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EXPRESS PHOTO BY THE RIVERTON & DISTRICT FRIENDSHIP CENTRE

RDFC summer students, from left, Cheyenne Janvier, Wyatt Gauthier, Jayce Munroe and Corey Spring helped Harriet Martens, second from the right, maintain the community gardens. See full story pg. 2.

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# Riverton food bank receives over 3,000 kilograms of vegetables

By Nicole Brownlee

Harriet and Andre Martens have always had a green thumb, but once they heard the Riverton & District Friendship Centre's food bank was suffering, they put their gardening abilities to the test.

Between three gardens, the RDFC received over 2,400 kilograms of vegetables this summer.

"I seriously was astonished," said Tanis Grimolfson, RDFC executive director. "All the work (they) went through just so the food bank had fresh produce."

The RDFC hosts two food banks per month that serve around 240 adults and 180 children from the RM of Bifrost-Riverton, Arborg and the RM of Fisher. The centre also compiles 15 emergency hampers each month for around 30 adults and 20 children.

Harvest Manitoba used to consistently deliver donated food to the centre's food bank, but because of the COVID-19 pandemic, rural food banks received less support.

"As soon as COVID-19 hit hard in March, Harvest cut all rural food banks down to a once-a-month delivery instead of every two weeks, so that was a devastating hit for us," said Grimolfson.

Harriet and Andre often donated to the centre's food bank with vegetables from their personal garden and grocery stores but knew they could do more.

"I looked at what we could get out of the store versus what we can get out of a garden for the same amount of money, and I said, well, we can do a little better," said Harriet.

The Martens bought property across from their home in Riverton and developed the land over two growing seasons to create two gardens.

"We had a couple of neighbours who helped. They'd come with shovels to spread the topsoil. ... And (Nathan Sigurdson) came and tilled (the land)

for us because my husband broke both of our tillers trying to till it," said Harriet.

With the help of community members and RDFC summer students, the gardens were well maintained.

"My husband and I don't do this on our own. Without help from other people in the community, we couldn't do this," said Harriet.

"My husband and I, we've always been community-oriented. ... We moved out here because of the community that we saw out here."

With the produce from the Martens' gardens and a donation of 635 kilograms of potatoes from ECBVerdyol, a Riverton-based erosion control business, the centre was able to feed families at the food bank and prepare food for other programs.

"It was amazing the impact it had. We were able to supply so many families with fresh produce, and we were able to do some canning at the centre as well," said Grimolfson.

The canned and frozen vegetables will help supplement the centre's hot lunch and youth programs throughout the year.

"The staff made a lot of salsas as well for the youth programs and the after-school program. ... Carrots galore, washed and chopped up and froze.



EXPRESS PHOTO BY THE RIVERTON & DISTRICT FRIENDSHIP CENTRE

This is one of three gardens Harriet maintains with her husband Andre, two of which are dedicated to producing vegetables for the Riverton & District Friendship Centre food bank.

We never wasted anything."

To donate to the Riverton & District Friendship Centre, contact Tanis Grimolfson at 204-378-0217.



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"This is a great opportunity to support Westshore Community Foundation," says Tim Arnason, President of Westshore Community Foundation. "Of course, we welcome gifts at any time, but between November 15 – 21 your donation will be stretched by the Winnipeg Foundation and the Manitoba government. We're so excited to see what our community can accomplish!"

Your gift during the Endow Manitoba Giving Challenge will help grow Westshore Community Foundation's capacity to support a wide range of charitable projects in our catchment area for years to come.

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# Gimli Kinsmen Club dissolves after 71 years of service

## Donates \$5,800 to student scholarships

By Patricia Barrett

One of Gimli's vital service clubs bid the community a fond farewell last week after members decided to dissolve the organization and donate the remainder of its funds to a local foundation.

The Gimli Kinsmen Club wound down after 71 years of service to the community.

"It is unfortunate but we had a lot of great times over the years fundraising for the community," said club treasurer Garry Fedorchuk last week.

The COVID-19 pandemic and public health restrictions cancelled events the club relied on for fundraising.

"COVID was a big part of our decision to fold. We haven't been able to fundraise for two years. The Icelandic Festival was our big fundraising opportunity, and we also rented ourselves out as bartenders for weddings and socials. All those events were cancelled," said Fedorchuk. "The other part of it is that nearly all of us are seniors over 65 and we're getting a little tired."

The Gimli Kinsmen Club was formed

in 1950. Over the years the club supported school and sports programs, helped build the Gimli daycare centre and the Gimli arena, and raised funds for Gimli hospital.

Service clubs were prevalent in the 1950s, 1960s and 1970s to help communities fund projects, but nowadays government grants are available, said Fedorchuk. And the advent of VLTs had a significant impact on the club's ability to raise significant amounts of money.

"At one time we could raise \$70,000 a year with Kinsmen Bingo. But when the VLTs came in, they killed our bingo. We went from about \$70,000 down to \$4,000," said Fedorchuk. "It has been heading that way for a long time and COVID finally finished us off."

There used to be Kinsmen clubs in Arborg, Teulon and Selkirk but they folded, he said. There is one club in Stonewall and one in Winnipeg and they have a handful of members as it's difficult getting people to volunteer.

"It's a sign of the times. It's hard finding volunteers who can make that time commitment," he said.

All clubs owe dues to its parent organization, Kin Canada, said Fedorchuk, and with events having been cancelled because of COVID, it was difficult for the Gimli club to meet its obligation.

"Kin Canada waived last year's obligation, but there was \$2,800 we owed," he said. "With six guys [in our club] having to come up with \$2,800, that's almost \$500 each in dues to pay, and we weren't able to fundraise. Most of those dues were for insurance and liability protection."

After selling off its assets and settling accounts, the club was left with \$5,800, which it donated to the Westshore Community Foundation for student scholarships.

"We had a trailer and some other items that we sold and had some money in the bank," said Fedorchuk, "so we decided to give it to Westshore for scholarships."

In a news release, the club thanked the community for its support over the past seven decades.

"Thank-you for your kindness, your time, your friendship and, most importantly, your money. We are proud of our accomplishments — they have



given us much laughter and good times — and we hope that you are proud of them too," said the release.

For the last time, the club sang its song:

"Here we are together once again.  
One in all, a happy bunch of men.  
Leave your cares and troubles for a while,  
Let your face break forth in a smile,  
Look around, grab someone by the hand,  
They're your friends, the finest in the land,  
Now, all set, let's shout to beat the band,  
What do you say?  
KINSMEN, KINSMEN, KINSMEN!"

## Creative carving contest



EXPRESS PHOTOS BY KRISTEN RUDYK

Arborg Early Middle School participated in their own Halloween classroom parties with a variety of games, activities and movies. The Young Philanthropist Club (YPC), a group of students from Grade 5 to 8, led two school-wide activities. They held a pumpkin carving contest and a costume contest. Approximately 50 pumpkins were carved by kindergarten to Grade 8 students and the costume contest had around 75 students participants. YPC was glad to see so many students participate and the \$263 raised through these activities will be donated to the Children's Hospital Foundation.

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# Feast for the eyes: Eight Interlake artists showcasing their work in Winnipeg

By Patricia Barrett

A group of eight Interlake artists are showcasing a range of artwork at the Cre8ery Gallery in Winnipeg. Werner Batke, Hermina Hildebrand, Denise LeBleu, Debbie Toner, John Valentine, Johanna Vrienten, Barbara Waterman and Charley Waters will be featuring oil paintings, photography, acrylic art, coloured pencil work, pottery and watercolours until Nov. 9 at

gallery. The artists are from Interlake communities such as Arnes, Selkirk, St. Andrews, Stonewall and Beausejour, said Karin Batke. They're an artistic blend of "kindred spirits who share a desire to spread the beauty and joy of life through their work," according to Cre8ery's website. Their works range from "the wildness of nature to the civility of cafe connections."

Pandemic restrictions permitting, the Interlake 8 will be offering gallery-goers a "feast for the belly" as well as a "feast for the eyes." The Cre8ery Gallery is located at 125 Adelaide St. in Winnipeg's Exchange

District. Gallery hours are Tuesday to Friday from 12 to 6 p.m. and Saturday from 12 to 5 p.m.. On Nov. 5 the gallery is open from 12 to 8 p.m. For more information, visit [www.cre8ery.com/portfolio/Interlake8](http://www.cre8ery.com/portfolio/Interlake8)



**EXPRESS PHOTOS SUBMITTED**  
Eight artists from the Interlake, including photography by Denise LeBleu (shown left) and paintings by Werner Batke (shown above) will have their work on display at Winnipeg's Cre8ery Gallery until Nov. 9.



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# Province, regional health authorities to move non-COVID patients out of hospitals to free up beds

By Patricia Barrett

Non-COVID patients in hospitals could be transferred out of their home health regions to other parts of Manitoba as Shared Health and five regional health authorities prepare to free up beds for COVID patients.

Shared Health, which oversees health-care delivery across the province, notified "Acute Care Leads and Care Teams" in an Oct. 19 memo that non-COVID patients may be transferred to facilities across Manitoba in order to accommodate a growing fourth wave of COVID patients and expected influenza patients.

Under Shared Health's directive, the Interlake-Eastern Regional Health Authority (IERHA) will be transferring stable hospital patients to other facilities within its own region or out of the region altogether, according to an Oct. 22 letter it sent to elected leaders. The IERHA has an "ongoing shortage of nurses," is preparing for an increase in COVID patients and expects to deal with influenza patients.

"These three unique elements of the health care environment that we are now experiencing are affecting, or pose the potential to significantly affect, our ability to continue delivering appropriate health care services in Interlake-Eastern RHA," wrote chief executive officer Dr. David Matear in the letter. "That is why regionally and provincially we are taking difficult and extraordinary actions to ensure that hospital beds are available for people who require hospital care."

Throughout October the IERHA had been "adding and reallocating staff resources to home care and allied health teams in an effort to keep people at home safely, longer," he wrote. And the health authority has asked personal care homes in its region to accommodate "new admissions" as quickly as possible.

Some hospital admissions could be "diverted" to receive home care or mental health supports "if no medical care is required," said an IERHA spokesperson in response to questions about sending patients home to recover.

Patients could also be sent to other



EXPRESS FILE PHOTO

Hospital patients in the IERHA could be transferred home to recover, to PCHs or to other health regions across Manitoba as Shared Health prepares to free up hospital beds for COVID patients.

rural or northern hospitals for care.

"Manitoba's hospitals across rural and northern Manitoba have the capacity, staff and skills to care for a wide variety of health conditions," said the spokesperson. "Patients transferred under the protocol would be medically stable and matched carefully with facilities that can appropriately match their care needs with services and skilled staff at the receiving site."

Patient transfers are "necessary" in order to "continue" performing important surgeries in the IERHA and other regions, as well as to offer other health services, said the spokesperson. Manitobans have been waiting for care due to "necessary cancellations as a result of previous waves of the pandemic."

On admission to hospital, patients and/or family members will be asked to sign a form consenting to a possible transfer to another facility or health region. They can still be transferred even if they refuse to sign it.

"While we will work with patients and families to advise them that they are being transferred, we do not require permission for a transfer to take place," said the spokesperson.

Matear acknowledged in his letter that mandatory transfers could be "difficult" for patients and their families, but is "necessary if the health care system is to continue providing the highest level of care that it can for COVID patients."

The IERHA said it's unable to estimate the cost of shipping patients around the province because "hundreds of transfers" occur daily.

A spokesperson for Shared Health said the patient-transfer protocol was activated on Oct. 22. Because the scope and duration of the protocol is unknown, Shared Health can't determine how much this is expected to cost the health-care system.

"Hundreds of patient transfers occur throughout the health system on a daily basis. As such, separating out costs for transfers that apply to this protocol is infeasible — particularly when the scope and duration of the protocol is unknown," said the spokesperson.

The IERHA is experiencing a shortage of paramedics in the region,

which affects ambulance availability. When asked how it will deal with patient transfers in the context of those shortages, Shared Health said ambulances are not required for "all patient transfers."

"Low acuity forms of transport are utilized where appropriate, such as when a patient is transferred from an acute care setting to a personal care home," said the spokesperson.

The patient-transfer protocol is expected to maintain non-COVID health-care services such as non-urgent surgeries and diagnostics, said the spokesperson.

The surgical and diagnostic backlog is almost at 130,000, according to an Oct. 14 Doctors Manitoba statement posted on its website, and "progress has been slow."

Of that total, there over 52,000 surgeries, over 41,000 diagnostic imaging procedures (e.g., MRI, CT and ultrasound scans) and over 35,000 procedures such as endoscopies, mammograms and allergy tests, says the statement.

Doctors Manitoba said it had asked the province in June to commit to clearing the backlog by a fixed date, create a surgery and diagnostic recovery task force and report monthly to the public on the backlog, but no action has been taken.

Manitoba Liberal Leader Dougald Lamont told the Express that the patient-transfer protocol and the surgical backlog is indicative of a government unable to handle a crisis.

"I have to say it, it's like the PCs have been paralyzed and they don't actually know what to do," said Lamont last Friday. "If you look at Shared Health, it's overwhelmingly accountants at

Continued on page 7

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## NACI recommends third dose of COVID mRNA vaccine for adults 70-79, 80 and older

By Patricia Barrett

Because of declining protection against acquiring a COVID-19 infection in fully vaccinated people, Canada's National Advisory Committee on Immunization (NACI) is broadening the scope of who is eligible to receive a third dose of vaccine.

NACI's "Interim guidance on booster COVID-19 vaccine doses in Canada," released Oct. 29, recommends third doses of an COVID mRNA vaccine — Moderna's Spikevax vaccine or Pfizer-BioNTech's Comirnaty vaccine — be given to a wider subset of the population, including seniors and those who had received vaccines developed by Oxford-AstraZeneca and Janssen (Johnson & Johnson).

During a news conference last Friday, Canada's deputy chief public health officer Dr. Howard Njoo said there's evidence that COVID vaccines' effectiveness against infection may decrease over time.

"At this time, NACI is recommending a booster dose for some populations at highest risk of severe illness and waning protection following their primary series [of vaccination]. Specifically, NACI has expanded their late-September recommendation — that adults in long-term care or other congregate care settings should be offered a booster dose of an mRNA COVID-19 vaccine — to include seniors 80 years and older," said Njoo speaking in French.

"Additionally, NACI recommends some other key populations, who may be at increased risk of severe illness or at increased risk of lower protection over time and who are essential for maintaining health system capacity, may be offered a booster dose of an mRNA COVID-19 vaccine at least six months after completing the primary

series."

In addition to those 80 and older and long-term care patients, Njoo said those eligible for third doses include adults aged 70-79 years, people who received two doses of the AstraZeneca viral vector vaccine or one dose of the Janssen (Johnson & Johnson) viral vector vaccine, adults in or from First Nations, Inuit and Métis communities and frontline health-care workers.

