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Patio season

EXPRESS PHOTO BY MATTHIEU MEIER

Temperatures warmed up last week giving Smile Thai Restaurant business owner Hathaikan Phanad an opportunity to clean up and beautify the restaurant patio with flowers. The patio opened for business on May 26.

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Local trappers help with problem predators

By Autumn Fehr

Without trapping, predators could easily wreak havoc on the land, affecting the livelihood of many people.

Trappers help keep people safe and predators at bay while protecting livestock.

Trapping also keeps the number of diseased animals low and avoids the risk of overpopulation.

Neil Brandstrom, an avid trapper from the West Interlake, has a passion for what he does and deemed it essential to pass down his knowledge.

“Without trappers, you would have an overpopulation of fur bear, whether it be raccoons or coyotes, and when you are overpopulated, that’s when animals get dangerous diseases,” said Brandstrom.

Brandstrom started trapping when he was six, trapping small animals such as weasels and squirrels, on his way home from school.

For 65 years, Brandstrom has seen the need for trappers and continues to fill that need within his community.

“It’s just the way of life, and in some cases where there’s predators, I help my neighbours by removing these predators and trying to reduce their losses and livestock,” said Brandstrom.

Brandstrom traps for pleasure and

preserves the fur of the animals he catches.

He traps all fur animals in the Interlake, including bears, wolves, foxes and muskrats.

“Every animal is unique in itself,” said Brandstrom.

Since he has been doing it for so long, Brandstrom knows to trap only when the fur is most prime, marked out in a Trapping Guide made up by the Province of Manitoba that says when the season starts and when the fur is most prime.

When the fur is most prime, the animal’s fur has been fully developed in thickness and length.

Brandstrom says if the animal is trapped when most prime, the trapper will get the most money for the fur they trap.

“If you are a responsible trapper, you wouldn’t trap fur unless it was prime,” said Brandstrom.

Although Brandstrom originally started trapping for recreational purposes, his primary goal now is for predator control of the animals.

“When I take predators, it’s mostly done on neighbour’s farms that have had a predator problem. I’ve trapped at some of them for several years. I just go back every year and try to



EXPRESS PHOTO BY LANA MEIER

Local trapper Neil Brandstrom helps keeps wildlife, including wolves and foxes, from overpopulation while protecting farmer’s livestock.

eliminate the problems that they have,” said Brandstrom.

To keep predators at bay, many solutions can be practised.

“Certain things can be done to reduce predator kills if you are diligent enough to do that,” said Brandstrom.


The main solution offered by Brandstrom to avoid predators on the land is proper disposal of dead livestock.

Brandstrom says this can be done by

either burying, burning or putting the deadstock in a secure, fenced-in area so the animal can properly decompose.

If these measures are taken, communities can see much fewer predators on their land, such as coyotes and wolves, coming to feed on the deadstock.

Continued on page 5



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LAKESIDE FLIGHT SCHOOL

Interlake crafter still using hobby as therapy 20 years later

By Autumn Fehr

At 15 years old, Joseph Stadnek never thought that the work he does today would be possible.

Stadnek is a crafter living on a farm north of Arborg who is known for making miniature log cabins, among other crafts he does mainly for friends and family.

In 1965, Stadnek had a car accident and sustained a brain injury.

Due to the accident, he has lived with a residual hand tremor since his early teenage years.

"So, it's quite amazing that I am able to do it," said Stadnek.

For 20 years now, Stadnek has been beating the odds and exceeding the performance expectations of his injury by crafting as a hobby.

"It's my therapy and it's peaceful for me," said Stadnek.

Out of all the crafts he makes, Stadnek's most famous and well-known pieces of work are his realistic, miniature log cabins, with the roof attached on a hinge so it opens like an actual cabin.

"I had been thinking about making little cabins like this for years. That it would be a good idea," said Stadnek.

Stadnek says he has been giving away the miniature log cabins to family and friends as gifts since he started making them.

To make the log cabins, Stadnek uses plywood and material from his land, but this year it was more challenging for him to continue making them.

"It was kind of hard this year to go in the bush because there was so much snow. The lilacs around here



Every log cabin he makes has a hinged roof that opens.

took a beating, so I used cotoneaster," said Stadnek.

As Stadnek has been making the cabins for many years, he has developed an eye for the material that works best when building them and what will look the best.

"I found willow along the railway tracks, but the cotoneaster does the nicest job because it's dark," said Stadnek.

"IT'S MY THERAPY AND IT'S PEACEFUL FOR ME."

Since he made his first miniature log cabin 20 years ago, Stadnek has started to slowly experiment with other forms of crafting to expand his skills.

Besides the cabins, Stadnek also makes small fireplaces, canoes and portraits of flora, such as trees and flowers, made from small pieces of log he cuts and glues to fabric.

Continued on page 7



EXPRESS PHOTOS SUBMITTED

Joseph Stadnek has been crafting miniature log cabins for friends and family for 20 years.



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Camp Arnes open house welcomes friends and family

By Autumn Fehr

After two years, a deserted and lonely camp will soon welcome back for friends and family.

On June 4, Camp Arnes will host an open house to kick off the reopening of its summer camp.

The open house is to welcome back friends and family and thank those who have supported them through the COVID-19 pandemic.

Camp Arnes has been around for 72 years and hopes to continue the work they've been doing for many more.

"It allows us to have those generational stories. I hope people know that it's as precious a place now as it ever was," said Jim Croy, the operations director at Camp Arnes.

Their website says, "We're excited to be back on site for 2022 with another big change: the re-introduction of Camp Skills! While still being able to experience the fun of Camp Arnes, we're giving campers the ability to challenge themselves by learning and developing new skills in (but not limited to) sports, archery, bikes and arts & crafts."

There is something for all ages, including Teddy Bear camp for ages 6-7 years; Explorers, 8-10 years; Chal-



lengers, 11-13 years; Stokers, 14-15 years; and Leadership Training for 16-17 years.

Teddy Bear Camp is when the smallest campers are the biggest focus. They get the whole camp to themselves for three days and two nights of fun. It's just enough time for kids to make great friends, try new activities and explore all the fun of summer camp. They make amazing crafts at the Creator's Studio, play games in the water and enjoy songs at fireside.

Explorers are at the age when they see the world through their imagination and can find fun in everything. At camp, the world becomes a playground full of new things to explore. They get to climb up the high ropes course, race around on a pedal cart and let their imagination run free in



EXPRESS PHOTOS SUBMITTED

Kids of all ages are supervised by counsellors and welcome to attend a number of camps.

the Creator's Studio.

Challenger Camp is all about pumped up energy, fun and excitement. Challengers get to try all the epic activities that camp has to offer while making meaningful friendships and memories. Each day is filled with adventures like zip-lining, racing on a pedal cart and soaring over the lake on a giant swing. In addition, campers experience outdoor adventures like archery, high ropes, kayaking, paddle boarding and so much more.

Camp Arnes is also bringing back a Camp Arnes classic this year. From July 30 to Aug. 3, families are welcome to have fun at the Camp Arnes Family Camp. Enjoy all that camp has to offer: activities, swimming at the lake, beautiful nature and memories

that last a lifetime.

With the easing of restrictions in January and February, Camp Arnes started to make serious plans to reopen come summertime.

As they went into Arborg and Gimli to get supplies to plan their reopening, they started to talk to everybody about opening again.

"It was pretty amazing the excitement in those communities with everyone we talked to," said Croy.

Croy said when the word started to spread that they would be back to business as usual this summer, the surrounding communities were full of excitement.

"We realized that as we did this, us

Continued on page 5

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Zip-lining and archery are two of many outdoor activities at Camp Arnes.

> CAMP ARNES, FROM PG. 4

reopening wasn't just a win for us, it's an exciting thing for everyone around us," said Croy.

The past two years have been tough on businesses, especially camps like Camp Arnes that rely on social interaction and community engagement to run.

Camp Arnes was fortunate to get through the pandemic with the support of the businesses they partner with, so they could continue to do what they do best — creating memo-

ries. "Some of the businesses around us suspended any kind of invoicing to us throughout COVID, which is a huge financial help, and some of the businesses now that we're restarting are asking what more they can do," said Croy.

After everything that was done to ensure they stayed afloat, Croy said the only proper way to thank those that have helped that along the way is through hosting an open house.

"We wanted to make sure that the

community knows that the open house is not us as a Christian group pushing our Christianity. It's us as a thankful group, thanking the community," said Croy.

From 12 to 4 p.m. individuals will have the freedom to tour the camps and get to know Camp Arnes as it opens again.

There will be lots of free food and activities at the open house to enjoy, such as bouncy castles and a baby animal farm, all to foreshadow the fun-filled summer ahead for kids.

The children who attend the open house will also receive a scavenger hunt card.

As they go into the different buildings and discover what they are for, they get their card stamped to later redeem a free item at the "Tuck Shop" — a small store on the grounds of Camp Arnes.

"We are going to be giving away a lot of stuff," said Croy.

The open house is welcome to anyone — those already familiar with the camp and excited for the reopen and those wanting to check out the space for the first time.

"We want to showcase the facilities to the families and other groups that

might need a space and not realize what's here," said Croy.

Croy says how it's incredible when he goes into the communities and talks to an adult and their first comment is about how they came to Camp Arnes as a kid.

"Everybody my age or younger has a story about Camp Arnes, whether they came here with band, their school or whether they came here for a summer camp in whatever year," said Croy.

Now with the reopening of camp this summer, it's time for those generational stories to continue.

"Grandpa comparing stories with his grandson about the same experiences they had. Grandpa was here climbing the ropes, and his grandson is gonna be here climbing the ropes," said Croy.

Being around for almost 75 years, Camp Arnes has been able to be a part of thousands of different memories over the years, the camp being the ground tying the generational stories together.

Visit camparnes.com to learn more and register.

> LOCAL TRAPPERS, FROM PG. 2

Brandstrom says he has seen first-hand what it's like in his community when trappers are not utilized.

About six years ago, he was called over to Fisher Branch because a farmer there had lost 100 sheep.

"Over a couple of weeks, I had caught 13 coyotes," said Brandstrom.

After decades of experience trapping and seeing what even the lack of knowledge regarding trapping can cause for communities, Brandstrom decided he wanted to find a way to pass on his knowledge to the younger generations through presentations at schools in the Interlake and Manitoba.

"Trapping is a dying industry, and we are trying to bring it to the younger people," said Brandstrom.

Since about 2010, Brandstrom and his wife have been teaching their own sort of trappers ed in schools across the Interlake and Manitoba.

"The fur industry is changing what they want and it's important the young people know the proper way," said Brandstrom.

The couple takes a fur kit handed out by the Manitoba Trappers Association and do a presentation for the youth on the fur bears of Manitoba.

Additionally, they also incorporate into their presentation, information surrounding trap displays.

Brandstrom says that when trapping, it is a must that trappers have certified traps that are legal to use in Manitoba because they have all been tested and each animal has a time frame for when it's caught to when it expires.

"It's to the trappers' benefit to use these traps. Not only

are they very humane, but also if an animal lingers in a trap, there is a lot of fur damage, so it's not in our best interest to use a poor trap," said Brandstrom.

Since Brandstrom started trapping 65 years ago, he has continued to contribute to the solution, spreading his knowledge and trapping skills to help others avoid predator problems and to teach future generations the ins and outs of trapping responsibly.



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Manitoba government introduces legislation to allow larger increases to minimum wage

Changes to Employment Standards Code would bring affordability for more Manitobans

Submitted by Manitoba government

The Manitoba government is introducing legislation that would allow larger increases to the provincial minimum wage, given current uncertain and challenging global economic conditions as employees and employers struggle to recover from the COVID-19 pandemic, Labour, Consumer Protection and Government Services Minister Reg Helwer announced Monday.

“Our government is committed to making life more affordable for Manitobans,” said Helwer. “This legislation would make critical changes to the Employment Standards Code to permit larger increases to the provincial minimum wage under certain economic conditions.”

Bill 44, the Employment Standards Code amendment act (minimum

wage), would allow cabinet to mandate a larger increase to the minimum wage when inflation in Manitoba, as measured by the Consumer Price Index, exceeds five per cent in the first quarter of a calendar year.

Under current regulations of the Employment Standards Code, Manitoba’s minimum hourly wage is set to increase by 40 cents to \$12.35 on Oct. 1. The proposed legislation would allow cabinet to authorize a larger increase. Any increases authorized would continue to come into effect on or after Oct. 1.

Currently, the Employment Standards Code regulates increases to Manitoba’s minimum wage rate. Annual increases are indexed to inflation as measured by the Consumer Price Index. Each year on Oct. 1, the minimum wage is adjusted in proportion

to the change in the previous year’s inflation. While this approach to tying predictable increases to inflation works well under more normal economic conditions, the minister noted the government requires flexibility under extraordinary economic conditions to consider additional adjustments.

“This change would provide much-needed support to hard-working Manitobans who have been burdened by soaring cost-of-living increases,” said Helwer. “Manitobans have worked tirelessly throughout the COVID-19 pandemic, and this legislation would relieve some of the financial strain they are experiencing due to rising food and fuel prices.”

This legislative amendment strikes an appropriate and workable balance for employers and employees in Manitoba who continue to struggle to recover from the challenging economic conditions brought about by the pandemic, the minister added.

First public meeting since move from sand sales to solar glass manufacturing

Submitted by Glenn Leroux, CEO, and Denelle Bushie, Seymourville project lead

Canadian Premium Sand hosted its first public meeting since it transformed its business to process Manitoba sand for solar glass instead of selling it for fracking in the oil and gas industry last Wednesday.

About 30 people attended the public meeting in Seymourville, the source of the silica sand, located 2.5 hours north of Winnipeg on the east side of Lake Winnipeg.

“We were really pleased with the

turnout and the range of questions from residents from Seymourville, Hollow Water First Nation and local cottagers,” said CPS CEO Glenn Leroux. “The public meeting was part of our application process to have our existing 2019 Manitoba Environment Act Licence altered to reflect the updated project to use the sand to manufacture solar grade glass.”

