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VOLUME 9 EDITION 14

THURSDAY, APRIL 7, 2022

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## Ice dancing

EXPRESS PHOTO SUBMITTED BY JORDAN COOK

Interlake Co-op celebrated St. Patrick's Day in Arborg with a Kids Club skating event. Children of all ages and their families took part in the outside skate on the Iceandic River enjoying complimentary popcorn and drinks. These skaters were trying to teach Cooper, the Co-op mascot, how to dance on the ice.

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# Children welcome to join the West Interlake Easter egg hunt

By Nicole Brownlee

The Easter bunny will hop into Ashern and Eriksdale on April 9, offering hidden treats in a new tradition for the RM of West Interlake.

The RM of West Interlake's first annual Easter egg hunt will start at 10:30 a.m. in Ashern at Railway Park and continue the festivities at 1 p.m. in Eriksdale at Railway Memorial Park.

Over 300 eggs filled with chocolatey treats and small toys will be hidden

around the public parks with varying difficulty for younger and older children to discover. Participants are encouraged to bring their own baskets to collect their goodies.

The hare of the hour will also attend the hunt to distribute colouring pages and pose for photos.

The Easter egg hunt and several small functions mark the slow return to in-person events for the municipality.

"It's pretty exciting," said Sam Bayer, recreation director for the municipality.

The province terminated public health restrictions like barring gatherings, vaccination requirements and mask use on March 15, giving communities the green light to return to public activities.

The RM of West Interlake eased into in-person events with free family movie nights hosted in Ashern on March 28 and Eriksdale on March 31.

Families gathered with popcorn to watch *Encanto*, which snagged the Academy Award for Best Animated Feature Film at the Oscars on March 27, at the Ashern Centennial Hall and

Eriksdale Recreation Centre for two screenings in the afternoon and evening.

Snacks were available for purchase, and colouring pages with crayons were supplied to work on during the film.

"It's nice to actually get involved with people again," said Bayer.

"Parents are excited that there's finally stuff happening."

Family movie nights will be hosted once a month in Ashern and Eriksdale for evening screenings.

To stay up to date with municipal events, visit the RM of West Interlake Facebook page.



EXPRESS PHOTO SUBMITTED

Children of all ages are encouraged to bring their baskets and take part in the West Interlake's first annual Easter egg hunt on April 9.

## Rubber duckies escape the bathtub for Ashern race

By Nicole Brownlee

Nearly 500 rubber ducks are waiting for the spring melt to help the Lakeshore Regional Wellness Commission raise money by racing in a ditch stream.

The squeaky fundraiser started six years ago, but this will be the duckies' fifth race after a two-year break because of public health restrictions during the COVID-19 pandemic and low water levels.

"We're down two ducks over the years," said Tim Cameron, president of the Commission.

The 498 plastic ducks are sold for \$5 each to enter the race. The fastest duck will earn the purchaser a first-place prize of \$300. The second-place duck wins \$100, the third-place duck wins \$50 and the slowest duck wins \$50.

"They all get dumped in the water at the same time, and the race is on," said Cameron.

"Down the ditch they go."

Money raised from the water race will help develop the Lakeshore Regional Wellness Centre. The Wellness Centre, which was the Ashern Curling Rink until 2016, is planned to become a multi-use, year-round facility for people of all ages.

The Commission recently received a \$100,000 grant to ensure the facility is accessible and is working on a front addition to the building.

The facility is predicted to open fully in 2023.

Ashern's Great Duck Race 2022 location depends on the amount of wa-

ter flowing through the ditch, but the race has previously been held by the sports field near the Wellness Centre or close to Highway 6.

"The date is also water-dependent," said Cameron.

"If there's still snow or ice or if it's dry, we would have to adapt."

The best way to know where the race will be is to check the Lakeshore Regional Wellness Commission Facebook page, said Cameron.

The Commission expects to sell all 498 ducks as they have in previous years, which will raise \$2,490.

To purchase a racer, visit [lrwellness.ca](http://lrwellness.ca), the Commission's Facebook page or contact any member of the Wellness Committee.

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# Interlake Co-op Kids Club celebrates family



EXPRESS PHOTOS SUBMITTED

Interlake Co-op's mascot Cooper the dog was busy making friends on the Icelandic River while celebrating St. Patrick's Day on March 17. The Interlake Co-op Kids Club Committee hosted the outside skating event. Families enjoyed a nice warm spring evening skate. Interlake Co-op also gave out green cupcake treats to the Kids Club members that came into the stores in our Arborg food store and Eriksdale food store to help make the St Patrick's day a little more special for our young shoppers.

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# Steep Rock embraces return of annual fishing derby

By Nicole Brownlee

Interlake ice fishers delighted at the return of the Steep Rock Fishing Derby on March 26.

After a two-year break because of the COVID-19 pandemic, the annual tradition returned to the Steep Rock wharf, with over 250 fishers hoping to catch the winning fish.

Patrick and Winifred Graham hurriedly planned the fundraising derby with the help of RM of Grahamdale Reeve Craig Howse when the province lifted public health restrictions.

Proceeds from the derby's ticket sales will be donated to the Steep Rock Community Club.

"We only started preparing about two weeks in advance. We usually would have had months," said Patrick Graham.

In 2019, 297 fishers cast lines in the derby, almost 40 more contestants than this year. Graham attributes the slightly lower participation to the organizers' time crunch but said the group estimates they raised a decent sum for the Community Club.

"It looks like we did at least as good or maybe slightly better due to the larger sales in the raffle and 50/50 tickets."



Garry Eyford snagged second place with his only catch of the day, a 1.89 kg pike.

The group did not calculate the total raised for the Community Club in time for publication but expects the money to be used for renovations.

Participants had the chance to win dozens of prizes at the derby. Logan Macdonell snagged first place at the derby, collecting \$2,420; \$500 was donated by the Steep Rock Community Club. Garry Eyford won second place



EXPRESS PHOTOS SUPPLIED BY PATRICK GRAHAM AND GARRY EYFORD  
The fifth annual Steep Rock Fishing Derby attracted over 250 fishers to the Steep Rock wharf on March 26.

and a prize of \$1,290. Kevin Heroux won \$645 in third place.

A prize of \$150 went to the participant who caught the smallest fish, and \$100 went to the fisher who caught a fish weighing the randomly selected secret weight.

All fishers who caught a fish also received a prize, and the derby offered raffle prizes and 50/50 tickets.

"In the past, we've only ever caught about 12 fish during the four-hour period. This year, we caught 50 fish," said Graham.

Raffle prizes included a cooker smoker, Petro-Canada gas cards, an electric lawnmower and a Pentax camera.

All contestants under 12 years old were gifted a free fishing rod with the purchase of a fishing hole.

"It was a fantastic day. Everybody had a lot of fun," said Graham.

"It's outstanding, the way the community comes together," said Graham.

This was Eyford's first time entering the Steep Rock Fishing Derby despite owning a cottage in the community for six years.

"This is the first time we've been home, and we could join," said Eyford, a Warren resident.

"We'll go to it every year now. This was a really well run, fun event."

Eyford spent the day fishing with his wife, Kelly Eyford, and snagged a 1.89 kg fish, the only fish he caught.

"Everybody who saw you catch a fish cheered you," said Eyford.

Participants supported and rejoiced when fishers successfully snagged something.

"As soon as you stepped on the ice, you were part of a group."



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# Alzheimer Society looking for board members

By Ashleigh Viveiros

The Alzheimer Society of Manitoba is on the hunt for a few new board members.

Rob Kennedy, past board chair and current nominating committee head, says that as an organization that helps people affected by dementia across the province, they're looking for representation from all over.

"Because we're a province-wide organization with satellite offices in many rural communities around the province and a wide network of volunteers, we like and need to have rural and small town representation on our board," he stressed.

Board members typically serve two terms of three years each. The 12-member board has two members reaching the end of their terms this year, including a Winkler area resident.

"I'd like to do a little shout out to

Jessica Phillips-Hunt, whose six-year service with the Alzheimer Society is running out in this June," Kennedy said. "She's a health care professional from the Southern Health region.

"We're looking for people like her. People who have a deep connection to persons with dementia, whether that's through their professional life or a family member, and who also bring that rural and small town community perspective to our board table. That is paramount with us."

The board welcomes applicants with diverse backgrounds and skill sets and a eagerness to get involved.

"We would like to see people apply who are big picture orientated," Kennedy said, explaining the board follows the Carver Policy Governance model, which focuses on empowering the agency's staff to get things done. "We kind of stand back and create the policies under which the staff delivers

the work."

The society provides programming, education, and support to thousands of Manitobans affected by dementia each year.

Its board meets six times a year. Members who drive into Winnipeg from out of town can be reimbursed for their travel expenses. Attending meetings virtually is also an option.

In addition to making policy decisions and the like, board meetings also regularly include guest speakers who help paint a picture of the impact of the society's work and the challenges families dealing with dementia face.

"Hearing the stories is a mandate of the organization," noted Kennedy. "We've had numerous presentations from people with dementia and their caregiver ... talking about the trials and tribulations and the personal stories that can be heart-wrenching."

But it also helps board members better understand the work they are supporting and make decisions with the people they impact in mind, he observed.

After nearly six years as a board member, Kennedy is nearing the end of his own time with the organization. He doesn't hesitate to recommend the experience to anyone with a passion for helping others.

"It's been very rewarding," he said. "It's really a great group, a diverse group of people that includes health care professionals, physicians, architects, financial advisors, owners of construction companies, and a couple of retired people. So it's really an interesting group of people to work with."

If you're interested in learning more, head to [alzheimer.mb.ca](http://alzheimer.mb.ca). Applications are due in by April 22.

# Huge garage sale to support Kenyan kids on April 29 and 30

By Jennifer McFee

Garage sale season will soon be underway, and a huge upcoming event will kick it off to benefit a good cause.

Bethel Rays of Hope Ministries will host a garage sale in Stonewall's New Life Church at the end of April, and all the funds raised will support children in Kenya.

"Bethel Rays of Hope Ministries was started by a group of friends in the Stonewall and Winnipeg area. It gets help from a few churches but is not directly linked to any church," explained board chair Jim Croy.

"We were incorporated in 2013 but as a group we have been helping children in Kisumu, Kenya since 2007. We are all volunteers and none of the fundraising is spent in Canada. So we can truly say that 100 per cent of your donations goes to helping the children we support."

Currently, the Kenyan orphanage is home to more than 60 children, and the organization also supports many more children who live at home in their communities.

"We have a school with more than 200 children attending. We started teaching our own children so that we could afford good education. We then opened our doors to community children that could not afford regular school," said Croy, who will be at the garage sale with information and photos related to the project.

"In order to meet the needs, we are now making plans to build a proper school building — the current school is made of sticks and tin sheets."

The fundraising target is \$8,000, with the hopes of being

able to travel to Kenya early next year to start construction.

To help reach this goal, the group is hosting a garage sale at Stonewall's New Life Church on Friday, April 29 from 2 to 7 p.m. and Saturday, April 30 from 9 a.m. to 2 p.m.

Cathy Mackie, who is helping to organize the garage sale, said 100 per cent of the money raised will support Bethel Children's Home and school in Kisumu, Kenya.

"What makes this sale quite unique is its size," Mackie said.

"Previously, we have been blessed to have so many donations that we basically take over the majority of the church building and classrooms. I call it our Department Store Garage Sale."

Donations would be very welcome and can be dropped off at the church from Friday, April 22 to Thursday, April 28 from 9 a.m. to 5 p.m. (excluding Sunday). Mattresses, pillows, big furniture, old electronics and old TVs won't be accepted. Anyone with questions about a donation can text Cathy Mackie at 204-330-0973.

For those who can't make it to the garage sale, there are other ways to show support.

"Any donation would be gratefully accepted at any time and any amount. An e-transfer to [treasurer@bethelraysofhope.com](mailto:treasurer@bethelraysofhope.com) would be a blessing to us at any time," Croy said.

"Sponsoring a child changes a life in ways that are almost impossible to describe."

For information about fully sponsoring a child or simply sponsoring their education, contact Milly Beirnes at [board@bethelraysofhope.com](mailto:board@bethelraysofhope.com).

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## Cross-border restrictions ease for the fully vaccinated

Pre-entry tests no longer required for fully-vaxxed, but everyone still needs to use ArriveCAN before crossing back into Canada

By Ashleigh Viveiros

Planning a road trip down south? The Canada Border Services Agency (CBSA) is reminding travellers that while some COVID-19 restrictions have eased, there are many still in play.

The federal government removed the pre-entry test requirement for fully vaccinated travellers on Friday, April 1.

That means fully vaccinated people coming into Canada by land, air, or water no longer need to be tested for COVID-19 before they arrive at the border, though some people may be randomly selected to take a mandatory test when they arrive. If you get selected for a random test, you are not required to quarantine while awaiting the results.

If you're partially vaccinated or unvaccinated, nothing has changed for you—unless you're otherwise exempt, you still need proof of a negative pre-entry COVID-19 test upon returning to Canada.

Accepted tests include a negative antigen test taken no more than one day before arrival at the border, a negative molecular test taken no more than 72 hours before, or a previous positive molecular test taken at least 10 calendar days and no more than 180 calendar days before arrival at the border.

And, unless otherwise exempt, all unvaccinated returning Canadians will still be tested with COVID-19 molecular tests on arrival and on day eight while they quarantine for 14 days.

Tim Johns, CBSA director for southern Manitoba, said last week that they are anticipating seeing a jump in the number of travellers at the border now that the pre-entry testing requirement for vaccinated individuals is gone.

"We're definitely expecting increased volume as the travel restrictions ease," he said, noting they'll be shifting staff around as needed to meet growing demand at popular crossings.

Vaccinated or not, Canadians need to be aware that all travellers still need to provide several pieces of required information via the ArriveCAN app or website *before* arriving at the border.

"I want to iterate that even though the testing requirement is changing as of the 1st, there is no change to the ArriveCAN requirement, which needs to be submitted within 72 hours before arriving in Canada," stressed Johns.

ArriveCAN requires travellers—no matter how long they were outside

the country—to upload their vaccination information, quarantine plans in case of a positive test result, and other related details before attempting to cross into Canada.

"Even if you are fully vaccinated, if you don't use ArriveCAN then a traveller may not be exempt from quarantine or testing requirements, so it's very important to do so," Johns said, emphasizing that even a fully vaccinated individual could find themselves in a mandatory 14-day quarantine if they fail to use the app.

"Travellers should print or take a screenshot of their ArriveCAN receipt and bring it with them," he advised. "And make sure that they're using the most up to date app if they've downloaded it from the Google Play store or the [Apple] App Store."

Coming back into Canada is one thing, Johns noted, but it's also important to check the current COVID-19 related requirements for entry into the foreign country you're travelling to.

The United States, for example, requires non-Americans to provide proof of full vaccination for entry. Those entering the U.S. via air also need a negative test or proof of recent recovery from COVID-19 before boarding their flight.

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## Government providing nearly \$4.8 million for the Arts and Culture Sustainability Fund

Submitted by Manitoba government

MLA Derek Johnson is pleased to announce \$39,200 in funding through the Manitoba Arts Council (MAC) in support of Lundar Grettir Co-op Inc., the Gimli Film Festival and the Gimli Glider Museum Inc., as part of our PC government's Manitoba Arts and Culture Sustainability Fund. Our PC government is proud to continue to support many arts and cultural groups across our province to ensure that Manitoba remains vibrant and inclusive. We recognize how much the arts and culture sector add to the great quality of life of all citizens, and we are pleased to support these projects.

