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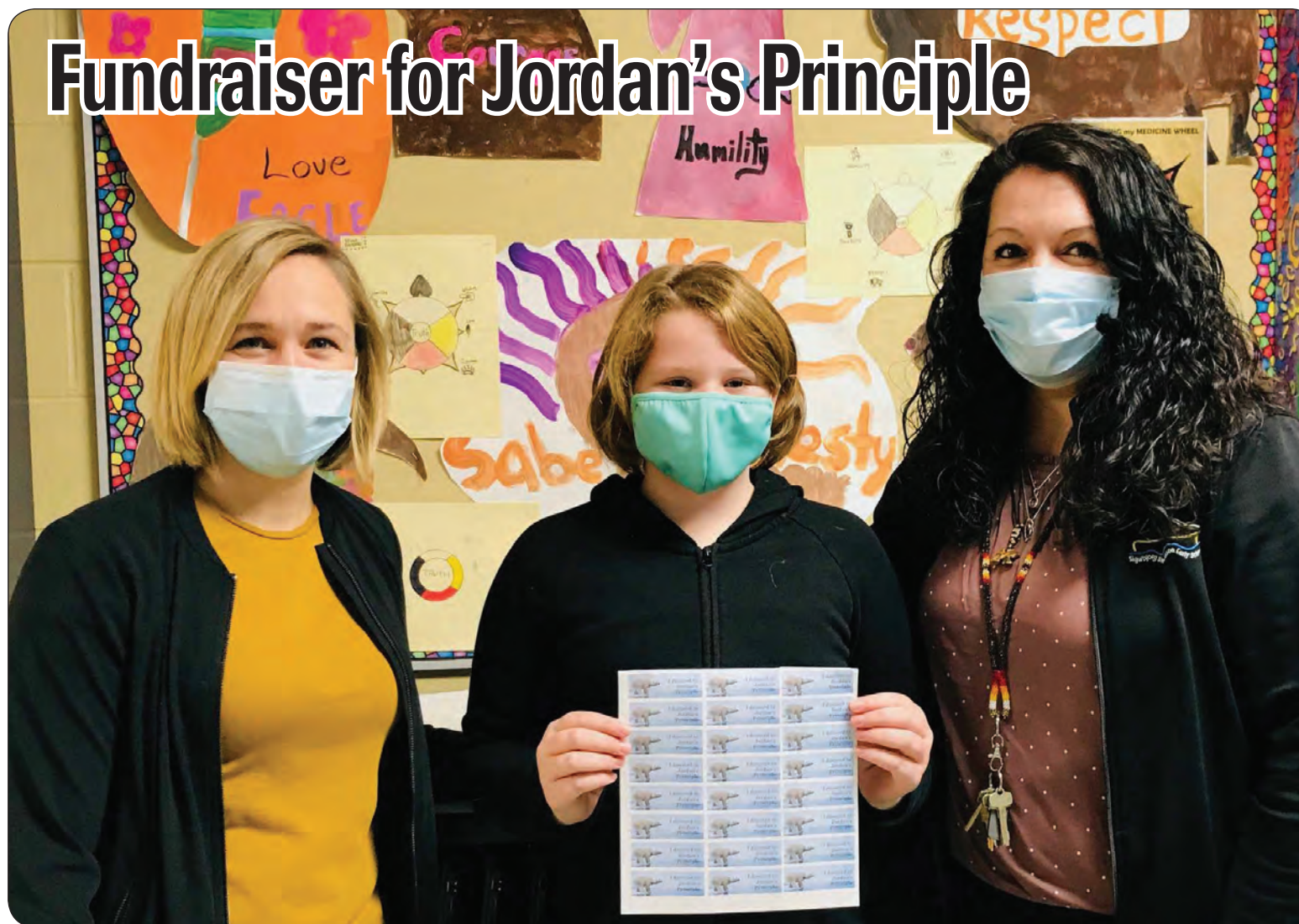
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Fundraiser for Jordan's Principle

Winnipeg Beach School student Lizzie (centre), with her Grade 6/7 teacher Amber Lawrence (left) and reading recovery/interventions teacher Kelly Milne, raised over \$120 for the Caring Society. The funds will be used to advance initiatives under the Jordan's Principle program, which supports social, educational and health equality for First Nations children.

EXPRESS PHOTO COURTESY OF KELLY MILNE

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Winnipeg Beach School student takes reconciliation to heart

By Patricia Barrett

A student at Winnipeg Beach School raised over \$120 earlier this month to promote reconciliation and help First Nations children get the resources they need.

Lizzie, who is in Grade 6, raised over \$120 for the Caring Society, which will use the money to support initiatives carried out under Jordan's Principle.

"We raised the money by putting change tins at some businesses in town, and I gave out stickers at the school to anyone who donated," said Lizzie last week.

She said she remembered learning about Jordan's Principle in class and the support it gives to First Nations children, so she thought she'd initiate a community fundraiser.

"When I heard about what our First Nations children have been through and still have to go through now, I wanted to help," said Lizzie. "When we talked about reconciliation in class and what we could do to help, I remembered about Jordan's Principle and how it has helped other children so that's why I chose this charity."