Under the new CPS plan — the first solar glass production in Canada — there will be less sand extracted, less traffic and a reduced environmental

footprint, he added.

In addition, the project provides direct benefits to the communities of Hollow Water First Nation and Seymourville through participation agreements that include financial elements, consultation on land use and a variety of community engagement initiatives.

Hollow Water First Nation Band Councillor Furlon Barker, who attended the meeting, said he’s heard

Continued on page 7

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> INTERLAKE CRAFTER, FROM PG. 3



EXPRESS PHOTO BY MATTHIEU MEIER

David and Owen Berth put their sail boat into the water at the Gimli marina last Friday for the first time in the season. The father-son duo will be working on the boat over the next couple weeks to get the sails up. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

Another form of crafting Stadnek does is wood carving.

He says he found a large root of black diamond willow years ago and he is still using what's left of it to do wood carvings.

"I don't do a lot of it because it is so time consuming. Plus, I lost my inspiration," says Stadnek.

Stadnek says he lost a part of his second wife Dianne through a car accident that sustained a severe brain injury.

"The literature on the subject refers to it as 'the death of a personality,'" says Stadnek in reference to her injury.

Even though Stadnek has been crafting for years, nearly perfecting his work, he has yet to take his crafts to any art shows or farmers' markets in his community or nearby.

The only time Stadnek participated in a craft sale was once when he was out living in Alberta.

"The log cabins sold well, but they have evolved through the years," said Stadnek.

Stadnek says he hopes to find out when the local craft shows, and farmers' markets are happening in the area this year so he can participate with his crafts.

> SAND SALES AND SOLAR GLASS, FROM PG. 6

stories from Elders on how everything from timber to gold has been extracted from the land without Indigenous participation or benefit.

"But that has all changed with CPS, which is now sharing the opportunities that silica sand creates. It is a

first," Barker said.

Seymourville Elder Charles Simard, who is an advocate for the project, was also there to support the CPS project.

"Solar is the new hydro for this province and this community should

benefit from that," Simard said.

The next steps are to compile the results of the meeting to add to the application for the licence alteration and, in the near future, host a public meeting in Selkirk where CPS hopes to build the solar glass processing plant, says Denelle Bushie, a civil engineer and Hollow Water member

working on the project for CPS.

"This community event was an important step towards altering the licence to reflect the new plan," Bushie said.

For more information, visit sandto-solar@cpsmail.com.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Flood perils

The only benefit of the flood in the Town of Arborg is the perils of the aftermath that some of us are still encountering because of our leaders. We have new bylaws from the province, in our building codes that you have to raise your property level in a new build to mitigate flood control.

In Arborg, they built a seniors' residence of two rows of six suites on a piece of land that is land-locked and was a swamp prior. They built to the east right up to back lane, north side has a ditch, west side up to neighbours' property line, south side front to back our property, low-lying property line. They got a variance to build only three feet from our property line versus existing

code (that I appealed and lost). The suites all have a crawl space with sump pumps that pump into their three-foot backyards and drain into existing neighbouring property. Our rental home is the lowest of the three homes and all the water flowed into the crawl space! Our home was built in late 1950.

I went to the town council. They investigated and we told our only re-

source was to go to the new owners of the numbered company!

Who is passing the loonie? The new owners followed the building codes, nothing about drainage! Council should take this back to the government re new bylaws to the engineers sitting behind land-locked desks in a highrise building.

Sincerely Pat Kowalchuk

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.

letter to the editor

Letters to the Editor:
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Recreational angling

Dear Editor, on Thursday May 19, 2022, you published an article by Patricia Barrett regarding recreational angling.

The statements by commercial fisherman Bill Buckels, who has a long history of controversial opinions not supported by many of his fellow commercial fisherman, appears to be nothing more than personal talking points, not supported by data or science and is presented with no context at all as it relates to issues on Lake Winnipeg.

In response to the article, the Red River Lake Winnipeg Angling Tourism Association would point out recreational angling, including tourism, makes up roughly five per cent of the lake total walleye harvest as compared to 90 per cent of the total harvest taken by the commercial fishing fleet. Therefore, there is a discrepancy in opening dates. There is no science that shows recreational angling, even during the spawn, is a sustainability concern specifically on Lake Winnipeg's walleye population. The data the province does have shows a large number of the walleye spawn in the Red River. That fact, combined with Lake Winnipeg's massive size

and endless miles of untouched shorelines, shatters any argument that recreational angling, on a mostly catch-and-release basis, during the spawn at a few dozen limited access points and accessible shorelines could have any sustainable impact on Lake Winnipeg walleye stocks.

Angling pressure on Lake Winnipeg is "a drop in a bucket the size of a swimming pool" on Lake Winnipeg walleye sustainability but is, by contrast, an economic juggernaut. The province is already lowering limits from six fish to four fish (33 per cent reduction) and not allowing any retention of large fish. Removing important weeks of prime-time fish-

ing is economically and recreation-ally devastating and does nothing measurable to help Lake Winnipeg walleye sustainability.

We hope Natural Resources and Northern Development Minister Scott Fielding does not "buckle" to opinion and conjecture and devastate Manitoba's recreational and tourism industries for nothing more than optics.

We invite an opportunity to present our point of view based on truth, statistical data and both economic and recreational impact.

-Donovan Pearase

Red River Lake Winnipeg Angling
Tourism Association

Beware of scams

Have you ever been tempted by an offer that seemed too good to be true?

Scam artists count on the gullibility of their targets. Many people have lost a substantial amount of money and their pride when they get taken advantage of.

Personally, I read a text that said that I had an e-transfer. All that I had to do was press A to accept it. Luckily, I had the foresight to get advice from my siblings and son. All three of them told me to delete the text and block it from appearing on my cell phone again. They told me that an e-transfer will identify the financial institute or individual that is sending it to you. I was relieved that I got

support.

Not everyone has someone to warn them about scam artists. That is why so many innocent people lose their hard-earned cash to these internet predators.

The rules to follow when someone tempts you are easy. Never open an email or text of an unknown person. A decade ago, many of the money scams were emails from a Nigerian prince. He needed help with money transfers.

It became known as a type of scam.

Never send money to anyone that you don't know. Some scammers pretend that someone you love is in distress. The best way to find out if that is true is to clarify their whereabouts. Don't let your emotions take over. Ask to speak with your loved one. Think through the situation clearly. If you are unsure of what

your next move should be, call a friend, family member or the local police for advice. They will assist you to make the best decision.

Never give out your password, social insurance or credit card numbers to someone you don't know. If scammers have your password, they could get into your email account and have access to all of your contacts. The devious people could try to steal their identities. If they know your social insurance number, they would have the ability to set up an account in your name and would have access to your accounts. They could make withdrawals. If they know your credit card number, they could buy items that you may be responsible to pay for.

If any of these incidents occur in your life, report them to the local police or the credit card companies.

They will assist you in dealing with the situation.

Scammers have to be stopped before they take advantage of innocent individuals.

Scammers are prevalent in our society. They prey on vulnerable people who are convinced that the offer that they are provided with is legitimate. If they accept the e-transfer or send money to a stranger, there is a good chance they will regret it. Their funds will probably be lost. Any time that scam artists are successful, it makes them want to continue with their illegal activity since it is lucrative. Your naive actions put others at risk.

Don't fall for scams. If you are taken in by one, tell a friend, family member and the local authorities about it. Protecting yourself and your loved ones is the key.

- Patricia Witzke

Words of wisdom: Be careful what you wish for

Many beef producers currently leasing Crown land are questioning whether their organization's lobbying efforts, adopted by the Pallister government, have achieved any of the organization's expectations of "advantaging young producers" and making the system "more flexible and transparent."

"Modernization" has relieved the current minister of Agriculture of any responsibility for the reported annual increases of 100 per cent in Crown land leases rates. The unseen hand of the marketplace has established true value. Any protest

from lease holders, as to the affordability and future security of their leases, is deflected by the reminder that a "more flexible" market-driven system of Crown land evaluation is what MBP lobbied the Pallister government to deliver. Any objection arising from these changes is best directed towards the organization that lobbied for the abandonment of the points-based system.

My records show a strong majority of delegates attending the February 2017 Manitoba Beef Producers (MBP) Brandon Convention supported a resolution presented by District 13 delegate Mary Paziuk, seconded by District 5 delegate Romona Blyth, directing MBP lobby the government of Manitoba to implement "a more flexible system" of agriculture Crown land (ACL) transfers. Paziuk described the points-based system

as "lacking in transparency, complicated, bureaucratic and difficult to understand." The Pallister government was quick to respond to MBP lobby efforts, announcing changes to the ACL program two weeks following the September 2019 provincial election.

The March 2022 issue of the MBP publication *Cattle Country* ignores the organization's role in replacing the points-based system. However, the written history of events is well recorded in previous issues of *Cattle Country*. Past MBP presidents and staff produced comforting prose, lavishing praise upon the pending modernization of Crown land leasing. Mary Paziuk's resolution opened the gate to the creation of a market-driven system of Crown land allocation. Unfortunately, Crown land lease holders are expe-

riencing exactly what I predicted when I spoke against the intent of her resolution back in 2017. I warned "Be careful what you ask for." The benefits provided by the earlier points-based system of Crown land allocation have been permanently replaced by a system that reflects the political-ideological belief that the marketplace provides true freedom and sustainability.

The question is how much more of this type of freedom can the lease holders afford. And, finally, I do not anticipate that people responsible for creating the problem are capable of solving the problem. This is definitely not a case where you want to be driven home by the one that brought you to the dance.

- Fred Tait
Rosendale

COVID study shows 'significant reduction' in working memory, concentration

By Patricia Barrett

Medical research on COVID-19 continues to reveal the extent to which the virus can damage body organs and also impair brain functioning.

A U.K. study looked at the impact of COVID on the brain, revealing problems with memory and the ability to concentrate in those with COVID and in those who continued to suffer long after their initial period of infection.

The study titled "The negative impact of COVID-19 on working memory revealed using a rapid online quiz" was published May 21 as a preprint — studies that have yet to be peer-reviewed and should not inform health-care decisions until verified as good science — by researchers from the University of York, the University of Hull and the U.K. National Health Service.

The study's findings point to cognitive deficits COVID can cause in people aged 25 years and older while sparing those under 25.

"Given the importance of working/short-term memory for everyday tasks, such as having a conversation, decision-making, reading comprehension, performing a sequence of actions, it is reasonable to conclude that COVID-19-induced working memory deficits may compromise performance in daily life," the researchers wrote.

They developed a "CORONA" survey and a memory quiz after reading reports in the media of many people with COVID experiencing "brain fog" problems, which include difficulty remembering, concentrating and performing daily tasks, as well as reports of those still suffering with COVID symptoms long after they were infected.

The researchers focused on assessing "working memory," defined as a form of short-term memory whereby information is stored and retrieved while performing a task. Working memory is involved in problem-solving, reasoning, reading comprehension and conversing, and is highly correlated with measures of cognitive function.

People 25 years of age and older suffered from cognitive impairment based on their memory scores.

"Our main finding was a significant reduction in memory scores in all COVID groups (self-reported, positive-tested and hospitalized) compared to the non-COVID group. Memory scores for all COVID groups combined were significantly reduced compared to the non-COVID group in every age category 25 years and over, but not for the youngest age category (18-24 years old)," the researchers wrote.

Previous research on brain functioning has suggested there are short-term memory deficits arising from COVID, but that research had been limited to small numbers of patients (6-87 people), the researchers wrote. A large pool of test subjects statistically improves the reliability of findings.

The online, anonymous survey was available for seven months, between Dec. 8, 2020, and July 5, 2021, and could be completed on a mobile phone, tablet or personal computer.

Of the 5,428 participants who took part, 3,722 (68.6 per cent) said they didn't have COVID while 1,706 (31.4 per cent) said they did. The greatest number of participants (1,385) were in the 45 to 54 age group. The majority of participants said they were living in the U.K. while others indicated residence outside the U.K. (from 43 other countries).

The survey consisted of yes or no questions that included COVID status, the month and year they had it or may have had hit, what symptoms, if any, they experienced — including a new continuous cough, difficulty breathing, high temperature and tiredness — and whether they had ongoing symptoms.

Participants were also asked to rate questions that asked about concentration on simple and complex tasks, thinking quickly, thinking clearly, tiredness after mental effort, their gender and what age group they were in (i.e., 18-24, 25-34, 35-44 etc.).

The working memory component of the test consisted of 55 simple and unique visual images across four categories (animals, numbers, fruits and other objects) which required minimal levels of English proficiency and education. Participants were shown a grid of six images and were then asked to select two images that were shown previously. The number of images was then increased whereby participants were asked to recall three, four and five previously shown images.

The factors most affecting objective memory scores were COVID status, age, time post-COVID and ongoing COVID symptoms, the study found. Although short-term memory naturally declines with age, those with COVID — compared to those without COVID across the various age groups — had reduced memory scores.

"With respect to age, we found that memory scores for the COVID group were reduced compared to the non-COVID group in every age category 25 years and over, but not for the youngest age category (18-24 years old)," the researchers wrote.

The results suggest that deficits

Table 6. Principal component analysis of subjective questions in the CORONA survey (N=5428).

Subjective Questions ^a	Principal Components ^b		
	Cognitive	Sensory	Smell/ Taste
Thinking clearly	0.835	0.238	0.087
Concentrating on complex tasks	0.832	0.193	0.082
Thinking quickly	0.799	0.256	0.094
Concentrating on simple tasks	0.790	0.174	0.081
Having a conversation	0.762	0.264	0.067
Getting tired easily after mental effort	0.736	0.271	0.115
Remembering things	0.716	0.279	0.070
Fatigue	0.706	0.262	0.149
Low mood	0.646	0.129	0.029
Balance	0.222	0.757	0.161
Dizziness	0.231	0.702	0.222
Vision	0.242	0.631	-0.012
Hearing	0.175	0.605	-0.029
Touch or pain	0.248	0.598	0.219
Taste	0.123	0.153	0.936
Smell	0.126	0.144	0.933
Eigenvalues	7.127	1.801	1.231
% of variance	44.544	11.253	7.695

^aEach subjective question was preceded by the introductory phrase "During the COVID-19 pandemic, have you had **MORE** problems with:"

^bRotated factor loadings over 0.50 appear in bold.