"MAC will provide \$39,200 through

Continued on page 11



EXPRESS PHOTO BY RAYME THOMSON

On a back road north of Gimli, these bright dancing Northern Lights were captured by local photographer Rayme Thomson on March 30. Shades of green and yellow appear in many forms from patches or scattered clouds of light to streamers, arcs, rippling curtains that light up the sky. Spring is aurora season. The best time of the day to spot auroras is late at night or in the early morning (from 10 p.m. to about 3 a.m.). Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [weather@expressweeklynews.ca](mailto:weather@expressweeklynews.ca).

## Province closing all COVID-19 testing sites next week

By Patricia Barrett

The provincial government will be shutting down remaining COVID-19 PCR testing sites across all health regions, according to a provincial COVID bulletin.

"All provincial testing locations will be permanently closed on April 15," states COVID-19 Bulletin #576 of March 31.

There are five testing sites in the Winnipeg Regional Health Authority, one in Interlake-Eastern RHA, two in Prairie Mountain RHA, two in Southern RHA and three in Northern RHA, according to the government's COVID website (viewed April 1).

The bulletin says pre-operative patients who need a COVID test can call a provincial call centre, the Dakota Medical Centre in Winnipeg or the Minor Illness & Injury Clinic in Winnipeg.

The province began restricting access to PCR [polymerase chain reaction] tests in January after it experienced a massive backlog of 6,800 tests as reported on Jan. 5. The province had allowed gatherings in households over the Christmas break, concomitant with a rise in the omicron variant. Premier Heather Stefanson

told Manitobans a week later that it was up to them to "look after themselves." There was a record high of 744 people in hospital with COVID on Feb. 2.

The government also chose not to track most results from rapid antigen tests, which were made available at select stores and libraries. It stopped contact tracing and stopped notifying people by phone about their COVID test results. The COVID dashboard on the province's website is no longer operational. The total number of patients in hospital on any given day is no longer being made available to Manitobans. Members of the public used hospitalization data, along with daily new infections, as a means to gauge personal risk.

The government is issuing a "Respiratory Surveillance Report," a weekly report providing laboratory, hospitalization and mortality data on COVID. The March 20-26 report says there were 979 new COVID infections, 111 hospital admissions, of which 16 were ICU admissions, and eight deaths.

"As of March 15, 2022, the definition of a COVID-19-associated death has been changed," states the surveillance



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Cars line up at a provincial COVID testing site on Main Street in Winnipeg in October 2020. The Manitoba government has been restricting the number of COVID tests carried out since January of this year, resulting in a skewed picture of the true extent of COVID.

report, without explaining how it had changed.

The Manitoba government's insistence – in line with the same message being delivered by other jurisdictional governments – that we "learn

to live" with COVID hasn't stopped the virus from continuing to infect, kill and debilitate (i.e., long COVID) massive numbers of people around the world, nor has it stopped the virus

Continued on page 21

# Community volunteers to be celebrated by ABPRC at gala evening

By Patricia Barrett

The Arborg-Bifrost Parks and Recreation Commission (ABPRC) is holding its first annual volunteer recognition gala later this month to celebrate the people who support the community.

Bailey Sigvaldason, who is vice chair of the gala committee, said volunteers are vital to the commission's programming and other events in the community.

"In decades past, volunteerism has taken more of a behind-the-scenes role, but many of the projects within our community would not have been possible without volunteers, and we want to make sure this incredible donation of time and expertise does not go unnoticed or unrecognized," said Sigvaldason. "Not only do we hope to celebrate volunteers who have a long history in our community, but we hope to inspire and encourage new volunteers to step forward and participate in their own ways."

The ABPRC board identified five organizations in the area with a large volunteer base and asked them to single out one volunteer for formal recognition at the black-tie gala event, said Sigvaldason. Each organization also has the chance to recognize other volunteers who support the community.

Proceeds from the evening will be donated to the Phil Bauernhuber Accessibility Fund, named after longtime community volunteer Phil Bauernhuber, who died from cancer in

2021.

"Phil was the chairperson of the ABPRC for 15 years and a member for longer. He also donated his time to many other local causes and will be remembered for his incredible generosity and sense of community," said Sigvaldason. "Along with his family, the ABPRC has initiated the accessibility fund in his name. Accessibility has quickly become a major area of improvement that has been recognized in our facilities and across our programming."

The ABPRC will be making major improvements in its four facilities – the hockey arena, curling rink, community hall and swimming pool – to improve accessibility so that everyone has equal access to programming. Improvements will entail the installation of wheel-chair ramps, motorized lifts and the modification of bathrooms.

The commission oversees recreational planning, events and summer camps for the Arborg-Bifrost area.

"In 2021 we hosted the first ever Interlake Outdoors Show with huge success, counting a total of over 1,500 people through the gate," said Sigvaldason. "Our board identified the positive response within the community when hosting these large events, and with so much positive feedback we have decided to go ahead with making this [gala] event an annual fundraiser and community-builder."

The gala will include a video of community projects spearheaded by volunteers over the past 100 years.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Phil Bauernhuber, who passed away in October 2021, was an avid volunteer in the Arborg-Bifrost community. Proceeds from the ABPRC's gala event will go towards the Phil Bauernhuber Accessibility Fund.

Titled *Volunteerism through the Decades*, the video was created by the high school's art class. After dinner a live auction will be held. Businesses that donated to the auction will be recognized. Performances by musicians and dancers will round out the evening.

"We're asking local businesses to donate to the live auction because as much as this is an event to celebrate the volunteers within our community, it's also an opportunity to recognize

the thriving business industry we have in the Interlake and to promote all that makes our community such an incredible place to live, work and enjoy," said Sigvaldason.

The gala will take place at the Arborg-Bifrost community hall on April 30 with cocktails at 5:30 p.m. followed by dinner at 6:30. Tickets are \$125 per person or \$1,000 for a table of eight.

For more information, call the Arborg-Bifrost Parks and Recreation Commission at (204) 376-5576.

# Fraserwood Hall will "see another day" thanks to volunteers stepping up

Patricia Barrett

An overwhelming response to a call for new volunteers to operate the Fraserwood Hall means the proposed sale of the building has been taken off the table.

The executive that runs the hall held a public meeting on March 15 to discuss the potential sale of the state-of-the-art hall because it no longer had a sufficient volunteer base to run it. A minimum of 20 new volunteers was needed to stave off a possible sale.

What the executive got instead was a "very pleasant surprise."

"We got approximately 30 new volunteers signing up. It was a resounding success," said president Peter Capar last week. "It looks like the hall will see another day. We had a lot of interest in seeing it continue."

The COVID pandemic and its periodic lockdowns had thinned out the ranks of the hall's current volunteers, and a lack of new people to fill their shoes put a bit of stress on those who

remained.

The executive needed new people to bring fresh ideas about fundraising events and take care of tasks such as cutting the grass, working in the kitchen, monitoring the hall's geothermal system and overseeing the mechanical system.

The 9,600-square-foot venue can be rented for meetings, weddings, banquets, dance performances and fundraisers. It can seat 450 people and has a commercial kitchen, a wet bar and a stage.

Capar said the people who showed up to the meeting were a diverse group, and eager to help their community.

"What was really nice is that we've got people with different skill sets. We also have different age groups, which is really what we need," said Capar. "A lot of the people who signed up to volunteer are newer to the area and they were looking for an excuse to



EXPRESS PHOTO BY MATTHIEU MEIER

The Fraserwood Hall executive are happy to report that they had 30 people step up to volunteer. Volunteers are what keeps the Hall open and operating.

start becoming involved in something in the community. The hall just happened to be it."

The hall's executive will be helping the volunteers settle into their new roles. An orientation meeting will be

held on April 13.

The hall just had an All You Can Eat Perogies event and will be holding an indoor garage sale on April 30. To rent a table, call Yvonne at (204) 642-5352.



# Ongoing nursing vacancies, bed closures in IERHA; Eriksdale to replace physicians

By Patricia Barrett

The Interlake-Eastern Regional Health Authority continues to grapple with significant nursing shortages throughout the region, which has led to bed closures in hospitals, and managers and directors having to fill shifts at one hospital.

"Just this past weekend, nurses and managers and directors from the health region went to Pine Falls to work some day shifts and night shifts over the weekend to ensure the facility was able to provide care," said interim chief executive officer Marion Ellis during a virtual March 31 update with municipal officials.

Pine Falls hospital has a nursing vacancy of 57 per cent, said Ellis. Gimli hospital, which is a 26-bed facility that has had seven beds suspended, has a nursing vacancy of 28 per cent. Stonewall hospital was able to reinstate the beds the health authority had earlier suspended.

Gimli Mayor Lynn Greenberg, who was among the 30 or so municipal officials on the call, asked Ellis when the IERHA anticipates seeing the suspended beds back in operation.

Ellis said it depends on when nurses can be found and whether there are upcoming maternity or sick leaves. For Pine Falls, in particular, where management had to step in, the IERHA has a contract with "a couple of agencies," which supply nurses.

"What we've decided to do ... in these areas is keep the emergency departments open," said Ellis. "We look at how we can be more judicious in the current use of these beds. If we have a limited pool of nurses, we would rather keep our emergency departments open. That's our priority."

There are also nurse and health care aide vacancies in personal care homes and in home care services throughout the region, said Ellis. In Ashern, for example, nursing vacancies are at 79 per cent while health care aide vacancies are at 36 per cent. Fisher Branch has a nursing vacancy of 57 per cent. Arborg's nursing vacancy is 52 per cent.

"Our commitment is to keep services going as best we can, knowing that the vacancies are significant," said Ellis. "There has been an uncertified health care aide course launched in the province, which was done to keep services going during the pandemic and we've got 13 new hires for Interlake."

Nursing students in their third and fourth years of university have been made eligible by the province for placements in different hospital units such as surgery, medicine and psychiatric acute care, said

## Surgery & Diagnostic Backlog Dashboard

March 22, 2022

### Overall Backlog

The impact of the pandemic response on Manitoba's hospitals has resulted in a massive backlog of surgery and diagnostic procedures. Doctors Manitoba has been advocating on behalf of patients and their physicians for a plan to clear the backlog. As part of our work, we have created a dashboard to monitor the size of the backlog.



Our estimate of the backlog includes surgeries, diagnostic imaging tests such as MRIs and ultrasound scans, and other diagnostic procedures such as allergy tests and endoscopies. The pandemic backlog has reached 167,887 surgeries and diagnostic procedures, an increase of 6,302 from our February estimate.

### EXPRESS DOCTORS MANITOBA

Doctors Manitoba is tracking the numbers of backlogged surgical and diagnostic procedures for Manitobans. The backlog grew exponentially during successive waves of the COVID-19 pandemic when medical staff were focused on treating COVID patients.

Ellis. Four students are working in Selkirk's surgery unit.

Other IERHA news:

Municipality of West Interlake Reeve Arnthor Jonasson, who took part in the meeting, said in addition to nursing shortages occurring in the health region's northwest, Eriksdale hospital will be losing a couple of physicians who cover the area.

"One of the doctors is leaving in August and one of the half-time doctors has maternity leave coming up," said Jonasson. "The community is very anxious about having only one doctor to cover all our sites."

Dr. Charles Penner, who took part in the meeting and who will be stepping into the role of interim chief medical officer for the IERHA, said the health authority will endeavour to fill both vacancies.

"We're aware that one of the physicians is leaving and we're going to appoint another physician to Eriksdale around the time the other physician is leaving," said Dr. Penner. "It's hard to get locum (temporarily takes on duties) coverage but we will try to get locum coverage for the maternity leave. We think we can provide continuous service there."

-Ellis said Manitoba's health care system is exiting a "pandemic phase" and entering recovery.

"We're in a transition period. Public Health's orders have been lifted and we're exiting what we're

calling a pandemic phase and moving to system recovery," said Ellis. "The province is saying that from a pandemic perspective, we're at less risk in comparison to what we've had to do when we were in a state of global pandemic. It doesn't mean, though, that we're out of the woods yet."

The WHO says the world continues to be in a pandemic, which refers to a disease with an international or extensive geographical scope. China, the U.K., Australia and countries in Europe such as Germany and France are seeing significant increases in new COVID infections. Ontario has entered its sixth wave.

The Manitoba government stopped providing daily data on COVID at the end of March and is providing weekly surveillance reports with select data from a week previous. From March 20 to 26, there were 979 new COVID infections (based on what PCR testing the province is currently offering), 111 new hospitalizations, with 16 of those patients admitted to ICU, and eight deaths.

-Ellis said the omicron subvariant BA.2 is increasing in Manitoba and other parts of Canada and "it's always smart to keep physically distanced from people." She expects cases will rise after the school spring break and after Easter.

-The province is closing all COVID PCR testing sites on April 15. Ellis said people have access to rapid testing kits at home.

"The people who are still using the [PCR] testing sites are those people who are going for surgeries, pre-operative testing 10 days before surgery," she said. "However, the province is now working on a system where there will be access to a PCR test ... through your primary care provider."

-The province has dismantled its COVID incident command, said Ellis. It can be reinstated should the need arise in future.

-The IERHA will continue to transfer patients out of the region to other health regions.

"We are going to continue to transfer patients out of the region to access resources that are appropriate for their care," said Ellis. "We've always done that for tertiary care (i.e., specialist care) and that's why people have gone for certain surgeries ... to the city."

Doctors Manitoba, a physician-advocacy organization that's keeping track of COVID-related delayed surgical and diagnostic procedures, has put the backlog at 167,887 (as of March 22), an increase of over 6,300 procedures since February.

# Province warns of flood watch for Red River Valley

Submitted by government of Manitoba

Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre has issued a flood watch for the Red River from Emerson to the Red River Floodway inlet, just south of the city of Winnipeg. The river is forecast to spill over its banks at some locations with peak flows within the Red River Valley expected to occur between April 8 and 15.

A precipitation system is forecast to bring up to 30 millimetres (mm) of precipitation in most parts of southern Manitoba including the United

States portions of the Red River basin and tributaries. This forecast precipitation, together with the gradual snowmelt occurring in the Manitoba portion of the basins, could raise levels above their bank-full capacities at some locations within the Red River Valley.

Water levels are expected to peak between Emerson and the Red River Floodway inlet between April 8 and 15. With the potential operation of the floodway, the level of the Red River in Winnipeg at James Avenue is expected to peak between 17.3 and 18.3 feet

(ft.) between April 11 and 16. James Avenue is currently at 15 ft.

The forecast peak flow of Red River at the floodway inlet, with forecast precipitation, is estimated to be between 45,000 and 57,000 cubic feet per second.

Standard operating procedures for the Red River Floodway gates requires river ice to be broken up and cleared upstream of the floodway inlet. River ice observations indicate the ice is likely to clear by the end of the week and could create favorable conditions to operate the floodway if

needed. In addition, provincial crews are deployed in a number of communities in the Red River Valley to regularly monitor basin conditions and assess potential dike closures.