Njoo said over 5.5 million adults and youth in Canada are not yet fully vaccinated, and a key focus of immunization efforts is to have more people completing a two-dose vaccination series.

"This is even more important as we head into respiratory infection season," said Njoo.

He recommended that the public continue to wear face masks, wash or disinfect their hands, increase ventilation and stay home and away from others if symptoms develop. This will help protect other people and the health-care system throughout the winter. He also encouraged the public to plan "safer social events."

Canada's chief public health officer Dr. Theresa Tam was asked whether the government will have to re-define the meaning of being fully vaccinated in light of the third-dose offering.

"Right now, having had a full primary series of vaccination is considered fully vaccinated," said Tam. "We are not currently considering the need for the additional shot of [a] booster for the definition of fully vaccinated for the purposes of federal requirements at this time. But, of course, we will keep reviewing the evidence and requirements."

Fully vaccinated people are at a lower risk of developing a serious COVID illness, needing hospital care or dy-

ing from the virus than unvaccinated people are. But the vaccines' protection against infection is waning, and that can contribute to increased transmission rates, says NACI's updated interim guidance document.

"COVID-19 vaccines have played a vital role in the response and have been shown to be very effective against symptomatic laboratory confirmed SARS-CoV-2 infection, severe disease, hospitalization, and death from COVID-19," said NACI. "Unfortunately, the COVID-19 pandemic is ongoing and continues to cause significant morbidity and mortality, as well as social and economic disruption in Canada and worldwide (including impacts on health system capacity)."

That's why the advisory committee is recommending a third dose "to obtain more durable protection in some populations."

NACI said it examined real-world data from Israel which suggests a booster dose provides "good short-term effectiveness" against infection and has a safety profile that's "comparable to that observed after the second dose of the vaccine."

There is no evidence to date, said NACI, about waning protection against "severe disease" in the Canadian general population who've been fully vaccinated.

The advisory committee will continue to monitor emerging scientific data on how best to use COVID vaccines, as well as examine important differences between a primary series of vaccination (to establish strong immune memory) and a booster (to stimulate the memory response once protection has truly waned).

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EXPRESS PHOTO BY BEN HEWSON

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## > SHARED, FROM PG. 5

the top and consultants, not people with medical experience."

In addition to the previous and the current provincial government reducing capacity in the health-care system, there's a cap on the number of surgeries doctors can perform. Having to care for COVID patients has exacerbated an existing backlog.

"If you wonder why you have to wait so long for a hip replacement, for example, it's because the government says you can only do so many a year and it doesn't matter how many people need it — that's the policy under the PCs," said Lamont. "If there are surgeons who can do this work and ORs [operating rooms] sitting empty, then we should let them work their way through the backlog."

A shortage of health-care staff rather than a shortage of beds is behind the patient-transfer protocol, he said, and that represents a failure of management.

"I'm really concerned that patients will be sent hours away ... and they'll be isolated and separated from their families," said Lamont. "This is their idea of getting ready for the fourth wave — sending patients to live in personal care homes, perhaps hours away — and it's a failure. And once again the government is forcing health-care workers to make do with what they have when they don't have enough."

Lamont he's heard "more than once" from people who weren't told their

loved ones had been transferred. That included someone sent from Winnipeg to Gimli and somebody sent from one Winnipeg hospital to another.

We've been down the COVID road three times (i.e., three waves) over the course of the last year and a half, he said, and have seen how the virus can swamp the health-care system here and in countries around the world.

In response to that, the province should have been working on long-term solutions, including rectifying rural health-care worker shortages and paying them equitably in order to keep them in rural communities. The province can't just put major services in Winnipeg because "it's convenient for the people who run the system," he said.

"The long-term solution is we have to pay rural health-care workers properly to ensure there are teams who can work in a place like Gimli or other communities in the Interlake," said Lamont. "There has to be quality local health care."

But both the NDP and the Progressive Conservatives starved the health-care system of funding, he said. Nurses went without contracts and paramedic shortages arose. And the Conservatives recently closed emergency rooms and reduced ICU beds to 58. That has had a knock-on effect, leading to the bottlenecks and inequities we see today.

"If you close all those services, you'll have to transfer patients around for

care," said Lamont.

Although the Conservatives were forced to double ICU capacity — mainly in Winnipeg and Brandon — when COVID patients started flooding in, Lamont said they haven't "done what it takes to get this system ready."

"What does it say about our health-care system during the pandemic when the government [in Wave 3] had to send patients out of the province [for care]?" said Lamont. "And now in another wave, they'll be sending people out of their communities. It means that our health-care system is not able to care for people properly. This is where we're at, and this isn't the first wave — this is the fourth wave. We've been calling [on the government] for preparations for this since May."

NDP Leader Wab Kinew said in a statement to the *Express* that the Con-

## Turn the clocks back Saturday night

### Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 1 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

servatives have "gutted" the health-care system, laid off nurses and cut hospital beds across the province.

"This is the fundamental reason the IERHA has stated it may transfer patients to different sites or health regions in order to free up beds," said Kinew. "This will make it harder for patients to get care close to home. And for families in the Interlake, it means loved ones could be sent to sites hours away."

It will take years to "fix the damage" the PCs inflicted on the system, he added.

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Manitoba 



### Annual General Meeting Thursday November 18 7:00pm Lakeview Gimli Resort

All Gimli Chamber of Commerce members are invited to attend. Several Officer and executive committee positions are open to interested individuals. All COVID-19 protocols will be followed. Prospective members welcome. For more information, please contact [gimlichamber@gmail.com](mailto:gimlichamber@gmail.com)

# letter to the editor

Letters to the Editor:  
letters@expressweeklynews.ca

## It is the responsibility of all Manitobans to protect our natural habitat

My concern involves the wanton and illegal destruction of Public Reserve property along the shores of Lake Winnipeg, in the Lake Forest area near Gimli. It was noticed over early spring, spring and into summer that construction had been undertaken on a cabin property in this area, the specific address of the property is 9 Mary's Cove. The very sad and actually unbelievable issue is that the individual undertaking this construction project took it upon himself to destroy the beautiful natural landscape that fronted the lot, leading up to the shore of Lake Winnipeg, which is an area of Public Reserve land. Large mature trees were cut down and removed, the natural vegetation and undergrowth were bull-dozed. These were areas that were home to local wildlife and birds but had now been destroyed in order to market the property as having a "lake view."

The truly outrageous issue is that this is Public Reserve land — this, in fact, means that it belongs to you and I as taxpayers. Granted, we may not all live in or near the Gimli area — but as Manitoba citizens, citizens who are encouraged to participate in and protect our province — this belongs to all of us and should not have been allowed to be destroyed.

But it has been destroyed, so what

you might think, can be done now. Local area residents, both year-round and seasonal residents, undertook to try to restore the area. Local willows were transplanted to the area. Wild flower mix, appropriate to the area, was scattered. And, just a couple of weeks ago, it was wonderful to see that the land was trying to heal itself. There were flowers blooming. The willows, thanks no doubt to the tireless efforts of local residents over the summer to water them, had new growth.

As hard as it may be to believe, just in the last week or so the individual who built the cabin, as a property for sale, mowed down all of the willows and flowers, which I again remind you, are on Public Reserve land.

Sadly, the RM of Gimli was made aware of the situation early on and has chosen to do very little. The individual who performed the destruction was at one point instructed to plant 12 trees, which was done, however, with no direction as to what type of trees (and if they were suitable to re-populate the area) and no maintenance after planting at this time only one of those trees survives.

When asked about the situation now, the RM of Gimli advised that the bylaw states that if you own property that is adjacent to Public Reserve land you are responsible to mow that Pub-

lic Reserve. So is the RM indicating that it is OK to de-forest land, up-root undergrowth, destroy natural habitat and vegetation as long as after you have wreaked havoc you then mow the area?

It seems both sad and ironic that as you drive out to the our lake areas, on any of Manitoba's highways, there are posters and billboards asking us to protect our natural habitat, to be good stewards of the beauty of nature. Then you see this wanton, seemingly unrestricted and uncontrolled destruction of Public Reserve lands. It makes you wonder if either this particular area or this particular individual has some special allowance giving him rights to destroy property that is not his without consequence.

The situation has devolved to the point of threats against local residents, intimidation and threats of serious physical harm against local residents who are trying to restore this area. The RM has somehow chosen to use this as a further reason to step away and allow the individual to continue on with the destruction — re-mowing the area and destroying

the trees and flowers, that through the dedication and countless hours of hard work local residents, were rejuvenating the area.

Some may wonder why this should even be considered an issue, but it is often said and seen that if we choose not to say anything or look the other way actions will progress to the point where repair becomes impossible. I do not want to see further destruction of our beautiful Interlake area. It is the responsibility of all of us, whether we visit frequently or seldom, to protect the area.

Perhaps it will take more input from those of us who do not live right in the area, but who do care and are concerned, before the RM of Gimli will take action.

It would be very sad indeed if they were to simply consider this a So Sad - Too Bad, but what's done is done situation. I think that they owe the citizens of their RM and all others who make use of and enjoy the area a greater duty of care.

- C.E. Brown  
Selkirk, MB

## Canadian amputees honour war veterans

Dear Editor,

As we approach Remembrance Day, I'd like to pay tribute to the veteran members of The War Amps.

The War Amps was started by amputee veterans returning from the First World War to help each other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

These founding members then established the Key Tag Service, which is still going strong today, to fund the association's many vital programs including The War Amps Child Amputee (CHAMP) Program.

I was born a partial left hand amputee and grew up in CHAMP,

which provided me with financial assistance for prosthetic devices and offered emotional support. These veterans have left a lasting impact on generations of amputees as they taught us that we should be proud of our amputation and to know that it will not stop us from achieving our goals.

Every day, but particularly on Remembrance Day, Canadian amputees like me honour these veterans who not only served their country but returned home to make life better for all amputees.

- Graham Spero  
Graduate member of The War Amps Child Amputee (CHAMP) Program



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- Peter

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# Clinics offering flu, COVID-19 and pneumococcal shots

Submitted by IERHA

With the delta variant circling and the arrival of flu season in Manitoba, now is not the time to let our guards down. This year, flu clinics will provide opportunity for both individuals and families to get the flu shot as well as COVID-19 Pfizer and Moderna vaccine. This is vital to prevent larger numbers of people getting ill with influenza and the coronavirus at the same time.

While the seasonal flu shot won't protect you from COVID-19, getting immunized is still important. Since everyone who is experiencing flu-like symptoms should be tested for COVID-19, the fewer people that have the flu, the better. Otherwise, there will be an increased demand for COVID-19 testing and more pressure placed on the health-care system. Getting the flu can also increase the risk of COVID-19 complications for those who catch both.

This year residents are asked to book an appointment for a flu shot by calling 1-844-626-8222, seven days a week between 6 a.m. and 8 p.m. When booking your flu shot this



year, please note:

Appointments are encouraged. Walk-in appointments are available.

COVID-19 vaccine will also be available at this year's seasonal influenza clinics.

You must wear a non-medical face mask to your appointment.

Please practise good hand-washing and social distancing. Do not come to your appointment if

you are experiencing flu-like symptoms.

Please come right at your appointment time to avoid congestion.

Bring your Manitoba Health Card and wear a short-sleeved shirt.

To find a flu clinic near you, or book an appointment online, visit [www.ierha.ca](http://www.ierha.ca) and click "2021 Flu Clinics" or visit [Manitoba.ca](http://Manitoba.ca) and then click "COVID-19" and "Vaccine."

## Hikers delight at Lundar trail update

By Nicole Brownlee

After a busy tourist season, RM of Coldwell trails are getting a tune-up with the help of a Trails Manitoba grant.

Trails Manitoba supports recreational trails throughout the province through several resources, including annual grants. The \$6,206.50 grant awarded to the municipality will pay for trail grooming, bench repairs and maintenance for the Lundar Marsh Self-Guiding Trail.

"We're looking forward to having it spruced up a bit," said Breanna Rae, RM of Coldwell's recreation director.

Continued on page 10



EXPRESS PHOTO SUBMITTED

Breanna Rae, RM of Coldwell's recreation director, stands by the entrance to the Lundar Marsh Self-guiding Trail, which is getting a refresh after a busy season.

## Winter Wellness is...



Getting 8 Hours



Eating Healthy



Getting Your Flu Vaccine

Every year, the seasonal flu vaccine helps protect you, your family and the community.

Almost everyone can get the flu vaccine, and it's available at no cost. It's even more important if you are at greater risk of serious illness, or if you're a caregiver or close contact.

### New This Year

The seasonal flu vaccine is available at locations across the province. Book online at [ProtectMB.ca](http://ProtectMB.ca) or call 1-844-626-8222 (1-844-MAN-VAC). Walk-ins are also available at many locations.

Learn more at [ProtectMB.ca](http://ProtectMB.ca)

#PROTECT MB

Manitoba



# Lundar's in seventh inning-stretch for new diamonds

By Nicole Brownlee

Lundar's baseball diamonds are making progress with the help of community volunteers.

On Oct. 24, around 30 volunteers gathered to lay sod and gravel for the infield of one of three newly constructed diamonds.

"We even had some kids that were out there that are going to be playing on those diamonds," said Blaine Fortin, Lundar Minor Baseball president.

The young baseball players couldn't compete last season because of the COVID-19 pandemic, but Lundar Minor Baseball hosted development camps to keep the kids involved in baseball.

"The kids did have the chance to develop some more skills, and we did what we could. If you don't have anything, you lose it pretty quick," said Fortin.

Most of the sod-laying crew worked from 10 a.m. to 2:30 p.m., with a few staying until dusk to water and do some "fine-tuning" to the new surface.

"It's getting close to starting to look like a baseball diamond that's playable, so it's exciting. There's been a lot of hard work that's been put into these, and to finally start seeing it shape up, it's starting to feel like you're doing something productive,"

said Fortin.

These baseball diamonds have been in the works for several years.

"It was started many years ago by some other community volunteers," said Fortin, who has been the minor baseball president for over 10 years.

"Then I thought it would be a good idea to apply for some grant money and to try and establish a facility where we could offer a little more of a baseball experience to the players so we could host tournaments."

Ballplayers previously used the diamond at Lundar School or a local homemade field.

"Brad and Diana Drews, they built a baseball diamond on their property, I think, 22 years ago, and that's where our older teams played," said Fortin.

"Drews' Field, we called it."

The Drews cut the grass, put out the bases and announced games played at their home field.

"If it wasn't for them, these kids wouldn't have baseball today."

The diamonds are waiting for backstops and dugouts, but Fortin expects the diamonds will be playable by next spring.

"Then we'll just keep building as we're able to get more funding," said Fortin.