STUDY SURVEY

The CORONA survey, which was completed by 5,428 people, asked about thinking clearly, thinking quickly, concentration on simple tasks, recall and how tired participants got after mental effort.

in working memory can "recover over time," taking about 12 or more months, but cognitive impairment may persist in those with ongoing COVID symptoms.

"For the COVID group, memory scores increased as the number of months elapsed since having had

Continued on page 12



SAVE WITH OUR HOME INSULATION REBATE

Qualify. Insulate. Get a Rebate.

Adding insulation to your attic, walls, and foundation will improve your home's comfort and help you reduce energy costs.



Get rebates up to 100% of insulation material costs.

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'Where did the workers go?' Labour shortage affecting Arborg, Gimli

By Patricia Barrett

As the busy summer season gets underway in the Interlake, many businesses are experiencing an acute labour shortage that has the potential to affect their operations.

Arborg and Gimli are among the towns affected by a shortage of staff.

Arborg Hotel and Travelling Inn owner Owen Eyolfson said he's "too busy" working shifts normally covered by staff in order to minimize operating disruptions and prevent burning out the staff he has.

"I literally had to cut my hours. I'm not open for lunch anymore at the restaurant downtown (the Arborg Hotel). I can't find anyone to work. So I open after four to serve food," said Eyolfson, who sits on the Central Interlake Chamber of Commerce.

It's not only his business that's affected by a lack of workers, he said. There are dozens of other businesses in town in the same situation. The last time he looked, he found about 45 job openings along Arborg's Main Street. Businesses outside town, including metal manufacturers, are also looking for workers.

"I was at a [Manitoba] Hotel Association meeting recently and every single person said, 'We have no workers and we're reducing our hours.' There were business people from the Whiteshell, Dauphin, Brandon, Swan River and everyone is reducing hours and unable to find workers."

Arborg and areas restaurants have had to reduce their hours, too, or have had to close on Sundays, he said.

"This is happening everywhere, not only Arborg. There doesn't seem to be any solutions. Where did the workers go?" he said.

Eyolfson said he's hoping that the Ukrainians who've left their country while the Russian invasion continues will consider working in Arborg.

That's just what the Gimli Chamber of Commerce is pinning its hopes on, too. It's helping co-ordinate the settlement of Ukrainians in the Gimli area.

The Municipality of Gimli has offered a free 180-bed building [former cadet housing] in its Industrial Park for Ukrainians coming to Manitoba, and the chamber is busy lining up jobs for those who have chosen to settle there.

Chamber co-chair Melanie Specula said the chamber is overseeing a job board that has job descriptions and postings from businesses in town and the surrounding area.

The chamber has had 300 inquiries and 28 Ukrainians so far have confirmed they'll be coming to Gimli.

"I think there is something close to 94 jobs on the chamber's job board right now," said Specula last week. "There are several jobs at Betel [personal care home], at businesses in the Industrial Park, at the car dealership and at restaurants. And I know there are a lot of jobs still out there that businesses haven't contacted us about. We've already found jobs for Ukrainians at Interlake Freshwater Fisheries and at Faroex in the Industrial Park, and the hotel is willing to hire some."

Specula owns the Gimli Chicken Chef restaurant and has had to close for breakfast because she can't find enough workers.

"I reduced my hours. I haven't changed them since the pandemic started. I used to be open for breakfast and now have to close at 7 p.m. so that I have enough people to staff one shift. I used to open at 8 a.m. and stay open until 9 p.m.," she said. "There are a lot of businesses that are desperate. We've made it through the pandemic and we're going into our busy season where we might be able to get back to the way things were, but we can't operate regular hours because we don't have enough staff."

She said she pays above the province's minimum wage and still couldn't find enough people. However, she has a couple of jobs lined up in her restaurant for two, possibly three, Ukrainians that have chosen to come to Gimli and thinks she will be in "good shape" once they arrive.

The Gimli chamber has a transportation committee that's working on setting up a means of transporting the Ukrainians who will be staying at the cadet building in the Industrial Park to and from town, and is hoping local car dealerships or others with passenger vans or trucks can lend a vehicle.

She also expressed interest in working with Arborg to help find jobs for the Ukrainians.

"If Arborg could come up with a transportation solution, where we can transport Ukrainians to and from the dormitory in the Industrial Park to and from Arborg, it may be possible for the Ukrainians to work there. I don't want to have a situation where they can't find a job," she said. "Maybe Gimli and Arborg can find ways to help each other."

She said she's also hoping area farmers or fishers might need workers and will be willing to hire some of the Ukrainians. She encourages them to contact her if they have jobs.

"I'm trying to make sure that everyone who'll be coming to Gimli has a job," said Specula. "I look at this as a great opportunity for community development. I have spoken to a lot of Ukrainians, who've asked if we can find jobs for them and if they can bring other family members here. This could be something that could help grow our communities, as well as help Ukrainians find jobs here. Some are desperate after what they've been through. They want to find work." The *Express* reached out to the provincial department of labour to see what strategies it has in place to help solve the acute labour shortage. A spokesperson said the province has a network of Manitoba Jobs and Skills

Development Centres that provide services for job-seekers and for businesses and community organizations that need access to labour market programs and services.

"Individuals can receive help connecting to employment opportunities and obtain information about financial supports for post-secondary training in programs up to two years in length to help them be successful in the labour market," said the spokesperson.

"To help address labour shortages, government is investing in the skills-based economy and working with industry partners to deliver demand-led skills training that will address labour market needs in areas such as hospitality, transportation, manufacturing and the health-care sectors. In 2021-22, government made an historic \$67-million commitment to invest in the skills training of unemployed and employed workers across the Canada-Manitoba Job Grant, Retrain Manitoba and Skills Development programs. Government will continue to invest in skills training in 2022-23 to help Manitoba move to the next stage of economic recovery."


The investments include an increase of \$2 million to the Canada-Manitoba Job Grant budget, bringing it to \$10 million, he said, and continued support for "industry training and workforce capacity development" through the Sector Council Program.

"Manitoba's Skills, Talent and Knowledge Strategy outlines four high level objectives intended to ensure Manitobans have the skills, talent and knowledge to succeed in careers and help grow the economy," said the spokesperson. "The recently formed Immigration Advisory Council is also reviewing the entire continuum of immigration in Manitoba, including ways to attract more skills immigrants to the province."

When asked whether the province intends to boost an upcoming minimum wage increase of \$12.35 in October, up 40 cents from the current \$11.95 an hour, the spokesperson said that in light of the challenging and quickly changing global economic conditions, "the government feels it is critical to give extraordinary consideration to the appropriate and necessary minimum wage rate in Manitoba."

The spokesperson said the government intends to introduce a bill regarding minimum wage this week.

If Gimli and area businesses have jobs available for Ukrainians who've fled the Russian invasion of Ukraine, Specula said they can contact her directly. Her email is mspecula@gmail.com



Your Gimli Chamber of Commerce (GCC) is excited to host our quarterly General Meeting on Wednesday, June 8th at the Lakeview Gimli Resort.

We are please to announce that Valley Fiber is sponsoring a wine & cheese evening with opportunities to hear the latest happenings with the GCC and time to network with fellow Chamber members.

Special Guests including

- Conley Kehler and Zach Gerbrandt from Valley Fiber who will tell us about their plans in the community and area.
- The new **RM Tourism Officer** (Allan Sulyma) will update us on his new role and all he has planned in the coming weeks and months.
- The Community Development Corporation's new **Development Officer** (Jennifer Ratkair) will introduce herself and take a few moments to talk about her role in the community.
- Don Matthewson will be available to answer questions about The Chamber of Commerce Group Insurance Plan.

We will also hear about the Chamber's new and ongoing initiatives, including welcoming Ukrainian refugees to our community.

All this and lots of Prizes too!

You won't want to miss this meeting !!!

Wednesday, June 8, 2022,
at 7:00 pm in Tara's Corner in the Lakeview Hotel.

Prospective members welcome.

For more information, please contact gimlichamber@gmail.com



Time for a Check?

ColonCheck: Every 2 years for all age 50-74

BreastCheck: Every 2 years age 50-74

CervixCheck: Every 3 years age 21-69

Brought to you by CancerCareManitoba FOUNDATION

Get Checked for Cancer. PracticePrevention.ca 1.855.95.CHECK

A special shirt changes chemotherapy treatment for patients



A young boy wearing one of the customized T-shirts with a zipper sewn in from the neck to make chemo treatments easier.



EXPRESS PHOTOS SUBMITTED
Mike Janssen modelling a shirt created for the presentations he does on the shirts.

Selkirk Lions Club looking for T-shirt donations

By Autumn Fehr

Statistics Canada says two in five Canadians will have cancer in their lifetime.

Many individuals who develop cancer go through a series of chemotherapy treatments that often leaves them feeling vulnerable and exposed to the hospital room and world around them.

The Canadian Lions Childhood Cancer Foundation set out to change how cancer patients experience chemotherapy treatment.

At the beginning of April, the foundation started getting the ball rolling on their idea to craft shirts that would help ease these feelings of discomfort for patients going through treatment.

"If you think about a child from the age of three to 18 going to the hospital to get their chemo treatments, they are cold, vulnerable. They feel exposed, and a lot of them aren't happy. These shirts make them feel more comfortable, less vulnerable, less exposed. When that happens, they are a fair bit happier to have treatment," said Mike Janssen, chair of the Canadian Lions Childhood Cancer Foundation.

The idea for the shirts came from a friend of Janssen's out in southern Ontario, Mellissa Patrick, who came

up with the idea when her family found out their daughter had cancer.

Experiencing childhood cancer first-hand with his daughter years ago, Janssen connected with Patrick through the Canadian Lions Childhood Cancer Foundation, and they ran with the idea.

The foundation then put out a call for either shirts, donations for the shirts or sewists to sew the shirts to get the project rolling.

The shirts are purchased from places like The Children's Place, and the zip-

pers are ordered on Amazon. Then, the eight-inch zippers are sewn into the shirts at a side angle from just off the centre on the right-hand side to just before under the arm.

Although it's rarely needed, Janssen said shirts can be made so the port can go on the left-hand side, as currently the ports are sewn on the right-hand side only.

Gord Zeglinski, president of the Selkirk Lions Club, helps organize the process from buying the shirts to getting them dropped off for Janssen to start putting the shirts together.

The shirts are paired up with coordinating zippers and bundled, usually in 20s. Then, Janssen gets them out

to one of the 14 volunteers who sew the shirt's zipper.

After the shirts are sewn, they are inspected for quality, organized and packaged by gender and size — 3T to XL. Afterwards, they are provided free of charge to different entities such as the Children's Hospital or Cancer Care Manitoba.

The shirts are used for any cancer that requires chemo treatment using a port, a device used to draw blood and give the medicines.

"It provides their dignity to be able to say all I got to do is undo this zip-

Continued on page 12

2022 Spring Flooding

Disaster Financial Assistance

What you need to know

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from 2022 spring flooding.

DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

The Manitoba Emergency Measures Organization (EMO) will be offering live webinars to answer your DFA questions. Check the DFA website for dates and times.

To find out more details about DFA eligibility or to obtain an application form, please contact the Emergency Measures Organization at:

Phone: 204-945-3050 in Winnipeg
Toll-free: 1-888-267-8298

You may also apply online at: Manitoba.ca/emo/dfa

Deadline to apply for DFA is August 8, 2022.

Manitoba.ca/flooding



Community Support Service

Al-Anon Gimli and Winnipeg Beach

Meeting place
17B North Colonization Rd.
Gimli (Next to the New Horizons)

**Meetings are Wednesdays
between 7 and 8 p.m.**

Contact 204-389-4777

AA Winnipeg Beach

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

**Meetings are Saturdays
between 7 and 8 p.m.**

Contact 204-340-1855

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

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

> SIGNIFICANT REDUCTION, FROM PG. 9

COVID-19, indicating that working memory deficits can recover over time," the researchers wrote. "However, scores were reduced for those with ongoing COVID-19 symptoms suggesting that working memory impairments can persist in those who continue to suffer the effects of COVID-19."

Future studies, they suggest, should examine the relationship between COVID and different age groups to "determine which factors protect younger adults from memory deficits with COVID-19, with the aim of designing interventions to protect older adults."

Limitations of the study include the survey and quiz not being carried out in "controlled laboratory conditions" where participants might be compelled to answer questions more accurately.

The exact mechanism by

which the virus negatively affects neurological functioning is unknown, but previous research suggests that inflammation within the brain or spinal cord (i.e., the central nervous system), impaired clot formation and underlying medical conditions could play a role.

"IT IS REASONABLE TO CONCLUDE THAT COVID-19-INDUCED WORKING MEMORY DEFICITS MAY COMPROMISE PERFORMANCE IN DAILY LIFE."

"While our study provides evidence that working memory is negatively impacted by COVID-19, the underlying mechanisms for this are unknown," the researchers wrote. "Several pathophysiological mechanisms underlying the neurological impact of COVID-19 have been proposed, including neuroinflammation, vascular dysfunction, coagulopathy, and pre-existing comorbidities. It is possible that some of these mechanisms may affect brain areas involved in working memory."

Gimli woman receives Lieutenant Governor's Award for Historical Preservation and Promotion



EXPRESS PHOTO SUBMITTED

Elva Simundsson (centre) receives the Manitoba Lieutenant Governor's Award for Historical Preservation and Promotion from Lt.-Gov. Janice Filmon. Awards are presented annually to people who've demonstrated prolonged, meritorious service in the preservation and promotion of Manitoba's history and heritage. The lieutenant-governor hosted the award ceremony and reception on May 17.

