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VOLUME 7 EDITION 37 THURSDAY, SEPTEMBER 17, 2020

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EXPRESS PHOTO BY KATELYN BOULANGER  
Karla Guyn, Ducks Unlimited Canada CEO, and Manitoba's Premier Brian Pallister at the announcement of the renaming of Oak Hammock Marsh's interpretive centre to the Harry J. Enns Wetland Discovery Centre on Sept. 10.

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# Shorebirds in a for a treat as humans get set to flock to Sandy Bar

By Patricia Barrett

The Sandy Bar weed pull is set for this Saturday and will include the usual treats to help fortify volunteers who want to make the Lake Winnipeg sandspit more habitable for the birds.

Located about six kilometres east of Riverton, the spit is a designed Important Bird Area (IBA) and a provincial Special Conservation Area for migratory birds and shorebirds who like to lay eggs on sand that's free of vegetation. To help encourage provincially endangered species, such as the piping plover to visit the spit, volunteers clear out bushels of weeds every year.

Amanda Shave, co-ordinator of the Manitoba IBA program at Nature Manitoba, organized this year's event, and the sandspit's designated caretaker, Joanne Smith, helps round up volunteers each year.

Volunteers are armed with treats and coffee, as well as gloves and large garbage bags that sponsors typically supply, and they trek out to the wind-swept sandbar to pull weeds such as clover that threaten to colonize it.

Manitoba has 36 Important Bird Areas (IBAs) that range from the shoreline of Hudson Bay to the mixed-grass prairie in the southwest corner of the



Clover pickers on Sandy Bar cleared a huge swath of the sandspit in 2017.

EXPRESS FILE PHOTO BY PATRICIA BARRETT

province. The Interlake's IBAs include the Sandy Bar spit, Netley-Libau Marsh, Delta Marsh, Oak Hammock

Marsh and the Shoal Lakes.

Last September the Sandy Bar weed pull included staff from the Riverton Friendship Centre and the East Interlake Watershed District in Gimli.

The weed pull is scheduled for Saturday, Sept. 19 from 8:30 a.m. to 12:30 p.m. To sign up, contact Amanda Shave by email at [iba@naturemanitoba.ca](mailto:iba@naturemanitoba.ca) or call 204-943-9029.



INTERLAKE

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- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2020
- Board Elections

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# Province invests \$6 million to help support Oak Hammock Marsh Interpretive Centre

By Katelyn Boulanger

Oak Hammock Marsh pays tribute to its beginnings with the renaming of the interpretive centre to the Harry J. Enns Wetland Discovery Centre in honour of the MLA who pushed so hard for its creation 27 years ago.

"During his tenure as minister for natural resources, [Harry J. Enns] was a champion of what this place could become. He was a strong advocate for outdoor education and connecting people to the role that natural areas play in their lives. He believed in the vision of Oak Hammock Marsh and, with the support of many others who saw its power and potential, helped make that vision a reality.

Now, nearly 30 years later, the building stands as a testament to his steadfast support and many contributions," said Karla Guyn, CEO of Ducks Unlimited Canada.

Members of Enns' family were there to celebrate the announcement on Sept. 10. Harry J. Enns' son, Andrew Enns, spoke about his father's dedication to the idea of Oak Hammock Marsh and his willingness to get into political fights for causes that were close to him.

"Dad would be very humbled and very proud. For those of you who served with Dad and who knew him, as you know, this was a highlight of his career. It was a long career with more than a few accomplishments, but he was very proud of this undertaking. He was a passionate believer of this project from the beginning," said Enns.

"Dad had the foresight to know that centres like these will only increase in importance over time and, on behalf of the Enns family, we are very proud that this one will bear the name of Harry J. Enns."

Premier Brian Pallister spoke about how Enns inspired him as an MLA and told a story about how all those

years ago not everyone supported the current version of Oak Hammock Marsh but Enns' confidence in this vision for the marsh never wavered.

"What Harry did was he took that opposition and used it to inspire himself and others. He confronted it with the facts and the relevant points that he had to make to convince people to proceed with this project and many others. This was just one of many issues that Harry undertook with dignity and respectfully, with humour, and more than his share of mischief," said Pallister.

In addition to a new name, the more than 100,000 visitors who come to Oak Hammock every single year will see some upgrades to the place. Earlier this year the Manitoba government announced up to \$1.5 million as part of the capital campaign to renovate the interpretive centre.

Pallister said that the Interpretive Centre is a good example of a private-public partnership, this one being initially a partnership between Ducks Unlimited and the Government of Manitoba.

"There comes a time in the life cycle of any amenity when more repair and reinvestment becomes necessary and that's the case for the interpretive centre," said Pallister.

He then also announced additional funding for the continued operation of the centre. This was done by establishing the Harry J. Enns-Oak Hammock Marsh fund at the Interlake Community Foundation and a \$6-million contribution, which will replace the annual provincial operating grant.

"What this does instead [of the op-



Harry J. Enns.



Oak Hammock Marsh features a restored prairie marsh, aspen-oak bluff, artesian spring and some of the last remaining patches of tall-grass prairie. It also features a theatre, a scenic cafe, a gift shop, meeting rooms, rooftop observation deck and interactive exhibits.

erating grant] is that it ensures that funding going into the future and isn't that the way we should be supporting long term the environmental and community projects that we value," said Pallister.

The fund is expected to return about \$270,000 annually for the centre.

Oak Hammock Marsh is located east of Stonewall and is a 36-square-kilometre marsh featuring a restored prairie marsh, aspen-oak bluff, artesian springs and some of Manitoba's last remaining patches of tall-grass

prairie. It also features a theatre, scenic cafe, gift shop, meeting rooms, rooftop observation deck and interactive exhibits. Its interpretive centre welcomes students, tourists and environmental professionals annually who can explore 30 kilometres of trails and lush natural habitat that is home to 25 species of mammals, 300 species of birds, numerous amphibians, reptiles, fish and invertebrates.

For more information on Oak Hammock Marsh, visit [www.oakhammockmarsh.ca/](http://www.oakhammockmarsh.ca/).



EXPRESS PHOTOS SUBMITTED BY DUC

DUC president Claude Wilson, left, Minister of Natural Resources Harry Enns, middle, and Felix Holtmann, MP for Portage-Interlake, at the official opening of the Oak Hammock Marsh Interpretive Centre on May 1, 1993.

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# Lake Manitoba Narrows gets fresh filleting facility

By Evan Matthews

Fishers can look forward to a functional and odour-free experience when cleaning their fish at The Narrows.

The Lake Manitoba Narrows Game and Fish Club installed a new filleting facility over the September long weekend. The old facility was destroyed in a 2019 summer storm and club member Warren Stevenson came up with a new design.

"It's an open-air concept, which makes it easy to clean and won't have the odour of an 1800s fishing vessel," said club treasurer Dwayne Germaine.

"It's not only practical, but it's mobile. Water will be used from the lake, using a garden hose and a small, battery powered pump."

Solar panels will be installed to keep the batteries charged, he added.

The reason for ensuring its mobility, according to Germaine, is to provide flexibility down the road if it needs to be moved. The hope, however, is it will remain at its current location on the south side of Highway 68 in the large parking lot outside of the lodge.

Trailers have been placed on each side of the filleting facility, which can be towed by truck to the nearby woods. Germaine said this will ensure the fish remains will go back to nature and wild animals in the area.

The project's budget was roughly \$2,000, according to Germaine, and is already receiving positive reviews from users.

"I couldn't believe the number of comments from people," said Germaine. "It's quite obvious it's going to work very well."

The RM of West Interlake donated \$250 to the project, with Reeve Arnthor Jonasson commending the community group for getting the project completed.

"It's a useful facility for the Narrows to have. The old facility was old, and despite it being destroyed, quite a few people expressed the need for a new one," said Jonasson.

"It's a worthwhile endeavour, and we're happy to donate and support a community organization bettering the community."

Germaine thanked the RM of West Interlake, private businesses for do-



EXPRESS PHOTO SUBMITTED BY SHERRY GIESBRECHT

The new filleting facility at The Narrows was installed by volunteers over the September long weekend. It features two accessible sides with trailers so fish remains can be towed by truck and dumped in nearby woods.

nations to the club, and its own volunteers for time and energy, as he said the new facility wouldn't have been possible without all involved.

The Lake Manitoba Narrows Game and Fish Club is a non-profit community group led by volunteers in the area.

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# Local.

# Five-day COVID-19 test positivity rate at 1.4 per cent

By Ashleigh Viveiros

Manitoba's five-day COVID-19 test positivity rate was at 1.4 per cent Monday as public health officials announced 21 new cases of the virus, the bulk of them in Winnipeg..

Those cases, added to the 35 announced over the weekend, bring Manitoba's total number of cases to 1,449.

There were 257 active cases on Monday and 1,176 total recoveries. Twelve people were in hospital at the start of the week, three in intensive care. Sixteen Manitobans have died of COVID-19 since the pandemic began.

At press time, Interlake-Eastern RHA had a total of 17 active cases and 77 recovered.

The Beausejour district currently has two active cases, Fisher River Peguis one, Springfield two, Stonewall/Teulon seven, Winnipeg Beach/St. Andrews four and the unknown district one.

The first week of school ended with reports of potential exposures at five schools in Winnipeg and Brandon.

"At this time, the school exposures were in people who were asymptomatic at the time that they were in the schools," explained Dr. Brent Roussin, Manitoba's chief public health officer at Monday's press briefing.

Roussin noted that in all these cases public health advice was being followed, including physical distancing and mask use, and so the risk to others is considered to be low.

Still, the increasing case numbers across the province is a reminder that "we are seeing this virus circulating and it's necessary to always practise those fundamentals and all the protocols that have been put in place," Roussin said. That includes staying home if you are sick, washing/sanitizing your hands, covering your cough, physically distancing when you are with people outside your household, and wearing a mask in situations where you cannot physically distance.

"We know that our actions today could have effects up to two weeks from now," Roussin stressed, "so we need to stay up to date on those fundamentals, protecting ourselves and protecting the people around us."

Learning to live with COVID-19 goes beyond common sense health precautions, Roussin noted.

"We also have to remember to be kind and that stigma really impairs our ability to address this virus," he said.

Roussin urges people with even mild symptoms of respiratory illness to get tested soon after those symptoms arise. Businesses are encouraged to have protocols in place for what is expected to be a fall and winter filled with higher than usual rate of employee absenteeism.

"Only symptomatic people or people who have been advised from Public Health should be going for asymptomatic testing," said Roussin.

## Bezan remains shadow minister for national defence

Submitted by the office of James Bezan

James Bezan, Member of Parliament for Selkirk-Interlake-Eastman, issued a statement in response to Conservative leader Erin O'Toole's announcement of his shadow cabinet.

"I am honoured to continue to serve as the shadow minister for National Defence and support our brave men and women in uniform.

"Our Conservative leader Erin O'Toole has built a strong and united team that reflects the bright future ahead of our party. It combines experience, expertise and ambition to hold Justin Trudeau and his Liberal government to account during this global health and economic crisis. I am humbled to have Erin's continued confidence and trust in this role.

"My passion for working alongside

Canada's troops on the National Defence file drives me to get the best possible outcomes for them. I am amazed every day by the sacrifices the members of the Canadian Armed Forces and their families accept willingly to keep Canada the true north, strong and free.

"Under Justin Trudeau's Liberal government, military procurement has been mismanaged and the capacity for

the Canadian Armed Forces to serve to the best of their ability has worsened. It is the responsibility of the government to procure the equipment necessary and ensure we are using our forces in Canada's best interests while supporting our allies.

"I will continue to hold Minister Sajjan to account and fight for our troops while they fight for us."

## West Interlake emphasizes climate protection

By Evan Matthews

The RM of West Interlake has completed an environmental audit and will look forward to a greener future.

Reeve Arnthor Jonasson said the RM paired with Eco-West, a Winnipeg-based company that aims to get rural communities involved in "greening their local economies" through the creation of greenhouse gas (GHG) emissions inventories and the development of Climate Change local action plans (CCLAP), according to its website.

"They helped us to identify certain grants, too, available from the provincial or federal governments," said Jonasson.

"They more or less came in and did an audit of our municipality's green-

house emissions and showed us where we could improve and minimize our carbon footprint."

The RM of West Interlake's two largest GHG emitters are its vehicle fleet and its landfill, according to Jonasson.

Other smaller examples included the types of lightbulbs used or different types of fuels, potentially.

With that knowledge, Jonasson said it will help the RM make decisions. As an example, he said the RM can purchase more eco-friendly vehicles as it looks to replace its fleet or diverting certain items away from its landfill.

"It's not a real burning issue for some, but it's something we feel we should be looking into. We can try to be more environmentally aware and aware of

our carbon footprint," said Jonasson.

"Generally, as an RM, we have a small footprint. It's not downtown Toronto, but we can do our part."

He gives credit to the previous council for getting the process started.

The Federation of Canadian Municipalities (FCM) recommended to its members that RMs do an audit and become more aware, according to Jonasson, which connected West Interlake and Eco-West.

FCM has been the national voice of municipal government since 1901, according to its website.

Its members include more than 2,000 municipalities of all sizes, from Canada's cities and rural communities, to northern communities and 20 provin-

cial and territorial municipal associations.

FCM has established what it calls the Municipalities for Climate Innovation Program, which is designed to help municipalities build sustainable and reliable services in communities, while addressing climate change and its effects. The five-year, \$75-million program will support more than 600 municipalities like West Interlake as they work to update infrastructure and address climate change, according to the website.