EXPRESS PHOTOS BY BLAINE FORTIN

Lundar's baseball diamonds will be ready for the 2022 season.

## Community fall suppers, another year of takeout

By Nicole Brownlee

Communities are updating annual traditions to remain cautious as public health restrictions slowly loosen.

The Eriksdale United Church and Eriksdale Community Club are co-hosting the community fall supper on Nov. 7. The two organizations decided to offer the fall supper as a takeout meal to continue being diligent during the COVID-19 pandemic.

The Eriksdale Community Club usually hosts several events throughout the year but chose to refrain from several celebrations because of public health restrictions. This fall supper will be the organization's first event since holding a takeout dinner for Mother's Day in May.

"When we first started planning (the fall supper) about three weeks ago, we didn't know where the restrictions were heading. They could be shut down very quickly," said Vienna Kinkead, a board member with the community club.

"The board felt that they weren't quite ready to open the venue to a sit-down meal yet."

The Eriksdale United Church traditionally hosted the fall supper alone but reached out to the community club for organizational help.

In a normal year, the supper would gather about 300 people, said Kinkead, but this year they're hoping for 150.

"Knowing that it's takeout and it's still COVID, and people are uncertain, we set our goals a little lower, and we've just about reached them," said Kinkead.

Community members can have the meal of turkey, meatballs, mashed potatoes, gravy, veggies, coleslaw, a bun and dessert delivered, or they can pick up from the Eriksdale Recreation Centre.

Proceeds from the dinner will go towards the maintenance of the Eriksdale Recreation Centre.

The South Interlake Rockwood Ag Society is also hosting its harvest supper on Nov. 7.

The annual dinner would usually be served as a buffet for people to mingle and sit wherever they'd like, but this year SIRAS is offering takeout meals for pickup at the Red Barn.

"We miss the people that come because there are people very dedicated to the fall supper. They travel the province looking for fall suppers," said Diane Blue, a SIRAS board member.

The harvest supper will be one of the first events SIRAS has held since the COVID-19 pandemic hit. The meal includes salad, roast beef, baked potato, cabbage rolls, veggies, a dinner roll and freshly baked pie.

Blue said their March dinner usually sells 100 tickets, but they're aiming to sell 140 takeout meals for the harvest supper.

For more information about the Eriksdale community fall supper, call Dale at 204-214-0145 or Vienna at 204-739-8276. For more information about the SIRAS harvest supper, call Darlene at 204-633-2144 or Diane at 204-633-2238.

### > LUNDAR TRAIL, FROM PG. 9

Campers, cottagers and locals took advantage of the three-kilometre trail during the summer when public health restrictions tightened across the province. Whenever she visits the scenic trail, she passes new visitors, said Rae.

"It's wonderful to see," said Rae. "It's really nice to see it being used."

The Trails Manitoba grant also allowed Rae to focus on recreational

development in a different part of the community.

"Lots of our recreation projects happen within the town. ... And people are quite excited to see recreation upkeep around the beach as well," said Rae.

Foreman Larry Thorsteinson will oversee the trail update and expects to complete the revitalization by snowfall.



# Stefanson wins Conservative leadership vote

By Lorne Stelmach

The first female premier of Manitoba struck a conciliatory tone in her first address as leader of the province last weekend.

Following her election as leader of the Progressive Conservative Party of Manitoba Saturday in Brandon, Heather Stefanson bid people “welcome to the new PC party of Manitoba.”

“I am truly honoured and humbled to stand here with all of you making history in Manitoba,” said Stefanson, who won the leadership with 8,405 votes compared to 8,042 for her lone challenger Shelly Glover. “A strong PC party is vital for a strong Manitoba, and together I know we will come out of this race more united than ever with a focus on winning a third consecutive majority government in 2023.”

Stefanson was elected with a majority of the votes from the 64 per cent of eligible party members who cast a ballot in the contest.

She expressed gratitude for all who put their trust in both her and the party and offered particular appreciation for former premier Brian Pallister as well as interim leader Kelvin Goertzen, who also addressed the gathering.

Stefanson noted that she had visited all corners of the province in recent months and suggested that Manitobans had told her “loud and clear that they want to see us take a much more collaborative approach when it comes to working with other levels of government and with stakeholders in our communities.”

“Manitobans want a government that works alongside them,” Stefanson said in her acceptance speech.

“They want to see a government that focusses on strengthening our health

and education systems, working with, listening to and learning from Indigenous elders and leaders on moving Manitoba forward with reconciliation and attracting and retaining talent, investments and business that will provide a culture and environment that ensures our kids want to live, grow and succeed right here in Manitoba.”

“I’m ready to address the many challenges facing us,” she continued.

“Our immediate priorities must be to focus on repairing our relationship with Indigenous peoples, to get Manitoba through the rest of this pandemic, to focus on economic recovery with an emphasis on the importance of immigration and addressing the critical labour shortage this province is facing and tackling the various serious concerns that COVID has exposed within our health care system.”

Offering a final address as the interim premier, Kelvin Goertzen touched on the importance of working with municipal leaders who are knowledgeable and care deeply about their communities as well as representatives of various cultural and faith communities as well.

He emphasized particularly though working closely with Indigenous communities.

“Success for our province cannot happen unless we engage in meaningful ways with Indigenous leadership and ensure that they are heard as decisions are made,” he said. “Indigenous leaders want respectful dialogue, and we must respond.”

“We are committed to continuing to work with Ottawa and being a co-operative partner in Confederation Park,” Goertzen added.

“The past 19 months has truly been the challenge of a lifetime,” he concluded. “It has also shown us some



EXPRESS SCREENSHOT

Heather Stefanson won her bid for the leadership of the Progressive Conservative Party of Manitoba on Saturday, making her the province’s new premier.

things. It has shown us how much we care for each other.

“There are reasons for optimism,” he concluded. “The pandemic tested governments and people in a way that we have never seen in our lifetime before, and as we look to emerge from it, we have to do so as a province that is united.”

Stefanson was slated to be sworn in

as premier on Tuesday.

Meanwhile, Glover on Monday had asked the Court of Queen’s Bench to declare the leadership election invalid and order a new election, claiming there were irregularities in the counting of the votes, including party members who did not receive their mail-in ballots to vote.



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## Majority of new COVID-19 cases in Southern Health

By Ashleigh Viveiros

Public health officials were reporting 483 new cases of COVID-19 in Manitoba from last Friday to Monday.

The vast majority of those cases — 266 in total — were in the Southern Health Santé Sud region, where vaccination rates continue to lag behind the rest of the province.

The Winnipeg health region accounted for 96 of the new cases, Prairie Mountain and the Northern health regions each had 41, and Interlake-

Eastern had 40.

Of the 96 new cases identified on Monday alone, the province reports 70 were in individuals not fully vaccinated (two weeks past their second dose).

Manitoba’s total number of active COVID-19 cases was at 1,273 at press time. There have been 1,248 deaths due to the virus since the pandemic began.

Continued on page 13

Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

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# GHS student garden and philanthropic spirit raised funds for humane society

By Patricia Barrett

Students at Gimli High School stepped up to help the Gimli Humane Society care for injured and abandoned animals by donating funds they earned from selling vegetables.

About 20 students in teacher Daniel Wallach's Grade 9 outdoor education class harvested about 60 pounds of beets and potatoes that were grown in the school's gardens, sold them for \$2.50 a bag and raised \$139.55 for the animal shelter.

"The students chose the Gimli Humane Society as the recipient of their vegetable sale proceeds because they agreed that the humane society is a great cause to support within the community, and they wanted to show that they value having an organization that looks after the welfare of local animals," said Wallach, who teaches outdoor education, physical education, math, law and science.

The students had also heard the animal shelter was short on funding this year and found out about a dog in "desperate need of surgery," which further motivated them to raise the funds, he said.

The vegetable crop was planted in the spring by about 10 students in teacher Chad Heminger's Grade 9 outdoor education class, said Wallach, and tilled, weeded and maintained throughout the school year. Over the summer, the garden was watered and maintained by teachers and custodial staff, who signed up for weekly shifts.

The school's eight garden planters and a shed for gardening tools were made by students in applied mathematics and woodworking classes. The gardens are a "legacy project" started seven years ago by two former students, said Wallach. They had applied for a grant called "Caring for our Watershed" through Ducks Unlimited and won second place, which gave the school the funds to start the gardens. The gardens have been given support throughout the years from programs



**GIMLI HUMANE SOCIETY FACEBOOK**  
Glider was abandoned then run over, breaking his leg. The students' donation is helping with his veterinarian costs.

such as Nutrients for Life.

Students learn about physical conditions required to produce certain crops, and processes involved in food production and distribution, he said. Other students, such as those in Grade 10 social studies, science students and students in the school's Enviro Club, also use the gardens for educational purposes and for discussions on sustainability. Indigenous herbs were planted to provide learning experiences on Aboriginal practices and traditions.

"On a typical year, the garden is harvested by students in the fall and the produce goes towards the school cafeteria to be cooked and converted into fresh homemade meals," said Wallach. "The vegetable garden is part of a circular economy occurring within the school, whereby vegetables are planted, harvested, converted into a food source, and any vegetable waste, leaves or excess plant material is composted and turned back into the soil to continue the cycle."

Wallach said his students were very eager to harvest the garden



**EXPRESS PHOTOS COURTESY OF DANIEL WALLACH**

Students sold their school-grown vegetables for \$2.50 a bag.

this fall. They took on roles such as vegetable diggers, washers, cutters (for snipping beet tops), dryers and haulers. They grew cucumbers and carrots, which they used for snacks, and beets and potatoes, which they sold.

Gimli Humane Society animal control officer Cindy Salamandyk said the students' donation could not have come at a better time because of an injured dog they're nursing back to health.

Glider, a one-and-a-half to two-year-old shepherd mix, was abandoned then run over by a car, breaking his leg. He was taken to the Gimli Veterinarian Clinic for treatment.

"Glider needs a lot of care. He needs to have his bandages changed regularly and he has to have rods and pins taken out of his leg," said Salamandyk. "The poor thing was abandoned. I guess people left him on the side of the road. Maybe he thought it was them coming back and he ran out to an approaching car and got run over. We can't understand it. It's just tragic."

The donation will help with the cost of Glider's medication and rehabilitation moving forward, she said.



Students Ava Michaluk and Vira Balaban with teacher Daniel Wallach and a cheque for \$139.55

"We're absolutely ecstatic to receive the money," said Salamandyk. "It's really wonderful to receive such community support."

The animal shelter has been dealing with a lot of tragic cases lately, and they seem to be increasing, she said.

"We had a kitten thrown out a car window, and its face is badly swollen. And we've had mother cats run over, leaving kittens behind. It's snowballing," she said.

People wishing to provide a donation to help with Glider's medical care can mail a cheque to the non-profit animal shelter, visit its Facebook page for more information or call 204-642-4775.



Harvesting potatoes



Korben Shewchuk, Erik Sveinson, Thomas Borlase digging potatoes.



Jaida Vowles at harvested planters.



Amaris Toews and Logan James levelling soil.



# Chatfield church's Bloch-inspired painting renewed; upgrades continuing

By Patricia Barrett

A church that became part of a museum in Chatfield is being lovingly restored by a local man for his mom.

Dave Johnson is renovating the Peace Lutheran Church, which is over 100 years old, for his mom, Gerry, who acquired the building and incorporated it into the Chatfield Park of Souvenirs Museum that she and Johnson's dad, Alfred, built.

When his dad died in 2012, the museum was dissolved, he said, but his mom and the family are keeping the church and a school that was part of museum "alive" through renovations.

Johnson recently completed renovations to the north wall of the church building, which features a large mural based on Danish artist Carl Heinrich Bloch (1834-1890)'s oil painting The Sermon on the Mount.

Johnson said his mom literally shopped locally for an artist to renew the mural. She commissioned Chatfield-based artist Anthony Nelson to re-paint the work, which depicts Christ's teachings to his disciples as written in the Gospel of Matthew.

"The mural was on the north wall of the church for about 15 years and needed to be redone," said Johnson. "The mural is based on Bloch's work and Mom chose it because she liked how Jesus is preaching to all walks of life, regardless of colour or race."

His mom asked Nelson to paint a new rendition, lending him a family Bible for reference. The original piece had been painted by an Inwood teacher, Bjorn Johnson, and his students as a class project, said Johnson.

The church was built in 1924 in Libau, Man., by Bishop Paul Markovic. In 1939 the church and property were purchased in a mortgage



A large mural, The Sermon on the Mount, has been painted on the Peace Lutheran Church.

sale. The church was going to be used as grain storage, but the purchaser's mother said, 'No grain will be stored in a church.' And in 1941 it was sold for \$275 to a group of Lutheran people from Saskatchewan. They moved it to East Selkirk where it became St. Luke's Lutheran Church, said Johnson.

In 1955 the church was sold and moved to the Fraserwood area, serving congregants there until 1982 when the church was closed. Years later the congregation donated the church to Johnson's parents to be used as part of the Chatfield Museum's exhibits, which included Sandridge School, the Chatfield Creamery, a former barber shop and pool hall and records for 17 local school districts. The church was moved to the museum in 1997.

Johnson said he undertook a number of renovations, including stripping off old paint, replacing rotted



EXPRESS PHOTOS BY DAVE JOHNSON

Dave Johnson has been renovating Chatfield's Lutheran Church.

wood and rebuilding the church's arched windows. He also painted the entire building, rebuilt the steps and railing and installed the mural.

"So far, the north wall is complete, and the mural is complete and mounted back onto the wall," he said. "I am currently working on the east wall, which is the entrance."

The renovations have been a labour of love and the cost borne by Johnson's mom.

"All funding is from Mom. We children (younger and older sister) and our spouses had a social in 2000 to help with the initial costs of moving the building and its restoration, but since then there has been no outside funding."

Johnson said he's hoping the weather holds out so that he can finish the upgrades to the east side of the church before the snow flies.

## > MAJORITY, FROM PG. 11

As of Monday, there were 98 people hospitalized due to COVID-19 in Manitoba, including 25 in intensive care.

In the Interlake-Eastern region, Northern Remote added 38 new cases; Fisher/Peguis, 22; Stonewall/Teulon, 15; St. Laurent, 11; Beausejour, 8; Arborg/Riverton, 3; Selkirk, 3; Springfield, 3; Winnipeg Beach/St. Andrews, 2; Pinawa/Lac du Bonnet and Powerview/Pine Falls, 1.

### Third dose eligibility expanded

Last week, the province expanded its recommendations for third doses of the COVID-19 vaccine to include residents of congregate elderly persons housing. There are more than 500 such sites across the province.

Also eligible for a third jab are First Nations people living on a reserve, people who have only received a viral vector vaccine or who received one or two doses of a vaccine not approved by Health Canada, health-care workers who have direct contact with patients or residents, immunocompromised individuals, residents of all personal care homes, and residents and staff of all First Nations personal

care homes.

