU patients (13 considered contagious).

The test positivity rate was at 18.5 per cent. The death toll had hit 1,649.

Updated numbers from the weekend were not available at press time Monday.

KAP welcomes review of education funding model

The following statement is attributable to Bill Campbell, president, Keystone Agricultural Producers (KAP):

"KAP welcomes the Government of Manitoba's announcement of a team to review and develop a new model

of education funding for implementation in the 2023-2024 school year.

Education funding is an issue that affects every farmer in Manitoba. As farm property values continue to increase year over year in most rural municipalities, farmers are contributing more than their fair share of the cost of education.

We look forward to working with the team to ensure that an equitable distribution of taxes between farm property and residential property is

reflected in the new education funding model.

We are also reiterating our call for the continued removal of education property taxes from farm property in Budget 2022. Farmers need financial certainty when drought conditions, supply chain pressures and rising input costs are affecting their farm operations."

- Bill Campbell, President
Keystone Agricultural Producers

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EXPRESS PHOTO BY RAEANN LEARMOND

Stonewall's Josh Learmond was snowmobiling with his family in Steep Rock over the weekend and took some time to take in some of Mother Nature's beauty at the cliffs. He was lucky to find a patch of ice that still showed the ice ball phenomenon that appeared at the beginning of freeze up in the fall. Share your weather photos with the Express. Email: weather@expressweeklynews.ca

Correction



EXPRESS PHOTO SUBMITTED

Mayor Lynn Greenberg helped Gimli resident Bruce Benson hoist the Flag of Humanity on Valentine's Day.

Staff

In the story "Flag of Humanity bridging the divide between people" in the Feb. 17 edition of the *Express Weekly News*, we provided an incomplete web link for Bruce Benson's Flag of Humanity. The link should have read: www.theflagof-humanity.com. We apologize for the slip-up.

Health Canada approves Novavax's COVID vaccine

Effectiveness against delta, omicron unknown

By Patricia Barrett

Health Canada approved the use of Nuvaxovid last week, the first protein-based COVID-19 vaccine for people aged 18 and older.

The two-dose vaccine, also known as NVX-CoV2373, is made by American biotechnology company Novavax.

The vaccine is made using a protein from the original strain of the virus. The protein can't replicate or cause COVID-19 disease, says the company.

"We are proud that Canada is part of the growing list of regions to authorize Nuvaxovid and that Canadians

will have a protein-based COVID-19 vaccine option," said Novavax president and CEO Stanley C. Erck in a Feb. 17 news release. "We thank the Canadian government and the National Research Council of Canada for their ongoing partnership and commitment to helping combat the evolving pandemic."

Novavax carried out clinical trials with 30,000 participants in the U.S. and Mexico, and with 15,000 in the U.K., both of which showed Nuvaxovid having a "demonstrated efficacy" and a "reassuring" safety profile.

"Serious and severe adverse events were low in number and balanced between vaccine and placebo groups. The most common adverse reactions

observed during clinical studies ... were headache, nausea or vomiting, myalgia, arthralgia, injection site tenderness/pain, fatigue and malaise," states the news release. "Novavax will continue to collect and analyze real-world data, including the monitoring of safety and the evaluation of variants, as the vaccine is distributed."

On its website, Health Canada says the vaccine was shown to be "90 per cent effective" in protecting participants in the clinical trials.

Canada's National Advisory Committee on Vaccination (NACI) said in a Feb. 17 statement on Nuvaxovid that the vaccine's "duration of protection is not yet known" and there is no data on whether it is effective against

the delta and the omicron COVID variants.

NACI notes that there have been incidences of myocarditis and/or pericarditis [inflammation of the heart muscle/inflammation of membrane around the heart] after the administration of Nuvaxovid, but there's "not yet enough information to determine if [the cases] are related to the vaccine."

Novavax has an agreement to produce the vaccine at the National Research Council of Canada's Biologics Manufacturing Centre in Montreal. That's expected to start later this year.

The federal government has signed an advance purchase agreement for 52 million doses of the vaccine.

MASC loan limit changes positive, but not a solution

By Becca Myskiw

The Manitoba Agricultural Services Corporation (MASC) announced on Feb. 10 with agriculture minister Derek Johnson they will be increasing limits on several lending products to help producers out.

MASC's lending programs give Manitoba agricultural producers access to credit with "reasonable interest rates and flexible repayment terms." They provide direct loans and stocker loans while guaranteeing loans are made by private-sector financial institutions to help create and expand operations in rural Manitoba. These loan limits were last updated in 2018.

"Our government recognizes the economic pressures on producers as they strive to succeed in the competi-

tive world of agriculture, despite the challenges presented by last year's drought and the impact of the ongoing pandemic," said Johnson. "In response, MASC has increased lending limits to provide our farmers, especially the younger generation, with financial options that give them greater flexibility in managing, establishing or expanding their operations."

Effective April 1, 2022, the direct loan limit for producers will increase from \$3.5 million to \$4.25 million, which reflects land values and operating costs. These loans can be used to purchase agricultural land and buildings, agricultural equipment, breeding livestock and quota for supply-managed commodities. They may also be used for construction or renovation of farm

buildings, greenhouses and nurseries, consolidation and refinancing of debt, and financing operating expenses.

Stocker loan limits provide short-term financing for producers. They're typically used for purchasing feeder cattle and lambs or as a cash advance on their retained feeder animals. Also effective April 1, 2022, these loan limits will increase from \$500,000 to \$750,000. Johnson said as Manitoba's beef herd has been significantly reduced recently due to the drought, this increase will provide "an excellent tool to help producers rebuild their herds."

Limits on the Manitoba Livestock Associations Loan Guarantee program are also increasing. This program encourages feeding cattle in

the province by providing several economic spinoffs. It will increase to \$750,000 from \$500,000 and association limits will increase to \$12 million from \$8 million, both as of April 1, 2022.

Manitoba Beef Producers general manager Carson Callum said these increases are important especially right now as the price of land is increasing for producers.

"It's not necessarily a solution for those that are in a cash shortfall situation due to the drought," he noted.

Though they are important changes, young producers don't have enough equity to take advantage of them, he said, and it won't bring other producers out of debt.

CancerCare MB launches new website filled with tips for cancer prevention

Staff

CancerCare Manitoba has launched a new website filled with tips to increase your chances of living cancer-free.

Practiceprevention.ca went live earlier this month to help Manitobans make informed choices and lower their cancer risk.

"The percentage of people we expect to be diagnosed with cancer has gone down in Manitoba and across Canada while survival rates have gone up thanks to advances in research, technology, screening and treatments," said Dr. Sri Navaratnam, president and CEO of CancerCare Manitoba. "This is very good news, but we know

that there is more work to be done, including steps that can be taken by every Manitoban to reduce their risk of being diagnosed with cancer."

According to the 2021 Canadian Cancer Statistics, two in five Canadians are expected to be diagnosed with cancer in their lifetime — an improvement from the one in two Canadians previously reported.

In the early 1990s, the five-year net survival for all cancers combined was 55 per cent, but it has now increased to 64 per cent.

That said, cancer remains a serious health concern, with 6,900 Manitobans expected to be diagnosed with some form of it in 2022. By 2035, that

number is anticipated to increase to 10,000.

The new website outlines specific steps people can take to better protect themselves (eating healthier, exercising more, living smoke-free, being sun safe, etc.), with links to activities, programs and other resources in each category.

"Many types of cancers are preventable, which means we can all reduce our cancer risk," said Navaratnam. "It might seem daunting to get started on something new like getting more exercise or eating healthier. The trick lies in knowing you don't have to go from zero to 100 all at once. You can start by making a small change and

building from there, knowing that the small change is already a healthy choice that can help reduce your risk of cancer."

Here are a few simple lifestyle changes to get you started:

- Go for a walk — don't let the snow stop you from getting outside.
- Avoid alcohol by choosing sparkling water instead.
- Move more by adding steps and moderate to vigorous aerobic physical activity to your day.
- Avoid fast food and increase consumption of fruits and vegetables, whole grains, beans and lentils instead.

Grant applications open for Coldwell Community Foundation

By Nicole Brownlee

Community organizations in the RM of Coldwell have the opportunity to not only access grants from a local foundation but also help with completing the application.

The Coldwell Community Foundation's grant application deadline is on Feb. 28, giving community organizations time to reach out to the foundation to ensure their application is as convincing as possible.

"We ask for them early so we can go over them with the group applying and make sure all the pertinent information is there," said Irene Runolfson, treasurer of the foundation.

"We try and help everyone that applies."

Community organizations, non-profits and community centres have been hit hard by the COVID-19 pandemic because their

fundraising efforts have been constricted by public health restrictions.

"They're all very important groups and causes, so we try and support them all," said Runolfson.

As of Feb. 15, CCF received three applications. Last year the group received five grant applications.

"We do have some repeat applicants because they are really diligent at getting projects on the go, but if it's a new group that needs some support ... feel free to call."

Grants will be awarded by mid-March.

Grant applications are available online at lunder.ca.

