



THE EXPRESS

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WEEKLY NEWS

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EXPRESS PHOTO BY LEANA SMITH
The Eriksdale fire department responded to a call that the Eriksdale McMunn and Yates was on fire at 4:30 a.m. last Thursday. The building, which was the historic A.J. Smith lumber business built in 1915, burned to the ground.

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Eriksdale McMunn & Yates goes up in flames

Over 100 years of history burned to the ground last Thursday when the Eriksdale McMunn & Yates caught fire.

At 4:20 a.m. the building and attached warehouse went up in flames, alerting Eriksdale fire chief Craig Pottinger.

He said when he got the call, he and his wife hoped it was a false alarm, but as he went out onto his deck, he turned back and told her it wasn't.

"I just knew we were in trouble," said Pottinger.

Sixteen firefighters from the Eriksdale Fire Department showed up to battle the blaze until 4 p.m. that day. Four more firefighters came from Ashern, six came from Lundar, and another six came from Moosehorn, staying on scene for six hours.

Pottinger walked back home, after ensuring all hot spots were gone at 8:50 p.m.

He said the fire is still under investigation and the cause is unknown, but it's suspected arson. The fire started on the outside east wall, which leads the RCMP to believe it was arson, said Pottinger.

Store manager Brian Smith and his family got the call about the fire shortly after the fire call came in.



EXPRESS PHOTOS BY LEANA SMITH

Arson is suspected in the fire that destroyed Eriksdale's McMunn & Yates building supply store.

Smith's great-grandfather started the business in 1915 — it was then known as A.J. Smith. Then it went to Smith's grandfather when it was called Gordon K. Smith, who then partnered with Smith's dad and uncle, calling the business Gordon K. Smith and Sons.

McMunn & Yates purchased the

place in 2001 and Smith took over as manager, though he had already been working in the family business for 13 years.

The loss of the building and supplies inside isn't what's getting to Smith, though.

"It's a business. It's a building. It's stuff. Nobody was hurt. Stuff can be replaced," said Smith. "I'm emotional because of family."

Pottinger said the McMunn & Yates fire was one of the worst he's seen in his career. He said the fire is a big loss for the community.

"I don't know how to say it affects you, but it does," said Pottinger. "I'm just thinking about the stuff that used to be there and it's just gone."

That stuff Pottinger talks about is the rich family history tied to the now rubble.

Right now, Smith is focused on moving ahead and getting back to business.

His plan is to take a few days to organize the yard, where they'll operate out of. He plans to get a temporary office set up there so the Eriksdale McMunn & Yates can function as they did before and continue doing business with people from all over the Interlake.

After that, he hopes to rebuild but hasn't had time to think that far.

As the building is a complete loss, Smith said they're going to have limited hardware for a while. He hasn't had a lot of time to come up with a



Firefighters battled the blaze for 12 hours.

plan on that front.

"I'm ready to do business today," said Smith on Friday, a little more than 24 hours after the fire consumed his business. "But there's nowhere to do business out of."

The store that was reduced to ash was redone a couple times, Smith said. He said he doesn't know for sure, but the last addition was around the early '70s. The warehouse was a kind he doesn't think he'll see again.

Smith said he has offers of help from other businesses similar to his. The backing has been widespread for him and his family.

"The support has been crazy just from the calls and the emails and the texts," he said. "It's not just from the community — it's the whole Interlake. It's the business partners. It's everybody. That's overwhelming."

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Arnes Lutheran Pioneer Memorial Church heritage building to undergo repairs

By Patricia Barrett

The Arnes Lutheran Pioneer Memorial Church will undergo some repairs to its steeple and shingles after a majority of Gimli council approved the proposal.

"A permit was issued to the church board so that they can carry out the work," said Coun. Thora Palson last weekend when asked about the repairs.

She, along with Mayor Lynn Greenberg and Coun. Peter Holfeuer, approved issuing a municipal heritage permit by passing resolution no. SM 20 04 02 during a special council meeting April 28 (councillors Cody Magnusson and Richard Petrowski were absent).

The church is one of the only remaining churches from the New Iceland era of the early 20th century, and the RM had designated it a municipal heritage building and heritage site in 2009 under RM of Gimli Bylaw No. 09-

0010. Repairs or modifications have to be approved by council.

Last fall the church board tried to have the church moved by truck to the Arborg Multicultural Heritage Village, a museum showcasing pioneer buildings. Arnes residents, the municipality's heritage advisory committee president, Coun. Palson and the RCMP intervened to stop the move (see Nov. 7, 2019, edition of the Express).

The steeple and shingles repairs will be carried out between May 1 and June 30 and must comply with the Heritage Resources Act, states the permit. Council also requires a report (on or before June 30) detailing the repairs.

Council has yet to decide whether it will keep the church in the RM of Gimli or send it to Arborg. The Manitoba Municipal Heritage Resource Guide states that a designated heritage building should only be moved

if it is in danger of destruction. The church board argued last year that residents alone won't be able to preserve the church.

"Council has not made a decision on the relocation permit," said Coun. Palson. "We were supposed to have a public hearing in early June, but we had to put that on hold because of the pandemic."

Acting CAO Kelly Cosgrove said by

email the RM doesn't have estimated costs of the repairs because the RM is not funding the work.

Council update from May 13 meeting:

- Council will create Local Improvement District (LID) No. 24 to borrow funds to pay for upgrades to Mercury Drive in Pelican Beach. Council estimates the work could cost \$267,250,

Continued on page 4



EXPRESS PHOTO BY PATRICIA BARRETT

The Lutheran Pioneer Memorial Church has been a fixture in Arnes for over 100 years.

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Gimli grad heads triumph over COVID-19

By Patricia Barrett

COVID-19 may have put a damper on some high schools' graduation plans, but grad heads at Gimli High School have come up with a clever way to work around the virus in order to mark their milestone.

Maggie Michaluk and Kennedy Kowalski mapped out a staggered three-day ceremony after consulting with their principal, fellow grad heads, parents and non-grad heads Josh Maisey and Dalton Leis, who've stepped up to help them prepare for the event.

Michaluk said she's pleased they'll be having a live grad ceremony despite the fact they'll have to work a little harder to prevent the possible spread of COVID.

"I know a lot of schools in the city are not doing anything. In other provinces they have to do something online or not do anything at all and just get a diploma in the mail," said Michaluk. "So I feel quite grateful that we're going to have grad."

The province closed K-12 schools for two weeks in March, coinciding with spring break, and then extended it indefinitely at the end of the month when COVID infections pushed past 100.

Michaluk said it happened so suddenly, right at beginning of their second semester, and it didn't really register that they might not walk the halls again. It also laid uncertainty about their future graduation on top of uncertainty about how they'd continue to study from home.

"Teenagers always say, 'I'm never going to miss that place when I graduate,'" said Michaluk. "But because we've lost these last couple of months, we actually kind of miss it. We miss being with our friends. When we thought it was only two weeks, we were excited, but then it turned into the rest of the year."

Kowalski said almost all of the grad plans they made pre-COVID had to be created anew or tweaked when it became clear this grad would be like no other ever experienced.

"There was lots of brainstorming and lots of ideas



EXPRESS PHOTO SUBMITTED

Maggie and Kennedy have marked many scholastic achievements together and they'll be celebrating their high school graduation in a few weeks.

were passed around until we found some we could realistically follow while adhering to all the [public health] rules," said Kowalski.

Their moms explained how the celebrations are going to unfold. Students will be receiving their diplomas and awards at six small outdoor convocations planned for June 23, 24 and 25 at the high school.

Maggie's mom, Samantha Michaluk, said convocation will not be open to well-wishers as it normally is because the school has to meet strict public health orders on gathering sizes. At present, each ceremony (two a day) can accommodate about 10 grads and some family members

Those restrictions could either be eased or tightened up depending on how many new cases of COVID occur.

"Everything is not set in stone as yet because it can

change very quickly," she said.

The grad parade — a Gimli tradition that sees every graduating class, decked out in gowns and tuxes, parade through town in open-topped classic cars or in the back of trucks — is open to the public.

Kowalski's mom, Korrie Kowalski, said grad heads worked with parents to organize the event. It takes place Friday, June 26 at 11 a.m. (rain date Saturday).

"We're hoping the community will come out for the parade and cheer on our grads so that they'll at least get to have a public celebration," she said. "It will be a longer parade than we normally have. We're going to drive by schools and the hospital and Betel Home because there's lots of grandparents they haven't seen."

The parade will end at the high school where the grads will toss their caps. There will no photos on the beach, and the grad dinner and after-party have been postponed until the fall.

Despite not getting an opportunity to take part in a convocation with all their fellow students together on the stage, there is a silver lining to the pandemic.

"I think one of the biggest positives Maggie and I have both been feeling is that we normally get only one grad day and it's so quick," said Kowalski. "So much happens during the day that you don't get any time to absorb it and be in that day. Now we'll be getting two days."

Both students have been accepted by the University of Manitoba and will be starting courses this fall — from home.

Kowalski, who's entering University 1, a program providing students with advanced entry to a specific degree program, said she was "ready to leave" home. "You're starting to prepare yourself to go off and start this new chapter in your life and it's completely changed now."

But Michaluk, who's enrolled in science, said there's an upside to that: "We're both happy we'll be saving money by staying home another year!"

> CHURCH, FROM PG. 3

but it may not have to borrow the full amount depending on final cost and a prepayment option that will be offered to residents.

"A prepayment option will be offered to the residents reducing the amount that needs to be borrowed. Once the project is complete the actual bill will come in," said Cosgrove. "The borrowing of \$267,250 will be adjusted."

- Council tabled a request from Lori Lavoie and Allen Foster of 5 North Lake St., Loni Beach, to close an undeveloped RM road that runs west-east along their property and joins up with developed back lane. In addition to the closure, they want to purchase the land on which the road currently runs and construct a garage-carriage house.

Cosgrove didn't say whether a public hearing will have to be held before council makes a decision.

- Council approved a request to have a second access built onto a property in the Siglavik area that was known last year to be legally owned by Swiss resident Ruth Rutz. Cosgrove didn't provide details about who made the request, dimensions of the

structure to be built or whether the new access road will have to cut through wetland.

"The request was for a second access and the request was approved," said Cosgrove. "The request required a culvert permit and that permit has been issued."

- Council approved a resolution to open a road called Tracy's Trail under Bylaw No. 20-0007. The land is located in the NW 1/4 of Section 28, Township 18, Range 4 EPM. It leads into a subdivision called Jill's Junction that was developed from wetland.

"The resolution speaks only to the opening of the road," said Cosgrove. "The developer was responsible to create the road."

- The RM's bylaw enforcement officer Randy Woroniuk resigned. Bylaw enforcement questions can be directed to Chris Steinke at 204-642-3198 or bylawofficer@rmgimli.com.

- Council will be forwarding a letter to the province and to the Association of Manitoba Municipalities with its concerns about Bill 48, which if passed could see municipalities lose local autonomy and face increased administration/legal costs.

- Council awarded a number of grants for 2020, including the following:

- Evergreen Basic Needs \$27,500
 - Evergreen School Division \$1,500
 - Gimli Chamber of Commerce \$3,000
 - Gimli Children's Centre \$3,500
 - Gimli Community Cemetery \$20,600
 - Gimli Film Festival \$8,000
 - Gimli Garden Club \$5,500
 - Gimli Glider Exhibit/Museum \$3,000
 - Gimli Ice Festival \$4,000
 - Gimli Rotary Club \$2,000
 - Gimli Seniors Resource Council \$16,798
 - Icelandic Festival of Manitoba \$8,000
 - Interlake Women's Resource Council \$6,181
 - Lake Winnipeg Research Consortium \$6,181
 - New Iceland Heritage Museum \$32,508.13
 - Sandy Hook Community Club Pier Association \$3,000
 - Sandy Hook Community Club \$3,000
 - Shorepoint Village [condominiums] \$7,500
 - Special Olympics Swim Program \$1,000
- The municipal building will open to the public starting June 1 for in-person payments. Physical distancing measures will be enforced.

