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Somebunny loves snow

EXPRESS PHOTO BY SHARON STADNEK

Seven-year-old Leo Jonasson from Teulon was in Arborg last week visiting his aunty Sharon. The duo took advantage of the mild weather and the sticky snow to build an Easter Bunny, a snow fort and even had a snowball fight before dark.

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Team hopes to revitalize Winnipeg Beach through weekly market

“One of the best darn places that people can come to for a market.”

By Nicole Brownlee

Winnipeg Beach organizers hope to attract tourism to boost their local economy by hosting a weekly farmer's market.

Karen Crotty, John Wheeler and Danielle Sunley, local makers and Interlake residents, came together during the COVID-19 pandemic to find a way to unite their community while inviting visitors to appreciate their town.

“We're trying to give Winnipeg Beach a hand right now,” said Crotty.

“We really want to bring people to our community.”

The COVID-19 pandemic took a toll on small businesses in the Interlake, said Wheeler, the Jam King.

“This is an opportunity to rebuild.”

The self-professed Queen of Anything Pickled wants to see Winnipeg Beach expand and welcome more residents to the community.



EXPRESS PHOTOS SUBMITTED

From left to right: Danielle Sunley, Karen Crotty and John Wheeler have teamed up to stimulate tourism in Winnipeg Beach through a weekly market.

“There are lots of places to live out here, but there's not enough employment and not enough things to do,” said Crotty.

Since putting out a call for vendors on Facebook in late March, the team has received several requests to join their endeavour.

“Within four to five days, we had over 460 likes or positive responses,”

said Crotty.

The weekly market, starting in May, will rotate 30 vendors until the end of September.

“We'll have some of the same vendors, but there'll be so much new every day.”

The market will also have space for entertainers, children and furry friends.

“We'll be setting up some face painting. We might have craft days and

some games,” said Crotty.

“We're trying to make it a safe and fun place for everyone, young and old, including our pets.”

A local charity or non-profit will have a designated table at the market each weekend to raise money for programming and projects.

“This will give them the opportunity to get their product out there without any additional cost to them,

Continued on page 3

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Winnipeg Beach organizing Challenge for Life in the Interlake event

By Patricia Barrett

Winnipeg Beach will be among dozens of communities taking part in the 2022 CancerCare Manitoba Foundation's Challenge for Life event that raises money for cancer prevention, research and patient services.

Winnipeg Beach is calling its event "Challenge for Life in the Interlake," and it's being planned for mid-June at the bandstand near Lake Winnipeg.

"I think it will be a fun day. We're going to have a walk, music, bands, activities and some games," said organizing committee chair Betty Loewen. "If people want to raise money for a good cause, they're welcome to join us that day."

Previously, the Winnipeg Beach organizing committee took part in the Canadian Cancer Society's annual Relay for Life. But the society won't be holding a relay event in Winnipeg Beach.

"Because we're unable to have the society's Relay for Life, we decided to support CancerCare Manitoba's Challenge for Life, therefore keeping all the fundraising local," said Loewen.

CancerCare Manitoba Foundation's Challenge for Life is an annual event that raises awareness of the various types of cancers that affect Manitobans and raises funds to support cancer prevention, early detection, treatment, patient services and research. In 2021, 70 communities took part in the challenge, raising \$1.065 million. A total of \$14.3 million has been raised to support CancerCare's work, according to the Challenge for Life website.

The challenge consists of participants completing 20 kilometres (12.4 miles) or 200 minutes of exercise and committing to raising a minimum of



FILE PHOTO BY PATRICIA BARRETT
Betty Loewen is the organizing committee chair of the Challenge for Life in the Interlake.

\$250. Any type of exercise — walking, running, kayaking, cycling, swimming, yoga — is eligible for the challenge, said Loewen. People can complete their personal challenge over the course of 12 days or all at once during the Winnipeg Beach event.

"My challenge will be riding my bike for 20 kilometres," said Loewen. "I'm going to start that before our event. Some people might want to start a few days beforehand and finish their challenge at the event."

The event will be modelled to a certain extent on past Relay for Life events, which Loewen chaired.

"Right now, we're still in the midst of planning and we don't have all the details ironed out, but we're going to do it much like the previous relay



EXPRESS PHOTO BY CATHERINE SPROAT

Winnipeg Beach residents and other supporters are shown here taking part in a Canadian Cancer Society Relay for Life in 2019. The town is now taking part in Manitoba CancerCare's Challenge for Life.

events," she said. "For example, we'll be celebrating cancer survivors with a lap around the course by the bandstand, and we'll be having themed laps such as a cowboy lap or a crazy hat lap. And later in the evening, we will light the luminaries, which we'll have lining the walking path to commemorate people we lost to cancer or those still fighting it."

The Gimli High School jazz band will be performing at the event as will the rock 'n roll dance band, the Biivers.

The organizing committee, which is made up of Loewen, Collette Banks, Carol Opperman, Darlene Shkawritko,

Kathy Sigurdson, Leanne Stutsky, Allan Sulyma and Marnie Guzzi, is hoping volunteers will step up and help with the events.

The Challenge for Life in the Interlake is scheduled for Saturday, June 18 at the Winnipeg Beach bandstand. It costs \$25 per person to register. Participants will receive a T-shirt and other goodies.

For more information on the challenge or to volunteer, call Betty Loewen at 204-641-4423 or visit the committee's Facebook page titled "Challenge for Life Interlake."

> WINNIPEG BEACH MARKET, FROM PG. 2

and in turn, helping everyone in the community," said Crotty.

The markets will take place on Saturdays and Sundays at the old Winnipeg Beach golf course, recently purchased by Anjali Schludermann-Goshulak, who is redeveloping the course into Ruby's Paradise.

"To start, we're going to be on the north portion of the Winnipeg Beach golf course by the Domo."

As Ruby's Paradise is developed, the market may move to another area of the golf course, but the team doesn't expect any interruptions.

"We're looking at this market coming back year after year and becoming one of the best darn places that people can come to for a market."

Vendors from across the province

can contact Karen Crotty through her KL Crotty Facebook page or by email at moonlightmarket2022@gmail.com.

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Have defibrillator – will travel: Sandy Hook couple will lend a medical helping hand

By Patricia Barrett

When the blizzard last week closed highways and forced people to hunker down at home, a couple from Sandy Hook let their community know they were willing to provide a defibrillator and some first aid know-how if needed.

Debra Vandekerkhove, who runs the Manitoba Animal Alliance, posted a message on social media saying she could deliver a defibrillator should emergency medical services not be able to attend quickly because of the storm.

She said she and her husband are trained in first aid, which includes using a defibrillator — which they own — and can perform CPR on someone who has had a heart attack and stopped breathing.

Rural backroads, which typically aren't immediately plowed by municipalities, can get jammed up with snow and become impassable, but Vandekerkhove said they'd be able to get down roads with their vehicle to deliver the defibrillator and first aid assistance.

"We thought, 'What if something happens here?' We live in Sandy Hook, which is primarily a community of seniors, and a defibrillator is a good investment. We can provide fast access to the equipment," said Vandekerkhove. "It's for ourselves, too, but if something should happen to one of our neighbours, we can help them. In a storm it could take first responders a little longer to get into communities where roads are not passable."

A defibrillator or automated external defibrillator (AED) is a battery-operated portable medical device that can detect the heart's rhythm through pads affixed to the chest and, if required, can deliver an electric shock



Vandekerkhove and her husband own a defibrillator and have first aid training.

to the heart to restore a normal beat. The devices aren't cheap, ranging from about \$1,500 to \$4,000, with replacement or practice electrode pads and batteries extra.

In addition to having certified first aid training for humans, Vandekerkhove can also help stabilize pets through training in animal first aid.

"I run an animal rescue and I have all the provisions I need for situations that come up. I can at least respond until someone can get their animal to a veterinarian," she said. "With animals, you perform CPR; you don't use a defibrillator. I can also help if the animal has a broken leg or is bleeding out from an injury. I can connect people to a vet quickly because I have a lot of connections — veterinarians on speed dial."

The Manitoba Animal Alliance is a



EXPRESS PHOTOS COURTESY OF DEBRA VANDEKERKHOVE

Debra Vandekerkhove is the managing director of the Manitoba Animal Alliance, which provides assistance to dogs in northern Manitoba.

registered not-for-profit organization that helps dogs in northern Manitoba communities. It provides veterinarian care and finds new homes for dogs.

After she posted her notice of defibrillator assistance on social media, Vandekerkhove received many grateful responses from people. Ilona McEachern, for example, wrote, "Our world needs more angels like you," while Linda Morgan wrote, "God bless you, that's awesome."

The offer of first aid assistance during last week's blizzard wasn't a time-limited offer, said Vandekerkhove. They're willing to help people any time.

"We love these people," she said.

"We would be crushed if something happened to them and we could have helped in some way to prevent it."

She and her husband buy practice pads for their defibrillator to keep their skills sharp "because you can't use people to practise on" and also have battery packs to keep the defibrillator powered up and "ready to engage."

In addition to being prepared for human and animal medical emergencies, Vandekerkhove said they offer assistance to their neighbours when the power goes out as they have a generator. They've kept neighbours

Continued on page 11

Sharpen your pencils for Selkirk's annual writing contest

Looking for submissions from wordsmith wizzes and student scribblers

By Katelyn Boulanger

Whether you prefer to write fiction, non-fiction, poetry or something unique to you, the Adult Learning Program wants your submission to this year's Community Writing Contest.

"We want to encourage local writers [to enter as it] just feels like writing is something that may not get recognized, especially when you're an adult," said Adele Plett Bartel, coordinator/instructor at the Selkirk Adult Learning Program.

This will be the third year that the Community Writing Contest will take

place in our community. It is open to all short writing submissions — under 1,200 words or five double-spaced, clearly written pages of text written — by adults in Selkirk and area.

"From previous year's entries, it's really amazing the gifted writers in the community. We're thankful that we can [give them the opportunity] to share what they've written and showcase it and so they have some recognition for their gift," said Plett Bartel.

The writing contest, being put on by the Selkirk Adult Learning Program,

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EXPRESS FILE PHOTO BY MICHELLE BALHARRY

Shane Anderson, 2021 writing contest winner, and Troy Mercer, a long-time member of the SALP Literacy Working Group.

Finance Minister Friesen introduces new budget

Province prioritizes tax cuts, health spending: Friesen

By Lorne Stelmach

The Manitoba government promised tax cuts and a boost in health-care spending as key priorities in its 2022 budget.