For more information about submitting grant applications, contact the Coldwell Community Foundation at 204-762-5727.

Stonewall RCMP investigate fatal collision

Staff

Stonewall RCMP responded to a report of a vehicle travelling on Highway 7 in the wrong lane of traffic at approximately 6:50 p.m. on Feb. 17. Officers immediately began making patrols.

A few minutes later, a 911 call came in reporting a four-vehicle collision on Highway 7 near Highway 323 involving the vehicle that was travelling in the wrong lane of traffic.

The initial investigation has determined that a white truck travelling south in the northbound lane on Highway 7 collided with a vehicle going north, which caused a chain reaction. The collision involved three northbound ve-

hicles and the white truck.

The driver of the white truck, a 66-year-old male from Peguis First Nation, was taken to hospital with serious injuries.

A 64-year-old male driver from Fisher River Cree Nation was pronounced deceased at the scene. He was driving one of the other vehicles involved in the collision.

Three adults and a child from the other vehicles involved were taken to hospital with serious injuries.

Stonewall RCMP, along with assistance from the Criminal Collision Investigation Team, and a forensic collision reconstructionist, continue to investigate.

Lung tests join swelling backlog of medical procedures

By Patricia Barrett

Doctors Manitoba raised the alarm last week about an ever-increasing number of surgical and diagnostic procedures that have been postponed.

The physician-support organization estimates the pandemic backlog of diagnostic and surgical procedures to be 161,585 procedures (as of Feb. 17), an increase of 7,748 procedures since last month. Diagnostic procedures include ultrasound and MRI imaging procedures, endoscopies, allergy tests and lung function tests.

The backlog arose when health-care resources were shifted to people with COVID-19. It grew worse as Manitoba moved through successive waves of infections. The omicron wave saw unprecedented numbers of people needing hospital care, including on Feb. 2 when 744 people were in hospital with COVID, according to provincial data.

Doctors Manitoba, which represents over 4,000 physicians, said in an update last Thursday that the backlog for ultrasound and MRI diagnostic procedures improved in December but grew for bone density studies and myocardial perfusion tests.

"The omicron wave has led to a surge in hospital admissions, resulting in widespread disruptions to surgeries and diagnostic testing," said Doctors Manitoba president Dr. Kristjan Thompson in a Feb. 17 statement. "Last month, we estimate the pandemic backlog grew by over 7,700 cases or 250 cases per day. This is the largest increase in a year."

The organization added lung function tests to the growing backlog. Lung tests are used to diagnose, treat and monitor lung conditions such as asthma,

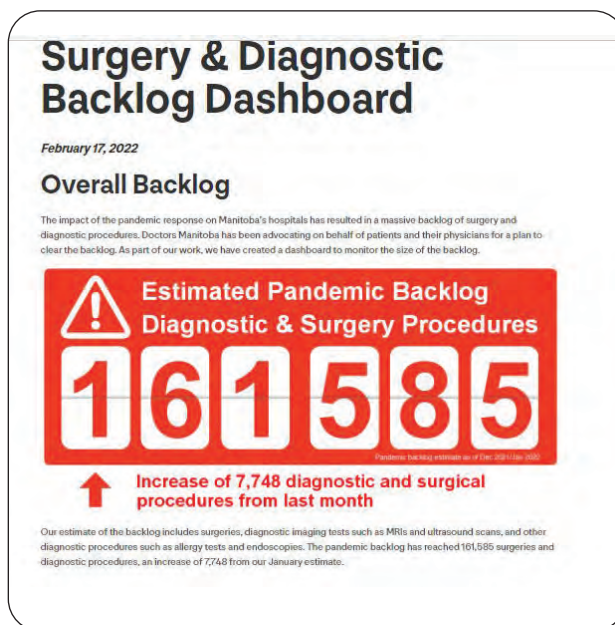


PHOTO SUBMITTED

Doctors Manitoba dashboard, updated Feb. 17, shows over 161,000 backlogged procedures.

chronic obstructive pulmonary disease (COPD), lung fibrosis and post-COVID-induced shortness of breath, according to the statement. For lung function tests alone, there is an estimated backlog of 8,848 procedures as of January.

Thompson said the backlog remains a "top concern" for physicians and is another reason "why Manitobans should be cautious as restrictions are eased."

The provincial government announced Feb. 11 that it is "accelerating" a plan to reduce public health measures, saying key COVID indicators are "stabilizing or improving."

Capacity limits were eliminated in restaurants, casinos and in entertainment and sports venues on Feb. 15. The government abolished self-isolation for close contacts of people testing positive for COVID. The government also stopped reporting on case numbers in schools on its school-aged COVID dashboard. On March 1 proof of vaccination will be dropped. Masking requirements will be dropped on March. 15.

The provincial government said in December 2021 it will establish a task force to address the surgical and diagnostic backlog. In mid-January, it announced it will send some spinal surgery patients to the U.S.

The Manitoba NDP's health-care critic Uzoma Asagwara said the increasing backlog is a failure by government to help people access vital health-care services.

"It is deeply troubling to see this backlog increasing by the day. The PCs' [Manitoba Progressive Conservative government] failure to take care of families living with pain and uncertainty is inexcusable and it will leave a stain on their record that Manitobans will not forget," said Asagwara in a statement last Friday. "They've done nothing to address this problem but make empty promises. Manitobans deserve a government that fixes problems and makes health care their No. 1 priority."

Deadline for heritage resources conservation grant application extended

Submitted by Manitoba government

The Manitoba government has extended the deadline to March 21 for applications to the Heritage Resources Conservation Grant, a program that supports local, community-based projects for the preservation and enhancement of Manitoba's heritage sites, Sport, Culture and Heritage Minister Andrew Smith announced today.

"Historical sites dot the landscape of our great province and our government is pleased to provide funding so generations can learn from and appreciate the rich history of Manitoba," said Smith. "By partnering with community organizations, local governments and property owners, the unique experiences, destinations and vibrant culture of Manitoba can be shared with the world."

The Heritage Resources Conservation Grant provides \$750,000 annually to community groups, volunteer and heritage organizations to support projects that demonstrate a commitment toward the conservation and long-term sustainability of heritage

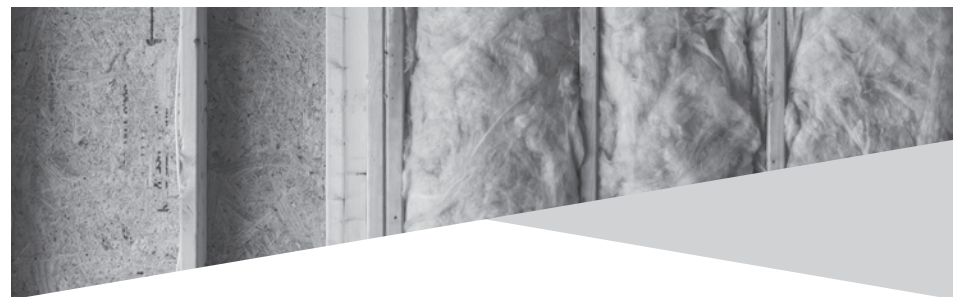
resources legally protected under the Heritage Resources Act.

The grant program is designed to encourage new partnerships with community organizations and the private sector to support the long-term sustainability of Manitoba's heritage infrastructure. Grant applications can be submitted for capital projects, research, conservation planning, education or training and endowments. The conservation planning category, in particular, provides funding for professional condition assessments that can benefit organizations during these uncertain times, the minister noted.

The original application deadline of Jan. 15 has been extended until March 21.

Smith added the timing of the funding allows organizations to take advantage of the upcoming construction season and ensure skills and trades are secured by spring.

For more information, visit www.gov.mb.ca/chc/grants/heritage_hrcg.html.



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Rock-giving shows appreciation for health-care workers at Gimli hospital

By Patricia Barrett

As COVID-19 and successive waves of the infectious virus continue to wear on health-care workers, some Interlake residents are showing them how much their care is appreciated.

Cindy Genik, Sharon Mulder and Bill Martin boosted the mood of health-care staff at the Gimli Community Health Centre a few weeks ago by delivering 100 hand-painted rocks.

"We wanted to bring some cheer and spread some kindness to health workers," said Genik last week. "We don't want to forget health-care workers because they're working so hard and putting in overtime to care for people. I just wanted to do something to keep encouraging them and say, 'Hang on, you're not forgotten. People are thinking about you.'"

Genik put her artistic talent to work on a large stash of rocks that she spent weeks painting with cheery designs including flowers, ladybirds, fish and cats. Every time she visits the beach, she collects some palm-sized rocks that are perfect for painting — which takes about an hour per rock. Over time she built up a sizeable stash that she's ready to donate.

In the past, staff at Gimli hospital have treated her for an allergic reaction and always "took such good care of me," she said. She has given painted rocks to other hospital health-care workers and social service workers to spread the cheer and make people feel appreciated for what they do. She also gives the rocks away on special occasions such as showers, birthday parties and "just-because" events.

"I have given quite a few rocks to health workers in Arborg and to the Bear Clan [Patrol]," said Genik, "and to my hairdresser and my dentist. I spread them around. Everybody is always happy to have them. Painting and giving is kind of my thing."