Fisher River's Cochrane appointed as Queen's counsel

By Becca Myskiw

Harold (Sonny) Cochrane from Fisher River Cree Nation is the first Cree lawyer in Manitoba to be appointed as Queen's Counsel.

According to the Government of Manitoba's website, Queen's Counsel is a title awarded to a lawyer "to recognize exceptional merit in their profession."

Cochrane said the title is typically given to lawyers who are vetted, have high reputations in the legal community, and who are thought to have given back to the legal community in Manitoba. When he found out he was nominated for Queen's Counsel, Cochrane said he didn't think too much of it.

But since receiving the title on May 12, he's heard from people back in Fisher River Cree Nation who he hasn't heard from in 30 years.

Cochrane grew up on the reserve. The thought of being a lawyer didn't occur to him until one day when he was in Grade 9 and listening to the chief in counsel complain to Cochrane's dad about the lawyer the reserve had at the time.

One of the elected counsellors in Cochrane's home turned to him and said, "You know Sonny, we need our own lawyer."

Cochrane didn't know any lawyers and he didn't have the faintest idea of how to become one, but having the

counsellor turn to him that day made him decide that's what he would be.

Cochrane said his parents instilled the importance of education on him and his sister from a young age. His dad was in a residential school as a child and Cochrane's mom went to a Federal Indian Day School.

Their experience with education, he said, was not positive — yet they made Cochrane and his sister leave the reserve when he finished Grade 10 to get a better education in Winnipeg.

"It was a difficult time," said Cochrane. "But it was the best thing that ever happened to me."

He was behind in academics and had to deal with the culture shock the city brought. Through his last two years of high school, Cochrane said he dealt with those issues and had a smooth transition when starting university.

Cochrane applied to law school in 1992 after graduating with a Bachelor of Arts. His dad, a plumber on the reserve, talked Cochrane into applying and if it didn't work out, he could be a journeyman plumber too.

But it did work out. Cochrane was accepted into law school on his first try. He said it never would have happened if it weren't for his parents.

For the next three years, he went through the intense program with long hours and reading upon reading, then graduated in 1995.

"It's like anything else I suppose," he said. "You got to work hard to succeed."

To practice law, however, Cochrane had to complete a one-year apprenticeship, called articling. He articulated at the federal justice department doing drug and tax prosecution among other things for five years.

"I cut my teeth there trying to learn lawyering skills and then I decided to make a move to leave the government and get into private practice," said Cochrane.

He became a partner at a law firm for 18 years, then left to start his own firm, Cochrane Saxberg, where he now has four partners.

One partner is Greg Johnson, who is also from Fisher River Cree Nation.

Cochrane's been a lawyer for almost 25 years now. One case that stays with him is the 2011 Phoenix Sinclair inquiry.

Sinclair was a five-year-old girl from Fisher River Cree Nation who was in the child welfare system in Manitoba. She was beaten to death by her mom and stepdad. The inquiry, Cochrane said, shone a light on the child welfare system — he represented five parties in the case and made recommendations for the final report.

Cochrane also works for Sioux Valley Dakota Nation, the only self-governing first nation in the prairies. He's breaking new ground with the band



EXPRESS PHOTO SUBMITTED

Harold (Sonny) Cochrane is the first Cree lawyer to be appointed Queen's Counsel in Manitoba.

and said he's proud of what they're creating.

For Cochrane, being a lawyer is not about the title he was recently awarded. He said it's about being able to help people, address historical wrongs and take on critical matters for other people.

He said he's just a young kid from the reserve and it sets him apart from other lawyers.

"Any lawyer can learn the law," he said. "Not every lawyer has lived the issues. I have."

Government to lower vehicle registration fees by 10 per cent

By the Manitoba government

The Manitoba government is continuing to support Manitoba families with an \$11-million program that will reduce vehicle registration fees by 10 per cent beginning July 1, Crown Services Minister Jeff Wharton announced last week.

"After your home, your car is likely your next biggest expense, and reducing these fees is another step toward making life more affordable for Manitobans," said Wharton. "As a result of COVID-19, we're working hard across government and with our partners to find ways to provide relief to Mani-

tobans who need it now more than ever."

Most Manitobans will benefit from a \$15 decrease to the existing \$154 vehicle registration fee as a first step to reverse a 30 per cent increase in these fees in 2012 by the previous administration, the minister noted. The registration fee applies to non-commercial vehicles and trucks, resulting in an annual registration fee of \$139. Non-commercial vehicles include passenger cars, sport utility vehicles, light trucks, farm vehicles, motorcycles/mopeds and personal-use trailers and trucks. The existing fee for the regis-

tration of government and municipal vehicles will continue.

Manitoba Public Insurance (MPI) administers and collects vehicle registration fees on behalf of the provincial government.

"These savings are in addition to the up to \$110 million in rebate cheques that MPI is returning to its policyholders at the end of May to early June," said Wharton. "With a healthy reserve fund and fewer claims during this COVID-19 period, MPI is in a strong financial situation to move forward with these rebate cheques to support Manitobans."

Rebates are based on what policyholders paid last year and are expected to be around 11 per cent, or between \$140 to \$160, per average policyholder.

For more information about COVID-19 in Manitoba, visit www.manitoba.ca/covid19. A comprehensive list of Manitoba government COVID-19 measures can be found at <https://manitoba.ca/bg/2020/04/covid19.html>.

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Province suspends permits within burning permit area

Submitted by Manitoba government

Manitoba Conservation and Climate reports the current risk of wildfire is high across southern and central regions of the province. As a wildfire prevention measure, all provincial burn permits issued under The Wildfires Act within the burning permit area are suspended immediately and no other permits will be issued until further notice.

There are multiple wildfires burning near the Northern Affairs community of Camperville and Pine Creek First Nation (PCFN). Camperville is located approximately 420 kilometres northwest of Winnipeg and 87 kilometres east of Swan River. PCFN is located north of Camperville. The Canadian Red Cross assisted the PCFN with the evacuation of about 100 people. Most

will be returning to the community today. Human-caused wildfires have been reported in several other areas of the province as well.

In order to reduce the risk of fire and the risk of exposure to COVID-19 for front-line firefighters, the province is asking the public to be particularly cautious when outdoors to prevent human-caused wildfires. Protecting front-line firefighters and support staff during the COVID-19 pandemic is a top priority to ensure they remain healthy and available to respond to wildfires during the upcoming season.

The latest information on municipal burn restrictions can be found at www.manitoba.ca/wildfire. Where there is a conflict, consult with a local Manitoba Conservation and Climate

office or municipal authority for clarification.

The public is reminded to never leave an outdoor fire unattended and always extinguish it before leaving. Anyone using an ATV should stay on developed trails, stop frequently to check areas around the engine and exhaust for debris, and carefully dispose of any debris caught in equipment. A small shovel, axe and fire extinguisher should be carried on ATVs at all times.

The Manitoba Wildfire Service and the Office of the Fire Commissioner also requests the public's assistance to support these prevention measures, and to report any wildfires or suspicious activity by calling 911 or the T.I.P. line (toll-free) at 1-800-782-0076 immediately.

Manitoba Green Team funding to support local jobs

Submitted by Derek Johnson

Derek Johnson, MLA for Interlake-Gimli is welcoming an announcement that the Government of Manitoba is supporting local community organizations, municipalities and provincial parks delivering Green Team projects this upcoming summer.

"Our government believes in cleaning up our natural environments and also believes in keeping Manitobans employed as we face the economic challenges presented by COVID-19, said Johnson. "The Green Team program helps us achieve both of those goals during these unprecedented circumstances."

The \$10-million Green Team investment is expected to support over 2,000

jobs province-wide to aid in Manitoba's COVID-19 recovery efforts. This includes a total of \$287,770 for 31 projects in the Interlake-Gimli constituency.

Participants will work on a variety of community development projects that improve neighbourhoods, promote involvement in the communities and help develop young leaders. To further enhance Manitoba's economic recovery, the province has extended the Green Team intake deadline to May 29 for as early as June 15 start date.

For more information on the Green Team programs, visit www.manitoba.ca/mr/bldgcomm/greenteam.html.



Interlake-Gimli MLA
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Interlake summer fairs and festivals cancelled

By Evan Matthews

The COVID cancellations continue to pile up, with the 2020 Arborg Fair and Rodeo being the most recent. Heading into festival season, are more cancellations expected to follow?

Jinny Sigurdson, president of the Arborg and District Agricultural Society, said in a letter to councils around the Interlake that due to the significant public health concerns surrounding COVID-19, the society made the decision to cancel the Arborg Fair and Rodeo scheduled this summer for July 17, 18 and 19.

"We would like to thank everyone who has supported this event in past years. We look forward to the future, with a renewed enthusiasm for 2021," said Sigurdson.

"In this trying time that we find ourselves in, our hope is to stay optimistic and embrace the things in life that are sometimes overlooked. Spring is here, so enjoy the warm days ahead."

Though the Arborg Street Festival comes later in the summer — planned for Aug. 7 and 8 — organizers pulled the plug back at the beginning of March.

Susan Bauernhuber, chairperson of the Arborg Street Festival, said the main reason for cancelling the street festival so early wasn't so much to do with COVID-19 and the resulting restrictions as much as it was to do with sponsorship dollars being unavailable.

"With so many businesses being shut down — so many people laid off — there's just no way we could go to businesses and ask for donations," said Bauernhuber, who hinted at the



EXPRESS FILE PHOTO

Ashern Rodeo organizers are still optimistic that the rodeo will go ahead Sept. 4-6.

potential for a much more scaled back version of the festival later this summer.

"A few of us have been talking about the fact that we have so much talent in our town and in our region. If things ease up by mid- to late-August, what we'll do is look at ... closing the street between the Eldhús Bar and the legion and have a beer garden and people performing on stage," she said, emphasizing anything of the sort will be contingent on what the province has in place for public health orders and restrictions.

"We're just going to wait it out right now. Next year will be bigger and better."

Elsewhere in the Interlake
Winnipeg Beach recreation director Allan Sulyma said the town's Boardwalk Days has suffered the same fate and has been cancelled for 2020.

The town made the decision to cancel the event — which was scheduled for July 17, 18 and 19 — two weeks ago. He said the decision was made in the interest of public safety.

"Tourism is huge for the Town of Winnipeg Beach, so this hurts," said Sulyma. "There are nights we have 3,000 people laying on the grass; it's not uncommon. It's a huge impact."

Along Highway 6, the Lundar Fair has been cancelled, according to the

Lundar Agricultural Society's website, and so too has 2020 Open Farm Day, which was scheduled for Sept. 20.

A little further north, the Eriksdale Creamery Days Fair and Rodeo has been cancelled as well, according to chairperson Doreen Lamoureux. She said the final decision was made on May 14, also citing lack of sponsorship dollars for the cancellation.

"Everyone is hurting," she said.

The Eriksdale festivities were originally scheduled for Aug. 14, 15 and 16.

Decisions yet to be made

Still in Eriksdale, the annual Bull-O-Rama is currently a spot of optimism.

Board member Vienna Kinkead said with the event not scheduled to take place until Oct. 3, board members are hopeful the event may be able to move ahead as planned.

"We hope things have eased up a bit by then. Maybe there will be less restriction," said Kinkead. "We're going to hold off as long as we can before we make the decision to call it."

Ashern Rodeo chairperson John Bezemer echoed the same sentiment.

With the rodeo scheduled in Ashern for Sept. 4, 5, and 6, the idea is to plan for the event as if it's happening and cancel it if/when the time comes as opposed to quashing all hope for the event now.

"We won't be surprised if we have to cancel it at the last minute, but we're optimistic for now," said Bezemer.

"By mid- to late July, we hope to know for sure. We'd rather plan and be ready to go and have to cancel than find out we're allowed to go and have to scramble to pull the event off."