> SPECIAL SHIRT, FROM PG. 11

per and expose this port," Janssen.

So far, 230 shirts have been made. "One nurse said that these shirts were a game-changer in how chemo is administered to kids," said Janssen.

Janssen said of these 230 shirts, 200 have been given to Cancer Care Manitoba and the Children's Hospital. As they work closely with Patrick, 30 shirts have been given to the pediatric cancer unit in London, Ont.

"This is a really good example of how Lions Clubs from all over pull together and support each other and help children," said Zeglinski.

The foundation also takes part in numerous projects to help raise money for children and their families going through childhood cancer, as they understand that it is hard emotionally and financially on families.

"The Selkirk Lions Club has worked nicely and very closely with the Canadian Lions Childhood Cancer

Foundation because we do have other endeavours as we do support children and their families going through childhood cancer," said Janssen.

One of the premier things they do to raise money is their bike ride throughout September where they go out and ride and collect donations.

Since the foundation was started in November 2019, the Canadian Lions Childhood Cancer Foundation has raised almost \$50,000 towards the fight to stop childhood cancer.

"Our foundation couldn't make these shirts happen without the support of the clubs. The clubs are our backbone to provide us with the funding and the material to be able to do this," said Janssen.

Anyone interested in donating T-shirts can contact Janssen by email at mjanssen@shaw.ca or on his cell at 204-330-3802.

JUNE IS TURKEY MONTH

Get Grilling Manitoba-Raised Turkey this Summer!



Mozza Stuffed Turkey Burgers

- 1.5 lbs | 675 g Ground Turkey
- 1/4 cup | 65 ml sour cream
- 1 tbsp | 15 ml fresh thyme
- 2 garlic cloves, *minced*
- 2 tbsp | 30 ml fresh parsley, *chopped*
- 1 tsp | 5 ml each salt & pepper
- 2 tsp | 10 ml Worcestershire sauce
- 2 oz | 60 ml mozzarella cheese, *cubed*
- buns, lettuce, cheese, tomato, onion & mayo

Combine all ingredients except cubed cheese, buns and toppings into a bowl. Shape into four 1" (2.5 cm) thick patties. Create a small well in the center of each patty and add cheese. Form the turkey to cover cheese. Cover patties and chill 1 hour. Preheat bbq to med-high (375°F | 190°C). Oil grill and cook patties for 4 minutes, flip once, then continue to cook until a thermometer in the thickest part reads 165°F (75°C). Assemble with toppings.



More BBQ Turkey Recipes at:
turkey.mb.ca

COVID numbers; Manitoba wait times for medical procedures among longest in country

By Patricia Barrett

Six more Manitobans succumbed to COVID in mid-May, according to the provincial government's weekly COVID surveillance report.

The May 15-21 report shows 537 new PCR-confirmed COVID infections across the province, a decrease from the 728 cases reported the previous week. There were also 112 new hospital admissions, of which 21 needed intensive care, and three additional outbreaks in long-term care facilities. The report shows 1,928 Manitobans have died to date.

Other health news:

Manitoba's massive backlog of diagnostic and surgical procedures currently stands at 169,198, according to the dashboard Doctors Manitoba has made available on its website to inform the public about what's happening to the health-care system. Backlogged procedures include MRIs, ultrasound scans, lung function tests, endoscopies and bone density studies.

The physician advocacy organization said in a May 10 update that current estimates have the backlog approaching 170,000 procedures.

Doctors Manitoba also posted key findings from a report released by the Canadian Institute for Health Information that show wait times (up to fall 2021) for procedures such as cataract surgeries, hip replacements, knee replacements and MRI scans have increased and are now among the longest in Canada.

"While we already knew wait times increased during the pandemic, this new national report reveals that Manitoba has among the longest wait times in

REPORTED ON MAY 21

June 1 - 15 Doctor availability in emergency depts.

Day of the Month	Ashern	Eriksdale	Arborg	Gimli	Selkirk	Stonewall	Pine Falls	Pinawa	Beauséjour	Toulin
Mon 1	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Tue 2	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Wed 3	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Thu 4	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Fri 5	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Sat 6	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Sun 7	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Mon 8	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Tue 9	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Wed 10	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Thu 11	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Fri 12	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Sat 13	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Sun 14	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Mon 15	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Emergency department closed	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available

PROVINCE OF MANITOBA

From June 1 to 15, emergency room availability at the Eriksdale and the Arborg hospitals is severely limited while Ashern, Gimli, Selkirk and Stonewall hospital ERs are unaffected.

the country for many surgical and diagnostic procedures," said Doctors Manitoba president Kristjan Thompson in a statement.

- A critical shortage of nurses has led to bed suspensions and emergency room closures across the Interlake-Eastern Regional Health Authority.

The IERHA suspended emergency department

services at Pine Falls hospital effective May 20 and "for the immediate future," according to a notice on its website.

"The suspension is related to a shortage of emergency department nursing staff, a situation being experienced across health systems in recent months following more than two years of prolonged pandemic response," states the May 20 notice.

The health authority advises residents to dial 911 or attend the Pinawa hospital for emergency department services while it continues recruitment and retention measures in the region.

Emergency department availability can also be affected by a lack of physicians to oversee patient care. The IERHA posts ER availability schedules two weeks in advance on its website. In the Interlake half of the region for the period June 1 to 15, ERs at the Eriksdale and Arborg hospitals will be unavailable for 12 and 10 days respectively. ERs in Ashern, Gimli, Selkirk and Stonewall, however, show doctor availability around the clock.

- The Public Health Agency of Canada reported additional cases of monkeypox in Canada as of last Thursday. The country now has 26 cases, with 25 in Quebec and one in Ontario. The agency said it expects to see more cases.

"It is likely that additional cases will be reported in the coming days as the NML [National Microbiology Laboratory] is continuing to receive samples for confirmatory testing from multiple jurisdic-

Continued on page 23



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MANITOBA PUBLIC INSURANCE

Co-op teams up with local partners to reduce food waste

By Autumn Fehr

In May 2021, Red River Co-op grocery stores launched a diversion program to support people, animals and the planet.

The food reduction program is the first of its kind in the grocery store market, a forward thinker and leader in the trend towards less waste for the world.

To make this happen, Co-op has partnered with Compost Winnipeg, local locations of Leftovers food rescue and Loop Resource.

Since the outset of the program, it has successfully managed to divert over 540,000 kilograms of food to farmers, families and animals who can use it, instead of throwing it into the landfill.

The companies in partnership with the program depend on the local region.

Co-op stores in each town have their own way of contributing to the goal and getting one step closer to further reducing food waste for the planet.

"If the product is not quite at quality level, we'll give it to the farms," said Cory Zimmer, store manager for the Red River Co-op in Gimli.

For Red River Co-op's rural stores, like the one in Gimli, Loop is used to help reduce food waste.

The Loop program is based on a simple idea: "food should be put to its highest and best use."

In these rural communities, it is farmers who benefit most from Co-op's food reduction program.

"IF THE PRODUCT IS NOT QUITE AT QUALITY LEVEL, WE'LL GIVE IT TO THE FARMS."

If it's still food safe for animal or human consumption, any food that no longer meets Co-op's food quality standards — such as damaged product, product

that is past the best before or expiration date and even meat trimmings — are given to Loop to deliver to farmers.

"We have higher store standards for quality so if the quality is not there, doesn't mean the product is bad. It's just for our quality, for our customers. We just don't want to sell anything that's not up to our quality," said Zimmer.

Farms of various sizes and uses sign up for the Loop program. Farmers are then connected with a store nearest to them to pick up the donated food to



EXPRESS PHOTO BY MATTHIEU MEIER

Gimli's Red River Co-op manager Cory Zimmer is proud to be part of the food reduction program.

use for their animal feed.

In the end, this helps farmers cut their cost, so they can further invest in their agricultural production rather than on animal feed.

To reduce waste at the Red River Co-op store in Gimli as much as possible, almost everything — from produce to deli and bakery — is donated through the Loop program instead of being thrown in the trash.

Someone partnering with the Loop program, usually a local farmer, visits their store five days a week to pick up the food that is no longer sellable to customers, per Co-op's standards, and Loop delivers the packages to the local farmers.

a step further, beyond the bounds of the Co-op enterprise, by donating nutritious food, still within the realms of food safety, to organizations in the area that are in need.

Instead of letting the food go to waste, Gimli's Co-op is also donating some of their extra bread to Evergreen Basic Needs, a local food bank in the area once every week or every few weeks.

"We do freeze the product for them, and they just take it frozen so it doesn't go bad," said Zimmer.

There is still plenty to be done to eliminate food waste completely.

With Gimli's Co-op committing to a plan to reduce waste by partnering with Loop, they have taken the first step towards accomplishing this goal, taking the lead and showing it can be done.

The Red River Co-op in Gimli takes the food reduction program

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HOUDINI	\$15,910.00 +
LOONIE POT	\$206.00 +

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Agenda Items to Include:

- Minutes from 2021 Annual Meeting
- Audit/Financial Report
- Director Terms
- General Managers Report
- Board Report
- Appointment of Auditors for 2022

Please see instore for more details



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June 10th & 11th

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Good luck to all of the contestants, participants, and exhibitors.

And special thanks to all of the organizers, volunteers, and sponsors who make the event such a success each year!



LUNDAR FAIR Friday, June 10th

- 7-10 am FULL Breakfast Special at Concession
- 9:30 am 4-H Activities (Agri-Ed Centre)
 - 4-H Clubs - Trailblazers, Dolly Bay, Lundar 4-H Beef, Lundar Happy Hands
 - 4-H Beef Achievement Day
- 1-3 pm Weigh-In & Entry for Tractor Pull (Fair Grounds)
- 2:00 Beer Gardens open (near tractor pull) Closes 1:00 am
- 5:00 Home Living Exhibits open for viewing (Curling Rink)
 - Commercial Vendors (Curling Rink) (Closes 9:30 pm)
 - NEW** Ranch Sorting (open draw: 2 horseback rider teams)
 - NEW R/C Airplane Display (in Arena)**
 - Lundar Sports Flyers Club (Closes 9:00 pm)
 - Additional Displays & Vendors (in Arena) & Outside**
 - Antique Tractor Pull Starts
- 5:30 - Archery Tag & Gladiator Jousting Ring
- 9:30 (Free - located by the midway)
- 8:30 The Third Chins - playing at the Beer Gardens**
- 10:15 FIREWORKS!!! (set off by air strip)
- SATURN SHOWS MIDWAY FRIDAY & SATURDAY**
- 4-H Steer Sale Online DLMS Farm Gate Timed Auction



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LUNDAR FAIR

Saturday, June 11th

7-9 am Pancake Breakfast (Upstairs Arena)
 8:30 Horse Show – Halter & showmanship (Horse Ring)
 9:00 Home Living Exhibits Open (Curling Rink)
 Commercial Vendors Open (Curling Rink)
NEW R/C Airplane Display (in Arena) Lundar Sports Flyers Club
Additional Displays & Vendors (in Arena) & Outside
 Regular Beef Show (Agri-Ed Centre)
MB Hereford Mark of Excellence Show
 10-4pm Pen of Three Heifers – Public Judging (10 am – 4 pm)
11:30 Parade – Starting by school grounds
 12:30pm Petting Zoo (new location- horse barn)
 -3:30 Face Painting by Laurel (by midway)
 1:00 O’Canada – Pipes and Drums of Manitoba
 Opening Ceremonies (by Arena)
 Entertainment (by Arena)
 Beef Dinner Opens (Arena- main level) Lundar Gymnastics Club
 Adults \$15 and 12 & under \$12
 Beer Gardens open (near tractor pull) closes 1:00 am

1:15 Horse Hitch Demonstration – 15 min (Horse Ring)
 Horse Show continues – English, Western, Open Trail, Lead Line, Costume, and Speed Event Classes (Horse Ring)
 1:30 Registered Beef Classes resume (Agri-Ed Centre)
 Followed by Junior Shows & \$1000 Jackpot Heifer Show
 2:00 Antique Tractor Pull Starts
 3:00 Open Beef Pee Wee Showmanship (Agri-Ed Centre)
 4:00 Home Living Section Closed & Exhibits to be picked up by 5:00 pm
 4:30 Commercial Vendors & Displays Closed

SATURDAY
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| 2022 Honda Civic | 2019 Mazda CX-5 |
| 2021 Toyota Tundra | 2019 Toyota Camry |
| 2021 KIA Rio | 2019 Toyota C-HR |
| 2021 Toyota RAV-4 | 2019 Volkswagen Atlas |
| 2021 Toyota Corolla (we have 2!) | 2018 Nissan Titan (we have 2!) |
| 2021 Toyota Camry | 2018 KIA Sportage |
| 2021 Toyota 4Runner | 2018 Honda Ridgeline |
| 2020 Nissan Qashqai | 2018 Toyota RAV-4 |
| 2020 Honda Pilot | 2018 Nissan Murano |
| 2020 Honda Passport | 2018 KIA Forte |
| 2020 KIA Forte | 2018 Toyota Corolla |
| 2020 Mazda CX-3 | 2017 Land Rover Range Rover |
| 2020 Toyota Corolla | 2016 Nissan Murano |
| 2019 Hyundai Tucson | 2013 Nissan Rogue |
| 2019 KIA Sorento | |

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Drag performers entertain Arborg and celebrate pride

By Patricia Barrett

Arborg's Travelling Inn hosted its first-ever drag show a few weeks ago that featured some homegrown talent and attracted a diverse crowd.

Drag performers Lady Valenciaga (John-Paul Traverse), who is from Peguis First Nation, and Winnipeg-based Vida Lamour, who has taught drag performance at Prairie Theatre Exchange, provided an entertaining evening of song and wit. DJ Dov (Les Kiesman), who is originally from Gimli and is part owner of Club Happenings in Winnipeg's Osborne Village neighbourhood, was the DJ for the May 21 performance.