After the rocks were delivered, Genik said she got a call from a worker at Gimli hospital to say that staff "couldn't believe how many rocks there were" and that they were "excited" about the random act of kindness and token of appreciation.

Genik said she hopes more people will show random acts of kindness as we continue through trying times and personal challenges.

"I hope it catches on."

Sharon Mulder and Bill Martin, who are good friends and have worked with Genik on the Canadian Cancer Society's annual Relay for Life, worked with Genik on rock-giving project.

Mulder was the one who got Genik started on rock painting, said Genik, and she wrapped the donated rocks in individual plastic bags with a ribbon and tags saying "Thanks so much" on them.

Mulder said health-care staff and other folks are feeling very fatigued by the pandemic.

"I think everybody is feeling done with COVID. They're reached the end of their tether and it has been enough already — certainly for health-care staff," said Mulder.

She said Martin really wanted to do something to say thank you to all health-care workers — as well as to essential workers — who've shown such tenacity in the face of the pandemic, and he had



EXPRESS PHOTO BY SHARON MULDER

Cindy Genik painted rocks with a variety of uplifting designs that include fish, flowers, ladybirds and cats.

reached out to Genik to see what they might be allowed to do for hospital staff given the infectious disease protocols in place.

"I think [the painted rocks] were a perfect gift," said Mulder.



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St. Laurent snowmobiler found safe

By Nicole Brownlee

Raymond Laramee told his roommate he was going for a snowmobile ride on his usual three-hour route around 2 p.m. on Feb. 5.

When the clock hit 8 p.m. and Laramee hadn't returned, his roommate became concerned and called their neighbours, Tracy and Glen Hogan.

After confirming the Hogans hadn't heard from Laramee, they knew something was wrong.

"My husband and I went into action," said Tracy Hogan.

With a background in search and rescue, volunteer firefighting and health care, Tracy was the ideal leader of the search for Laramee.

Tracy posted on Facebook that she was looking for her neighbour, and within the hour, the post was shared 1,000 times.

Tracy was receiving so many calls, texts and direct messages when she and Glen first left their house to look for Laramee that she decided to set up shop at home to organize the search.

Armed with her phone, laptop and iPad, Tracy sat down at 9:30 p.m. to co-ordinate search parties guided by Glen and tracked on maps printed by Tracy's cousin Max.

At 2 p.m., Laramee started his sled, let it warm up and checked to make sure it was properly running before he packed his bag and headed towards

the Hogans, who own Stonyridge Seasonal Campground in St. Laurent.

"That's the only trail I usually break myself," said Laramee, who's sledged since he was eight years old.

From St. Laurent, Laramee filled his gas tank and rode towards Inwood to briefly stop at the Inwood Snowmobile Club warm-up shack. Laramee then headed west towards Lake Manitoba.

"The lake is wide open, and you can get a good rip on a sled though," said Laramee.

"IT WAS VERY HUMBLING SEEING THE AMOUNT OF PEOPLE THAT WERE ACTUALLY OUT THERE."

Heading from one end of the lake to the other, Laramee headed back towards two trails. One goes directly back to his place in St. Laurent, and the other takes a detour through Oak Point.

Laramee chose to take the Oak Point trail but soon regretted his decision. The trail hadn't been groomed after the most recent dump of snow but had tracks from other

sledders.

Around 4 p.m., Laramee was about six kilometres away from Church Road in St. Laurent, following tracks on six-foot-tall snowdrifts when he realized there was no path for him.

"I started turning around, and I got stuck," said Laramee.

He removed his jacket and helmet while digging out the sled and finally got the sled unstuck.

"As I was going out of the drift, one of the hollows took me in, and the drift, kind of, pushed me towards the bush."

Laramee's sled toppled onto its side.

While the snowmobile trail is usually packed snow, Laramee compared the snow in the bush to sugar powder.

"There's no density to it."

Laramee fruitlessly tried to flip the sled over then reached for his phone, noticing that it was missing, along with his glasses.



EXPRESS PHOTO SUBMITTED

Ray Laramee was found warm by a fire at 2:45 a.m. on Feb. 6 after a seven hour search.

Accepting that he was without a phone to call for help, without glasses and losing daylight, Laramee searched for wood.

Gathering small sticks for kindling and dipping a length of gauze from his emergency medical supplies into the snowmobile's gas tank, Laramee started a fire in the protection of the large snowdrift that toppled him over.

After eight years of training in the cadets and the military reserves, Laramee always prepared for emergencies. Laramee said he didn't feel panic huddling over a fire as night stuck in the bush.

"My roommate's very familiar with my riding habits," said Laramee.

"I just stayed warm until I was found."

If Laramee wasn't discovered that night, he planned to mark his sled and path with his supplies and head towards Church Road.

At 2:45 a.m., Steve Emms and his son Tristan found Laramee cozy by the

fire. Steve called Tracy to let her know Laramee was safe and sound.

The Emms helped Laramee flip his sled and lifted it out of the powder on top of the drift. Laramee followed the Emms back to town and headed home.

By the time Laramee was found, over 40 volunteers on snowmobiles and in vehicles had joined the search with more offering to come in the morning.

"It was chaos," said Glen.

By 5 a.m., the Hogan house had calmed. Laramee had returned home and connected with the RCMP searching for him, and the team tucked in after a long night.

Laramee was uninjured but exhausted.

"It was very humbling seeing the amount of people that were actually out there," said Laramee.

He stayed up until 8 a.m. thanking people for their help over Facebook and explaining the ordeal.

"I'm very grateful."

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Your FARM



The way we were: West St. Paul resident converting 65 acres into tallgrass prairie

By Patricia Barrett

A West St. Paul resident has embarked on a conservation project with the East Interlake Watershed District (EIWD) to convert almost all his land into tallgrass prairie.

Brad Loewen, who lives near the St. Andrews Airport, said he'll be planting several varieties of hardy prairie grasses on 65 acres of hay land as they have significant environmental and climatic benefits.

"I'll be turning a hayfield into tall grass," said Loewen last week. "The land will go back into being a hay field, except it will have native grass species on it as opposed to invasive species."

Loewen said he has a number of goals for his project, including wanting to stop herbicide use, helping take the pressure off insect, bird and animal species that are either threatened or struggling for habitat — and many of which help pollinate food crops — and eventually determining how nutritious native grasses could be for farm animals.

"I'm very interested in how native grasses will attract birds and mammals. There are some birds that like taller grasses to perch on and to have as habitat. That was a big part of my motivation," said Loewen. "And I want to lower the impact of herbicides, as well as other environmental reasons."

The project is in the initial stages. Loewen said there's quite a bit of work involved in turning hay land containing invasive species into natural prairie. It will take about two to three years to destroy everything growing there — considered invasive species — before planting the native grasses.

He was advised by a number of experts that in order to kill the vegetation, he'd have to use herbicide, he said. That deterred him from undertaking the project five or so years ago as he investigated other means of converting the land to natural prairie.

"The more difficult way to kill everything is to till it for a year — or even two years — and also use some spot spraying for the most tenacious weeds," he said. "I have to make a choice next summer between doing

that and less tilling requirements and just spraying it a couple more times," he said. "Basically, it's quite a chore to kill what's there; that's the message I got."

Once the field is stripped of invasive vegetation, Loewen said he can plant the native seeds. That's expected to happen in 2023. He's working with a consultant who will supply the seeds.

"The field will be seeded with side oats grama, green needlegrass, western wheatgrass, little bluestem, blue grama, northern wheatgrass, Canada wild rye, awned wheatgrass, slender wheatgrass, big bluestem, switchgrass and white prairie clover," said Loewen.

Once the native species flourish, Loewen can cut the "native hay" or periodically burn it as fire is beneficial to the regeneration of grasslands flora.

Native grasslands once covered extensive swathes of Manitoba before they were lost to agriculture and development. They extended across the Canadian Great Plains — parts of Manitoba, Saskatchewan, Alberta — and were vital ecosystems supporting thousands of species.

Grasslands are critical for allowing water to seep into the ground and for retaining water during flooding. In addition, the tall grasses have deep roots that can store carbon, keeping it out of the atmosphere, where it contributes to global warming.

Loewen said he'll be undertaking all the groundwork with the help of neighbours interested in determining how nutritious native grass species are.

"I have a small tractor that hasn't so far figured into the equation, but I also have a number of neighbours with equipment who are willing to help and are quite interested in this project," said Loewen. "They're interested in what the nutritional value of the native grasses will be and possibly feeding that to their cattle."

Loewen had applied for grant funding through the EIWD and was informed last year that his rehabilitation project had been approved. He said it's a 50-50 cost-sharing arrangement.

The EIWD administers program



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Tallgrass (species unidentified) growing close to a wetland in the Interlake.

funding from the federal department of Environment and Climate Change Canada and the Manitoba Habitat Heritage Corporation for a number of environmental projects including wetland enhancement, exclusion fencing, shelterbelts, riparian enhancement, soil enhancement and water retention.