PC government announces funding for community development projects

Submitted by Manitoba government

Interlake-Gimli MLA Derek Johnson, is welcoming the PC government's announcement of increased grant support to community organizations and their community development projects as part of re-starting the provincial economy during the COVID-19 pandemic.

"Our government is committed to supporting neighbourhood, municipal and regional priorities," said Johnson. "Each of these projects will go a long way in enhancing the quality of life in their respective communities and will boost local economies as we move towards restoring safe services together."

Through the Building Sustainable

Communities program, the Manitoba government is providing \$10 million in grants to support 344 projects for community development projects province-wide. This includes a total of \$457,221 for the following projects in the Interlake-Gimli constituency:

- Arborg & District Multicultural Heritage Village (building improvements)
- Central Interlake Chamber of Commerce (education and training facility development)
- Grahamdale Development Corporation (accessibility upgrades to showers)
- Gimli Ski Club (equipment and solar panel)
- Grettir Co-op Inc. (change room

upgrades)

- Lundar Community Recreation Park (park construction)
- Poplarfield Community Club (renovations to King Buck statue)
- Riverton & District Friendship Centre (security system upgrade)
- Riverton Rec Facilities (kitchen upgrades)
- RM of Bifrost-Riverton (renovate Central Park)
- RM of Bifrost-Riverton (recreation master plan)
- Royal Canadian Legion Branch #182 (games room roof replacement)
- Royal Canadian Legion Winnipeg Beach #61 (kitchen upgrades)
- St. Laurent Legion Metis Branch 250 (Legion hall renos)

- St. Laurent & District Rec Commission (Laurentia Beach Park playground)

- Town of Winnipeg Beach (community centre gym)
- Winnipeg Beach Cross-Country Ski (warm up shack)

The Manitoba government is increasing this year's investment in the Building Sustainable Communities program by 25 per cent. The program was developed to help provide a high quality of life for Manitobans by responding to neighbourhood, municipal and regional priorities.

For more information about the program, visit www.manitobago.ca.

Stardust Drive-in firing up the projector in June

By Lorne Stelmach

It won't be ready to go for May long weekend as originally planned, but Morden's Stardust Drive-in Theatre is preparing to open for the season soon.

One of only two drive-ins left in Manitoba, the Stardust is aiming to open the first weekend of June, and its owners are excited about the season ahead.

Marlene Nelson noted that many are pointing to drive-in theatres as a perfect fit in this time of COVID-19 physical distancing, but she sees it a little differently.

"You see a lot of articles where they say this should be the year of the drive-in, but that makes it sound like the drive-ins have been dying, whereas I see them as just rejuvenated."

The pandemic lockdown stirred up a lot of uncertainty as to whether drive-ins would be able to open all this summer. They were at first lumped in with indoor cinemas in the province's plan for reopening the economy, which might have meant an opening day of months from now.

"We fell between the cracks initially," said Nelson.

The province later changed the



EXPRESS PHOTO BY LORNE STELMACH

Terry and Marlene Nelson, who own and operate the Stardust Drive-in with members of the Freund family, are looking forward to opening for the summer the first weekend in June.

husband Terry since she and the Freund family took over the Stardust in 2002.

"It went through a few years there where there was a decline in attendance," she noted. "Then one of the

said, noting there are drive-in theatres out west and even a new one in Ontario. "It's nostalgia. It's great family time in a lifestyle that is so busy .. it gives everybody a trip back to a simpler time, having families go out to-

gether and spend that time together.

"That is what I think is coming with COVID-19 as well is that families are sticking together, but now it's to the point where they've got to get out, they've got to have something that's normal."

Despite the fact the film industry has been shut down because of the pandemic, there will still be a good selection of films available to the Stardust.

"There's still a lot of really good movies that were shown through this past winter that should be accessible to us," Nelson said. "As well, there are some new releases that did come out."

"The classics are also being made available; it's just finding out all the logistics," she added. "We're bouncing ideas around ... there's ones which you don't get tired of seeing, and to be able to bring them back to a big screen again is exciting."

Nelson is also looking forward to being able to continue supporting community fundraisers throughout the summer months.

"We have been so glad to be able to do that," she said. "People worked to keep us here—we've got to do the same thing back."

Province unveils preliminary draft second phase of restoring safe services plan

Submitted by Manitoba government

The Manitoba government is examining additional steps to gradually continue to safely restore services and open additional businesses while ensuring physical distancing measures remain in place, Premier Brian Pallister announced on May 21.

"Today we are sharing a draft plan that will help inform and guide us in the second phase of safely restoring our services," said Pallister.

In careful consultation with Public Health experts, as part of Phase 2, the province is currently examining limited access to educational facilities, where physical distancing can be maintained, to allow for additional tutorial days, such as one-on-one learning, assessment and specific programming.

To ensure students are equipped to transition to the new school year, additional teaching days are being examined for the upcoming school year, including starting schools on Aug. 31, and repurposing some of the non-instructional days throughout the school year, the premier noted.

The Department of Education will continue planning and consulting with school divisions and other education stakeholders, the premier not-

ed.

The draft plan for restoring services in Phase 2 builds on measures Restoring Safe Services: Manitoba's Pandemic and Economic Roadmap for Recovery, which set out an evidence-based plan to ease public health measures that had escalated since mid-January.

Others being examined for the second phase of service restoration include:

- increasing child-care centre occupancy to up to 24 children plus staffing;
- increasing day camp group sizes to 24;
- resuming sports activities for children and adults;
- lifting occupancy limits at outdoor recreation facilities and golf courses outdoors, as long as physical distancing can be maintained and allowing limited access to indoor spaces;
- allowing direct travel to northern parks, campgrounds, cabins, lodges and resorts while ensuring physical distancing;
- allowing public/private swimming pools, spas, fitness clubs, gyms and community/service centres to reopen with some limitations;
- allowing religious or other or-

ganizations to hold outdoor services without limitation on numbers if people stay in their vehicles;

- reopening manicurists and pedicurists, tattoo parlours, estheticians, cosmetologists, electrologists and tanning parlours at 50 per cent capacity;
- allowing restaurants to reopen indoor spaces at 50 per cent capacity and continue to offer patio services at that capacity level;
- allowing bars, beverage rooms, micro-brewers and similar businesses that serve food and drinks to operate patio service at 50 per cent of site capacity and to reopen indoor spaces at 50 per cent capacity; and
- allowing the resumption of film productions while ensuring physical distancing.

Other changes include the increasing gathering sizes to 25 people indoors and 50 people outdoors, and allowing residents of personal care homes and long-term care facilities to have visits outdoors. These changes came into effect on May 22.

No changes were made to the requirements for reopening hair stylists/barbers, museums, galleries and libraries and parks, campgrounds and vacation cabins.

Mass gatherings such as concerts,

festivals and major sporting events will not be considered before September 2020, said Dr. Brent Roussin, Manitoba's chief provincial public health officer. He also noted that it is key for people to stay home if they are sick to further reduce the risk of spreading the virus.

Roussin also encouraged businesses to take steps to help staff, patrons and visitors stay safe including:

- ensuring people are able to reasonably maintain two metres of distance;
- only conducting necessary and brief exchanges within two metres of others;
- applying enhanced cleaning protocols, especially in common areas like washrooms;
- maintaining physical distancing and food-handling protocols in workplace areas including lunch and common areas;
- staying home when feeling sick; and
- following personal risk reduction measures.

Detailed information on the draft plan for Phase 2 of service restoration can be found at www.manitoba.ca/covid19/restoring/index.html.

Details of \$469 million federal aid to commercial fishers required

By Patricia Barrett

The federal government announced a \$469.4-million aid package last Thursday for Canadian fish harvesters impacted by the COVID-19 pandemic, but one Lake Winnipeg fisher says it might not address the specific needs of inland fishers and that long-term measures are needed for what will surely be a slow economic recovery.

The federal aid is broken into two programs. Fishers experiencing income losses of greater than 25 per cent in the 2020 tax year will have 75 per cent of their income covered under the Fish Harvester Benefit (FHB) program while the other program, the Fish Harvester Grant (FHG), will provide support of up to \$10,000.

It appears that fishers (those eligible, that is) will be able to access both programs. The government, however, didn't provide full details of how they'll roll out.

Commercial fisher and analyst Bill Buckels said he and other fishers he's spoken with are confused by the "complexity" and "vagueness" of the announcement as it seems to speak more to lobster fishers on the east coast.

"The first part of the package (FHB) seems to be more of a long-range benefit that we won't be able to use for this year's loss until around June 2021 — if the benefit still exists at that time and if our fishers qualify," he said. "Unlike East Coast lobster fishers who have one short season a year for just one kind of fish, we inland fishers have three seasons with a multi-species quota, so it would take us a whole year to determine if we have indeed occurred a loss."

The FHG will vary according to past revenues earned, he said, which on the surface would seem to be a way to offset losses, but again "one would need to do next year's income tax before tapping into this."

Both packages, furthermore, may not be of benefit to new fishers with no previous fishing income, said Buckels, and aid programs in the past have been cancelled before all fishers could use them "so this fear is real and very well precedented."

Buckels said he was hoping to see some sort of marketing strategy for Manitoba fish offered by the federal government as "market uncertainty continues to be a major concern."

MLA Jon Gerrard (River Heights) is on the same page as Buckels regarding the need to promote Manitoba fish, and he's asked the province to step in. He exhorted the government to make a "vigorous" marketing effort

and also come up with ways to provide the industry with extra storage capacity so that fishers can continue to fish and sell their catches.

"There is an incredible opportunity for fish and to market fish," said Gerrard May 13 in the legislature. "In part this is happening because of the closure of many meat-packing plants in the U.S. and in Canada."

The provincial Agriculture department — which had assumed oversight of the fishery from Sustainable Development last year — is in dialogue with federal counterparts to ensure the particular needs of Manitoba's fishers are addressed by federal assistance programs, said spokesperson John Neufeld by email on Friday. The province is also aware that fishers face challenges particularly with regard to walleye (also called pickerel).

"The Manitoba government recognizes the market challenges that have arisen for Manitoba's commercial fishery during the COVID-19 pandemic, notably the loss of restaurant and export markets for high-value walleye products," said Neufeld.

To that end, the province intends to open the (Lake Winnipeg) spring fishing season so that commercial fishers can sell into "local markets and other markets that are available," said Neufeld. Fishers have also been given the option to defer their licence fees.

Fishers are currently facing a convergence of difficulties, some of which occurred pre-COVID and some that arose as a result of the pandemic. Those include provincial measures to reduce Lake Winnipeg pickerel catches, a lack of storage capacity for new catches and a decline of "local markets" such as restaurants which buy their fish.

Fishers have an arsenal of different sized nets to catch particular species and various sizes. But Lake Winnipeg fishers working in the south basin and channel area are now banned from using smaller nets, such as a three-inch mesh, which deliver "market-sized" walleye and sauger demanded by restaurants and consumers.

The province set the minimum net size at 3.5 inches to take effect for the 2020 spring season. It had announced the mesh change on May 6, 2019, saying it was necessary to "help ensure the long-term sustainability of the Lake Winnipeg fishery."

Buckels said fishers can still use other nets such as the 5 1/4 inch to catch species such as whitefish and larger pickerel. However, markets need to be found for larger pickerel.

That might entail getting the Freshwater Fish Marketing Corporation



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fishers Robert T. Kristjanson (left) and Bill Buckels.

(FFMC), which buys fish from the majority of Manitoba's fishers, to purchase larger fish, seek a retail market for it and embark on a program of "educating consumers" to accept larger fillets on their plates.

"In my opinion, a larger fillet tastes better," said Buckels. "We need to be resilient and bend with the wind in order to move forward through this pandemic because we could be looking at serious food security issues in future."

A 3.5-inch mesh will catch medium pickerel and goldeye — if there are any — and local markets will have to adapt to this new minimum mesh size, he said.