Water levels along the Assiniboine, Souris and Pembina rivers are relatively low with no significant flooding issues. The Portage Diversion could be operated to reduce downstream ice-jam impacts. The risk of lakes flooding remains low in most major Manitoba lakes.

# Lake Winnipeg is biggest whitefish producer in Canada

By Patricia Barrett

The provincial government recently announced it will provide \$2.5 million to support the sustainability and certification of Manitoba's commercial fishery.

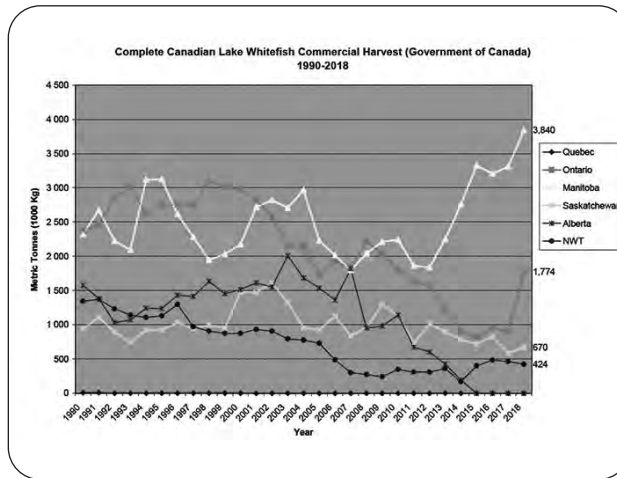
The government's natural resources and northern development minister Scott Fielding said the province is teaming up with the International Institute for Sustainable Development (IISD) for this endeavour.

"Manitoba is looking forward to partnering with interested commercial fisheries and the International Institute for Sustainable Development to take action to protect our valuable commercial fisheries that contribute over \$100 million to Manitoba's economy each year," said Fielding in a March 25 news release.

"Our government is proactively responding to the growing global demand for certified sustainably sourced fish products by creating this new partnership with the IISD to offer support to the commercial fishing industry, which will enhance sustainability and advance progress towards achieving certification."

The news release says the funding will support data collection, buy-back of fishers' quota, certification processes and promotion of fisheries that earn certification status. The \$2.5 million "builds on previous investments" to support commercial fisheries.

Those previous investments included the re-certification of the Waterhen Lake fishery, east of Lake

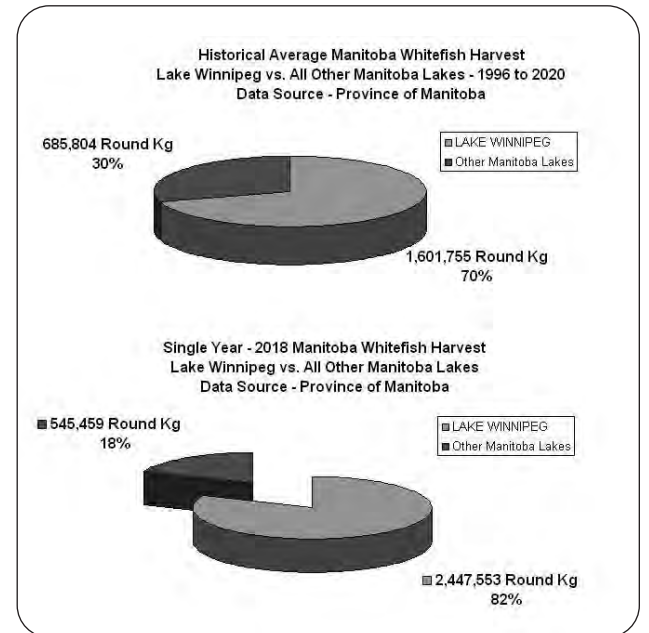


Complete Canadian Lake Whitefish Commercial Harvest (Government of Canada) 1990-2018 shows Manitoba producing more whitefish than other provinces and territories.

Winnipegosis.

Waterhen had lost its certification status after doing business with fish dealer Donald Salkeld, who was accused by many fishers – including fishers from Lake Manitoba – of failing to pay for \$1 million dollars worth of their fish and breaking the chain of custody (i.e., failing to track certified fish from where it's caught all the way through processing and sale).

The government's previous investment also included the generation of fish stock assessment reports for Lake Winnipegosis and Lake Manitoba,



GRAPHS COURTESY OF BILL BUCKELS

Lake Winnipeg is the biggest producer of whitefish in Manitoba.

according to the news release, a certification "assessment" of a fishery on Cedar Lake, southeast of The Pas, and a \$175,000 grant to "enhance collection of lake whitefish data on Lake Winnipeg."

The news release includes a quote from the fed-

Continued on page 17

# Pandemic backlog continues to grow: Doctors MB

By Lorne Stelmach

Doctors Manitoba last week laid out how severe the surgical and diagnostic testing backlog remains in the province.

The organization updated its backlog dashboard with estimates that suggest it has reached nearly 168,000 cases.

This is a significant increase of more than 6,300 from last month's estimate, and it reflects the continued disruptive impact of the omicron wave on hospitals in Manitoba, said Dr. Kristjan Thompson, president of Doctors Manitoba.

"I always see a light at the end of the tunnel, but I think we have our work cut out for us. I think this massive surgical and diagnostic backlog will take years to address," Thompson said in an online news conference.

The total estimated pandemic backlog is 167,887 cases. This includes:

- 54,820 surgeries (as of January 2022), up 2,493 over the last month's estimate.
- 45,251 diagnostic imaging procedures (as of January 2022), up 2,762 cases over last month's estimate.
- 67,816 other diagnostic procedures (as of February 2022), including allergy tests, endoscopies, mammograms,

sleep disorder studies, and lung function tests, an increase of 1,047 cases over last month's estimate.

"This is a significant increase, and it reflects the continued disruptions to surgery and diagnostic testing that has occurred throughout the omicron wave, which is thankfully receding but is still present," said Thompson.

"The backlog has grown effectively in every area that we monitor," he added. "It's impacting thousands of Manitobans, likely over 10 per cent of our population ... each case is a person ... it may be you ... our friends, our family, and our loved ones."

For nearly a year, Doctors Manitoba has estimated the backlog that has accumulated by calculating the reduced volume of procedures delivered since the pandemic began in March 2020 compared to pre-pandemic volumes.

Over the next several weeks, the organization will be working on a more comprehensive analysis with the aim of offering a more refined estimate of the work that will be required to clear the backlog.

After two years of repeated disruptions to surgeries and diagnostic procedures, it's important to gauge how much capacity is needed to catch back up and ensure Manitobans get the

care they need, Thompson said.

And he noted that a new feature had been added online that documents the impact the backlog is having on patients across Manitoba based on news media reports.

"These aren't just numbers, they're people," Thompson said. "The harrowing stories of Manitobans left waiting help us to understand the true impact this enormous backlog is having on patients and their families."

He stressed that transparent monthly reporting of the data is important to understand the breadth of the backlog in order to then address it.

"Without that data, it's going to be hard to assess whether what we're doing is actually working," said Thompson. "It's important to note that a return to pre-pandemic volumes alone is not going to help clear this massive backlog. New capacity must be added to help those Manitobans who are still left waiting in both pain and uncertainty."

"There's a lot of things that Doctors Manitoba has been engaging with the task force ... there are a lot of ideas coming from front line workers, and I think we just have to continue working with them to implement these

plans," he added. "And the task force needs to have the resources and latitude to make these changes and to implement these ideas."

"I hope that government gives the task force the resources they need to accomplish these tasks ... we're having more physician input at the table, which I think is critical."

The surgical and diagnostic backlog dashboard can be accessed at [DoctorsManitoba.ca/backlog](https://DoctorsManitoba.ca/backlog).

As COVID-19 hospitalizations continue their downward trend, Health Minister Audrey Gordon earlier this month stressed that health-care staff who had been reassigned to care for COVID-19 patients are being returned to their regular duties to support planned increases in surgical activity that will bring capacity back to pre-pandemic levels.

"Our government is focused on ensuring our health-care system has the resources needed to balance the day-to-day pressures in critical care with our need to fully restore capacity for services that have been impacted by COVID-19, such as elective and non-urgent surgeries," she said as the province released its COVID-19 Health System Recovery Plan.

# Gimli entrepreneur focuses on promoting beloved town

By Nicole Brownlee

A quarantine hobby turned into a business venture for a proud Gimli resident.

The COVID-19 pandemic forced Canadians to limit social interaction, rely on personal protective equipment and focus on protecting their health. These lessons were especially true for people with autoimmune disorders like Brittany Isfeld.

Like 90,000 other Canadians, Isfeld has multiple sclerosis, a chronic autoimmune disease that impacts the central nervous system, which causes her to be at a higher risk of developing severe and dangerous symptoms to the COVID-19 virus.

While shutting herself in to protect her and her son's health, Isfeld spent her time working from home and dabbling in artwork.

"I started by doing a lot of freehand things like Christmas signs," said Isfeld.

"And then I realized that we don't really have anywhere to buy Gimli things."

Isfeld, former economic development and tourism co-ordinator for the RM of Gimli, wanted to create decorations that celebrated Gimli's rich Icelandic culture and iconic landscape.

Inspired by Jellybean Row mailboxes, which showcase the candy-coloured houses of St. John's, N.L., Isfeld uses reclaimed wood to construct Gimli-themed house numbers.

"I would make things that I wanted, and when I posted them, people always wanted one too."

Isfeld, owner of Tuff Bums Signs, has expanded her repertoire to ornaments, welcome signs and apparel.

One of Tuff Bums Signs most recognizable pieces is wooden signs that feature the silhouette of a Viking.

Isfeld took photos of Viking statues around Gimli and used a design application and a Cricut cutting machine to turn the photos into vinyl stencils. She then spraypaints around the stencil onto scrap wood found in Gimli to create house



Brittany Isfeld creates handmade signs that feature iconic Interlake places and culture with the help of her five-year-old son Gus.



EXPRESS PHOTOS SUPPLIED BY BRITTANY ISFELD

numbers, ice fishing shack signs or artwork.

Signs also feature Icelandic phrases like "velkomin," which means welcome.

"I'm a single mom, and I'm in the middle of renovating my home," said Isfeld.

"These are all things I could do with the stuff that I had."

Five-year-old Gus helps Isfeld create house numbers and promotes her products.

"He loves telling people that he's saving up for

a motorcycle, so he wants people to go and buy stuff."

Tuff Bums Signs are available at the Interlake Handmade Boutique or online at the Tuff Bums Signs Facebook page.

Isfeld also owns Gettem' Greenback's Ice Fishing Shack Rentals and live streams as a social media influencer.

While working on her home or commissioned pieces, Isfeld live streams to her audience of 50,000 followers.

"I basically just showcase my renovation, what I do, the fact that I'm a single mom with multiple sclerosis and how I get through every day."

Isfeld live streams on the Gettem' Greenback's TikTok account and a similar social media platform called Clapper.

## > ARTS AND CULTURE, FROM PG. 7

the Arts and Culture Sustainability Fund, and strengthen our community," said MLA Johnson. "I'm proud that our government continues to support important initiatives such as this."

The winter intake for the Arts and Culture Sustainability Fund are individual grants that provide support to organizations that operate across our province to enhance the arts and culture sector in their own communities. These are strong investments in our communities that our

government is proud to make.

Our government recognizes that these past few years have been an extreme challenge for many of these groups due to the COVID-19 pandemic and moving forward will be a challenge as well. These grants are part of our government's commitment to growing our way out of the pandemic and helping organizations who made need a boost as we transition back to a more normal Manitoba.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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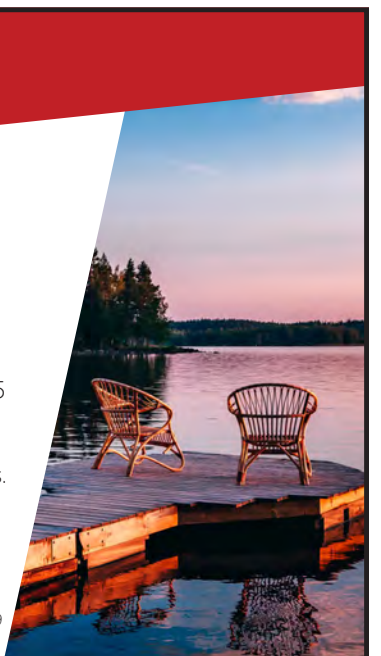


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# Lake Winnipeg commercial fisher and advocate earns recognition from Interlake-Gimli MLA

By Patricia Barrett

Commercial fisher Robert T. Kristjanson has never been known for being meek when it comes to pointing out the ongoing environmental damage to Lake Winnipeg.

And he earned recognition for his efforts from Interlake-Gimli MLA and agriculture minister Derek Johnson a few weeks ago in the Manitoba legislature. Johnson also met with Kristjanson on April 1 to present him with a certificate.

Kristjanson, who spoke to the Express a few weeks ago about his opposition to the provincial government's proposal to lift restrictions on pesticide use, said the recognition is a springboard to raising further awareness of how Manitobans continue to damage their environment and a shameful lack of meaningful action by multiple levels of government to stop it.

"It's quite an honour to receive this, but the recognition is only important so we can keep bringing attention to the condition of Lake Winnipeg," said Kristjanson. "Here in Manitoba, we are always polishing our brass buttons and thinking how good we are, but what we're doing to our water is criminal."

Lake Winnipeg is eutrophic, meaning it contains excessive nutrients that in turn cause extensive and frequent algal blooms. The blooms create oxygen-deprived zones in the lake that kill fish and other aquatic organ-

isms. Spring runoff and rainfall carry agricultural nutrients and pesticides into the lake. Wastewater from treatment plants and lagoons containing nutrients and other chemicals also get flushed into the lake annually. Raw sewage spills from Winnipeg's combined sewer system contributes to pollution in the lake. In mid-March, for example, about 74 million litres of raw waste went into the Assiniboine River, which empties into the Red River that connects with Lake Winnipeg.

The lake is also full of zebra mussels, which not only clog commercial fishing nets, but are also increasingly inundating beaches near Gimli, said Kristjanson. Last October, for instance, strong winds from the east washed up tens of thousands of mussels on beaches south of Gimli.

This is the second recognition Kristjanson said he has received in the legislature from the Manitoba government for his fight against pollution. He also earned the Order of Manitoba in 2018 for raising the alarm about the increasing incidence of algal blooms on Lake Winnipeg. He has sat on numerous water boards, served with the Canadian Coast Guard Auxiliary and has regularly attended Red River Basin Commission meetings for the past 20 or so years to pressure those in power to act.

Kristjanson has worked as commercial fisher for over 70 years and is part of the Ice Vikings television series that's shown in countries around the world. It follows Lake Winnipeg winter fishers as they set nets and reel in the catches. The program underscores how important the commercial fishing industry is to the Manitoba



EXPRESS PHOTO BY TAMMY AXELSSON

Robert T. Kristjanson (right) received a certificate of recognition from Interlake-Gimli MLA Derek Johnson last week.

economy and its importance to the livelihood of small towns, villages and First Nation communities.

Kristjanson has always been unafraid to tell politicians – whether face-to-face or through the media – what he really thinks. And he said earning a bit of "official" recognition now and then won't stop him from speaking out.