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evan@expressweeklynews.ca



## COVID and the stigma around it

By Evan Matthews

Back to school is already behind us, and while it didn't take long, so too are the first few cases of COVID-19 in Manitoba schools.

Though public health said the virus was not picked up at either school, both a Daniel McIntyre and John Pritchard students potentially exposed other students. Both schools are in Winnipeg, and both students who had the virus were asymptomatic.

There was another reported incident at Ecole New Era School in Brandon.

With no symptoms, the students were unlikely to have known they had the virus. Transmission risk to other students is low, according to the province, as physical distancing and mask wearing are being maintained in schools.

All to say, this result was not a possibility with going back to school but rather an inevitability. But whether in school or in a grocery store, we have to learn to live with coronavirus and not turn on one another.

While these cases are being reported

and discussed in the media, as they should be, it's also important to note that everyone — including those who have come down with the virus — are doing all they can do to protect others.

Social distance, hand washing, and mask wearing: these have become the pillars to proactively combat the virus.

But what hasn't been discussed as much is how to treat people once they've had it.

Jill Hodgson-McConnell, a mental health clinical specialist with the IERHA, said stigma is about people having a negative association with another person and characteristics of a specific disease — or, in this case, a virus.

Stigma is rooted in fear, she said, and when it comes to COVID so many people have fear of the unknown. When people are afraid, they tend to look to place blame. In the case of illness, there may be nowhere for that blame to go.

Blaming and shaming someone who has fallen ill is not the correct way to go, according to Hodgson-McConnell.

"It's easy to say someone didn't do

what they needed to do in order to stay healthy," said Hodgson-McConnell.

"They didn't wash their hands, or they didn't wear a mask. When it comes to stigma, people will often try to remove and/or distance a sick person's behaviour from their own, and that's what can create an us-versus-them mentality."

Hodgson-McConnell is right in saying there is no blame.

But there is accountability. All we can do as a society is be proactive. Continue to follow the pillars so often discussed: wash your hands, wear a mask and physical distance.

As long as we all do what we can, there is no one to blame when the worst happens — and it can, does, and will happen.

It's not a hoax. We're seeing real people come out and discuss their experience with the virus. We can do our best to protect ourselves while still being compassionate.

As the World Health Organization points out on one of its many infographics on the topic: People who are sick with coronavirus have done nothing wrong, so let's not treat them any differently.

## letter to the editor

Letters to the Editor:  
letters@expressweeklynews.ca

### Conserving water makes good sense

Patricia Barrett's article "Sandy Hooks residents say false accusations have besmirched their good name," Sept. 3, 2020, appeared in the *Express Weekly News*.

Mr. Bieber is a gardener. He grows a delightfully pretty and profusely productive yard. This is a farmer who is practising organic gardening, something that is being preached to us for decades: Grow, and grow

more sustainable food on as little a plot as you can! Grow on roof tops, grow vertical, sideways and in tiers. Grow in the pure organic ways that we know to be good for us. And that is just what Mr. Bieber has done for as long as I can remember. He coaxed his tiny plot to give him his year's supply of vegetables. He has recycled every bit of water, rain and grey water. His compost is legendary. In the

spirit of conservation, I also have labouriously carried out my bathwater in the past drought years to water my garden, which is containers, mostly.

I am also for endeavours to sustain good neighbourly relations. Mr. Bieber deserves to get a clarification in writing from the RM of Gimli.

I thank the *Express* for its informative coverage of our neighbourhood.

Sincerely,  
Helma Rogge Rehders  
Winnipeg Beach

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## Province ensures support for recycling and waste diversion programming

Submitted by Manitoba government

The Manitoba government will provide \$10 million toward recycling and waste diversion during the COVID-19 pandemic, Conservation and Climate Minister Sarah Guillemard announced Monday.

"Manitobans are spending more time at home, and in some cases that means an increase in waste or recyclables," Guillemard said. "We want to be sure that in these difficult times we don't lose focus on our responsibility to reduce our waste and continue to divert items from our landfills as much as possible."

Manitoba continues to encourage blue box recycling through almost \$7 million in recycling rebates to municipalities and Northern Affairs communities. As residents stay home more, it is important to continue to provide opportunities to recycle paper and packaging, such as beverage contain-

ers.

Manitoba is also continuing to support diverting organic waste from landfills, with up to \$620,000 in Manitoba composts support payments available to private and public compost facilities. Diverting organic waste to compost facilities extends the life of landfills, reduces greenhouse-gas emissions from the waste sector and produces compost, a valuable soil additive that supports plant growth.

Mother Earth Recycling is receiving \$50,000 to launch a pilot project to recycle child car seats and furniture. This project builds on the success of electronics refurbishment and mattress recycling in Winnipeg by this Indigenous-owned and operated social enterprise.

Product Care Association is receiving \$450,000 to collect and properly dispose of stockpiled household hazardous waste such as spray-foam con-

tainers and propane. This initiative focuses on northern landfills and helps to ensure these materials do not enter the environment.

The Manitoba Association of Regional Recyclers (MARR) is receiving \$60,000 to support Manitoba recycling organizations in adapting to the new and developing challenges created by COVID-19. This funding supports the sharing of information on industry trends and best practices, and promotes cost-efficient and effective recycling in Manitoba.

"Our members represent the grassroots of Manitoba's community and regional recycling and waste diversion efforts," said Deb Odegaard, chair of MARR (Flin Flon and District Recycling). "MARR is thrilled to continue our long-term partnership with the province, and we look forward to driving innovation and growth in our efforts to reduce waste and protect

Manitoba's land, air and water."

MARR is a non-profit association with members from community and regional recycling and waste reduction programs across the province. MARR focuses on education, information sharing and facilitating collaboration and partnerships between members.

Cleanfarms is receiving \$185,000 to expand the collection and recycling of agricultural plastics in southern Manitoba. This program diverts grain bags and twine from landfills or on-site burning, extending the life of landfills and reducing air pollution.

This announcement builds on the investment of \$150 million for additional green initiatives to better protect the environment and support the goals and implementation of the Made-in-Manitoba Climate and Green Plan.

## West Interlake contributes \$42K to Lakeshore Handivan

By Evan Matthews

The RM of West Interlake is helping a local organization finalize a major purchase.

The Lakeshore Handivan Association decided to purchase a Dodge Promaster for its new vehicle as of July 15, according to chairperson Gary Anderson, and will be picking it up in the near future.

"The vehicle itself is re-worked by MoveMobility in Winnipeg for Handivan purposes," said Anderson, adding the final cost is about \$82,000.

"We needed to replace the old van, which now has over 300,000 kilometres on it. Our new one can carry up to eight people and is a Class 5 vehicle," he said, meaning anyone with a valid

licence can drive it.

The RM of West Interlake finalized its \$42,000 contribution to the cause last month, according to its August minutes.

Though Handivan guidelines specify only one RM can sponsor the service, the Lakeshore Handivan Association also serves the RM of Grahamdale, according to Anderson.

The Lakeshore Handivan Association also received donations from local organizations such as the Ashern Royal Canadian Legion Branch 57 and Wools N Needles, as well as provincial and federal grants.

"Our community has many seniors, and this purchase provides them mobility. Whether it's trips to hospitals,

appointments or just leisurely trips, it's important for our community to have transportation available," said West Interlake Reeve Arnthor Jonasson.

"It keeps our people mobile. I don't think there are many families in our community that haven't used the Handivan for some kind of transport."

### Conversations about multipurpose vehicle

Going back to the July 2019 fundraising campaign, and conversation about what vehicle to replace its dated Handivan, the Lakeshore Handivan Association and politicians contemplated how else a new vehicle could

be used.

At the time, MLA for Interlake-Gimli Derek Johnson said with the right vehicle and removal of some red tape, perhaps a Handivan could provide stretcher services as well.

Whereas a vehicle such as the Dodge Promaster costs about \$82,000, an ambulance can be upwards of \$200,000.

"The model we've purchased is fully capable of carrying a stretcher," said Anderson.

"It's versatile. We'd like to assist the ambulance and paramedic service in the future."

For those interested in donating or volunteering, call the Lakeshore Handivan Association at 204-768-2237.

## Province advises employer prosecuted for workplace incident

Submitted by Manitoba government

Manitoba Finance is reminding employers to ensure workplaces are safe and adequate safeguards are in place for machines after an employer was prosecuted for violations of The Workplace Safety and Health Act and its associated regulations.

On June 12, 2017, a Winnipeg-based Rainbow Stage (1993) Inc. worker was constructing a prop desk using an

unguarded table saw when the wood began to bind. The worker hit the stop button on the table saw, but the worker's hand came into contact with the blade as it was coming to a stop. As a result, the worker sustained an amputation and other significant injuries to the hand.

The employer was fined \$14,950 and an additional \$1,250 to be used for educating the public on occupation-

al safety and health. Rainbow Stage (1993) Inc. is a not-for-profit Manitoba theatre company governed by a board of directors and managed by a team of seven full-time employees.

The province may publish information on stop work orders, administrative penalties and convictions to inform and educate employers and workers of their legal responsibilities under The Workplace Safety and

Health Act and regulations. These measures are applied as behaviour-changing tools to encourage safe work practices. More information can be found at [www.gov.mb.ca/labour/safety/compliance.html](http://www.gov.mb.ca/labour/safety/compliance.html).

More information on workplace safety and health and The Workplace Safety and Health Act is available at [www.gov.mb.ca/labour/safety/index.html](http://www.gov.mb.ca/labour/safety/index.html).



# Charles Sinclair School postponed after COVID case in community

By Patricia Barrett

Fisher River Cree Nation has postponed the start of classes at Charles Sinclair School after an individual in the community tested positive for the COVID-19 virus after a visit to the city.

Under the COVID-19 thread on its website, the First Nation issued a notice stating that Charles Sinclair School has been “tentatively” re-scheduled to start classes in two weeks. The school, which had been prepared for the return of students on Monday, offers nursery to Grade 6.

“Due to the current situation in our community, classes for students at Charles Sinclair School is now tentatively rescheduled to begin on Monday, September 28, 2020,” states the notice dated Sept. 11. “An assessment of the situation will be done before this date and we hope to welcome our students back to begin in class learning at this time.”

The First Nation had issued a notice that same day from Chief David Crate and leadership, along with the Fisher River Health Services (FRHS), alerting the community of about 1,945 people (on reserve) about the positive COVID case.

FRHS was notified of the individual, who became symptomatic on Sept. 8 and received a test at the federally run hospital Percy E. Moore in Hodgson, south of Fisher River. The results indi-

cated a positive case on Sept. 10, states the notice.

“The test has been sent to the provincial public health laboratory for confirmation,” the notice says. “The individual is in stable condition and is self-isolating.”

The notice went on to say that an investigation was undertaken by FRHS and the First Nation Inuit Health Branch, which determined that the individual was exposed to the virus in Winnipeg prior to Sept. 6 and was “asymptomatic when returning to the community.”

FRHS conducted contact tracing, and all individuals who made contact with the person are under a 14-day self-isolation period, states the notice. “Active daily monitoring with all involved” is also being undertaken.

Charles Sinclair School will have homework packages available for pickup on Sept. 17 for students who have registered.

Fisher River had developed an overall plan for reopening Charles Sinclair School and Fisher River High School, which offers grades 7 to 12 and has an enrolment of about 133 students.

“THE TEST HAS BEEN SENT TO THE PROVINCIAL PUBLIC HEALTH LABORATORY FOR CONFIRMATION,”

Depending on how the pandemic unfolds and how the community is affected, plans for schooling may change to address immediate or unfolding situations.

The Fisher River board of education prepared for three scenarios. The first entails in-class learning with “near normal” conditions. The second has in-class learning with “additional public health measures,” and the third will see remote learning with limited use of school facilities, according to an Aug. 27 post on the First Nation’s website.

Charles Sinclair School plans to have students in elementary classes divided into two groups, which will attend school on alternating days, Monday to Thursday. Fridays are

to be reserved for preparation, development and reviews by staff. Both groups are then to be merged, with a five-day school week commencing as early as November, according to the plan.

Students at Fisher River High School will be on a “near normal return” following strict protocols for physical distancing and hand washing. Class

sizes are to be kept to a maximum of 12 students, who will attend on an alternating schedule.

“All school staff will be screened upon entry into the schools,” states the plan. “This will entail a questionnaire and temperature being taken.”

Students will also be screened (temperature taken) when they come to school.

Regular cleaning schedules will be established in all areas including buses, classrooms, hallways, offices, washrooms and other high-contact areas.

The First Nation will “consider and implement” public health orders and recommendations from Manitoba Education and will also be “under the direction” of local orders from chief and council and the Fisher River Health Centre.

Working with the Interlake-Eastern Regional Health Authority, the First Nations Inuit Health Branch and the University of Manitoba, Fisher River obtained expanded COVID testing capacity for its community. That was expected to start Sunday at the community centre, according to a special bulletin.

The “rapid” COVID test will be for Fisher River Cree Nation members experiencing symptoms and their close contacts.

## Manitoba further expands Back to Work wage subsidy program

Submitted by Manitoba government

The Manitoba government has expanded its Back to Work in Manitoba Wage Subsidy Program as part of its continued commitment to safely restarting the provincial economy, Premier Brian Pallister and Economic Development and Training Minister Ralph Eichler announced Monday.

“The Back to Work wage subsidy is benefiting hundreds of Manitoba businesses that are bringing back employees who were laid off during the COVID-19 pandemic, and hiring more staff to boost their operations and provide valued services to Manitobans,” said Pallister.

“Manitoba has designed some of Canada’s strongest support programs to help relieve small businesses of unexpected financial burdens and flexibly address each employer’s specific needs so they can redirect labour savings to resources they need to safely reopen.”