It is a plan that moves Manitoba on the path to recovery with strategic investments in key priority areas that focus on the health and financial well-being of all Manitobans, suggested Finance Minister Cameron Friesen.

"We're strengthening care, investing in communities and we're building our economy," Friesen said last Tuesday after the release of Budget 2022: Recover Together.

"Two years of the pandemic have forced Manitobans apart, shaken our families and damaged people's livelihoods — now it is time to look ahead," said Friesen. "Budget 2022 implements our plan to recover together and is built to take action on the issues Manitobans care about ... and gives Manitobans hope and optimism for the future."

While the budget especially emphasized health care as the top priority, Friesen also cited the need to address the financial well-being of Manitobans, as he cited a report that three in ten Manitobans feel they are in a worse place than a year ago.

"The last three months have taught us that Manitobans are really focused on their finances, on affordability and on their household bills," he said. "We're taking action. ... We've got a good record on tax reduction, but we'll go further in this budget."

The province is projecting a deficit of \$548 million for 2022-23, which is an improvement over the deficit forecast for 2021-22 of \$1.393 billion, and Friesen said they are on track to return Manitoba's books to balance in seven years.

"Our government recognizes that fiscal responsibility is critical to building up our communities and our economy," said Friesen. "From a pandemic deficit high of \$2.1 billion, our government has worked diligently to reduce the deficit and invest in the areas that matter most to Manitobans."

Friesen noted the budget makes strategic investments in five priority areas:

- Health care
 - investing \$110 million to reduce the pandemic diagnostic and surgical backlogs.
 - \$17 million to implement Year 1 of the five-year mental health and community wellness strategy.
 - almost \$20 million to develop a new seniors strategy
 - investing over \$11 million to increase nursing enrolment.
 - \$812 million in continued capital commitment for rural and northern health care under the five-year clinical and preventative services plan.
 - \$630 million for contingencies and COVID-19 response and recovery.
- Making life more affordable
 - increasing the education property tax rebate to 50 per cent by 2023, saving the average homeowner \$1,355 over

two years.

- providing \$12 million in new income support programs for people with severe and prolonged disabilities.

- Building the economy
 - a new venture capital fund with an initial \$50-million investment.
 - providing \$5 million to strengthen immigration programming.
 - providing more than \$18 million for improving the wages of front-line workers in the community living disability, children's disability and family violence prevention sectors.
- Investing in communities
 - investing \$326 million over two years to make child-care more affordable and accessible.
 - creating 716 spaces in new childcare centres and supporting 50 new home-based spaces.
 - investing in new schools with a new goal to build 22 new schools by 2027.
 - supporting the arts, culture and sports organizations with \$100 million over three years including \$34 million in 2022-23.
 - investing an additional \$10.3 million to enhance the Building Sustainable Communities Program with a \$25-million total investment in 2022-23.
 - investing \$578.5 million in capital projects for highways including projects funded under the Manitoba Restart Capital Program.
- Protecting the environment
 - developing an energy policy framework and a new water management strategy.
 - investing over \$6 million for 12 initiatives to advance the Made-in-Manitoba Climate and Green Plan including \$1.5 million for expanding the Conservation and Climate Fund.
 - allocating over \$10 million for forestry programs and over \$14 million for provincial parks.
 - developing a new multi-year parks capital strategy to modernize and enhance campgrounds, roads, trails and other key infrastructure.

In a question-and-answer session with rural media, Friesen touched on the need to further tweak the Building Sustainable Communities initiative especially to benefit rural Manitoba.

"It was way over subscribed," he noted. "We expanded it from about \$14 million to \$25 million. We brought a whole new fund for arts, culture and sport ... \$100 million over three years to make sure that those projects are not

getting short shrift; they're not getting overlooked in lieu of other municipal projects."

Friesen also touched on how the province is moving forward in terms of changing how it will be funding education.

"We have undertaken to form that new committee that is going to study education funding. We want to make sure that it looks equitable across the province of Manitoba," he said.

"It's very important that we have a new formula. Our formula is broken. We will continue to invest in education, but we want the formula to be right."

He addressed funding for municipi-



EXPRESS PHOTO SUBMITTED
Finance Minister Cameron Friesen outlining highlights of Budget 2022: Recover Together.

Continued on page 8

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SPORTS EDITOR
Brian Bowman



REPORTER/PHOTOGRAPHER
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ADMINISTRATION
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Fourth dose of Pfizer COVID vaccine, short-lived protection

By Patricia Barrett

An Israeli study on the effectiveness of a fourth dose of Pfizer-BioNTech's COVID vaccine shows short-lived protection against infection with the omicron variant.

The study titled "Protection by a Fourth Dose of BNT162b2 against Omicron in Israel" was published online April 5 in the *New England Journal of Medicine*.

Researchers found protection against infection quickly waning about four weeks after the fourth dose was given. Protection against severe illness, however, appeared to last longer.

"The results presented here indicate that as compared with three vaccine doses given at least 4 months earlier, a fourth dose provides added short-

term protection against confirmed infections and severe illness caused by the omicron variant," the researchers wrote. "The incidence rate for confirmed infection was lower by a factor of 2 and the rate of severe disease lower by a factor of 3 among persons in the fourth week after receiving the fourth dose than among eligible persons who did not receive the fourth dose."

Israel opened up eligibility for fourth doses in January of this year to adults 60 years of age and older.

With the emergence of omicron in December 2021 in Israel, infections began to rise. And it had been over four months since most adults had had their third dose of the Pfizer vaccine.

Omicron and its subvariants are highly contagious and able to evade vaccine-induced and natural immunity. Omicron can also re-infect people multiple times.

To stem the growing wave of infections, Israel approved fourth doses of the vaccine in January to people 60 years of age and older, health-care workers and high-risk populations if four months had passed after receipt of their third dose even though the real-world effectiveness of a fourth dose was unclear.

The researchers looked at health data of 1,252,331 people from Jan. 10 to March 2 (a period of just over eight weeks) when the omicron vari-

Continued on page 14

letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

Earth Day - April 22

For most of history, man has had to fight nature to survive: In this century he is beginning to realize that, in order to survive, he must protect it!

-Jacques-Yves Cousteau

It is easier to deal with a catastrophic act of nature, than the harmful actions that are perpetrated by humans. As our planet faces the impacts of global warming, food and water shortages, air and water pollution, concerns for the environment, and a continuing acceleration of health problems, we are witness that many, if not all, of those challenges are the direct result of human

input and human endeavours.

Repeatedly, we have been warned that, as humans, we are on a dangerous path. We subordinate ecological concerns to the demand of economy, political and personal ambition. The planet can no longer sustain this relationship and needs to heal.

We can see that life is a cycling phenomenon which forms within a single system. Nothing stands alone, no individual species or community, for in a cycle each thing and each event in one way or another is connected with everything else. We, all of us, are but strands in the web of life and what we do to the web, we ultimately do to ourselves.

Once we accept this simple under-

standing and dedicate a commitment to improve our ways, there is always the hope that mankind will survive. Otherwise, if we choose to continue on our present collision path with nature, we will perish in the holocaust that we, as humans, have created. Nature will survive without humans. Humans cannot survive without nature.

And yet, even though nature is as integral to life as breathing, politicians and corporations insist on viewing it as an object to be exploited, instead of a being to be respected.

- John Fefchak, Virden

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Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
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OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Nicole Brownlee Reporter/Photographer
nicole@expressweeklynews.ca | 204-232-5191
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca
ADDRESS
74 Patterson Drive, Stonewall Industrial Park
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COVID resurgence, no public health measures: boosters advised for adolescents

By Patricia Barrett

The Manitoba government announced last week that youth aged 12 to 17 can now get a COVID-19 vaccine booster, sometimes referred to as a third dose for those who already received a two-shot primary vaccine series.

In March the government lifted public health measures such as masking, capacity limits, social distancing and quarantine for infected individuals. Those measures helped prevent the spread of COVID among Manitobans. An omicron-driven wave of infections is now building across the province, prompting recommendations for COVID booster doses. Boosters also compensate for vaccines' waning effectiveness.

"Based on updated recommendations from the National Advisory Committee on Immunization, Manitoba Health is revising its guidance on booster doses of COVID-19 vaccine for young people age 12 to 17," said the government in an April 13 COVID-19 Bulletin.

The government is recommending that an mRNA vaccine be given to youth at least six months after their first two doses.

In addition to booster doses for adolescents, the government said all COVID testing sites across the province will close on April 15, with "several" having closed already — including Selkirk's — during the mid-week blizzard that started to roll in on April 12. PCR testing will become available only "through primary health-care providers for eligible individuals."

Canada's National Advisory Committee on Immunization (NACI) updated vaccine guidelines for adolescents last week, strongly recommending a booster dose for this age

group to help reduce infections and severe disease.

It cited the lifting of public health measures across Canada that used to help protect the population, as well as the omicron variant's ability to partially evade vaccine-induced or natural immunity.

"With NACI's updated recommendations, a first booster dose may now be offered to everyone 12 years of age and over," said the Public Health Agency of Canada in an update titled "Updated guidance on a first booster dose of COVID-19 vaccines in Canada" published April 12. "Given the current resurgence in cases due to the increased transmissibility of the Omicron BA.2 sub-lineage and the lifting of public health measures, NACI's updated recommendations may help to further reduce infections and severe disease."

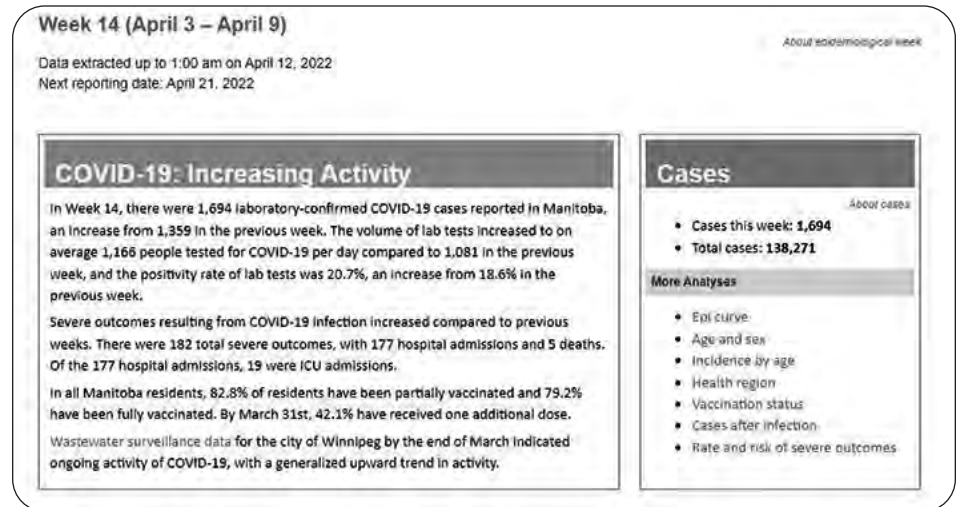
Pfizer-BioNTech's Comirnaty (30 mcg) booster is preferred to Moderna's Spikevax (50 mcg) booster "as there are currently no data on the use of Moderna Spikevax (50 mcg) booster dose in adolescents 12 to 17 years of age."