FFMC currently can't move the pickerel it bought during the winter season because COVID wiped out its hospitality and restaurant markets, especially in America. The fish is sitting in freezers, using up storage capacity.

"FFMC is using this as a reason for not buying future pickerel catches until it can find a solution," said Buckels. "But there is a solution that would ease the pressure on fishers and address increased demands on food banks: donate all the pickerel to Manitoba's food banks where it can be enjoyed by the clients before it sits so

long that it needs to be dumped. This would clear FFMC's freezers for the upcoming season's catch."

He said there's still a good retail market for whitefish, which is sold as a ready-made product in outlets such as Superstore.

"FFMC is currently working on a fish procurement plan, according to a statement on its website," said Buckels, "but it's unclear what this means."

Some Lake Winnipeg fishers compete with each other to sell species such as walleye and goldeye to community markets, such as in Gimli, and to restaurants, but whether that will be enough to sustain them is unknown at this point.

A number of Winnipeg restaurants told media last week they're closing or on the brink of permanent closure despite the easing of public health restrictions. Restaurants Canada, a national association, conducted a survey in late March, estimating 800,000 food-service jobs have been lost across the country.

Consumers may not have either the wherewithal or the confidence to dine in restaurants — if and when public health orders allow them to restore full indoor service — and that in turn may add to fishers' financial woes.



Travelling with your pet



With careful planning, travelling with your pet can be easy and fun. Here's how to prepare for a trip with your cat or dog.

Plan carefully

Many hotels, vacation rentals and campgrounds welcome pets as long as certain rules are followed. If you're travelling by air, be sure to contact the airline directly to familiarize yourself with their rules and regulations regarding animal transportation.

Make sure your cat or dog always wears a tag with your contact information on it. Additionally, it's a good idea to keep photos of your pet handy. These will be invaluable if your animal gets lost.

Visit the vet

Make an appointment with a veterinarian. You'll want your pet to have a clean bill of health and be up to date on their vaccinations before setting out. If you're travelling internationally, check the other country's rules for bringing pets over the border. Some require proof of vaccination and/or that the animal be microchipped.

Get your pet ready

If your four-legged companion isn't used to travelling with you already, bring them on short trips beforehand to prepare for the big one. Make sure your pet has a crate that's large enough to stand up and turn around in and that they're comfortable spending time inside of it.

Additionally, it's a good idea to take your dog for a long walk or play games with your cat before setting out. Being tired may make them less anxious.

Once your trip has begun, keep your cat or dog calm and comfortable. Provide reassurance by petting it and speaking to it in soothing tones. Make sure your pet has enough to drink and eat and let them out for potty breaks as often as you can.

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Local metal detector finds lead cross from 1700s

By Becca Myskiw

A favour for a neighbour 12 years ago brought Robert Unik to find a lead cross from the 1700s in Robert Praznik's yard a few weeks ago.

Unik is a metal detector. He started the hobby after his neighbour lost her ring while gardening and asked him if he could find it. Starting out with a garage sale find metal detector, Unik found the ring — and he said that got him hooked.

Today, Unik is a well-known local metal detector in the Winnipeg and Selkirk area. He's upgraded from his first metal detector and used his current one, worth over \$1,000, to metal detect Praznik's yard.

Praznik said his son found Unik on Facebook and asked him to do the property. Praznik's historic property dates back to the 1820s when the Hudson's Bay Company and the North West Company subdivided the land.

His home, Praznik said, sits on a spot by the river in St. Andrews where travellers would stop for a break. His family has owned the land for six generations.

Knowing their property has history to it, Praznik said he wasn't surprised when Unik found something — but the cross was surprising because it's made of lead.

"It intrigued me right away," said Praznik, who has been doing research on the relic since Unik found it. "Finding a lead cross is very rare, even in trading posts."

Praznik said he's not completely sure why lead crosses are rare. He said it might have something to do with the fact that most crosses were made for jewelry and lead doesn't shine like brass or silver.

The cross they found is different from most lead crosses, too. Most have a loop for the chain to go through, but this one has a base instead.

"So it was meant to be something else," said Praznik.

As a superintendent at a Catholic school, Praznik speculates the cross in his yard is one a priest would carry for mass. This one appears similar to one found in Saskatchewan, which was traced back to a French trading post in Michigan known as Fort Michilimackinac.

That post was operational in early to mid 1700s and a 1959 excavation found casts for crosses like this one there.

The cross, Praznik said, could have easily fallen out of the priest's pocket or bag when passing through the area.

The priests often carried diaries with them at the time — something Praznik is currently looking for to see if a priest mentioned losing the cross.

"That would sort of be the icing on the cake," he said.



PHOTO SUBMITTED

Robert Unik found a lead cross using a metal detector in Robert Praznik's backyard in St. Andrews a few weeks ago.

While Praznik searches for answers, Unik is searching for more yards to metal detect. Anyone wanting to see if relics lie within their land can contact him at Unik1@shaw.ca.



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Bear found safe after sparking kindergarten-led search party in Lundar



EXPRESS PHOTO BY LAUREN PASLAWSKY

By Patricia Barrett

Teddy Bear from Lundar went missing on the May long weekend, prompting a community-wide hunt that was led by kindergarten students from Lundar Early Years School.

Guidance teacher Lauren Paslawsky and educational assistant (kindergarten) Erin Fortin organized the search for Teddy, who's known around town as a real character whom everyone loves.

The teachers rounded up 15 kindergarten students to form the core search party then asked all the community's kids and their families to fan out across the area and leave no stone unturned (physical distancing measures were put in place to keep the hunters safe).

The hunt took place over the course of three days (May 16-18), partly because Teddy was so good at eluding detection but also because it was just so much fun.

"It was a great activity for the children. They got out and got active while still social distancing," said Paslawsky. "They were very excited about it. They worked on 'bear hunt' activities during the week leading up

to the event."

Wearing a number of clever disguises (e.g., different fur colour, a NAPA T-shirt) to outwit his searchers, Teddy snuck into scores of homes and businesses and pretended he didn't notice all the people coming up to windows and peering in at him. He also hung out with his friends on window sills and patios, engaging in animated gossip until a human came by. Teddy's shrewdest ploy, though, was posing as pictures of himself that he plastered in windows across town.

Paslawsky said participants rounded up over 220 Teddy likenesses.

"It was a whole community activity and it would not have been possible without the help of community members and businesses in town," she said. "I am very thankful that people were so willing to help!"

The Express was unable to speak with Teddy by press time but understands he didn't mean to cause such a stir; he was simply bored being stuck at home all day because of COVID-19. He will not be facing charges of mischief.

Teddy really splashed out on a colourful costume.

82ND ANNUAL GENERAL MEETING

of

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JUNE 11, 2020 at 7:00 PM

The Annual General Meeting is one of the key ways members can participate in the democracy of Red River Co-op. At the AGM, you'll hear updates on the work of our co-op, and have the chance to vote on some key decisions.

Registration closes Thursday, June 4, 2020 @ 12:00 PM
to register visit: www.rrcagm.com

BYLAW AMENDMENTS - Members will vote on the following bylaw amendments, for full details please visit our web-site at www.redriverco-op.crs

*The board is requesting member ratification for an amendment to the bylaws permitting the use of the special reserve to provide flexibility surrounding the allocation of the co-operative's earnings to its members. **Bylaw 1.01, 9.02, 9.03 and 9.10***

*The board is requesting member ratification for an amendment to the bylaws to allow remote attendance to member meetings, including the AGM. **Bylaw 10.11***

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Anna Stevens named Icelandic Festival 2020 Fjallkona



EXPRESS PHOTO SUBMITTED

Anna Stevens is this year's Icelandic Festival Fjallkona and the oldest one at 97 years old.

By Becca Myskiw

The Icelandic Festival of Manitoba has named Anna Stevens as its Fjallkona of 2020.

Fjallkona translates to Maid of the Mountain. The Fjallkona is personified Iceland, and the Icelanders are her children.

Festival president Jenna Boholij said the Fjallkona is first nominated, then the committee chooses her based on their strong sense of the Icelandic community and volunteerism. The tradition of choosing a Fjallkona has been happening since 1924, making Stevens the 96th Fjallkona for the Icelandic Festival of Manitoba.

Stevens is the oldest Fjallkona yet at 97 years old. She's one of the few first-generation Icelanders still alive, meaning her parents immigrated to Manitoba straight from Iceland.

She's has lived in Gimli her entire life, where she first got involved with the Gimli Icelandic Canadian Society at 16 and is now a life member. She's also been part of the Icelandic National League of North America and has been involved with the Lutheran Church for most her life.

Stevens spends a lot of her time knitting with a number of her pieces being displayed at the festivals' fashion shows over the years.

Stevens has never missed an *Islendingadagurinn*. Boholij said 2020 is the perfect year for Stevens to

hold the title as the festival has moved online due to COVID-19.

The Fjallkona participates in events all weekend during the festival, most of which are physical. The timing just happened to be right.

"It was nice to honour Anna and not worry about the logistics on that," said Boholij.

She said making the festival virtual was not a hard decision for the committee.

"We didn't want to break tradition this year even though it's looking a little different," said Boholij. "Our mandate is to celebrate Icelandic culture and heritage, so we were like, 'Can we still do that? Yeah, we can.'"

The theme for this year's festival is "Icelandic at Home" or "Home is Best." Using YouTube, Facebook, and Instagram, the festival will happen through pre-recorded videos, live streams, photos, and web content. Boholij said there will be virtual contests all August long weekend as well — including a virtual running race.

Stevens will be featured virtually throughout the weekend as well in her traditional costume. The costume, Boholij said, is based on a poem written by a famous Icelandic poet.

Boholij said Stevens is a positive figure in the Icelandic community and this year more than any, they need her to be the festival icon.



Quarry Physiotherapy and the inMotion Network of Physiotherapy Clinics and More is thankful to all that have practiced the health care directives during these challenging times. As the province "opens up" we need to maintain our resolve in keeping the COVID-19 numbers low.

The inMotion Network is proud to re-open for in-clinic services at all locations. We want to ensure all our patients that we are enforcing strict safety requirements by our staff. Please stay well and call if you have any questions or need to book an appointment either in-clinic or through virtual means if you wish to remain at home.

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Gimli RCMP looking for missing woman



Laura Jeanne Powell

Submitted by RCMP

On May 11 at 1:05 p.m., Gimli RCMP received a report of a missing 25-year-old female from the RM of Gimli.

Laura Jeanne Powell's last contact with family was the following day via text message on May 12.

Powell is described as 5'4, 110 pounds, with short black hair and hazel-coloured eyes. Powell is believed to be in Winnipeg.

The RCMP are concerned for her safety and asking anyone with information to call the Gimli RCMP at 204-642-5106, call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

Virtual leisure programming through ABPRC to help cure the lockdown blahs

By Patricia Barrett

The Arborg-Bifrost Parks & Recreation Commission (ABPRC) has teamed up with two local residents to provide weeks of virtual leisure programming that will help people combat the stay-at-home blahs and rev up their creative and physical activities.

Sage Stoyanowski, an accomplished tap dancer and musician, and Penny Helgason, who works in social services, came up with activities the rec commission will livestream through its Facebook page.

On Monday, Stoyanowski launched an ambitious three-week program called Engage with Sage. She'll have children and their families engaged in creative endeavours such as craft-making and science experiments, and get them moving to music and dance. She'll also be offering story time.

"Sage is very creative and has a wonderful personality," said rec commission director Tom Chwaliboga, "and I'm sure people who tune in will enjoy it."

Stoyanowski will be live five

days a week, Monday to Friday, starting at 1:30 p.m. People can view the commission's Facebook page every day to find out what supplies or other items they may need to take part.

In addition to Stoyanowski's program, the rec commission teamed up with Penny Helgason and will be offering a six-week virtual program designed to get young children into the groove.

The Music & Munchkins program will offer 30 minutes of music and movement for children up to six years of age and their caregivers.