The drag show was spearheaded by Interlake resident Vernetta McIntosh, said Owen Eyolfson, who owns the Travelling Inn on Highway 68 and the Arborg Hotel in town.

"It was something different and unique and a way to celebrate diversity in the area. People often think of small towns as being closed-minded and not open to new ideas," said Eyolfson. "When Vernetta proposed it, I said, 'Let's do it.' And JP [John-Paul] was super excited to have a drag show in the Interlake as he was born and raised in Peguis."

McIntosh is a big fan of *RuPaul's Drag Race*, said Eyolfson, and she knows John-Paul.

RuPaul's Drag Race is an American reality show in which drag queens compete to be crowned best drag performer. Drag is a theatrical art that entertains through dance, live singing or lip-synching and celebrates LGBTQ pride and freedom of expression. It

also challenges societal ideas of gender norms. Men who dress as females, depicting exaggerated hairstyles, makeup and female characteristics, are called drag queens. Females who dress as men are called drag kings.

The Arborg show went over really well with the crowd, said Eyolfson, drawing people from different walks of life.

"It was surprising the diversity of people who came out to the show. There were people of different background and religion, and that was really nice to see," said Eyolfson. "John Paul Traverse's family from Peguis came out. It was great to see some Interlake pride."

Eyolfson said another drag show in Arborg may be in the works for August. Details to be announced.



Vernetta McIntosh (right), who spearheaded Arborg's first drag show, with Vida Lamour, who performed at the event.



Interlake entertainers DJ Dov (Les Kiesman), who is originally from Gimli, and Lady Valenciaga (John-Paul Traverse), who is from Peguis First Nation.

EXPRESS PHOTOS SUBMITTED

K Kids and Builders Club raise \$800 for Ukrainian families

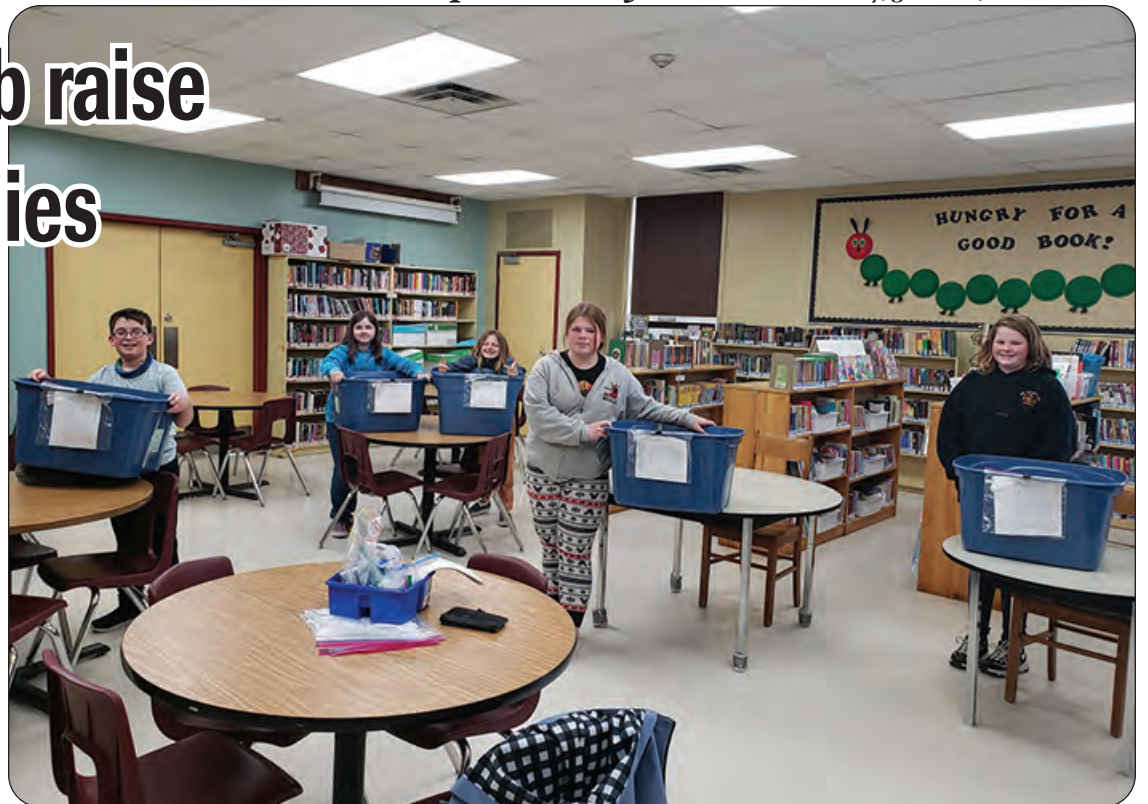
By Patricia Barrett

Winnipeg Beach School students who are members of the Kiwanis-sponsored Builders Club and K-Kids Club held a fundraiser a few weeks ago to help the Ukrainians trying to rebuild their lives in Manitoba.

Assistant principal and teacher Katherine Zahariuk said the week-long event raised \$800 for Ukrainian families who have left Ukraine after the Russian invasion.

"The students held a popcorn sale and the general store in town donated the popcorn. Students also took part in a hat day and a day where we dressed in blue and yellow or wore a sunflower or a Ukrainian blouse. On the last day, we held a freezie sale. The students ended up raising \$800," she said. "It was a great little fundraiser. They did an awesome job. It was really nice to see."

Kiwanis' Builders Club (for middle school students) and K-Kids Club (for elementary students) inspire students to get involved in their communities, teach them about social responsibility and help them develop collaborative and leadership skills. The Kiwanis Club of Gimli sponsors clubs at schools in the Evergreen School Division.



EXPRESS PHOTO BY KATHERINE ZAHARIUK

Winnipeg Beach School students who are part of the Kiwanis-sponsored Builders Club (shown here) took part in a popcorn and freezie sale to help raise money for Ukrainians who are settling in Manitoba. The Winnipeg Beach general store donated the popcorn.

Home & yard

4 edging materials for your garden

Borders help define the different parts of your landscape and simplify maintenance. Here are four edging materials to make your yard look great.

1. **Aluminum edging** is sleek, durable and flexible. Moreover, it can withstand the changing of the seasons without warping.
2. **Concrete edging** is available in a variety of styles and sizes. You can also choose from several shades to perfectly match your landscape. Although durable, concrete borders are semi-permanent, making it difficult to change the shape of your flowerbeds on a whim.
3. **Plastic edging** is affordable and can

be made into virtually any shape. However, it's not as durable as other edging options and may need to be readjusted from one season to another. Additionally, some plastic borders can't survive the winter and must be replaced every year.

4. **Wood edging** is timeless and easy to install. If you want to change the look of your landscape without moving anything, you can easily repaint wood borders.

Don't hesitate to contact a landscaping professional for expert advice and installation.

6 tips for growing rhubarb

Here are six tips for growing rhubarb in your backyard.

1. Choose a sunny location with rich, relatively moist soil. Ideally, pick somewhere other than your vegetable garden. Rhubarb takes up a lot of space and can cover up smaller plants.
2. Allow at least one metre between your rhubarb and other plants. This ensures it has plenty of room to spread out.
3. Apply compost and all-purpose organic fertilizer annually. Make sure to read the package instructions for the proper application.

4. Remove weeds at the base of the rhubarb plant to avoid attracting pests like weevils. Make sure to regularly remove wilted stems to promote growth.

5. During dry spells and intense heat, water your plant in the evening to prevent shock. Avoid getting the leaves wet, and don't oversaturate the soil.

6. Don't pick any rhubarb the first year. Wait until the third year to harvest heavily. However, never pick all the stems because this can weaken the plant.

Talk to your local garden centre staff for more tips and advice.

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Online 4-H Steer Sale back for another year

By Emma Honeybun

The North Interlake 4-H Steer Sale will be online for a second year, but the cattle will be up for judging at this year's Lundar Fair.

The youth will demonstrate their knowledge and showcase their animals starting at 9:30 a.m. on Friday, June 10 but the sale will be held virtually Saturday, June 11 starting at 9 a.m. and closing Sunday, June 12 at 7 p.m. with DLMS Farm Gate Timed Auctions.

The winning steers, the grand champion and the reserve champion win their young owners jackets and other cash prizes.

Those entering steers in this year's auction range from six to 19 years and come from all over the Interlake, including one from Steinbach.

Even with the large variety of ages, the youth often enter with a plan in mind.

Prize money or funds from the sold steers go towards post-secondary and agricultural schooling, vehicles or farm equipment, or good feed. The price of feed for cattle has risen as much as 50 per cent since the last auction.



The 4-H Pledge is at the heart of the 4-H program and represents the values of 4-H members, volunteers and alumni - head, heart, hands and health.

The average weight of the steers entered into the 4-H Steer Sale is 1,350 pounds. The steers are priced differently based on weight classes. Depending on the market, that can vary from \$2 to \$3 per pound.

4-H's market beef project is meant to give youth and teens a chance to gain experience every step of the process throughout the steer's growing phase. They're able to go through the evaluation process, practise proper



EXPRESS FILE PHOTO

Keira Duguid and her Simmental steer Blackie, weighing 1,380 pounds, won reserve champion in 2019. Duguid is a member of the Lundar Beef Club and is looking forward to this year's 4-H steer sale.

maintenance and health, and develop a great understanding of the beef and farm industry.

The competing youth get their steers as calves and raise them over the six months preceding the show and sale.

It's often hard on the younger com-

petitors for their first time.

"Even older kids, especially if they've got a nice quiet steer, you get a little more attached. You spend a lot of time with them over the six

Continued on page 24

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For more information, contact Darlene at Riverton Coop, 204-378-2251 ext. 5
Hope to see you!

RIVERTON COOP SIDEWALK SALE

Commercial fishers concerned about province's breach of their personal quota, data

BY Patricia Barrett

Some Lake Winnipeg commercial fishers are raising concerns about a data breach in the provincial fisheries department, which shared their personal information and quota entitlements with an unknown entity.

Fishers want the department of natural resources and northern development, which oversees the fishery, to tell them who shared their data and the name of the person or organization that received it after the department sent them a letter calling it an accident.

A fisher who doesn't want to be named because of what he calls a "history of departmental bullying" of commercial fishers says fishers reached out to the department with questions about the breach but didn't get a response.

"An external person or organization has our data," said the fisher last week. "And we want to know who it is and what they could possibly do with our data. We have a right to this information. The file contains our names, commercial fishing ID number, the amount of our quota and our individual production records from 2021 and 2022."

The privacy breach had occurred on April 28, states a letter sent to commercial fishers on natural resources letterhead. The breach was "detected" six days later on May 3.

"This letter is to notify you regarding a breach of privacy in connection with Department of Natural Resources and Northern Development's records pertaining to you as a Lake Winnipeg Commercial Fishing Quota Holder," states the letter dated May 10 and signed by Matthew Wiebe, access and privacy officer. "In particular, a file in the form of an Excel spreadsheet containing information about commercial fishing production for Lake Winnipeg commercial fishers was accidentally shared with an indi-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A commercial fisher is shown here at Gimli harbour in the fall of 2021.

vidual in error."

The letter apologizes for the breach of privacy and states the department notified the Manitoba Ombudsman.

The fisher said another fisher had sent an email to a government staff member (the fisheries management section manager) that the letter instructs them to contact if they have questions, but that fisher received an auto-response message that was nearly two months' old.

"We haven't got an answer back yet. One fisher got a bounce-back email from [her] saying she's away until April 4, which was almost two months ago. For that person not to be available by email is to me unacceptable in the case of a data breach. She should be answering our questions immediately," said the fisher. "A data breach is a serious thing and we get a bounce-back. This shows the lack of interest and respect the department has for commercial fishers."

The fisher said they're concerned that their data may have been shared with the Manitoba Wildlife Federation, which they contend are "in bed" with the fisheries department and can influence departmental policies such

as commercial mesh size changes that have profound effect on their livelihoods.

"It's important for us to know who sent it and who received it. Was it the Manitoba Wildlife Federation that received all this intel on commercial fishers and, if so, will they try to manipulate that data in favour of angling interests?" said the fisher. "Will they say something like, 'Oh, it looks like there's no goldeye in the lake based on production data they have.' But no one fishes goldeye because they're not worth anything; they won't show up in great numbers in our production records."

The fisher said they also want to know whether the department took action against the recipient.

"How are we to assume the department has taken care of it and there wasn't a copy made? Was a computer confiscated? Did the police get involved? If this data breach happened, for example, at a large organization

or business or at a university, there would be some kind of intervention by another body. They'd be asked about the policies they have in place to protect sensitive information," said the fisher. "But when it comes to commercial fishers, it's 'Hey, there was a breach, we took care of it, don't worry about it.'"

The Express had difficulty finding other fishers willing to go on the record about the data breach because of

Continued on page 22



Westshore
COMMUNITY FOUNDATION INC
Building a Lasting Legacy

POST SECONDARY SCHOLARSHIPS AND BURSARY FUNDS

The Westshore Community Foundation invites students within the Westshore catchment area to apply for post-secondary Scholarships and Bursary Funds. Eligible students must have graduated from the Gimli High School or the Riverton Collegiate.

Consideration will be given to students who have completed a minimum first year of studies or Apprenticeship certification at their chosen institute of learning, including University, College, and Trade Schools.

Application Forms & Guidelines @ www.westshorefoundation.ca

Applications can be submitted online, by mail to: BOX 395, Gimli, MB. R0C 1B0 or by email to: admin@wcf-foundation.ca

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JULY 15, 2022

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Expansion underway at Crescent Creek Estates

By Jennifer McFee

More housing options will soon be available in Teulon with the expansion of a 50-plus community.