"I can't change what I think. I'm trying to make people aware of the damage we're doing to ourselves. And I told Derek [Johnson during the presentation] that we need to clean up our air, water and soil," he said. "We can't go further downhill because there's no place else to go – everything is already polluted. All the [political] parties in the last 50 years haven't done anything about the pollution in this lake."

Johnson commended Kristjanson for his efforts in the legislature on March 22, which was World Water Day.

"This passion for the lake has led him to become a strong and vocal advocate over the years, [tirelessly] engaging Manitobans to do their part to clean up the pollution that goes into

our waterways," said Johnson. "He has made it his personal mission to increase public awareness and of the ongoing algae and zebra mussel issues."

## Berens River RCMP respond to fatal vehicle versus pedestrian collision

Staff

Berens River RCMP responded to a vehicle versus pedestrian collision on the All Weather Road, also known as Rice River Road, south of Berens River on March 28 at approximately 3:15 a.m.

A vehicle travelling south on the All Weather Road, from Berens River to Bloodvein, collided with a pedestrian who was on the roadway.

The pedestrian, a 35-year-old female from Bloodvein First Nation, was pronounced deceased on scene.

The driver of the vehicle, a 51-year-old female from Selkirk, was not physically injured.

Berens River RCMP along with a Forensic Collision Reconstructionist, continue to investigate.

**BINGO**  
ALL COVID RULES APPLY  
Lic #318

**Fraserwood Hall**  
Friday Nights 7:15 PM  
April 8, 2022  
Breakopens 50/50

5 Share The Wealth Games  
15 Regular Games @ \$60.00  
*(reduced games with low attendance)*

JACKPOT	\$2,600.00
FIRST SPECIAL	\$686.00 +
BONANZA	\$12,073.00 +
LUCKY 7	\$468.00 +
STAR	\$716.00 +
WEEHOUSE	\$2,105.00 +
HOUDINI	\$14,658.00 +
LOONIE POT	\$539.00 +

*(Estimated amounts at time of publication)*

**"CHASE THE ACE"**  
Lic # LGA 318-RF  
Tickets sold 5:00 - 7:00 PM  
with draw to follow  
\$2.00/ticket Current Accumulator - \$2,140.00+  
**CANTEEN - OPENS @ 5PM**  
Perogies, hamburgers, hotdogs, desserts, etc  
INFORMATION - 204-642-9392 or  
204-643-5541 or www.fraserwoodhall.com

**Indoor Garage Sale**  
Saturday, April 30, 2022 10AM - 4PM  
If you are interested in renting a table contact  
Yvonne 204-642-5352

**Community Support Service**

**Al-Anon  
Gimli and Winnipeg Beach**  
Meeting place  
17B North Colonization Rd.  
Gimli (Next to the New Horizons)

Meetings are Wednesdays  
between 7 and 8 p.m.  
Contact 204-389-4777

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**AA Winnipeg Beach**  
Lady of the Lake RC Church  
Corner of Hwy. 9 and Lake Ave.,  
Winnipeg Beach

Meetings are Saturdays  
between 7 and 8 p.m.  
Contact 204-340-1855

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# Your FARM



## April showers may curb crop pests including grasshoppers

By Nicole Brownlee

Grasshopper populations are up in the air as farmers wait for spring, but heavy rains in April and May could make this growing season more manageable than in 2021.

Weather, precipitation and predator populations are three crucial indicators of grasshopper populations.

"There are a few things at play, and sometimes it's really hard to know for sure which one of them is driving the population increases," said John Gavloski, the entomologist who compiles the annual provincial grasshopper forecasts.

In hot, dry years, grasshopper populations increase, feasting on crops struggling to mature. After spending months munching on crops, grasshoppers lay eggs in late summer, leaving their children to hatch in early spring.

"If you get some timely rains after they've hatched out, sometimes that will kill the very young (grasshoppers)," said Gavloski.

"How well can the crops compensate and tolerate grasshopper feeding is also important. A year when you've got good growing conditions, the



Figure 5. Clearwinged grasshopper adult

The two dominant grasshopper species in the Interlake are the twostriped grasshoppers who feed on crop and non-crop plants and the clearwinged grasshoppers who prefer grasses and cereal crops.

plants can handle more grasshoppers than they can in a dry year."

Grasshopper populations soar after a few years of dry weather. Manitoba's grasshopper populations have steadily grown since 2019. The Interlake and Central Manitoba are usually targets of rising grasshopper populations.

Low soil moisture in the fall of 2020 with less than 40 per cent of normal snow accumulation made 2021 an especially dry growing season. By late

June, many areas were at least 200 mm short of water for the growing season.

The temperature of the Eastern and the Interlake regions was also two Celsius degrees warmer than average.

Researchers surveyed 97 locations in Manitoba in August 2021 and found 45 of the surveyed areas had a light risk of grasshopper infestation. Six of the surveyed areas are in severe risk areas, one being the Municipality of Bifrost-Riverton.

"We may not be hitting all the really high-density spots in our survey. We're doing this randomly," said Gavloski.

Researchers tend to survey spots near where they live or work, which can cause clusters of surveys in different parts of the province instead of an even distribution across Manitoba.

"I wouldn't let my guard down regarding grasshoppers if I was a farmer or agronomist," said Gavloski.

Gavloski encourages farmers and agronomists to monitor grasshopper populations along roadsides, field edges and other areas where grasshoppers tend to gather.

The Central region and Interlake

**"I WOULDN'T LET MY GUARD DOWN REGARDING GRASSHOPPERS IF I WAS A FARMER OR AGRONOMIST."**

Continued on page 15

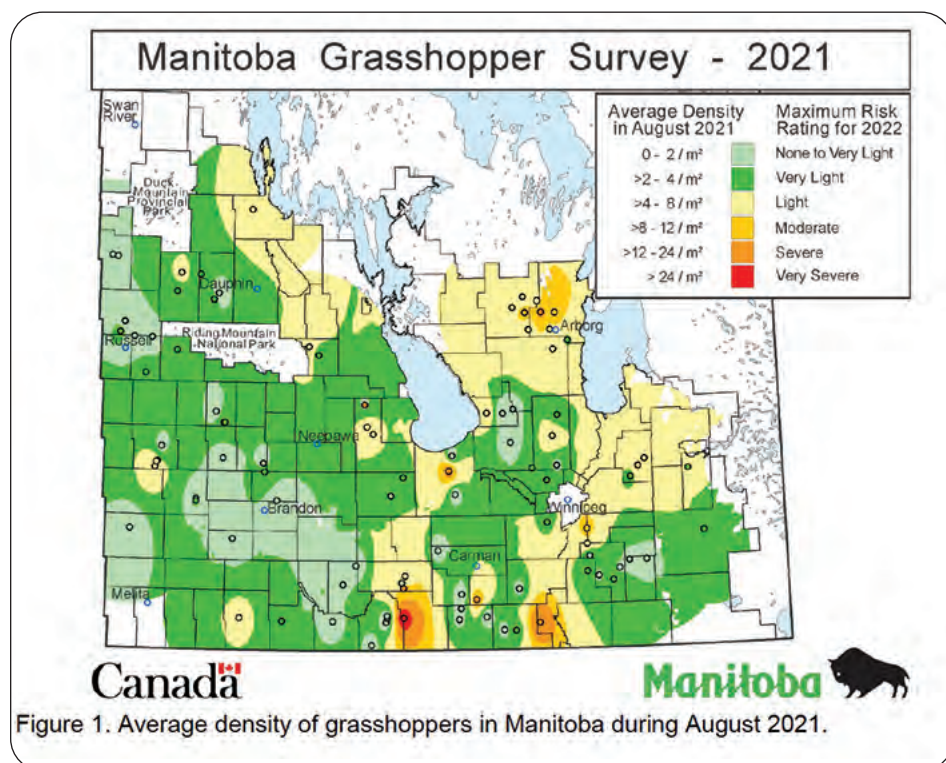


Figure 1. Average density of grasshoppers in Manitoba during August 2021.

PHOTOS BY JOHN GAVLOSKI.

The province has released their grasshopper forecast for 2022 revealing high densities of grasshoppers in the Interlake and Central region of Manitoba.



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# Your FARM



## Calves dust their noses with miracle product

By Nicole Brownlee

Studies herald a mineral compound that can improve animal coats, health and production, but farmers across Canada say they've believed in and used the product for almost 30 years.

Charlene Kaartinen was first recommended diatomaceous earth (DE) by a holistic veterinarian in Virden to boost her calves' immune system.

"Every year on farms there's always trouble with scours, but with us, it was coccidiosis," said Kaartinen, who has been a cow and calf producer for 35 years with her husband Craig Kaartinen at their farm in Eriksdale.

The couple used to rely on a \$75 box of Calf Span tablets, an antibiotic in tablet form, to treat coccidiosis.

"We had to catch these calves, pop these black pills into them for three days in a row, and we're dealing with calves that are already 200 pounds plus," she said.

Kaartinen incorporated DE into her herd's feed and soon realized the DE improved her calves' health because they were eating less dirt.

Researchers theorize calves eat dirt because they don't consume enough minerals, like phosphorus or salt, crave a salty taste or are curious about their surroundings.

Regardless of calves' reasoning, consuming dirt, manure or muddy water can make calves sick because there are parasites living in their snack of choice. Calves can then develop scours, coccidiosis or ulcers, leading to a costly vet bill and an uncomfortable regimen of antibiotics for the calf.

"Just like with us, you get an upset stomach you're looking for something more alkaline to counteract that acid. Soil is supposed to be more naturally alkaline, so the calves go to that to try and self-medicate."

Kaartinen believes the alkaline pH level in DE attracts calves.



EXPRESS PHOTOS BY CHARLENE KAARTINEN

Charlene and Craig Kaartinen run a third-generation farm in Eriksdale and distribute their "godsend" product, diatomaceous earth.

"It soothes their belly."

Adding food-grade diatomaceous earth, marketed as an anti-caking agent for livestock feed, to the Kaartinen's food program has reduced illnesses in their calves, saving Star Lake Beef money and inspiring a new revenue stream.

Like how soil quality varies on the field, the minerals and quality of DE differs based on the location its mined from.

Star Lake DE is produced and imported from a mine in Nevada and doesn't contain any clay contaminants or additives which gives the product a distinctive white colour and smooth texture. Star Lake DE also has a unique mineral composition, said Kaartinen.

The Kaartinens became the sole supplier of their enriched food-grade DE sold in Canada in 2002, six years after they started selling the product.

"It sounds too good to be true to have a product you can put out there, and the calves will eat it, and it'll reduce your trouble," she said.

"I'm only selling the product because I know it works."

On average, only two to four calves per year at the Kaartinen farm require additional intervention for loose stool since incorporating Star Lake DE into their feed. If calves need more care, the Kaartinens mix Star Lake DE with water for the ailing few.

In the late 90s, there were very few scientific studies researching how and why DE impacted animals, but like Kaartinen, many farmers trusted the product because their calves were healthier.

There are few substitutions to DE that detract calves from consuming dirt, but some producers have noted that adding salt or additional mineral blocks can distract calves.

In the past decade, several studies have discovered DE benefits animals like sheep, chickens and rabbits.

DE comes from skeletal remains of algae-like plants called diatoms which have existed since prehistoric times. The diatoms are ground to a powder that looks and feels like talcum powder.

Calves that graze on feed mixed

Continued on page 15



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Cash advances are made under the Government of Canada's Advance Payments Program.



# Your FARM



## > DUST THEIR NOSES, FROM PG. 14

with DE emerge with characteristic white dusty noses like their snouts were dipped in powdered sugar.

Star Lake DE also contains minerals like silica, iron and calcium and prevents pests.

Powdered DE contains microscopic sharp edges that cut through insects' protective covering, killing them through dehydration. Farms have incorporated DE into grain bins to utilize the product's pest control abilities.

However, several studies and Kaartinen warn that DE is best introduced in the calving season to newborns. DE is less effective at promoting the animal's health if it has already consumed parasites.

"Producers need to think of it as a preventative measure." Kaartinen recommends three to four bags of DE for calves in a herd of 100, which would cost around \$1.70 per calf.

Daryl Hoepfner, owner of Arborg Livestock Supplies, has sold Star Lake DE since the early 2000s and notes that customers have picked up the product for a variety of uses.

"The part we like is that it's all-natural," said Hoepfner. "The ladies in town love it for their gardens because it works on cutworms and potato bugs."

Customers who pick up Star Lake DE for their calves return to the supply store every season, he added.

Allan Szklaruk from Gypsumville said Star Lake DE is a godsend product compared to expensive antibiotics.

One producer shared with Kaartinen that he couldn't understand why one half of his calving herd struggled with scours while the other didn't. He realized that the cows without scours ate from a trough with leftover DE from the previous year.

"He was sold," said Kaartinen.

For more information about Star Lake DE, contact Charlene Kaartinen at ckaartinen@outlook.com or phone 204-739-5251.



Calves jostle to eat DE and are detracted from eating dirt.

## > GRASSHOPPERS, FROM PG. 13

generally had the highest counts of grasshoppers while surveying in 2021. The highest count of grasshoppers was in the RM of Pembina, where there was an average of 40 grasshoppers per square metre.

Four grasshopper species cause the most damage in Manitoba.

In the Interlake, the two-striped species was dominant, with a few locations also containing the clearwinged grasshopper as the dominant species.

Two-striped grasshoppers feed on crops and non-crop plants, but the clearwinged grasshopper primarily feeds on grass.

Insects like bee flies, blister beetles and field crickets feed on grasshopper eggs, which could also stem population growth.

"We were seeing a lot of the adult stage (of the blister beetles) in the fields in the summer," said Gavloski.

Only young blister beetles feed on grasshopper eggs, but an increased presence of adult blister beetles shows an increase in grasshopper predators. The researchers rely on observational reports of grasshopper predator populations.



## Grazing Workshop Series

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**MBFI Brookdale Farm Learning Centre**

- Tuesday, April 12, 2022 (12:00-6:00 pm)

North of Brandon, Corner of PR 353 and Hwy #10

**Eriksdale Community Centre - Wednesday, April 13, 2022**

(9:30--3:00 pm) 22 Railway Ave - Eriksdale

**Grandview Kinsmen Community Centre - Thursday, April 14, 2022**

(9:30-3:00 pm) 435 Burrows Ave - Grandview

### Agenda

- **Building Pasture Productivity using Pasture Planning**  
Steve Kenyon - Greener Pastures Ranching Ltd
- **Using Agri-Maps as a tool to develop grazing system plan**  
Shawn Cabak - Ag Adaption Specialist - Livestock, MB Ag
- **Developing applications for grazing project funding**  
- Laura Grzenda, Andrea Bertholet & Jewel Mazur  
Agri-Ecosystems Spec. - Livestock Stewardship, MB Ag  
- Local cost sharing programming
- **Hands-on supplementary training (optional)**  
please bring your laptop

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Hands-on Demonstration of Pasture and Soil Health Assessments

**Diversify Your Grazing (Workshop 4) - MBFI Brookdale Farm Site - August 3, 2022**

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Pre-registration is required (spaces may be limited) - April 11 registration deadline for Workshop 1

Register at MBFI website @ <https://www.mbfi.ca/registration> or call 204-761-3300

# GHS physics students break bridges and school record

By Patricia Barrett

Gimli High School physics students took part in a bridge-building competition a few weeks ago in which they not only broke their bridges, but also broke a school record.