The program, which started May 19, will run on Tuesday and Friday mornings at 9 a.m. until June 26. It's supported by the North Interlake Parent Child Coalition and the province's department of families.

Chwaliboga said despite no opportunity to hold in-person activities because of COVID-19, the commission has been regularly providing information from regional and provincial organizations on how to stay active, and has itself come up with creative solutions to public health



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Dancer and percussionist extraordinaire Sage Stoyanowski (right) is offering three weeks of virtual fun through the Arborg-Bifrost recreation commission.

said Chwaliboga. "We're adapting to how we can provide recreation to the community and more things are being planned."

Visit the commission's Facebook page for more information about the two virtual programs or contact Tom Chwaliboga at 204-376-5576 or by email at tom.abprc@mymts.net.

lockdown orders.

"We've planned community contests and we recently partnered with the Homespun Poets to host a concert on our Facebook page to support the Arborg and District Health Auxiliary,"

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May is Brain Tumour Awareness Month

By Jennifer McFee

Every day, 27 Canadians are diagnosed with a brain tumour.

On July 26, 2017, Christine Penner received this unwelcome news.

"I was surprised when I heard about it in emergency at the HSC. Since that day I have had three brain surgeries," said Penner, who was the superintendent of the Interlake School Division at the time.

"I currently am working on my fourth brain tumour. I am working hard to stay as healthy as possible. I try to eat well (without denying myself some little pleasures), I try to exercise every day, and greatly enjoy an afternoon nap every day."

Although Penner's brain cancers and surgeries have caused both cognitive and physical issues, she tries not to dwell on those changes. Instead, she continues to focus on what she is capable of doing.

"I am doing well these days," she said. "I wake up every morning smiling that I am hanging in there."

That's not to say her journey hasn't been filled with challenges and frustrations along the way.

"The most challenging experiences for me were the six weeks of daily radiation and chemotherapy after my first brain surgery on Aug. 8, 2017. My frustration has been having four brain cancer experiences. As my fourth brain cancer is in the middle of my brain, I am not having surgery on that one. I am taking many drugs," she said.

"The ongoing challenge and frustration of the brain cancer has been my dependency on others. Because of my limitations, I can't drive and I have to rely on others for some problem solving."

"I HAVE ALWAYS BEEN SOMEONE WHO HAS TRIED TO LIVE LIFE TO THE FULLEST."

At the same time, Penner's spirits have been buoyed by some positive experiences that have lifted her spirits.

"In my second surgery, 80 per cent of my brain tumour was taken out. That left 20 per cent in my brain. After several months of taking an experimental drug, I was very excited to discover that the remainder of my second surgery had shrunk," she said. "This was a wonderful surprise for me."

Another uplifting moment occurred earlier this year when Penner earned her PhD.

"Two months before I was diagnosed, I had defended my proposal for my doctorate. Because of the amount of brain they took out during my first surgery, I never thought I would be able to continue with my doctorate," she said.

"After a year and a half, and with the support from the University of



Christine Penner has had multiple surgeries for brain cancer.



She is currently battling her fourth brain tumour.



Throughout her journey, Penner keeps smiling.



Overcoming obstacles, she earned her PhD earlier this year.

Manitoba and the wonderful people around me, I was able to complete my thesis and on Jan. 21, 2020, the University of Manitoba held a special graduation ceremony for me where I had my doctoral degree bestowed upon me."

The month of May is a noteworthy time for Penner and many others since it is Brain Tumour Awareness Month.

"It is important to have Brain Tumour Awareness Month in the same way that it is important for the general public to be aware of a multitude

of medical issues that impact people's lives," she said. "Awareness helps create empathy."

The Brain Tumour Foundation of Canada encourages everyone to "Turn May Grey" by wearing grey clothing and letting their roots go grey. People can post photos of their quarantine hair and consider donating what they would nor-

mally spend on a haircut.

Another way to show support is through the 2020 Virtual Brain Tumour Walk, which will take place across Canada on June 27. Teams or individuals can register through a link at www.braintumour.ca, and they can choose their own route and location. So far in Manitoba, 122 participants have signed up. Information is also available by emailing btwalkhelp@braintumour.ca or by calling 1-800-265-5106 ext. 250.

Common symptoms of a brain tumour include frequent headaches, dizziness or unsteadiness, double or blurred vision, seizures, morning nausea and vomiting, weakness or paralysis, personality changes and hearing impairment. Anyone experiencing these symptoms should consult a doctor.

For Penner, she continues to stay on the sunny side of life with support from those around her.

"I have always been someone who has tried to live life to the fullest and enjoy every moment," she said.

"If anything, the reality of having a terminal illness has highlighted those thoughts and emphasized the importance of spending time with family and friends."



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THE EXPRESS WEEKLY NEWS

Gimli button fundraiser raises \$270 for social services organizations



EXPRESS PHOTO SUBMITTED

David Podolchuk, left, and Sherry Benson-Podolchuk created the buttons to raise funds for the Gimli women's shelter and Siloam Mission

By Patricia Barrett

Last month David Podolchuk and Sherry Benson-Podolchuk launched a button fundraiser to help a few social services organizations during the COVID-19 pandemic.

The Gimli couple designed buttons that thanked people for doing their

part to keep the community safe (by staying home) and donated the proceeds to the Interlake Women's Resource Centre in Gimli (\$120) and to Siloam Mission in Winnipeg (\$150).

"It was a great success," said Benson-Podolchuk. "If we all do the something, the world is a better place."

Fisher Branch RCMP recover drugs and firearm

Submitted

On May 20, Fisher Branch RCMP, along with assistance from the East District Crime Reduction Enforcement Support Team (CREST) and the Police Dog Services unit, executed a Controlled Drugs and Substances Act search warrant at two residences located on the Peguis First Nation.

The search resulted in the recovery of cocaine, a firearm, Canadian currency and drug paraphernalia.

Police arrested two males on scene, a 56-year-old and a 34-year-old, both

from the Peguis First Nation, and later released them on court-imposed conditions to attend court scheduled for Sept. 15 in Peguis.

The Crime Reduction Enforcement Support Team focuses on intelligence-based investigations into drugs, rural property crime and serious, prolific offenders within our communities. There are currently three CREST teams in the province: one in the north, one in the east and one in the west. Fisher Branch RCMP continue to investigate.



PHOTO SUBMITTED

Fisher Branch RCMP recovered cocaine, a firearm, Canadian currency and drug paraphernalia at two residences on the Peguis First Nation.

Home & yard

Composting 101

Composting lets you turn your kitchen scraps into fertilizer for your garden. Here's how to do it.

- Place the compost on the ground. Either bare earth or grass works. You want worms and other beneficial organisms to get in to aerate it.
- Add green and brown compost in layers. Green compost consists of mostly table scraps, tea bags and coffee grounds. Brown compost includes leaves, grass cuttings, newspapers and paper towels, among other things.
- Keep the compost damp. It should be the consistency of a moist sponge. If you don't get a lot of rain in your area, sprinkle it with water periodically.
- Turn it every few weeks. This helps distribute oxygen throughout the heap, which enables the compost to



decompose.

Within a few months, your compost pile will be full of nutrients and ready to incorporate into your garden.

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IERHA offering outdoor-only visits at PCHs; COVID is with us for the foreseeable future

By Patricia Barrett

The Interlake-Eastern Regional Health Authority is in the process of easing visitor restrictions at its personal care homes as the rate of new COVID-19 infections continues to remain low.

The IERHA will be offering outdoor-only visits, and site-specific plans are being made for each PCH, said CEO Ron Van Denakker May 22 during a conference call with media.

Staff will be creating “distanced spaces” outdoors, implementing strict hygiene protocols and monitoring visits for safety.

“When visitors come, we will ensure there is some monitoring so that infection prevention and control requirements are in place,” said Van Denakker. “We’re going to insist on strict hand hygiene, maintaining physical distancing (two metres/six feet apart) and — even though non-medical masks aren’t required — if people want to wear a cloth mask, that’s absolutely fine.”

No drop-in visits are allowed; visits must be booked by appointment. Visitor numbers and the duration of the visit will be limited, and gifts cannot be accepted in order to maintain high safety standards.

The RHA will be contacting families to let them know when a PCH is ready to accept visitors. Plans are expected to be finalized by the end of May.

Van Denakker said there’s no process at this time for easing visitor restrictions at hospitals.

Other updates:

- The availability of medical services is starting to ramp up. Slates (i.e., time slots) for endoscopy and for surgeries are opening up starting June 1. The IERHA is looking at whether slates on



EXPRESS FILE PHOTO BY PATRICIA BARRETT

IERHA will be offering outdoor-only scheduled visits at personal care homes.

evenings or weekends could be feasible in order to address the backlog caused a few months ago by a surge in COVID infections.

Van Denakker said the RHA continues to offer urgent services, “but what we’re really trying to do now is slowly start to ramp up services by adding slates over a period of time.”

Patients will be required to self-isolate for 14 days prior to their procedure to minimize the chance of a COVID infection.

The RHA is “balancing” its backlog in keeping with the number of COVID patient beds it has.

“COVID is still here,” said Van Denakker. “It wouldn’t take long [to fill beds] if there were significant outbreaks.”

- The province is increasing its COVID-testing capacity. Referrals from Health Links or a family doctor are no longer required.

“If you feel symptomatic, just go straight to a testing site,” said Van Denakker. Selkirk, Eriksdale and Powerview/Pine Falls have testing sites.

- PCH health-care workers are still limited to working at one site only to reduce the risk of transmitting COVID. Van Denakker said the restriction will continue into the foreseeable future.

- Supplies of most personal protective equipment (PPE) have improved “dramatically” and there are more PPE “sources” available now than there were at the start of the outbreak, he said. Hand sanitizer is still at a premium, but “we are producing it locally,” along with Health Canada-approved masks designed by a Winnipeg-based plastic surgeon.

- The IERHA, in line with recommendations made by provincial public health officer Dr. Brent Roussin, advises cottagers and visitors to not travel.

“If you don’t need to travel to your cottages, don’t,” said Van Denakker. “If you’re feeling at all ill, don’t go. If you’re feeling ill [if you have gone to your cottage], get back in your car and go home.”

The goal is to “reduce the risk of transmission” to local residents and to health-care workers. He advises seasonal residents (if they’re determined to go to their cottages) to stay away from permanent residents. And if they won’t stay away from permanent residents, they should sit two metres/six feet apart on decks, the beach, etc., limit their visit (no prolonged interactions) and wash their hands.

Van Denakker said he has seen some lackadaisical behaviour arise as a result of new COVID cases remaining low, but for the most part the public is being responsible.

“I’m extremely proud of Manitobans,” he said. “And I’m proud of my staff. Our nurses, physicians and other frontline workers are all health-care heroes.”

Epidemiologists around the world are predicting a second wave of COVID outbreaks this fall, and they may be more severe than what we’ve seen so far. By failing to maintain physical distancing and rigorous hand hygiene now, we risk future infections and/or deaths.

In Toronto last Saturday, politicians and health experts were horrified by the thousands of people who flocked to Trinity Bellwoods Park and behaved as though COVID didn’t exist. A surge of new infections is expected in a few weeks’ time (COVID’s incubation period).

As of May 25, Manitoba still has 17 active COVID cases and has had seven deaths (data: Manitoba government). Over 5.4 million people worldwide have been infected and more than 344,000 are dead (data: Johns Hop-

kins University, May 25). It took only 11 days this month for an additional 1 million people to catch the virus.

Van Denakker said the province and its RHAs have watched and learned from COVID outbreaks and experiences in countries around the world and are waiting to see what COVID will “morph into come September.”

Part of the planning going on right now is to determine how to cope with more COVID cases as well as expected influenza outbreaks, he said. “Nobody’s taking their foot off the gas pedal on this one.”

The province’s easing of lockdown restrictions on gathering sizes and the re-opening of some businesses last week is “not a return to normal” advised Dr. Roussin during an update last Thursday. The virus is still circulating and we could see an increase of infections.