More information about the vaccine campaign in Manitoba is available at [www.manitoba.ca/vaccine](http://www.manitoba.ca/vaccine) and <https://protectmb.ca>.

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COVID GUIDELINES WILL APPLY  
Lic #318

## Fraserwood Hall

Friday Nights 7:15 PM

November 5, 2021

Breakopens 50/50

5 Share The Wealth Games  
15 Regular Games @ \$60.00

(reduced games with low attendance)

JACKPOT	\$2,250.00
FIRST SPECIAL	\$693.00 +
BONANZA	\$9,953.00 +
LUCKY 7	\$667.00 +
STAR	\$550.00 +
WEEHOUSE	\$1,118.00 +
HOUDINI	\$12,709.00 +
LOONIE POT	\$427.00 +

(Estimated amounts at time of publication)

"CHASE THE ACE"

Lic # LGA 318-RF

Tickets sold 5:00 - 7:00 PM  
with draw to follow

\$2.00/ticket Current Accumulator - \$1,033.00+

CANTEEN - OPENS @ 5PM

Perogies, hamburgers, hotdogs, desserts, etc

INFORMATION - 204-642-9392 or  
204-643-5541 or [www.fraserwoodhall.com](http://www.fraserwoodhall.com)

### 50th Annual Fall Supper & Dance Sat. Nov. 13, 2021

Cocktails 5:30pm, Supper 6:30pm,  
music by Country Pride. Tickets \$25,  
7yrs to 12yrs \$12.50, 6 & under free  
Proof of vaccination required at the door,  
Covid Guidelines will apply.

For tickets contact Brandy 204-643-5230,  
Nancy 204-643-5133 or J & J Store 204-643-5556

### Craft Sale Sat. Nov. 27, 2021,

10am - 3pm, hot canteen, for info: Yvonne  
204-642-5352 Covid Guidelines will apply  
Proof of Vaccination required at the door.

### Old Time Dance, Sunday Dec. 5, 2021

1pm to 4pm, music by Country Pride. \$15  
admission at the door, Call to reserve  
tickets - Brandy 204-643-5230 or Nancy  
204-643-5133

Proof of vaccination required at the door,  
Covid Guidelines will apply.



# Prairie farmers weigh in on cover crops

By Ashleigh Viveiros

The results are in for the 2020 Prairie Cover Crop Survey, and the researchers behind it are thrilled at the number of responses they received from farmers.

A total of 281 producers who grew cover crops last year weighed in on the benefits and challenges of the practice, providing a wealth of in-the-field information.

"We went into this not having any idea of how many people were growing cover crops and this was shocking to us in how many farmers engaged with us," said Callum Morrison, a graduate student at the University of Manitoba's plant science department who spearheaded the study alongside his advisor, Dr. Yvonne Lawley.

"To have heard from 281 farmers who are growing cover crops in the Prairies, which is normally known as a region which a bit cover crop-skeptical, that is amazing," Morrison said.

The farms represented in the survey come from every major agricultural region of the Prairies, with 31 per cent from Alberta, 32 per cent from Saskatchewan and 37 per cent from Manitoba.

Collectively, the respondents grew a total of 102,539 acres of cover crop last year.

Cover crops on the Prairies are typically those grown to provide cover

during the shoulder season between cash crops or as a full season crop, perhaps in place of a cash crop or in between rows of perennial crops to assist in soil health.

The thrust of the study has never been to paint cover crops in any particular light, Morrison stressed, but simply to gather more localized information on the practice.

"One of the major takeaways for this is that farmers who may be cover crop curious will now have an opportunity to look at see what other farmers are doing around them," he said. "For the first time we're going to have cover crops put really into a prairie context so they don't have to look at what farmers in, say, America are doing."

It's a sentiment echoed by Red River Valley grain farmer Kevin Nickle, one of the survey's participants.

"As early adopters of cover cropping on the Prairies, we've found it to be a bit of a lonely pursuit," he noted. "This survey demonstrates that there is widespread participation and a general desire to continue. There is so much to learn in this realm and this survey may help inform researchers and practitioners on the specific questions to ask."

"That's just what we're trying to do: get farmers talking," said Morrison. "We hear a lot from researchers. We need to hear from the farmers them-

selves."

## Pros and cons

The survey showed that 81 per cent of responding farms have observed at least one benefit from growing cover crops — the most common, at 54 per cent, being improved soil health. Most farmers (71 per cent) said that they had observed benefits within three years of growing cover crops.

On the flip side, there were also challenges, most of them related to the prairie climate.

Thirty per cent of respondents listed the short growing season as a hurdle and 27 per cent struggled with cover crop establishment due to the lack of moisture in the fall.

When it comes the bottom line, a large number of respondents (47 per cent) were not able to identify the influence that cover crops had on their farm's net profit. Meanwhile, 24 per cent said they saw no change in net profit, another 24 per cent said they saw an increase, and four per cent reported that cover crops resulted in a drop in profit.

The survey also asked farmers to share their thoughts on what would encourage them to continue using cover crops and perhaps even expand their acres.

Payments for storing carbon, tax credits and payments from conservation or watershed groups were all identified as incentives farmers would like to see, while greater access to information, more scientific research, and technical assistance were also listed as needs.

"My hope is that policy makers and other industry stakeholders will be able to look at this and they'll be able to use it to make decisions," Morrison said. "It's the only document we have that shows what's happening on the ground."

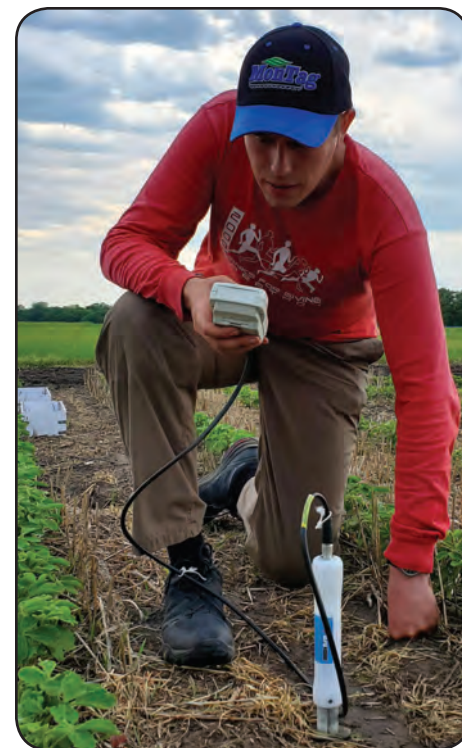


PHOTO SUBMITTED

Callum Morrison, a graduate student at the University of Manitoba, has released the results of the 2020 Prairie Cover Crop Survey.

The full report is available online at [umanitoba.ca/agricultural-food-sciences/make/make-ag-food-resources#crops/](http://umanitoba.ca/agricultural-food-sciences/make/make-ag-food-resources#crops/).

There's also a free webinar on the results being hosted by Manitoba Beef and Forage Initiatives on Wednesday, Nov. 3 at 7 p.m.

"This is aimed at anyone who has any interest about cover cropping on the Prairies," Morrison said, noting they've already had a couple hundred participants sign up. He and Dr. Lawley will present their findings at the event and answer any questions attendees may have.

You can register at [www.mbf.ca/registration/cover-cropping-on-the-canadian-prairies-webinar](http://www.mbf.ca/registration/cover-cropping-on-the-canadian-prairies-webinar).

# Remembrance

# DAY

november 11th

## SERVICES

All attending services must have proof of double vaccination and masks are required.

### 2021 Remembrance Day Ceremonies

Legion	Location	Date	Time
Winnipeg Beach BR 061	Legion -	Thurs. Nov. 11	
Invite only. Community members invited to lay wreaths at cenotaph on their own time.			
Eriksdale BR 140	Eriksdale Recreation Centre	Thurs. Nov. 11	10:45 AM
Arborg Legion BR 161	Arborg-Bifrost Community Centre	Thurs. Nov. 11	10:30 AM
Lundar Legion BR 185	Royal Cdn Legion #185	Thurs. Nov. 11	10:15 AM

## Indigenous Veterans Day

### Monday, November 8

### Derek Johnson

MLA for Interlake-Gimli

interlakegimlimla@gmail.com

Gimli 204-641-8525 | Arborg 204-376-3401



# Lake Winnipeg low water levels beach commercial fishing vessels

By Patricia Barrett

Water levels in Lake Winnipeg were so low last week that commercial fishing vessels in private and federally run harbours either sank in the mud on the lake's bottom or didn't have enough water to leave the harbour.

The fall commercial fishing season for fishers at the top of the lake's south basin and channel region has been disrupted by a lack of water from the severe drought across the Prairies, nutrient (phosphorus and nitrogen) pollution that has caused frequent algal blooms and water that was too warm for migrating fish.

Fishers say harbours at Matheson Island, Frog Bay, Grindstone and Hecla are affected by low lake levels.

Fishers who use the privately run Frog Bay fishing station, about 60 kilometres north of Riverton, said they got stuck in the mud a number of times over the fall season because of low water. And stormy weather and strong winds from the south lost them three days of work last week.

Rebekka Sigurdardottir, a commercial fisher and co-owner of the Frog Bay station, said a strong south-south-east wind last week swept the water right out of the harbour, leaving boats stranded in the mud.

"Yesterday [Oct. 27] all the boats were sitting on the bottom of the lake because there was no water under them," said Sigurdardottir last Thursday. "The wind just emptied the water from the harbour. It was unreal. Nobody here has ever seen it like this before."

The water did rise that day and fishers and their helpers were able to get out of the harbour to lift the nets they had set.

Frog Bay serves about 16 fishing vessels, said Sigurdardottir. Three women commercial fishers, including her, use the station.

Last week was not the first instance in which Frog Bay fishers were beached, she said, as "this has been



Gull Harbour on Oct. 27.

happening here more than once this fall season."

Low water has not only resulted in a loss of fishers' work time and an ability to earn income through their fishing quotas, but it also poses a challenge to boat removal at the end of the season.

"If the lake drops again, the boats would be stuck in the harbour and the fishers won't be able to move them until the water comes up again," said Sigurdardottir. "Boats have to be floating to get them out. You back a boat trailer into the water; you have to have a certain amount of water in the harbour to pull the boats out. If there's no water, just clay and muck, you can't back a trailer in."

To add to their woes, Sigurdardottir said Frog Bay fishers were sidelined for a few weeks at the start of the fall fishing season, which opened Sept. 1.

"There was no fishing here in the beginning because the water was way too warm and the fish weren't running at all," she said. "We twisted our thumbs here until Sept. 18. We could have started on the first."

Sigurdardottir said the station wrote a letter to the provincial govern-



EXPRESS PHOTOS SUBMITTED

Lake Winnipeg commercial fishers who work in Frog Bay couldn't launch their boats because of low lake levels. Strong winds swept the water out of the harbour.

ment requesting an extension to the fall season to allow fishers to make up lost time, but hasn't received a response.

"All of a sudden about two weeks ago, the fish were here and it was unbelievable," she said. "But then low water hit us. We lost three days of fishing because of the storm and the low water."

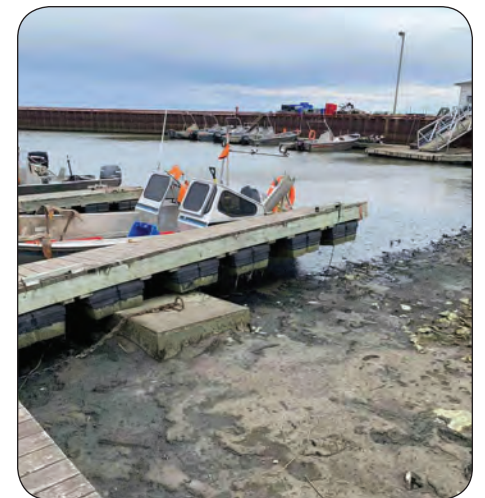
Commercial fisher Robert T. Kristjanson who fishes in the Grindstone area, south of Frog Bay, said low water has dogged them there, too.

"The water at Grindstone harbour is very low and our propellers are hitting weeds," said Kristjanson last Friday. "The harbour has to be dredged."

Kristjanson said low lake levels have been caused in part by the drought but "Hydro has caused 90 per cent of this because they're taking the water to generate power."

Silt and weeds are building up at other federally run harbours and preventing boats from operating during low water, he said.

"There are no dredges for federal harbours. They used to have them but they're gone," he said. "The Grindstone harbour authority was trying to get the federal government to clean the harbour out, but they said they'd



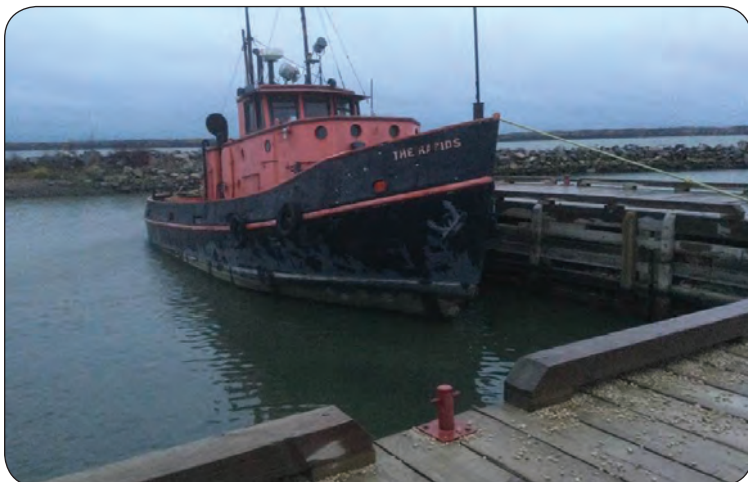
Hecla wharf.

need a special permit on account of the zebra mussels."

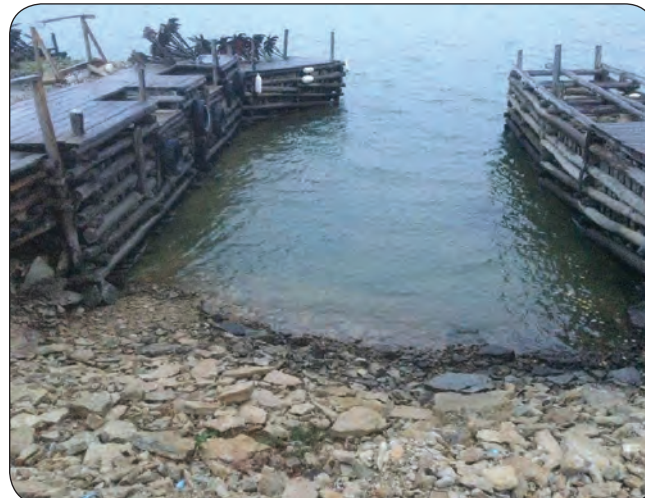
The fall commercial fishing season closed last Saturday (Oct. 30). When the Express asked the provincial department of Agriculture and Resources Development, which oversees the fishery, whether it would be extending the season because of warm water temperatures, algal blooms and the low lake levels grounding fishing boats, it said fishers will have a chance to "fill the balances of their quotas" during the upcoming winter fishing season.