Through the Back to Work initiative, private-sector and non-profit employ-

ers can receive up to \$100,000 to subsidize 20 employees (up to \$5,000 per employee) hired since July 16.

On Monday the province extended the program by two months until Dec. 31 and announced employers are now able to rehire students previously hired through the Manitoba Summer Student Recovery Jobs Program, Canada Summer Job Program and Green Team Program. The province confirmed new start-up companies are eligible, providing they have a business number.

“Extending the program through the calendar year will support seasonal winter businesses and allow existing employers to use the program for a greater length of time into the holiday season,” said Eichler. “Youth employment remains a focus of our government, and we want to give employers the flexibility to rehire summer students, which increases job creation and benefits post-secondary students and businesses alike.”

To date, the Back to Work Manitoba

Initiative has received more than 800 applications from employers for 4,500 positions and \$22.6 million in supports. Some of the top participating sectors include retail trade (16 per cent), agriculture, forestry, fishing and hunting (12 per cent), and accommodation and food services (eight per cent).

The premier and minister highlighted the province’s ongoing business outreach throughout the pandemic, such as regular calls with key business stakeholders, including the restaurant and food services industry, to hear their challenges and input to shape provincial response plans.

The Manitoba government has authorized expenditures of \$714 million in 2020-21 to support businesses and not-for-profit organizations through supports such as conditional non-repayable loans and working capital, targeted wage subsidies, rent supports, deferred fees and interest, rebates, infrastructure spending as well as non-financial support.

Programs include the \$120-million Manitoba Gap Protection Program, which provides a one-time \$6,000 non-interest-bearing forgivable loan to eligible Manitoba small and medium-sized businesses; \$120 million for the Back to Work This Summer Initiative and Summer Student Recovery Jobs Program; and \$350 million for infrastructure construction projects as part of the two-year, \$500-million Manitoba Restart Capital Program.

Recent labour force statistics that show nearly 70 per cent of Manitobans who lost their jobs in March and April have been rehired, and Pallister and Eichler confirmed the province’s commitment to get even more employees back to work.

The Back to Work Manitoba Wage Subsidy application deadline is now Dec. 1. Employers will be required to provide proof of payment of wages by Feb. 1, 2021. Program details and the application form are available online at [www.gov.mb.ca/covid19/restart-mb/btwmp.html](http://www.gov.mb.ca/covid19/restart-mb/btwmp.html).



# Barry Hoel elected councillor in Winnipeg Beach byelection

By Patricia Barrett

The results of the Winnipeg Beach byelection were tallied after the polls closed Sept. 12 and candidate Barry Hoel was elected councillor.

Hoel was running against Ryan Reykdal, who had served previous terms on council.

"I want to send out a huge thank you to all of my supporters as I just got word that change is coming," wrote Hoel on his social media site the day after the election. "We won. The town has spoken and I cannot be happier about what's ahead."

Hoel also thanked Reykdal for run-

ning.

A seat on council became available after Coun. Frank Masi resigned his seat this summer.

Winnipeg Beach's senior election official David Lobban said a total of 406 votes were cast and there were no spoiled votes.

Hoel received 245 votes while Reykdal received 161.

"Voting was conducted under a COVID-19 [precautionary] environment," said Lobban. "All voters were asked the three basic health questions at the door and asked to sanitize their hands. If they had masks, they were

asked to wear them."

Seven voters were asked to vote outside the voting location for failing one of the three questions, said Lobban, and their votes were treated as sealed envelope votes. Eleven people voted by sealed envelope.

Voting officials were supplied with screens to separate them from voters, and masks, gloves and personal hand sanitizer were provided for them, he said.

Hoel joins Mayor Tony Pimentel and councillors Pat Green, Larry Banks and Daryl Carry for the remaining two years of the four-year term.



Barry Hoel

# Community Futures East Interlake on the move in Gimli

Submitted by Eugene Zalevich

Community Futures East Interlake Inc. is excited to announce their move to at 62-2nd Avenue in Gimli.

CFEI is a community based economic renewal initiative funded by the Government of Canada and directed by a local volunteer board. The main objectives are to help rural Canadians start or expand a business and to help sustain and improve communities and their local economy. CFEI delivers a variety of services including loans up to \$150,000, technical and advisory services for small and medium-sized businesses, including youth and entrepreneurs with disabilities.

A new program being offered is the Regional Relief and Recovery Fund – Community Futures Stream

The government of Canada understands the difficulty the COVID-19 pandemic has caused for small business community and as a result made funds available to support and assist

SMEs. Small businesses can apply for loans up to \$40,000.

General details:

- Maximum loan of \$40,000
- 0 per cent interest until Dec. 31, 2022
- No principal payments until Dec. 31, 2022
- Principal repayments can be voluntarily made at any time without penalty
- 25 per cent up to a maximum of \$10,000 in loan forgiveness is available, provided the outstanding balance is paid back by Dec. 31, 2022
- If any part of the balance is not paid by Dec. 31, 2022, the remaining balance will be converted to a term loan effective Jan. 1, 2023
- The full balance must be repaid no later than Dec. 31, 2025

Application details <https://eastinterlake.commongoalsapp.com/Account/Login?ReturnUrl=%2f>

Community Futures East Interlake Inc. is committed to business and community development in the East Interlake Region and accepting

appointments. This dedicated team is available to serve new and existing clients at 62-2nd Ave. in GIMLI.

Tammy Dziadek, general manager at 204-378-5106 ext. 1 or email [tdziadek@eastinterlake.com](mailto:tdziadek@eastinterlake.com)

Lisa O'Neill, loan administrator, privacy officer at 204-378-5106 ext. 4 or email [loneill@eastinterlake.com](mailto:loneill@eastinterlake.com)

Deanna Fridfinnson, business and community development co-ordinator, Manitoba Self-Employment Program at 204-378-5106 ext. 2 or email [dfridfinnson@eastinterlake.com](mailto:dfridfinnson@eastinterlake.com)

Eugene Zalevich, business and community development analyst at 204-378-5106 ext. 3 or email [ezalevich@eastinterlake.com](mailto:ezalevich@eastinterlake.com)

# Manitoba state of emergency extended another 30 days

Staff

The Manitoba government has once again extended the provincewide state of emergency in response to the COVID-19 pandemic.

The extension went into effect Sept. 10 for a period of 30 days.

A state of emergency allows the government to take quick action to support Manitobans when they need it most, the province said in a statement.

It was first declared on March 20

under the Emergency Measures Act and has been extended every month since.

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# Students glad to get back to school despite new COVID-cautious routine

By Patricia Barrett

Despite a bit of understandable anxiety about returning to school while COVID-19 continues to spread throughout the province, some students at Riverton Collegiate in the Evergreen School Division say they prefer learning in the classroom rather than remote learning from home.

Taylor Lee and Reuben Knutson said they were glad to get back to in-class learning last week after having to complete school remotely this spring when COVID emerged and the provincial government shut down schools.

"Online school absolutely ruined me. I was expecting to get better grades because I thought it would be easier. But in reality, my grades stayed the same," said Lee, who started Grade 12. "It's a lot easier learning in person."

Despite all the new health rules Lee has to follow, school now feels "pretty normal" after having three days of adjusting to the new routine, she said.

"On my first day, I felt pretty anxious about the whole thing. I went home and talked to my mom and I was really stressing about it. It's not as hard as I thought it would be and it takes some getting used to," said Lee.

"But when I first heard everything, I was thinking, 'How am I going to remember all these things?'"

Although she's glad to be back in class, Lee said she feels nervous about the virus because people close to her are at higher risk of health complications should they acquire it.

"It's definitely something to think about," she said. "You have to be careful about it."

Lee found it somewhat hard to get into the routine of distancing and hand-sanitizing whenever she has to move between different classes, she said. Mask-wearing, in particular, is a bit of a barrier to communication.

"Breathing through my mask is really hard and my glasses are fogging up," she said. "And I didn't know how much I relied on reading lips and seeing facial expressions until we had to wear masks."

On the first day of class, she said teachers spoke about mental health issues that could arise because of the pandemic and students worrying about contracting or passing on the virus. And the school has also tak-

en into account possible difficulties among some students struggling to get used to public health rules.

"It was really emphasized that we're here for you," said Lee. "I think the teachers will be very accommodating to the differences in how everybody is learning. During online schooling, they were very accommodating to everybody. They made sure everyone felt good."

To help students adjust to social distancing and rigid hygiene — as well as help those new to high school — RCI implemented staggered starts last week, with grades 9 and 10 students starting last Tuesday and grades 11 and 12 starting last Wednesday. All four grades will be at school on a full-time basis unless public health and Manitoba Education deem it otherwise.

Having the entire school together every day is doable because Riverton is considered a single cohort under provincial education guidelines for maximum student group sizes.

The benefit to that is students won't be separated from their friends. They can mingle and chat after class, provided they follow all protocols including maintaining the obligatory minimum one metre of physical distance, practising proper hand washing/sanitizing and wearing their face masks.

"We're super lucky compared to other schools," said Lee, who takes the bus and has been assigned a seat with as much physical distancing as possible between her and other students. "Schools with larger student numbers may not have access to lockers and they have to be in different cohorts for each grade. We definitely have it easy compared to a lot of larger schools."

Knutson's parents gave him the option of doing home schooling, he said, but he wanted to go back to school.

"I definitely prefer to be in school learning. You can actually see people and connect easier," said Knutson, who is starting Grade 9 and is within walking distance of school. "I like the routine of school. During the summer I was really missing that."

Although he said he's not "really afraid" of getting COVID, he's worried that a person close to him who could



EXPRESS PHOTO BY ERIN FURGALA

Riverton Collegiate Grade 9 student Reuben Knutson (left) and Grade 12 student Taylor Lee both prefer in-school learning over remote learning.

be at higher risk for complications from the virus could.

Like Lee, Knutson said he found his new teachers supportive and willing to talk about any mental health issues that could arise as a result of having to be vigilant all the time and worrying about their own and other people's health.

"The teachers were very open to talk about what was happening," said Knutson.

Knutson graduated from Grade 8 at Riverton Early Middle School last year and has had to not only adjust to an unfamiliar school but also learn the new health and safety guidelines.

In addition to getting used to wearing a mask all day and doing "a lot of hand sanitizing which can be a little bit annoying sometimes," Knutson said he had to get familiar with the layout of the high school and get to know new teachers and new faces.

"I think the staggered start made the adjustment a little bit easier," said Knutson. "I could figure out the school building easier."

Students aren't the only ones having to adjust to the new public health protocols. Principal Erin Furgala said face masks are a bit challenging, especially when it comes to communication.

Known for "dry humour" in the math classes she teaches, Furgala said (tongue-in-cheek) it's devastating when students don't laugh at her jokes.

"Without them being able to see my facial expressions, my jokes fall flat," said Furgala.

Some division programs have been scaled back until it's clear how CO-

VID is going to play out in schools, she said. The division is still figuring out what programs such as band will "look like" given uncertainties among health experts as to whether COVID is more easily spread when playing musical instruments — particularly wind and brass instruments that require a lot of breathing.

Students enrolled in band will be provided instruction and alternative music programming but practice will happen at home for the time being until the school division, in conjunction with its school principals and music teachers, finalizes how to accommodate practices at school, said Furgala.

Gym class is currently being held outside for the most part until the minus double digits force students inside.

"The goal is to do as much outside as possible, but students can use the gym. RCI students are lucky to have small class sizes so there's ample space in the gym for the students to spread out," said Furgala. "But they're being encouraged to do as much as possible outside."

The division is following all public health recommendations and mandates from Manitoba Education, said Furgala. That includes a robust checklist of health questions that both students and staff have to answer each morning to help prevent the spread of COVID at school.

"COVID spreads whether it's 1,500 kids or 75," she said. "So we're making sure we're following all the health protocols."



# Dunnottar's Spirit Park honours the achievements of Indigenous woman

By Patricia Barrett

A park built in honour of an Indigenous woman who grew up in Matlock and went on to accomplish a number of important advances for Indigenous people was completed last week.

Spirit Park is named after Linda Park, who passed away in 2007 and whose family still lives in the area.

Village of Dunnottar Mayor Rick Gamble initiated the creation of the park about two years ago after learning about Park's many accomplishments and approaching her family to discuss the idea of commemorating her.

"I ran it by them that she deserved to be recognized," said Gamble last week. "There are very few people born here that would have achieved the accomplishments she had."

Park was born and raised in the Village of Dunnottar, which encompasses the towns of Matlock, Whytewold and Ponemah. Her grandparents had moved north to the area from St. Peter's Reserve near Selkirk in the 1920s.

"They moved here to get off the reservation so they didn't lose their kids to residential school," said Gamble. "They moved to the south end of Matlock where they bought some property."

Park went to high school in Gimli then studied sociology at the University of Manitoba. After she completed her post-secondary education, Park began working at the Royal Bank of Canada.

"When I went to Linda's funeral and someone from the Royal Bank head office came out and gave her eulogy, he started talking about all her accomplishments," said Gamble. "I was blown away by it. I couldn't believe it. I live in this community and I and other people that live here didn't have a clue about what she did."

It was during her career with the Royal Bank that Park designed computer systems for in-branch use and began "quietly" advocating for services for Indigenous people and educational programs for youth.

"Basically, she ran the data centres for the Royal Bank across the country. She was a very valued employee. As she was getting more recognition in the Royal Bank, and through promotions, she made a pitch to give back to the Indigenous communities," said Gamble. "I understand from people who knew her and who worked with her that she just didn't give up."

Park advocated for having banks on reserves and the Royal Bank followed through. The first reserve in Manitoba — and in all of Canada, in fact — to get a bank branch was Peguis First Nation, followed by Norway House.