EIWD manager Armand Belanger said Manitoba has lost practically all of its native prairie grasses and anything landowners can do to restore them will contribute to biodiversity growth.

"Manitoba has lost about 99 per cent of its original tall grass prairies so every little bit that's re-established can make a big change," said Belanger last week. "That's why the watershed district was excited to partner with Brad Loewen to re-establish native tall grasses on his 65-acre site."

Belanger said there are numerous environmental benefits to growing native tall grasses, including their "massive" root systems that store carbon.

"Every back yard, schoolyard or acreage with native grasses and flowers will create a home for rare and native pollinators and birds," said Belanger. "It will suck up pollutants in the air and water. It will fight climate change with their massive root system. It will reduce flood and drought events by absorbing and storing water. And it will do all this with very little maintenance."

Restoring, improving and maintain-

ing grasslands, wetlands and forests are important measures within the EIWD's integrated watershed management plans, which aim to protect the health of the Interlake watershed.

"Any landowner that is interested, like Brad, just needs to give us a call or send in an expression of interest indicating the location, size and idea they have in mind," said Belanger.

All submissions are reviewed and selected by the EIWD's board and GROW committee using a competitive conservation auction process, said Belanger. The process rates the overall benefit of the project's ecological goods and services and the cost to complete it.

"From there, EIWD co-ordinator Zoe Bailey, GIS technician Heather Alexander and other staff will help build a plan to see if the landowner qualifies for funding through the district's Enhancement Protection Program and with provincial GROW funding," he said. "There may also be other funding possibilities the district can find."

Once the project is approved, EIWD staff will work with the landowner to help implement their project. That could mean sourcing trees, seed or materials, assisting the landowner plant, seed or landscape their site or hiring professionals to get it done.

For more information about projects that may be eligible for funding, contact the East Interlake Watershed District at 204-642-7578 or visit www.eastinterlake.ca

Your FARM



Demand for soybeans seeps into Manitoba

By Nicole Brownlee

Manitoba growers are working with a Canadian soybean producer to increase exports to Asia, Europe, Africa and North America.

The soybean market has exponentially grown over the past decade because of a rise in demand for plant-based proteins for animal and human consumption. The International Institute of Sustainable Development predicts that soybean production will surpass wheat and corn crops in the U.S.

Selvita International is a privately-owned Canadian company that focuses on developing soybeans that suit Canadian growing conditions.

"We do a lot of our own plant breeding and variety development with a focus on Canada," said Sandy Hart, business manager of Sevita International.

Most of the breeding effort in North America is focused on the maturities that grow in the U.S. because they're one of the leading global producers of soybeans.

"The opportunity of the Canadian acre is very appealing, so we put more emphasis on developing products that are appropriate for this market," said Hart.

Sevita worked with eastern provinces like Ontario and Quebec before moving into the prairies in 2019.

For Manitoba soybeans, Sevita concentrates on good protein and food qualities in early maturing genetics.

"There's no new agronomic advancement or training or anything like that that's in play here," said Hart.

"We've had good retention year over year. Good yields relative to (genetically modified) products, and we have not had to refuse somebody's crop due to protein."

Manitoba has successfully grown several types of Sevita soybeans that have reached protein and yield targets.

Doug Kiel, a Teulon farmer, grew his first crop of Sevita soybeans last year.

"Despite the dry growing conditions last summer, our food-grade soybeans from Sevita yielded thirty-five bushels per acre in one field," said Kiel in a statement.

"As a grower, I also appreciate that

Sevita's breeding program develops varieties specific to Manitoba's growing conditions," said Kiel.

Manitoba experienced a record drought during the 2021 growing season causing many farmers to produce a fraction of their usual yield.

The drought also impacted Sevita's product testing abilities. Sevita seeds are bred in Ontario and tested in seven locations across Manitoba.

"Testing something in a drought can be valuable in terms of telling you how it does in a drought," said Hart.

"But when it's a new product for the marketplace, we want to see it under normal conditions."

Hart said that Sevita soybeans attract \$2 to \$2.50 a bushel over what a producer could sell their commodity beans for locally, but some producers are hesitant to make the change.

"They do perceive a certain amount of risk in having to keep the crop GM-free, managing weeds without some of the same tools that the GM systems allow."

Producers interested in growing Sevita soybeans can't grow genetically modified soybeans the year before trying Sevita. Harvesting and transportation equipment also has to be cleaned to discourage contamination from genetically modified crops.



PHOTO SUBMITTED

Sevita International business manager Sandy Hart says there's a tremendous demand for high-quality Canadian soybeans in international markets.



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Celebrate Canada's Agriculture Day on Feb. 22

By Ty Dilello

Canola is a true "made-in-Canada" success story. In just a few decades, it's become one of the world's most essential oilseeds and is one of the leading crops in Canada. Every year, approximately 20 million acres is grown in Canada, mainly on the Prairies. And today, over 200,000 jobs in Canada are related to the production of canola oil.

Canada's Agriculture Day is Feb. 22, and farmers across the province are celebrating by thanking Manitobans for their support and for making canola oil the go-to cooking oil in home kitchens and restaurants across Canada.

Since 2017, Canada's Agriculture Day has been recognized by thousands of people across Canada, as well as globally. Year after year, #CdnAgDay is a trending topic on Twitter nationwide, and it hopes to continue that trend this year.

On Feb. 22, farmers will be celebrating by encouraging Manitobans to cook an all-Canadian meal with their family and friends using seasonally sourced ingredients such as canola oil.

On Canada's Agriculture Day, farmers and the Manitoba Canola Growers Association (MCGA) are planning special community visits to Heritage Co-op stores and Co-op stores around the province. Farmers and the MCGA team will be at select locations on Feb. 22 to meet shoppers and hand out free recipe booklets and reusable shopping bags.

"It's a great day for us to see farmers take pride in growing safe, affordable food for everyone, so let's celebrate them as they celebrate us as consumers for choosing canola oil for our kitchens," said Jennifer Dyck, market development director for the

Manitoba Canola Growers Association. "As someone that lives in the city, it's a day for all of us that eat food to celebrate those that are doing the growing and raising of food."

"Canola oil is seen as a pantry ingredient, but it really is our local and Manitoba choice for oil. You can buy any size of bottle of any brand wherever you buy your groceries, and you can be proud to know that you're supporting Manitoba canola farmers with that purchase."

In addition to local Co-op food store visits, social media will play a prominent role in this year's celebration. Manitobans are encouraged to share their love of Canadian ingredients online over their social media platforms with the hashtag #CdnAgDay.

Curtis McRae has been farming for over 30 years near Selkirk. On Feb. 22, McRae will be meeting with consumers at the local Selkirk Co-op.

As a lifelong farmer, McRae is elated that he's able to live the profession he loves so much.

"I'm excited to grow the best quality canola I can and share it with Manitobans who enjoy it. It's so gratifying to be able to grow the food that Canadians eat with their family every day," said Curtis McRae.

"I want to celebrate the people that buy our products, so all the consumers, and everyone that eats. Let's celebrate a day where food is readily available as if you've eaten in Manitoba somewhere at any point, you've probably had Canola somewhere along the way."

For Canola-based recipes that you could try this week and more information about Canada's Agriculture Day, please visit canolaeatwell.com.



STANDARD PHOTO SUBMITTED

Canada's Agriculture Day is on Feb 22. Jennifer Dyck, market development director of Manitoba Canola Growers Association, is excited to celebrate our agriculture through cooking homegrown Canola oil recipes.

Brave patients share their stories to help others with dental anxiety

BY ELISHA VANDOR

When I first say dental implants to someone, they don't jump at the opportunity to go through a dental procedure. Quite often, it's the reason some stray away from the hope of tighter dentures altogether, but I'm here to give you some peace of mind from some who have been in your shoes, seen the other side and are here to share their stories.

When Brian came in to see us earlier this month, we were able to get the insider scoop on how his dental implant appointment at the dentist went. He had 5 teeth removed and 4 dental implants placed just two weeks prior. Brock the Denturist asks Brian what he's often asked, like does it hurt? Brian says, "I only had freezing put in and I didn't feel a thing to be honest with you. I didn't know they were putting in the dental implants until they were in. The whole process was about an hour and a half and afterwards I went home. I was given prescription Tylenol from the Dentist

and took that for a week after, but it wasn't terribly terrible. So, if you're thinking about dental implants, go for it! So far, it's been easy and that was the hardest part."

While Brian is still in the healing phase, the next patient we interviewed is now enjoying the full benefits of his new dental implant supported smile. Brock asked him to share his experience. Frank says, "I first came here for an appointment to discuss options with Brock. He was honest right from the beginning and guided me through every step. At first, dental implants is a scary thought, right? I came here with only 4 teeth left and had suffered for years. I didn't even want to go out and see people anymore. I had lost all my self-esteem, until I did something. The procedure changed my life 100%. A couple of weeks go by with the healing and you get used to it and it's nothing but great after. To me, it feels good, if not better than when I had my real teeth. It's a long-

term solution. Now I can eat, see my friends and family. People love my smile. This is the best decision I've made and the best place to get it done. I recommend it to anyone."