"The Manitoba government recognizes the hard work of commercial fishers and the many benefits that the industry brings to Manitobans and to the Manitoba economy," said a spokesperson by email. "While warmer fall weather conditions at the start of September resulted in somewhat unfavourable fishing conditions early in the fall season, the province has been monitoring the fishing conditions and production reports for the Lake Winnipeg fishery. October weather has been favourable for the fishery to proceed, and therefore the fall commercial season will end on October 30th, 2021."

The winter commercial fishing season starts when ice conditions are safe.



A large vessel was sitting on lake bottom at Matheson Island.



Low water at the Matheson Island pier.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Gunnlaugson headed to Olympic trials

By Ty DiLello

Jason Gunnlaugson of the Morris Curling Club is returning to the Olympic curling trials. On Sunday morning, Gunnlaugson punched his ticket by winning the pre-trials event final in Liverpool, N.S.

After going 4-2 in the round robin, Gunnlaugson advanced to the semifinal, where he defeated Glenn Howard of Ontario. In the final, Gunnlaugson drew the eight-foot with his final rock in the tenth end to defeat Tanner Horgan, also of Ontario, 9-8.

Horgan would go on to defeat Glenn Howard later that day to clinch the second berth to the Olympic trials.

"To get to the trials was a huge goal for us; this is a tough event, but it was a lot of fun, and we got through it. So, pretty happy with that," said Jason Gunnlaugson.

Gunnlaugson will be looking to improve on the 0-7 record he posted skipping at the 2009 Olympic trials and already is excited for the opportunity to compete in Saskatoon for the chance to represent Canada at the 2022 Winter Olympics in Beijing, China.

"It's going to take amazing curling," he said. "One of the reasons that it means so much, and you see that emotional explosion from the team, is because I think it's the pinnacle of (Canadian) curling. All of those teams are in the Grand Slams. They're playing every week, they're elite curlers. To get to compete against those peers, and feel like you're part of that group, is just the most exciting thing a Canadian curler can have, and we're excit-

ed to be a part of it."

Pat Simmons of Winnipeg Beach (Colton Lott, Kyle Doering, Tanner Lott, Emerson Klimpke) had a great run in the event that wound up coming just a bit short. After going 4-2 in the round robin, Simmons defeated Nova Scotia's Paul Flemming in the quarterfinals but ultimately lost the semifinal to Glenn Howard.

It was a disappointing end to an otherwise solid event for the Interlake squad.

"We played well and got some breaks when we needed to over the week," said second Kyle Doering. "Obviously, we didn't achieve our goal of winning an Olympic trials berth, but it was a great run we had and a lot of things to take with us going forward as we get ready for the rest of the season. We're disappointed, but we'll be alright."

Also competing from Manitoba in the pre-trials event were Braden Calvert (Assiniboine Memorial) and Sean Grassie (Deer Lodge), who both had very disappointing weeks by going 2-4 and 0-6, respectively.

On the women's side, Mackenzie Zacharias of Altona had a heartbreaking finish to their pre-trials. Everything was going smooth after a decisive 4-2 finish in the round robin that put the youngest team in the event into the semifinals.

In the semifinals, Zacharias met up with Northern Ontario's Krista McCarville. Everything was going great in the game as Zacharias led 7-3 heading to the final end. However, a series of uncharacteristic misses by



EXPRESS PHOTO CURLING CANADA

Morris' Jason Gunnlaugson advanced to the Olympic curling trials over the weekend by winning the pre-trials event in Liverpool, N.S.

the Zacharias rink led to McCarville scoring four to tie the game.

McCarville would go on to steal in the extra end to advance and ultimately take home one of the Olympic Trials berths.

Down to their last life, Zacharias was unable to shake the earlier loss and were promptly bounced from the event on Saturday night by Corryn Brown of British Columbia. The final score was 10-3.

Zacharias and her team of Karlee Burgess, Emily Zacharias and Lauren Lenentine are sure to have learned many things from playing in an

Olympic pre-trials that will help them going forward as they will most certainly be back playing in the Olympic qualifiers in four years time.

Jacqueline Harrison of Ontario would go on to take the second women's Olympic trials berth by dispatching Corryn Brown by a 9-2 scoreline.

The women's event also had two other Manitoba teams competing. Darcy Robertson and Beth Peterson, both out of the Assiniboine Memorial Curling Club in Winnipeg, failed to reach the playoffs with 3-3 and 1-5 records, respectively.

## Thunder to host Parkwest in a playoff game this Sunday

By Brian Bowman

The Interlake Thunder's playoff season begins this Sunday at 1 p.m. in Stonewall.

Interlake will be competing for the Murray Black Cup (the B-side of the league playoffs) against the Parkwest Outlaws.

Interlake finished third in the Prairieland Division while Parkwest was fourth in the Parkland Division.

"It'll be nice to play someone new," said Thunder head coach Mitch

Obach. "Obviously, the guys were a little upset that we couldn't pull it off and go to the semifinals but there's a bit of a silver lining playing a home game rather than going all the way up to Swan River."

The Thunder finished their regular season with a 2-4 record after a 36-20 road loss to the Neepawa Tigers last Friday.

"It was a tough game," Obach said. "We had a little bit of an issue with illness and injury that was a factor but it

was a tough, close game. Both teams were fighting hard but we just came out on the wrong end of it."

Neepawa led Interlake 22-20 at the half and then outscored the visitors 14-0. The Tigers had some success against the Thunder's defence early in the game by hitting a couple of deep passes. But Obach noted that Interlake played very well defensively in the second half.

The Thunder were led offensively by Lucas Kmet's 19 carries for 124 yards

while Kaiden Kendal rushed 11 times for 59 yards and scored three touchdowns.

Defensively, Alex Luke had 11 tackles and four assisted tackles while William Summers added eight tackles and three assisted tackles.

Meanwhile, the Thunder will be hosting a celebration ceremony at half-time for the Interlake PeeWee 7's team that won their league title last Sunday.



# Thunder fly past Eagles to claim PeeWee 7 championship

By Brian Bowman

The Interlake Thunder are the Pee-Wee 7's football champions.

Interlake cruised to a dominating 40-12 victory over the Eastside Eagles on Sunday morning.

"It was awesome," said Thunder head coach Marty Cook. "Through the season we went 4-1 and we lost to the Eagles in the last game of the year and I think we lost by over 20 points. The kids learned a lot in that game and they came back fighting hard in the finals and it was a pretty dominating victory."

Interlake jumped out to a quick 12-0 lead and the score was 12-6 at half-time. The Thunder's offence really came alive in the second half, led by a strong passing game.

Eastside finished the regular season in first place with a 5-0 record. The Eagles scored a league-best 202 points

(13 more than the Thunder) while allowing a league-low 52.

But those statistics meant nothing on Sunday.

"(Our) defence was the key in the first half," Cook said. "They shut them down and we're almost suffocating them so they lost any momentum that they might have had. The (defence) came up big...they had a tough time getting first downs, which was really hurting them in the first half."

Cook said everyone on the Thunder team contributed to the championship.

Meanwhile, the Thunder Atom 7's were defeated 44-14 by the St. James Rods in their league championship game on Saturday.

"We played hard but (we had) a few too many mistakes," said Thunder head coach Jared Boville in an email.



EXPRESS FOTOS BY FITZ

The Interlake Thunder soundly defeated the Eastside Eagles 40-12 to win the PeeWee 7 championship on Sunday. Pictured back row, coach Marty Cook, coach Jeff Ponton, coach Michael Stroppa, Josiah Govereau, and coach Ryan Beresford. Second row Cooper Ponton, Bernie Garson, Sheldon Stranger, Chance Joynt, Noah Sandul, Tyler Yourchenko, Griffin Lowry, and Tyler Braun. Third row Jakob Samborski, Gage Rennie, Mark Stroppa, Reese James, Kole Beresford, and Kaleb Prystupa. Front row Jamie Dandeneau and Ben Cook.



The Thunder were defeated 44-14 by the Rods in the Atom championship game. Pictured back row, left to right, Jared Boville, Malakai Boville, Xander Duncan, Ryan Bobrovich, Brady Bilinski, Maddox Felbel, Thomas Dunlop (coach), Weston Pruen, Jack Rennie, and Clarke Bobrovich. Front row, left to right, Ryan Seed, Evan Searcy, Hudson Panting, Brock Kramble, Titus Boville, Mason Panting and Mathew Samborski.



Jamie Dandeneau, Ben Cook, Jakob Samborski and Mark Stroppa proudly show off the trophy they won.



EXPRESS PHOTOS BY JO-ANNE PROCTER

The Interlake Thunder's Malakai Boville carries the ball against the St. James Rods during the Atom championship game last Saturday.



EXPRESS PHOTO BY BRETT MITCHELL

The Interlake Thunder's Jamie Dandeneau flies past an Eastside Eagles during the PeeWee championship game on Sunday.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Mosienko: The Man Who Caught Lightning in a Bottle hits bookshelves

By Ty Dilello

My latest book *Mosienko: The Man Who Caught Lightning In A Bottle* is slated to be released this week by Great Plains Publications. It is my seventh book and the one that I am the proudest of!

Most Manitobans should know the name Bill Mosienko as he was one of the greatest athletes our province has ever produced.

It was late February of 2020 that the idea for this book came about. At the time, I was spending a week in Toronto visiting a good friend.

One day we had gone to check out a sports card and memorabilia shop. Tucked away in one of the glass displays near the front counter was an early 1950s Bill Mosienko hockey card. Not only did the card immediately pique my interest, but it brought back a memory from my childhood.

Although being a St. Vital kid, I had relatives in the North End of Winnipeg that I would visit with my Dad a few times a year. My eyes would always be glued to the mural on the sidewall of a bowling alley called Billy Mosienko Lanes every time we passed the junction of Main Street and Redwood Avenue.

Depicted in the mural is a smiling Chicago Black Hawks player who is holding up three pucks in one of his hands. I would ask my Dad about its significance, and he'd tell me the story of Bill Mosienko's famous record of three goals in 21 seconds.

Three goals in 21 seconds? How is that possible?

That's where my curiosity began with the legend of Bill Mosienko.

Ironically enough, just the day prior to going to the sports card shop, my buddy and I paid a visit to the renowned Hockey Hall of Fame, where Mosienko was enshrined many moons ago. While I was there, I checked out the display that had Mosienko's stick and three pucks from his famous record.

Long story short, I bought the hockey card and brought it back with me to Winnipeg.

As I was unpacking my things, I grabbed the card and studied it for a while. I thought about how Mosienko was such an excellent ambassador for the sport of hockey in Manitoba during his lifetime and that I should do something to commemorate his life.



The book is now available for purchase at most bookstores in Manitoba and online.

The next day I called up Mosienko's son, Bill Jr., who I had known previously from writing the book *Golden Boys: The Top 50 Manitoba Hockey Players of All Time* a few years back. In the book, I had written a lengthy biography on Mosienko, so I was already pretty well-versed in his hockey career and later life.

But now, I wanted to dig deeper.

I told Bill Jr. my idea of doing something to commemorate his Dad and suggested that I could write a book. I was quite elated to hear that he was warm to the idea and wanted to help in any way that he could.

A few days later, I travelled up to him and his wife's home near Lundar, to go through some of the family's stuff and to ask questions about his Dad. Bill Jr. pulled out a big trunk, and inside, photos and newspaper clippings soared out like they were coming out of a time machine back to the 1940s.

When I left that day, Bill Jr. handed me something that would prove to be perhaps the most essential key to my research: a USB stick.

You see, Bill Jr. did all the hard work for me as he had already spent countless hours scanning old newspaper clippings and photos onto his computer and had categorized them perfectly.

In total, there were around 3,000 items on that thumb drive that would get me started on this journey. And what a journey it was!

It just so happened that what would



EXPRESS PHOTOS SUBMITTED

Bill Mosienko was one of Manitoba's greatest athletes of all time. This scribe recently wrote a book about him that hits bookstores this week.

have been Bill's 100th birthday was coming up on Nov. 2, 2021. So I began working on the book with the idea of having it completed and released for around that time frame.

I ended up interviewing over a dozen of Bill's former teammates and opposing players for this book. And I'm very thankful I was able to talk to these people and get their stories down while they're still with us as they're all in their 80s or 90s. Unfortunately, a few of them passed away between the time that I talked to them and the release of this book, so I'm glad I was able to reach them when I did.

Even before mentioning what a great hockey player Mosienko was, the first thing that every former player said was how nice of a guy Billy was. That says something when literally every person says the exact same thing.

You'd think that playing so many years in the NHL would gain you some enemies, but nope, not for Bill. Even opposing players liked him a great deal!

With that, I learned very early on in writing this book that while Mosienko was a world-class hockey player, he was more importantly a world-class person. A people person, Bill was a genuine guy that loved to just talk to different people, regardless of their background.

That's not to downplay his hockey career at all.

The son of Ukrainian immigrants,

Mosienko grew up on skates in the tough working-class North End neighbourhood of Winnipeg. He spent all of his time at the local rink near his house, honing his craft by skating and shooting pucks.

Shortly after becoming an adult, Mosienko burst onto the scene in Chicago in the early 1940s and scored 20 goals in his first 30 NHL games. With his boyish good looks and that million-dollar smile, Mosienko was a hit in the Windy City right from the start.

Although he was one of the smaller guys out there at 5'8", 160 pounds, he was extremely quick on his feet. Bill's strong strides gave him the extra time and space needed as a right winger to get that pass off or fire a shot without much hindrance. He was without a doubt the fastest skater in hockey for the majority of his career.

Mosienko would go on to spend his entire 14-year NHL career from 1941 to 1955 in a Chicago Black Hawks uniform. During that time, he skated on the famous high-scoring Pony Line with two legends of the game in Max and Doug Bentley. In this book, you will read all about the Bentley brothers. As for my research, I travelled to their hometown of Delisle, Sask., to get the complete story on the Pony Line.

Mosienko often challenged for the NHL scoring title and finished among

Continued on page 19



# U18 Lightning edge Northstars in weekend action

By Brian Bowman

After losing to the Winnipeg Wild three times in just four days, the Interlake Lightning welcomed the sight of the Norman Northstars on Sunday afternoon.

Interlake snapped a three-game losing streak with a solid 4-3 victory over Norman in Manitoba U18 AAA Hockey League action in Teulon.