NACI said COVID surveillance data show there is a rise in infections across the country.

"The Omicron wave had been abating nationally in Canada, but there is now a rise in cases with an increasing proportion of infections being attributed to the Omicron sub-variant BA.2."

The variant and its even more infectious subvariant have the capability to repeatedly infect people.

The Manitoba government stopped releasing daily COVID infection numbers, hospitalizations and deaths. It instead releases a weekly Respiratory



MANITOBA GOVERNMENT

Hospitalizations and ICU admissions for Manitobans with COVID are currently increasing, according to the provincial government's weekly surveillance bulletin. There were 1,694 new cases between April 3 and 9. Wastewater surveillance data also show an upwards trend in infections.

Surveillance Report containing data from a week previous.

The April 3-9 report, released last Thursday, shows a jump in hospitalizations and almost 1,700 new COVID infections. It's unclear how the government will report new infections with no public testing centres.

"In Week 14, there were 1,694 laboratory-confirmed COVID-19 cases reported in Manitoba, an increase from 1,359 in the previous week," states the report. "Severe outcomes resulting from COVID-19 infection increased compared to previous weeks. There were 182 total severe outcomes, with 177 hospital admissions and 5 deaths. Of the 177 hospital admissions, 19 were ICU admissions."

The report also says City of Winnipeg wastewater surveillance data show an upwards trend in the virus.

The virus is continuing to evolve. Subvariants of omicron, as well as subvariant combinations, are being

tracked by the World Health Organization.

The pandemic remains an international public health emergency, says the WHO. But the ability to monitor COVID variant trends has been "compromised" by countries/jurisdictions having cancelled their COVID testing programs or having scaled them back.

"At present there are a number of omicron sub-lineages we're following closely, including BA.2, BA.4 and BA.5 and another recombinant detected, made up of BA.1 and BA.2," said WHO director-general Tedros Adhanom Ghebreyesus in an April 13 United Nations news report.

The evolution of a new variant or a recombinant could result in a virus being able to completely evade immunity. The WHO recommends that people wear masks indoors.

Worldwide, 6.1 million people have died from COVID, according to the WHO data as of April 14.

Manitoba earns top grade in Canada from CFIB for reducing red tape

Submitted by the Manitoba government

The Manitoba government's efforts to reduce red tape have been recognized by the Canadian Federation of Independent Business (CFIB) with an "A" rating from the small business organization, the top mark in its cross-country ranking of all provinces and territories, Justice Minister Kelvin Goertzen announced Monday following the release of the CFIB's annual Red Tape Report Card.

"This rating demonstrates the ongoing commitment from our government to reduce red tape and make it easier for small businesses to do business in Manitoba," said Goertzen. "Reducing red tape and regulatory hurdles faced by small business are especially important now as so many

business recover from the uncertainty during the last two years."

The report card grades governments in two areas. The accountability section considers whether governments are measuring regulation and setting regulatory budgets. The burden section includes some broad indicators such as the number of regulatory restrictions in each province.

"Manitoba is an established leader in regulatory accountability and has the most comprehensive measure of the regulatory burden in North America," said Laura Jones, executive vice-president, CFIB. "As small businesses look to economic recovery, it is more important than ever that governments commit to reducing costly red

tape, and we applaud the province for once again achieving an A grade."

Manitoba received a perfect score with an "A" on regulatory accountability and "B+" on regulatory burden for a total score of 9.4 and "A" grade, the highest of any province in Canada. Provincial wine importation rules are a high-visibility indicator of the regulatory burden with numerous groups advocating for a fix over the past number of decades, noted CFIB. While this is a very specific indicator, whether direct-to-consumer sales of locally produced wine from Canadian wineries are allowed, it is symbolic of a broader commitment to reduce regulatory barriers between provinces.

Only three provinces, Manitoba,

British Columbia and Nova Scotia, allow direct-to-consumer shipments. These provinces received the highest score in this area. Saskatchewan received a partial score as B.C.-produced wines can be shipped directly to residents. The rest of the provinces received a score of zero.

The CFIB has been ranking provincial efforts to reduce red tape since 2011. Since that time, Manitoba has consistently raised its rating to the current grade "A" level of success.

The full results of the CFIB Red Tape Report Card can be found at www.cfib-fcei.ca/en/media/news-releases/red-tape-grades-are-governments-have-improved-accountability-have-long-way-go.

Dust off your dancing shoes for Arborg gala

By Nicole Brownlee

After years of loyal, hard work, volunteers from the town of Arborg and the municipality of Bifrost-Riverton will be recognized at the first annual Volunteer Recognition Gala on April 30.

The Arborg Bifrost Parks & Recreation Commission is hosting the black-tie gala at the Arborg Bifrost Community Centre and will distribute awards, auction prizes and entertain guests with live music.

"As a volunteer-run board, we recognize how important volunteerism is in our community and that volunteers don't get recognized as often as they should or to the extent that they should," said Bailey Sigvaldson, vice-chair of the recreation commission.

"There's such a wealth of volunteers (here) ... and we want to continue that tradition."

Sigvaldson noticed the community's dedication at the 2021 Interlake Outdoors Show hosted in Arborg.

"We had a huge number of new volunteers come out to help with that event," she said.

"Our board identified such a positive response within the community for helping and hosting a large event."

The gala will recognize top volunteers from five organizations: the Royal Canadian Legion Branch 161, Arborg and District Multicultural Heritage Village, the Municipality of Bifrost-Riverton, the Town of Arborg and the Parks & Recreation Commission.

Each group will select outstanding volunteers from the community or their organization.

"Next year, our plan is to recognize another five community groups, and they can identify another five individuals."

Arborg Collegiate students are also preparing a slideshow with photos of volunteers throughout the years to acknowledge their hard work.

A dinner of prime rib roast with perogies, cabbage rolls and salad will be followed by the musical stylings of Winnipeg band Men in Cheap Suits.

The commission hopes to sell 320 tickets to the event. Tickets are \$125 per person, and tables of eight are \$1,000.

Sigvaldson urges volunteers from Fisher Branch, Broad Valley and surrounding communities to join the festivities.

All proceeds from the evening will be donated to the Philip Bauernhuber Accessibility Fund.

Bauernhuber, who passed away from cancer on Oct. 30, 2021, was a dedicated volunteer in Arborg who would lend a hand to anyone in need. After his death, the recreation commission created a fund to help make facilities user-friendly for people with mobility issues.

"One of the big things Bauernhuber advocated for was access to programming for everybody," said Sigvaldson.

"We want to make sure that our facilities are accessible for anyone who wants to participate, whether they



EXPRESS PHOTO SUPPLIED BY BAILEY SIGVALDSON

The Arborg and Bifrost Parks & Recreation Commission are honouring their hard-working volunteers at a gala on April 30. Pictured from left: Bailey Sigvaldson, Carol Jacobson, Frances Lindal, Sally Nazar and Bless Apgalo.

want to be in the sport, watch the sport or learn about any of the programs."

To buy tickets, contact the Parks & Recreation office at 204-376-5576 or Sigvaldson at 204-378-0220.

> BUDGET, FROM PG. 5

palties and maintained that we have one of the most fair and equitable payment schedules to municipalities of any province.

"We'll continue that good level of support that we have been doing," he said. "We're very, very cognizant of the needs in southern Manitoba for wastewater investment. We know how important it is."

Finally, Friesen also highlighted the importance of the province's new im-

migration advisory council initiative.

"They are going to help us do a deep dive and do a complete top to bottom analysis of immigration ... to know what do we need to do to make it better," said Friesen. "We need to retool the program better so that it really understands the needs of employers, it understands the expertise in the community, and it works fast to bring people to Manitoba."

Community Support Service

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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

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am

Puzzle race fundraiser for medical relief in Ukraine

Staff

On April 30 at 5 p.m., the Association of United Ukrainian Canadians Winnipeg is hosting a perogy dinner and puzzle race to raise funds for Doctors Without Borders in Lviv, Ukraine. A total of 100 per cent of funds raised will be used to provide critical medical supplies to war-torn areas of Ukraine.

"We want to thank some of our younger AUUC members for standing up for peace in Ukraine and for organizing this fun way for families and friends to support the impor-

tant medical relief work of Doctors without Borders," says AUUC Winnipeg vice-president Emily Halldorson.

Teams of three to four will race against each other to complete a 500-piece puzzle, donated by Ravensburger Puzzles Canada through Across the Board game café. Local North End businesses have supported the event by donating prizes for the silent auction. Other event sponsors include Ira's Deli and Glen Eden Funeral Home & Cemetery.

Robyn Smith, event organizer, explains, "This is a true locally supported and run event, representing our communities' deep ties with Ukraine and our desire to help in anyway possible."

In addition to event tickets (\$30 for adults, \$20 for 12 and under, free for five and under), the organizers are also selling support tickets for \$10 for those who cannot attend but may wish to support the cause. Tickets are available on Eventbrite.

The event is being held at the newly renovated national historic site of Ukrainian Labour Temple at 591 Pritchard Ave. Association of United Ukrainian Canadians Winnipeg is requiring attendees at events to wear masks and show proof of vaccination.

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Quit Smoking program could save province \$1 million per year

By Nicole Brownlee

Manitoba pharmacists have united to reduce health-care costs by supporting Manitobans who want to quit smoking.

The province unveiled the Quit Smoking with your Manitoba Pharmacist program on April 1, which will enrol up to 4,500 smokers who want to quit over three years.

“Smokers who are ready to quit will be supported by one of more than 500 Manitoba pharmacists who are trained in smoking cessation tools and supports,” said the province in a news release.

The program’s goal is to encourage smokers to quit smoking for at least 12 months and continue to abstain from nicotine after 24 months.

Supporting people who want to quit smoking will help decrease short and long-term health effects, easing costs to the smoker and the Manitoba healthcare system.

Health Minister Audrey Gordon said this program could save the province more than \$1 million per year in health-care spending.

One pharmacist at the Ashern Pharmacy is trained in smoking cessation support.