Jordan's Principle was named in memory of Jordan River Anderson from Norway House Cree Nation, according to Indigenous Services Can-



Winnipeg Beach School teacher Kelly Milne (shown here teaching students about Indigenous culture in September) helped Lizzie promote her fundraiser.

ada's website. The program responds to the unmet needs of First Nations children to ensure they can access health, social and education resources. Some of the resources that have been funded include mobility aids, addiction services, transportation to appointments, medical supplies and



EXPRESS PHOTOS COURTESY OF KELLY MILNE

Lizzie designed and gave out stickers (with a polar bear image) to people who donated to Jordan's Principle/the Caring Society at Winnipeg Beach School.

equipment, a personal support worker, specialized summer camps, school supplies, teaching assistants, transportation and laptops.

Jordan wasn't able to access home-based health care because of a funding disagreement between the federal and provincial governments.

"[Jordan] didn't get as much health care as he needed and the Government of Manitoba and the Government of Canada were arguing about who would pay for it," said Lizzie. "He was supposed to go home two years before he died and he wasn't able to."

Continued on page 6

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No doctor available at Arborg ER for chainsaw laceration results in delay in care

By Patricia Barrett

A man who grew up in Arborg and was back for a visit a few weeks ago found himself in a precarious medical situation and no doctor at the Arborg hospital's emergency room to treat him.

Kevin Barylski, who lives in Winnipeg, was in the bush outside Arborg cutting a tree with a chainsaw when he accidentally sliced through his kneecap.

"I was alone out there. That was the scary part. For a split second I thought, 'I'm alone and this is it,'" said Barylski last week. "I turned the saw off and I was holding my leg up thinking, 'Oh no.' I had to roll the flap on my kneecap over to stop the blood so I wouldn't bleed out."

He made it to his truck and found a rag to press against the gash to stem the bleeding, he said. He also had a first aid kit and used some antiseptic on the wound and bound it with gauze. Then he had to get out of the bush to get a cell signal and alert his family.

That's when his frustrating ordeal began. There was no doctor available at the Arborg hospital's ER, which meant it couldn't provide him with the care he needed.



EXPRESS FILE PHOTO

The Arborg hospital's emergency room entrance is shown here in late 2016 with a sign saying no service available. After nurse practitioners were pulled from staffing ERs in the absence of a doctor, ERs were forced to temporarily close. Temporary closures continue today.

"Going to the Arborg hospital was essentially a waste of time. They did look at my knee, but it really wasn't anything more than I did myself with my first aid kit," said Barylski. "Then I had to sit in the waiting room while they



EXPRESS PHOTOS SUBMITTED

Kevin Barylski accidentally sliced through his kneecap with a chainsaw and could not get it stitched at the Arborg hospital because there was no doctor staffing the ER. Barylski had to drive to the Gimli hospital, about 47 kilometres from Arborg, to get emergency care for his kneecap laceration. The wound required eight stitches.

did paperwork before I could drive to Gimli hospital [47 kilometres away]."

Continued on page 7

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Sought-after Fisher River cookbook returns to press

By Nicole Brownlee

A Fisher River Cree Nation cookbook has received international recognition for sharing traditional recipes and honouring Indigenous culture.

"This is not just a cookbook. This is a book of teaching," said Dr. Shailesh Shukla, a professor at The University of Winnipeg involved with the cookbook project, *The Forgotten Traditional Foods of Fisher River*.

"People are learning recipes, but they're also learning the culture of the food and some of the values, which are a very integral part of the food."

Shukla teaches several courses at The University of Winnipeg like eth-

noecology, Indigenous food security and a field course on ethnobotany. In a partnership with Fisher River, Shukla compared the value of traditional foods in enhancing community food security in Fisher River to Juang from Odisha, India.

During a class visit to Fisher River, Shukla discussed a student project on food sovereignty and food security with a few community members.

"Carol (Cochrane) mentioned the revival of traditional food and younger people establishing connections with some of the traditional food and the languages," said Shukla.

Shukla wanted to include this per-

spective in the project and worked with Cochrane to guide a team of students through 17 interviews with elders from Fisher River.

"We set up interviews with many different families and people within our community that were either hunters, trappers, fishermen, gardeners, pickers, canners. ... To talk about the foods that were common in their families growing up," said Cochrane.

The Forgotten Traditional Foods also considers the prevalence of diabetes in Indigenous communities. Cochrane was a diabetes support worker for Fisher River for 10 years.

"The University of Winnipeg came to see that a lot of our younger generation, like our youth, were losing that knowledge and skill that our elders had years ago," said Cochrane.

"Our people were a healthy people ... physically, mentally, emotionally, spiritually. But, as years have changed, so have our lifestyles, our habits of living, the ways we ate."

The change in habits and lifestyle have led to high rates of First Nations being diagnosed with diabetes, said Cochrane.

"One of the common teachings I received from many of them is they are much more healthy when they are eating traditional food. The traditional food is their way of life," said Shukla.

The cookbook also includes photos and stories of students who are trying to gain traditional knowledge through the land-based program at Fisher River High School.

High school teacher Gerry Mason educates students about living off the land with traditional and modern techniques.

"That was really good work bringing back that skill and knowledge that was being lost," said Cochrane.

"We're never going to go back to live the way we lived years and years ago, but there's still a lot of great stuff from our past that we could still implement into our lives today that can help us be healthier," said Cochrane.

The cookbook includes recipes, sto-



EXPRESS PHOTO BY CAROL COCHRANE
Carol Cochrane points to a photo of her eldest daughter Chastity holding a fish during her land-based education class on the cover of *The Forgotten Traditional Foods of Fisher River*.

ries and teachings in Cree and English and has been distributed across the world. Copies have been sent to Hawaii, China, Australia and Europe. *The Forgotten Traditional Foods* also earned two awards at Gourmand magazine's 2021 World Cookbook Awards.