Park also advocated for educational opportunities for Indigenous people. Because of her modesty and low-key approach to recognition, two Royal Bank scholarships — one for the University of Manitoba and the other for the Asper School of Business at the university — don't bear her name but were created in her honour



Linda Park

after she persuaded her employer to invest in the future of Indigenous people.

She also created the Manitoba Aboriginal Youth Achievement Awards to provide youth with recognition for their efforts and to help instil pride in their accomplishments.

"When she was on committees at universities, she advocated for Indigenous youth to get a better education because she really believed in that," said Gamble. "She found there were very

few Indigenous people going to university at that time in the '80s and '90s."

Gamble and some of her family members were present when the Manitoba government formally recognized Park and her achievements in the Manitoba legislature on April 18, 2019.

Spirit Park is located near Tugela Creek, just south of Whytewold. The village reached out to Darcy Granove, owner and principal landscape architect of Little Bluestem Landscape Architecture and Design, to reconfigure the space into a pastoral setting.

The park, which runs along the creek, has mature trees and a footbridge. Little Bluestem added benches, interpretive signage and a compass.

"The compass we put on the site shows where Linda's family was from originally and where they moved to because that had a big impact on them," said Granove. "There will also be some interpretive signs about Linda and we planted some of her favourite flowers, which were Black-eyed Susans, along the sitting area."

In addition to the landscaping, the park has a habitat regeneration component to it in keeping with the ethos of village leadership. The creek banks will be seeded with native vegetation.

"There's a little walkway out to the creek and a lot of sod. We've been working with Native Plant Solutions [an environmental consultant] and we're in the process of a multi-year revegetation plan along the creek," said Granove. "It looks kind of dead right now, but they'll be seeding it with native plants to help restore the vegetation and help with the water quality in the creek."

Plant markers will also be installed to help people identify the native plant species.

Little Bluestem worked with local contractor Kevin Ford to build the park. Ford also built the benches.

The company is working with other municipalities on re-design projects, notably the RM of Gimli to beautify a public parking lot on Second Avenue and to create a new entryway sign to town.

"We love working with small communities and small community groups on these kinds of project," said Granove. "We enjoy creating places that people want to spend time in."

Mayor Gamble said the Village of Dunnottar paid for over half the cost of the park with the Royal Bank and the provincial government contributing the remaining funding.



## EXPRESS PHOTOS SUBMITTED

Spirit Park is a small plaza area with custom benches, interpretive signage and a compass to enhance the surrounding trails and celebrate Linda Park and reconciliation for the Village. There is also a stretch of native revegetation to improve habitat and conditions along Tugela Creek.

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**“My dog won’t stop chewing on everything!”**



Has your four-legged companion taken on the annoying habit of chewing up your shoes, curtains and even furniture while you’re away?

First off, it’s important to understand that all dogs feel the urge to bite and gnaw on things at one stage or another of their lives, especially when they’re very young. However, if your beloved pooch has turned into a compulsive chewer, it’s in both of your best interests to quickly find a solution. Here are some steps that might help:

- Secure your living space by keeping items your dog likes to chew on out of reach, and protect the corners of your furniture.
- Buy tough toys (stuffed toys, rubber balls, plastic bones) that Fido will be able to chew on to his heart’s content.
- Make your dog’s meals last as long as possible to reduce his urge to chew on non-food items.
- Make sure your dog gets plenty of exercise every day to get rid of excess energy.

If your dog’s chewing habits don’t improve despite your best efforts, seek the advice of a canine behaviour specialist. He or she will be happy to help you find a solution that works.



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# RCMP reminding cottage owners about property crime

Submitted by Rob Gray, S/Sgt Gimli Area Detachment

It’s fall, which means cottage owners are starting to winterize their residences.

Apart from the usual maintenance items that are done to ensure your cottage is ready to go in the spring, the Gimli Detachment Area would also like to remind cottagers and home owners about ensuring their home is also protected against property crime.

Unfortunately, every spring, the RCMP receives many complaints from cottage owners that their cottage was either broken into or had items stolen or damaged. The fact that many cottages aren’t occupied for the winter means they are susceptible to criminal activity, as thieves know that they are unlikely to encounter any property owners. In order to prevent or deter any property crime, the RCMP would like to provide cottage/home owners with these tips on how to better protect their property.

- One of the most important things is to ensure your property is fully secured at all times. This means locking the doors and windows to your property and also making sure that all of the outbuildings (i.e: sheds and garages) are also locked. It is best practice to remove outdoor items, such as patio furniture or yard equipment, and store them inside outbuildings as keeping any valuables out of sight prevents any unwanted attention.

- Create a list for items of value that are kept at the property and write down the make/model and serial numbers. Providing this information



EXPRESS PHOTO BY ANNALIESE MEIER

Cottage owners are reminded to ensure that outdoor recreation equipment is stored securely.

tion helps the RCMP with identifying stolen items in someone’s possession as well as helping to return the items to the rightful owner. Should the item not have any serial number, obtaining a photograph or permanently marking the item with initials or a name is just as helpful. The RCMP recovers a lot of items believed to be stolen, however, cannot return them to the rightful owners because of poor descriptions.

- Ensure the use of outdoor lighting is continued throughout the year. Lighting is a major deterrent for any unwanted activity.

- Do not announce on social media that you will be away from your home for an extended period of time.

- Do not place your newly purchased electronic packaging outside of your home to be recycled.

- The Gimli Area RCMP also strongly recommends the use of surveillance or outdoor “trail” cameras, which are commercially available, to be placed around the property should any criminal activity occur.

- Ensure you attend your property throughout the season to “check” on its condition and ensure it is still secured. You want to make it seem as though the property is occupied or visited to deter any property crime.

The Gimli Area RCMP do extensive patrols in the cottage areas; however, with the help from property owners, we can prevent some property crime from occurring. The RCMP also want to ensure the public does not hesitate to contact us should they feel any suspicious activity is occurring, be it day or night so it can be investigated.

Anyone experiencing theft, property damage, a break and enter to their home, cottage, shed, garage or vehicle should contact the Gimli RCMP at 204-642-5106 or the Arborg RCMP at 204-376-5253.

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# Your FARM



## Merit Functional Foods ready to open in CentrePort

By Jennifer McFee

A new food production facility will open soon in CentrePort to provide the ingredients that go into protein-packed dairy and meat alternatives for consumers.

Merit Functional Foods was established in July 2019 by hemp industry experts Ryan Bracken, Berry Tomiski and Shaun Crew, who have decades of experience working in the plant protein industry. The company takes pride in offering a lineup of pea and canola protein that exceeds industry standards for purity, solubility and taste.

Last fall, construction began on a 94,000-square-foot facility in CentrePort.

"We are nearing the finish line — in the last few months we have made amazing progress and our facility is on track to be fully operational by the

fourth quarter of 2020," said Bracken, co-CEO of the company.

"Along with producing high-purity pea protein, we're proud that our facility will be the first commercial facility with the capability to produce food-grade canola protein. Ultimately these ingredients will then be used in the formulations of high-value food applications such as plant-protein beverages, dairy alternatives and meat alternatives."

It's good news for the agriculture industry since Merit will be sourcing pea and non-GMO canola in Western Canada.

"We will initially source approximately 30,000 acres worth of pea and canola, growing to greater than 100,000 acres within three to five years," Bracken said, "which will add more value to Western Canadian agriculture."



EXPRESS PHOTO BY LANA MEIER

Merit Functional Foods is on track to be fully operational by the end of this year.

Merit's ingredients can be used in a variety of products, including meat alternatives and dairy alternatives — like plant-based milk, plant-based frozen dessert and plant-based yogurt — as well as functional foods and beverages such as protein supplements or nutrition bars.

"We're redefining what 'plant-based' means when it comes to protein. Consumers are looking for plant-based protein but without sacrificing

taste or texture," Bracken said.

"While early adopters of the plant-based movement may have been less critical of plant-based protein's taste, today the consumer base has significantly grown — and with that growth has come the expectation of good taste and the ability to move to a plant-based diet without trade-offs. Protein from Merit means that it's not just plant-based, but it also has higher

Continued on page 16

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# your FARM



## Interlake Packers continues with farming roots

By Evan Matthews

The most successful businesses bridge a gap, fill a need, provide a service, so it should be no surprise that this Interlake success story can be traced back to the farm.

A group of 12 farmers started Interlake Packers — originally known as Interlake Custom Killing Plant — in 1972, as there was nowhere else near St. Laurent or the surrounding area to process livestock. Over the years, Monica Schon's father slowly bought out each one of the 12 to become the sole owner.

"My dad owned a beef farm, and there was nowhere to slaughter in our area. They built a small little facility, and it just started to grow," said Schon, who is now the manager and co-owner.

Schon has co-owned with her three



Some of the classic sausage and garlic rings made at Interlake Packers.

brothers, Rick (who works at the facility and is quality control and our main sausage maker), Ed (the former-manager, now retired), and Willy (a silent partner), since 1991.

"Now, our business focuses on pro-



EXPRESS PHOTOS BY EVAN MATTHEWS

Siblings Rick and Monica Schon operate the family-owned and operated Interlake Packers business.

Continued on page 15

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# Your FARM



## > FARMING ROOTS, FROM PG. 14

cessing pork, we have a retail store, and we do wholesale," she said.

The business has a truck on the road five days a week supplying large quantities of processed pork products to other retailers as far north as Gypsumville, Fisher Branch, Peguis, Inwood, Teulon, Arborg, Riverton and Gimli.

The retail store offers an array of sausage and garlic rings, which are smoked on-site. The business recently invested \$300,000 into a new smoker, as the old one couldn't keep up with the demand the business had.

Reflecting the ever-increasingly difficulties associated with the beef production industry, Schon said Interlake Packers stopped slaughtering beef roughly four years ago.

"It started with BSE (mad cow) when... Rothesay stopped rendering beef. They are still open but render pork," said Schon, referring to what was Manitoba's only rendering company at the time. Rendering is the process of converting waste animal tissue into stable, usable materials.

"We tried to hang on until it just wasn't sustainable. It got to a point where we were losing money on beef production."

With so many beef producers in the area, there were quite a few producers saddened by the business's decision, she added.

Schon said the company still brings in some beef for certain sausage recipes, but the beef comes in from Beausejour and Carman after being processed.

"Our sausage is probably the bread and butter of our business, and they're gluten-free. They're so well-known all over the place. ... People come from B.C. and everywhere else to stock up," said Schon, adding the plant produces 1,500 pounds of sausage daily.

"Our bacon is supposed to be the best in the world, we have a few testimonials. ... That's probably why we're still standing," she said, chuckling.

For the most part, COVID-19 has impacted businesses in every industry, and Interlake Packers is no exception. Fortunately, the bottom line has

not been overly affected by COVID. Whereas wholesale demand may have dropped off slightly, Schon said the company's custom work has picked up "tremendously."

"It was slow for a while when it first hit in March ... but everybody is trying to raise their own meat now. They raise a pig, they bring it in here, and we butcher and package the meat as requested," said Schon.

"That's more and more because people like to know what they're eating nowadays, I think. We've also been

doing a lot of wild game from hunters who bring in elk or moose. ... We do lots of different sausage for them."

Sales in the retail store have increased quite a bit during COVID, Schon said. There are more people at home looking for local product and traditional recipes.

"We've actually hired a couple of people over the pandemic," said Schon. "It's been sad. Some of the restaurants we supply didn't survive, so we know we're fortunate."



The facility can be seen from a monitor in Schon's office.



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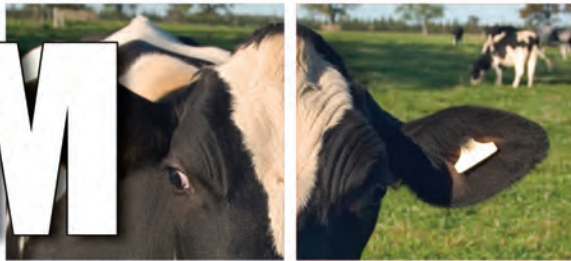
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# Your FARM



## \$134-million interprovincial agreement renewed for Western College of Veterinary Medicine

By the Manitoba government

Three provincial governments announced the renewal of their financial commitment to the University of Saskatchewan's Western College of Veterinary Medicine (WCV) today.

The Manitoba, British Columbia and Saskatchewan governments' agreement with the University of Saskatchewan provides over \$134 million to the Western College of Veterinary Medicine (WCV) for the next five

years.

The agreement helps to ensure that Western Canada has a steady supply of veterinarians with in-depth knowledge of animal health and public health, as well as an awareness of the standards and issues facing livestock, fowl and fisheries producers, and pet owners.

"The Manitoba government is pleased to renew our commitment to training in veterinary medicine and

continue our long-standing partnership that provides high-quality education and training opportunities to Manitobans and helps meet labour market demand across the province," said Manitoba Economic Development and Training Minister Ralph Eichler. "This is an important investment in Manitoba's agriculture sector that aligns with needs under the Manitoba Protein Advantage Strategy. We need good veterinarians in place to help us practise safe animal welfare and keep growing animal agriculture in Manitoba."

Saskatchewan Minister of Advanced Education Tina Beaudry-Mellor said, "Ensuring that educational opportunities meet labour-market expectations is a Growth Plan priority for our government. This agreement allows Saskatchewan, and our partner provinces, to communicate admissions' priorities so they are in step with each province's labour-market needs."

British Columbia Minister of Advanced Education, Skills and Training Melanie Mark said, "There is an increasing demand for veterinarians and veterinary research across Western Canada. This agreement helps us focus on equipping students from the

western provinces with the expertise to return and practise in their home communities, where they are in demand."