“There are lots of costs involved when somebody is smoking. They can get a heart attack and so many comorbidities,” said Jimin Patel, Ashern Pharmacy manager.

“So many of our patients will benefit from quitting smoking, and all they need is the support from the health-care provider.”

The program offers counselling sessions with participating pharmacists and up to \$100 worth of prescribed medications and nicotine replacement therapies over one year.

Nicotine replacements include nicotine products like gums, mouth sprays and inhalants, which can cost between \$20 to \$50 depending on the nicotine content and size of the product.

“The \$100 is not going to cover the costs for the whole year or however long it takes them to quit, but it’s a good start,” said Olynik.

To apply to the program, interested participants meet with pharmacists for up to an hour to share information about their tobacco use, health and medication history.

If applicable, the pharmacist will create a personalized quit plan, prescribe medications to help the participant quit and arrange for up to nine follow-up appointments which could take up to 15 minutes each.

“Individuals attempting to quit tobacco products have the best chance of success when counselling from a health-care professional is combined with effective medication treatment to manage cravings and withdrawal symptoms,” said Darren Murphy,

Pharmacists Manitoba president, in a statement.

If a participant can’t quit smoking in a year, they may enrol in the program again.

Pharmacists have to complete one of three tobacco cessation informational courses in the past three years.

The majority of pharmacists participating in the Quit Smoking program had already taken additional training in smoking cessation and behaviour change before the program was announced in January 2020, said a provincial spokesperson.

Pharmacy students graduating from the University of Manitoba also complete equivalent training.

One pharmacist trained in smoking cessation support at the St. Mary’s Pharmacy in Gimli said pharmacists can have a big role because they can be more accessible than doctors.

“A lot of people see their pharmacist all the time,” said Joseph Tewsilous, St. Mary’s Pharmacy manager.

“If a patient has any fails, problems or cravings, it is much easier to contact me anytime to express their problems, and we try to find solutions.”

Manitobans over 18 years old can apply to enter the program through participating pharmacies.

To find a pharmacist trained in smoking cessation supports, visit quitsmokingmb.ca/pharmacies.

Budget 2022 RECOVER TOGETHER Strengthen. Invest. Build.

Budget 2022 moves Manitoba on a strong path to recovery with strategic and significant investments that focus on the health and financial well-being of all Manitobans.

Budget 2022 includes:

Strengthening health care

- \$110 million to address the pandemic diagnostic and surgical backlogs
- \$17 million to implement year one of the five-year plan: *A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba*
- \$20 million to develop a new Seniors Strategy and \$32 million for initiatives from the Stevenson Review

Making life more affordable

- Increasing the Education Property Tax Rebate to 50 per cent by 2023, saving the average homeowner \$1,355 over two years
- Implementing the new Residential Renters Tax Credit
- Reducing child care fees

Building our economy

- Launching a new Venture Capital Fund
- Focusing on tax competitiveness for Manitoba businesses and investors
- Providing \$5 million in immigration programming to help attract newcomers to Manitoba

Budget 2022 is also **Investing in communities** and **Protecting our environment**. To learn more and what this means for you, visit manitoba.ca.



Your opinion matters - let's hear it

Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting the Interlake, write a letter to the editor. We welcome diverse views and opinions.

Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Express Weekly News* has an approximate readership of 25,017 readers weekly.

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed or topic recently covered by the newspaper.

Structure your letter in three parts: refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful — don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Express Weekly News* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: news@expressweeklynews.ca

Province finally responds to years of Norris Lake study requests

By Nicole Brownlee

After decades of voicing concerns about the water level in Norris Lake, Robert Lowe received some answers in early April.

"We are pleased," said Lowe in a brief email on April 5.

Lowe bought over 15 hectares of property on Norris Lake in the RM of Rockwood in 1995.

Over the past 26 years, Lowe has kept a journal to track changes in the environment surrounding the lake as the water fluctuates.

"I have letters that I wrote in 1997 to both the RM of Rockwood and James McCrae, who was the Minister of Environment at the time.

"In 1996 or 1997, two things happened. The weather started drying out, and there wasn't as much precipitation and runoff. The other thing is the beaver used to keep the lake higher than the control."

Water control annually removed the beaver dams, lowering the lake level, said Lowe.

"In a way, the beavers were managing the lake well. ... They were the

regulators."

The operating range of Norris Lake is between 267.9 metres and 268.8 metres.

The province said the average recorded lake level since 1996 was 268.76 metres.

"This year, the lake dried up. You could walk across it," said Lowe.

"I've been corresponding for years about this, trying to get the lake to be held at least a foot higher so that there was a reserve for these dry conditions."

Lowe connected with the Regional Water Operations Branch that operates and maintains water control systems and networks, explaining his concerns about the lake level in 2017.

Lowe said Dan Laychuk, acting director of the technical services and operations division, acknowledged Lowe's concerns but said they can't do anything about the lake level without a letter of support from the municipality.

"We started talking to our neighbours, and it became apparent that everyone was concerned."

Community members and Lowe collected 21 signatures in 2020 to petition the province to review the water control level of Norris Lake.

On Dec. 9, 2020, Kibreab Assefa, senior water control systems planning engineer, connected with the municipality to explain the province can't move forward with the request until the municipality passes a resolution supporting the petition.

Dr. Fisaha Unduche, executive director of hydrologic forecasting and water management, repeated Assefa's explanation to Lowe in an email on Jan. 21, 2021.

On Feb. 22, 2021, the Rockwood council passed a resolution requesting a review of Norris Lake's water level.

The province confirmed they received the request on Feb. 25, 2021.

Unduche replied 320 days later and requested more information.

"I am asking the RM for further clarification if their request is for us to evaluate the feasibility and impacts of a higher operating level," said Unduche in an email on Jan. 11.

Within 30 minutes of Unduche's email, CAO Chris Luellman responded, including a letter community members sent to the municipal council expressing their concern.

Luellman clarified, "please evaluate the feasibility and impacts of a higher operating level."

Unduche responded in the next hour, acknowledged Luellman's clarification and said the province would



EXPRESS PHOTOS SUBMITTED

In the fall of 2021, the lake had virtually dried up.



Normal lake levels on the Norris Lake.

collect background information and inform the municipality when the study will be completed.

On Jan. 25, Unduche emailed Luellman asking for clarification a second time.

"We assume that the study request is to evaluate the feasibility and impacts of a higher operating level; however, we require clarification," the email reads.

Unduche asked Luellman to confirm for the second time that the municipality wants a study about the impact of raising the operating level and also requested the council propose a new level for the department to evaluate.

Luellman explained the study request to Unduche a third time in an email on Feb. 3 and referenced a 2010 letter from Steve Ashton, former infrastructure and transportation minister, which said that operating levels are set by the Manitoba Water Stewardship. The Manitoba Water Stewardship was dissolved in 2016, leaving water control under the environment, climate and parks department.

Unduche replied to Luellman on Feb. 7, apologizing for a mix-up with Manitoba Transportation and Infrastructure.

"Please be assured that we have been working on the review of the Norris Lake operating level on a priority basis as indicated (in) my email to you

on Jan. 11, 2022," said Unduche.

In response to an interview request with Unduche on the morning of April 5, a provincial spokesperson said Unduche was occupied with high water in southern Manitoba.

That evening, Lowe and Luellman received a response from Unduche.

The province reviewed Norris Lake's water levels from April 1999 to January 2022. The lake was inconsistently measured, but the study found the lake reached its maximum level of 269.29 metres on June 28, 2005, and reached its lowest level of 268.23 metres on Dec. 5, 2001. A similar level of 268.25 metres was recorded on Jan. 14, 2021.

The operating range has been temporarily increased by 0.3 metres and is being closely monitored to measure impacts on the control structure and residents along the lake.

"If the continued high-level operation does not cause any significant concern, we will assess a permanent change on the operating regime in the future."

A provincial spokesperson said Unduche was unavailable for an interview on April 8.

"Stakeholders and the RM indicated their satisfaction (with) the approach taken by (Manitoba Transportation and Infrastructure)," said a provincial spokesperson in an email.



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Peaceful festival puts participants at ease

By Nicole Brownlee

A spiritual festival in Teulon gives visitors a chance to reconnect to nature, make new friends and relieve stress through guided activities, mindfulness presentations and music.

Tracy Thibodeau, Maurice Thibodeau and Keith Macpherson launched the I Am Festival in 2016 after the Thibodeaus started hosting concerts at the Teulon home.

The Thibodeaus moved to the Interlake from Regina in October 2011 and wanted to connect with the community and create relationships through music.

"One of our house concert guests was Keith Macpherson, and he was struck by the property," said Tracy.

"He challenged us and said, 'You need more people to have access to this type of environment.'"

Tracy felt the community could benefit from a mind, body and soul festival on their almost seven hectares of property.

"You can meet people wherever they're at," said Tracy.

"Whether or not they've ever done a yoga class or they've ever practised

mindfulness, but they're curious."

The I Am Festival is a space for people to relax, check in on themselves and recharge.

Participants can practise yoga by the pond, sit cross-legged in a forest clearing to listen to presentations or take time alone to explore the extensive trails.

"We have a variation of presenters from all over North America," said Tracy.

Over a dozen speakers will tackle topics like love, intimacy and emotional intelligence.

Participants can also visit a rejuvenation lounge that offers alternative healing like massage therapy, reiki and Ayurveda.

"It's a wide range of practitioners who serve in the rejuvenation lounge the entire weekend."

Musicians entertain jiggling crowds before festival-goers wind down the night around a communal fire, singing songs and reflecting on the past day.

Despite many campers coming alone, they quickly create relationships.



EXPRESS PHOTO SUPPLIED BY THE I AM FESTIVAL

The I Am Festival in Teulon reconnects visitors with nature and peace through mindfulness exercises, guided activities and music.

"We call it the I Am effect," said Tracy.

"It's a really safe and inviting environment. So many individuals just want to come out and explore by themselves and meet some new people."

The festival is limited to 200 tickets

to keep the event intimate.

Crystal Supeene heard about the I Am Festival in 2019 from a friend at work and was intrigued by the experience.

"I was striving to be the best version of myself, and I'd been working

Continued on page 12

> DEFIBRILLATOR, FROM PG. 4

warm and fed during outages.

When she and her husband lived in Winnipeg, Vandekerhove said they had put their names on a list to offer first aid in emergency situations in which firefighters or first responders were some distance away from the scene.

"We think we should do that here, too, but I don't know if there's a formal registration program or list of people in rural municipalities with first aid experience, or people who have defibrillators that can help," she said. "If a 911 call comes in, and emergency services can't get there right away, they would know there's a defib in Sandy Hook and they can call us. That could save somebody's life. With a heart attack, you only have so many minutes."