Northern communities, elders and teachers are requesting copies of the book, which has led to Shukla reprinting 500 copies.

"There's a high demand for them out there right now," said Cochrane.

"I wouldn't have thought that the book would have been so popular as it is, but, you know, I'm really thankful and grateful to be a part of that whole project."

The book is being used in Fisher River's schools as an aid to teach students how to cook, learn Cree and understand traditional methods.

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St. Amant Foundation honours Winnipeg Beach woman

Submitted

St. Amant Foundation honoured Winnipeg Beach resident Odette Carreiro with the 2021 St. Amant Together Award at an event at Shenanigans on the Beach last Saturday.

Carreiro was honoured for her dedication and ongoing community fundraising work to support the dignity and human rights of children and adults with developmental disabilities and autism. Through her Bidding Wars Facebook page and her passion for her community, Carreiro has become a household name to those wanting to donate items and find a good deal for a good cause. Her tireless efforts are fueled by her love for her family, especially for her son Mark — or, as we all knew him, Marky. Mark had a developmental disability and Carreiro cared for him at home for a long time, until his needs grew. Then he was supported by St. Amant until the time of his death last year. Carreiro was her son's biggest advocate and since his passing, her willingness to make a difference to Marky's friends and others at St. Amant has only grown.

Carreiro is well known and beloved in the Winnipeg Beach community. Her friends describe her as an authentic, caring and energetic person who cares passionately for her community. She is well known in the bidding wars community for her Facebook Live, where she can often be seen wearing fun costumes and whooping it up. She's had people tell her that families gather around the iPad on the days she broadcasts to get a good chuckle



The Marky Burger promotion flyer for the partnership with Shenanigans on the Beach.

and lift spirits — especially as the pandemic has left everyone craving connection and entertainment.

In addition to her own fundraising, Carreiro is always looking for connections and partnerships. A great example is the partnership with Shenanigans on the Beach who have featured the "Marky Burger" since shortly after Mark's passing as a way to honour Carreiro, remember Mark and raise funds for St. Amant. Carreiro has many partnerships like this in the community and is always on the lookout for more. She puts in hours every single day to keep Bidding Wars going with a dedication rivaled by no other volunteer. All of the funds raised by



EXPRESS PHOTOS SUBMITTED
Mark, middle, and brother Nick and Odette Carreiro.



Odette Carreiro dressed as a gypsy during one of her Facebook Live events.

Carreiro support quality of life experiences for people supported by St.

Amant, like recreation, leisure, sports equipment, event tickets and so much more. Recently, funds from Carreiro's hard work were used to purchase a specialized bike for a young woman. The gift was so meaningful, the woman's mom called Carreiro personally to thank her and share how it's made a difference for her daughter.

Lundar RCMP respond to canoer in distress

Staff

On Nov. 9 at approximately 3:20 p.m., Lundar RCMP received a report of a person in distress on the waters of Lake Manitoba near the shore of Venice Road South in St. Laurent.

The caller reported she could hear a man calling for help out on the water. She requested an ambulance and advised that two bystanders were going to head out onto the water and attempt to retrieve him.

Officers from Lundar and Ashern attended and were advised that two bystanders had located a canoe on the shore and paddled out to assist the 61-year-old male who was clearly in medical distress.

The 61-year-old, from Garson, was pulled from the water and brought to shore. He was met by EMS and taken

to hospital, where he is reported to be in stable condition.

The 61-year-old advised the officers that he was fishing in his canoe when he attempted to move some gear. He lost his footing and fell into the water. He attempted to get back into his canoe, but he stated within minutes the cold water took his strength away and all he could do was call out for help.

"If it were not for the quick actions taken by these three individuals, this situation would have ended tragically," said Sgt. James Munro, detachment commander of the Lundar/Ashern RCMP.

"With the current temperature of the water, these three only had minutes to act and respond, and thankfully they did."

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Cardiac patient at Gimli hospital sent home to make room for COVID patients

By Patricia Barrett

A Ponemah resident said she was sent home from the Gimli Community Health Centre (hospital) a few weeks ago with a handful of pills for her cardiac condition and no idea of when she might get an angiogram to determine what's wrong with her heart.

Betty Jackson, who's in her 80s, said that because she had been stabilized with medication, hospital staff asked her to go home and gave her a 30-day supply of pills.

"My husband calls this elder abuse," said Jackson last week. "It really feels like I've been put out to pasture because of my age."

Jackson had been in Gimli hospital for a couple of weeks recovering from chest pain and other cardiac symptoms when "staff came around and started emptying out the hospital to create space for COVID patients."

She said she agreed to go home because she thought she would be notified right away about an angiogram appointment. St. Boniface Hospital in Winnipeg provides the procedure.

"The frustration is being sent home — and I'm not the only one; there are lots of people, including people at the Ashern hospital — with a question of if we will ever be able to get the help we need," she said.

In mid-October, a memo sent to health-care staff from Shared Health, which oversees health-care delivery across the province, indicated its plan to move non-COVID patients out of rural hospitals (see Oct. 28 edition of the *Express*) — either sending them home or transferring them to personal care homes or other hospitals across the province — in order to create bed space for fourth-wave COVID patients.

A number of patients at the Ashern hospital were cleared out a few weeks ago. One patient was reported to have been transferred hundreds of kilometres away from their family.