Interlake, which built a 3-1 lead just 8:39 into the game, received two goals from Hayden Wheddon and singles by Liam Cody and Alexander Kaczorowski. Kaczorowski had three points in the game while Liam Foley had two assists.

Cheechoo Lathlin, Clark Scaddan and Ian Snooks scored for Norman. Two of those goals came on the power play.

Zach Meadows made 44 saves for the win.

Saturday saw the Wild skate to a 6-1 victory in Teulon.

Andrew Thevenot scored for Interlake in the third period. Winnipeg goals came from Noah Dziver (two), Cole Robertson, Eric Kreklewitz, Kai Elkie and Logan Belton.

Ty Hogue made 40 saves for the Lightning.

On Friday, Interlake was defeated 7-1 by Winnipeg.

Thevenot scored the Lightning's only goal in the first period.

Keefe Gruener (two), Robertson, Blake Jones, Ty Genik, Elkie and Belton tallied for the Wild.

Meadows made 36 saves in the game. Last Wednesday, the Lightning lost 10-4 to the Wild.

Wheddon, Austin Lourenco, Joel Purdom and Kaczorowski scored for Interlake.

Elkie (three), Dziver (two), Jones, Jason Ruff, Aidan Wuerfel, Jayden Ward and Belton replied for Winnipeg.

The Lightning will play the Winnipeg Thrashers on Friday (8 p.m.) at the Gateway Recreation Centre and then will host the Thrashers Saturday (7:30 p.m.) in Teulon.

Meanwhile, the Interlake Minor Hockey Association and the Interlake Lightning are hosting a Hockey Fights Cancer event on Nov. 20 in Stonewall at the Veteran's Memorial Sports Complex.

All five Lightning regional teams will be playing during the day. Here is the schedule: 9:30 a.m. – U15 AA, 11:15 a.m. – U15 AAA, 1:30 p.m. – U18 AAA, 4:45 p.m. – U17 AAA, and 7 p.m. – U18



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Lightning's Kaydyn McMahon moves the puck up ice against the Winnipeg Wild during U18 Manitoba AAA hockey League action last Friday at the Bell MTS Iceplex.

## Female AAA

There will be a gate fee for the event of \$10 for adults, \$5 for seniors/students while 12 and under are free. One gate fee entry gets an individual into every game for the day. There will be silent-auction prizes, a progressive

50/50 as well as Hockey Fights Cancer T-shirt sales.

One hundred per cent of the proceeds for this event will be donated to the Canadian Cancer Society's Hockey Fights Cancer program.

## Wheat Kings, Thrashers defeat U17 Lightning

Staff

The U17 Interlake Lightning saw their league record drop to 1-8 after losing 4-0 to the Wheat Kings in Brandon on Sunday.

After a scoreless opening period, Brandon's Nash Stone scored midway in the second. The Wheat Kings' Will Wiseman, Stone and Tyler Fairbairn tallied in the third.

Lightning goaltender Alex Myers made 46 saves.

Last Wednesday, Interlake was de-

feated 8-2 by the Winnipeg Thrashers at the Seven Oaks Sportsplex. No scoring summary from the game was on the league website at press time.

Interlake will host the Winnipeg Bruins this Friday at 7:30 p.m. in Warren.

The U15 AAA Lightning, meanwhile, will play the Pembina Valley Hawks on Saturday (5:15 p.m.) in Morden.

Interlake will then battle the Winnipeg Thrashers Sunday (4:30 p.m.) at the Seven Oaks Sportsplex.

## Peguis sweeps OCN Storm

Staff

The Peguis Juniors' offence was really clicking last weekend.

Peguis swept the visiting OCN Storm, winning 9-6 on Saturday evening and 7-4 on Sunday afternoon.

On Saturday, Shaydon Mousseau had a hat trick and an assist for Peguis while Lyle Murdock and Marcus Crate each had a goal and two assists.

Ayden Manningway (two), Gabriel Beaulieu and Keelin Levesrev also scored for the Juniors.

Tyrese Bear made 48 saves for the

win.

Sunday's game saw Peguis erase a 4-2 third-period deficit with five unanswered goals.

Manningway (two), Lyle Murdock (two), Seth Stark, Darian Murdock and Levesrev scored for the Juniors.

Lyle Murdock and Darrian Murdock had three points apiece in the game.

Bear stopped 33 OCN shots for the win.

Peguis, now 3-3, will visit the Cross Lake Islanders on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

## > MOSIENKO, FROM PG. 18

the Top 10 scorers five teams. He was inducted into the Hockey Hall of Fame for his illustrious career in 1965.

Even hockey fans today still know his name for his record of scoring the fastest hat-trick in NHL history, three goals in 21 seconds on March 23, 1952. After the game, he humbly told the press that he simply "caught lightning in a beer bottle."

It's a record that has stood the test of time and will likely never be broken — unless if perhaps they double the size of the nets.

Mosienko was also a two-time NHL Second-Team All-Star and won the Lady Byng Memorial Trophy in 1944-45 as the league's most gentlemanly player. He also skated in five NHL All-Star Games and won a Western Hockey League (WHL) championship in 1955-56 with his hometown Winnipeg Warriors.

This is my seventh book about hockey history, and I have to say that I've never worked harder on a book project before. I've never gone this deep into researching someone's life, and I hope it shows as I tried my hardest to honour the life of Bill Mosienko as best as I possibly could.

This book became a personal project for me to learn everything I could about one of the greatest hockey players this province has ever produced and one of the best ambas-

sadors for the game that there ever was.

The book launch event for *Mosienko: The Man Who Caught Lightning In A Bottle* was held at McNally Robinson on Oct. 27.

The book is now available in most bookstores in Manitoba as well as being available online through the publisher's website (Great Plains Publications).



# Smith named Baseball Manitoba's Junior Player of the Year

By Brian Bowman

St. Andrews' Tyler Smith had a great season with the Elmwood Giants this past summer.

And Baseball Manitoba certainly took notice.

Smith, 19, was named Baseball Manitoba's 2021 Junior Player of the Year. The announcement was made last week.

"There are tons of great players in the league and every team has one to four guys that have really good talent," said Smith, who is currently attending school at Williston State College in North Dakota. "For me to be selected as player of the year makes me feel very fortunate to be chosen."

Smith led the Giants to their fourth-straight Manitoba Junior Baseball League championship this past season.

During the regular season, Smith posted a 5-0 record with three complete games and a shutout. He struck out 54 batters while walking just 10 and finished with a stingy earned-run average of 1.41.

In the playoffs, Smith was just as good, posting a 2-0 record while not allowing a run in 12 innings.

"I definitely felt like I was on top of my game every game I threw," Smith said. "I always went out to the mound with a bulldog mentality. I would try to average one strikeout an inning while trying not to walk anyone and it ended up helping me."

Smith is enjoying his time in Williston.

"Williston is great," he said. "It's a good group of guys with a good coaching staff. I'm very excited to be here. We had some exhibition games against some teams from Montana and I started two out of the six games we played and had success with those two starts."

Williston is a two-year school so Smith hopes to go move onto a Division I four-year school in the future.

Smith said he had great support from his family over the years.

"I would like to thank my mom, and especially my dad, for getting me to the point where I'm at today," he said. "I wouldn't have had success without both of them."

The other 2021 award winners included Grassroots Team of the Year: 15U AA Bonivital White Sox  
High Performance Minor Team of the Year: 18U AAA Winnipeg South Wolves

High Performance Major Team of the Year: Elmwood Giants Junior AAA

Grassroots Coach of the Year: Kelly Wiens (Kleefeld)

High Performance Coach of the Year: Jeff Bouchard (Winnipeg South)

13U Player of the Year: Logan Paterson (Winnipeg South)

15U Player of the Year: Jack Lussier (Bonivital)

18U Player of the Year: Donovan Collier (Winnipeg South)

Female Player of the Year: Payton McNish (Midwest)

Volunteer of the Year: Tony Staruch (Winnipeg South)

Umpire Award of Merit: Dave Forde (Winnipeg/Carillon)

Derrick Dubell Grassroots Umpire of the Year: Tyson Plett (Carillon)

Honour Society: John Kroeker (Stonewall/Interlake), Fred Shipley (Interlake), Gord Sawatzky (Altona), Conley Kehler (Altona), Kristal Benton (St. James) and Wes Penner (Winnipeg South)

Due to the ongoing pandemic, the 2021 Awards Ceremony is invite only. Recipients will receive more information shortly. All in attendance (except individuals under the age of 12) will be asked to show proof of double vaccination or show proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19.



EXPRESS PHOTO SUBMITTED

St. Andrews' Tyler Smith, a star pitcher with the Elmwood Giants, was recently named Baseball Manitoba's Junior Player of the Year.

# Fishermen defeat Ice Dawgs

Staff

The Arborg Ice Dawgs gave the Selkirk Fishermen a real good battle on Saturday in Selkirk.

But the Fishermen won that battle by scoring four-first period goals in a 4-3 victory over the Arborg Ice Dawgs.

The two teams combined to score five goals in a 3:53 span late in the opening period.

Peyton Moneyas, Travis Spratt, Dominic Suhr, and Jordan Beaulieu scored for Selkirk.

Tyson Barylski tallied for Arborg in the first period and then Kalen Guimond and Ben Danielson scored 33 seconds apart in the second.

Guimond and Jack Einarson each had two points in the game.

Tre Strachan made 35 saves in the

losing cause.

On Oct. 26, the Ice Dawgs were edged 3-2 by the North Winnipeg Satellites.

Nicolas Andrews scored the game-winning goal on the power play with 5:51 remaining in the third period.

Einarson and Guimond each had a goal and an assist.

Jordan Klippenstein and Nikolas Bear scored a goal and added an assist apiece for North Winnipeg.

Strachan made 30 saves in the game.

Arborg will host the Lundar Falcons on Sunday at 2:30 p.m.

Lundar did not play any games this past week but will host the league-leading Selkirk Fishermen this Friday at 8 p.m.



EXPRESS PHOTO BY JOHN PODWORNIAK

The Arborg Ice Dawgs' Cadrick Dueck provides a screen in front of Selkirk Fishermen goalie Owen Derewianchuk during CRJHL action last Saturday in Selkirk.



# U18 Interlake hockey players may still hit the ice this season

By Brian Bowman

Due to low registration numbers, there is no U18 hockey offered by the Interlake Minor Hockey Association for the 2021-22 season.

But Tom Chwaliboga wants to give players in that age group another option so they can be on the ice this season.

He sent an email out to parents.

"I am unsure if you heard, but there is no U18 (previously called Midget) hockey this year in the entire Interlake. This means that no kids in Grades 10, 11, or 12 in the entire Interlake will play hockey this year, other than any team that might play in the Winnipeg High School Hockey League.

"This is very disturbing to me as a person who likes hockey, coached

hockey, had kids play hockey, and personally continue to play rec hockey. Hockey is a great game and provides opportunities and memories that you will have forever and I hope that kids in this age group, along with their parents, will consider registering in the program that Arborg Bifrost Parks and Recreation Commission is offering this year."

The program is designed to get kids back on the ice and enjoying hockey so when the 2022-23 season comes around the players are ready to go and haven't missed two full years of hockey.

It will also provide an opportunity for kids to enjoy other activities as there is only one time slot per week which will include a practice and

game.

Players/parents must respond to the email by Nov. 15 with games to start in December.

This U18 program will not be "traditional" hockey, though, as there may not be enough players to make teams of 15-16 skaters.

But Chwaliboga is hoping something can still be organized so this age group can continue to play hockey. Depending upon interest and registration, the U18 program may look like the following: 4-on-4 hockey, six to eight players on a team (with the hopes of getting a minimum of four teams), non contact, only one on-ice session per week (each session will have a 30-minute practice followed by a game for 50 minutes — two 25-min-

ute periods, run time — each team will have a certified coach and safety person, each game will have two certified referees, all players will be registered with Hockey Manitoba and all Hockey Manitoba rules will apply (for penalties and suspensions during this program).

The registration fee will be \$275 per player and there will be a minimum of 10 on-ice sessions which will be held at the Arborg and District Arena.

The program would need coaches, managers, and a safety person for each team.

Anyone interested in helping out can email Chwaliboga at tom.abprc@mymts.net.

## take a break > GAMES

### SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

I	S	V	I	E	E	N	R	H	S	V	H
B	V	T	B	E	T	V	T	S	O	O	C
V	O	B	S	E	G	V	S	V	H	G	V
S	A	B	E	R	T	E	L	E	A	E	V
T	D	D	T	E	T	E	T	E	T	E	E
S	E	T	G	V	E	C	E	E	D	O	O
G	N	I	M	C	O	V	A	S	V	G	N
E	B	E	B	V	G	R	E	V	D	E	H
S	B	V	T	B	E	R	I	R	E	G	V
S	B	E	R	E	T	I	N	V	M	I	R
V	I	V	O	T	H	V	K	V	R	I	E
S	B	E	D	V	S	S	A	M	B	T	S

Crossword Answer



## CROSSWORD

#### CLUES ACROSS

- Nuclear undersea weapon
- President of Syria al-\_\_
- Partner to flows
- "Snow" in Welsh
- Famed Mexican painter
- Song
- ticks outward from the crown
- Doddering
- Resist authority (slang)
- Antsy
- Wrath
- Spills the beans
- Past
- The woman
- One has 24 hours
- Talk
- It can sting
- Astronomy unit
- Halfway
- Chinese dynasty
- Australian river
- Software to transfer audio (abbr.)
- Fabric
- Crucifix
- Defunct European economic group
- "Hotel California" rockers
- Michael Knight's car
- Actress Ryan
- A digital tape recording of sound
- Insecticide
- Scientific instrument
- Golden-\_\_ corn
- Israeli city \_\_ Aviv
- Sword
- Ottoman military title
- Aromatic plants
- Cold wind
- Large, semiaquatic reptile (slang)
- Political unit
- Indiscreetly reveal secrets
- Comfort food dish
- Actress Zellweger
- Romanian city

#### CLUES DOWN

- One point east of southeast
- Italian monetary unit

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

- Warship prison
- Tropical American tree
- Alias
- Normal or sound powers of mind
- English county
- Not compatible with
- Female deer
- Not late
- La \_\_ Tar Pits, Hollywood
- "Jupiter's Legacy" actress Leslie
- Impudence
- Advises
- Founder of Babism
- A baglike structure in a plant or animal
- Male parent
- A type of plug
- Capital of Vietnam
- Fungal disease
- Shelter
- Finished
- Excrete
- Unhappy

- Partner to cheese
- Coffee receptacle
- Spend time dully
- Makes full
- Snakelike fish
- Take in solid food
- \_\_ student, learns healing
- A way to take away
- Impart a lesson to
- "Transformers" actress Fox
- Spiritual leader
- Every one of two or more things
- Indian city
- 17th stars
- Weapon
- Amounts of time
- Isodor \_\_, American Nobel physicist
- Soviet Socialist Republic
- Witness



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**EXPRESS**  
WEEKLY NEWS  
**204-467-5836**

## MISCELLANEOUS

Indoor Tower Garden for sale. Easily grow greens and herbs indoors. Includes 2 brand new sets LED grow lights, starter seeds, germination trays, rock wool, vermiculite and pots. Brand new water pump and timer, and 2 full sets of mineral blend plant food. \$500. Pick up in Selkirk, Manitoba. Call or text 204-485-1419.