Physics teacher Melissa Anderson enrolled her Grade 12 class in the Spaghetti Bridge competition, a provincial contest that challenges students to build a strong truss with only spaghetti. The bridges are then tested to see how much weight they can bear.

The competition started in 1995 and is hosted annually by Engineers Geoscientists Manitoba, an association that regulates the practice of engineering and geoscience and ensures high standards within the profession. The competition raises funds for Harvest Manitoba.

"This is the second year I have had a physics class participate in this competition," said Anderson, who also teaches math. "This year's competition [on March 23] was held virtually but I was blown away with my students' engagement throughout the design process."

The design and building process took four class periods, she said. But the students were so engrossed in their projects, that they used lunch hours or stayed after school to put the "finishing touches on their trusses." The bridges had to be made of



The physics class's winning bridge weighed under 350 grams yet supported 42.4 kilograms. Zachary Fedorchuk and Allan Dyker built it.

only spaghetti and held together by white or wood glue. The bridges had to weigh 350 grams or less, and also had to meet restrictions on length, width, and height. The bridges were put to the stress test in Winnipeg and the class got to watch the testing and analysis over Zoom.

"It was very heartwarming to see my students cheering each other on as each team's turn came to have their bridge tested in the 'Bridge Breaker,' even though it was over Zoom," said Anderson. "I look forward to participating in this competition for many years to come."

Students worked in teams to design and build the trusses. Teams included Elisee Moore, Alexis Graban and Kyra Humniski, Zachary Fedorchuk and Allan Dyker, Keenan Karish and Logan Dykes, and Zack Meadows and Nathan Vigfusson.

The winning bridge in Anderson's



EXPRESS PHOTOS COURTESY OF MELISSA ANDERSON

Keenan Karish and Logan Dykes made one of the bridges, which withstood 10.6 kilograms of stress.

class was built by Zachary Fedorchuk and Allan Dyker. It supported 42.4 kg of point load, setting a new record for Gimli High School, said Anderson.

"Zachary and Allan will be receiving a certificate from Engineers Geoscientists Manitoba for their tremendous accomplishments, as well as a gift card," she said.

The objectives of the spaghetti bridge competition are to show the creative power of brainstorming, work with a team, work with weight and dimension limitations and explain the use of different structural designs, according to the competition's guidelines.

Engineers Geoscientists Manitoba

said it broke 143 trusses this year that were designed by 286 students in grades 3 to 12. It raised \$10,000 for Harvest Manitoba.

"Every year we are blown away by the dedication and craftsmanship Manitoba students and teachers dedicate to putting into their bridges. To build something out of spaghetti and glue that also allows for creativity, functionality and strength in design is quite remarkable," said Engineers, Geoscientists Manitoba registrar Grant Koropatnick on the association's website. "This year the total load held by all the bridges combined was an astounding 4,895.9 kg."

## How to transition from natural teeth to dentures

BY ELISHA VANDOR  
www.vandordenturecentre.com

Do you find yourself hiding your smile from unsightly and/or decaying natural teeth? If yes, then it might be time to replace one, some, or all of your teeth. So, where do you go from here? Well, let me answer that question for you!

Once you know or have received information that you'll be needing all or some of your teeth extracted; the first step is to contact us for a free consultation to talk with our Denturists Brock or Matthew about how we can help get your smile back.

Getting dentures put in the same day the teeth are pulled is possible! Actually, it really is a preference based on the individual. Some like to wait until the extraction site is healed before they get dentures and some like to have dentures right away. For the latter preference, having a denture on the same day has some great benefits:

1. You can smile!
2. You can eat!
3. The denture(s) act like a bandaid™ over the extraction site helping the gums heal.

When replacing your teeth immediately, you'll need a denture that's crafted a bit differently from a regular denture. The dentures are called immediate dentures. It's pretty simple to remember because they go in IMMEDIATELY after your teeth are extracted. Of course,

this means we have to make the denture(s) before your teeth are pulled, so we need to know as soon as possible.

Once the dentures are in, it's not the end! Immediate dentures are designed to fit over inflamed or swollen gums. As the gums start healing, the denture becomes loose. Maybe one day we will invent a way to have dentures self-mould every morning to the mouth, but until then, we want to see you more often to make sure that you're happy and loving them. So, there's a series of follow-up appointments that are necessary to keep the denture fitting, feeling, and functioning great. These appointments are included in the cost the denture(s)... thank God! At the beginning, we will see you more frequently because the gums are healing and changing. The majority of these appointments are scheduled within the first month and will extend for another 6-months to 2-years. I know what you may be thinking, 'Yikes, two years of seeing my Denturist?!' Not to worry, this time frame really depends on each individual and their gums ability to heal. It is all of these careful follow-ups that really make the difference for patients.

In a nutshell, replacing missing teeth can be a mystery and often daunting for most. There's a lot of options for replacing your teeth too, other than dentures. Immediate dentures are currently the most common and inexpensive way to replace missing teeth. If they're made right, they can work great and look very natural too! For any tooth replacement questions, call us anytime!



Recent Vandor Denture Centre patients reveal their before and after transformations. They went from decaying upper natural teeth to custom designed upper immediate dentures.

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# Eriksdale open mic funds summer music festival

By Nicole Brownlee

The Eriksdale music scene is heating up with open mic nights at the Eriksdale Music Shop.

The Eriksdale Music Shop started hosting open mic in February as an addition to their lineup of monthly musical performances.

"People just want to get out and play, and there was no real venue to do that," said McCandless.

The monthly open mic night is free to attend, but the Music Shop encourages audience members to donate a few bucks to contribute to the Rogerkimlee Music Festival.

The Rogerkimlee Music Festival, set for August 19– 21, is partnering with the Eriksdale Creamery Days Fair and Rodeo.

"We're hoping we can make it a big event," said McCandless.

"There hasn't been any funding this year, and there won't be, so we're trying to figure out how we're going to raise money."

Musician Brian Heffron has performed at the shop several times since moving to Eriksdale seven months ago and was amazed by the community's vibrant musical talent.

"I wouldn't have expected it in such a small town," said Heffron, who's from St. Catharines, Ont., the sixth-largest urban area in Ontario.

"I was surprised by the number and level of talent here."

Heffron played in several bands

over his decades-long musical career and toured across Canada, Europe and Russia.

"(The Eriksdale Music Shop) is a small intimate venue, but it's always full when they have a show and a lot of people participate," said Heffron.

"It's a lot of fun."

Eriksdale Music Shop co-owner Derrick McCandless welcomed Heffron into the community while McCandless established his recording studio, Interlake Audio, on Eriksdale's Main Street.

"Derrick has been very helpful," said Heffron.

"He's introduced me to a lot of fellow musicians."

McCandless is hosting jam and tribute artist nights to continue raising money for the homegrown music festival.

"It's not a performance it's a jam, so people get together and play and meet each other."

Patrons who attended the open mic nights explained to McCandless that Eriksdale used to have space for musicians to gather and play together but had yet to find a replacement venue.

The first monthly jam night is set for April 9 from 1 p.m.– 4 p.m. at the Music Shop.

Tribute bands performing songs by The Mavericks, The Tragically Hip, Joe Cocker, Elvis Presley and Roy Orbison will perform at the Eriksdale Recreation Centre on June 4 at 2:30



EXPRESS PHOTOS SUPPLIED BY BRIAN HEFFRON AND DERRICK MCCANDLESS

Brian Heffron, owner of Interlake Audio in Eriksdale, has performed at the Eriksdale Music Shop several times.



Heffron, Neil Thornham and Derrick McCandless performed together at the Music Shop's St. Patrick's Day celebration.

p.m. and 7:30 p.m.

For more information about the Eriksdale Music Shop, visit eriksdal-

emusicshop.ca or the Eriksdale Music Shop Facebook page.

## > WHITEFISH, FROM PG. 10

erally run Freshwater Fish Marketing Corporation, which competes with other Manitoba fish dealers in an open market system that the current Progressive Conservative government created in 2017 in order to break the monopoly enjoyed by Freshwater.

The corporation's president Stan Lazar was quoted as saying: "With sustainable fisheries certification quickly becoming a requirement to maintain access to markets around the world, the Freshwater Fish Marketing Corporation is very pleased with Manitoba's commitment to support the sustainability and certification of commercial fisheries."

Lake Winnipeg commercial fisher and industry analyst Bill Buckels said he wonders whether the province is concerned about the long-term sustainability of the fishery or whether it's concerned about optics and is only looking for a "pseudo-sustainability selfie."

He questions why the province is attempting to certify smaller fisheries, he said, and lakes such as Lake Mani-

toba that "can't sustain premium fish and catches lots of what is termed rough fish" when the one fish stock that's sustainable is whitefish. And the biggest producer of that whitefish is Lake Winnipeg.

"Lake Winnipeg is the major producer of whitefish. It produces more whitefish – and healthy whitefish at that, without it being full of parasites and worms – than all the other lakes in Canada, including the Great Lakes, combined," said Buckels. "Focusing on a stock that's sustainable would have the greatest cost-benefit ratio. I have all the whitefish data from provinces and the feds up until last year to prove we own the market. We sell most of our fish in North America and we want that eco-certified label. Lake Winnipeg is not certified by the Marine Stewardship Council."

The Marine Stewardship Council is a certifying body with an identifiable MSC blue fish label that can be used on products caught in a freshwater or marine environment. The label indicates to consumers that the product is wild-caught, sustainable fish or seafood. To earn certification,

a fishery must provide data on fish populations and be managed effectively, among other requirements. It also costs money to become certified.

As for the province's claim in the news release that it had previously enhanced the collection of whitefish data on Lake Winnipeg, Buckels said: "To my knowledge, there has never been meaningful index data collected on whitefish in Lake Winnipeg. Ever. So I don't know what the province is talking about."

Buckels said he had had discussions with the province last year about focusing certification efforts on Lake Winnipeg rather than on individual small lakes that have "niche markets" and don't make much money. Small lakes contribute to but aren't the mainstay of Manitoba's commercial fishing industry.

"We've lost a year already, and now it looks like we'll lose at least another year or two at this rate," he said.

The province could carry out fish stock assessment on Lake Winnipeg by keeping track of bycatch and looking at stock delivery data, which are tracked by the Freshwater Fish Mar-

keting Corporation, other licensed fish buyers and the fishers themselves. From that, an estimate as to how sustainable a particular species is could be offered, he said.

Why the province is hooking up with the IISD, a think tank and charitable organization that receives core funding from government, and precisely what role the IISD will be playing in certifying a fishery is unclear, said Buckels.

"IISD's mission statement says they accelerate solutions for sustainable resources, amongst other things" he said. "If they really want to accelerate solutions, they'd recommend certifying the biggest producing lake that has a sustainable fish stock."

Buckels said he also questions why the province tapped one fish company, the Freshwater Fish Marketing Corporation, for a feel-good quote on proposed certification activities.

"Why not collaborate on certification with all the fish companies operating within Manitoba's open market?" said Buckels.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Prairie Blaze win MWJHL title

### Submitted

The Prairie Blaze of the Manitoba Women's Junior Hockey League (MWJHL) captured their second provincial title in four years by winning the best-of-five final series with a 5-0 win in the fifth and deciding game on Sunday at the Bell MTS Iceplex.

The Blaze's roster includes Interlake's Jamie Johnson, Keyanna Lea, and Keyara Lea.

The final series went back and forth with the Western Predators winning Games 1 and 3 both in overtime, and the Blaze winning Game 2 by a score of 1-0.

Going into the weekend, the Blaze were down two games to one but battled back with a 4-2 win on Saturday, before Sunday's shutout victory.

Shayna Moore went the distance in goal registering two shutouts in the series and a league leading 1.41 GAA.

The Prairie Blaze (head coached by Dale Bear) also won the league championship, finishing the regular season with a 21-2-2 record.

In the bronze-medal game, the Manitoba Grey Owls (coached by Selkirk's Kurtis and Korey Park) overcame a late two-goal deficit to tie the game and eventually win 5-4 in OT. This was the first medal for the Grey Owls since they joined the league a few years back.

The MWJHL is comprised of six teams, with players from 18-21 years

of age (with an additional three over-agers allowed per team). Local Lord Selkirk Minor Hockey alumni who played in the league this year included Selkirk's Maggie Medock (Manitoba Blizzard), East Selkirk's Rayley Goetz and Jana King (Northern Stars), and St. Andrews Keira Dawson (SilverTips) and Haley Steciuk (Prairie Blaze).

This year was even more challenging for the MWJHL. Not only did the league have to deal with ever-changing Covid concerns and protocols, Bell MTS IcePlex, the home location of the MWJHL, had two of their four ice surfaces unavailable for a few weeks in January due to equipment malfunctions. Kudos to the league executive for being nimble and managing to complete the revamped schedule by mid-March, followed by three rounds of playoffs.

For anyone interested in learning more about this highly-competitive league please visit [www.themwjhl.ca](http://www.themwjhl.ca) for registration information regarding the 2022-23 season. Founded in 2004, the MWJHL will be starting its 18th year in the fall of 2022. It is truly a league with a difference, providing young women a place to continue to play competitive hockey after they age out of minor and high school hockey, while they pursue their post-secondary education or as they enter into the workforce.



EXPRESS PHOTOS BY DARRYL GERSHMAN

The Prairie Blaze, which included Arborg's Jamie Johnson, middle, won the Manitoba Women's Junior Hockey League title after defeating the Western Predators 5-0 this past Sunday.



Prairie Blaze sisters Keyanna Lea, left, and Keyara Lea with their father Justin Scott after winning the Manitoba Women's Junior Hockey League Championship. The sisters earned a combined 66 points in 27 games, including two points in the final game.

## Hamm's run falls short at Canadian Junior Curling Championships

### By Ty Dilello

Team Jordon McDonald represented Manitoba well last week at the 2022 Canadian Junior Curling Championships in Stratford, Ontario, finishing in fourth place.

McDonald's rink, which features Winkler's Reece Hamm at third, went 7-1 over the course of the round robin to advance to the semi-finals.

"We went into Nationals with a team goal of making playoffs and looking at our pool beforehand; we thought we had a chance but really needed to fight for it," said Hamm. "It wasn't until our third game when we beat Ontario that I thought that we really had a chance. After that loss to Brit-

ish Columbia in the round robin, it was tough, but we bounced back and played even better as a team."

In the semi-finals, Manitoba fell to Alberta after giving up a steal in the final end to lose 5-4. After that tough loss, the McDonald rink couldn't recover in time for the bronze medal game and lost 11-5 to go home without a medal.

"On the final day, I can say I prepared a little differently, knowing it was a huge game that we were going into. But we came out and played an unbelievable game that came down to the last rock. My skip Jordon had to draw down to the button to win and just overshot it a bit. That's the thing

about a big game like that, you think about the outcome, and you overthink, and the adrenaline kicks in; you just have to stay calm and throw rocks."

Still, there was a lot to build on for the young McDonald team, which hopes to return to the national stage in 2023.

"Unfortunately, next season, our lead will not be playing with us as we will only be able to have one overage player, who will be me. My second, skip, and I, as well as our coach, will be sticking together for next year. We will make an announcement as to our new player in the upcoming weeks. We're looking to really build off of

this last year and shoot for that Maple Leaf at the 2023 Canadian Junior Championship."