Crescent Creek Estates, located in the south end of Teulon, is currently home to 80 residents — and it's set to expand to welcome even more residents to the community.

"Our friendly and secure community offers spacious lots, lovely homes and ample green space. We have many amenities, including a club house with outdoor barbecue area, a pond, a storage compound, community gardens and walking paths that connect with the local trails system," said Genevieve Rosset of Crescent Creek Estates.

"Crescent Creek Estates is geared to the 50-plus community, mostly retirees looking to downsize and enjoy the safety and camaraderie of living in a smaller community, all the while being located close to amenities."

The development features large lots that provide plenty of space to enjoy nature right in your own backyard. The lots are leased for \$260 per month, which includes the lot, water, sewer and garbage pickup, as well as use of the storage compound, recreation centre and community gardens. It's ideal for animal lovers since pets are allowed.

"We've just completed developing and servicing 23 new lots. The lots are 60 feet wide by 150 feet long and offer ample space for a home, garage, deck, shed and yard," Rosset said.



Crescent Creek Estates is located in Teulon.

"Our new lots in Phase 2 are ready to go. People can now select their lot and start designing their home. All our homes are customizable and range in size from 800 square feet to 1,600-plus square feet."

Crescent Creek Estates works exclusively with two different home-builders: Shelter Home Systems (shelterhomes.ca) and Conquest (conquestbuilt.com).

"For the site work, we're working with local trades and suppliers and look forward to continuing working with them as the development expands," Rosset added.

The community also features plenty of planned activities and an active social committee that's run by residents for residents.

"The residents take great pride in their community, homes and yards," Rosset said.

"Our spacious clubhouse features a pool table, shuffleboard, fireplace,



PHOTOS SUBMITTED

Crescent Creek Estates will host an open house on Saturday, June 25.

large-screen TV, a full kitchen and ample space for residents to host family and friends. The exterior also features a deck with barbecues, picnic tables and overlooks a pond and greenspace."

Looking ahead, more plans are in the works for Crescent Creek Estates.

"We have met with the Province of Manitoba and are currently expanding our water treatment plant. The expansion will include a 200 per cent capacity filtration system," Rosset said.

"It will have the highest provincial standards and will offer the highest quality of water."

As well, the rezoning and design of the next phase of the development (Phase 3) is almost complete.

"We look forward to welcoming families and individuals of all age

groups in about one year from now," Rosset said.

To check out Crescent Creek Estates, drop by the open house on Saturday, June 25 from 11 a.m. to 3 p.m. The entrance is off Route 415 between Highway 7 and Main Street.

"People will be able to tour our show home and get more information about our wonderful community. We'll also have home model plans and design samples on display," Rosset said.

"From 12 to 1 p.m., we will also be hosting a barbecue with hot dogs and refreshments. Come meet current residents, management and the owners of Crescent Creek Estates."

For more information, visit crescentcreekestates.ca or contact Genevieve Rosset at genevieve.ccestates@gmail.com.



Panorama



Meadow



Shelter

> FISHERS, FROM PG. 21

fears of departmental repercussions such as being suspended from fishing, being hassled or targeted by natural resource officers or "just making your working life miserable."

A spokesperson for natural resources said the data breach affected over 650 Lake Winnipeg fishers, and that the department will not disclose the name of staff person who shared the data nor will it name the "individual"

who received it.

"A file containing information about commercial fishing production for 658 Lake Winnipeg commercial fishers was accidentally shared with one individual in error. The file contained individual commercial fisher personal information including name of the fisher, commercial fishing ID number, information about quotas held, as well as commercial fishing production records from 2021-22," said the spokesperson by email. "The Department will not disclose the name

of [the] individual who received the information or the name of the government staff person who accidentally shared the file."

Commercial fishers who work on other Manitoba lakes were not affected by the privacy breach, he said.

The Freedom of Information and Protection of Privacy Act mandates a report to the Manitoba Ombudsman office when privacy breaches occur, said the spokesperson. Natural resources notified each fisher by letter about the breach and apologized.

The department also contacted the individual who received the data, requesting the files be deleted.

"The individual who received the information in error has been contacted, both verbally and in writing, to confirm the files were deleted and not shared in hard copy or electronic form," said the spokesperson.

As to the alleged lack of response to fishers' questions, the spokesperson said "four fishers" contacted the department and "all four inquiries were answered in a timely manner."

A long-standing appreciation for Fisher Branch's history

School mural and the importance of the history of Fisher Branch

By Emma Honeybun

The Fisher Branch Canadian National Railway Station was recognized as a historic site in 2002.

The station, built in 1915, was a gateway to Manitoba for a large number of new immigrants. It was designed to handle railway traffic and house the station agent's family.

According to Historic Sites of Manitoba, it is an "example of a modest, standardized design" often associated and used by the Canadian Northern Railway during those times.

The station is described as "representing development, growth and links to the larger world" and "represented the vital role train stations held for rural Manitoba towns," by the site.

The station's building is now the Rolling Memories Museum, repurposed by the Fisher Branch community after the station was put out of commission in 1980.

Fisher Branch's Rolling Memories museum has a permanent section dedicated to a collection of images and items collected overtime.

The items gained interest from the community for some of the personal connections residents were able to find within the relics, whether that was a relative in an archive photo or a tool from time's past.

Several historic photos were displayed at the school, encouraging visitors and kids to stop and read the captions.

Students at the school are currently working on a glass tile mosaic mural during their lunch periods, depicting Fisher Branch's train station, historical landmarks and original settlers. The final mural will be displayed at the school.

Details of the school mural can be read in the *Express Weekly News*, May 26, 2022, edition.

Before the work began for the project, Ursula Neufeld, an artist from Winnipeg working with the students, learned about the town's history and longstanding cultures.

She met with historian and retired educator Annette Holowka, who was able to show Neufeld the train station and museum.

"She brought in laminated pictures of all the school houses in the area



Daily Homestead Chores, 1926, Fisher Branch

and special events. Did you know people used to order their one-room school houses from the Eaton's catalogue? Lumber was transported by train. People arrived by train. She had me visit the train station and I became aware of how important this station was to the existence and entrance of the many people of the area," Neufeld wrote.

The work was collaborative among students, sorted by different sections given to different groups.

Métis students were able to depict a Red River cart, sash and flag in the piece. Indigenous representation is included through a Red River cart wheel decorated with the medicine wheel and the seven teachings.

"Students were wonderfully enthusiastic working on the mural and also learning so much history about their town. Some stayed and worked through their lunch and after school. I would read some of the facts while they were creating. We also put the poster of the past all through the hallway of the school."

Holowka expressed that she was happy with the mural and the impact it could have on students and residents of the community.

She said that history is well represented in art, since not everyone is going to open a book and read further than initial captions.

She explained that newer residents of the community are still learning about the town's history, and that it's important that people are able to stay informed of something if they want to really understand it.

"I mean, with any backstory, I can talk to you and learn a little bit about you, but if I start to know you better, and I know your family history and you know who your parents are and what your education is, it sort of fleshes you out as a person," said Holowka.

"And I think this is what happens in our community. People come in here and they just see what they see."

Holowka said that it's easy for people to see things at surface value.

She said that back when she still taught a history class, she implemented a family tree activity with students, giving them a chance to dive deeper into their family histories.

It was a simple project with younger kids, but Holowka said that she was in awe of how far back they were able to go and the relatives they were able to uncover. One tree depicted greater relatives who were followers of Louis Riel, and another had missing family records, having been unfortunately destroyed during Holodomor in Ukraine.



EXPRESS PHOTOS MANITOBA HISTORICAL SOCIETY
Breaking Land, 1918, Fisher Branch

The mural at the school could serve as a family tree for the town and its community, telling the visual tale of the original settlers and immigrants.

Holowka affectionately described Fisher Branch as a "little United Nations." On a busy day, the town is alight with different cultures and crowds are decorated with all sorts of different clothing."

Métis, Hutterite, Polish, Ukrainian, Filipino, Indian are only a few of the cultures being blended and appreciated in the town.

There are different festivals over the course of a year, an approaching festival being Filipino Day on June 12.

Fisher Branch's tile project looks to be a valuable way of preserving the town's history and could lead to similar history projects to inspire the students in the future.

History is often different from what students learn about in a class or read in textbooks, she explained. Sometimes the biggest impacts are created from profound moments, moments that give younger minds a better sense of how old and overlapping our families and homes really are.

"I can remember being, you know, again, quite young. I wasn't a teenager yet, so maybe I was 9/10 years old. But I guess we were studying something about, you know, the Red River settlement or something in school. ...And we would go down to the river, you know, to swim or fish or whatever. Like, 'wow, you know, like in the 1800s. This is great,'" said Holowka. "This is a cultural construct, you know. Again, a very small thing has had an impact on me that's lasted till the age I am now. A project like this could do that for some of those children."

The Fisher Branch mural will have an unveiling, but a confirmed date is yet to be set.

> COVID NUMBERS, FROM PG. 13

tions," said PHAC in a May 26 statement.

The virus has been reported in 12 non-endemic countries including Australia, Spain, Sweden, Italy, the United Kingdom, the United States and Belgium. It is endemic to central and west Africa.

Canada's deputy chief public health officer Dr. Howard Njoo advised Canadians to practise physical distancing and wear a mask as the monkeypox virus is not limited to only sexual contact; it can be contracted through airborne particles or by touching surfaces infected with the virus.

> 4-H, FROM PG. 20

months. That's a long time, especially when you're raising them from just a little baby," said Cynthia Wirgau. "But that's part of it and it's worth it. They learn a lot over the year."

There had been initial discussion on how the sale would be held. The decision to keep it online was due to shifting COVID-19 restrictions.

"Just in case things change, we didn't want to be planning things last minute," said Wirgau.

"Overall, there's eagerness for the cattle that will be up for show in-person again at the Lunder Fair and excitement amongst the youth about who will win," said Wirgau.

Keira Duguid was one of the bursary winners last year. She had put the funds towards livestock.

"Dad got the call that I had won it, and he kind of hid it from me and he didn't want to tell me originally," she said. "And then once he told me, I started looking out at all the sales that

were coming up. ... I picked out two offers, and we bought them."

One of the cows has its own calf now. Duguid said that they're very sweet.

Duguid has been raising cattle for her whole life but has been with 4-H for four years. She says that she's really enjoyed her time so far.

She said that though the group is competing against each other, they're all part of a friendly group who speak regularly and support each other, and that any win would be well deserved.

"Everybody supports one another. We're all competing for the same thing. We all want to win, but we all will support each other," she said. "If one person needs help, there's always people that will help you. If the little younger kids need help, lots of older members will step up and help them out. It's nice seeing people work together."

Duguid plans on continuing further. She says that she's "in it for a long

time."

On steer health

Preparing and caring for the steers before the event has been different compared to last year; 2021's summer season dealt with an extreme drought, whereas 2022 has been remarkably wet.

Heavy rains and floods have made keeping cattle in good health for the past while much more of a challenge.

"A lot of the families who were dealing with the drought had been cutting back a lot of their numbers, their herd size," said Wirgau. "And then now fighting with the rain, the moisture, the muddy pens that are not healthy for the livestock. But, if we can get the kids out there, smiling and laughing and having fun, that's what we want to see, right?"

It's important that cattle are kept in drier areas to avoid footrot, a condition in the hooves that's caused by the animals standing in wet ground

or puddles for too long. Their feet become soggy and pliable, resulting in badly infected cuts or cracks.

Footrot is easily recognizable through the scent of decay.

It's also important that the cattle are washed frequently but kept warm and dry. They're easily susceptible to colds and sickness if they get stuck in rain or become too chilled while wet, most commonly with respiratory diseases and hypothermia.

"It's too cold to wash cattle because we don't have heated water. You can't get them too cold or else they won't feel good. It's not healthy, right?" said Duguid. "So I've been brushing every day, cleaning them up, clipping them ... getting them all prepared."

Despite the conditions, the cattle seem to be in good hands.

Regular updates on the 4-H steer sale can be found Facebook: North Interlakefour Hbeef.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Flying high



EXPRESS PHOTO BY LANA MEIER

Arborg Collegiate's Sydney Burak competed at a track and field meet in Stonewall last Thursday. Burak finished first and qualified to represent her school in varsity girls high jump at the MHSAA track and field provincials that will take place June 9 to 11 at the University of Manitoba.

Hard slide



EXPRESS PHOTO BY LANA MEIER

The Ashern/Fisher Branch/Lunder Kodiaks' Lane Oswald slides safely into second base against the Stonewall Collegiate Rams in the Zone 5 final last Wednesday. The Kodiaks lost 15-0.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Summers named RMFL defensive player of the game at 2022 Challenge Cup

By Brian Bowman

The Interlake Thunder had six players represent the Rural Manitoba Football League against Team Saskatchewan in a nine-man game at the 2022 Challenge Cup in Melville, Sask.

Interlake offensive linemen Keenan Karish, Dallas Batenchuk and Reilly Olafson, linebackers William Summers and Alex Luke and defensive back Kaiden Kendal each played well in a hard-fought 24-16 loss.

Summers really stood out and was named the RMFL's defensive player of the game.

"It was a good experience," said Summers, who lives in Selkirk. "It was kind of weird playing on a team with players that I knew all year from playing against. It was cool to see us coming together to form one team."

Summers didn't expect to get the defensive honour.

"I didn't see it coming at all," he admitted. "It was really cool when I heard my name get called. I was kind of surprised. ... It was, for sure, a shock."

The 32-player team was selected after the recent RMFL all-star game. It was pretty impressive that Interlake had six players named to the team.

"The Thunder was an amazing program, I learned a lot from them," Summers said. "Three of the six that we sent are linemen and that's why I think our season was so good. Our (offensive) line was great."

Summers admitted playing nine-man football is different than having 12 players from each team on the field



Interlake Thunder linebacker William Summers was named the Rural Manitoba Football League's defensive player of the game in the 2022 Challenge Cup.

at the same time.