Both Brian and Frank have the same dental implant solution! Their lower denture is held in by four dental implants, which clicks in and out, like how a button snaps open and closed. In addition, if you recall the article a few weeks ago, we talked about how someone with dental implants can adjust the tightness of their denture with o-rings, well now both Brian and Frank are able to do that. They use o-rings to adjust the tightness to just tight enough to chew that morning toast, but still easy to clip out or have it so tight they can eat that well-done steak!

The first step to seeing how we can help is to call and book a free consultation. Like Frank said, we will guide you through each step so you can make the decision that's best suited for you.



- supplied photo -

Frank shows off his new smile that changed his life! **SENIOR PRICING**

VANDOR • DENTURE • CENTRE
AWARD-WINNING DENTURES AND IMPLANTS

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299.5 Eaton Ave, Selkirk, MB

get inspired

> MEAL IDEAS



Caramelized Onion, Mozzarella, Prune and Thyme Flatbreads

coarsely ground black pepper, to taste
To make caramelized onions: Preheat oven to 400 F.

In large stockpot over medium-low heat, warm oil and melt butter. Add onions and cover; cook 20-25 minutes, stirring occasionally. Add thyme sprigs and season with salt, to taste; turn pan lid slightly ajar. Place pot in oven 1 hour, stirring occasionally.

To make flatbreads: Preheat oven to broil. On sheet pan, toast flatbreads under broiler 4 minutes, or until toasted, flipping halfway through.

Spread 1/4 cup of caramelized onions over each toasted flatbread. Refrigerate leftover onions.

Tear mozzarella and place over onions. Divide prunes among flatbreads and place flatbreads under broiler 4-6 minutes until cheese has melted and is beginning to brown.

Sprinkle flatbreads with fresh thyme and season with salt and pepper, to taste.

- Prep time: 15 minutes
Cook time: 1 hour, 30 minutes
Yield: 4 flatbreads
Caramelized Onions:
2 tablespoons olive oil
1/2 cup butter
6 large yellow sweet onions, sliced into thin half circles
3 sprigs fresh thyme
coarse kosher salt, to taste
Flatbreads:
4 personal flatbreads
1 cup caramelized onions
4 ounces fresh mozzarella
10 California Prunes, diced small
1 tablespoon fresh thyme leaves
sea salt, to taste



Citrus Breakfast Toast

sunflower butter on each piece of toast. Top each with 1 tablespoon prune puree spread evenly across sunflower butter. Sprinkle each evenly with sunflower seeds and diced prunes. Top each with half broiled citrus and serve.

Alteration: Use broiler set on high instead of culinary torch to caramelize sugar.

- Prep time: 13 minutes
Cook time: 2 minutes
Servings: 2
Prune Puree:
16 ounces pitted California Prunes
1/2 cup hot water
1 large citrus fruit, peels and piths removed with knife, sliced into rounds
1 1/2 tablespoons raw sugar
4 tablespoons sunflower butter
2 slices whole-grain sourdough bread, toasted to desired darkness
2 tablespoons prune puree
1 tablespoon sunflower seeds
2 California Prunes, finely diced
To make prune puree: In blender, pulse prunes and water to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary. Store in airtight container up to 4 weeks.
To make bruleed citrus wheels: Place citrus wheels on baking sheet and divide sugar evenly among each piece.
Using circular motion, pass flame of culinary torch repeatedly over sugar until it boils and turns lightly charred and amber.
To build toast: Spread 2 tablespoons



Expert patient here to help!

By Susie Schwartz

I've had a few close calls in my life, including a nine-year-old near-death experience with Type 1 diabetes, deadly insulin pump malfunctions, and a gastric pacer implant that made it near impossible to eat. But more than once, the worst almost happened. So my tip to avoid the worst?

Ask your pharmacist.

I mean it. Ask. Or you may get unmanageably pregnant! Yes you. Even those of you without wombs. Think of pregnancy as a metaphor if you're missing that body part.

Jason, my Canadian Pharmacist, has saved me from this plight more than once. Pregnancy might have killed me, but even more so, parenthood probably would have. Let me explain.

I've rocked up to that pharmacy medicine counter more times than I've used the loo. (Yes...I'm British now.) I can recall three times Jason has said, "Just so you know, this medication cancels out 'the pill.' Whoa. I nearly fainted from relief, all three times.

Pharmacists go to school for 300+ years for a reason. It's a tricky business. 'If you take this with that your liver might fail' or, 'two blood thinners are too many blood thinners' or, 'you might get pregnant, and that child will break your heart a thousand times and sneak out of the house to deal illegal puppies and cry all night long for their first four years and grow up way too fast leaving you a sad and lonely empty-nester making you need an illegal puppy of your own,' or so they tell me.

To be clear, I love your children. I'd italicize 'your' for emphasis if my editor would let me. And also, to be



Susie Schwartz

clear, I am not one to jump all over prescription medication as I think we often overlook natural remedies. I also have a strong distaste for the profit margins of many pharmaceutical companies. (Insulin is a prime example of medication with exorbitant prices and is out of pocket for many people with diabetes in the U.S.) With that said, I'd be dead without my medication - Insulin for sure.

So best practice? Whenever you are taking a new medication for any reason, ask the pharmacist if it is safe with your pre-existing conditions and medications - even something as simple as antibiotics. (If memory serves me, it was an antibiotic that almost caused me a baby.)

Give them the chance to save you from a new life-long condition like liver disease or...

The need for an illegal puppy.

Less health stress, yes?

A published author and songwriter, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschw, and lesshealthstress.com

Prune and Almond Truffles

Recipe courtesy of Meg of "This Mess is Ours"

Prep time: 45 minutes

Servings: 24

Water

- 1 cup California Prunes
 - 1 1/2 cups toasted slivered almonds, divided
 - 1/4 teaspoon coarse kosher salt, plus additional, to taste, divided
 - 1 tablespoon cocoa powder
 - 1 1/2 tablespoons vanilla paste or extract
 - 1/4 teaspoon almond extract
- Boil water and pour over prunes. Soak 30 minutes; drain.

In food processor fitted with "S" blade,

pulse 1/2 cup toasted almonds with salt, to taste, until fine crumbs form. Transfer to shallow bowl and set aside.

Add remaining almonds to food processor with 1/4 teaspoon salt and cocoa powder. Pulse 30 seconds to combine. Add prunes, vanilla paste and almond extract; process until combined. Mixture should be creamy with slight texture from almond crumbs. Transfer prune mixture to bowl and refrigerate 1 hour.

Once chilled, use small cookie scoop to portion out individual truffles on parchment-lined baking sheet. Gently roll each truffle in reserved toasted almond crumbs. Store on parchment-lined plate in refrigerator up to 2 weeks. Serve chilled.

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INSIDE > OUTSIDE > UPSIDE DOWN

U18 female AAA Lightning fall to Avros

By Brian Bowman

There was no quit in the Interlake Lightning U18 AAA female hockey team down the stretch.

Interlake gave the Winnipeg Avros a real good battle in its best-of-five playoff series.

The first-place Avros came out on top, though, sweeping the series after a 5-1 home win on Sunday afternoon.

Veronica Smarz scored Interlake's lone goal in the second period.

Winnipeg, which scored four goals in the middle frame and then added another in the third, received goals from Courtenay Bayes, Elizabeth Bird, Norah Collins, Mackenzie Lizotte and Kahlen Wisener.

Katleyn Dorsch stopped 45 Avros' shots.

Winnipeg took a 2-0 series lead with a 3-0 shutout victory over the Lightning last Thursday in Stonewall.

Collins, Kyleigh Johnson and Wisener scored second-period goals for

the Avros.

Rachel Halldorson was superb in goal, making 56 saves.

The Lightning lost Game 1 of the series in heart-breaking fashion, dropping a 4-3 decision in overtime.

Interlake led 2-1 after the first period and the two teams were tied at 3-3 heading into the third.

Bre-Ann Windross led the Lightning with a goal and an assist while Kenady Christensen and Sarah Shewchuk also tallied.

Avros' goals were scored by Rory Lubkey (two), Mackenzie Lizotte and Wisener.

Dorsch was great in goal as the Lightning were outshot 50-21.

Interlake finished the regular season with a 4-23 record to finish in last place in the eight-team league. But three of those wins came in Interlake's final five regular-season games. The Lightning made great strides by the end of the season.



EXPRESS PHOTO BY LANA MEIER

Interlake Lightning goaltender Rachel Halldorson made 56 saves in her team's 3-0 home loss to the Winnipeg Avros last Thursday.

Peguis Juniors' winning streak snapped

Staff

The Peguis Juniors' nine-game winning streak this month — and 10th overall — was snapped on Sunday afternoon.

Peguis was defeated 7-3 by the Norway House North Stars in Keystone Junior Hockey League action.

Brodie McPherson paced Peguis with two goals while Lyle Murdock also tallied. The Juniors' Keelian Levasseur had two assists.

Norway House goals were scored by Lucien Tait-Reaume (three), Frederick Ledoux (two), Henry Muchikewanape and Richard Ducharme.