Surefire 101CE wood/electric furnace, 28" fire box. In very good condition, recently inspected. Ph 204-376-2495.

## MISCELLANEOUS

11.6 cubic ft. Frigidaire fridge with top freezer and auto defrost, less than one year old, \$300; chesterfield, tan colour, very good clean condition, \$75; Hide-A-Bed, floral, good & clean condition \$50. Gimli, MB. Cash only. Phone 204-641-2485. 9 a.m. to 7 p.m. only.

## NOTICES

**URGENT PRESS RELEASES** - Have a newsworthy item to announce? Having a fall or winter event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

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## WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Please call Adam at 204-795-2850.



## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF GIMLI

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **2nd day of December, 2021**, at the hour of **10:00 AM**, at Rural Municipality of Gimli, 62 - 2nd Avenue, Gimli, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
13010	LOT 9 PLAN 47546 WLTO IN SE 1/4 OF 4-18-4 EPM - 30 REYNOLDS RD	L -\$42,600	\$7,474.22
104669	UNIT 60 CONDOMINIUM PLAN 72 WLTO TOGETHER WITH AN UNDIVIDED 1.2048 % INTEREST IN THE COMMON ELEMENTS AS APPURTENANT THERETO SUBJECT TO ALL ENTRIES SET OUT ON THE TITLE OF WINNIPEG CONDOMINIUM CORPORATION NO. 72 - 13 TERN DR	L -\$66,700 B -\$393,000	\$39,986.59
129500	LOT 15 BLOCK 4 PLAN 5945 WLTO IN FRAC NW 1/4 9-19-4 EPM - 80 SOUTH COLONIZATION RD	L -\$37,600 B -\$109,300	\$10,248.88
178000	LOT 24 PLAN 3118 WLTO IN S 1/2 21-19-4 EPM - 7 NORTH 8TH AVE, LONI BEACH	L -\$26,200 B -\$116,500	\$24,813.26
188608.002	LOT 2 PLAN 44850 WLTO IN SE 1/4 OF 13-19-3 EPM IN W 1/2 OF 18-19-4 EPM AND IN GOVERNMENT ROAD ALLOWANCE (CLOSED) - 279 ANSON ST	L -\$9,000 B -\$727,600	\$64,672.11
188608.007	LOTS 7 AND 8 PLAN 44850 WLTO IN W 1/2 18-19-4 EPM AND SE 1/4 13-19-3 EPM AND CLOSED GOVERNMENT ROAD ALLOWANCE - 311 ANSON ST	L -\$13,900 B -\$729,100	\$97,797.24
188678	LOT 1 BLOCK 9 PLAN 23733 WLTO IN E 1/2 13-19-3 EPM AND W 1/2 18-19-4 EPM AND IN PART CLOSED GOVERNMENT ROAD ALLOWANCE, PARCEL 'C' PLAN 23108 WLTO IN EAST HALVES 12 AND 13-19-3 EPM AND IN WEST HALVES 7 AND 18-19-4 EPM AND IN PART CLOSED GOVERNMENT ALLOWANCE - 180 COOK AVE	L -\$188,100 B -\$208,300	\$29,656.92

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Gimli as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 4th day of November, 2021.

Managed by:



Cindy Makowsky  
Tax/Revenue Clerk  
Rural Municipality of Gimli  
Phone: (204) 642-6666  
Fax: (204) 642-6660



## Rural Municipality of Armstrong

### NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ARMSTRONG

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **2nd day of December, 2021**, at the hour of **2:00 PM**, at Rural Municipality of Armstrong, 55 - Highway #17, Inwood, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
82900	PARCEL 1: THE W 1/2 OF LOT 5 PLAN 3142 WLTO EXC OUT OF SAID LOT 5: ALL MINES MINERALS AND MINERAL OILS AS SET FORTH IN TRANSFER 706717 WLTO PARCEL 2: ALL THAT PORTION OF THE SW 1/4 OF SAID SECTION 23 BOUNDED AS FOLLOWS: ON THE EAST BY THE WESTERN LIMIT OF SAID LOT 5 ON THE NORTH AND SOUTH BY THE STRAIGHT PRODUCTIONS WLY OF THE NORTHERN AND SOUTHERN LIMITS OF SAID LOT 5 AND ON THE WEST BY THE EASTERN LIMIT OF FIRST AVENUE WEST AS SHOWN ON SAID PLAN 3142 WLTO - 10067 PR231, PLANS	L -\$9,100 B -\$94,700	\$5,121.00
227000	THE SLY 105 FEET OF THE NLY 212 FEET OF LOT 18 PLAN 4892 WLTO EXC THEREOUT ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN IN SW 1/4 2-18-1 WPM - 10 2ND AVE, PLANS	L -\$5,600	\$1,793.66
314800	SE 1/4 OF SECTION 30-21-1 WPM, EXC FIRSTLY: RIGHT OF WAY OF CANADIAN NORTHERN RAILWAY, PLAN 431 WLTO (P DIV), AND SECONDLY: ALL MINES AND MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN. - DESC SE 30-21-1 W	L -\$43,500	\$4,057.40
314900	SW 1/4 OF SECTION 30-21-1 WPM, EXC FIRSTLY: RIGHT OF WAY OF THE CANADIAN NORTHERN RAILWAY, PLAN 2363 WLTO, AND SECONDLY: ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN. - 5045 ROAD 124 NW	L -\$71,200 B -\$177,500	\$12,292.02
331200	FIRSTLY: NE 1/4 OF SECTION 24-21-2 WPM, EXC ROAD, PLAN 524 WLTO (P DIV) SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN. - DESC NE 24-21-2 W	L -\$38,700	\$3,925.62
331300	SECONDLY: NW 1/4 OF SECTION 24-21-2 WPM, SAID SECONDLY, BEING SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN. - NW 24-21-2 W	L -\$31,300	\$3,791.09

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Armstrong as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 4th day of November, 2021.

Managed by:



Corlie Larsen  
Chief Administrative Officer  
Rural Municipality of Armstrong  
Phone: (204) 278-3377  
Fax: (204) 278-3437

## 204 PALLET AND PACKAGING

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## SPECIAL CARE SUPERVISOR

Three days per week Tues, Wed, Thurs 8:45 am to 3:45 pm to assist with one to one care with daily activities to a person with disabilities. Also to help in the recycling area and in all areas at the workshop. A Criminal Record check and Adult Abuse check required. Benefit plan and pension plan provided. First Aid course provided. Additional details and information about the job available at the workshop.

**Please send resume or drop off at the workshop to Alex Janower, Manager Riverdale Place Workshop Inc. Box 609 Arborg, MB R0C 0A0 Tel: 204-376-5584 Fax 204-376-5584 email [riverdalew@mymts.net](mailto:riverdalew@mymts.net)**



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## FULL TIME CAREER OPPORTUNITY Gimli Seniors Resource Council Inc. MANAGER

We are looking for a people oriented, organized, innovative manager, who will be responsible for the overall supervision of staff and of support services programs. Programs include Congregate Meal Program, Lifeline, Meals on Wheels, Transportation Service, and others.

Reporting to the board of directors, the requirements for the position include good supervisory, administrative, creativity and problem solving, written communication, and interpersonal skills, as well as a commitment to seniors' health and well-being and community.

University or college credentials, plus related experience, or some equivalent combination are required, as are a car, valid driver's license, and pre-employment checks.

The hours are Monday to Friday 8am to 4pm, with some potential evenings or weekends.

We offer a competitive starting wage which includes pension and benefit package.

**Deadline for applications:  
Monday, November 15th.**

Please submit a resume including 3 references to: [pwiscomb@mymts.net](mailto:pwiscomb@mymts.net)  
Or Gimli Seniors Resource Council Inc.,  
Box 1928 Gimli, Mb. R0C 1B0  
c/o P. Wiscombe



## RURAL MUNICIPALITY OF GIMLI THANK YOU FOR 70 YEARS OF SERVICE

On behalf Council and the community I would like to say thanks to the Kinsmen Club of Gimli for their 70 years of service.

The Kinsmen Club has been a part of many great projects that have helped our community grow and become a wonderful place to live. Sponsoring sports and school programs, raising funds for the hospital, the Gimli arena and the daycare centre.

We are forever grateful to the Kinsmen's Club and wish all current and former members all the best.

Lynn Greenberg,  
Mayor  
Rural Municipality of Gimli



**LAKESHORE  
SCHOOL DIVISION**

## Divisional Safety Officer

Do you have a passion to increase workplace health and safety? Can you lead by example in identifying program needs, promoting accountability and ensuring regulatory compliance? If so, this position is for you!

**Lakeshore School Division is currently accepting applications for a part-time Divisional Safety Officer starting asap until June 30th, 2022**

### Responsibilities include:

- Perform safety audits of all facilities
- Ensure employee compliance with Safe Work Procedures
- Train WSH committee and representatives on their roles and responsibilities
- Manage Workplace Hazardous Material Information System (WHMIS) and Material Safety Data Sheets (MSDS) for all facilities which include but not limited to science labs, vocational, industrial arts, and maintenance facilities
- Remain current on new legislation pertaining to WSH
- Ensure Emergency Prepared plans are current for each facility
- Review, develop, update, and maintain Safe Work Procedure documents
- Organize and oversee WSH meetings with the school committees
- Participate in WSH investigations

**Please forward your resume along with 3 references to**

**Mr. Mark Parkes, Director of Operations & Infrastructure**  
**Box 100 Eriksdale, MB R0C 0W0**  
**Ph (204)739-2101 Fax (204) 739-2145**  
**Email: [parkesm@lakeshoresd.mb.ca](mailto:parkesm@lakeshoresd.mb.ca)**

### Application deadline:

**Monday, November 15th, 2021 at 3:30 p.m.**

Lakeshore welcomes applications from people with disabilities. Accommodations may be available upon request. We thank all who apply for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers. As of October 18th, testing or vaccination for COVID is required for this position. For more details, please refer to the division's job description.

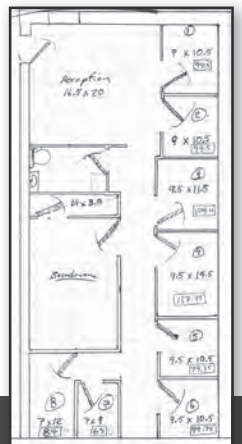
*Successful candidates must complete a Criminal Record/Vulnerable Sector and Child Abuse Registry check prior to commencing employment.*

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



## Property Features

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



For information please contact:

**BIG Real Estate**  
204-485-0010

email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)



## Town of Arborg PUBLIC NOTICE Proposed Borrowing By-law 6-2021

The Council of the Town of Arborg at its regular meeting at the Town of Arborg Council Chambers located at 337 River Road, Arborg on the 10th day of November, 2021 at 11:00 a.m. will consider the following general borrowing proposal:

**General Intent:** To purchase a new pumper fire apparatus for Arborg Bifrost Fire & Emergency Services, a shared fire protection service with the Municipality of Bifrost-Riverton.

**Details:** The total estimated cost of the Town of Arborg's portion of the purchase is \$305,000.00 to be funded as follows:

\$30,000 to be borne by the General Fund  
\$100,000.00 to be borne by the Fire Reserve Funds  
\$175,000 to be borne by General Borrowing

The general borrowing is included in the 2021 Financial Plan under Section 162 of The Municipal Act. The maximum anticipated fixed interest rate is 5% on a ten-year term (2022-2031). The maximum annual payments of \$22,663.33 will be raised annually by a special mill rate on all rateable property within the Town of Arborg. According to the last revised assessment roll of 2021, the estimated rate of taxation will be 0.353 Mills.

At this time, Council will consider this by-law for First reading.

Further information/inquiries/copies of the proposal are available at the Town of Arborg office located at 337 River Road in Arborg, MB.

**NOTE:** Given the COVID-19 regulations we are requiring all members of the public who wish to attend the meeting to **PRE-REGISTER** to allow the CAO to arrange for appropriate accommodations for the meeting. Please pre-register by November 8th at 4:30 pm by calling 204-376-2647 or emailing [caoarb@mymts.net](mailto:caoarb@mymts.net).

Dated this 29th day of October, 2021.

Cindy Stansell, CMMA  
Chief Administrative Officer  
Town of Arborg



# get inspired

> MEAL IDEAS



## Tricolor Grape Pizza with Goat Cheese and Thyme

2 tablespoons fresh thyme leaves  
1/4 cup coarsely chopped walnuts  
2 ounces fresh goat cheese, crumbled  
2 tablespoons freshly grated Parmesan cheese

freshly ground pepper, to taste  
Position rack in bottom of oven and place inverted baking sheet on top of rack; heat oven to 500 F.

On lightly floured surface, press pizza dough into 10-inch round circle and cover with towel while preparing toppings.

Sprinkle large baking sheet lightly with flour. Stretch pizza dough into oval, about 14-by-10 inches, and place on sheet. Drizzle with oil. Sprinkle with grapes, thyme and walnuts. Place baking sheet on top of sheet already in oven and bake until crust is bubbling and golden, 8-10 minutes.

Remove pizza from oven. Sprinkle with goat cheese and Parmesan. Season with pepper, to taste. Transfer pizza to board, cut into pieces and serve warm.

Prep time: 20 minutes  
Cook time: 10 minutes  
Servings: 6  
1 pound prepared pizza dough flour  
2 1/2 tablespoons extra-virgin olive oil  
2 cups halved green, red and black California grapes



## Smoked Chicken and Grape Bruschetta

slices with garlic-oil and place on cookie sheet. Toast in broiler about 1-2 minutes on each side until golden brown. Remove from broiler.

On each bread slice, place about 1 tablespoon chicken breast and three grape halves then top with 2 tablespoons grated cheese.

Place cookie sheet about 8 inches away from broiler and broil 2-3 minutes until cheese is melted and bubbly. Place on serving platter and sprinkle with snipped chives and pepper.