Jackson has no idea when she can

get an angiogram at St. Boniface or what she's supposed to do when her pills run out as no one at Gimli hospital spoke with her about next steps, she said. It was hard enough to get staff to tell her about her treatment while she was in hospital.

"No one is monitoring my condition now. It's up to me, I guess, when the pills run out to phone the hospital and say, 'Is this when I check out [die]?'"

Having been left at loose ends, Jackson said she tried to book an appointment with the nurse practitioner who works in Winnipeg Beach, about five kilometres north of Ponemah. But she was told the nurse isn't accepting new patients. She has also left messages with her doctor in Gimli "as he sometimes does phone calls."

To make matters even worse for Manitobans is a massive backlog of surgical and diagnostic procedures that arose as a result of COVID patients needing hospital and ICU resources. Thousands of procedures were postponed and medical staff were marshalled to care for people with the virus.

In mid-October Doctors Manitoba estimated that the "staggering backlog" of procedures had reached almost 130,000 with no visible progress in sight.

"If I were able to get my angiogram, they might be able to decide what exactly this is," said Jackson. "And if it's fixable, they could fix it."

As it stands, she said it looks like she'll have to "wait until things get bad" with her heart if she has any chance of getting care.

When asked to comment on the need for urgent angiograms, a spokesperson for Shared Health said the organization was unaware of the specifics of [Jackson's] cardiac case, but it can "appreciate that any individual experiencing health-care concerns understandably considers their case to be urgent."

"Generally speaking, while median wait times for non-urgent outpatients



EXPRESS FILE PHOTOS BY PATRICIA BARRETT

The main entrance of the Gimli Community Health Centre (also called the Johnson Memorial Hospital) is shown here. A Ponemah resident with cardiac issues was sent home with a handful of pills so that the hospital could free up space for COVID patients.

have increased during the pandemic, there is currently no wait for patients considered to be in emergent need of an angiogram," said the spokesperson. "The clinical determination of a patient's level of need would be made by their physician, who would either arrange or give instructions for the scheduling of diagnostic testing depending on the severity of their condition."

Although asked, the spokesperson didn't provide information on how many patients have been transferred out of Gimli hospital — or out of the Interlake-Eastern health region.

Last week the Opposition NDP released an alternative throne speech, asking for an inquiry into the government's handling of the pandemic.

Led by experts such as ICU doctors, nurses and epidemiologists, the inquiry would examine the impact that delays in surgeries and diagnostic testing have had on Manitobans, find out why the government was unprepared for the second and third waves of the pandemic, determine the conditions in personal care homes that led to "devastating outcomes" and find out why the government completed "very few ventilation upgrades" in schools, among other health-related matters.

"Since the second wave hit, thousands of Manitobans have had to put their healthcare on hold. The vast ma-

majority of surgeries were paused and many Manitobans paid out of pocket for private surgeries in other provinces. Diagnostic services stopped, resulting in delayed detection and treatment of illnesses," states the 14-page alternative throne speech. "Community care options like CancerCare and primary care were severely limited. Important areas like emergency as well as labour and delivery were also impacted."

The delays are expected to result in "worse outcomes" for Manitobans, according to expert predictions, states the document.

The NDP said the government failed to take advantage of the time it had before the virus arrived in Manitoba to shore up existing weaknesses in the health-care system and plan for infections.

"Manitoba was behind other provinces on the pandemic timeline. This gave us the opportunity to prepare for each wave's unique impacts (like strain on personal care homes and pressure on healthcare workers), but the government appeared not to be proactive for much of its pandemic management, dismantling the Incident Command structure after the first wave," the document says. "This period could have been used to train up ICU nurses, staff up our healthcare system and reset the relationship with nurses on a more positive footing."

> RECONCILIATION, FROM PG. 2

The First Nations Child & Family Caring Society (or Caring Society for short) is an Ottawa-based registered charity and networking organization. It provides educational initiatives, public policy campaigns and other resources to support First Nations youth and their families, as well as advocates for cultural equity for First Nations children so that they can "grow up safely at home, be healthy, achieve their dreams, celebrate their languages and culture and be proud of who

they are," according to its website.

After learning about First Nations issues in the classroom, Lizzie came up with the fundraising idea.

"Lizzie really took our classroom talks to heart about putting words into actions when it came to Truth and Reconciliation," said her Grade 6/7 teacher Amber Lawrence. "She thought about what she could do, and that translated into a fundraiser for Jordan's Principle."

They then told the school's reading

recovery/interventions teacher Kelly Milne about what Lizzie was planning to do, and Milne helped her promote it.

"Lizzie presented her fundraising campaign with me on one of our Teams (meeting software) assemblies," said Milne. "We then sent out additional video resources to our school staff so that they would have further information about Jordan and the importance of Jordan's Principle."

Milne said she shares an Indigenous teaching with the school each week through morning announcements.

"And I hold biweekly Teams assemblies for our school to share Indigenous ways of knowing in support of Truth and Reconciliation," said Milne, who is of Métis and Anishinaabe heritage.

"Lizzie was inspired to put her heart into action."

The federal government set up a dedicated Jordan's Principle Call Centre in 2018 to help First Nations families and their children access government services and supports. The call centre can be reached at 1-855-JP-CHILD (1-855-572-4453).

> CHAINSAW LACERATION,
FROM PG. 3

He said the ongoing doctor shortage and periodic closures of emergency departments at Interlake hospitals is unacceptable. And it would have been fruitless writing to or calling local politicians to express his concern because it would just “fall on deaf ears.”