Springfield's Aaron Van Ryssel represented the province as well at the Nationals as "Manitoba 2" and missed the playoffs with a 7-1 record.

On the women's side, Team Manitoba was represented by Moosehorn's Tansy Tober, while East St. Paul's Morgan Maguet competed as "Manitoba 2."

Tober finished the round robin with a 5-3 record and missed out on the playoffs by a last-stone draw tiebreaker. Maguet also missed out on the playoffs with a 1-7 record.

# Gulay wins Icelandic hockey championship

By Brian Bowman

Arborg's Derric Gulay finally experienced the euphoric feeling of winning a championship,

Gulay was a member of Skautafélag Akureyrar which defeated Skautafélag Reykjavíkur 9-1 to win the Icelandic Hockey Championship best-of-five final series in four games.

Gulay had a great game, scoring two goals. He collected three points in the playoffs after scoring seven goals and producing 12 points in nine games during the regular season.

"It was one of the most rewarding and surreal moments of my hockey career and personal accomplishments," said Gulay in an email from Iceland. "I have never won a major championship before. Growing up in Arborg, in the younger days we had a very strong core of hockey players and would win the divisional banner and tournaments year after year. I have multiple second-place provincial medals from both my midget and Jr. B days, but never a provincial gold medal.

"Winning the Icelandic championship filled this empty void in my career. I've played hockey all of my life and when you finally earn that special moment to hold the cup and celebrate with the team and organization, it's the best feeling."

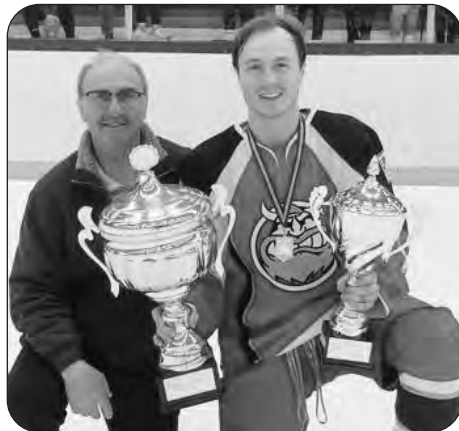
Gulay had an incredible time - and experience - in Iceland despite getting suspended for a questionable hit in his first game, suffering a severe ankle sprain at the beginning of the season, spending Christmas alone for the first time, and then getting COVID.

Oh yeah, he also injured his shoulder in the playoffs.

"Playing in Iceland is a memory I'll never forget," he said. "With every success story comes some challenges. Right from the change in scenery, larger ice, different food, different climate, new teammates, language barriers, and the list goes on. My experience in Iceland was one like no other.



Gulay posed after the game with his mom Brenda.



Gulay celebrated the championship on the ice with his dad Ivan.

In my off time, I spent lots of time in geothermal pools, trying new food, skiing, going for walks, swimming in the ocean, etc."

The Icelandic people really support their hockey teams. In fact, Gulay's team had a fan bus that drove about five hours for the final playoff game.

"The hockey fans within Akureyri are some of the most dedicated fans I've ever played for," Gulay said. "You're a role model to the younger players. The SA organization is very professional with their work - making it a fun team to play for. You aren't just a player on a team, you're a sports figure which people in Iceland respect and support. It's not uncommon to be downtown Akureyri, walk into a restaurant and randomly have



EXPRESS PHOTOS SUBMITTED

Arborg's Derric Gulay was a member of Skautafelag Akureyrar which won the Icelandic Hockey Championship.

a conversation with a SA fan. Hockey is big back home (Arborg/Interlake), but now I can confidently say hockey is widely respected and loved in Akureyri."

His teammates were outstanding, too.

"I've never played with such a consistently dedicated and close group of guys," Gulay said. "Our team was very competitive within practices. The leaders of the team were stellar and I have nothing but respect for the entire organization. It was tough at times not knowing what anyone was saying in the room, but I eventually got used to some Icelandic phrases and mostly everyone spoke fluent English (only when they needed to). Some hockey drills were explained in Icelandic which was definitely hard to get used to. However, most of the time our head Finnish coach ex-

plained the drills in English."

A very special treat for Gulay was having his parents - Ivan and Brenda - fly to Iceland to support him during the final playoff run.

"I truly love them for the support and will never forget hugging my parents after becoming a Canadian Icelandic champ," Gulay said. "The tears in their eyes said it all. My parents deserved to witness the win after supporting me for all of these years."

Meanwhile, over half of Gulay's team will be on the Icelandic national team competing in a couple of weeks against Belgium, Bulgaria, Georgia, Mexico and New Zealand. This national tournament will be hosted by Reyjavik.

"I wish my teammates the best of luck," Gulay said.

## KJHL final series tied at 1-1

Staff

The Keystone Junior Hockey League final between the Peguis Juniors and NCN Flames is now tied at a win apiece.

NCN evened the best-of-seven series with a 9-5 road win on Sunday afternoon.

Lyle Murdock led Peguis with a hat

trick while Dorian Sinclair and Kyle Cochrane also tallied.

Flames' goals were scored by Albert Sinclair (three), Curtis Shamanski (two), Armando Evans (two), Keenan Keeper and Keistin Saunders.

Peguis started the series with a 6-4 home victory on Saturday evening.

Darian Murdock scored the game

winner with just 59 seconds remaining in the third period.

It was his second goal and fourth point in the game.

Dion Fontaine iced the win with an empty-net goal with nine seconds left on the clock. Fontaine also had a great game with two assists.

Kyle Cochrane, Jamie Maytwayas-

hing, and Keelian Levasseur also scored for the Juniors.

NCN goals came from Jerome Linklater, Sinclair, Evans, and Lavery Melstad.

Aidon Marchand made 26 saves for the win.

Game 3 of the series will be played this Saturday (7:30 p.m.) in Thompson and Game 4 is set for Sunday (1:30 p.m.) in Nelson House.

# Arborg Ice Dawgs enjoy successful season

By Brian Bowman

Just days after the Arborg Ice Dawgs' season ended with a loss to the Selkirk Fishermen in the CRJHL final, head coach Murray Monkman had an opportunity to reflect on the past year.

And he was quite pleased.

Despite getting swept in the best-of-seven final, there were a lot of positives, said Monkman.

"Any time that you get to a final, it's a good year," Monkman said last Wednesday. "I was really proud of our regular-season record as well. We weren't just a team that snuck into the playoffs and got into the final. We were pretty good all year."

The future looks bright for the Ice Dawgs, who are blessed with a lot of local talent.

"Out of a 25-man roster, we had 14 guys from Gimli, Arborg, and the Riverton area and a lot of those guys I coached in minor hockey here in Gimli," Monkman said. "Going as far as we did with the local talent is something that I'm pretty proud of."

Arborg was defeated by a Selkirk team loaded with depth.

"That's a really good team over there," Monkman said. "We had trouble with them a lot of the year but they were always close games. It came down to them being able to convert and we struggled. Both of their goalies were really stellar in the final series and they shut down our top two guys, Jack (Einarson) and Kalen (Guimond). They did a really good job with that."

A big turning point in the final series was Selkirk winning Game 3 3-2 in overtime. A questionable



EXPRESS PHOTO SUBMITTED

Arborg Ice Dawgs coach Murray Monkman reflects on the good year that his team had in 2021-22.

boarding penalty in OT was called on Arborg and Selkirk's Reece Tessier capitalized by scoring the game winner.

"I thought we deserved that game," Monkman said. "I thought our boys battled really, really hard and we packed the barn in Selkirk with our fans."

Monkman wanted to thank his 21 year olds - Jack Einarson, Guimond, and Daytona Moneas - who

have now aged out of junior hockey for their commitment to the organization.

He was also grateful for the fan support the Ice Dawgs' received, especially in the playoffs.

Finally, Monkman wanted to send out a special thank you to Ivan Gulay, who has stepped down from his role as president and general manager of the Ice Dawgs.

## Prairie Scratch Tour to begin next month

By Brian Bowman

Kicking off in 2022 for its inaugural season, the Prairie Scratch Tour was formed with the purpose of providing additional competitive amateur golf opportunities within the prairies.

The 2022 season will host a handful of events throughout Manitoba, each comprising 60 of its top amateur players.

"We're very excited," said Prairie Scratch Tour president Ben Bandura last week. "It's long overdue and much needed in the province of Manitoba."

The brainchild of this Tour was Bandura, vice president Jordy Lutz and Brett Multan, who is the director of player operations.

"The three of us were sitting down and I brought up the idea of starting this amateur tour," Bandura explained. "We incorporated ourselves and got our sponsors and we're ready to rock and roll for the 2022 season."

The season-long race for the Art Johnston Cup will be awarded to

the player who finishes the season with the most points (accumulated from both Prairie Scratch Tour and Golf Manitoba events) and have their name etched into Manitoba golf history.

The Tour's schedule includes stops at the Grand Pines Golf Course (May 22-23), the Elmhurst Invitational (June 25-26), the Selkirk Shootout (July 2-3), Links at the Lake (Aug. 27-28), and the Prairie Scratch Tour Championship (Sept. 10-11).

The Selkirk Shootout will include a shootout at night on July 2 after the first day of golf.

Two construction lights will be set up.

"We'll have as many people as we can get to come into this and all of the proceeds from this one shootout we are donating back to Manitoba Mental Health, which is really important to me, to help them out a little bit," Bandura said.

All of the events are going to be stroke play with the exception of the

Selkirk Shootout. The Selkirk Shootout will consist of a two-man, best-ball competition.

There's a lot of excitement swirling among the golf community in the province for this unique tour.

"I have never seen this much exposure for golf in the province since I came out here in (1994)," Bandura said. "Over the winter, everybody's been talking about it. The problem with Manitoba is that we're very low on the totem pole when it comes to a national scene for golf in the province. So, I decided we needed to get this Tour with the new amateur rules of people winning money at the events. We felt we needed more exposure, we needed more competition for a lot of the young guys in the province."

There are still some spots available for the Tour. Golfers can visit their website at [prairiescratchtour.ca](http://prairiescratchtour.ca) or contact Bandura by phone at 204-333-6748.



EXPRESS PHOTO SUBMITTED

Ben Bandura is the president of the Prairie Scratch Tour, which will begin its inaugural season next month. The tour will host a handful of events throughout Manitoba this summer, including one in Selkirk July 2-3.

# Porteous continues to work on Sandy Hook Golf Club project

By Brian Bowman

The Sandy Hook Golf Club's 100th-year anniversary is less than three months away.

The popular course will celebrate its Centennial anniversary on July 1, 2022.

To commemorate that occasion, Ken Porteous continues to work on a history project which includes a photo book and calendar.

The calendar, which was completed prior to Christmas, has been a great success. Two hundred calendars were sold at \$20 apiece.

"What we're going to do with those proceeds is we're hoping to hold a junior golf tournament at Sandy Hook (and) we're thinking in June," said Porteous last week. "What we would like to do is (recognize) the winners of the different age groups, girls and boys. So, there'll be four prizes and what we would like to do is to pay for their registration in the 100th anniversary Manitoba Junior Championship which is going to be held at St. Charles in the middle of July."

Porteous has received a lot of positive feedback for his work on the calendar.



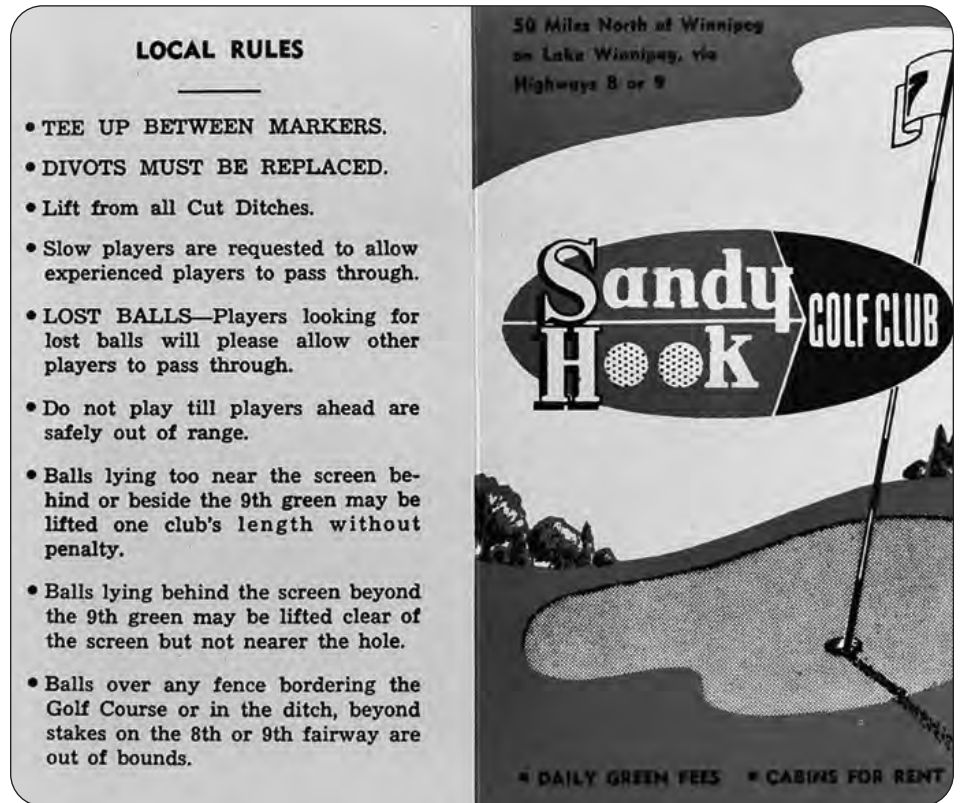
**The Home of Champions**  
1922 - Sandy Hook Golf Club - 2022

The Sandy Hook Golf Club will celebrate its 100th-year anniversary on July 1, 2022.

As for the 50-page, hardcover book, it is a work in progress, said Porteous, noting he is about halfway through completing it.

"It is way, way more work than I anticipated," he said. "However, having said that, what I have put together so far, I am very, very pleased with and I think the people that purchased the book will really have a nice keepsake of the Sandy Hook Golf Course."

Porteous hopes to have the books, which he estimates will cost between \$45 and \$50, delivered by Canada



EXPRESS PHOTOS SUBMITTED

This is an old scorecard when the Sandy Hook Golf Club was a nine-hole course.

Day.

Anyone interested in ordering a

book can email Porteous at [kporteous@me.com](mailto:kporteous@me.com).

## > COVID-19 TESTING SITES CLOSING, FROM PG. 7

from mutating.

In the U.K. last week, the seven-day average of new infections was over 107,000, driven by a surge in BA.2, an omicron subvariant that is said to be more contagious than omicron, and hospitalizations are climbing. England stopped offering free COVID testing; if people want a test, they'll have to start paying for it. China instituted rotating lockdowns in the city of Shanghai last week to deal with roughly 5,000 new cases a day. Ontario is entering its sixth wave; the government reported 804 hospitalizations last Friday and 18 more deaths. It said it has no plans to make masks mandatory.

With the Manitoba government shuttering its test sites, it's unclear what the weekly surveillance reports will look like after April 15.