On Saturday evening, Peguis doubled Norway House 12-6.

Darian Murdock was sensational, scoring seven goals and an assist while Lyle Murdock added two goals and three assists. Ayden Daniels, Levasseur and Marcus Crate also scored for the Juniors.

Aidon Marchand made 47 saves for the win.

The Juniors outscored the Islanders

10-8 in Cross Lake on Friday.

Peguis' Sundance Paul had two goals and three assists while Darian Murdock added three goals and an assist and Lyle Murdock had a goal and three helpers.

The Juniors' other goals were scored by Seth Stark, Daniels, Levasseur and Crate.

Tyrese Bear stopped 37 Cross Lake shots.

Last Thursday, Peguis pounded Norway House 11-5. The Juniors led 5-4 in the third period before exploding for six goals.

Lyle Murdock led Peguis with two goals and three assists while Darian Murdock had two goals and two assists. Gabriel Beaulieu also had a strong game with two goals and a helper.

The Juniors' other goals were scored by Jaydon McPherson, Kyle Cochrane, Jamie Maytwayashing, Daniels and Lavasseur.

Marchand made 30 saves for the win.



EXPRESS PHOTO SUBMITTED

The Interlake Lightning U18 AAA female hockey team will be losing seven players due to graduation. Pictured back row, left to right: Sarah Shewchuk, Shyanne Chartrand, Kiorra Johannesson and Emerson McAuley. Front row, left to right: Brooke Wadge, Kenady Christensen and Katleyn Dorsch.

Lott off to his first Tim Horton's Brier next month

By Ty Dilello

Winnipeg Beach's Colton Lott got the call last week that he will be heading to the 2022 Tim Horton's Brier being held March 4-13 in Lethbridge, Alta.

Lott was recovering from losing the provincial men's final last week when he was asked to join West St. Paul's Mike McEwen on Team Manitoba to be their fifth man/alternate.

"It was easy to say yes to them," said Lott. "They are a world-class team, and I can't wait to get to Lethbridge with them."

Team McEwen's lead Colin Hodgson is currently dealing with a lingering lower-body injury that had him on the sidelines for some of the provincials. This means that Lott could see some serious ice time if the injury doesn't heal in time for the Brier.

Team McEwen stated on their social media accounts that "We're excited to welcome Colton as our fifth for the Brier! Colton is a World Junior Champion and two-time Canadian Mixed Doubles silver medallist with many other accomplishments on his curling resume. We're thrilled to bring his experience, knowledge & skills with

us!"

McEwen's lead Colin Hodgson added, "We're really grateful that Colton is joining the squad for the week to bring all he does to the table. He's an absolute shooter and great dude!"

The 2022 Tim Horton's Brier will feature 18 teams, split up into two pools of nine. West St. Paul's Mike McEwen (Manitoba) and Morris' Jason Gunnlaugson (Wild Card #3) will make up the Manitoba contingent for the event.

In other curling news this week, a number of COVID-19 cases in the days following the men's Viterra Championship have caused CurlManitoba to cancel the provincial mixed doubles championships that were supposed to be held last weekend at St. Vital.

A total of 18 teams were signed up to compete in the mixed doubles, but with half the field having a member of their team that had competed at the Viterra. And with cases piling up, CurlManitoba pulled the plug on the event just a few days prior to it starting.

CurlManitoba stated, "While Manitoba Health orders do allow tournament play, CurlManitoba remains



EXPRESS PHOTO SUBMITTED

Winnipeg Beach's Colton Lott is joining Mike McEwen's rink representing Manitoba at next week's Tim Horton's Brier in Lethbridge, Alta.

committed to ensuring the safety of our athletes. CurlManitoba, in consultation with the St. Vital Curling Club host committee, has decided to postpone the upcoming Mixed Doubles Championship until the fall in the best interests of keeping competitors safe for events running on consecutive weekends. St. Vital is very excited

to host this event in the fall. CurlManitoba is striving to host only the Provincial Championships that lead to a National Championship."

As their release stated, CurlManitoba will now hold this year's mixed doubles championships in October at the St. Vital Curling Club.

Lundar Falcons fly past Selkirk Fishermen

By Brian Bowman

With the first-place Selkirk Fishermen hosting the last-place Lundar Falcons on Sunday afternoon, this game had all of the makings of a blowout.

But that wasn't the case.

In fact, it was Lundar that skated to a hard-fought 2-1 victory in Capital Region Junior Hockey League action.

Raymond Hefferman gave Selkirk a 1-0 second-period lead with a power-play goal. But Lundar responded with goals from Ryan Gleich and Riley Wirgau, on the power play, in the middle frame. Gleich had two points in the game.

Selkirk outshot Lundar 50-21 but Dillon Rapinchuk was great in goal to earn the well-deserved victory.

Last Friday, the Falcons' game with the St. Malo Warriors in Lundar was cancelled due to weather/poor road conditions.

Lundar played at North Winnipeg on Tuesday but no score was available. The Falcons will host North Winnipeg Friday (8 p.m.) and Selkirk on Saturday (7:30 p.m.).

The Arborg Ice Dawgs, meanwhile,

had a busy schedule last week with four games in six days.

But they only got to play two of them.

Arborg's game against the North Winnipeg Satellites on Friday and the Sunday contest against St. Malo were cancelled due to poor weather/road conditions.

Last Thursday, the Ice Dawgs lost 7-4 to the Fishermen.

Selkirk, which held period leads of 3-2 and 7-2, received goals from Kasen Andrushko, Josh Poponick, Travis Spratt, Devon Whiteside, Nolan Milgaard, Jordan Donald and Braeden Hummel.

Hummel and Kyle Folhoffer each had three points in the game.

Brayden Kohlman (two), Aiden Miller and Austin Adair replied for Arborg. The Ice Dawgs' Jack Einarson had two assists.

Arborg goaltender Brandon Kowalchuk made 29 saves.

On Feb. 15, Arborg hammered North Winnipeg 8-2.

The Ice Dawgs, which built period leads of 3-1 and 7-2, received an outstanding five-goal effort from Jack



EXPRESS PHOTO BY BRETT MITCHELL

Lundar Falcons' forward Ryan Gleich scored a goal and had an assist in his team's impressive 2-1 road win over the Selkirk Fishermen on Sunday afternoon.

Einarson.

Arborg's Noah Johnson had a goal and an assist while Daytona Moneas and Mark Hamrlik also tallied.

Cadrick Dueck, Michael Crave and Kalen Guimond each had two assists. Troy Gutowski and Isaiah Sagriotis-

Castaneda replied for North Winnipeg.

Kowalchuk made 26 saves for the win.

The Ice Dawgs will visit the Satellites this Saturday for a 7:30 p.m. game.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 male Lightning season ends with a loss

By Brian Bowman

The Interlake Lightning U18 AAA male hockey team's season ended with a loss on Saturday afternoon.

Parkland cruised to a 7-4 victory over Interlake in Teulon.

"It was the last game of the year and a lot of emotion," said Lightning head coach Scott Wong.

Nathan Vigfusson, Joel Purdom, Liam Cody and Evan Calder scored for the Lightning.

Wong said the Lightning had a lot of good scoring opportunities in the game but failed to capitalize.

Parkland goals were tallied by Jayce Legaarden (two), Matthew Munro (two), Kyan Grouette, Hayden Seib and Will Munro.

Zack Meadows made 34 saves in the losing cause.

Last Friday, the Lightning whipped the Rangers 6-0.

"It was very nice to see," Wong said.

"These kids had it in them. We were only getting better. After Christmas we had a two-week lull with COVID and injuries and stuff like that. They were minor things but the boys got past it and we took a couple of lumps during that time. When we had a full roster, we were good and had no issues. We could compete with anybody."

Vigfusson and Hayden Wheddon scored to give Interlake a 2-0 first-period lead.

Purdom made it 3-0 with a shorthanded goal in the second period and then Kye Parker (power play), Evan Calder and Wheddon (power play) tallied in the third.

Ty Hogue stopped 37 Parkland shots for the shutout.

Interlake finished the regular season

with a 9-29-2 record and did not make the playoffs.

It was a disappointing season.

"I'm kind of glad it's done," Wong said. "I'm very disappointed (with the record), I'm not going to lie about it. I thought this team had a lot more (up-

side) to our game. I'm disappointed with the overall expectations. I came from a program (where) I was winning 30 games a year and I thought I could take these guys to the next level but there were a lot of internal things.

"As a coach, you want to do the best that you can with

guys but you can only do as good as what you're given and under the circumstances."

"IT WAS THE LAST GAME OF THE YEAR AND A LOT OF EMOTION."

McCorrister named Bisons' Boston Pizza Athlete of the Week



Linden McCorrister

Staff

Linden McCorrister was named a University of Manitoba Bisons' Boston Pizza Athlete of the Week for the period ending Feb. 13.

McCorrister, a forward from Pequis, scored the game-winning goal to lead Manitoba to a 3-2 win over the Saskatchewan Huskies on Feb. 12.