“We’re going to need to deal with this virus in the foreseeable future in Manitoba,” said Dr. Roussin. “This virus has not gone away, and it’s not going to go away.”

Scientists are looking at the antibodies formed after a COVID infection to determine how much immunity we have; preliminary studies don’t show a lot of promise.

An Oxford University study found antibodies increased then fell in the first month of infection, and researchers concluded that we may not have much protection against subsequent infections. A study at New York’s Rockefeller University found that people infected with COVID did not make “killer antibodies.”

Our immunity response, similar to the common cold that’s caused by coronaviruses, may not be strong enough to defeat the virus without a vaccine. There are about 100 vaccines currently in development.

RECYCLING NOTICE

Riverdale Workshop WILL NOT be picking up Recycling

- Tuesday, June 9 in Arborg
- Thursday, June 11 in Riverton
- Tuesday, June 23 in Arborg
- Thursday, June 25 in Riverton

This includes all the business places on the mentioned dates on Monday and Wednesday due to the small group of workers available.

All business places please place the recycling outside on pick up day.

Please keep your recycling at home on the dates mentioned above.

The workshop will update if something changes.

Thank you for your cooperation.

Alex Janower

Top 10 things to note at seeding

By Autumn Barnes

The more details noted at seeding time, the more information farmers and agronomists have on hand for future decision making and problem solving.

Here are our Top 10:

Hybrid name and lot number

Keep a record of hybrid names and seed lots. Keep small samples of all lots in a cool, dry place. Put a minimum 500 ml (two cups) from each seed lot into a seed lab bag. Keep the blue seed tag.

Seed weight for each seed lot

Plug this into the Seeding Rate Calculator at canolacalculator.ca along with estimated emergence percentage to figure out an appropriate seeding rate to hit each target plant density. Seed size will directly influence the seeding rate required to hit the target stand of five to eight plants per square foot. If you don't know the farm's typical emergence percentage, use the industry norm of 50-60 per cent.

Seeding rate

Keep track of the seeding rate in lb./ac. for each field. Plug that into the Emergence Calculator at canolacalculator.ca along with seed weight and plant density counts (after the two- to four-leaf stage) to figure out the emergence percentage. We'd like canola growers to work towards 75 per cent emergence or better in the long term.

Soil temperature

Record the soil temperature at the time of seeding. Cold soils (<5°C) at seeding, and for two weeks following, can increase mortality by 10 to 20 per cent. But given the yield benefit of early seeding, soil temperature of 4°C or 5°C is a reasonable starting point. Recording soil temperature can help when sleuthing potential emergence issues, and can be a useful reference if emergence is very strong.

Soil moisture

Note the moisture situation (excess, good, average, dry, etc.) in the seed bed at various locations in the field, including hilltops and lower areas. Soil moisture can influence decisions about seeding depth and whether to seed at all in very moist conditions. Openers that are caked in mud and smear through the seed bed will lead to compromised seed placement.

Seeding date and time

Record the date and also the time of day that each crop was seeded. Comparing seeding dates, and cross referencing that with soil temperature and moisture conditions, can help determine future decisions with regard to ideal time of seeding and management steps that could be taken to reduce risks for early seeding. Time of day can sort out field order, which can be useful to determine when an equipment problem first occurred.

Drill performance

Especially seeding depth, seeding speed and packing pressure. Check runs across the drill to see if you have any issues with placement and depth and rates row to row. The canolaencyclopedia.ca has tips on "in-field inspection" in the Equipment Management chapter of the Plant Establishment section.

Weed pressure

Make a few notes about weeds in the field at the time of seeding. Include weeds per square foot, the most common three species present, and note their size/staging. With a pre-seed burnoff application, these notes will help describe the quality of the job and what weeds seem to have escaped. If pre-seed burnoff was not applied, use this information to assess the efficacy of post-emergence on these larger weeds.



STANDARD PHOTO SUPPLIED

Seeding depth, speed and packing pressure are just a few of the details producers are advised to record during seeding time.

Fertilizer blend, rates, placement

Note the product, rate and placement location of all fertilizers applied at the time of seeding. As a test of seed-placed fertilizer and its effect on canola emergence, turn off the seed-placed fertilizer for 50 to 100 feet and mark that spot. Check back regularly. If the non-fertilized area looks better, then the fertilizer had a negative impact and changes should be considered for future years.

Problem areas in the field

Write down any other observations that may be useful later, including saline patches, gopher holes, etc.

All of this information will help provide insight to canola growers and agronomists who are trying to assess and improve plant establishment.

For tips on what to look for with post-emergence scouting, read "Start scouting 7 to 21 days after seeding" at canolawatch.org.

—Autumn Barnes is an agronomy specialist with the Canola Council of Canada

Interlake potato farmer being forced out of local market

By Evan Matthews

Irvin Helwer had a local market for his potatoes, but once COVID-19 hit, provincial competition started in on his sales.

Helwer owns the Teulon-based Interlake Potato Farms. He said though the region doesn't have any other potato farmers remaining, it didn't take long for other Manitoba potato farmers to realize there is a regional demand.

"I'm the last potato farmer around here. ... The Interlake has a lot of summer chip stands, places like that, the beach in Gimli and the stands in Selkirk and Lockport," said Helwer, who has been growing potatoes for 53 years.

Because there is less demand for potatoes due to COVID-related restau-

rant closures, Helwer said producers with bigger operations have reduced their prices and have started targeting the smaller retailers, putting operations like Helwer's at risk.

"Now all these cheap potatoes have come along, and it seems they've priced me out of the market," he said.

On May 5, as part of a \$252-million funding announcement to support farmers, the federal government announced the first-ever Surplus Food Purchase Program, with an initial \$50-million fund designed to help redistribute existing and unsold inventories to local food organizations and food banks, while reimbursing farmers.

That funding pot will include products such as potatoes and poultry, ensuring they get to local food orga-

nizations who are serving vulnerable Canadians, according to the feds.

Prime Minister Justin Trudeau also said the federal government will work with provinces to increase interim AgriStability payments, the program intended to support producers facing significant revenue declines, from 50 per cent to 75 per cent.

"Canadians count on farmers and producers to provide them with the food they need to feed themselves and their families," said Trudeau.

"We are giving farmers the support they need to keep their ... food systems running during this challenging time, for the benefit of all Canadians."

While Helwer will explore the programming and funding available, he said the reality is that 2020 will likely be his last year as a potato farmer.

As farmers in other sectors have suggested, it's not just economic challenges farmers are facing. Helwer said there are challenges in relation to inconsistent weather patterns, too. Between cold spring and fall seasons and a short growing season, with either excessive moisture or excessive drought, Helwer said the only consistency of late is inconsistency.

"We just don't seem to have the climate for commercial production anymore up here in the northern Interlake. At one time, there was at least 100 (potato) growers around East Selkirk, Lockport, East St. Paul, etc. They're all gone now," said Helwer.

"I was the last one. Now I'm gone, too."

Breast health consultations and surgery available in the Interlake

By Ligia Braidotti

Women in the Interlake can now care for their health close to home.

Easton Place Medical Centre and the Selkirk Regional Health Centre are now offering breast health consultations and surgery for all women. Doctors, Angela Schellenberg, breast surgeon, and Donna Jones, gynecologist and obstetrician, are both working to promote breast health in the Interlake.

"All women, not only from Winnipeg but outside of Winnipeg, should have easy access to preventive care. Offering that in Selkirk and having people who are able to access that in nearby communities will have a significant impact," Jones said.

Over the last 20 years, patients diagnosed with breast cancer in the Interlake have to go to Winnipeg for their surgery. Schellenberg explained there are about 900 women in Manitoba who are diagnosed with breast cancer every year, and about 100 are from the Interlake. Since breast cancer surgery has become more specialized, she spent a year at the University of Toronto doing the breast surgical oncology fellowship and was hired by the Selkirk Regional Health Centre in January 2018 and did her first surgery there in July 2019.

"I went through the process of visiting family physicians in various hospitals around the Interlake to let them know I do breast cancer surgery and that they can start referring cases back to me. So it took a little bit of time just to get awareness," she explained.

However, Schellenberg hasn't had many referrals back and she wants women to know that they can ask their doctors to have surgery done close to home. She explained that the diagnostic process is almost automated. Women go to Winnipeg for breast imaging, diagnostic mammogram and biopsy at the Breast Health Centre. Then, they are automatically referred to a breast surgeon. Schellenberg is working to find her way into that process so that more women who reside in the Interlake can go through her and have their surgery done quicker.

"The first case we did we got them in two working



EXPRESS PHOTO BY BRETT MITCHELL

Angela Schellenberg is a breast surgeon offering breast surgery at Selkirk Regional Health Centre.

days. The last one didn't wait more than two weeks, and in the city, you're waiting for four to six weeks. We have seen in recent studies that if you wait more than four weeks for your breast cancer surgery, the outcomes are poorer. If we can get it done faster, it's a benefit," she said.

Jones started seeing patients at Easton Place on May 26 and is adding preventive breast health care to her practice. She and Schellenberg are working together to refer patients who not necessarily need surgery but are concerned about certain types of breast pain or nipple discharge, need a mammogram, or would like to hear another medical opinion.

"Sometimes I just follow people, like women who are at high risk, who have lots of family members with breast cancer, I'll follow them with an annual MRI and mammogram for high-risk screening. And then if you just have a question if they qualify for genetic testing or counselling," Schellenberg said.

She also explained that when screening mammograms were first introduced, the rates of diagnosing breast cancer at an earlier stage skyrocketed. Eighty per cent of women are not even getting mastectomies anymore, they are getting lumpectomies (a surgery that conserves most of the breast, unlike a mastectomy, which removes the entire breast tissue) because diagnostic is done before the intervention needs to be invasive.

Schellenberg says it is recommended that women have mammograms done every two years after the age of 50 or if they have a family history.

"Having that awareness is very important so that we can pick up things earlier," she added. "And being aware of your family history and what's available, and who qualifies for an MRI. In Manitoba, you kind of have to ask for it. It's not automatic, but just talking to some of the surgeons at the Breast Health Centre, no one was declined an MRI, but some people don't know they can be offered that."

Jones, who has an interest in preventive care, added that most women who are working and taking care of their families often forget to take care of themselves. She added that since Dr. Anthony Anozie, owner of Easton Place, focuses his practice in well person's care, she felt it was a great fit for her. She will be reminding people, especially women, to pay attention to their health.

"That's what I'm excited to offer in Selkirk, is a female physician offering women to become more comfortable, or potentially that that's one less barrier, having a female physician that they can come in and talk to, and we can do their screening with regards to questionnaire and physical examination," she continued.

"We often get calls to see people who are already unwell, and I think that preventive care and self-care is an important piece."

For more information, contact Easton Place Medical Centre at 204-482-4044 or the Selkirk Regional Health Centre at 204-482-5800.

Gimli and chamber welcome seasonal residents and visitors

By Patricia Barrett

The RM of Gimli and the Gimli Chamber of Commerce are welcoming back seasonal residents and visitors, but are reminding them they must adhere to public health orders when visiting local businesses in order to help prevent the spread of the highly infectious COVID-19.

In a message posted on the RM's website, Mayor Lynn Greenberg said the RM is "happy for the added support to our local economy."

On the chamber's website, co-presidents Cheryl Buhler and Melanie Specula said COVID has changed the way we live and those changes are expected to continue in the near future.

"They will have an impact on Gimli's community, businesses and our valued customers," they said. "We want our summer friends, guests and customers to know that we appreciate

your business and know that, together, we can enjoy a wonderful summer season safely."

Buhler told the *Express* that many town businesses are prepared for visitors. They'll be limiting the number of people that can be inside a store, as per the province's enforceable guidelines, and taking extra cleaning precautions.

Manitoba public health authorities advise cottagers/visitors to stay home if they feel sick. Even if they're not sick, they're advised to stay two metres (just over six feet) away from others, use businesses' curbside or pick-up services where possible, not visit people outside their immediate family and frequently wash their hands.