She said she also thinks municipalities should be offering first aid training so that residents in rural areas are better

prepared to deal with medical situations.

The Interlake-Eastern Regional Health Authority reached out to the provincial government's Shared Health organization on behalf of the Express to find out if there's a formal list of medically trained Interlake residents who can

be tapped to assist people in their community should EMS be delayed. Because of the Easter long weekend, no response was received by press time.

Visit Manitoba Animal Alliance online www.manitobaanimalalliance.com or on Facebook.

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Underinvestment in staffing; paramedic hiring promise in Manitoba budget criticized

By Patricia Barrett

The government's 2022 budget promise to hire 35 paramedics has disappointed critics who say it doesn't go far enough to provide the health-care staff necessary to support Manitobans.

The "Recover Together" budget, released April 12, says the 35 hires will occur "across our province."

"An increase of \$7.6 million is being provided for Emergency Response Services including for the hiring of 35 additional primary care paramedics (PCPs) as part of the government's commitment to hire an additional 80 paramedics to achieve [a] customer service standard of 24-7 access to care within 30 minutes for 90 per cent of Manitobans, 90 per cent of the time by 2023," states the budget.

The Manitoba Association of Health Care Providers (MAHCP), which represents over 6,500 allied health professionals, including rural paramedics, said that without the government investing in staffing — which leads to unsustainable workloads and burnout — it's difficult to attract people to a career in health care.

"The short-sighted dependence on overtime and vacancy management causes burnout which leads to in-

creased sick time, stress leaves, early retirements and staff turnover. That results in higher costs for the whole health care system. A budget without significant, long-term investments in staffing makes no fiscal sense," said MAHCP president Bob Moroz in a statement last week. "Today, 35 new paramedic positions were announced, but where are the paramedics coming from? We are not anywhere close to training enough paramedics to fill the vacancies we currently have."

Before the COVID-19 pandemic, MAHCP had been pressing the government to hire more paramedics, saying allied health professionals are "just as critical" to the health-care system as nurses are.

Moroz told the *Express* last fall that the critical paramedic staffing shortage in the Interlake region endangers not only Interlake residents but also paramedics who are forced to work "dangerous" and "crazy" amounts of overtime and spend excessive hours on the road to cover the large geographic area. Compounding that are regular and ongoing emergency room closures — because of a lack of physician coverage — at Interlake hospitals. Paramedics can drive hundreds of kilometres with a patient to find an



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A provincial Shared Health ambulance is shown attending a call. In its budget, the government promised to hire 35 paramedics.

open ER.

The Interlake-Eastern Regional Health Authority — just one health region — had between 50 and 60 paramedic vacancies and a government unwilling to hire more, said Moroz at that time. And that staffing crisis didn't arise as a result of the COVID-19 pandemic but as a result of government inaction extending back a decade or longer.

Manitoba NDP leader Wab Kinew said the Progressive Conservative government hasn't presented a plan to plug the paramedic gap in the Interlake or in other regions where they're badly needed.

"Families in the Interlake are looking for hope, but they won't find it in the PC's new budget. When it comes to health care, Manitobans don't trust the PCs to get the job done. Just like they refuse to set targets and timelines for the surgery backlog, there's no plan to put new paramedics to work in the Interlake," said Kinew. "The PCs have a track record of making announcements and never following through, and we're concerned that will be the case with rural paramedics."

To help with pressing recruitment and retention issues, Kinew said a concrete step forward would be to offer Interlake paramedics pay that's competitive with the pay received by paramedics working in the city.

Kinew called the budget the continuation of a Progressive Conservative legacy of underfunding health care, with families in places such as Gimli, Brandon and Dauphin having had a "de facto cut" to hospitals, emergency rooms and frontline health-care workers.

Gimli hospital has a 28 per cent nursing staff vacancy. Seven of its 26 acute care beds have had to be shut down in order to maintain a safe level of patient care, according to an IERHA update provided to municipal leaders a few weeks ago. And vacancies in personal care homes were worse. Nursing vacancies hit a whopping 79 per cent at the Ashern PCH, while vacancies at the Lundar, Fisher Branch and Arborg PCHs are 67, 57 and 52 per cent respectively.

The government's budget promises over \$11 million to increase nursing enrollment in post-secondary institutions. It's also promising \$7.2 million for two pilot projects in home care and supportive housing, funding for the construction of 1,099 new and replacement personal care home beds, and \$110 million to address the surgical and diagnostic procedures backlog.

Doctors Manitoba, which is tracking the backlog for Manitobans on its dashboard, shows 167,887 procedures in the queue as of March 22.

> I AM FESTIVAL, FROM PG. 11

on this emotional and physical wellness," said Supeene.

"It sounded like the perfect fit."

Supeene was welcomed to the festival with open arms and was surprised by the sense of community.

"It was like nothing I've ever experienced," said Supeene.

"I felt like I had found my people. It was so heart-filling, and my soul was

recharged."

Supeene started volunteering with the I Am Festival in 2021, directing traffic, and joined the organizers this year to co-ordinate volunteers.

"It's such a rejuvenating experience."

The schedule for the event will be released at the end of May.

For more information, visit iamfestival.net.



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Look closely for verticillium stripe in 2022

By Clint Jurke

Verticillium stripe caused yield loss in some canola fields in 2020 and 2021, and probably will again in 2022. The disease can be confused with blackleg, sclerotinia stem rot and lodging, and — unlike these other common problems — verticillium stripe tends to be worse in dry conditions.

Verticillium stripe, caused by the pathogen *Verticillium longisporum*, was first detected in canola Manitoba in 2014, and surveys in 2015 found the pathogen's DNA all across the Prairies. It seems to be getting worse — likely because it is still establishing itself. The bottom line: It's here and we want people to know about it. That is why SaskCanola held a verticillium workshop in February. A video recording of the workshop is posted at www.youtube.com/canolacouncil.

Identification

Symptoms are easiest to see at harvest. Look for brittle stems with a peeling outer layer. Some stems may be lodged or broken. Tiny specks called microsclerotia form under the peeling skin.

Verticillium stripe, like blackleg, will cause discoloration inside the stem. Blackleg stem infection tends to be darker and moderate levels of infection cause distinct wedge shapes of black. (Severe blackleg will leave the stem completely black and dead.) Verticillium stripe tends to cause grey discoloration throughout the stem cross section, getting continually

darker as microsclerotia build up.

At the workshop, Yixiao Wang, a University of Alberta PhD student researching verticillium stripe, shared another way to distinguish blackleg from verticillium. Blackleg stem infection is concentrated in the crown — the point at ground level where root and stem meet. Verticillium darkening can extend well up the stem. Using a knife to split stems longitudinally, Wang discovered she could distinguish the two diseases based on how far the darkening extended up the stem.

Management

We don't have a fungicide option, so management comes down to genetics and rotation. Unfortunately, we don't have confirmed recommendations for either of those options.

All four presenters at the workshop are researching genetics, and they have found clear differences. Some canola breeding lines are quite resistant. Some are very susceptible. But we don't know the level of resistance in commercial cultivars in Canada, and we don't have an official method to rate this resistance.

For rotation, anecdotal evidence suggests that longer breaks between canola crops may help to reduce disease severity. It certainly works for blackleg and clubroot. We need more research to tell us how long a break will provide an effective reduction in soil inoculum levels of the verticillium pathogen.



CANOLA COUNCIL OF CANADA PHOTO

Verticillium stripe, like blackleg, will cause discoloration inside the stem. Blackleg infection (centre) tends to be darker with distinct wedge shapes. Verticillium stripe tends to cause grey discoloration throughout the stem cross section (left).

The good news is that research continues in Alberta, Saskatchewan and Manitoba. These studies will help us learn more about the pathogen and the disease. The Canola Research Hub at canolaresearch.ca has updates for ongoing and completed projects. Enter "verticillium" in the keyword search.

In the meantime, keep an eye out for

verticillium stripe in your canola in 2022. For more images, identification tips and a lifecycle graphic, please see the verticillium stripe chapter in the Diseases section at canolaencyclopedia.ca.

Clint Jurke is agronomy director for the Canola Council of Canada. Email jurkec@canolacouncil.org.

> FOURTH DOSE, FROM PG. 6

ant (B.1.1529) was predominant. The study population was 60 years of age and older and had received only Pfizer's vaccine before the study period commenced. Researchers compared fourth dose recipients to those who had received only three doses.

Although protection against infection was found to wane at the four-week mark after the fourth dose, protection against severe illness didn't wane over the course of the study period. But further research is needed to determine the precise longevity of that protection.

"In contrast, protection against severe illness did not appear to decrease by the sixth week after receipt of the fourth dose," the researchers wrote. "More follow-up is needed in order to evaluate the protection of a fourth dose against severe illness over longer periods."

Pfizer's vaccine was tailored to the ancestral strain of COVID, not the omicron variant, which is "genetically divergent," they wrote.

It's possible the study's findings could have been confounded by be-

havioural differences between those who had received a fourth dose of vaccine and those who hadn't, the researchers wrote, as well as co-existing health conditions affecting severe illness outcomes.

After many provinces across Canada dispensed with public health measures, including in schools, COVID infections began to spike. Hospitalizations in Ontario and Quebec are rising.

"Laboratory test positivity during the latest 7-day period (April 4-10, 2022) increased to 19% nationally," said Canada's chief public health officer Dr. Theresa Tam in an April 12 statement, "and community wastewater data continue to signal sharply rising trends in a number of localities across the country."

The BA.2 subvariant of omicron — which is even more contagious than omicron — accounts for 61 per cent of the virus strains tested in Canada. And cases of a recombinant variant, called XE (with genes from the BA.1 and BA.2 strains), have already been detected in the country.

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Your FARM



Green Gold program tells farmers the optimum alfalfa cutting date



EXPRESS PHOTO SUBMITTED

Alfalfa growers can take part in the Manitoba Forage and Grassland Associations' green Gold program to find out their optimum cutting date.

By Becca Myskiw

Manitoba alfalfa growers have the opportunity to find out their optimum cutting date to get the best quality off the crop again this year.

The Manitoba Forage and Grassland Association is again offering their Green Gold program. It's been running for 27 years now.

The program encourages growers to be strategic with their alfalfa hay crop harvest, helping them make cutting decisions based on their feed and market needs. During May and June, producers cut 10-inch samples of their alfalfa crops twice a week for a three or four-week period. They then put the sample in a Ziploc bag, send it to The Manitoba Forage and Grassland Association, and send it off to be tested in Winnipeg.