“We’ve got great minds in the medical industry so why isn’t anybody thinking outside the box here? In remote communities up north, nurse practitioners are a step below doctors and they can do stitches,” said Barylski. “If we’re having a doctor shortage in the Interlake and we’ve got ER closures, why don’t they think about using nurse practitioners?”

He said his knee is healing but because of the location of the wound — a horizontal laceration through the bottom part of the kneecap — he can’t bend it or he’ll rip it open. He has already pulled a few stitches.

He said he’s worried for the future of rural health care and other Manitobans who are experiencing difficulties getting access to care.

“If you’re the premier, the paycheque you get should give you some foresight and not put us Manitobans in the position I was in. Someone’s head should roll over this,” he said. “I had eight stitches. But what happens if you’re using an auger and you have an accident? Then what? I would have been dead trying to find help.”

Hospital emergency rooms in the Interlake-Eastern Regional Health Authority have to close when there are no doctors available to staff them. A schedule of expected openings and closures is posted online on the IERHA’s website.

The former NDP government had kept Interlake ERs open by allowing nurse practitioners to work to the maximum scope of their practice, which included performing minor surgical procedures, ordering tests and making diagnoses. The party had embarked on a nurse practitioner recruitment and retention drive in 2013 by funding the full cost of their tuition in exchange for service in a rural/remote area. But the Conservatives put a stop to nurse practitioners staffing ERs after forming government in April 2016, and embarked on an overhaul of hospitals and paramedic services.

Last week the Official Opposition NDP released an alternative throne speech, calling for an independent, expert-led inquiry into the province’s pandemic response and to also examine pre-pandemic funding and service cuts that have resulted in the health-care system falling into crisis.

“We need [to] examine the government’s decisions to slash operating funding to the regional health authorities, cut ICU beds, close emergency rooms and privatize air ambulance transport,” states the 15-page document.

In an accompanying Nov. 17 news release, NDP Leader Wab Kinew said Manitobans want a government that learns from its mistakes and fixes problems “instead of making them worse.”

Eastman region #1 in vehicle-deer collisions

Staff

The Eastman region remains the most likely place for vehicle-deer collisions in all of Manitoba, according to Manitoba Public Insurance.

MPI released its Top 5 list for high-collision regions earlier this month, and Eastman once again topped it.

Eastman — which includes the communities of Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake — experienced an average of 2,170 collisions yearly, based on collision statistics collected from 2016 to 2020.

Not far behind in the No. 2 spot was Westman

with 2,150 collisions annually followed by the Interlake (1,700), Central Plains (910) and Parkland (900) regions.

On average, almost 500 people are injured in wildlife-related collisions yearly, MPI reports. Over the last 10 years, nine people in Manitoba have been killed in crashes caused by an animal on a road.

Overall, Manitobans are involved in more than 14,000 vehicle-wildlife collisions every year.

“At this time of year in particular, there’s an

Continued on page 9

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Health Canada approves Pfizer-BioNTech COVID vaccine for kids aged 5-11

By Patricia Barrett

Health Canada authorized Pfizer-BioNTech's COVID-19 vaccine, Comirnaty, for children aged five to 11 last Friday after clinical trial data showed it was over 90 per cent effective against infection and had no serious side effects.

Comirnaty is the first vaccine authorized in Canada for children in this age group. It had been authorized for children 16 and older last December and in May for those aged 12 to 15.

"After a thorough and independent scientific review of the evidence, the department has determined that the benefits of this vaccine for children between 5 and 11 years of age outweigh the risks," said the Health Canada in a Nov. 19 statement on its website.

The two-dose vaccine for children in this age group is 10 micrograms, a lower dose than the 30 micrograms authorized for those 12 years of age and older, says the statement. Health Canada recommends the second dose be administered three weeks after the first although Canada's National Advisory Committee on Immunization (NACI) recommends an eight-week wait between the first and second dose.

"The clinical trial showed that the immune response in children 5 to 11 years of age was comparable to the immune response in people 16 to 25 years of age," Health Canada said in the statement. "The vaccine was 90.7 per cent effective at preventing COVID-19 in children 5 to 11 years of age

and no serious side effects were identified."

Health Canada said Pfizer-BioNTech is required to continue providing information to the department on the safety and efficacy of the vaccine in this age group.

Canada's chief public health officer Dr. Theresa Tam said children typically experience mild sickness when they contract COVID, but they can also get severely ill and die.

"Children have been impacted by COVID-19 in many different ways," said Tam during a news conference Friday to discuss the authorization for kids of in this age group. "Children five to 11 generally get milder illness and some might be asymptomatic. But some of them will get severely sick, and some of them might develop severe outcomes such as the multi-system inflammatory syndrome ... where the hospitalization rate is very, very high."

The five to 11 age group now has the "highest incidence" of all age groups, she said, including children 12 to 17 and young adults who previously had the highest rates. And most outbreaks that are now being reported are from schools and daycare settings, especially primary schools.

"In the five to 11 years of age [group], we've had 123,379 reported cases [of COVID], 300 hospitalizations, 48 ICU admissions and, unfortunately, two deaths were reported," she said.

In addition to getting ill, children have had their school schedules disrupted. The vaccine will help them

stay in school, she said, regain some normality and participate in fun things they want to do.

The benefit of getting the vaccine outweighs the risks, she said.

"You've just heard that through clinical trials, that have been thoroughly studied by Health Canada through their rigorous process of review, that the benefits outweigh the risks. There were no significant safety signals in these initial trials and we will be continuing to monitor that," said Tam. "Parents should rest assured that we will communicate even rare outcomes that might come along as the vaccine program is rolled out."