University of Saskatchewan interim provost and vice-president academic Melissa Just said, "The WCV is built on collaboration, and its people and programs strengthen the University of Saskatchewan's impact in everything from agriculture and animal health to comparative medicine and public health. We're excited to see what it will achieve with the renewed support of its provincial partners and our university."

The WCV is the premier centre of veterinary education, research and expertise in Western Canada and a key member of Canada's veterinary, public health and food safety networks. The internationally accredited facility includes a veterinary medical centre, a provincial diagnostic laboratory and large-scale research facilities.

The college's new interprovincial agreement is in place until 2025.

Find video greetings from Manitoba, British Columbia and Saskatchewan and University of Saskatchewan representatives at <https://wcv.usask.ca/ipa.php>.

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### > MERIT, FROM PG. 13

purity, solubility and overall quality than other ingredients available."

Since the founders are all Manitobans, they're proud to have the chance to support their local economy.

"We chose CentrePort and Winnipeg because of its capacity to support our project's utilities requirements — water, wastewater, power and natural gas — as well as its access to skilled labour and supportive government," Bracken said.

"We will have more than 80 high-value jobs by the end of this year and

adding over 200 team members in the next three years."

CentrePort Canada is also excited to welcome Merit Functional Foods to the inland port footprint.

"Their new facility is a significant addition to the agri-business landscape in Manitoba, and their strategic location in CentrePort enables them to support their supply chain activities," said Diane Gray, president and CEO of CentrePort Canada Inc.

"We are thrilled to see a local company pioneering innovative approaches to high-quality plant protein production, right here from the Rural Municipality of Rosser."

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## How parents can govern screen time

Technology has transformed nearly all facets of life, including education. While desks and blackboards can still be found in the classroom, technology has become more and more influential in regard to how students learn.

Many teachers now employ tablets and other devices to help students better understand their coursework. Devices can make for useful learning tools, but when does screen time cross over from useful learning tool to something that's potentially harmful to students' overall health? The American Academy of Pediatrics has produced age-specific guidelines that can help parents determine if their school-aged children are spending too much time staring at screens.

### Children between two and five years of age

Parents should limit screen time for this age group to one hour per day of high-quality programs. The AAP advises parents to co-view with children in this age group so they can help kids understand what they're watching and how it applies to the world around them.

### Children ages six and older

The AAP does not provide specific information regarding how many hours children ages six and older should use screen media. However, the AAP advises parents to make sure such media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

In addition to following AAP recommendations about screen time as closely as possible, parents can take steps to ensure their children are not spending too much time using their devices.

- Promote extracurricular activities. Urging children to participate in extracurricular activities that do not employ screen media, such as sports, music lessons and academic clubs, can be a great way to get kids to put down their devices and engage in in-person interactions with their peers.
- Establish no-device hours at home. The AAP recommends that parents designate certain times of the day as media-free times for the whole family, and not just children. Parents can



put down their smartphones and tablets and engage with their children without the television on. In addition, make sure devices don't make it to the dinner table, as nightly, device-free dinners together can help families build strong bonds.

- Establish media-free zones. Designate certain areas of the home, such as the kitchen and dining room, as device-free zones. Keep devices out of bedrooms unless children need them to do their homework.

Devices in the classroom can help young students fulfill their academic potential. Parents can govern their use outside the classroom by adhering to some simple strategies.

## A refresher course in school bus safety

The dawn of a new school year is a time marked by change and fresh opportunities. For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

Each school day, 25 million children ride a bus to school in the United States. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students are no doubt familiar with life inside a school

bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

- Be a smart pedestrian. Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch for cars backing out of driveways and always look both ways multiple times before crossing streets.
- Remember school bus laws. Most areas of the country have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.

- Stand away from the curb. The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus. Young children should be carefully supervised.

- Be visible. Always cross in front of the bus, making eye contact with the driver so that he or she knows your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

- Remain seated. Find a seat promptly and remain seated for the duration of the ride. Do not stand up and proceed down the center aisle until the bus has stopped.

- Minimize distractions. Always speak softly and behave so that you do not distract the driver.

School buses are very safe vehicles, but passengers need to do their part to avoid injury.



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# Minerva Ladies Aid celebrate 100 years of service to community

By Patricia Barrett

The Minerva Ladies Aid volunteer organization is marking its 100th anniversary this year despite COVID-19 having put a damper on the celebration.

To mark the milestone, Ladies Aid president Charlotte Douglas set down the organization's history, which has been published in the Logberg-Heimskingla, a local Icelandic journal.

"On May 9, 2020, the organization will have been in existence for 100 years," said Douglas. "What an achievement for what began as a prairie women's organization. There's quite a history attached to our organization."

It started in 1914 when the Young People's Society of Minerva was formed. Club members decided to build a hall to host community events including dances, plays and parties. Two years later the Minerva Hall was completed. A new Minerva Hall was built in 1972 after the original building began to deteriorate.

"Although several members of the club helped to build the [original] hall whenever they were able, the main carpenters were Simbi Josephson and Mundi Narfason," said Douglas.

It was built without the use of modern-day tools and people in the community planned plays, dances and other social events that were enjoyed by adults and children alike without the aid of cell phones or the internet, she said. Community spirit meant that people in the community joined together to have fun or, if it was necessary, to help those who needed help.

The Young People's Society decided to disband as its members married or moved away from the community, which is just south of Gimli. But an auxiliary group was formed on May 9, 1920, and it stayed together until its final meeting on April 25, 1946.

"The group's name was the United Farm Women of Gimli and they frequently helped with the planning and the organizing of events held at the hall," said Douglas.

The United Farm Women drew up a constitution with a number of goals to guide their organization. They had five main objectives, said Douglas, which she found written out in their surviving notes.

First, they were to co-ordinate the efforts of all members to help carry out programs of common interest to the community. Second, they aimed to get libraries erected, organize other forms of entertainment and establish education programs for the rural communities. Third, they resolved to practise self-esteem and show inter-

est in social programs and services throughout the community, as well as encourage others to do likewise.

Fourth, they were to keep abreast of political parties and support the party that promised to back the welfare of the farming community. And fifth, they were to establish good relations in the community and show interest in local school problems by supporting the youth.

"This was the mandate of the United Farm Women of Gimli," said Douglas. "In many respects, these goals are still reflected in the current Minerva Ladies Aid organization."

In 1939 the organization's name was formally changed to the Minerva Ladies Aid and the club accepted responsibility for the hall. The upkeep and maintenance of the hall currently remains the responsibility of the organization.

The 10 original members of the Minerva Ladies Aid were Anna Josephson, Johanna Stevens, Petrina Arnason, Jakobina Einarson, Johanna Kjærsted, Oddfridur Johannson, Fridrikka Johnson, Anna Johannson, Jonina Christie and Margret Karvelson. Many of the members were descendants of this founding group.

"From its incorporation, the meetings of the Minerva Ladies Aid were conducted in Icelandic, as the membership consisted mainly of women of Icelandic descent. Minutes of the meetings were carefully written in Icelandic script," said Douglas. "The membership fee in 1922 was \$2 but this was reduced to \$1 during the depression years."

In 1946 the not-for-profit organization decided to conduct all future meetings in English. The organization currently has 12 members.

Known for its charitable contributions, the Ladies Aid supported families and individuals in need with monetary donations or with food and clothing, said Douglas. It also supported wartime troops, the Red Cross, Easter Seals, March of Dimes, the Children's Aid Society, the Unitarian Service Committee and Save the Children Fund.

Locally, the organization supported several funds including the hospital fund, the flood relief fund, the dental fund, the skating rink fund, Minerva School's [1900-1957] hot lunch program and student treat bags at Christmas. The Minerva 4-H Clothing Club benefited from the donation of a sewing machine. For several years, the organization gave oranges and chocolate bars to Betel Home residents to celebrate the first day of summer, which is known in Icelandic



EXPRESS PHOTO SUBMITTED

Minerva Ladies Aid founding members. Front row, left to right: Petra Aranson, Anna Josephson; second row: Sigrídur Einarson, Mrs. Chrístie, Oddfridur Johannson; back row: Lina Anderson, Rikka Johnson, Anna Johannson, Bina Fjelsted and Bina Einarson.

as "Sumardagurinn Fyrsti."

"The group continues to support many community causes through donations and volunteer support, including the Gimli Senior's Resource Committee, the Icelandic Festival of Manitoba, Evergreen Basic Needs, Evergreen Festival of the Arts, the Minerva 4-H Club, breakfast and snack programs for Sigurbjörg Stefánson Early School, Dr. George Johnson Middle School and Heima Er Best," said Douglas.

Minerva Hall is rented out for social events such as bridal and baby showers, anniversaries, small weddings and memorials and funerals. The Minerva Fall Supper was a major fundraiser for the organization.

Presently, the organization hosts an annual "Ladies Night Out" in which local vendors and community members gather to enjoy an evening with friends and examine new products.

Douglas said the community has always supported the Ladies Aid, and the organization is grateful for that help.

Private citizens have donated gravel for the hall's driveway and have undertaken snow-clearing and grass-cutting. In 2014 when the hall's crawl-space required extensive repair work, the organization received monetary

donations from people in the community, as well as from the women's organization, the Huldafolk Mums.

"As we look back proudly on the history of the Minerva Ladies Aid, we remain in awe of what the Young People's Society and the United Farm Women of Gimli — later known as the Minerva Ladies Aid — have accomplished over a period of 100 years," said Douglas. "We continue to maintain their spirit of community by providing a space for community events and providing support to various organizations."

Read about the legendary fall suppers through the years in an upcoming edition of the *Express*.

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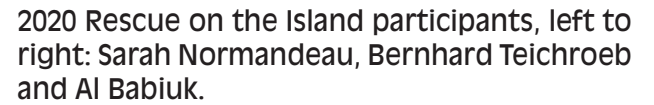
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# SUDOKU

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		7	5		1	8	3	
		1						
4				3		7		
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	5				6			
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Level: Intermediate

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!

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

[illegible]

# CROSSWORD

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59					60					61				
62					63					64				

34. Fiddler crab
35. Jewish equivalent of "Sir"
36. Every
37. Midway between east and southeast
39. Anti-slavery treaty
40. A friendly manner
41. Military figure (abbr.)
42. Area units
44. Sudden incursions
45. Expressed pleasure
46. Covered with hoarfrost
47. Job
48. Donkey
51. Swiss river
52. Prejudice
53. Actor Idris
54. Light dry-gap bridge (abbr.)
58. Criticize



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Einarson eager to get back on the ice with Virden

By Erik Swar/MJHL

It's been well over five months since the COVID-19 pandemic forced the Manitoba Junior Hockey League to shut down in the middle of the post-season with no return in sight.

For Jack Einarson and his Virden Oil Capitals, they were getting set for a pivotal game in their first-round playoff series against the Winkler Flyers when it all came to an end. At the time, Virden held a 2-1 series lead and had set themselves up in a great position ahead of Game 4 on home ice.

"It was crazy. We were getting ready to play Game 4 and we got a text from our coach that we had a meeting at the rink right away, so it came to a stop quick that day," said Einarson.

"It was pretty tough being right in the middle of the playoffs. We had to pack up and go home the next day. I've just been working at the golf course, been golfing a lot and going to the gym. I've been trying to get back into the gym as much as possible this summer."

When Einarson returns to the southwest corner of the province in September, he'll take to the ice for his fourth full season in the league. It's

something that's been in the back of his mind since the abrupt ending to last season.

"I'm really excited to get the season going. From the unfortunate end to last year not getting any closure, I'm just excited to get back with the guys to the rink and to get the season going," he said.

"I'm a really competitive guy when it comes to winning. It's really great coming to the rink every day and being with the guys."

The 20-year-old forward saw another increase in point production last season, hitting the 20-goal mark for the first time in his career. Einarson also earned a spot on the 2020 MJHL/SJHL Showcase roster along with six of his Oil Caps' teammates.

"I think it's 100 per cent confidence," Einarson shared of his personal success last season. "Over the years in Virden, I've got more comfortable with more minutes in different situations. My confidence has gone up and that helped a lot last season."

"We're going to be a good team this year. We have a lot of returning guys so we're looking to be one of the top teams. I think we're going to do some



EXPRESS PHOTO COURTESY OF THE VIRDEN OIL CAPITALS

Gimli's Jack Einarson will be entering his fourth and final season in the MJHL with the Virden Oil Capitals.

interesting things this year. I've been looking forward to it all summer," Einarson concluded.

In his first three seasons with Virden, Einarson and his Oil Capitals

made the organizations first trip to the league final in 2017-18 during his rookie campaign and have since followed that up with two straight trips to the postseason.

## MJHL makes major changes for 2020-21 season

By Brian Bowman

The Manitoba Junior Hockey League will undergo some major changes for the 2020-21 season.

With the addition of a 12th MJHL franchise named the Winnipeg Freeze, which is owned by 50 Below Sports + Entertainment, the league will now be divided into three four-team divisions this season. The change was made to limit travel and virus exposure during the COVID-19 pandemic.

The Selkirk Steelers will be in a Southeast division along with the Winnipeg Blues, Freeze and the Steinbach Pistons.

An Interior division will include the Portage Terriers, Winkler Flyers, Neepaw, and the Virden Oil Capitals while a Northwest division will feature the Waywayseecappo Wolverines, OCN Blizzard, Swan Valley Stampeders and the Dauphin Kings.

"In the course of our planning for

the upcoming season, it became clear that we had to further self-impose schedule modifications and restrictions to ensure that we were moving forward in a safe, structured and responsible manner," said MJHL commissioner Kevin Saurette. "Each organization is to be commended for their absolute commitment to providing players with a safe development opportunity on and off the ice in the face of the difficult challenges ahead."