"It's got its ups and its downs," he said. "I've recently started playing 12-man football so it was a bit of a struggle switching to that just because there's more people to cover on the field. I would prefer 12 over nine."

Summers, 17, has been training with the Winnipeg Rifles who play in the



EXPRESS PHOTOS SUBMITTED

The Interlake Thunder had six players represent the RMFL against Team Saskatchewan at the 2022 Challenge Cup. Back row, left to right: Reilly Olafson, Keenan Karish and Dallas Batenchuk. Front row, left to right: Alex Luke, Kaiden Kendal and William Summers.

Canadian Junior Football League.

"That league goes up to 22 so (the players) can kind of be intimidating at times," he said.

Summers was thankful for all of the support he has received from his mom Denise Gallant, his father William Summers and his stepmom Jordann Wright.

"I couldn't have played football without their support," Summers said. "Putting money towards it and any training. Especially my dad, he has been a trainer of mine and he goes to the gym with me almost every day of the week. My parents were the reason why I had any chance of winning this award."

Sandy Hook Golf Club to host junior tournament

Staff

The Sandy Hook Golf Club will be hosting a 2022 Junior Golf Tournament on June 26.

The tournament, which will begin at 2 p.m.,

will be part of the course's 100th-year anniversary celebration on July 1.

It's a great idea for Sandy Hook to host a junior

tournament.

"We've formed a community ... and what we're trying to do is celebrate the 100th anniversary of Sandy Hook," said Randy Shrofel, adding advertising posters have been placed in the community.

There will be boys' and girls' 12-14 and 15-17 age divisions.

The cost to enter is just \$30 and includes green fees, prizes, and a meal. Players must be registered by June 19.

The winner of each group will receive a trophy, plus their registration will be paid for the 100th Manitoba Junior Championship which will be held at the St. Charles Country Club July 13-15.

For more information and registration form, please visit sandyhookgolf.webs.com or call 204-389-5466.

To see more photos of your favourite Interlake Athletes

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2022 BUDGET HEARING

WEDNESDAY, JUNE 8, 2022
7:00 P.M.

RM OF FISHER COUNCIL CHAMBERS
30 TACHE ST, FISHER BRANCH

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

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

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

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EXPRESS
WEEKLY NEWS
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Tender for grass cutting at Meleb Cemetery. Please state price per cut in tender. Submit to Box 1, Meleb, MB. R0C 2C0 or call 204-643-5072.

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Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

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Certified Health Care Aides - Must be able to cook, clean, do light housekeeping and assist client with bathing and dressing. Four hour Day, evening and night shifts available on the north side of Winnipeg. Call for details. Drop resume at 230 Manitoba Avenue Selkirk or email reception@bondedhealth.ca

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Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

Student Dietary Aides: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Support Services" and scroll to find: **Student Dietary Aide** for the complete job postings. (Competition numbers: **MMF 1157/22 and MMF 1158/22**)

Please apply on-line at

<https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday June 9, 2022 at 11:59 pm.



Interlake-Eastern
Regional Health Authority



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

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

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

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

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

For the office of Councillor: From June 30, 2022 to September 20, 2022

at the R.M. of Gimli Office, 62 2nd Ave. Gimli, MB. by appointment with the S.E.O. up to September 20, 2022.

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

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

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

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URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer event? An exciting change in operations? Though we cannot guarantee cont. on next col.

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PUBLIC NOTICE
Sandy Hook Golf Course intends to spray the following pesticides from the period of June 1, 2022 to Nov. 1, 2022: Daconil 2787, Daconil Ultrex, Banner Maxx, Par 111, Mecoprop, Banvel VM, Spreader Sticker, Tournery, Pyrate, Roundup, Civitas and Instrata.
Direct enquiries to:
Environmental Approval Branch Manitoba Environment, Climate and Parks
1007 Century St.
Winnipeg, Mb. R3H 0W4

SUMMER EMPLOYMENT OPPORTUNITY
Riverdale Place Workshop Inc. requires a **SUMMER STUDENT** to assist in the recycling department. Help to sort and bale the recycling products. Also to cut the yard site grass and minor ground maintenance. Criminal record required. Hours 9:00a.m. to 4:00p.m. Position to start July 4 to August 26, 2022.
Please send resume to Alex Janower Manager
Riverdale Place Workshop Inc.
Box 609 Arborg MB. ROC OAO
Tele- 1-204-376-5584
Fax- 1-204-376-5584
email riverdalew@mymts.net

ANNUAL GENERAL MEETING
Interlake Cattleman's Co-op Association Ltd.
Annual General Meeting Monday June 20, 2022 8:00 P.M.
ASHERN AUCTION MART
Auditors Financial Report
Election of Directors
Manager's Report
Dainties and coffee will be served.

Eddie's Gravel Supply Ltd. is Hiring
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Town of Winnipeg Beach
NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATES FOR THE 2022 MUNICIPAL ELECTION
Please be advised that a municipal election will be held on **Friday, July 22, 2022**. Prospective candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise, or borrow money for their campaign.
NOTICE IS HEREBY GIVEN that, by appointment only, I will be receiving candidate registrations:
For the office of **Mayor**.
Between February 1 and June 16, 2022
For the office of **Councillor**:
Between March 31 and June 16, 2022
At the Town of Winnipeg Beach office, 29 Robinson Avenue, Winnipeg Beach during regular office hours.
To schedule an appointment to receive a registration form, please contact me at the telephone number below or by e-mail at: seo@winnipegbeach.ca
Pat Green, Senior Election Official (SEO), 204-641-0732

Town of Winnipeg Beach
NOTICE OF VOTERS LIST / VOTING AS A NON-RESIDENT VOTER / PERSONAL SECURITY PROTECTION
In accordance with Section 36 of *The Municipal Councils and School Board Election Act*, notice is hereby given that a copy of the VOTERS LIST may be reviewed, by appointment with the SEO, at the Town of Winnipeg Beach Office, 29 Robinson Avenue, Winnipeg Beach. Updates to the Voters List can be made until June 16, 2022.
Updating of the Voters List including:
(a) adding names of voters who are entitled to have their names on the list;
(b) deleting the names of persons who are not entitled to have their names on the list; and
(c) making such other corrections of errors to the list, as required.
VOTER ELIGIBILITY:
A person is eligible to have their name added to the Voters List if they are:
1) a Canadian Citizen and at least 18 years of age on election day; and
2) a resident of the local authority for at least six months prior to election day; or a registered owner of land in the municipality for at least six months prior to Election Day.
VOTING AS A NON-RESIDENT VOTER:
A maximum of two non-resident property owners per property are permitted to vote in a municipal election, Subsection 22(2). Where there are more than two non-resident property owners, each of the two votes must receive written consent from the majority of the registered property owners and this is to be filed with the SEO prior to June 16, 2022 for inclusion to the voters list.
Note: When voting, you may be required to provide proof of ownership to the voting official. When voting, proof of identity may be requested by the voting official.
A voter's name must not appear on the voters list more than once.

APPLICATION FOR PERSONAL SECURITY PROTECTION:
A voter may apply in writing to the SEO (at the address below) no later than June 16, 2022 to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity (an official document issued by a federal, provincial or municipal government). Any photocopies must be legible.
All changes to the voters list are to be completed by the close of business (16:30) on Thursday June 16, 2022, in preparation for the municipal election to be held on **Friday, July 22, 2022**
Pat Green, Senior Election Official (SEO) for the Town of Winnipeg Beach.
Box 160, Winnipeg Beach, MB R0C 3G0,
Phone: 204-641-0732 Fax: 204-389-2019
E-mail: seo@winnipegbeach.ca

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BRIDAL SHOWER

Bridal Shower
In honour of
Hilary Collins
Bride-elect of Harlan Kumps
Saturday, June 11 at 1 p.m.
Riverton Community Hall
175 Reggie Leach Drive
Registered at
www.myregistry.com

ANNIVERSARY



Happy 66th Anniversary
on June 2nd to
Lorne and Joanne Thomas
-With love from your family

OBITUARY

Virginia (Hill) Redmond

March 3, 1961 – May 27, 2022

After a prolonged stay in the hospital, Virginia was released from her suffering with her father, brother and stepmother by her side.

Virginia was predeceased by her husband Ken in 2012 and her mother Charlotte in 2001.

She will be forever remembered by her daughters Alicia Carr and Ashley Brar (Jag) and her son Carl Redmond (Annie); her father Fred Hill, her stepmother Eunice Hill; and her brother Rob Hill (Kelly), her nephew Evan Hill; and her treasured grandchildren Milla, Eden and Griffin Carr; Avni Brar; Alianna, Charmarie and Katie Redmond as well as many aunts, uncles and cousins.



One of the most relevant memories of Virginia was her love of dogs and nature. She could often be seen walking her dogs and taking pictures of the various birds they encountered.

The family extends a sincere thank you to the doctors, nurses and caregivers at the Gimli Hospital, the Arborg Hospital and the Arborg Personal Care Home for their dedicated care of Virginia.

A private family graveside service will be held in Lundar where Virginia will be laid to rest with her husband and mother.

CELEBRATION OF LIFE



Celebration of Life
for
Joyce Benedictson
will be held

Tuesday, June 7, 2022
at 12:30 p.m.

Farmers Hall & Event Centre
111001 Hwy 231 and Rd 17 E
Lunch to follow

You're invited
Bridal Shower
in honour of
Taylor Stanowski
Bride elect of Bradon Rodrigues
Sunday, June 12 at 1pm
Arborg Hall
Registered at Arborg Home
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Donations graciously accepted at Interlake
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promote your business
Call Today! 467-5836



OBITUARY

Daniel Tokash
"Dad has expired"

1944 - 2022

Peacefully on May 19, 2022 at HSC Dan Tokash passed away after a brief struggle with cancer, age 77.

Dan will be greatly missed by daughters Tammy Tokash (Scott) and Kelly Spulnick (George); grandchildren Jason, Amanda (Jarrod), Kristen (Dylan), Melissa (Sebastian), Amber (Dave), Braden (Lisa); great-grandchildren Nevaeh and Ciara; Mona his cockatiel; special friend Rose Blahut; and numerous family and friends.

Dan was predeceased by his wife Shirley of 55 years; parents John and Helen Tokash; brothers Ed, Stanley and Rudy; sisters Emily and Rose; and also many close family and friends.



Dan was born and raised in Rembrandt, Manitoba. One of 10 children. He later moved to Winnipeg, where he met Shirley while working at Paulin Chambers. They married in August 1965 and had two daughters Tammy in 1966 and Kelly in 1968.

Dan retired in 2008 from Safeway where he was a forklift operator for many years.

Dan loved the cottage, that was his "happy place". Dan loved old cars and wildlife. If it moved, he fed it!

Emily waiting on the driveway Friday afternoons, card nights, bonfires, singsongs with beers/ shots in hand and a guitar close by. Those are the memories we will cherish.

To Auntie Jan, Uncles Reg and Nestor thank you for helping Dad over the years. Dr. Wheeler and nursing staff on GD4 at HSC. Thank you for the excellent care Dad received in his last five weeks. Special thank you to Rose, for everything you did for Dad. You were there when we couldn't be, and for that we are forever grateful.

Dad, your struggles are over, your rest well earned. Pain free at last. What we wouldn't give to have "one more for the road" - cheers!

Cremation has taken place.

A fall service is being planned for both Dan and Shirley Tokash.



"Ukrainian Farmers Co-op"

ANNUAL MEETING

June 28, 2022

7:00pm @ The Ukrainian Hall

Directors Wanted!

Ukrainian Farmers Co-operative Ltd.

Invites nominations for the position of Director,
to be elected by ballot in 2022.

Nominees must meet the qualifications and requirements specified by the Co-op bylaws and all nominations must be submitted in writing no later than 6:00pm, June 27th, 2022.

For details on Director qualifications and nomination forms, please speak with our General Manager, Kyle Yaciuk, at our admin office.

Ukrainian Farmers
Co-operative Ltd.,

P.O. Box 160, Fisher Branch, Mb,
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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!

See pg 31 for answer key.

Level: Intermediate

Classifieds Announcements



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OBITUARY



Mary Antofichuk
1924 – 2022

It is with heavy hearts that the family sadly announces the peaceful passing of our dear Mom, Nanny and Baba, Mary Antofichuk, formerly of Winnipeg Beach, at the age of 97 on Saturday, May 21, 2022 at Middlechurch Home.

Mom leaves behind her daughters Joan Antofichuk and Marjorie Willis (Barry); grandson Derek Willis (Sherry) and granddaughter Erin Ouendag (Craig) and two precious great-grandsons Max and Lex Ouendag; sister Marjorie Wozney; and nephew David Wozney.

She was predeceased by her husband Andrew (2010); son-in-law Leslie McIntyre (2016) and two brothers Nick and John Wozney.

Mom was born in Foley, MB on July 30, 1924 to Michael and Lena Wozney. She grew up with her siblings and attended Foley School until Grade 8. She worked hard on the farm along with her family.

Mom met Dad at the local 'hangout', Pertson's General Store and were married on June 23, 1945. Mom and Dad farmed together and were blessed with two daughters. In 1973 they sold the farm and retired to live in Winnipeg Beach at 55 Park Ave. Mom was happy to live in town as it was close to many conveniences especially to her church St. Peter & Paul where she attended mass.

She enjoyed Bingo, card games with friends, fishing and loved to attend the Austin Threshermen's Reunion. Going to Grand Forks and Fargo with her children and grandchildren was another highlight for Mom. She would walk the toy aisles at Target Store with Derek and Erin (as small children) and would gladly buy whatever toy they picked out.

Mom truly enjoyed gardening; her flower gardens were outstanding as well as her vegetable garden. She loved canning the fruits of her labor as many as 500 jars would be put into her cold storage room for winter. Mushroom picking and picking all sorts of wild berries to make her wonderful jams was also a pleasure.