Tam encouraged parents to speak with their child's health-care provider if they have concerns about the vaccine.

Deputy chief public health officer Dr. Howard Njoo, who also participated in the news conference, said that without hesitation he'd have his children vaccinated against COVID if they were in this age group.

"I'm a physician but I'm also a parent looking at the risks and benefits of the vaccine. I've seen what happens in the rare cases of severe illness, and obviously no one knows what's going to happen in the future with long COVID and other long-term effects on children's health," he said.

In its Nov. 19 recommendation on the use of Comirnaty in children aged five to 11, NACI said clinical trial data didn't indicate serious safety con-

Continued on page 7

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EXPRESS PHOTO BY SHARON STADNEK

The warm weather, minus the wind, had the snow ready for some creativity for Sharon Stadnek of Arborg, who built a Manitoba Interlake Inuksuk. The snow sculpture is a letter "M" to symbolize the great winter snowy province. Help the *Express* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

> VEHICLE-DEER COLLISIONS, FROM PG. 7

increased likelihood of encountering these animals when travelling through these zones. Awareness is one key to preventing a collision," said MPI's Satvir Jatana. "With over 9,000 vehicle-deer collisions yearly in Manitoba, our goal is to see that reduced through education, awareness, emerging driver-assist technologies, and drivers taking preventative steps."

In addition to raising awareness of high-collision hotspots by publishing its annual listing, MPI works in partnership with the City of Winnipeg (which was No. 7 on the list) to place high-visibility message signs at strategic locations identified as key wildlife-vehicle collisions areas. In total, eight signs will be rotating across 21 identified locations this year.

In rural Manitoba, Riding Mountain National Park has a high-visibility sign warning drivers of the potential danger of collision with wildlife and encouraging safe speeds, particularly between dusk and dawn.

"These signs warn drivers to remain alert for deer, and watch for them in these high-collision areas," said Jatana. "It's important that drivers are aware when they're entering an area where deer frequent and pay close attention to their surroundings. The boards are up during what is typically the highest collision period."

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs and drive with extreme caution, scanning the road ahead as well as shoulders and ditches.
- Animals are normally more active at dawn, dusk and at night.
- Be especially alert where brush and tall grass grow near the road.
- Watch for the reflection of headlights in the eyes of a deer, or a dark silhouette.
- Do not swerve if an animal does cross in front of your vehicle — brake firmly to reduce the impact between the animal and your vehicle.

> AGES 5-11, FROM PG. 6

cerns and that "no cases of myocarditis (inflammation of the heart muscle) and/or pericarditis (inflammation of the heart lining) related to the vaccine were reported."

However, it went on to say that the size of the clinical trial "would not detect rare or very rare adverse events." The committee will continue to moni-

tor the safety of the vaccine.

Typically, real-world data with millions of people reveal issues with vaccine safety.

Public Services and Procurement Canada is expecting 2.9 million doses of the pediatric vaccine after it negotiated an accelerated delivery schedule with Pfizer last month.

Manitoba Hydro seeks five per cent rate increase effective Jan. 1

Submitted by Manitoba Hydro

Manitoba Hydro filed its 2021-22 Interim Rate Application with the Public Utilities Board (PUB) yesterday requesting an overall average five per cent electricity rate increase, effective Jan. 1, 2022.

The Corporation was directed to file an application with the PUB following cancellation of Bill 35 and the associated electricity rate increase.

The higher rate ask is a direct result of the impact of the ongoing drought on the Corporation's finances.

If approved by the PUB, a five per cent increase for a residential customer who does not heat with electricity, using about 1,000 kilowatts per month, would result in an approximate \$5 increase on their monthly energy bill. For a customer who heats with electricity, using about 2,000 kilowatts a month, the increase on their monthly bill would be approximately \$10.

Despite the proposed increase,

Manitoba Hydro will continue to have some of the lowest electricity rates in North America, according to a comparison of rates prepared annually by Hydro-Québec. A Statistics Canada report on household spending, released earlier this year, shows the average Manitoba family pays more for cellular, internet and TV services annually than on their energy bill.

"We know no one wants to see a higher electric bill," said Jay Grewal, president and CEO of Manitoba Hydro.

"Unfortunately, we're in a situation where the drought is having a major impact on our finances and we don't know when precipitation levels will return to normal. Without a rate increase, our ability to continue to re-invest in our system so that we can continue to serve Manitobans with reliable, clean energy will be hampered."

Manitoba Hydro is forecasting a

potential loss in its consolidated operation of between \$190 million and \$200 million for the current fiscal year. Manitoba Hydro had budgeted a positive net income of \$190 million for the 2021-22 fiscal year in its 2020-21 annual report.

Grewal said the lack of significant precipitation across much of Manitoba Hydro's watershed over the past year and lower water flows — water inflows to the southern portion of the system are the lowest in 40 years — has weakened the utility's ability to generate and sell surplus energy on spot markets in the United States and Canada.

"The money we make from opportunity sales of renewable energy is vital to our financial health," Grewal said.

"That additional revenue is money we use to help keep rates for our customers here in Manitoba lower than they would be otherwise."

Grewal added any rate increase will

be reviewed and approved by the PUB, following their public processes. The last electricity rate increase was 2.9 per cent which went into effect on Dec. 1, 2020.

"The loss of net income because of the drought and risk to the self-sustaining nature of Manitoba Hydro's debt obligations and financing is indisputable," she said.