Each team will play a 40-game regular-season schedule compared to 60 last season. Training camps will begin this Friday while the regular season will start on Oct. 9.

Teams will play each divisional rival eight times (four home, four away) and each of the league's other eight teams twice (one home, one away).

The schedule, which will span over 22 weekends, is split into four five-week blocks separated by breaks in

the schedule. The first self-imposed break is in the middle of November, followed by the traditional Christmas break and a further self-imposed break at the beginning of February.

The implementation of breaks were essential, said the MJHL, to provide a necessary buffer to recover from po-

tential COVID-19 implications and/or weather related disruption.

Each team will play two games a week and will only face one team each week.

The MJHL playoff format is expected to be announced in the coming weeks.

## 2020 Manitoba Marathon to be a virtual event

Staff

The Manitoba Marathon, delayed by the COVID-19 pandemic, will be a virtual event next month.

Usually held on Father's Day, the Manitoba Marathon was scheduled for Oct. 11.

Now, however, the event will be conducted as a virtual event from Oct. 11 until Nov. 11. The announcement was made last Wednesday.

For more race details and to register for the event go to their website at [manitobamarathon.mb.ca](http://manitobamarathon.mb.ca).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Impact undefeated in past five games

Staff

The Interlake Impact is now undefeated in their past five Manitoba Major Soccer League 4th Division games.

Interlake defeated Richmond FC 3-1 last Friday at Shaughnessy Park in north Winnipeg.

Interlake, now 4-0-1 during that unbeaten stretch, received goals from Eric Plett, Jesse Kuik and Humberto Saldivar.

With the victory, the Impact is now 4-3-2 and has 15 points.

On Sept. 7, Interlake slipped past the YFC Saints 2-1.

Benny Wiens and Tristan Penner scored for Interlake while Abdurahman Ali replied for the Saints.

The Impact played Kucame B FC this past Monday but no score was available.

Interlake is back in action Sunday when they take on Central Plains FC at the Ralph Cantafio Soccer Complex. Game time is 8 p.m.



EXPRESS PHOTOS BY LANA MEIER

The Impact's Benny Wiens controls the ball while being hounded by a Richmond FC player during MMSL 4th Division action last Friday in Winnipeg. Interlake won the game 3-1.



Interlake's Eric Plett goes up high to head the ball against Richmond FC during MMSL 4th Division action.

## Curling Canada cancels six more events

Staff

Curling Canada has cancelled six more events in 2021 due to the COVID-19 pandemic.

The organization announced last Thursday that it has cancelled the Continental Cup in Oakville, Ont., the Canadian under-18 championships in Timmins, Ont., the New Holland Canadian junior championships in Fort McMurray, Alta., the Canadian wheelchair championship in Moose Jaw, Sask., the Canadian Under 15 RockFest and the U Sports/Canadian Colleges Athletic Association championships.

Safety of participants and volunteers, travel restrictions and costs were factors in the decisions to can-

cel the events, said Curling Canada.

"We considered all options, but in the end, we had to make the responsible decision — for the athletes, for the volunteers and for the organization, to ensure the safety of those involved in the championships as well as the viability of the sport in Canada," said Katherine Henderson, chief executive officer of Curling Canada, in a statement.

The Scotties Tournament of Hearts Canadian women's championship in Thunder Bay, Ont., the Tim Hortons Brier Canadian men's championship in Kelowna, B.C., and the world men's championship in Ottawa, Ont., remain on the schedule.

## Manitoba Junior Baseball League award winners announced

Staff

The Manitoba Junior Baseball League 2020 award winners were announced by the league last Thursday.

The Elmwood Giants' Brandon Ra-

cette (7-2 record, 2.64 earned-run average) was named top pitcher while teammate Darnell Wyke, an outfielder, was honoured as the top defensive player. Elmwood first baseman Riley

Trager was recognized for sportsmanship and ability.

Carillon Sultans' third baseman Zach Giesbrecht was named the MJBL's most valuable player, hitting

.571 with a home run and 11 RBI.

Pembina Valley Orioles' outfielder Tristan Peters was named the league's top rookie. He batted .500 with two homers and 20 RBI.



# Classifieds

THE EXPRESS  
WEEKLY NEWS

## AUCTIONS

Sept. 24 UNRESERVED AUCTION – Lakeview lots. Established area with cottages and public beach area. Sheldon, 204-371-5131. [www.lakelifemanitoba.ca](http://www.lakelifemanitoba.ca) or [mcdougallbay.com](http://mcdougallbay.com)

## SCRAP METAL

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

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

## APARTMENT FOR RENT

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

## FARMLAND FOR SALE

Farmland for sale – SE-16-24-2E RM of Bifrost, 157.25 acres cultivated. Offers. Phone 204-750-2281.

## FARMLAND FOR SALE

160-acre farm with beautifully sheltered treed yard site sitting atop of a hill overlooking the land. Having 100 acres of prime crop land, 60 acres of bush, pasture, and yard site. Located only 1.5 miles from paved Hwy 68 and is located near Arborg and Riverton. This farm has approximately 12,200 bushels of grain storage, a 34' x 34' barn with tin roof, and concrete floor, fuel tanks with stand and a comfortable 884 sq ft 2 bedroom home with forced air heating, air conditioning and a newer tin roof. Farm the land yourself or rent it out to the current tenant for next year. Quick possession may be available. Contact the listing agent for details on the land rent revenue or any questions about the farm.

Stacey Hiebert 204.371.5930

Royal LePage Riverbend Realty Farm Division

[www.farmdivision.ca](http://www.farmdivision.ca)

ROYAL LEPAGE

FARM DIVISION

## EQUIPMENT FOR SALE



37 foot Case IH chisel plow. Model 5600, 12" spacing, harrows, 8" sweeps. Asking \$9,500 obo. Call or text Jeff at 204-292-0483.

## GARDA SECURITY

Requires a casual year round Security Officer at Diageo Canada Inc., Gimli Plant

- Shift work (nights, weekends)
- Valid driver's license required
- Bondable
- Criminal record check and child abuse registry check required
- Province of Manitoba Security License required (within six months)

Please forward resume to: [gimli.part.time.application@gmail.com](mailto:gimli.part.time.application@gmail.com)

Or mail to:

Diageo Canada Inc.  
Box 2000, Gimli, Manitoba, R0C 1B0

ATTENTION: Casual Security Officer Position

We thank all applicants in advance for their interest in the position. Only those candidates selected for an interview will be contacted.



Evergreen  
School Division

## MATURE STUDENT PROGRAM Mature Student High School Diploma

Evergreen School Division is now accepting registrations from individuals, both within and outside of the division, who wish to obtain a mature student high school diploma.

Interested candidates must be 19 years of age or over and out of school for at least six months.

The program is flexible for your educational needs and you can work at your own pace. The centre is open Tuesdays from 9:00 – 3:30 and Wednesdays from 9:00 until noon for teacher assistance, with the remainder of time working in the comfort of your home.

The program begins **September 15, 2020** and will be held at the Evergreen Technology and Education Centre, 234 Tudor Lane, Gimli Industrial Park.

The annual registration fee is only \$40.

For more information, or to register please contact:

Gail Kreutzer, Career Development Consultant

[Gail.Kreutzer@esd.ca](mailto:Gail.Kreutzer@esd.ca)

(204) 642-1718



Rural Municipality of  
GRAHAMDALE  
[www.Grahamdale.ca](http://www.Grahamdale.ca)

## PUBLIC NOTICE

Holding an election in the midst of the COVID-19 pandemic presents many challenges. One of these challenges has been the difficult decision to only operate one polling station in order to provide a controlled environment and mitigate the risk to the public.

Guidelines for conducting a Municipal By-Election during the COVID-19 – Bulletin #2020-21 Manitoba Municipal Relations

### Mail-in Balloting

- Voters are encouraged to consider mail-in balloting to reduce physical attendance on polling days.
- Applications are available on the R.M. of Grahamdale website (<http://grahamdale.ca/>), Facebook page and at the R.M. of Grahamdale office.
- A copy of Government Issued Photo ID is required to be submitted along with the application.
- These applications can be administered at the R.M. of Grahamdale Office, where persons can vote between August 31st -September 25th, Monday-Friday, 8:30-4:30.
- Alternately the applications can be submitted by email, fax or mail to, [seo@grahamdale.ca](mailto:seo@grahamdale.ca), Fax 204-768-3374, Box 160, Moosehorn MB R0C 2E0. Once received ballot packages will be mailed out.
- A drop-box is located at the R.M. of Grahamdale Office should voters wish to drop off ballot packages, anytime during the closed office hours.
- Voting can also be done at the following locations:

ADVANCE POLLS – September 11th, 2020 8:00 a.m. to 8:00 p.m. Moosehorn Curling Club. \*Masks will be required\*

ELECTION DAY – September 28th, 8:00 a.m. to 8:00 p.m. Moosehorn Community Hall \*Masks will be required\*

**ALL COVID-19 PROTOCOLS WILL BE IN EFFECT.  
THANK YOU FOR YOUR UNDERSTANDING AND  
COOPERATION IN THESE UNPRECEDENTED TIMES.**

Sincerely,

Sandra Falk, Senior Election Official



## Town of Arborg PUBLIC NOTICE AUDITOR'S FINANCIAL REPORT

Public Notice is hereby given, pursuant to Section 194 of *The Municipal Act*, that the Auditor's Financial Report together with the related Financial Statements for 2019 have been deposited in the office of the CAO of the Town of Arborg at 337 River Road in Arborg, Manitoba and are available for inspection by any person or their agent during regular office hours. Any person, or their agent, at their own expense, may make a copy thereof or extracts therefrom.

DATED at Arborg, Manitoba this 10th day of September, 2020.

Peter Dueck, Mayor, Town of Arborg

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## Notice of By Election & Voting Places

**AS PER RECOMMENDED COVID19 PROTOCOLS ALL PERSONS ENTERING  
A VOTING STATION WILL BE REQUIRED TO WEAR A PROTECTIVE MASK**

In accordance with Section 48(2) of The Manitoba Councils and School Boards Elections Act, I hereby declare notice is given that a vote of the R.M. of Grahamdale will be taken to elect a Reeve from the following duly nominated candidates:

### For the office of Reeve:

Diane Price  
Orville Philippon  
Pat Allen  
Craig Howse

### Voting Place

Voting Place will be open for voting on Monday the 28th day of September, 2020 between 8:00 a.m. and 8:00 p.m. at:

MOOSEHORN COMMUNITY HALL  
MOOSEHORN MANITOBA

Identification may be required before being allowed to vote. A person may be required to produce one piece of government issued photo identification (for example – driver's licence or passport) or at least two other documents that provide proof of identity.

### Advance Voting

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend the proper voting place on Election Day, an advance voting opportunity will be located at the following place:

September 11th, 2020

8:00 AM TO 8:00 PM  
MOOSEHORN CURLING RINK  
MOOSEHORN MANITOBA

### Application to vote by sealed envelope

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, by email, or by fax to the senior election official at:

PO Box 160  
23 Government Road  
Moosehorn, MB R0C 2E0  
Email: [seo@grahamdale.ca](mailto:seo@grahamdale.ca)  
Fax: 204-768-3374

A voter applying to vote by sealed envelope will receive a ballot package by regular post, or by making alternative arrangements with the senior election official. Regular Post ballot packages will not be mailed after September 17th 2020.

Last day to apply to vote by sealed envelope is September 25th, 2020.

Sandra Falk,  
S.E.O. R.M. of Grahamdale  
(204) 768-0069 Fax (204) 768-3374  
Email: [seo@grahamdale.ca](mailto:seo@grahamdale.ca)

Dated at Moosehorn, MB this 18th day of August, 2020.



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**Estate & Moving**  
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*The Lord has  
told us what is  
good. What he  
required of us  
is this: to do  
what is just, to  
show constant  
love, and to  
live in humble  
fellowship with  
our God.*  
Micah 6:8  
From Celine Wurster

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highest college participation rate in the province.

**Be Passionate.** You will be an engaging and forward-thinking Instructor,  
ready to share your passion and knowledge of the nursing profession  
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that can be applied to classroom management, student evaluation,  
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**Take Initiative.** We are looking for someone who loves to  
communicate, wants to share their knowledge and is committed to  
creating exceptional learning experiences for our students. With your  
relevant postsecondary nursing education and significant industry  
experience you will be able to contribute to an unparalleled student  
experience for our nursing students. Teaching experience in an adult  
environment is highly desirable, experience using Moodle an asset.

**Deliver Results.** In order to deliver quality programming, you will need  
to possess highly developed communication skills, strong organizational  
skills, and be able to work effectively as part of the Practical Nursing  
team. You must be registered and be in good standing with CRNM,  
CRPNM or CLPNM. Well-developed technical skills, particularly in  
Microsoft Word, are essential.

**This competition will remain open until filled.**

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If you are interested in this career opportunity,  
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**Assiniboine Community College  
c/o Human Resources  
1430 Victoria Avenue East,  
Brandon, Manitoba R7A 2A9  
Fax 204.725.8736 or  
Email humanresources@assiniboine.net**

We thank you for your interest. Those selected  
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Please drop of resume at  
workshop or send to  
Alex Janower, Manager  
Riverdale Place Workshop Inc.  
Box 609 Arborg MB. ROC OAO  
Tele-1-204-376-5584  
Fax-1-204-376-5584  
e-mail riverdalew@mymts.net

## MUNICIPALITY OF BIFROST-RIVERTON EXCAVATOR OPERATOR

The Municipality of Bifrost-Riverton is seeking  
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- A valid Class 5 driver's license. Class 1 or  
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Position will remain open until a suitable  
candidate is found.