The testing tells producers their optimum cutting date based on what they use their crop for. Next, it gives them the protein value and how many points it's dropping in relative feed value per day. Finally, it helps producers know if they need supplements in their herds.

Lawrence Knockaert from Bruxelles

uses the program to ensure his dairy cattle get the best feed he can give them.

"It gives you real-time reporting so that you're not guessing by what the actual results are off your field, which is a bonus," he said.

He said finding out the protein status of his crop ultimately optimizes his milk production and saves him on protein supplements.

"If you have a row of really good bales you've taken off high in feed value, you can use lower feed value bales and get the optimum blend for dairy cattle," said Knockaert.

The Green Gold program currently has 13 fields in the province taking part. Terra Bergen, communications support and Green Gold co-ordinator, said they'd prefer to have four or five fields in each region of the province at the bare minimum, but the more, the better.

"It's important for knowing what the quality of your alfalfa feed is for those who need it for their protein status in either dairy or beef fields," she said. "Last year's drought made for a tougher year for feed quality so we'd like to figure out what we can."

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Karish commits to University of Manitoba Bisons

By Brian Bowman

After a stellar football career with the Interlake Thunder, Keenan Karish will now be taking his talents to the next level.

The offensive lineman has committed to attend school and play football for the University of Manitoba Bisons.

"I'm stoked and super excited," said Karish on Sunday afternoon. "It's a great opportunity ... and they were really excited to sign me."

Karish sent out a highlight tape to several universities across Canada and it generated a lot of interest amongst coaches.

At just 17 right now, Karish will be very young compared to his teammates, many of whom have plenty of experience playing junior football before joining the Bisons.

"They have a pretty good team and pretty good (offensive) line," said Karish, who lives in Fraserwood. "I'm

happy to join a good group of guys."

Karish, who stands 6-foot-3 and weighs 280 pounds, is looking forward to the challenge of competing with and against men that are just as big as him. Some are even bigger.

"I've been getting into the weight room to try to get stronger," he said. "I'm going to be playing against guys between 18 and 25 years old so it is going to be a big jump. But I'll work hard and the hard work will pay off."

Thunder head coach Mitch Obach had plenty of great things to say about his former star lineman.

Obach feels Karish is a complete player that has a lot of talent. Karish will do well at the university level.

"He's a great football player," Obach said. "He's one of those guys that when you see him on the field he has a big smile on his face and I think that's how he is in all of his life. He's always so happy to be there, so af-



Keenan Karish, second from left, will be attending school and playing football for the University of Manitoba Bisons this fall.



EXPRESS PHOTOS SUBMITTED

Bisons' head coach Brian Dobie, left, welcomes Fraserwood's Keenan Karish to the University of Manitoba football program.

fable, such a positive energy with all of his teammates and coaches. He's super committed to football every day (and) he's always been one of our captains. If this was a hockey team, he would be the one wearing the 'C' on his jersey."

Karish really enjoyed his time playing for the Thunder.

"That's a great team and I loved every moment of it," he said. "It was such a great group of guys. The Thunder was a small team. We only had, I would say, 20 or 25 players. We were looking at folding because we didn't have enough players at the start of the year. Playing for the Thunder was a great experience. It was a lot of fun."

The Thunder ended their season with a dominating 55-0 victory over the Moosomin Generals in

snowy conditions to win the Murray Black Cup.

"Winning that trophy at the very end capped off and summed up a great football career that I had playing for the Thunder," Karish said.

Karish wanted to thank all of the people that have supported him over the years.

"It's an honour to represent my community by playing the sport I love," he said. "I would like to say a big thanks to everyone, my family, my friends, coaches, teammates for all supporting me. Especially my Baba, for making me all my pre-game meals, my pre-game perogies, and all of the other Babas for making me perogies."

Meanwhile, the Thunder will be hosting its minor and varsity registration May 4, May 5, and May 10 from 7 p.m. to 8:30 p.m. at the Stonewall Ice Palace (second floor).

Age divisions include Cruncher for players born (2013-14), Atom (2011-12), PeeWee (2009-10) and Varsity (2005-06).

To see more photos of your favourite Interlake Athletes

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Allen experiencing a Field of Dreams in Iowa

By Brian Bowman

Iowa is known as the home of the Field of Dreams baseball field.

So, it's only fitting that Liam Allen is fulfilling a baseball dream in that very state.

The St. Andrews product is having a successful season playing baseball for the Marshalltown Community College Tigers.

He's having a great time south of the border playing a ton of games and travelling to different states.

"It's been really nice getting back into baseball after being away for a year," said Allen on Easter Sunday. "(The level of play) is very high. It's a lot higher than the last school I was at. We faced Iowa Western and they didn't have a guy throwing under 90 (mph). It didn't matter if it was a left-handed or right-handed pitcher. They were chuckin' very well."

Allen has been throwing very well himself. The talented right-hander shut down Southwestern Community College last Friday, limiting them to just four hits and an earned run in a 12-1 complete-game victory. Allen struck out six in seven innings of work.

"That was definitely my best outing of the year so far," Allen said.

Allen is also enjoying a lot of success at the plate.

"I'm personally pretty happy," said Allen, a 6-foot-4 first baseman. "I'm

sitting a lot better than I thought I would now that I'm playing a lot more, the positional stuff as well as pitching. Hitting-wise, I have a habit of hitting a grand slam in the first inning. I have already done that twice and I'm up to three home runs right now. I think I'm tied for first with the team. It's super cool — it's nice to get all the runs off the bases and put the team up by more than one or two runs in one inning. It helps a lot with changing the game right away."

As a team, the Tigers have struggled with an 8-25 record heading into this week's six games. But Marshalltown did win two out of three games against Southwestern last weekend.

"It's been a combination of things," Allen said. "We have our good games where we are pitching and hitting well and then we have our bad games where pitching doesn't do well. I've had some bad pitch outings and we have games where hitting isn't as good. We can't seem to score runners. We get a lot of runners on base but can't always seem to score them."

Allen, 20, played three years of high school with the Selkirk Royals and his minor baseball with the North Winnipeg Pirates. He then moved on to play for the Manitoba Junior Baseball League's Interlake Blue Jays and the Winnipeg Senior Baseball League's Stonewall Blue Jays.

Allen really developed as a player



EXPRESS PHOTO SUBMITTED

Liam Allen is enjoying a solid season with Marshalltown Community College in Iowa.

while playing for the Pirates.

"I thought it was huge. I got to be coached by probably the three best coaches that have come out of the Pirates," he said. "I got to be coached by Dave Nychyk, who is obviously one of the biggest coaches out of North Winnipeg. I got coached by Donnie Smith in the years that I wasn't coached by Dave and then I was coached by my dad (Ken) who is still with the Pirates' organization and he's going on to his 18th year being with them and coach-

ing with them. He coached my older brother, he coached me, he coached my younger brother. He's been huge in the system along with Dave, Donnie (and) Roger Langlais. I was pretty lucky to have the coaches that I did when I was younger. That helped me a lot and made me who I am now, especially with work ethic. That was something that all of those coaches preached and that's something that we worked on every single day in practice."

> WRITING CONTEST, FROM PG. 4

does have a specific category for students participating in their programs; however, they also have a general program where members of the public are also able to submit their entries for consideration.

Part of the reason they host the Community Writing Contest is, of course, to promote the services that the SALP provides in our community.

"It seems like people aren't often aware that if you haven't completed your high school diploma, you can still go back to school as an adult and there's an opportunity [with us], or if you want to just improve skills, if you're looking for employment, and you need computer skills, those are the kinds of things that are available," she said.

Their programs can be a less intimidating way of learning for some students than the GED options that are more well known.

Writing contest entries, like in previous years, will be judged by a panel of reviewers and the winner will be selected for their content, originality and style. Only previously unpublished works will be accepted and anything that is plagiarized will not be accepted.

Last year's contest winner was Shane Anderson who submitted his fictional short story Tribute. The story was written in honour of a father figure that wasn't perfect but has tried to be there for his child despite life's challenges. His submission is still available on the SALP website.

Plett Bartel hopes that residents check it out, saying, "It was so inspired. It was such a good story that he wrote, and I hope people take the opportunity to go and read it."

In previous years of the contest, she admits that the contest judges have had to make difficult decisions.

"Last year and the year before too. It feels like a privilege to be able to read these writings and it can be a hard thing to make a choice," she said.

Though the contest prizes aren't finalized currently, they will likely be much like last year's where Anderson walked away with a \$150 Biz Bucks gift card.

Plett Bartel encourages people from the community who are writers to enter their short writing submissions.

"It can be scary, but at the same time, it [gives you an opportunity] to be

recognized for your writing and just to get outside your comfort zone a little bit," she said.

To enter the SALP Community Writing contest, residents need to complete an entry form available on the SALP's website and then submit it with their entry before the May 16 deadline to the SALP. This can be done in person at 425 Eveline St. in Selkirk (they are located on the lower level of the Selkirk Friendship Centre), by email at aplettbartel@lssd.ca, or by mail by sending submissions to the Selkirk Adult Learning Program, 425 Eveline St., Selkirk, MB, R1A 1A9.

To learn more about the SALP and see the learning options that they have on offer, visit their website at <https://selkirkadultlearning.wixsite.com/salp>.

get inspired

> MEAL IDEAS



Caramelized Onion, Mushroom and Bacon Pierogies

1 box Mrs. T's Classic Cheddar Pierogies

In pan over medium-high heat, cook bacon until tips begin to crisp.

With bacon and drippings still in pan, add onions, mushrooms, thyme, balsamic vinegar, sugar and salt. Cook 2-3 minutes until onions begin to brown. Reduce heat to medium-low and simmer, covered with lid, 10-15 minutes; stir occasionally. Set aside.

In clean skillet, melt butter and saute pierogies according to package directions.

Top pierogies with caramelized onion mixture before serving.

4 strips bacon, chopped
3 small onions, thinly sliced
1/3 cup baby bella mushrooms, thinly sliced
2 teaspoons fresh thyme
1 tablespoon balsamic vinegar
1 tablespoon sugar
1/2 teaspoon salt
2 tablespoons butter



Sloppy Joe Mini Tacos

1/2 lime, juice only
salt, to taste
pepper, to taste

Preheat oven to 300 F.

In blender or food processor, process salsa until smooth. Remove 1/2 cup processed salsa and set aside for garnish.

In medium bowl, mix remaining salsa, ketchup, mustard, Worcestershire sauce and brown sugar until combined.