The Manitoba NDP's health critic Uzoma Asagwara said the pandemic is continuing, and the government's closure of COVID test sites could result in barriers to accessing COVID antiviral treatment, which is most effective if delivered within a certain number of days of infection.

"This is another last minute and haphazard PC [Progressive Conservative] decision that cuts health care for high-risk Manitobans and leaves doctors and health care workers

scrambling to pick up the pieces. Cutting back access to testing will make it harder for high-risk Manitobans to access anti-viral treatment – a treatment that we know can save lives," they said in a statement. "As we enter the next stage of the pandemic, we need to provide Manitobans with more access to health care and testing, not less."

The COVID pandemic, according to the World Health Organization, has not ended and has not become "endemic" despite what many governments suggest.

Pandemic refers to a disease that is "international," in scope, that has spread across an extensive geographical area. Endemic refers to a disease that is limited to a particular region or country and is predictable in its spread and rate. Malaria, for example, is caused by a parasite and is considered an endemic disease in certain countries.

The WHO has also raised concerns about countries stopping COVID testing. That will make difficult to determine how the virus is evolving and where it's spreading.

"Although reported cases and deaths are declining globally and several countries have lifted restrictions, the pandemic is far from over and it will not be over anywhere until it's

over everywhere. Many countries in Asia and the Pacific are facing surges of cases and deaths. The virus continues to evolve, and we continue to face major obstacles in distributing vaccines, tests and treatments everywhere they are needed," said WHO director-general Dr. Tedros Adhanom Ghebreyesus in a March 9 press briefing.

"WHO is concerned that several countries are drastically reducing testing. This inhibits our ability to see where the virus is, how it's spreading and how it's evolving. Testing remains a vital tool in our fight against the pandemic, as part of a comprehensive strategy."

The WHO's COVID-19 technical lead and infectious disease epidemiologist, Dr. Maria Van Kerkhove, said testing is critical for getting a "good handle on this virus" to understand how it's mutating and what those implications could entail. Worryingly, as well, is the virus's ability to infect animals "with the possibility of infecting humans again."

"It's about making sure that we have

good testing, intelligent testing, strategic testing, not only to monitor the variants and virus evolution, but to ensure that people know where the virus is and to get that appropriate care that they need, for health workers to be able to get patients into that clinical care pathway as quickly as possible so that we can save as many lives as possible," said Van Kerkhove during the briefing. "Again, the pandemic is far from over

and not only do we need to focus on saving people's lives and reducing severe disease and death, we also have to focus on reducing the spread. We cannot allow this virus to spread at such an intense level."

The WHO reported at the beginning of March that there were "still more than ten million reported cases at a global level," and that number is an "underestimate" because of countries scaling back or stopping testing.

Worldwide, the WHO said there have been over 486 million confirmed cases of COVID and more than 6.1 million people have died from the virus so far (as of April 1).

**"THIS IS ANOTHER LAST MINUTE AND HAPHAZARD PC [PROGRESSIVE CONSERVATIVE] DECISION THAT CUTS HEALTH CARE FOR HIGH-RISK MANITOBANS"**

# get inspired

> MEAL IDEAS



## Brunch Fruit Tart

1 teaspoon vanilla extract  
1 package gelatin

Toppings:  
strawberries, sliced  
blueberries  
kiwis, sliced

To make crust: Preheat oven to 350 F. In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper.

Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour.

Top with strawberries, blueberries and kiwis.

Recipe adapted from [homemadeinterest.com](http://homemadeinterest.com)

### Crust:

4 cups granola mixture  
1/2 cup butter, softened  
4 1/2 tablespoons honey  
nonstick cooking spray

### Filling:

2 1/4 cups vanilla Greek yogurt  
8 ounces cream cheese, softened  
1/2 cup granulated sugar



## Overnight Apple Cinnamon French Toast Casserole

with nonstick cooking spray.

In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.

In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

Remove foil and bake 50-60 minutes.

Let cool 10-15 minutes.

In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

Servings: 12  
Nonstick cooking spray  
1 package (20 ounces) French bread, cubed, divided  
1 can (20 ounces) apple pie filling  
9 eggs  
1 cup half-and-half  
2 teaspoons ground cinnamon  
1 cup powdered sugar, plus additional (optional)  
2 tablespoons milk, plus additional (optional)  
Spray 8-by-8-inch glass baking dish



## Spiced Grass-Fed Lamb Over Hummus

1 can (15 ounces) chickpeas  
3 cloves garlic, chopped  
1/4 cup tahini  
3 tablespoons fresh lemon juice  
1/2 teaspoon salt

1/2 teaspoon cumin  
1/2 teaspoon paprika  
3 tablespoons olive oil

For serving:

1 Persian cucumber, small diced  
1 small tomato, diced  
2 tablespoons roasted pine nuts (or 2

Prep time: 15 minutes  
Cook time: 5 minutes  
Servings: 4-6  
Lamb:  
4 Atkins Ranch grass-fed lamb loin chops  
1 teaspoon cumin powder  
1/4 teaspoon salt  
1 tablespoon extra-virgin olive oil  
Hummus:

# 3 Fitspiration Tips



Health and Wellness Fitness expert  
Julie Germaine Coram

By Fitness Expert Julie Germaine Coram

Every single person – even the most successful, self-driven individuals – suffer from lack of motivation at times. It's true, so don't feel hopeless or get down on yourself if you're slipping or have already fallen into a rut when it comes to your fitness routine.

Positive change doesn't happen overnight, but your life will 100% continue to improve if you apply these mental tricks to get motivated again.

1. Focus in on 1 main goal. Perhaps when 2022 hit, you took all the great advice and sat down to write out your goals. We are instructed to dream big and create a clear vision of all we want to achieve. Great, right? Except that your list may be overwhelming to you, and if you don't know where to start, you risk freezing completely and going nowhere! Instead, take your list and circle 3 top goals, then choose 1

to tackle right now. The list isn't going anywhere, and you have plenty of time to check off every item, but you're far more likely to do that if you take things one at a time.

2. Train your brain. Give yourself permission to surf for knowledge related to your goal to get excited about them again. This is a wonderful daily habit that will feed your mind with incredible information to help you level up, and will keep things fresh and interesting.

3. Build anticipation by setting start dates and benchmarks in advance. You'll create energy if you have time to prepare to attack your challenge and improve your focus by developing a timeline for progress. Be sure your mini-goals are realistic and achievable so you can build on small successes as you climb the ladder to success.

Accept setbacks and enjoy the ride. Life is a rollercoaster of highs and lows, and your fitness journey is much the same. Having a community to support you in achieving your fitness goals is a huge benefit! Talk about your fitness journey, listen to other people share their weight loss experiences, and never hesitate to reach out to me if you have questions – I love to help!

Would you like to lose 2" from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap – limited space available. Visit: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine) or email [info@juliegermaine.com](mailto:info@juliegermaine.com)

Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.

tablespoons pomegranate seeds)  
parsley, chopped  
lemon wedges  
toasted flatbread or tortilla chips

To make lamb: Remove lamb from bone, dice meat into small cubes and transfer to medium bowl.

Add cumin powder and salt. Toss to coat. Marinate while preparing hummus.

To make hummus: Drain chickpeas, reserving 1 tablespoon liquid. Rinse chickpeas under running water then drain.

In bowl of food processor, pulse chickpeas, chickpea liquid and garlic until chickpeas and garlic are chopped.

Add tahini, lemon juice, salt, cumin, paprika and olive oil. Mix until smooth

paste forms. Taste and adjust by adding more salt, lemon juice or olive oil, as desired.

Transfer hummus to large platter and spread it out.

In large skillet, heat extra-virgin olive oil over high heat until hot. Add lamb and cook 30 seconds without moving.

Turn lamb over and cook 30-60 seconds, repeating until all sides are browned. Remove from pan and let rest 5 minutes.

To serve, place cucumbers and tomatoes in well of hummus then top with lamb, pine nuts and parsley.

Top with squeeze of lemon juice and serve with flatbread or tortilla chips.

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Annual Dauphin Gun and Hobby Show, Saturday, April 9th, 10 a.m. - 5 p.m. & Sunday, April 10, 10 a.m. - 4 p.m. 304 Whitmore Ave. (8th Avenue Hall). For info. call Victor 204-444-4690.

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Please forward resumes to: Raissa Leme at Raissa.Leme@compass-canada.com

Betel Home Gimli is also hiring Health Care Aides with training available for untrained staff. Starting wage is \$17.73/hr Please forward resumes to: Cheryl Pich at cpich@ierha.ca

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For more information or an application please visit our website at www.gov.mb.ca/housing or call

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## Employment Opportunity

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Please drop off resume or send to:

Alex Janower Manager  
Riverdale Place Workshop Inc.  
Box 609 Arborg Mb. ROC OAO  
Tele- 204-376-5584  
Fax-204-376-5584  
email riverdalew@mymts.net

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## THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

Public Notice is hereby given pursuant to Section 162(2) of *The Municipal Act* that the council of the Rural Municipality of St. Laurent shall hold a PUBLIC HEARING to present its 2022 Financial Plan on:

**Tuesday, May 3, 2022**  
**7:00 p.m.**

RM Council Chambers (inside the St. Laurent Recreation Centre)

At this time Council will present the proposed 2022 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection.

A draft copy of the 2022 Financial Plan is now available.

Dated this 21st day of March, 2022

HILDA ZOTTER  
Chief Administrative Officer  
Rural Municipality of St. Laurent  
16 St. Laurent Veterans' Memorial Road  
St. Laurent, Manitoba ROC 2S0  
Email: rmstlaur@mymts.net  
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Applications can be emailed directly to [cameron@charisons.ca](mailto:cameron@charisons.ca) or [shaunne@charisons.ca](mailto:shaunne@charisons.ca)

For further information please call 204-886-2922.



## RURAL MUNICIPALITY OF GIMLI INVITES APPLICATIONS FOR SEASONAL & STUDENT POSITIONS

### General Skills & Qualifications for all positions

Candidate must have excellent communication, organizational skills and must be able to work independently or in a team environment.

### SEASONAL POSITIONS

(Part-time June & September and Full-time July & August)

**Park Patrol** – Duties include monitoring and maintaining a clean safe beach and park areas as well as other public facilities. Greet visitors, provide tourism and environmental information. Shifts are varied; seven days per week; 8:00AM to 10:00PM.

**Rec Centre General Labourer** – Grass cutting and other miscellaneous maintenance duties. Work shift Monday to Friday, 8:30AM to 4:30PM. Some weekends and evening shifts will be required.

**Summer Program Leader** – Help organize and host summer day camps and recreation programs. Work with the Programmer to develop and promote new initiatives. This position will involve work in a variety of facilities including the Rec Centre, Beach and Pavilion. Shifts vary, some weekends and evening shifts will be required.

**Visitor Center** - Duties include greeting visitors, interpreting exhibits on natural history on Lake Winnipeg and fisheries, providing tourism information, maintaining Visitor Centre attendance data, assist with planning and implementing summer programs. Shifts vary seven days per week, some weekend shifts will be required.

### PUBLIC WORKS SEASONAL POSITIONS (Approximately June to October, as required)

**General Labourers** – Duties include refuse crew, grass cutting, landscaping, etc., must be physically fit. Shifts are varied; seven days a week. Valid class 5 driver's license required. Wage based on collective agreement

**Operator C** – Duties include operating medium equipment such as refuse trucks, roadside mowers, and dump trucks, as well as general duties. Shifts are varied; seven days a week. Valid class 3 with air endorsement driver's license required. Wage based on collective agreement.

**Gardener** – Duties include preparing and maintaining the flower gardens and planters, trim trees, cutting grass and to maintain the town's appearance. Shifts are varied; seven days a week. Valid class 5 driver's license required. Wage based on collective agreement.

Completed applications stating the position(s) applying for, with resume and references, are to be submitted to the Municipal Office located at 62 2nd Avenue by 4:00 p.m. on April 14, 2022.

Kelly Cosgrove, CMMA  
Chief Administrative Officer  
Rural Municipality of Gimli  
PO Box 1246, 62 – 2nd Avenue  
Gimli, MB ROC 1B0  
Email: [gimli@rmgimli.com](mailto:gimli@rmgimli.com)  
Fax: (204) 642-6660

We thank all applicants; however only those selected for an interview will be contacted.



## RURAL MUNICIPALITY OF GIMLI EMPLOYMENT OPPORTUNITY OPERATOR B

The Rural Municipality of Gimli invites written applications for the position of

This position will be under the supervision of the Manager of Public Works and Utility Operations. Duties will include utility repairs, operation of tractors, compactor, tandem and single axle trucks, skid steer, sweepers, snow blowers, grass cutting and other related equipment.

Valid Class 3 with air endorsement drivers' license required.

A minimum of two years experience operating and maintaining equipment.

Candidate must be physically fit- able to lift at least 50 lbs.

Excellent communication and organizational skills, and a demonstrated ability to work independently and in a team environment are required.

The incumbent may be required to work shift work, including weekends, and to be on-call and/or available for any call out emergencies that may arise from time to time.

Previous municipal and or heavy construction (sewer, water and LDS installation) experience will be considered an asset.

Salary is in accordance with the Collective Agreement.

Resumes complete with 3 references will be received by the undersigned until 4:00 p.m. on April 22, 2022.

Karl Bergman  
Public Works Foreman  
Rural Municipality of Gimli  
PO Box 1246  
Gimli, MB ROC 1B0  
Email; [kbergman@rmgimli.com](mailto:kbergman@rmgimli.com)

We thank all candidates for their interest, however, only those individuals considered for an interview will be contacted.



## THE RURAL MUNICIPALITY OF WOODLANDS PUBLIC HEARING

### REGARDING THE 2022 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING to present the 2022 Financial Plan for the Municipality at

May 5, 2022 at 6:00 P.M.  
Warren MultiPurpose Building  
152 MacDonald Avenue, Warren, MB

The Rural Municipality of Woodlands 2022 Financial Plan consists of:

- 1) 2022 Operating Budget
- 2) 2022 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2023), and
- 4) a five-year Capital Expenditure Program (2023-2027)

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Woodlands 2022 Financial Plan. If you are planning to attend we are requesting that you pre-register with the RM of Woodlands Office at 204-383-5679 or by email at [finance@rmwoodlands.ca](mailto:finance@rmwoodlands.ca).

Information and documents concerning the 2022 Financial Plan are available for review by email, mail or fax as of April 19, 2022 at the R.M. of Woodlands Office at 57 Railway Ave., Woodlands, MB

Adam Turner, CMMA  
Chief Administrative Officer  
Rural Municipality of Woodlands

Dated April 1, 2022

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

## EMPLOYMENT OPPORTUNITY

Bush Pilot required at Slims Cabins

-located along the Churchill River, near Sandy Bay, SK. Cessna 180.  
- Maintenance skills an asset.  
- Personal hunting perks available.  
-To apply, call 204 937 4007.

McSherry Auctions  
12 Patterson Dr.,  
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving  
Closes Wed April 13 @ 7:00PM

Estate & Moving  
Closes Wed April 20 @ 7:00PM

Consignments Welcome!