Mom was a great cook and always had a lovely spread to put out whenever friends and family would pop in for a visit always saying "have some more". Family gatherings on holidays were her most pleasurable times and attending the grandchildren's recitals, concerts and graduations.

Mom and Dad became 'city slickers' in 2003 when they moved to Winnipeg in the same complex where Joan and Leslie lived. They were happy that Joan and Leslie were close at hand for helping out and together went for many country drives.

After Dad passed in 2010, Mom enjoyed living with Barry, Marge and Maggie (family dog) for the last 11 years prior to her going to Middlechurch in August 2021. Every Saturday Marge would have the family come over for dinners which Mom loved, she would say "this is my medication" as she played with Max and Lex, her "poopleke".

We would like to thank Middlechurch Home, Unit B2 for the wonderful care and compassion shown to Mom and family. As per Mom's request, there will be a private family funeral.

"Rest in Peace Mom, we love you more than words could ever express. You will remain in our hearts & memories forever".

Vichnaya Pamyat!

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



(John) Raymond Stadfeld
March 10, 1934 – May 20, 2022

It is with great sadness and deep sorrow that the family announces Ray's passing.

He will be remembered by Julie, his wife of 50 years; beloved daughter Raylene and cherished grandchildren Samantha and Connor. Also his Mclvor stepchildren and grandchildren: Richard, Jim, David, Rhonda, Margaret, Marie, Bruce and Arthur; he also leaves behind brother Barry; sisters June, Shirley, Sharron, Lynda, Irene, Laverne and Dawn; as well as many numerous nieces and nephews.

Predeceased by his parents Eidur and Fern; sisters Joy and Marlie; beloved nephew Christopher Baker.

Ray was a very strong, dedicated man who worked the family farm in Fisher Branch, breaking land, raising livestock and harvesting crops. As a successful, fearless hunter he put deer and moose on the family table. After he retired, at 75 years of age, he moved to Selkirk, Manitoba. There he dedicated his time to his passionate love of music, playing the guitar and violin, enjoying entertaining the residents of the care home with Johnny Cash renditions. He managed to always remember family birthdays with phone calls and cards in the mail.

The family wishes to send a special thank you to the staff at the Red River Place in Selkirk, Manitoba for their care and compassion. Also he had a special appreciation and much love for his sister Lynda with her care and attention to his needs in his later years.

A Memorial Service will be held on June 22, 2022 at 10:00 a.m. in the Gilbart Funeral Chapel, Selkirk, Mb.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Anne Urbanski

It is with heavy hearts and thankfulness for a life well lived, that we announce the passing of Anne Urbanski on Sunday, May 29, 2022 at the wonderful age of 96 years.

Full obituary and service details to follow on the Gilbart Funeral Home website.

OBITUARY

David Paul Blahey

January 23, 1946 – May 21, 2022

Suddenly, doing what he loved while working with his family, we are saddened to announce the passing of David Paul Blahey of Arborg, MB.

Arrangements are pending at this time and are entrusted with Ken Loehmer Funeral Services. Longer obituary to follow.

OBITUARY

Walter Feschuk

May 23, 1934 – May 22, 2022

Peacefully on May 22, 2022 Dad passed away at the Lakeshore General Hospital in Ashern, MB.

He leaves to mourn his wife Franzis; children Leona (Marcel), Marty (Lynda), Mike, Jim (Melanie) and Kim; grandchildren Daniel, Brianna, Haley (Robert) and Wade; great-granddaughter Charlee; his sister Helen along with many nieces and nephews.

Dad was a school teacher for 37 ½ years. After retiring, he went to work at Ruby & Bills restaurant working the night shift. His co-workers fondly gave him the nickname "Chuck".

Dad loved to go fishing on the dock at Steep Rock. He was a huge sports fan and especially loved to watch hockey and the Toronto Blue Jays baseball team.

A private family graveside memorial service was held on May 28, 2022 in the Faulkner Cemetery with Dawn Tober officiating.

Our family would like to extend a special thanks to the Home Care workers who took very good care of our dad. We also thank the doctors, nurses and staff of the Lakeshore General Hospital.

In lieu of flowers, donations may be made to the Canadian Diabetes Association, 200 - 310 Broadway Ave., Winnipeg, MB, R3C 0S6 or to the Heart and Stroke Foundation of Manitoba, 1379 Kenaston Blvd, Winnipeg, MB, R3P 2T5.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1-204-768-2072

1-866-323-3593

OBITUARY

Frederick Oliver Burdett

September 27, 1926 – March 8, 2022

Fred was born in Lundar, Manitoba to Bert and Grace on September 27, 1926, one of 12 children. He married Audrey Sigurdson in 1956 and together they raised five children. They took pride and shared immense joy in watching the family blossom into 12 grandchildren and 23 great-grandchildren.

He leaves his five children and their families to carry on his legacy, Lance (Erin), Rick (Corinne), Gail (Chuck), Shelley (Kelly) and Penny (Ron); sister Louise (Eddie); sisters-in-law Agatha and Ivy; brother-in-law Franklin (Ella); special friend Louise along with many nieces, nephews and long-time friends.

As we reflect on who he was and what he meant to each of us, we are reminded that he was many things to many people over his 95 years. A husband, father, father-in-law, Papa, Great Papa, brother, brother-in-law, son-in-law, uncle, friend and community member.

Fred had multiple careers throughout his lifetime. He gained many life experiences along the way, but he would say his greatest sense of pride and joy from all his working time, would be R&F Freightways.

Easily said, Fred was a one of a kind, gentle man who will not be forgotten and will be missed greatly.

Our family takes comfort knowing Mom and Dad are together again.

We would like to thank all those in the Community Services that took care of Dad. Dad appreciated all of you.

In lieu of flowers, please feel free to donate to a charity of your choice. Dad had a special place in his heart for the Clarkleigh Church. Donations can be sent to c/o Alison King, PO Box 214, Lundar, MB R0C 1Y0.

The Burdett family would like to invite you to Dad's Celebration of Life to be held at 2:00 p.m. on Friday, June 10, 2022 at the Oak Point Community Hall, officiated by Rev Melanie Kauppila. Interment to follow in the Oak Point Cemetery (East).

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1-204-768-2072

1-866-323-3593

OBITUARY



Larry William Scharf
January 18, 1941 – May 17, 2022

On Tuesday, May 17, 2022, Larry William Scharf passed away peacefully at his farm in Lundar, Manitoba.

Larry was predeceased by his mother Helga, father William and sister Eleanor.

Larry is survived by his wife Megan; son Dennis (Diane); daughter Chrissie (Lorne); grandkids Derek (Sophie), Brooke and Keevin; brothers Jim and Rick (Sharon); nieces Jackie and Susan and sister-in-law Liz (Leo).

Larry was born on January 18, 1941. He grew up on his parent's farm in Lundar, Manitoba. Once of age, Larry moved out west to work on his aunt's sawmill in Prince George, BC. It was there that Larry met his beautiful wife Megan and were married for 60 years.

Larry and Megan had their two children, Chrissie and Dennis, before moving back home to Lundar where they began to build their new farm, right across from where Larry grew up.

Over the years, Larry and Megan became known as a hard working farmers who took pride in their farm. They were regularly complimented for their immaculate farm and beautiful cattle.

Larry drove school bus for Lundar School for more than 26 years. Over this period of time, he created a special bond with many youth from the area. Larry also had the privilege to drive not only both his kids on the school bus, but also his grandkids, Brooke and Keevin, before retiring in 2006.

As Larry got older, he began downsizing his operation but always made sure to keep a little herd of his best cows, just enough to keep him busy.

Larry was very proud of his kids and grandkids. He lived vicariously through all of their adventures. His son and grandson Dennis and Derek, both pilots, have traveled the world with both the Air Force and commercial airlines.

He thoroughly enjoyed the visits he had over the years with his granddaughter who lives on the west coast. His son-in-law Lorne and grandson Keevin were regularly on the farm helping out everywhere they could. The wildlife on the farm shaped Keevin into a passionate hunter, from which he was able to make a career out of it. Larry, who enjoyed hunting throughout his life, enjoyed all of their hunting stories each day, and made sure to share his stories from back in the day hunting with his old friend Theo.

The family would like to express all our thanks to everyone who reached out with condolences and the wonderful food deliveries. It was so appreciated at this difficult time.

A family service will be held at a later date.

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

OBITUARY



Ronald Siatecki
June 8, 1946 - April 25, 2022

Peacefully, on Monday, April 25, 2022 Ronald passed away with his family by his side at the age of 75 years.

He will be sadly missed and lovingly remembered by his son Joseph and daughter Caralynn (Mack); grandchildren, Paige, Jade (Branden), Ella and Ryland; great-grandson Carson; brother Adam (Irene), nieces Janice (Mike) and Joanna (Cory) and numerous other relatives and family friends.

Ronald was predeceased by his father Joseph, mother Stella and brother Donald.

Ron was born in Gimli, Manitoba and resided in Fraserwood until he relocated to Gimli where he raised his family. At the age of 16, he followed in his father's footsteps and began working for the Manitoba Department of Highways, where he proudly continued

his career for 47 more years until his retirement.

As a young boy, Ron took to learning to play the accordion. Over the years he played in many bands, including the The Polka Whippers and the Western Rhythm Kings, but mostly Ron was known for playing his accordion at special occasions and celebrations amongst family and friends. He always showed up with it in the trunk of his car, and by the end of the night he would be playing his accordion and singing "Goodnight Irene" or "Tiny Bubbles" bringing such joy and happiness to everyone singing and dancing along.

Ron was very active in his community. He was a volunteer firefighter with the Gimli & R.M. Fire Department for 25 years. He was also a dedicated member of the Gimli Knights of Columbus, where he would become a Grand Knight of the Gimli council for many years as well as the Commander for Mary Queen of the Knights Assembly, leading many parades in Gimli and Selkirk. He organized the Manitoba state curling bonspiel in Gimli and also the Manitoba state golf tournaments. Ron also called Bingo at Saint Michaels Church for many years.

Ron looked forward to his many hunting trips and was a member of the Gimli & District Wildlife Association. He was passionate about being involved with the fireworks display during the annual Gimli Sunfest music festival and enjoyed hearing the roar of the crowd as they looked up to the sky. He also enjoyed spending time with friends and family bowling, playing cards and darts.

As per his wishes cremation has taken place and a funeral service will be held at 11:00 a.m. Saturday, June 4th, 2022 at Saint Michael's Roman Catholic Church in Gimli. Following service, an interment ceremony will take place at Fraserwood Cemetery and a luncheon at Fraserwood Hall.

VICHNAYA PAM'YAT

In lieu of flowers, donations can be made to the K of C Council #7288, P.O. Box 359, Gimli, Manitoba R0C 1B0.

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

Gilbart Funeral Home, Gimli in care of arrangements.



Classifieds Announcements



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OBITUARY



GERALD LESLIE SANDERSON

We are very sad to announce the passing of our beloved husband and father known to family and friends as Sandy.

He is survived by his wife Joy of 55 years, his son Garth and family and son Les and family, his brother Robert and his family. He will also be missed by his extended circle of family and friends.

Sandy was born in Melville, Saskatchewan on July 6, 1942 to the late Garth and Joye Sanderson.

Sandy met his wife Joy in Baden Baden, Germany. They returned to Canada and were married on Dec. 5, 1967 in Gimli, Manitoba. During Sandy's time in the Royal Canadian Air Force, we had the opportunity to live all across Canada meeting wonderful and interesting people, many who have remained friends to this day.

Sandy was a kind, thoughtful person who was always quick to help others. A wonderful and loving husband, an inspirational and

caring father and a proud and doting grandfather, we will all miss him greatly. He has found a good and peaceful place in heaven and he will always be loved and missed by those he left behind.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com

OBITUARY



Russell Newton Bobier
September 26, 1939 – February 25, 2022

It is with sadness that we announce the sudden passing of Russell on February 25, 2022.

Russell is survived by his wife Lorraine of 51 years; sons Shaun (Sherie), Arron and Tyler (Ashley); grandchildren Brayden, Alyssa, Barrett, McKinley and Brooklyn; sister Joanne; sisters-in-law Marilyn and Lynne along with many nieces, nephews and friends.

He is predeceased by his parents Richard and Linnea; sisters Myrtle (Jerry), Lorna (Albert) and brothers Clint and Earl.

Russell was born and raised in Eriksdale, MB. He left home to work in Winnipeg at a garage, changed jobs and went to Johnson Nut & Confectionary, then moved into a position at Highway Customs. It was in Winnipeg that he met his love, Lorraine. In 1979 they left Winnipeg and bought the store in Faulkner, MB. Russell

started work at the Gypsumville Base while Lorraine continued to operate the store. Russell left the base in 1987 and began to work for Anderson's working on the bread truck and later in the store.

Russell enjoyed having conversations with everyone. He had a love for flowers, dancing and listening to Polka Party on the radio. As his health declined, he loved to watch the humming birds, game shows and curling on TV.

A graveside memorial service will be held at 2:00 pm on Saturday, June 11, 2022 in the Good Hope Cemetery in Faulkner, MB with Dawn Tober officiating. Please feel free to bring a lawn chair for your comfort. A luncheon will follow in the Faulkner Hall.

In lieu of flowers, donations may be made in Russell's memory to the Good Hope Cemetery, c/o Colin Brown, PO Box 8, Moosehorn, MB R0C 2E0.

Special thanks to all of Russ' doctors and to John, Karen and Dawn for all their care, kindness and compassion.

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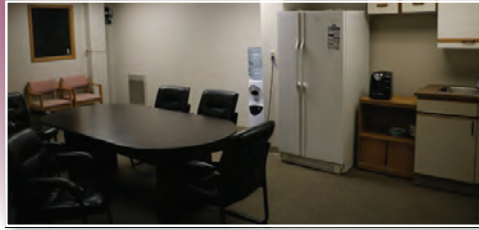
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7	5	4	6	9	2	3	1	8
2	3	9	1	5	8	4	6	7
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