In large saute pan over high heat, heat oil until it begins to shimmer. Add chorizo and ground meat; season with salt and pepper, to taste. Cook, breaking up meat with wooden spoon, until golden brown and just cooked through, about 8 minutes.

Add salsa mixture and water; bring to boil, reduce heat to medium and cook, stirring occasionally, until mixture thickens, about 10 minutes. Taste for seasoning.

Wrap tortillas tightly in foil and heat in oven 10 minutes. Remove and keep wrapped tightly until ready to serve.

To make avocado mash: In medium bowl, coarsely smash avocado halves with fork. Add onion and lime juice then season with salt and pepper, to taste, and gently mix to combine.

Place tortillas on flat surface, top each with meat mixture and garnish as desired with reserved salsa, avocado mash, cotija, Mexican cheese and sliced red onion.

Recipe courtesy of Stephanie Banyas
Yield: 12-15 tacos
1 container (16 ounces) Fresh Cravings Restaurant Style Salsa (mild or medium)
3 tablespoons ketchup
2 tablespoons yellow, brown or Dijon mustard
2 teaspoons Worcestershire sauce
2 heaping tablespoons light brown sugar
2 tablespoons vegetable oil
8 ounces ground turkey or pork chorizo
8 ounces 90% lean ground chuck or turkey
salt, to taste
freshly ground black pepper, to taste
1/4 cup water
15 tortillas
1/4 cup finely chopped fresh cilantro leaves
1 cup crumbled cotija cheese
1 cup shredded Mexican blend cheese (optional)
1/2 red onion, thinly sliced, soaked in ice water 30 minutes and drained
Avocado Mash:
1 ripe Haas avocado, halved, pitted and removed from skin
2 tablespoons finely diced red onion



Christine Ibbotson

Dear Money Lady: When do I have to file my taxes this year and how can I pay less. I am retired now and every penny counts. Thanks, Janice.

Dear Janice, the due date is Monday, May 2 to file your tax return with the CRA.

You are not alone Janice. Many wonder how they can earn more and pay less tax to make ends meet every month. It is not your gross income that counts, it is your take-home income or after-tax income that is most important. Yes, it is wonderful for those to say they have an impressive six-figure income; however, how much of that income are you paying out in Canadian income tax, not to mention all the taxes we pay on our basic cost of living. I must admit that managing your taxes during your working years is relatively generic. You should maximize your RRSP contributions, purchase investments that attract the least tax possible on future investment income and if you can, you should buy real estate to increase your net worth. Some even invest in rental properties to build additional wealth and use the ongoing expenses as a tax write-off to lower their marginal tax rate.

When you transition into retirement Janice, your tax planning process will shift into withdrawing assets, and you should try to do so in the most tax-efficient manner. To succeed in achieving tax efficiency in retirement, Canadians may need to make a minor "mind shift" here. Most are preoccupied with minimizing current taxes each year; however, this cannot be at the expense of your long-term objective for maximizing after tax income for your entire retirement, (often estimated at 25-40 years). Retirees need to have a good understanding of how various income sources are taxed. Decisions need to be made on how to properly allocate investments with a keen awareness of tax brackets and thresholds for future tax credits. Rising life expectancies, market volatilities, progressive inflation and



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of course, the unplanned expenses we never thought of; all pose serious threats on the ability of a retiree to manage their finances to last their lifetime. So, let's look at ways we can increase your after-tax income in retirement.

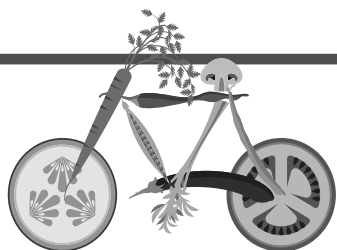
There are three main types of taxation to consider: interest income, dividend income, and capital gains. All are taxed differently, so this makes it easier to structure your portfolio more efficiently when you are creating your plan with your advisor. As a general rule, you want to place income that is going to be unfavorably taxed, (interest income) into tax sheltered products such as TFSA's or RRSP's. Investment income that generates returns that receive more favorable tax treatments, (dividends or capital gains) should be placed in non-registered accounts.

The next rule is to take advantage of government pensions and count them in first when estimating your annual withdrawals for your yearly income. We want to avoid clawbacks as much as possible, so it is imperative that you have a good understanding of your company pension, government allowances, and any anticipated investment income withdrawals you plan on each year. Other ways to initiate good tax planning opportunities would be to utilize CPP/QPP pension sharing with a spouse or common-law partner if possible. You can also split employer pension plans and registered plans with a lower-income spouse or common-law partner to reduce your marginal tax rates. Remember that with any registered plans; RRSP, LIRA or LIFs, you should try to hold them to their latest maturity, (example age 71). Once registered funds are converted into a RRIF or LRIF, the prescribed annual minimum withdrawal requirement will ensure that you have income to report every year.

Tax efficiency in retirement should not be overlooked and should be something you regularly discuss with your advisor. Simply put, paying less tax translates into keeping more money in your pocket, allowing you to enjoy a better quality of life with less overall investment and lifestyle risk.

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION RM OF WEST INTERLAKE

Please be advised that a general municipal election will be held on October 26, 2022.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period BEFORE they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of head of council:
Between May 1, 2022 and September 20, 2022

For the office of councillor:
Between June 30, 2022 and September 20, 2022

at the RM of West Interlake offices, 38 Main Street, Ashern MB and/or 10 Main Street Eriksdale, MB during regular hours of business.

To obtain a registration form and package, contact the SEO at the email or telephone number listed below.

Myrna Little
204-941-0156
seo@rmofwestinterlake.com

Dated at Ashern on April 18, 2022
Myrna Little
SEO for the RM of West Interlake

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April 22, 2022 (3:30 p.m.)

EVERGREEN SCHOOL DIVISION
invites applications for the following position, effective ASAP:

Senior Election Official (SEO)

Ability & Skills:

- Knowledge of Bill 29 – The Municipal Councils and School Board Election Act (training to be provided)
- Excellent communication and organizational skills
- Computer experience with database

The SEO will be responsible for:

- Receiving school trustee nominations
- Establishing and maintaining an up-to-date voters list for school division wards
- Coordinating polling stations for trustee election purposes with SEO of the various municipalities within Evergreen School Division boundaries
- Receiving polling results and ballots at the polling station
- Declaring results of the election

Letter of application, complete with resume, names and phone numbers of three references and other pertinent documentation should be forwarded to:

Evergreen School Division
applications@esd.ca

We thank all who applied for their interest, but only those selected for an interview will be contacted. Evergreen School Division may contact former employers.

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

Agricultural Equipment Technician – NOC 7312
Full Time/Permanent
Job Location: Highway 68 East, Arborg, MB

Our Arborg location is currently looking for an experienced Agricultural Equipment Technician to join our high performing service team. In this role, you will perform basic/complex diagnostics, service repairs and maintenance work on customer and/or dealer-owned agricultural equipment/outdoor power equipment.

The wage range for this position is \$32.25-\$35.00 / hour dependent on qualification and experience; also comes with performance incentive, employee purchase program, comprehensive health and dental benefits, disability and life insurance benefits and a group RRSP program. We are also committed to your growth and development and provide ongoing training opportunities, along with John Deere University courses.

Required Skills:

- Proven knowledge of methods, materials, tools and techniques used in the repair of agricultural equipment
- Outstanding knowledge of mechanical, electrical and hydraulic systems
- Ability to use computer to support diagnostics
- Excellent problem solving ability

Required Experience:

- Certificate of training in a discipline related to tasks as described in NOC 7312, plus 3 – 5 Years Experience
- Completion of an apprenticeship program in one of the following trades is an asset:

- Agricultural Equipment Technician
- Heavy Duty Mechanic
- Diesel Mechanic
- Tractor Trailer Mechanic

- Completion of John Deere certification or willingness to undertake
- Driver's license and clear abstract
- Language of work: English

Contact Information:
Enns Brothers Ltd.
Attn: Human Resources Department
Email: hr@ennsbros.com

Manitoba Government Job Opportunities

Park Works Supervisor

Regular/Full-Time

Manitoba Environment, Climate and Parks, Hecla/Grindstone and Winnipeg Beach Provincial Park, MB

Advertisement Number: 38895

Closing Date: May 1, 2022

Salary Range: \$44,807.00 - \$52,988.00 per year

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, visible minorities and persons with disabilities.

Candidates who do not meet all essential criteria may be considered on an underfill basis at a commensurate rate of pay. An eligibility list for similar positions within the Riverton and Winnipeg Beach Park Region will be created and remain in effect for 12 months.

Qualifications

Essential:

- Experience supervising staff including providing training, guidance and direction
- Strong interpersonal skills with the ability to cooperate and effectively work with staff, the general public and stakeholders
- Experience working independently with the ability to organize, plan and prioritize a complex and changing workload
- Experience working in the construction industry
- Experience providing cost estimates, working with financial budgets, purchasing and inventory control
- Effective analytical, problem solving and decision making skills

Desired:

- Experience using Microsoft Office software (Word, Excel, Outlook) or similar software applications
- Experience operating, maintaining and repairing maintenance equipment (such as trucks, trailers, tractors, loaders, mowers, ATV/UTV and other heavy equipment)
- Experience in the treatment, testing and distribution of potable water and collection and treatment of wastewater
- Experience with Manitoba Workplace Safety and Health act and or safe working practices

For a complete description of the conditions of employment and qualifications, please visit the Government of Manitoba website at www.manitoba.ca/govjobs/index.html

Apply to:

Advertisement No. 38895

Service Centre 2

Human Resource Services

360-1395 Ellice Avenue

Winnipeg, MB, R3G 3P2

Phone: 204-945-7182

Fax: 204-948-2841

Email: govjobs@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

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

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

People. Purpose. Progress.

manitoba.ca/govjobs



Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

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Email classifieds@expressweeklynews.ca

PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the on-site office 204-482-2751 for AVAILABILITY.

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Competitive Wages

Training, Benefits

Experience an asset

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

Fisher Branch Golf & Country Club

PUBLIC NOTICE

Pesticide Control Programs

Public notice is hereby given that the Fisher Branch Golf & Country Club of the R.M. of Fisher intends to conduct the following Pesticide Control Programs between May 22 - October 31, 2022.