Manitoba had three new cases of COVID last week. So far seven people have died (Data: Manitoba government, May 24).



EXPRESS PHOTO BY PATRICIA BARRETT

They might have Gimli harbour to themselves for now, but the humans are coming back.

In just 11 days this month, 1 million people worldwide were infected with COVID, underscoring how quickly the virus can jump from person to

person. Over 5.3 million people have been infected and more than 342,000 have died (Data: Johns Hopkins University, May 24).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ward, McEwen sign pro football contracts with Denver Gold Rush

By Brian Bowman

Getting paid to play football is a dream for many athletes.

But it recently became a reality for Breanne Ward and Hanna McEwen.

Ward is a 28-year-old defensive tackle, a long snapper, and an occasional punter, who grew up in Lundar while McEwen's mom was raised in Lundar and her grandparents reside there.

"I'm really excited," said Ward last week. "We're the first two (Manitoba) girls to go down to this league."

Ward and McEwen, a 21-year-old running back from Winnipeg, recently announced that they have signed professional contracts with the Denver Gold Rush of the newly Women's Football League Association.

"I'm super excited," McEwen said. "It's a really surreal experience and a really big deal. Going pro for women is really not a thing. Guys have the opportunity but women don't. The fact that they are making this league and I get to be a part of it is really amazing. Bre and I are really honoured to be the first girls from Manitoba going and we hope to represent Canada and put our city on the map a little bit."

The WFLA season was slated to start this summer, but due to COVID-19, Ward and McEwen won't head to Denver for training camp until April 2021. The league's goal is to have 32 teams scattered across the United States.

Neither player has ever visited Denver before but are excited to head south of the border.

"We were really looking forward to our season this year but I think right now our biggest goal is to get bigger, stronger, faster," McEwen said. "Because (the season) is getting pushed back, we're not taking it easy. We're training just as hard."

Getting paid to play football is pretty cool. Ward said it is a crazy and surreal thing that they will be cashing in a paycheque in Denver.

"It's amazing, we never thought that would be a possibility," McEwen agreed. "With women's sports, you don't really get paid in a lot of them. And in football, we never thought we would see that day so it's really exciting."

Ward, an X-ray technician at the Health Sciences Centre, played for the Canadian women's tackle football squad in 2017. She previously suited up with the St. Vital Mustangs' men's team when she was "either 22 or 23."

Football has been good to Ward — but it's not always easy, she warned.

"It doesn't come without a lot of time training and that sort of thing," she said.

McEwen, meanwhile, started playing football in 2013 in a girls' league for the East Side Eagles and eventually suited up with the Kildonan East Reivers in the Winnipeg High School



EXPRESS PHOTOS SUBMITTED

Hanna McEwen, left, and Breanne Ward have signed contracts to play professional football for the Denver Gold Rush.

Football League. She was the first girl to ever be a part of Kildonan East's football program.

The pair have played for the Winnipeg Wolfpack for the past few seasons.

Both players have high expectations for the new league which will begin in May 2021 and continue through August.

They are very proud that they will be role models for younger girls in the sport.

"I have been fortunate that I have

been able to do some coaching, especially with the U18 girls last year and we ended up winning provincials so that was great," Ward said. "It is really great that we can now kind of showcase where you can go within a football field for all of the younger girls."

"Being from the Interlake, we didn't have football there at all. I discovered football when I was 19, 20, so we're lucky that we have the Interlake Thunder now. It would be really nice if football could develop outside of Winnipeg a little more."

Province's Phase 2 includes baseball

Staff

The crack of a bat hitting a ball and the sound of a pitch smacking a catcher's glove will soon be heard here in Manitoba.

The province released a draft for Phase 2 of their reopening plan last Thursday, saying organized sports can resume "as long as precautions are taken, such as physical distancing, and enhanced cleaning of equipment and indoor spaces."

The date for the beginning of Phase 2 had yet to be announced by Monday evening's press deadline.

In response, Baseball Manitoba put out a release on its website just two days later.

"The health and safety of people in sport, including players, coaches, umpires, spectators, volunteers, and the public, continues to be of the utmost importance to Baseball Manitoba," read a statement. "We would like to

clarify the province of Manitoba's most recent announcement, the Restoring Safe Services Phase 2 DRAFT plan."

Phase 2 includes baseball, which is new information.

Baseball Manitoba has submitted a Return to Play document to Sport Manitoba and the province and is awaiting a response. This plan includes a phased approach, which includes building toward competition.

Details on that plan will be released to associations so they may start planning for a baseball season.

"Baseball Manitoba sanctioned activities continue to be suspended until at least June 5," said the statement. "We are working with our registration system and insurance providers to ensure smooth and timely transitions. We will continue to update our membership and the public as new information is received."

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MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

Public Notice is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Municipality of Bifrost-Riverton shall hold a PUBLIC HEARING to present its 2020 Financial Plan on:

Wednesday, June 10, 2020
8:30 a.m.

Municipal Office located at
329 River Road, Arborg, MB.

At this time Council will present the proposed 2020 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by an opportunity for a forum from the public. Included within the plan is the Municipality's intent to potentially borrow under Section 174.1 of *The Municipal Act*, at a maximum anticipated interest rate of 4.5% for the following capital expenditures: graders, lagoon repairs, and firehall land and base. The graders estimated total cost is \$1,530,000 with \$585,000 being borrowed in existing assets and the use of general and capital funds; the lagoon repair is estimated at \$200,000 with the full amount borrowed; and the firehall land and base being estimated under \$100,000 with the amount borrowed and rolled into the future borrowing required for the construction of the fire hall. Based on 2020 assessment, 1 at large mill = \$210,373, 1 Riverton area utility mill = \$19,073. The purpose of the hearing is to allow any interested person to make a presentation, ask questions, or register an objection.

Draft copies of the Financial Plan are now available upon request by calling 204-376-2391 or emailing bifrost@mymts.net at the Municipality of Bifrost-Riverton Office.

NOTE: Due to the Covid-19 crisis, we will be ensuring that recommended and required rules for social distancing that evolve can be achieved at all times. If you wish to attend this public hearing, we ask you register before 4:30 p.m. on Tuesday, June 9, 2020, or you may mail, email, or fax your questions, concerns and/or comments regarding the proposed financial plan to us by the same deadline.

Call: 204-376-2391, Email: Bifrost@mymts.net, Fax: 204-376-2742, Website: BifrostRiverton.ca

Dated this 14th day of May, 2020.

Mr. Jordan Willner, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

SCRAP METAL

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

APARTMENT FOR RENT

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

PROPERTY FOR SALE

Prairie Lake Lodge, 5 lots, immediate possession. 100' frontage x 125'. Ready for RV/cottage. Six waterfront lots available soon. Hydro included. David, 204-773-6819, Gerald, 204-773-0380.

HOUSES FOR SALE

Ashern - split entrance, 3 bdrm., 2 bath home. Attached garage on 3.67 acres. 4 miles from town. Ph. 204-768-2620.

HELP WANTED

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

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

MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

Pursuant to Section 194 of *The Municipal Act*, public notice is hereby given that the auditor's financial report, together with related financial statements for the 2018 fiscal year, is available for inspection. This information can be retrieved at the office of the Municipality of Bifrost-Riverton in Arborg, Manitoba during office hours or online at BifrostRiverton.ca

Dated at Arborg, Manitoba this 14th day of May, 2020.

Mr. Jordan Willner, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton

Rural Municipality of Armstrong PUBLIC NOTICE

REGARDING THE 2020 FINANCIAL PLAN

Public Notice is hereby given pursuant to Section 162(2) of the *Municipal Act* that the Council of the Rural Municipality of Armstrong shall hold a PUBLIC HEARING to present its 2020 Financial Plan on:

Wednesday, June 10, 2020 @ 7:00 P.M.
FRASERWOOD HALL
10140 Hwy 231 Fraserwood, MB

At this time Council will present the proposed 2020 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection in respect to the Rural Municipality of Armstrong's 2020 Financial Plan.

Draft copies of the Financial Plan are now available upon request by calling 204-278-3377 or emailing cao@rmfarmstrong.com at the Rural Municipality of Armstrong Office, Lot 55 Hwy 17, Box 69, Inwood, Manitoba ROC 1P0.

Note: Due to the COVID-19 crisis, we will be ensuring that recommended and required rules for social distancing be achieved at all times. If you wish to attend this public hearing **you are required to pre-register** before 4:30 pm on Tuesday June 9, 2020, or you may mail, email, or fax your questions, concerns, and/or comments regarding the proposed financial plan to us by the same deadline.

Dated this 12th day of May, 2020.

Corlie Larsen, CMMA
Chief Administrative Officer
Rural Municipality of Armstrong

FARMLAND FOR SALE

IN THE R.M. OF FISHER
with good road access, located approx.
9 miles west and 6 miles north of
jct. of HWY 17 and HWY 325E.

- NW 22-26-3W - Approx. 161A, incl. approx. 121 Arable Acres and approx. 40 Non-arable Acres
- SW 22-26-3W - Approx. 160A, incl. approx. 124 Arable Acres and approx. 36 Non-arable Acres
- NE 21-26-3W - Approx. 159A, incl. approx. 132 Arable Acres and approx. 27 Non-arable Acres

CONDITIONS OF SALE: Interested parties shall submit a signed Offer to Purchase to "Lucky Davidow, as Executor of the Estate of Josephine Davidow", c/o Duncan Geisler Law Office, 24 Main Street, P.O. Box 200, Ashern, MB, ROC 0E0, ATTN: Paul D. Geisler, J.D. The highest or any offer will not necessarily be accepted. Property sold "as is."

For further information, or to arrange to view the property, please phone 204 768 2848.

EVERGREEN BASIC NEEDS IS HIRING!

Full Time Store Clerk

35 hours per week

Full Time Warehouse Worker

35 hours per week

Full Time Cook's Assistant

35 hours per week

These positions are **Summer Student** Partnerships with the Manitoba Metis Federation.

Those who identify as **Metis, Non-Status or Inuit** are encouraged to apply.

The program runs from June 8, 2020 until August 28, 2020 and is open to Full Time High School and University Students ages 15 - 30 who are returning to school in the fall

Send you resume Attention:

Elaine Gibbs indicating which position you are applying for to: ebnprograms@mymts.net or drop off at 71 4th Ave Gimli

MISCELLANEOUS

Is your business opening up again? Getting ready to re-open? Let people know! It pays to advertise. Use this window of opportunity to get your message out quickly to the public. The blanket classifieds reach over 340,000 Manitoba readers weekly. For as little as \$189 + GST, get your important messaging out! Business changes, the need for staff, items for sale in a hurry, cancellations. People are relying on this information even more to stay informed in your area and across the province during COVID-19. Keep the people of Manitoba in the loop. The 41 weekly community newspapers can help. Call us at 204-467-5836 to book or email classified@mcna.com for details. MCNA 204-947-1691. www.mcna.com

MISCELLANEOUS

2013 Jayco Eagle 31.5 RLTS, VG condition, triple slide, fireplace, table and chairs, air mattress, new tires, \$28,500 obo. 204-723-0163.

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RELIGION

Safely through another week, God has brought us on our way. Let us now a blessing seek, on the present Sabbath. Day of all the week the best, emblem of eternal rest. Author unknown. Please visit us at www.clda.ca

SHOP LOCALSUPPORT OUR LOCAL BUSINESSES

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

Rural Municipality of Armstrong



ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Armstrong's Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Armstrong can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail.

Rural Municipality of Armstrong
Lot 55 Hwy 17, Box 69, Inwood, MB ROC 1P0
Telephone number: (204) 278-3377
Fax Number: (204) 278-3437
Email: acao@rmfarmstrong.com

The next General Election takes place on October 26, 2022.

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NOTICES

Urgent Press Release & Media Advisories. The news never stops, and neither do we! We are assisting organizations, businesses, and the public in getting their messaging out about important news, changing operations, cancellations, etc. Though we cannot guarantee publication, MCNA will get the information into the right hands for only \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com. We are here to help you.