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

## MOVING SALE EVERYTHING MUST GO!

The entire contents of this family home to be SOLD  
35 Bubbling Well Road,  
Matlock, off Gimli Road  
April 8 & 9, 2022 (10am -4pm)

Items include: white casserole set (8 pieces); 32" TV with lge back for childrens game tv; 116 cd's; round card table+4chairs; 3 seater sofa+love seat(navy,green,&burgendy); Oak TV cabinet+drawers; 5cd player+receiver; solid oak desk; pump sprayer for fogging; sheets+pillow cases; white linen table cloths plus kitchen tools etc.

## PT Casual Server

### RCL #161 Arborg

Guaranteed 1 day per week, some weekend shifts may be required. Experience an asset, willing to train. Resumes to Clubroom Manager [legion161@mymts.net](mailto:legion161@mymts.net) or Box 419 Arborg MB ROC 0A0

## HELP WANTED

### Links at the Lake

Grounds/Maintenance Crew  
Seasonal/Full Time  
Must be able to work some weekends.

Send resume to:  
[schofield@lakelandgolfmanagement.com](mailto:schofield@lakelandgolfmanagement.com)



## NOW HIRING!

Teulon Golf & Country Club is looking for responsible, highly motivated, team oriented individuals for the upcoming golf season. We are currently accepting resumes for all positions.

Proshop  
Driving Range  
Grounds / Maintenance  
Clubhouse Restaurant  
Beverage Cart  
Snack Shack

Please email your resume and cover letter:  
Janis Dola  
General Manager  
[teulonacc@mymts.net](mailto:teulonacc@mymts.net)

We thank all that apply, however only those candidates selected for a interview will be contacted.



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*Serving Rural Manitoba for over 20 years*  
Funding provided by  
The Government of Canada The Manitoba Government



## NOW HIRING!

### LOCKPORT

FT & PT staff required in all departments. Immediate start dates available.  
Email resume to:  
Aw.lockport3276@gmail.com  
Or drop off in person at  
23022 Hwy 44, Lockport



## Rural Municipality of Gimli Parks and Recreation Department Seasonal Position Position: Park Patrol Supervisor

40 hours per week. Shifts are varied seven days per week

The Park Patrol Supervisor will supervise seasonal Park Patrol staff based on Gimli Beach. They will also work to maintain a clean safe beach and parks areas as well as other public municipal facilities.

### Duties:

- Patrol and clean beach and park areas within Urban Centre.
- Supervise and administer beach safety flag system.
- Open/Close and maintain beach washrooms.
- Greet visitors of Gimli Beach and park areas and provide information as needed.

### Qualifications/Skills:

- Good communication skills.
- Ability to work well with others, have initiative and be flexible.
- Previous Supervisory experience would be an asset.

For more information please contact Tyler Yellowega at 204-642-6670 or tyellowega@rmgimli.com.

Please submit resume with detailed skill set and references by 4:00pm April 22, 2022 to:

Tyler Yellowega  
Manager – Parks & Recreation  
Rural Municipality of Gimli  
45 Centennial Road, PO Box 1258  
Gimli, MB ROC 1B0



## EMPLOYMENT OPPORTUNITY Driving Position

We have an opening for a long-haul driver. No waiting for back-hauls.

Our customers are located in BC, Alberta, Saskatchewan, Manitoba, Iowa, South Dakota and Minnesota. Compensation is paid on an hourly basis. We have a health package including dental, a deferred profit sharing plan, and paid meals while outside of the province.

For further information call Shaunne at 204-886-2922 ext 205 or email resume to shaunne@charisons.ca

# take a break > GAMES

## SUDOKU

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

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

Sudoku Answer

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

Crossword Answer



# CROSSWORD

### CLUES ACROSS

- Midway between south and southeast
- Celebrations
- Pulpits
- Pin
- Rare laughing
- Parts of the circulatory system
- Financial term
- Pearl Jam frontman
- Cores of vascular plants
- Strong sharp smell or taste
- City in S. Korea
- One from Damascus
- Short message at the end of an email
- It cools your home
- Towards the mouth or oral region
- Intestinal pouches
- Boys and men
- The 12th letter of the Greek alphabet
- Former CIA
- A way to arrange
- Body cavity
- The Great Lake State
- A type of seal
- Stop for a moment
- Ancient kingdom
- Of I
- White clerical vestment
- Songs to a lover
- Prices
- Sun-dried brick
- Where to park a boat
- One who values reason and knowledge
- Partner to feather
- Sailboats
- Actress Zellweger
- Type of screen
- Country singer Haggard
- Puts together in time
- When you hope to arrive

### CLUES DOWN

- An involuntary muscular

1	2	3	4	5	6	7	8	9	10	11	12	13	
14			15					16					
17			18					19					
20			21			22							
23					24	25					26	27	
		28			29			30					
31	32				33		34	35	36		37		
38				39	40						41		
42				43					44	45			
46		47	48				49			50			
51				52	53	54				55		56	57
		58						59					
60	61						62	63			64		
65							66				67		
68							69					70	

- contraction
- PA transit system
- Leaves a place
- Sweet greenish fruit
- Lends support to
- Chap
- Singer Di Franco
- Water at boiling temperature diffused in the atmosphere
- Asserts to be the case
- Doctor (Spanish)
- Auction attendee
- Characterized by unity
- Soviet Socialist Republic
- Way to analyze video (abbr.)
- Nonclerical
- Tree resin
- The academic world
- Khoikhoi peoples
- Infer from data
- Arrives
- Apert
- Takes on cargo
- Beloved Hollywood alien
- Takes apart
- Dorm official
- Secondary or explanatory descriptor
- Relating to wings
- Speaker
- Situated in the middle
- Loop with a running knot
- Alaska nursing group (abbr.)
- Beloveds
- Establish by law or with authority
- Border river between India and Nepal
- Millisecond
- Revolutions per minute
- They \_\_\_
- ESPN broadcaster Bob
- A place to stay

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## Town of Winnipeg Beach

### NOTICE OF PUBLIC HEARING

BY THE TOWN OF WINNIPEG BEACH  
BY-LAW NO 04/2021  
CLOSING AND SALE OF PUBLIC ROAD ALLOWANCE

Please take notice that The Town of Winnipeg Beach will hold a public hearing for the purpose of hearing any presentation in objection to or in support of the proposed By-law 04/2021 relating to the Closing and Sale of Public Lane, Block 6, Plan No. 729. The public hearing will take place on **Wednesday, April 27th at 6:30 p.m.** at the **Town of Winnipeg Beach Municipal Office, 29 Robinson Avenue, Winnipeg Beach, Manitoba.**

If you require any special Accommodations, please notify the Town Office 15 days in advance of the Public Hearing

**In addition, the Council requests that any party who intends to submit as evidence at the hearing any written material or other documents, shall file one copy with the Municipality for public review, at least 10 working days prior to the hearing.**

Kerry Swanson  
Chief Administrative Officer  
Town of Winnipeg Beach  
204-389-2698

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with an **EMPLOYMENT/ CAREERS AD** in



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## Town of Arborg SUMMER EMPLOYMENT

The Town of Arborg is accepting applications for Summer Employment with the Public Works Department.

Must be 16 – 24 years of age and possess a valid Driver License. Main duties will include maintenance of public green spaces and other Public Works projects as needed.

Applications submitted by **May 27th, 2022** to:  
Town of Arborg Email: [townofarborg@mymts.net](mailto:townofarborg@mymts.net)  
PO Box 159 Arborg MB R0C 0A0 In person: 337 River Road

*We thank all applicants for their interest however, only those selected for interviews will be contacted.*



### Online Patient Support Group

April 23  
10:30 am CDT

Patients, families & friends welcome!  
You are not alone

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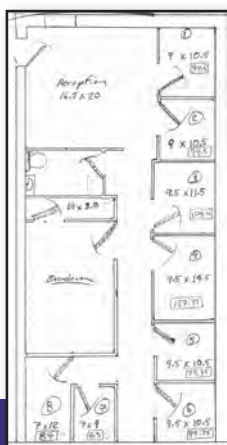
Or submit an online application @ [www.renaissancetrans.ca](http://www.renaissancetrans.ca)

## CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



### Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



For information please contact:  
**BIG Real Estate**  
204-485-0010 email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)

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

### EMPLOYMENT OPPORTUNITY

**Camp Esnagi** – Fishing Camp near White River, Ontario.  
1 Maintenance Position (jack of all trades).  
2 Dockhand/Labor Positions (able to skillfully clean fish).  
4 months of work. Must be self motivated for lots of hours with great pay.  
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# Rotary



Gimli Rotary invites people interested in improving our community to a social gathering at the Lakeview Resort at 7:00 pm on April 25. Light refreshments will be provided.

Questions and RSVP to Donna/Ken at 204 642-5244

## EMPLOYMENT OPPORTUNITY

### Sawmill Workers required immediately.

**Must be reliable and follow directions well.  
Must be a team player.**

**Spruce Wood Loggers** is looking for an energetic person who is physically able, punctual, promotable, trainable and can work with others. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

We are located approx. 18 miles north of Arborg.

Email resume to: [swl@lakenet.ca](mailto:swl@lakenet.ca) or call 204-378-2997 References required.



### LINKS AT THE LAKE GOLF COURSE

## PESTICIDE APPLICATION PROGRAMS PUBLIC NOTICE

Lakeland Golf Management intends to conduct the following pesticide control programs from April to November. All applications are part of a comprehensive Integrated Pest Management (IPM) strategy and depending on pest threshold levels, may or may not include:

Projected dates of application are from May 1st to November 15th, 2022

1. Weed control in turf grass areas within the property. Herbicides used may include: - glyphosate, dicamba, 2,4-D, mecoprop, acetic acid, iron, carfentrazone-ethyl, bipyrribac (Na).
2. Fungus control in turfgrass and treed areas within the property. Fungicides used may include: chlorothalonil, flouxiol, propiconazole, tudioxonil, myclobutanil, azoxystrobin, fosetyl AL, pyraclostrobin, triticonazole, thiophanate-methyl, metalaxyl-M, tritloxystrobin, boscalid, mineral oil, etridiazole, hyroden peroxide, tebuconazole, fludronil, mefentrifluconazole, metalaxy - M&S isomer, fluopyram, fluzinam, pydiflumetofen, metaconazole, penthiopyrad, benzovindiflupyr, polyoxin D zinc salt.
3. Insect control in turfgrass and treed areas within the property. Insecticides used may include: - imidacloprid, chlorpyrifos, chlothianidin, chloranthraniliprole, carbarol, lambdacyhalothrin, permethrin, Bacillus thuringiensis, malathion.
4. Growth regulators of turfgrass areas within the property. Growth regulators may include: - polymeric polyoxyalkylene, trinexapac - ethyl.

The public may send written submissions or objections to SPECIFIC pest control program(s) within 15 days of publication to the department noted below:

Manitoba Conservation and Climate  
1007 Century Street, Winnipeg, MB R3H 0W4

# Classifieds Announcements



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## BIRTHDAY



Happy 80th Birthday  
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Wife, Mom, Granny, Great-Granny  
and Dear Friend  
Love from your family and friends  
XOXO

## CARD OF THANKS

The family of Dale Campbell would like to thank everyone for their kind words, cards, and condolences. We have been touched by the messages we have received since the passing of our dad, grandfather and great-grandfather. Thank you for your prayers and God bless you.

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## OBITUARY



**Sydney Reimer**

It is with great sadness that we announce the passing of Sydney Reimer of Arborg, Manitoba (Reimer Building Movers) on April 4, 2022 at Arborg Hospital.

Funeral arrangements pending.

Longer obituary to follow next week.

Remember Your Loved Ones  
with an Announcement in the

**THE EXPRESS**  
WEEKLY NEWS

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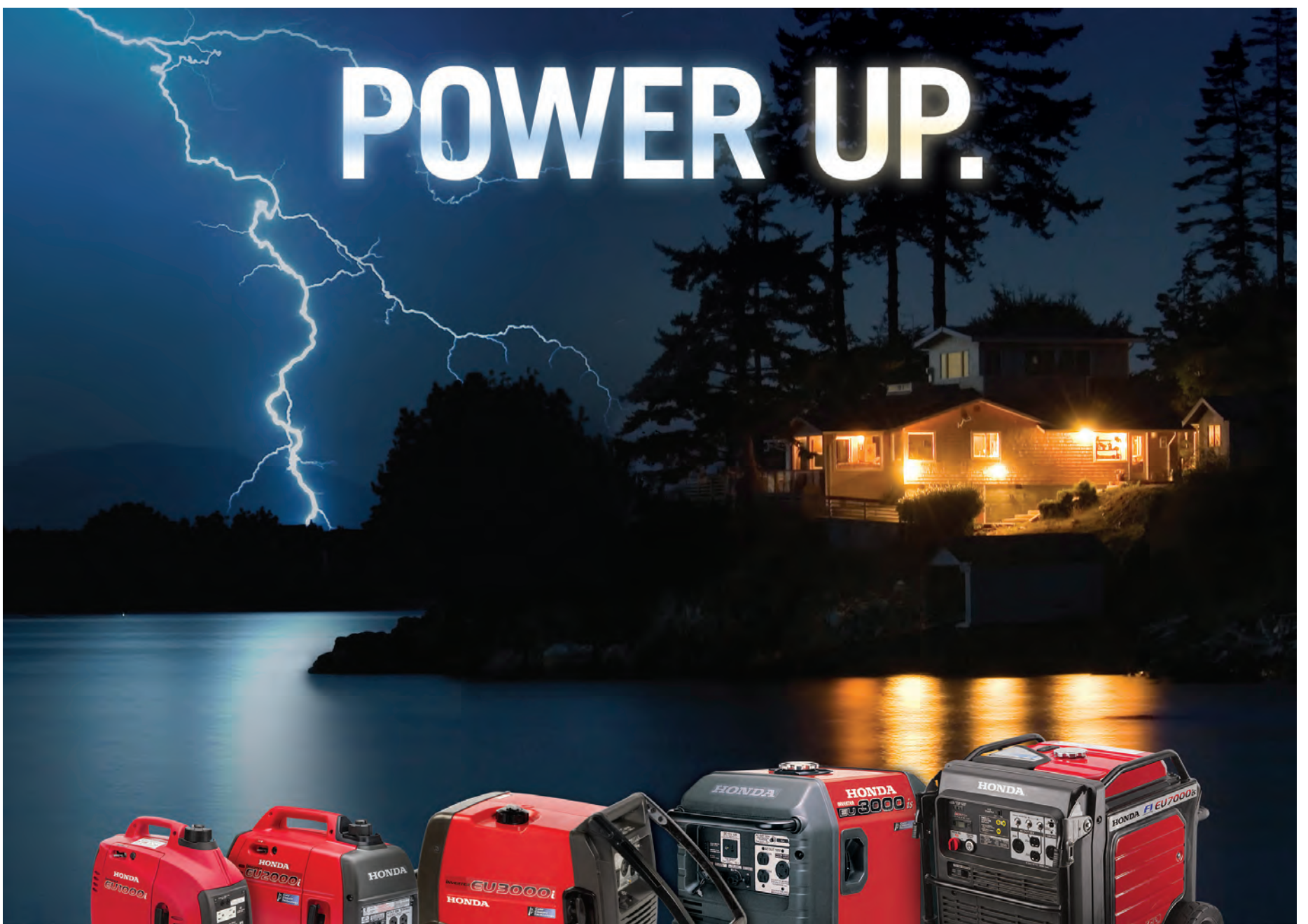
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