Please send resume with 3 references and a  
current driver's abstract.

Jason Comeau, Public Works Manager  
Box 70, 329 River Road  
Arborg, MB ROC OAO  
Ph: 204-376-2391  
Fax: 204-376-2742  
Email: pwbifrost@mymts.net



## EMPLOYMENT OPPORTUNITIES

### Interlake Coop Arborg location

**Full time bakery/deli clerk**  
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**Full time & part time grocery clerks**  
**Grocery students**

**Deadline: Friday September 12, 2020**  
**Email: foodstoremgr@interlakecoop.com**  
**Attn Lynette 642-3226**

### Eriksdale location

**Janitor for both stores**  
**Full time clerk cashier for**  
**hardware and foodstore**

**Deadline: Friday September 12, 2020**  
**Email: RMEriksdale@interlakecoop.com**  
**Attn Tori 739-3730**

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# Classifieds Announcements

**THE EXPRESS**  
WEEKLY NEWS

## NOTICES

Urgent Press Release & Media Advisories. We are assisting organizations, businesses, and the public in getting their messaging out about important news, changing operations, cancellations, etc. Though we cannot guarantee publication, the Manitoba Community Newspapers Association (MCNA) will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

## UPCOMING EVENTS

Evergreen Basic Needs Annual General Meeting on Wednesday, Sept. 30, 2020 at 7 p.m. at the Lounge, Gimli Rec Centre. Limited seating - 40 people, per current Public Health Order.

## TRAVEL

**SNOWBIRDS!** Os-oyoos, BC - Canada's warmest climate. Very special weekly & monthly rates available through April, 2021. Choose from studio, 1 & 2 bdrm. luxury condos from \$36/night! www.osoyoosnowbirds.com; 250-495-5070.

## HEALTH

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

## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF DENNIS STEPHEN DENESIUK, late of the Village of Dunnottar, in the Province of Manitoba. ALL CLAIMS against the above estate must be filed with the undersigned at their offices at 2151 Henderson Highway, Winnipeg, Manitoba, R2G 1P9, on or before the 9th day of November, A.D. 2020. DATED at Winnipeg, Manitoba this 14th day of September, 2020. BONI SINGBEIL STIENSTRA LLP Solicitors for the Executor (Danielle Magnifico)

## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF PATRICIA ELLEN LOWE late of the Postal District of Teulon, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, Box 149, 70 Main Street, Teulon, Manitoba, R0C 3B0, on or before the 30th day of October, 2020. DATED at Teulon, Manitoba, this 11th day of September, A.D. 2020. STEVEN R. SHINNIE SOLICITOR FOR THE EXECUTOR

## ANNIVERSARY



Our parents,  
Wally and Linda (nee Gislason) Finnbogason  
are celebrating  
their 60th wedding anniversary today!

Married at the Geysir Church on September 17, 1960. Mom and Dad along with their children, Russell (Jean), Daryl (Carolyn), Vernetta (Jim): grandchildren Nashelle (Travis), Lacey (Mike), Jennifer, Christopher, Tyler, Mackenzie (Pierre) and great-grandchildren Lucas, Athan, Izabella, Ryland, Jaxson, Zayne and Jillian were all together for a celebration on August 29. Carolyn baked and Nash decorated the family tree of cupcakes with all our photos. Mom and Dad are celebrating the best way they know how, camping and horseback riding at Spruce Woods Provincial Park for the week.

Congratulations and Happy Trails!



**Rural Municipality of FISHER**

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

## REQUEST FOR TENDER

The RM of Fisher is currently accepting tenders for compaction of waste located at the Poplarfield Disposal Site. The successful candidate will compact and push up garbage at a minimum of once every 3 weeks, year-round. More visits may be required in the busier months. The waste will be compacted and covered with a layer of earth compacted to a thickness of at least 15 cm once each month. Compaction to be performed when disposal site is closed. Please quote price per compaction and type of equipment used. Call office for enquiries. Tender Submission closes October 6, 2020 at 4:00 p.m.

Mail tenders to: The RM of Fisher, Box 280  
Fisher Branch, MB R0C 0Z0, email  
fishercao@mymts.net or drop off in person.



**Rural Municipality of FISHER**

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

## NOTICE OF TENDER FOR DEMOLITION

The Rural Municipality of Fisher invites tenders for the demolition, removal of building and concrete foundation, and landscaping for the property located at 16 Main Street, Fisher Branch, Manitoba.

Submit sealed envelope marked "Tender for Demolition" to:

Rural Municipality of Fisher  
Box 280, Fisher Branch, MB, R0C 0Z0  
Email: fishercao@mymts.net

Deadline for tender is September 28, 2020 at 4:00 p.m.

For further information please call the RM of Fisher Office at (204) 372-6393.

## EMPLOYMENT OPPORTUNITY



**FULL - PART-TIME  
POSITION REQUIRED IMMEDIATELY**  
for cashier, stocking, customer service.  
Must be able to carry 50 lbs.  
Do stairs and work weekends.  
Must have a valid drivers license.

Please drop resume off in person:  
**75 CENTRE STREET, GIMLI, MANITOBA**

## SALES CAREER OPPORTUNITY

### BigandColourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

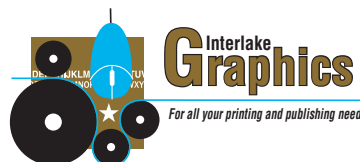
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to  
Bigandcolourful@mts.net





# Announcements

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## OBITUARY



**Pastor Michael T. Cone**  
September 15, 1948 – August 10, 2020

"All the days ordained for me were written in Your Book before one of them came to be." Psalm 139 v 16b

Michael was raised in Oklahoma City and attended First Lutheran Church with his parents, Helen (Bottolfson) and Thomas F. Cone and was inspired to go into ministry. He attended North Western Seminary in Minneapolis-St. Paul. He interned in Dallas, TX and was ordained at his home church.

His first call to ministry was in Kansas. His second call was to Ardal and Geysir Churches in Arborg and Geysir MB. His second wife and her daughters joined him in Canada. After they returned to the States, he left ministry to work at a drug and alcohol treatment home in Winnipeg.

Michael married Norma Sigurdson January 20, 1980 and that summer accepted a call to Christ Evangelical Lutheran Church in Tisdale and Bethesda, Beatty SK where he served for eight years. As a Sabbatical, he became Chaplin and Public Relations person for Lutheran Collegiate Bible Institute in Outlook, SK. He returned to congregational ministry serving at Peace, Yellow Grass and St. John, Lang, SK; Unity, Medicine Hat, AB; Zion, Beausejour, MB; Redeemer, Oklahoma City, OK; and Emmanuel, Emerson and Zion, Friedensthal MB.

Many people have expressed their thankfulness for his ministry, especially his counselling. In his younger years, Michael fellowshiped with the youth through confirmation classes and sleep-over movie and games nights. With the young adults in Tisdale they formed a slow-pitch team. He was proud that this team, after every game, fellowshiped at the local ice cream business and that weekly, other teams would change their after-game socializing from the bar to the ice cream shop.

Michael retired in 2005 due to a stroke and several T.I.A's; then he helped with ministry in the Interlake area. Michael and Norma wintered in Frankston, TX near Uncle Sonny, who lived with Michael's family after returning from military service. Michael had another major stroke while in Texas.

In April 2017 Michael moved to the Pioneer Personal Care Home in Arborg, MB. November 2019 he was transferred to geriatric-unit 4 in Selkirk where he enjoyed being in a male-only resident unit.

Michael took his final breath in the presence of his wife of 40 years, Norma. Also mourning Michael's passing are his maternal cousins from South Dakota, his paternal relatives from Georgia, Florida and Texas, Norma's Sigurdson and Keller families, and many friends.

A small group of family and friends met at the Riverton Hall at 1:30 p.m., Tuesday, September 15th, 2020, the day Mike would have turned 72, to remember Michael's ministry. Burial will take place at a later date.

Donations may be made to the Heart & Stroke Foundation or to your own church.

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY



**Edith Mabel Onofreychuk (nee Brachman)**

It is with broken hearts that we announce the passing of Edith Onofreychuk on September 8, 2020.

Edith was born on July 3, 1930, in Ardill, SK.

Edith will be dearly missed and lovingly remembered by her children and their spouses, Ronald (Linda), Bruce (Pat) and Gregory (Norma); grandchildren Jodi (Kevin), Bradley (Katie), Kerri (Travis), Cindy (Jayme), Susan (Brian), David and Jeffery; and her great-grandchildren Sydnee, Dylan, Riley, Brady, Jade, Charlotte, and Daphne.

Predeceased by her husband of 54 years, Ross; parents Rudolph and Pauline; brothers and sisters Harold, Herta, Richard, Allan, Gord, Florence; and daughter-in-law Katherine (Bruce).

In 1964, Ross and Edith ventured into their own business, "Beachside Service", in Winnipeg Beach, MB, until their retirement

in 1986. During their time in business they were well liked and respected by staff, business associates and customers, many of whom would stop by the garage or the house to spend time with them. Edith always spoke fondly of the summer holidays shared with her grandchildren, nephews and nieces.

Cremation has taken place and a memorial service celebrating Edith's life will be held at a later time.

Donations can be made to CancerCare Manitoba or a charity of their choice.

VICHNAYA PAMYAT

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY



**Joyce Irene Thorkelson**

Joyce Irene Thorkelson was born to Jon Agust (Afi, Gusti) and Jonina (Jonny) Larusson in Gimli, Manitoba on January 18, 1929. She passed away on September 7th in her final earthly home, in Vernon, Connecticut USA, where she thrived with her husband, Vincent Giedraitis.

Joyce's birth was followed by those of her siblings, Clifford, John (Jack) and Carol Ann (Valdine). She grew up next to Betel, the town's beloved "Old Folks Home." Over the years, she has shared her memories of the time she spent with her favorite Betel residents. Vin and Joyce's home in Vernon CT, a renovated church, became their own "Betel" (House of God) in their later years.

Her childhood in Gimli, "New Iceland," was rich with culture, especially BOOKS and stories. There was heartache when families lost loved ones in the fishing industry and the harsh conditions on

Lake Winnipeg but she was supported and loved in a close knit community, by Gusti, Jonina, Clifford, Jack, Valdine, Mrs. Mac, her extended family and caring friends.

Joyce grew up speaking Icelandic and English, something she was very proud of. She attended Gimli schools and was a successful student, graduating from high school with big dreams. Joyce attended the University of Manitoba, earning a B.S. in Home Economics with the high honor of being the head of her class. One of her memorable accomplishments, as a young adult, was teaching students of grades one through eight in a one room school house in South Arnes, near Gimli, during a break from her studies.

Joyce managed Lakeside Trading Company, her father's store, after graduating from the University of Manitoba. She then realized that she was craving knowledge in the essential subjects of Philosophy and Literature. She took her earnings and enrolled at McGill University in Montreal. Of course, it was her destiny to fall in love with handsome and charming Vincent at McGill. She accepted his proposal when he drove across Canada with an engagement ring for his "elskan" (beloved). They married in East Hampton CT. in 1951.

Joyce mustered the courage, energy and devotion to fulfill her dreams for the next 70 years. Amidst the births of eight children, she supported Vin through his first jobs as he completed Law School. She was pleased to be naturalized as an American. She set up households for their growing family in Endicott, NY, and then in the Connecticut towns of East Hartford, Wethersfield, West Hartford and finally, Vernon. In each town there were neighbors to meet, churches and schools to connect with, libraries, museums, parks and trails to explore with her children. She regularly planned and packed for her large family on trips to East Hampton, Madison Beach, Harwinton Pond, Sunapee NH and elsewhere on the East Coast.

This amazing woman maintained her love affair with Vin and with life. She enjoyed college classes and lectures around Hartford CT and nourished herself and her family with newspapers, BOOKS, magazines, theater, movies, art and travel. When the kids were grown, Vin and Joyce fell in love with ballroom dancing and enjoyed the lasting friendships that resulted. They took marvelous trips to Colorado, California, Texas, Canada, Iceland, Lithuania, Israel, Greece and Rome. Joyce especially treasured her memories of visits to Gimli where she would renew her ties to loved ones. And with gratitude, she found family members in Iceland to hold close to her heart.

Joyce remained proud of her Icelandic heritage. She shared her joys as well as her trials with all of us. She was preceded in death by her devoted spouse, Vincent, her parents, Gusti and Jonina; her brothers, Clifford and John; her sister, Valdine and her daughter Cynthia Heidari.

We are left to carry on Joyce's legacy of her love of life and her faithfulness to family and friends. We all thank you, Mom, Grandma, Great-Grandma: your daughter Paula, husband William Marlatt and their children, Weston, Logan and Jessi; your daughter Marie, husband Doug Edgar and their children, Leith, Ian and Daron; your son Damian Vincent, wife Janice Jacobsen and sons, Jason and Marshall; your son-in-law, Morteza Heidari, and son Brayden Hade; your daughter Rita Dumont, husband Tom Tkacz and their children Cari-Anne, Michelle, Jen, Leanne, Jennifer, Thomas and Noelle; your son Andrew and his children Jonathan and Brittany; your daughter Margo Donaghue, husband Tim Duca and her children Tarah, Vincent and Troy; your daughter Connie Green and her son Joseph. Joyce felt a special calling to be "gramma" to her many grandchildren and she cherished her 13+ great-grandchildren.