LIVESTOCK

Rainbow Trout Fingerlings for private pond stocking. Available now. For more information call 204-322-5558 or email: info@watersongfarms.com

Herefered bulls for sale. Semen tested and delivered. Also cow/calf pairs. Call Bob 204-372-6515.

Black and red Angus purebred yearling bulls for sale. Will deliver. Semen tested. Phone 204-383-5802 or 204-383-0100.

AURORA

1648 SqFt RTM Showhome For Sale

3 Bedrooms (ensuite), Maple Kitchen, Quartz Countertops, Walk-in Pantry, Island, James Hardie Siding, Huron Tripane Windows.

Pictures available www.giesbrechthomes.ca

or phone

204-346-3231

HIP/KNEE Replacement?

Other medical conditions causing **TROUBLE WALKING or DRESSING?**

The Disability Tax Credit allows for **\$2,500 yearly tax credit and \$20,000 Lump sum refund.**

Take advantage of this offer.

Apply NOW; quickest refund Nationwide!

Expert Help: 204-453-5372

FARMLAND FOR SALE

Farmland 7 miles east of Hodgson on Hwy. 325. 140 acres farm, 20 acres treed. NE 33-25-01E. \$150,000. Call 204-372-6295.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

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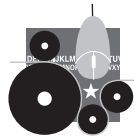
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Date Change: June 27, 2020

Arden, Manitoba

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7	2	8	9	8	1	6	7
7	9	9	1	6	8	8	7
6	1	8	7	2	7	9	9
9	8	7	6	7	9	2	8
9	7	2	8	1	9	6	8
8	6	1	8	7	2	9	9
8	7	6	7	9	1	8	9
2	8	7	9	8	6	7	1
1	9	9	2	8	7	8	6

Sudoku Answer



Rural Municipality of **FISHER**

Box 280, Fisher Branch, MB, R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

NOTICE OF DUST CONTROL PROGRAM

Homeowners along municipal roads in the RM 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 \$325.00

OR

1000L Heavy Application 12ft wide for \$375.00

***It is the homeowners' responsibility to flag the site for application. Markers available at the RM of Fisher office.**

Payment must be received by the Rural Municipality of Fisher Office, Box 280, Fisher Branch, Manitoba R0C 0Z0 no later than Friday, June 5, 2020.

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



DJI Mavic Pro

with 2 batteries, micro SD card, extra propellers and pelican hard case.

Phone or text for more details 204-513-5611



Rural Municipality of **FISHER**

Box 280, Fisher Branch, MB, R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

2020 BUDGET HEARING WEDNESDAY, JUNE 10, 2020 7:00 P.M.

UKRAINIAN NATIONAL HALL 33 PROVENCHER ST, FISHER BRANCH

At this time the Council will present the proposed 2020 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 27, 2020 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 address.fishercao@mts.net

Consultation with our community is an important component of the Municipality's budget process. Council encourages you to attend.

Due to Covid-19: Social distancing measures will be required. Do not attend if you have:

- Been in contact with someone that is confirmed to have Covid-19
- Been notified that you were in a high risk setting for Covid-19 in the past 14 days
- Travelled outside of Manitoba in the last 14 days
- If you are showing any of the following signs: fever, cough, sore throat, shortness of breath

Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher
Box 280, Fisher Branch, MB R0C 0Z0
fishercao@mymts.net

TOWN OF WINNIPEG BEACH PUBLIC NOTICE REGARDING THE 2020 FINANCIAL PLAN



PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of the Municipal Act that the Council of the Town of Winnipeg Beach intends to present its Financial Plan for the fiscal year 2020 at a Public Hearing to be held at the Winnipeg Beach Community Centre, 32 Hamilton Avenue, Winnipeg Beach, MB on the 11th day of June, 2020 at 6:30 P.M.

The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection in respect to the Town of Winnipeg Beach 2020 Financial Plan.

To accommodate physical distancing recommendations, we ask that any person planning on attending the public hearing pre-register before 4:30 p.m. on June 10, 2020.

Draft copies of the Financial Plan will be available upon request by calling 204-389-2698 or e-mailing cao@winnipegbeach.ca.

Dated this 22nd day of May 2020.

Doreen Steg, CMMA
Chief Administrative Officer
The Town of Winnipeg Beach



RURAL MUNICIPALITY OF GIMLI

REQUEST FOR QUOTATION - WINDOWS

The RM of Gimli is seeking price quotations for the supply and installation of windows at the Municipal Building 62 2nd Ave Gimli.

Scope of Work: 7 windows that can open / one per office
6 windows to be 42 by 42
1 Window to be 37 by 37
Site visit required.

Contract Completion:

The Contractor shall complete all work in a good and workman like manner. Completion date is to be on or before October 1, 2020.

Questions to be directed to:

Jennifer Little, Municipal Services Clerk
204-642-6650 gimli@rmgimli.com

Submit your quote by June 5, 2020 at Noon to:

Rural Municipality of Gimli, 62 – 2nd Avenue, PO Box 1246
Gimli, MB R0C 1B0

Attn: Kelly Cosgrove, ACAO Email: gimli@rmgimli.com
Phone: (204) 642-6650 Fax: (204) 642-6660

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licencing to be eligible to be awarded the contract.

Classifieds Announcements

BIRTH ANNOUNCEMENT



Melissa Markusson, Miles Lepine and big sister Sophia are thrilled to announce the birth of Lux Marie on February 24, 2020 at 5:26 p.m. 7 lbs 2 oz, 19.25 inches. Grandparents: Larry and Marie Markusson, Ross Lepine and Christine Semenowich. Great-grandparents: Sophie Bristow, Ken Kanteluk and Shaun and DJ Semenowich.

DAVE & MARY DYCK AUCTION

Online timed farm and yard auction
Monday June 1, closing begins at 6 pm, auction site may be visited for inspection **Saturday May 30, 9-5 pm**

6 mile north of Rosenfeld on 332 and 1 mile west on road 19 N or 5 south of hwy 23 east of Lowe farm.



Massey ferguson , 1135, 4840 = 4x4, 860 combine v8 hydro, NH 352 Grinder Mixer , CIH 8312 Discbine, OMC Haybine, 14' Shop eq, peter wright anvil, welders stick and mig, 2 boats, Scrap, and much misc, June 2 Tuesday will be payment and pickup day

Bill Klassen Auctioneers
 204 325 4433 or cell 204 325 6230

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BIRTHDAY



Happy 80th birthday,
 Ivy LeTexier
 May 31, 2020

We hope you have a wonderful year ahead.
 We love you very much!

-Love,
 Gerald, Sheena,
 Kate, and Lauren

CARD OF THANKS

The family of the late Fjola Bonkowski would like to express their sincere thanks to all the thoughtful people for their acts of kindness, food, cards, flowers, phone calls and condolences. Words cannot express our appreciation.

-Stan Bonkowski and family



OBITUARY

Betty Mae Gingrich (nee Brown)

Peacefully on May 12, 2020 at the age of 91 years, surrounded by her loving family our angel Betty Mae Gingrich got her wings. She left us the way she lived with strength, dignity, great faith, charity, kindness, acceptance and love, so very much love.

Mom was born on January 5, 1929 in Mitchell, Ontario and at a young age the family moved to Elmira where she grew up. As a young wife and mother she had the courage to move west to Manitoba, and after three years in Steinbach, the family settled in Gimli.

Mom lived her life to the fullest, with a sense of adventure, dedication to her family, and forward thinking. If life served up lemons, she shed a little tear, pulled herself up, made those lemons into lemonade and served it to the world.



Mom was a born teacher and taught for 32 years. She fondly remembered all of her students and you just had to mention a name and she would share a story about them that brought a smile to her face. Many of the colleagues she taught with became life long friends, with whom she shared many memories.

Mom had many passions. She was an avid knitter, knitting love in to every stitch of her Icelandic sweaters, mitts, prayer shawls and countless baby sweaters. She loved to travel, and travelled to almost every continent. She passed on her love of travel to all of us and widened our horizons to be aware of more than our little piece of the world. She played a mean game of Scrabble, beat us all at Jeopardy and could name every bird. Her mind remained sharp until the end.

Mom had great faith and truly believed in the power of prayer. She believed that through living her faith she could help the world be a better place. The fellowship and friendship of her church family were a significant part of her life.

Mom loved her family so very much. We all knew how special we were to her. She taught us how important it is to keep each other close and accept each other for who we are, and if we did this we would never be lonely or alone.

Mom is survived by her four children, Gayanne Prise, Jane (Les) Schoonmaker, Michael Gingrich, Heidi Gingrich (Dan Goray); seven grandchildren, Russell, Abby (Rob), Ian, Megan (Kyle), Ethan, Devan, Felicia (Don); and six great grandchildren, Kelsey, Shealyn, Brayden, Tripp, AJ and Silas. By her sisters Carol Stortz, Sandra (Clint) Rohr; brothers, Jack (Helen) Brown, Bill (Joyce) Brown; sisters in law Velorous (John) Shearer, Eileen Gingrich; brothers in law Virgil (Della) Gingrich, Delmar (Marguerite) Gingrich; along with countless nieces and nephews; and many dear friends.

She was predeceased by her parents William and Gladys Brown; brother Howard (Mary) Brown; and sisters Jean (Walter) Hachborn, Ruth (Wolf) Fink; brother in law Cyril Stortz; parents in law Ozias and Naomi Gingrich; brothers in law Newton (Mary) Gingrich, Vernon Gingrich; sister in law Vieta (Tom) Oshiro; nephew Daryl; her children's father Gordon Gingrich; and an infant daughter.

Mom we miss you so much already. You were our rock and soft place to land. We will take so much comfort in knowing that the angels will wrap you in their loving arms and keep you safe until we meet again. For those of you who had the privilege to know her, we hope you remember her with a smile!

The family would like to thank Dr. Blleloch and the nurses and staff of the Gimli Community Health Centre, the Gimli and Selkirk dialysis staff, her homecare workers, meals on wheels staff and the MAID program who all gave her excellent care and enabled her to live and die with dignity. We appreciate your kindness and care.

Thank-you to Pastor Rick Schulz of the Gimli Lutheran Church for the comfort and spiritual guidance he provided to Mom and her family.

There will be no funeral service at this time. Neil Bardal Funeral Centre in care of arrangements. Mom supported many charities, as expressions of sympathy a donation can be made to a charity of your choice in her name.



SELKIRK

NOW HIRING!

PART TIME / FULL TIME SUMMER / SEASONAL STAFF

PART TIME / FULL TIME WAREHOUSE STAFF*

*Must have valid drivers license,
 forklift/scissor lift experience an asset.

APPLY IN STORE OR BY E-MAIL
 to mick.walsh@thetire.ca

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

www.mcna.com

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SUDOKU

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

Level: Intermediate

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!

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!

HAZEL BYLE YARD AUCTION
5233 Hwy 9 St Andrews,
approximately .5 km north of
perimeter on Hwy 9.



**TIMED ONLINE AUCTION,
CLOSING FRIDAY JUNE 5,
BEGINNING AT 6 PM.
SATURDAY JUNE 6
WILL BE PAYMENT &
PICKUP DAY AT THE FARM
FROM 9 AM TO 4 PM.**

This auction was advertised for May 9, due to Covid, we postponed till now. 1928 Whippet, running condition; MF 185 Diesel tractor with loader. IHC model H w/loader; Watson Malcom roll top desk, 3 guns 30-06, Remington 12 gauge, See our website for the listing on this small online auction

Bill Klassen Auctioneers
204 325 4433 or cell 204 325 6230

SPECIALS of the Week



15 Gooseberry, Grindstone, \$89,000
Newer 2 bdr cottage, easy to convert to year round. Close to lake, marina



33-4th Ave, Sandy Hook, \$107,900
3 bdr cottage in excellent condition close to beach.



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