He also scored in the Bisons' 6-2 loss to the Huskies the following day.

McCorrister finished the season with six goals and four assists — a nine-point improvement from 2019-20 when he appeared in four games for the Regina Cougars.

He tied for third on the Bisons in goals scored this season while leading the team in power-play goals with four.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

H	S	D	S	H	O	E		
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V	Y	D	V	I	N	O	I	D
V	U	V	I	L	W	O	T	E
M	S	S	S	O	D	E		
H	V	W	V	S	W	O		
S	A	V	C	E	D			
G	N	I	K	N				
N	O	I	A	V	R	E	T	
A	T	R	E	R				

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Constrictors
- Abounding in rocks
- Speed
- German city
- Lacking sympathy
- Visionaries
- Wastes away
- One precursor to the EU
- Nursemaid
- Unconsciousnesses
- Baby's word for father
- Equal to 64 US pints (abbr.)
- Senses of self-importance
- Midway between south and southwest
- When you hope to get there
- Electronic data processing
- Passports and drivers' licences are two
- Fishes
- Air Force
- Personal computers
- Ecological community
- Wings
- Halfway
- Cool, calm and collected
- Jewelled headdress
- Musical composition
- ___ Falls
- Repeating remarks
- Periods in one's life
- Hyphen

CLUES DOWN

- ___ Humbug!
- Devices that alert pilots (abbr.)
- Grocer
- One point east of southeast
- Subjects to hostility
- Work unit

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- Atomic #56
- British thermal unit
- "Elusive Butterfly" singer
- Fastened over animal's neck
- Device
- Rechargeable power source
- Ancient sage
- Junior's dad
- Horse mackerels genus
- Morning
- Unit of linear measurement (abbr.)
- Double curve
- Small, twisted bunch
- Developed
- Mars crater
- Humanistic discipline
- Word element meaning ear
- Last or greatest in an indefinitely large series
- Wood residue
- It cools your home

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204-389-5333

Town of Winnipeg Beach EMPLOYMENT OPPORTUNITY RECREATION MANAGER

The Town of Winnipeg Beach Recreation Department is accepting applications for a Recreation Manager. This hands-on management position reports directly to the Chief Administrative Officer. The Recreation Manager is responsible for planning, implementing, and managing a broad range of community recreation services, programs, and facilities, encouraging maximum community involvement and coordination with other community organizations. A post-secondary education in recreation with a minimum of three years experience in a local government environment is preferred. Training in refrigeration plant operations is an asset. This experience shall include personnel management, recreation facility management and program planning. Excellent leadership skills and an ability to effectively communicate with the public, council and staff are necessary. Our Town is a progressive community with excellent educational, medical, professional, recreational, and commercial services. The Town of Winnipeg Beach offers a competitive salary and full benefits and pension package. Qualified candidates are invited to submit a cover letter and resume stating experience, education, and all other pertinent data to the Chief Administrative Officer via Email: cao@winnipegbeach.ca or by Mail: Box 160, 29 Robinson Ave, Winnipeg Beach, MB, R0C 3G0

We thank all interested individuals for their applications for this position; however, only those selected for an interview will be contacted. Applications accepted until the position is filled.

Town of Winnipeg Beach SENIOR ELECTIONS OFFICIAL (SEO)

For The Town of Winnipeg Beach Municipal Elections

The Town of Winnipeg Beach is looking for an individual to administer all aspects of the municipal election process in compliance with The Municipal Councils and School Boards Election Act.

The SEO will be responsible for:

- Discharging his or her responsibilities under the legislation independently and impartially
- Attending at the training provided for the election process
- Establishing and maintaining an up-to-date voters list for the Town
- Exercising direction and supervision over the conduct of elections within an established budget
- Ensuring that election officials in the local authority carry out their duties with impartiality and in compliance with the legislation
- Providing election officials with instructions necessary to administer legislation
- Accepting nominations and communicating impartially with candidates
- Coordinating the counting of ballots and declaring of results
- Working in cooperation with Evergreen School Division Senior Elections Officer
- Preparing and submitting all necessary reports before, during and after the Election

Qualifications:

- Must be eligible as per The Municipal Councils and School Boards Elections Act
- Must be able to work varied hours up to and including the day of the Election and following to meet the requirements of the legislation
- Possess excellent communication and organizational skills
- Have proficient computer experience, including working with a database
- Able to work independently and respectfully with elected officials, the public and municipal staff

This is a contract position preparing for before, during, and after election periods: with comprehensive training being provided in advance. Interested individuals should apply in confidence indicating "Senior Elections Official" and provide a compensation expectation, with three (3) references, by mail or email to the attention of:

Kerry Swanson
Chief Administrative Officer
PO Box 160
29 Robinson Ave, Winnipeg Beach, MB R0C 3G0
Email: cao@winnipegbeach.ca
Phone - 204-389-2698

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

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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RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER

CLOSING DATE: Thursday, March 17, 2022 at Noon

The Rural Municipality of Gimli is accepting tenders for the following:

- SUPPLY & DELIVERY OF LIMESTONE AGGREGATE:** for the supply and delivery of limestone aggregates; to be deposited on municipal roads throughout the RM of Gimli, or hauled to stockpile at the Public Works Shop yards, as directed by the Municipality. The material to be applied in one main haul approximately during the period of June 1, 2022, until completed. Additionally, there may be spot hauling continuing until December 31, 2022.
- GRAVEL HAULING & LOADING:** for the hauling of gravel to be deposited on municipal roads throughout the RM of Gimli from the pit located in SW25-20-3E. The material to be applied in one main haul during the period of June 1, 2022, until completed. Additionally, there may be spot hauling continuing until December 31, 2022, approximately 12,000 cubic yards. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader.
- GRAVEL CRUSHING:** for the gravel crushing and stockpiling at the pit located in SW25-20-3E. Traffic Gravel to Department of Highways Specifications, approximately 14,000 cubic yards.
- 2022 EQUIPMENT RATES:** the RM of Gimli is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2022 works season ending March 31, 2023. Contractors who do not submit pricing and/or do not hold a valid business licence or business tax will not be considered for municipal projects.
- DUST CONTROL:** Application of Magnesium Chloride or Calcium Chloride dust control product. Product must be Magnesium Chloride Liquid or Calcium Chloride Liquid with a 30% to 35% Brine Solution and an Anti-Corrosive Inhibitor to meet Corrosion Rate of less than 4.0 mils per ASTM G 4-84. Bidders may provide a quote for one or both. The product shall be available for delivery to various locations in the Municipality from June 1, 2022 to October 31, 2022, as required by the Municipality.
- GRAVEL SCREENING FOR WINTER SAND:** for the screening of gravel for winter sand from the pit located in SW25-20-3E. Screened Gravel for winter sand must be to Department of Highways Specifications. Approximately 2,000 cubic yards required. Gravel Screening is to be 25% complete by June 30th, 2022 and 100% complete on or before August 31, 2022 weather permitting.
- FUEL:** for the supply of fuel for the period of April 1, 2022 to March 31, 2023, for municipal equipment. The tenders are for approximately 40,000 litres of gasoline, approximately 50,000 litres of clear diesel fuel, approximately 80,000 litres of purple diesel (at pumps, card lock system). To be delivered to the Public Works Yard in the Gimli Industrial Park.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Any questions or concerns related to the tenders can be directed to: Karl Bergman
Public Works Foreman
Rural Municipality of Gimli
Phone: (204) 642-6688
publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

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M & J Farms/Glasman Farms two-year-old Simmental & Angus Bull Sale, 2:00 p.m., Sunday, Feb. 27. View bulls at farm. Videos & bidding online www.DLMS.ca Call Jared 204-796-0999, Matthew 204-773-6055.

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Still stressed about COVID-19? Try our Government Approved solutions for stress and immune support - we should talk - Peter Marykuca, Gimli, MB. 204-641-1504.

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: JACK HAWTHORN, late of the R.M. of Gimli, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 7th day of April, 2022.

DATED at Gimli, Manitoba, this 23rd day of February, 2022.

BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTRIX Attention: Grant D. Baker



204-467-5836

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: As soon as possible once a candidate has been hired.

Submit letter of application and resume to Hiring Committee, complete with 3 references & their contact info by email to indentgal@gmail.com or by mail. Applications accepted until a candidate has been hired. For more information, contact Hiring Committee at above email address or by phone @ (204) 768-3016.

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

RECYCLING NOTICE FOR MARCH/2022

Riverdale Place Workshop Inc. will not be picking up recycling on the below mentioned dates due to the small group of workers available.