Joyce became a Catholic at the time of her marriage. Her spiritual life became a source of strength and our family belonged to several Catholic parishes over the years: Sacred Heart in Wethersfield, St. Helena in West Hartford, Sacred Heart in Vernon and St. Andrew's (Lithuanian) of Holy Apostles in New Britain. Friends and family attended a visitation on September 14th with a Prayer Service at the Farrell Funeral Home, 110 Franklin Sq. New Britain, [www.farrellfuneralhome.com](http://www.farrellfuneralhome.com). Burial followed in St. Mary's Cemetery, in New Britain, Connecticut, where Vin was laid to rest just one month before his dear wife.

## BOOK YOUR ANNOUNCEMENT TODAY

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- GRADUATIONS

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# get inspired

> MEAL IDEAS

## Meatless Cheesy Burrito Bake

2 tablespoons canola oil  
2 bell peppers, sliced  
1 medium onion, sliced  
1 teaspoon cumin  
2 cups water  
1 cup brown rice, uncooked  
1 can (12 ounces) evaporated milk, divided  
1 cup shredded cheddar cheese  
1 can (4 ounces) diced green chiles, undrained  
1 can (16 ounces) refried beans  
6 wheat tortillas (8 inches) salsa (optional)  
guacamole (optional)  
Heat oven to 350 F.  
In large skillet, heat canola oil. Cook peppers, onion

and cumin until tender.  
In saucepan, add water and brown rice. Cook 45 minutes.  
In saucepan, add 1 1/4 cups evaporated milk, shredded cheese and green chilies. Cook over medium heat until cheese is melted and smooth. Stir 3/4 cheese mixture in with rice; set remaining cheese sauce aside.  
In medium bowl, add refried beans and remaining evaporated milk. Microwave 3-4 minutes.  
Lay out tortillas and layer: refried bean mixture, rice mixture and pepper-onion mixture. Roll into burritos and place in baking pan. Top burritos with remaining cheese sauce. Bake 20-25 minutes.  
Garnish with salsa and guacamole, if desired.

## Spiced Pumpkin Carrot Cheesecake Cupcakes

Serves: 12  
1 box (14 ounces) pumpkin quick bread, divided  
1 cup carrots, shredded  
3 eggs, divided  
3/4 cup milk  
1/2 cup golden raisins

2 tablespoons canola oil  
1 package (8 ounces) cream cheese, softened  
2 tablespoons sugar  
1 tablespoon lemon juice  
1 cup pecans, chopped  
3 tablespoons butter, softened  
Heat oven to 350 F. Line muffin tin with cupcake liners.  
In large bowl, stir 1/2 pumpkin quick bread package, carrots, 1 egg, milk, raisins and oil until blended. Fill each cupcake liner 3/4 full.  
In medium bowl, beat cream cheese, remaining eggs, sugar and



lemon juice until smooth. Spoon cream cheese mixture over cupcake batter.  
In medium bowl, use fork to combine remaining bread package mix, pecans and butter until crumbly. Sprinkle evenly over cream cheese in each cup.  
Bake 25 minutes. Cool completely on wire rack.



## Slow Cooker Sweet Potato, Plantain and Lentil Caribbean Curry

Prep time: 20 minutes  
Servings: 6  
1 tablespoon, plus 2 teaspoons, grapeseed oil, divided  
1 large DOLE® White Onion, chopped  
4 cloves garlic, minced  
2 teaspoons curry powder  
1/2 teaspoon cayenne pepper  
1/2 teaspoon grated fresh ginger  
1 can (15 ounces) reduced sodium chickpeas, drained and rinsed

2 large Dole Sweet Potatoes, chopped (about 4 cups)  
2 medium Dole Plantains, chopped (about 3 cups)  
4 cups low-sodium vegetable broth  
1/2 cup red lentils  
3 cups packed, chopped collard greens  
1/4 cup roasted salted pepitas  
In large skillet over medium-high heat, heat 2 teaspoons oil; add onion and cook 3 minutes, or until softened, stirring occasionally. Add garlic, curry powder,

cayenne pepper and ginger; cook 2 minutes, or until fragrant and starting to brown, stirring occasionally.  
Transfer onion mixture to 3-4-quart slow cooker; add chickpeas, potatoes, plantains, broth and lentils. Cover and cook on high 4 hours or low 8 hours, or until potatoes and lentils are tender.  
Stir in collard greens; cook 20 minutes, or until greens are tender. Serve garnished with pepitas.



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Andrew Barg, Winnipeg	\$1,749.00	Layne & Holly Kulbacki, Arborg	\$599.00	Hazel Brunen, Eriksdale	\$729.00
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Wayne Barkman, Arnes	\$799.00	Mathew & Gemma Avison, Arborg	\$219.00	Rita Milne, Gimli	\$1,327.43
Kathy Taylor, Winnipeg Beach	\$599.00	Raymond Bazinet, Eriksdale	\$389.00	Minerva Ladies Aid, Gimli	\$659.00
Doreen Steg, Camp Morton	\$299.00	Lynn Bear, Peguis	\$1,044.00	Sheila Murdoch, Koostatak	\$1,018.00
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Leona Cochran, Koostatak	\$499.00	Noreen Barkman, Arborg	\$679.00	Susan & Greg Brown, Lunda	\$1,713.00
Ivan & Christine Fridfinnson, Arborg	\$737.10	Mark Bayliss, Arborg	\$19.95	Elaine Bruce, Ashern	\$449.00
Jocelyn & Tony Hayka, Arnes	\$949.00	Melvin & Carol Bilinski, Fisher Branch	\$999.00	Linda Foster, Matlock	\$408.00
John Hudyma, Fraserwood	\$599.00	Jim & Wanda Brandson, Lunda	\$916.00	Dan & Nyla Klatt, Grahamdale	\$649.00
Alex Klimchuk, FisherBranch	\$575.00	Paul & Linda Buus, East Selkirk	\$338.00	Rosemarie Kawalenko, Arnes	\$1,929.00
Kevin & Lisa Klym, Arborg	\$1,484.00	Richard & Doris Dueck, Arborg	\$59.90	Lenore Mahase, Winnipeg	\$369.00
Claudia Krawchuk, Fraserwood	\$499.00	Henry T. Friesen, Arborg	\$1727.95	Melissa Markussen, Gimli	\$399.00
David & Judy McDougall, Ashern	\$399.00	Jocelyn & Tony Hayka, Arnes	\$749.00	Stacy Markussen, Gimli	\$2,637.00
Tammie McDouid, Arborg	\$1,049.00	Carl Johnson, Riverton	\$499.00	Darrin Mitcheel, Riverton	\$1,703.95
John Miller, Broad Valley	\$69.95	Darryl & Jeannette Lazarok, Poplarfield	\$599.00	Bert & Vera Osborne, Arborg	\$279.00
Ronald Plett, Arborg	\$499.00	Jason Loewen, Arborg	\$59.90	Ashely Prince, Peguis	\$20.00
Frank Reimer, Arborg	\$658.00	Janet Porth, Gimli	\$1759.00	Glen Tamoto, Sandy Hook	\$1,179.00
Dave & Eileen Shott, Arborg	\$98.00	Candace Sigurdson, Riverton	\$499.00	Rick Weiss, Arborg	\$649.00
Fern & Philip Sinclair, Peguis	\$279.00	Tracy Sigvaldason, Riverton	\$299.00	Cornelius Weiss, Arborg	\$59.00
Philip Thorkelson, Arborg	\$599.00	Della Sinclair, Koostatak	\$1599.00	Roger and Christine Abuda, Arborg	\$849.00
Stanley Wallach, Poplarfield	\$399.00	Isabel JToy, Lunda	\$469.00	Will & Shelly Ashley, Arborg	\$193.98
Philip Bauernhuber, Arborg	\$1,900.00	Cynthia Webster, Gimli	\$449.00	Darryl and Doris Bear, Peguis	\$2,647.00
Simonetta DelSante, Riverton	\$529.00	George & Maria Wiebe	\$51.00	Dwight Dilts, Stonewall	\$2,068.00
Danielle & John Weedon, Riverton	\$1,799.00	Debbie & Adrian Zelenitsky, Gimli	\$858.00	Lil Firman, Gimli	\$2,068.00
Bev Webb, Fisher Branch	\$129.00	Doreen Steg, Camp Morton	\$1,474.50	Ruth Kennedy, Arborg	\$64.99
Alan McKay, Arborg	\$349.00	Darlene Jonsson, Arborg	\$529.00	Chris and Jennifer Kristinsson, Gimli	\$919.00
Zenith Poole, Arborg	\$848.00	Delbert & Luwana Brandt, Riverton	\$1,799.00	Bjani and Elaine Martenson, Riverton	\$399.00
Barb & Menno Friesen, Riverton	\$559.00	Brenda & Ed Anderson, Princess Harbor	\$529.00	Bruce and Candace McKinnon, Eriksdale	\$1,669.00
Pat Dudrak, Arborg	\$499.00	Linda Williams, Peguis	\$339.00	Stephen and Liz Murdoch, Koostatak	\$70.00
Mary Dunlop, Gimli	\$109.00	Eugene Feschuk, Arborg	\$2,227.00	Lorne and Susan Smith, Gimli	\$929.00
Jean Harrison, Arborg	\$1,988.00	Ida Jean Buck, Hodgson	\$26.75	Faye Stevenson, Peguis	\$1,173.95
Roxanne Roche, Arborg	\$1,868.00	Glen & Phyllis Stevenson, Peguis	\$877.00	Walter and Charlene Stevenson, Peguis	\$154.98
Ernie & Lucille Stabner, Eriksdale	\$1,349.00	Don & Betty Johnson, Arborg	\$1,299.00	Renate Van Der Molen, Eriksdale	\$1,632.10
Nancy Woychysyn, Arborg	\$499.00	Patricia McCallum, Gimli	\$569.00	Delores Wallbridge, Peguis	\$2,186.00
Donna & Ray Andert, Gimli	\$899.00	Joyce Bielick, Riverton	\$29.95	Al and Gloria Wiebe, Poplarfield	\$152.94
Will Ashley, Arborg	\$479.00	Marvin Olson, Arborg	\$29.95	Irene Zazulinski, Fraserwood	\$279.00
Jake Barkman, Riverton	\$619.00	Jeroline Smith, Peguis	\$1227.00	Kurtis and Iris Stansell, Arborg	\$239.00
Mike & Thelma Blatney, Arborg	\$557.00	Sandra Jonasson, Arborg	\$549.00	Stephen & Liz Murdoch, Koostatak	\$841.00
Elaine Bolter / Geoff Crew, Sandy Hook	\$999.00	Melissa & Jeff Abuda, Arborg	\$3,339	Ian and Carla Christiansen, Gimli	\$2,257.99
Natalia & Roger Eytelson, Riverton	\$1638.00	John Paul Avison, Arborg	\$679	Duane Loewen, Arborg	\$199.59
Randy & Glenda Forster, Hodgson	\$1898.00	Carol & Dan Beauchemin, Inwood	\$1,329	Matthew Smith, Eriksdale	\$2,297.00
Perry & Genni Hibbert, Arborg	\$479.00	Jim Dingwall, CampMorton	\$1,038	Sharon Mcleod, Gimli	\$1385.97
Kris & Begga Johansson, Riverton	\$939.00	Eugene Feschuk, Gimli	\$698	George and Mary Lywak, Koostatak	\$629.00
Rick & Sheila Johnston, Arborg	\$349.00	Jason Hudson, Riverton	\$1,278	Lorna Friesen, Arborg	\$599.00
Bertha Jonasson, Arnes	\$769.00	Darlene Jonsson, Gimli	\$359	Teddy Ferkel, Sandy Hook	\$699.00
Donna Jonasson, Arnes	\$399.00	Ruth Kennedy, Arborg	\$549	Darrell and Donna Thaddeus, Koostatak	\$138.00
Jeannette Kist, Gimli	\$121.87	Benita Muzyka, Arborg	\$388	Joyce and Glenn Peden, Gimli	\$1,019.00
		Archie Thompson, Arborg	\$549	Lilja Macaulay, Gimli	\$829.00

**GRAND TOTAL TO DATE \$269,471.18**

## PLUS

FOR ONE DAY,  
**EVERYONE**  
WILL GET THEIR PURCHASE  
**FREE!**

### A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Sept 26th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.

We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.

Larry Kornelsen  
Smitty's

**Frigidaire  
Chest  
Freezers**  
7 cu. ft.  
**\$369**

**BEDS, BEDS, BEDS,**  
**15 Models  
on Display  
From  
\$199-  
\$2299**

**6 PC DINING SET**  
**Table  
4 Chairs &  
Bench**  
**Only \$699**  
Reg \$799

**Ashley  
Power Recliner**  
2 colours  
**\$549**  
Reg \$819

**STOCK ONLY**

**Décor-Rest  
Sofas**  
STARTING  
AS LOW AS  
**\$899**

**ALL  
PURCHASES  
QUALIFY!**  
• Furniture  
• Appliances  
• Clearance  
Items

**PLUS**

**DON'T  
PAY FOR 3  
MONTHS**  
**0% INTEREST ON  
EVERYTHING  
O.A.C.!**  
**FURNITURE,  
APPLIANCES**

#### SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9 a.m. Tues., Sept. 1 and ends Sat., Sept. 26, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Friday, Oct. 2, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 20 sale days.

**Smitty's**  
FURNITURE & APPLIANCES

"The largest selection of Furniture & Appliances between the lakes"

**321 MAIN ST. ARBORG**  
**204-376-5242 TOLL FREE 1-800-361-4156**

E-mail: smittysfurniture@mts.net

www.smittysfurniture.net

**HOURS: 9 - 6  
TUES. - SAT.**