The following pesticides are scheduled to be used: Par 3, Glyphosate, Instrata, Heritage, Imidacloprid, Daconil 2787 and Acelepryn G. The public may send written submissions within 15 days of the publication of this

notice to the department below:

**Environmental Approvals Branch
Manitoba Sustainable
Development
1007 Century Street
Winnipeg, Manitoba, R3H 0W4**



ATTENTION FARMERS & RANCHERS

THE ASHERN AUCTION MART Sale Schedule

We will be running every second week
Sales

April 20, 2022

May 4, 2022

May 18, 2022

June 1, 2022

**Feature consignments following
the regular sale**

May 4th 45 cow-calf pairs for
Oluf Christensen

Charolais and Simmental cross cows
selling due to health

May 18th complete herd dispersal
for Victor Penner

80 Red Angus Cow-calf pairs
Call Victor 204-494-0008

**For Further Information call
BUDDY AT 204-768-0018
KIRK AT 204-768-0019
License #1128**

204 PALLET AND PACKAGING

Like working with wood and
working close to home?

204 Pallet & Packaging in
Stony Mountain is looking for
full time production workers.

Wage depending on experience,
and health benefits after 3 months.
Please call 204-344-5404 for more details.

Lundar Co-op Golf & Country Club

EMPLOYMENT OPPORTUNITIES

The Lundar Co-op Golf & Country Club is looking to hire a Golf Course Superintendent, Clubhouse Manager, Cook/Servers (full and part time). Also a summer student to be a Greenskeeper assistant and a Part-time bookkeeper.

*Experience an asset but not necessary.
Deadline to submit resume May 6, 2022.*

**If interested please call 204-762-5877,
fax: 204-762-5833 or
email: lundargolf@gmail.com**

Eddie's Gravel Supply Ltd. is Hiring

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Competitive Wages, Health
Benefits, Lift 50lbs

Experience an asset

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

PESTICIDE NOTICE

Public Notice is hereby given that the Lundar Co-Op Golf & Country Club intends to conduct the following Pesticide Control Programs during 2022.

1. To control noxious weeds & turf grass diseases. The projected dates of application will be from May 1, 2022 to November 1, 2022. The herbicides & fungicides to be used include:

- | | |
|-----------------------|-------------|
| - Instarata | - Heritage |
| - Banner Maxx | - Par III |
| - Vantage Plus Max II | - Eagle Wsp |

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Sustainable Development
Environmental Approvals Branch
1007 Century Street, Winnipeg MB R3H 0W4

Classifieds



HELP WANTED

Busy roofing company hiring full time roofer/labourer. For more information call 204-641-5200.

WANTED: FARM HAND FOR GRAIN FARM in Brunkild. Class 5 license and own vehicle needed. Hands on labour, including operating tractors, trucks, farm equipment and yard maintenance. Call 204-990-6115 or email jurgen.kohler84@gmail.com

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UPCOMING EVENTS

Cluck & Quack Poultry Club Auction. Poultry & small animals auction on Saturday, May 7 at 12 noon. Springfield Curling Club in Dugald, MB. For further vendor information contact Danica Mutcher, email danimonica@hotmail.com or phone 1-204-770-3857.

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Rural Municipality of **FISHER**

NOTICE OF DUST CONTROL PROGRAM

Homeowners along municipal roads in the R M of Fisher may apply to have dust control in front of their home sites. Homeowners have the option of a light application or a heavier application.

1 site is 150 meters.

Costs are as follows:

800L Light Application 12ft wide for \$350.00

OR

1000L Heavy Application 12ft wide for \$395.00

***It is the homeowners' responsibility to flag the site for application.**

Payment must be received by the Rural Municipality of Fisher Office, Box 280, Fisher Branch, Manitoba ROC OZO no later than Monday, May 13, 2022. Make cheques payable to the RM of Fisher. Payments are not refundable after application of dust control. Price does not include gravel applied to site prior to dust control application. Gravel at site is at the discretion of the contractor. Dust control application tentatively booked for end of May 2022.

For more information, please contact the Rural Municipality of Fisher Office at 372-6393.

Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba
ROC OZO



The Rural Municipality of Coldwell

RM OF COLDWELL PUBLIC NOTICE

Regarding the 2022 Financial Plan

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of *The Municipal Act* that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2022 at a public hearing in the Upstairs of the Lundar Arena, 85 Main St. Lundar MB on the **13th day of May, 2022 at 7:00 p.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided. Please **register your attendance** with the Municipal Office prior to *May 13th at 3 pm*.

Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 12 th day of April, 2022

Nicole Christensen, CMMA
Chief Administrative Officer



Rural Municipality of **FISHER**

Box 280, Fisher Branch, MB, ROC OZO
Tel: 204-372-6393, Fax: 204-372-8470

2022 BUDGET HEARING MONDAY, MAY 9, 2022 7:00 P.M.

RM of Fisher Council Chambers 30 Tache St, Fisher Branch

At this time the 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 representation, ask questions or register an objection.

Copies of the proposed financial plan will be available upon request May 6, 2022 at the RM of Fisher Municipal Office, 30 Tache Street, Fisher Branch, MB during regular business hours. Questions and remarks may also be directed by letter to the Chief Administrative Officer or through e-mail at fishercao@mymts.net

If you are planning to attend please pre-register with the RM of Fisher at 204-372-6393 or by email to fishercao@mymts.net.



RURAL MUNICIPALITY OF GIMLI NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

Please be advised that a general municipal election will be held on October 26, 2022.

Prospective municipal election candidates **must** register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of Mayor: From May 1, 2022 to September 20, 2022

For the office of Councillor: From June 30, 2022 to September 20, 2022 at the R.M. of Gimli Office, 62 2nd Ave, Gimli, MB. by appointment with the S.E.O. up to September 20, 2022.

Registration forms are available from the R.M. office or by contacting the S.E.O. at the email or telephone number listed below. Please contact the S.E.O. to arrange an appointment to file the Registration form.

Dated at the Rural Municipality of Gimli, in the Province of Manitoba on April 5, 2022.

Robert J Potter, CMMA
Senior Election Official (S.E.O.)
R.M. of Gimli
Phone: 204-461-1664
Email: elections@rmgimli.com

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NOTICES

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Join the fight against Prostate Cancer
RIDE DAY
Saturday
May 28, 2022
10am
Earls Polo Park (Winnipeg)
Visit ridefordad.ca/manitoba
to register or make a pledge

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BRIDAL SHOWER



Bridal Shower
In honor of
Jasmyn Johnson
Bride Elect of **Andrew Marsch**
Sunday, May 1st, 2022
At 2:00 p.m.
Riverton Curling Rink Riverton
Everyone Welcome!
Registered at Bed Bath and Beyond and Amazon
Please bring a favourite recipe for the Bride-to-Be

ENGAGEMENT



Graboweski/Belos
Garrett and Megan are getting married! Parents, Joe and Lois, Lazar and Donna are pleased to announce their engagement! A social evening will be held April 30, 2022 at the Gimli Recreation Centre at 8 p.m. Marriage will take place August 13, 2022.

Everything you need to promote your business
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2	9	7	8	5	6	1	4	8
4	8	5	8	7	1	6	2	9
1	8	6	9	4	2	5	3	7
8	4	2	6	3	5	9	7	1
7	1	9	2	8	4	3	5	6
5	6	3	1	9	7	2	8	4
9	7	4	5	1	3	8	6	2
6	5	8	7	2	9	4	1	3
3	2	1	4	6	8	7	9	5

Sudoku Answer

OBITUARY



Emil Felbel

September 28, 1929 - April 13, 2022

With heavy hearts we announce the passing of a beloved husband, father, grandfather and great-grandfather Emil on April 13, 2022. He peacefully passed away at the E.M. Crowe Memorial Hospital in Eriksdale.

Emil is survived by his loving wife of 69 years Sophie; his daughter Kelly, granddaughter Melissa and her children Kaylie (Chad), Kyle (Julie) and Andrew; granddaughter Jennifer (Jason); daughter Holly (Hermann) and Holly's children Stephen (Alyssa) and Paul (Ruth) and Hermann's daughter Jennifer (John Sr.) and grandchildren Kristoffer, Elise and John Allen. He is also survived by his sister-in-law Florence Felbel, nieces and nephews and many good friends.

Emil is predeceased by his father Rudolf and mother Wilhemina and his siblings Bill (Alma), Roy (Sylvia), Herb (Helen), Dorothy (John), Ted, Fred (Margaret), Art (Cecilia) and George (Elsie); son-in-law Kenneth.

Emil was born in the New Home School District. Emil was well known for his musical skills and started off by playing in the school band at eight years of age. He continued to follow his lifelong passion for playing music. He was famous for his guitar skills and learned the violin when he was 70 years old! One of his first jobs was working at Trysson's making chrome table sets. It was during this time that he met his wife, Sophie. They met while Emil was having band practice. They were married on May 3, 1952. Emil then went to work for Manitoba Furniture. In 1962 they moved to Vancouver, resided there for four years, then returned back to Manitoba. In 1967 Emil bought a truck and began his self-employed trucking career doing deliveries and moving for Canada Messenger until 1981. Then he worked in customer sales for Canada Messenger until his retirement in 1985. After Emil retired, they moved a house and set up a new yard site in Grahamdale in 1985. In 1998 they moved to Ashern and then moved to Lundar in 2013.

Emil was a man with many talents and kept busy through his retirement years doing carpentry, plumbing, electrical as well as playing in various bands. You could hear Emil whistling as he enjoyed doing his work. Through his music, he brought joy to people at dances, church and family functions, care homes, talent shows and music festivals. Emil always loved to tell a joke. Not only did everyone enjoy listening to his jokes, so did Emil.

Emil was very active in many different community and senior programs. He enjoyed playing cards and trained all his children and grandchildren to play war, cribbage, whist and then canasta. He enjoyed going on various adventures, whether it was camping or road trips. He was a person that everyone could count on. He would lend a hand for anything from holding a horse to helping build anything needed to helping family and friends move.

Emil was a very devoted husband, father and grandparent and was very involved in all aspects of his family. He enjoyed attending family events and watching his family grow. Many of his nephews will remember the times they got to work with him and learned the trade of moving and customer relations.

Eileen has always described Emil as "a true gentleman" which anyone who knew Emil would agree.

Funeral service will be held at 2:00 p.m. on Friday, April 22, 2022 in the Ashern Legion Hall with Dawn Tober officiating. Viewing will be held one hour prior to the service. Interment will follow in the Grace Lutheran Cemetery.

Pallbearers will be Andrew Lechyshyn, Kyle King, Darren Felbel, AJ Felbel, Tony Usipiuk and Jason Wagner.

In lieu of flowers, donations may be made to CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON 1160, Winnipeg, MB R3E 0V9.

Arrangements by:
ARNAN FUNERAL HOME
Ashern - Lundar
1-204-768-2072
1-866-323-3593

take a break > GAME

SUDOKU

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

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!



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

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Estate & Moving
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