- Mon. Feb. 28/2022 at Riverton business places
- Tues. Mar. 1 at Arborg curbside pickup
- Weds. Mar. 2 at Arborg business places
- Thurs. Mar. 3 at Riverton business places
- Mon. Mar. 14 at Riverton business places
- Tues. Mar. 15 at Arborg curbside pickup
- Weds. Mar. 16 at Arborg business places
- Thurs. Mar. 17 at Riverton curbside pickup
- Mon. Mar. 28 at Riverton business places
- Tues. Mar. 29 at Arborg curbside pickup
- Weds. Mar. 30 at Arborg business places
- Thurs. Mar. 31 at Riverton business places

**Please rinse you containers
Thank You for recycling**

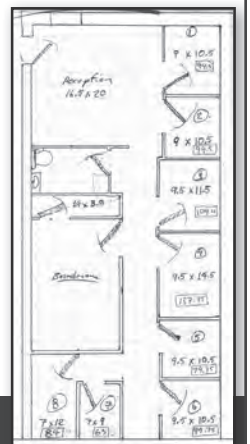
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For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

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Email to: tdmsports@hotmail.com
Apply in person at 279 Main St., Arborg

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Interlake

OBITUARY



Warren Kelner

Suddenly, on February 9, 2022 at his residence, Warren passed away at the age of 55 years.

He leaves behind his spouse of 21 years, Betty Kibsey and his cat Peanut.

Many thanks to the nurses and dialysis unit in Gimli who cared for Warren over the years.

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

He will be sadly missed.

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

Gilbart Funeral Home,
Selkirk in care of arrangements.



OBITUARY

Charles (Chuck) James Kramble

Peacefully, on Wednesday, February 16, 2022 at the Gimli Community Health Centre, Chuck Kramble, aged 89 years of Gimli, beloved husband of the late Leona passed away.

In keeping with his wishes, cremation has taken place and a celebration of life 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

Dale Francis Campbell

June 24, 1930 – February 7, 2022

The family of Dale Campbell are saddened to announce Dad's passing at the age of 91.

Dad was predeceased by his beloved wife, Alma, brother, Jack and numerous brothers-in-law and sisters-in-law. Also, predeceased by son-in-law, Jack Becker and many nieces and nephews.

Dad is survived by his daughters, Bonnie (Dale) and Debera; grandchildren, Dale Thompson, Cameron Thompson (Tannis), Kendra Kelly (Tim) and great-grandchildren, Campbell and Marshall.

A memorial service will be held in Gimli, date and location, to be announced.

Flowers gratefully declined.



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OBITUARY

Patsy Trakalo (nee Panteluk)

October 9, 1957 – February 12, 2022

It is with great sadness that we announce the unexpected passing of Patsy Trakalo on Saturday, February 12th, at the Gimli Community Health Centre, at the age of 64, with her devoted husband Les by her side.

Patsy leaves to mourn her passing, her loving husband, Les, of 37 years; cherished son, Brent Trakalo, precious granddaughter, Luka; sisters, Carol Keller, Shirley Sumka (Ted), Linda Appell (Arnie); brother, Wayne Panteluk (Sharon); sister-in-law, Rochelle Panteluk; mother-in-law, Jean Trakalo and in-laws, Ken, Bernie, Shirley, Billy, Lynn and spouses, as well as numerous nieces and nephews.



Patsy married the love of her life, best friend and soul mate on October 13, 1984. They were inseparable and Les was always there by her side, providing unconditional love and support.

Patsy loved her son Brent dearly. Brent was her dearest accomplishment and she was his biggest fan, and would do anything within her means for him. She was so proud when she became a grandma and she simply adored her granddaughter, Luka.

Patsy grew up in Meleb, born the youngest girl of six children. She attended Gimli Composite High School. Soon after, she moved to Winnipeg and worked at Great West Life until her brain aneurysm at the age of 23, inevitably resulted in the paralysis of her left side.

Despite the challenges Patsy faced, she persevered and never gave up hope. She was strong and determined and faced her obstacles with grace and humility. She was kind and thoughtful, and always greeted you with a smile. Patsy was also so very humble and asked for so little, and was always so grateful to her family and friends.

Patsy enjoyed family functions, visiting and playing cards, listening to music, watching her afternoon soaps, going to bingo, and spending time with their beloved cats. We always knew we could find her playing bingo on Friday nights at the Fraserwood Hall amongst her many cherished friends within the bingo community.

We'll miss her laughter and love, and we will forever remember her by her mom's side, their beautiful bond, and their shared love of cards and bingo.

The family would like to thank the doctors and staff at the Gimli Hospital for their care and compassion, and her loyal best friend and neighbor, Gail Jacobson, who she treasured and was always there for Patsy. We would also like to thank her dear aunts, Rosie and Lucy, for their frequent phone calls and visits. Patsy and Les loved playing cards with them.

We all gained another Angel and know she was greeted in heaven by those that predeceased her, including her mother and father, Lil and John Panteluk; father-in-law, Joe Trakalo; brother, Steve Panteluk; brothers-in-law, Martin Keller and Art Garner, and nephews, Keith Keller and Larry Sumka.

Patsy, you will be missed. May you rest in peace and soar with the angels.

A private memorial service will be held at a later date.

Donations can be made in Patsy's memory to St. Peter & Paul's Cemetery (Berlo, Manitoba) or the MS Society of Canada.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Marion Dueck (Garrioch)

On February 9th, surrounded by her children and grandchildren, after a lengthy battle with cancer, Marion Dueck (Garrioch) passed away quietly.

She was born Christmas Eve 1933 and lived her early life near Kinosota, Manitoba. At nine years of age, this brave little soul moved to Winnipeg to live with her Aunt Sadie. Though she went home for grade 6 to care for her younger siblings while Mom recovered from surgery; she was to spend the next 34 years on her own in Winnipeg. She went to grade 11 and



got a job at a bank. In the 1950s she met Art Dueck, married on August 28, 1954. She had two kids while living downtown then moved to St. James where Derwin was born. In 1962 the family moved to Charleswood where Derry was adopted. In 1977 she moved to Niverville to start a new adventure in retail. After 10 successful years they moved to her childhood farm and raised cattle. They retired to Gimli where they became busy members of the senior community on the condo board, New Horizons, and The Crazy 8s - a singing group.

She was predeceased by her husband Art 10 years ago. As her time approached, she met and found closure with her extended family.

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OBITUARY



Carol Boitson
1946 - 2022

Carol Anne Boitson (nee Mills) passed away at her residence in Gimli, Manitoba on February 16, 2022.

Carol was born in Deloraine, Manitoba on March 16, 1946 to William "Len" and Dorothy (Stenhouse) Mills of Boissevain, Manitoba.

In 1950, Carol's family moved to Winnipeg Beach, Manitoba. Her parents started up Dorothy's Café in 1959 and ran the business until their retirement in 1974. She had many happy memories of working with her family in the restaurant, which served up "the best fries in town". In fact, that is where Carol met Andrew in 1965. They were married on March 4, 1967 and raised three boys together.

Carol loved living in the Winnipeg Beach area and was a familiar face at many local events. In recent years, she enjoyed reminiscing and posting old photos of the town and the original Dorothy's Café on local social media pages. She also cherished working on family genealogy projects with her brother John.

Carol was predeceased by her parents and her eldest son Randy. She is survived by her husband Andrew, two sons Ryley and Robert (Audrey), brother John and his family, and her cherished grandson Wil.

In keeping with her wishes, cremation has taken place and funeral services will be held in the summer.

In lieu of flowers, please consider making a donation to Diabetes Canada, The Heart and Stroke Foundation, or Cancer Care Manitoba.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Marjorie Miller (nee Nault)

Peacefully, with her husband and son by her side, on Friday, February 18, 2022 Marjorie passed away at the age of 91 at the Betel Home in Selkirk, Manitoba.

Following her wishes, cremation has taken place. A private family service will be held at a later date.

FISHER FUNERAL HOME INC.
In care of arrangements. Fisher Branch, MB
204-372-6803 or 204-372-6271

OBITUARY



Lorne Grant Willis
September 15, 1941 – February 14, 2022

With the heaviest of hearts, we sadly write to inform you of the passing of Lorne Grant Willis, of Petersfield, MB. at the age of 80 years.

Lorne will be forever missed by his loving wife Merle of 58 years and left to cherish his memory are his children Darren (Leona), Lorna (Deme), George (Sherylyn), Allison (Ron). Papa's grandchildren and great-grandchildren who he loved dearly, Gavin (Felicia) Mia, Zoe, Chloe, Haven; Kayla (Lucas), Hunter, Abygale; Justin (Danielle), Raelynn, Dominic; Ashley (Trevor) Paige, Caroline; Dylan; Kole and Tristan; his beloved cat Spotty will miss him as well. He also leaves behind his brother Lance (Rosemarie), sister-in-law Dale and their families and numerous friends and relatives.

Dad was predeceased by his twin sister Lorna, his parents Ernest and Lillie, grandson Dustin and brother Allan.

Lorne was born in Teulon, MB. He was raised on the family farm. He worked at Nelson River Construction before taking over the family farm. He was also a school trustee. He worked as a Manitoba Public Trustee until retirement. Dad had a love of hunting, fishing, camping throughout his life and then gardening in his later years. Dad was very proud of his Metis heritage.

Our heartfelt thanks to all the staff involved in Dad's care that he received the last six weeks.

In lieu of flowers you may make a donation to a charity of your choice or treat a friend to coffee in Lorne's honour.

A private funeral will be held at a later date as per Dad's wishes.



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