Yield: 24 pieces  
3 cloves garlic, minced  
1/2 cup extra-virgin olive oil  
1/4 teaspoon salt  
1 French bread baguette  
8 ounces smoked chicken breast (1 3/4 cups), shredded or cut into bite-size strips  
1 1/2 cups red, green or black seedless California grapes, halved  
12 ounces fontina, port salute or Monterey Jack cheese, grated  
1 tablespoon chives, snipped  
1/2 teaspoon freshly ground black pepper

Preheat broiler to 550 F.  
In small bowl, combine garlic, olive oil and salt. Set aside. Slice baguette on bias into 1/2-inch thick slices. Brush baguette



## Expert patient here to help!

By Susie Schwartz

Expert Patient Here to Help!  
Susie Schwartz

The doctor called today. My Endocrinologist, who specializes in diabetes, had some blood results to discuss with me. In addition, he had some medication suggestions. If you find yourself in similar shoes, you might want to give this a try:

Negotiate. You hold power.

"Susanne, your overall cholesterol is good, but your LDL (the nasty stuff) is a bit higher than I'd like. Have you been on a Statin before?"

Yes, yes I have, and that little pill and I were not friends.

"Okay, well, have you tried a different family of cholesterol meds? Anything like Fenofibrate?" he asked.

I hadn't, and the reason is this: when they were suggested to me, I said I preferred not if I didn't have to be on another med (I'm on a list of non-negotiables already), and the next time I got my cholesterol tested, it was in the normal range.

"Dr. Walker, can you tell me what the numbers are? (To immediately be put in my home medical file for future reference) and can you look back and tell me if this is the first time it has come back too high recently? Or has it been climbing for a while?"

I could hear him looking back on my file and mumbling dates to himself.

"Well, your LDL hasn't been tested for a couple of years, but it was good the last time it was."

"Okay, thank you. And is LDL something I might be able to bring down with dietary changes?"

"Yes, some people are able to. You'd need to cut down on animal fats – saturated fats like butter – and



Susie Schwartz

switch to healthy fats like olive oil."

My heart skipped three beats. We already use vegetable oils in the frying pan and salads, but nothing beats butter on super-seeded GF toast. Or on Yorkshire puddings! (Try it. Trust me. It's amazing. Although, on second thought...not the healthiest advice I've ever given!)

Okay. So. Which did I want more? Butter? Or to not be on another med.

"How about I try to get it down naturally and then retest in a while, see if there's progress, and decide then?"

"That's fair," he said.

And that's what doctor negotiation looks like.

I don't know yet if I will need the med or not, but the point is, you don't have to say yes to taking something you aren't comfortable with or without further discussion. You really do hold the power.

Bye bye, yorkies! (And...cue tears.)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suscha, and lesshealthstress.com

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## Easy Grape Compote

Prep time: 5 minutes, plus cooling  
Cook time: 20 minutes  
Servings: 6

4 cups black or red California grapes  
3 tablespoons granulated sugar  
2 strips fresh lemon peel  
1/4 teaspoon sea salt  
2/3 cup water  
1 tablespoon fresh lemon juice  
1 tablespoon cornstarch  
1/2 teaspoon unsalted butter  
1 teaspoon high-quality balsamic vin-

egar (optional)

In bowl of food processor, finely chop grapes and sugar using one-second pulses. Transfer to deep, medium skillet or wide saucepan; stir in lemon peel, salt and water. Bring to boil over medium-high heat. Cover pan with lid, reduce heat to medium-low and simmer 18 minutes until fruit is tender.

In small bowl, stir lemon juice and cornstarch then stir into grape mixture with butter; simmer 6 minutes, or until desired consistency. Stir in vinegar, if desired. Serve warm or cool.

Cooled jam can be stored in covered glass jar in refrigerator up to 2 weeks.



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## ANNIVERSARY



Larry and Irene Sobkowich of Gimli are celebrating their 55th Wedding Anniversary on November 5, 2021. We wish you many more happy years together...!  
-Love your family

## IN MEMORIAM



Alma Dorothy Campbell  
July 13, 1932 – November 3, 2016  
Always loved, always missed.  
-Dale, Debera, Bonnie and family

## OBITUARY



Carl Johannes Thorsteinson  
1937– 2021

It is with deep sadness that we announce the passing of Carl Johannes Thorsteinson. On October 13, 2021, Carl returned to heaven to be with his loving wife, Gayle (Kolodie) Thorsteinson. Carl was born in Riverton, Manitoba, on January 6, 1937, to Johann Thorsteinson and Valdina (Jonasson) Thorsteinson. Carl was raised in Gimli, MB. and embraced his Icelandic heritage all throughout his life - he was a very proud Icelandic! Carl was the oldest child with four sisters and he took his role of being their "big brother" very seriously, always making sure his sisters were loved and always taken care of. In return, his sisters Rosalie Severn, Tanis Carlow, Paula Curic and Penny Dzydz both adored and doted on him. Throughout his life, this never changed, whether it was his sisters, his wife Gayle, or in his last few years, his caregivers, who

he lovingly referred to as "His Girls."

In 1955, Carl and his friends went to the local curling rink in Winnipeg Beach to check out the girls. As he walked into the rink, he saw the most beautiful young woman he had ever seen. Carl watched as she slid along the ice, yelling, "Sweep!! Hard!!" and it was love at first sight. He turned to his friends and said, "You see that girl? If any of you even look at her again, you are in trouble". In 1956, Carl married that beautiful woman Gayle, and they spent the next 58 years building the life they both had always dreamed of. Together, they had five sons - Randy (Kathleen), Terry (Cheryl), Robert, Gary (Corrine) and Kristjan (Karen); 17 grandchildren and six great-grandchildren. Carl was immensely proud of his sons; all of the grandchildren and the life Carl and Gayle had built together.

Carl was an everlasting entrepreneur with limitless business ideas. In 1956 at 19 years old, Carl and Gayle moved to Edmonton, Alberta, to start their life together with hopes and dreams for a bright future. Carl began his career in sales at Canada Packers, McCormicks, and Imperial Oil. Then the perfect position became available at Greg Lund, a Recreational Vehicle Parts Distributor in Calgary. Carl had found the ideal opportunity in a new industry and got to know all of the manufacturers. In 1967 the family moved back to Winnipeg, MB as the new TravelAire Trailer dealer, Carlson Trailer Centre. From modest beginnings, he grew the company to 11 dealerships from Thunder Bay, ON to Saskatchewan, with Winnipeg being the Head Office. After 10 years, he moved to Red Deer, AB, to become one of the owners of the TravelAire factory. In Red Deer in 1984, he started a new family business with Gayle in the Incentive Travel industry, which eventually included all five sons. Cascadia Motivation has taken the top achievers from over 200 corporations to over 95 countries in 37 years. Carl was passionate about travel, and this industry was perfect for him. He has travelled to over 130 countries, from Russia to China, Australia to South Africa, and everywhere in between. Travelling was his true calling.

The few days before Dad passed away, he was surrounded by family and loved ones, telling stories and reminiscing - one of his favourite things to do. The moment he passed on, he was with two of his granddaughters who held his hands and reassured him everything would work out and he could now rest. We find comfort in the fact that Dad is finally free from the mental and physical limitations that Alzheimer's disease causes. It was the perfect way to say goodbye to an amazing man who had proved time and time again that he was indeed a true Icelandic Viking.

Our family extends our heartfelt appreciation to Dr. Josias Badenhorst for his genuine compassion and care over the years. There are just no words to truly express our gratitude to Carl's caregivers "his girls" over the years. We truly feel they were within the circle of his guardian angels.

A beautiful private service was held at the Riverton Cemetery on Saturday, October 23, 2021 and our heartfelt thanks goes out to Mona for such a beautiful service. Thank you to Cindy, Lisa and Wanda for the perfect tribute to Carl after the service. We are grateful to all the family and friends for the outpour of love received during this very sad time. Carl meant so much to so many. There will be a celebration of life to be held in the summer of 2022 in honour of Carl with further details to follow.

Memorial donations can be made in the name of Carl Thorsteinson to the Riverton Cemetery, Box 165, Riverton, R0C 2R0.

Carl, we will miss you with all our hearts.... Gotta Nott Elskan



204-949-2200  
Gimli 204-642-7124  
[neilbardalinc.com](http://neilbardalinc.com)

## OBITUARY



Stefanina (Stephanie) Mykita  
(nee Pistun)

September 13, 1916 – October 30, 2021

With heavy hearts we announce the passing of our mother, grandmother and great-grandmother. Stephanie passed away at Betel Home, Selkirk, Mb. on October 30, 2021, with her daughter by her side. Stephanie was 105 years old.

Left to cherish her memory is her daughter Marilyn (Glen) Place and their children Samantha (Trevor) Gulewich, Lisa, Michelle, Alana and Stephanie; daughter Charlotte (Tim) Bisschop and their children Cara - Mia Hodgins and Derek (Sherry) Hodgins, Gregory Bisschop and Nicole Bisschop as well as numerous nieces, nephews, cousins and friends. The joy of her life were her eight great-grandchildren. She was predeceased by her husband Peter in 1992; four brothers; three sisters; four sisters-in-law and two

brothers-in-law.

She will be buried beside her husband Peter during a private family graveside service at the North Foley Cemetery with Fr. Peter Chorney officiating. Please bring a lawn chair if required.

The family would like to extend special thanks to all the staff at Betel Home for their care and compassion.

In lieu of flowers donations in Stephanie's memory may be made to Betel Home Foundation, 212 Manchester Ave., Selkirk, MB, R1A 0B6 or a charity of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



Alfred Haas

February 18, 1933 – October 24, 2021

With great sadness we announce the passing of Alfred, beloved husband of Inga; devoted Dad to Lorne (Maureen) and Dwayne (Joan); cherished Gramps to Chelsea, Andrea, Trevor, Matt, Craig, Kevin and Mike; Great-Gramps to Ava, Dustyn and Maggie.

Alfred's greatest joy was spending time with his family, especially his grandchildren and friends at their home in Camp Morton.

Alfred will be forever loved and greatly missed.

A private family gathering will be held at a later date.

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

Gilbart Funeral Home,  
Gimli in care of arrangements.



Remember Your Loved Ones  
with an Announcement in the



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## MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE PURCHASE OF A FIRE PUMPER TRUCK FOR THE ARBORG-BIFROST FIRE AND EMERGENCY SERVICES PROPOSED BY-LAW NO. 5-2021

The Council of the Municipality of Bifrost-Riverton has scheduled a public hearing in the Council Chambers at 329 River Road, Arborg on the 10th day of November, 2021 at 5:00PM to present the following general borrowing proposal:

Council is proposing to purchase a new fire pumper truck for the Arborg-Bifrost Fire and Emergency Services Department. The total estimated cost of the fire pumper truck is \$605,000.00 plus taxes, with 50% (\$302,500.00) of the cost being borne by the Town of Arborg, and the remaining balance of \$302,500.00 is to be borrowed. The amount will be borrowed over a three-year period at an estimated interest rate of 4.0%. The annual debt payment (principal and interest) of \$109,005.43 is to be recovered by a special mill rate on all taxable and grant-in-lieu properties within the Municipality of Bifrost-Riverton. Based on the 2021 Assessment roll, an estimated mill rate of 0.513 mills will be required. The general borrowing was included in the 2021 Financial Plan under Section 162 of *The Municipal Act*.

Further information/inquiries/copies of the proposal are available at the municipal office located at 329 River Road in Arborg, MB. COVID-19 Protocol: Should you wish to attend the hearing; you must wear a facemask.

Dated at the Municipality of Bifrost-Riverton this 15th day of October, 2021, and issued pursuant to Section 169(6) of *The Municipal Act*.

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

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**Westshore**  
COMMUNITY FOUNDATION INC

## Administrative Coordinator (Part-Time, Year-Round)

The Westshore Community Foundation, a charitable organization serving not-for-profit groups in the Gimli, Riverton, Fraserwood, Winnipeg Beach and Dunnotar areas, is seeking a motivated person to fill the role of **Administrative Coordinator**. The Administrative Coordinator will be responsible for the day-to-day operation of the Westshore office, located in Gimli, and will report directly to the Westshore Board of Directors.

#### Responsibilities:

- Office-related duties, including responding to telephone or email inquiries, updating and maintaining office manuals and file systems, maintaining financial records, preparing monthly and annual financial reports, and maintaining website and social media accounts;
- Donor-related duties, including creating and maintaining updated contact listings, preparing and distributing information to donors, grant/scholarship applicants and other stakeholders
- Volunteer-related duties, including maintaining contact with volunteers, recruiting new volunteers and coordinating volunteers for events; and
- Board-related duties, including preparing Agendas and recording Minutes at Board meetings, assisting with event planning and execution, and general administrative support.

#### Qualifications and Experience:

- Proficiency with Microsoft programs, including Word, Excel and Outlook.
- Experience with setting up and maintaining filing systems.
- Ability to create and interpret financial statements and proficiency with accounting software.
- Experience coordinating volunteers and/or working in a Board-setting.
- The Administrative Coordinator will display effective written and verbal communication skills, strong interpersonal skills, including the ability to work effectively with the Board and with the public, and strong organizational skills, including the ability to prioritize tasks. The Administrative Coordinator will be able to work independently and will responsibly self-manage.

As a Foundation committed to equity and accessibility, we encourage members of equity-seeking communities, including racialized minorities and Indigenous persons, persons with disabilities, and persons of all sexual orientations and gender identities/expressions, to apply. We welcome you to inform us confidentially if you require any special accommodations in order to participate fully in our hiring process.

To apply, please forward your Resume to [westshorefdn@hotmail.ca](mailto:westshorefdn@hotmail.ca) by no later than November 19, 2021. All applications are appreciated, however, only those selected for further consideration will be contacted.



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## Public Notice

### Proposed BCN Radio Telecommunication Tower Facility



#### PROPOSAL:

Broadband Communications North Inc. (BCN) is proposing to construct a 55 metre guyed tower with radio equipment, installing a cabinet at the base of the tower with a perimeter fence (approximately 10ft x 10ft) restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development Canada (ISED), BCN is inviting the public to comment on the proposed tower location before date in compliance with ISED's public notification policy. This tower is fully compliant with ISED's guidelines, as found under the CPC.

**TOWER LOCATION:** The proposed tower is located just off Provincial Road 513 approximately 3.5km East of Gypsumville, and 4.5km West of Lake St. Martin First Nation (SW 30-32-8W).

**COORDINATES:** 51.769884, -98.582599

**ANY PERSON MAY** comment by close of business day on November 14th, 2021 with respect to this matter.

**MAP:** attached for discussion purposes

#### BCN CONTACT:

Dustin Neckoway  
Unit 26 – 30 Fort St.  
Winnipeg, MB R3C 1C3  
Email: [notices@gobcn.ca](mailto:notices@gobcn.ca)



**BROADBAND  
COMMUNICATIONS  
NORTH**



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## Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? The Selkirk Record is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Interlake and surrounding area communities.

### Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Email: [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca)

Deadline to apply is Friday, November 12.



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