"Having a financially healthy utility will help protect Manitoba energy consumers over the long term.

"That's why this increase is needed to help ensure we have the revenue we need to operate, rebuild and expand the electricity system so we continue to serve our customers with reliable renewable electricity as we have for the last 60 years."

Manitoba Hydro's full rate application to the PUB can be viewed at 2021/22 Interim Rate Application.

Manitoba Conservation officer service enforcement update

By the Manitoba government

Manitoba Agriculture and Resource Development advises that conservation officers are continuing enforcement to protect Manitoba's natural resources, including compliance checks for fisheries, addressing illegal hunting and increasing the number of officers in the field.

On Sept. 6, a conservation officer from Thompson was conducting an aquatic invasive species compliance inspection on Provincial Trunk Highway (PTH) 6. During the inspection, the anglers were found to have 15 walleye, putting one subject two fish over his possession limit and the other subject three fish over his possession limit. Both were given written warnings for possessing fish dressed, packed or cut so the fish cannot readily be identified. The fish were seized, and tickets and restitution notices totalling \$539 were issued.

On Sept. 25, conservation officers from Thompson conducted an aircraft patrol east of the city to check on moose hunters and to monitor the Lake Sturgeon Conservation Closure on the Nelson River. Officers located a group hunting on Sipiwesk Lake. One hunter was charged with hunting without a licence and issued a \$486 ticket, as well as a two-year suspension of game bird and big game licences. The same day, another hunter was found to be hunting without a required Moose Conservation Licence and fined \$486, and given a two-year suspension of game bird and big game licences.

On Sept. 26, conservation officers

from Thompson, on a boat patrol of Setting Lake and the Grass River, charged a boat driver with carrying a loaded firearm in a vehicle and hunting game bird without a licence. The birds were seized and the hunter was fined \$486.

On Sept. 30, a conservation officer from Thompson conducted a compliance inspection of a vehicle and fined the driver \$498 and issued a restitution notice for hunting game bird without a licence.

On Oct. 22, conservation officers in Roblin received information that a moose was killed within the Moose Conservation Closure area in the Duck Mountains. The information provided a vehicle description, and conservation and RCMP officers located the vehicle east of Roblin, which also contained the carcass of a bull moose. Officers determined the moose was killed within the Moose Conservation Closure, and subsequently seized the moose and four firearms from the vehicle. The four individuals in the vehicle were charged with possession of illegally taken wildlife and three of the four were also charged with hunting moose within a closed area under the Moose Conservation Closure Regulation.

Conservation officers from the North Whiteshell District charged a man with hunting on private land without permission and placing bait for the purpose of hunting cervids, for which a \$1,158 fine and a one-year suspension from big game and game bird hunting was issued. The hunting equipment was seized as evidence.

On Oct. 23, conservation officers were conducting a patrol for illegal night hunting activity in the Hilbre area. Officers observed a vehicle travelling down a municipal road, shining a light source on multiple properties from the passenger side of the vehicle. The vehicle was stopped and four individuals were arrested for night hunting. The vehicle, a firearm and other hunting related equipment were seized. The subjects were issued appearance notices and released.

On Oct. 28, conservation officers from the Riverton Compliance Area received a tip that a commercial fisherman had approximately six commercial fishing tubs of spoiled fish in his possession. Officers attended and found the individual with the spoiled fish. Commercial fishers are responsible to ensure they do not allow their catch to spoil. Officers seized the fish, and took it to the Freshwater Fish Marketing Corporation, where it was deemed unfit for human consumption. The accused was fined \$1,002. The fish will be removed from his annual quota.

On Nov. 12, conservation officers in the Shoal Lake area received information that someone had shot at a deer in a field where another hunter was sitting. Officers were able to identify and locate an individual who was charged with discharging a firearm from a vehicle while hunting big game.

On Nov. 14, conservation officers in the Roblin area were conducting a big game wildlife decoy operation along a municipal road because of illegal road hunting in the area. A vehicle ap-

proached the operation, stopped and the passenger fired a high-powered rifle at the decoy from the inside the vehicle. The individual was charged for discharging a firearm from a vehicle and the firearm was seized.

On Nov. 16, conservation officers found a location where there was evidence a deer had been shot from a municipal road in the RM of Swan Valley West. The next day, officers returned to the same area and checked a group of hunters, when it was determined that one of the group had shot the deer the day before. A male whitetail deer was seized and the individual was charged for discharging a rifle from a public road within a municipality and issued a restitution notice for \$1,500.

Conservation officers from the Selkirk district have been conducting enforcement patrols along the Red River north of Lockport for the fall greenback walleye run. Over the weekends of Oct. 22 to 24 and Oct. 29 to 31, officers laid a total of 33 charges against 27 individuals for violations of the Manitoba Fishery Regulations including possessing more fish than the possession quota and possessing fish that do not comply with the size limit. A total of \$5,309 in fines were issued, with an additional \$3,444 in restitution owing upon conviction.

Anyone with information on illegal activities is asked to call their local Manitoba Agriculture and Resource Development Office of the Turn in the Poachers (TIP) line at 1-800-782-0076.

RECYCLING NOTICE

Riverdale Place Workshop Inc. will not be picking up recycling on the below mentioned dates due to the small group of workers available.

Mon. Dec. 6/2021 at Riverton business places

Tues. Dec. 7 at Arborg curbside pickup

Weds. Dec. 8 at Arborg business places

Thurs. Dec. 9 at Riverton curbside pickup

Mon. Dec. 20 at Riverton business places

Tues. Dec. 21 at Arborg curbside pickup

Weds. Dec. 22 at Arborg business places

Thurs. Dec. 23 at Riverton curbside pickup

The workshop will be closed

Fri. Dec. 24 Christmas Eve

**Mon. Dec. 27 and Tues. Dec 28
and Mon. Jan. 3/2022**

The workshop will do Arborg
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Enjoy the holidays

Thank You for recycling

Selkirk RCMP respond to fatal two-vehicle collision



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Staff

Selkirk RCMP received a report of a two-vehicle collision on Highway 8, located south of Meadowdale Road in the RM of St. Andrews on Nov. 18 at approximately 7 a.m.

The preliminary investigation reveals that two pickup trucks, one heading north and the other south, collided head-on while travelling on Highway 8. Road conditions were reported to be extremely icy at the time of the collision.

One of the pickup trucks contained three occupants, of which the 28-year-

old male driver from Fisher Branch and a 57-year-old male passenger from Winnipeg, were transported to hospital with serious injuries. The other 51-year-old female passenger from Winnipeg was pronounced deceased on scene. The 32-year-old male driver of the other pickup truck, from Clandeboye, was taken to hospital with non-life threatening injuries.

Selkirk RCMP, along with a forensic collision reconstructionist and the criminal collision investigation team, continue to investigate.

Eleven more COVID-19 deaths announced Monday

Seven from Southern Health, which accounts for 15 of the 24 COVID-19 ICU patients right now

By Ashleigh Viveiros

Seven people from the Southern Health region were among the 11 new deaths due to COVID-19 reported by the province on Monday.

A woman in her 40s was one of the region's casualties reported since last Thursday, alongside six other residents ranging in age from 60s to 80s. Manitoba's total death toll due to COVID-19 has reached 1,292.

With 258 new cases, Southern Health-Santé Sud, which has the lowest vaccination rate in Manitoba, accounted for the majority of new COVID-19 cases reported in the province

from Friday to Monday. Sixty-nine per cent of eligible residents in Southern Health have been vaccinated thus far.

There were also 185 new cases reported in Winnipeg, 85 in Prairie Mountain, 82 in the Northern health region, and 50 in the Interlake.

Manitoba currently has 1,528 active cases of the virus, with 152 people hospitalized and 24 in intensive care due to COVID-19.

Southern Health accounts for 530 of the active cases, 67 total hospitalizations, and 15 total ICU patients.

In comparison, the Winnipeg health region, which has a population more

than three times that of Southern but a vaccination rate 20 per cent higher, has 385 active cases, 42 total hospitalizations, and five ICU patients.

Manitoba's five-day COVID-19 test positivity rate on Monday was 5.7 per cent provincially and 2.9 per cent in Winnipeg.

The Interlake-Eastern region had a total of 4,944 total cases as of this Monday with 11 new cases announced. The total death count now stands at 58 with a female in her 70s from Interlake-Eastern health region and linked to the unspecified variant of concern reported Sunday.

Interlake-Eastern recorded 113 active cases with seven in the hospital but none in ICU.

Total case count by district: Arborg/Riverton, 14; Beausejour, six; Eriksdale/Ashern, eight; Fisher/Peguis, six; Gimli, two; Northern Remote, eight; Selkirk, six; Springfield, 21; St. Clements, 14; St. Laurent, four; Stonewall/Teulon, nine; Unknown, six; and Winnipeg Beach/St. Andrews, nine. Pina-wa/Lac du Bonnet, Powerview/Pine Falls and Whiteshell all recorded zero.

Doctors MB hosting vaccination town hall Nov. 30

Vaccine and pediatric specialists to speak to the COVID-19 vaccine for children

Staff

Got questions about COVID-19 vaccination as it relates to your child's health? Doctors Manitoba is offering to answer them at a virtual town hall being held next week.

Vaccine and pediatric specialists will be on hand Tuesday, Nov. 30 to field questions from parents and children about the vaccine, which was approved for use in kids age five to 11 by Health Canada last week.

"It's only natural to have questions about a new vaccine, especially when it's for children, and that's why we've planned this town hall," said Dr. Kristjan Thompson, president of Doctors Manitoba, which represents the province's physicians. "Hundreds of pedi-

atricians and family physicians across the province are also ready to answer questions one-on-one, and in many cases they will be offering the vaccine in their clinic too."

The town hall will begin at 7 p.m. next Tuesday and be broadcast live on the Doctors Manitoba YouTube page.

Manitobans can submit questions in advance or register for a reminder email at ManitobaVaccine.ca/townhall. Questions can also be submitted during the live event.

The panel of medical experts will include:

- Dr. Marni Hanna, president of the Manitoba Pediatric Society
- Dr. Ruth Grimes, president of the Canadian Paediatric Society

- Dr. Jared Bullard, section head of Pediatric Infectious Diseases and associate medical director of Cadham Lab

- Dr. Joss Reimer, provincial COVID-19 vaccine medical lead and medical officer of health

- Dr. Ashley Chopek, pediatric oncology and bone marrow transplant

specialist.

Once the pediatric vaccine is available, pediatricians and physicians offering the vaccine will be added to ManitobaVaccine.ca.

The site, created by physicians about COVID-19 vaccines, will also be updated with answers to common questions about the pediatric vaccines.

West Interlake RCMP investigate armed robbery

Staff

On Nov. 20 at approximately 7:10 a.m., West Interlake RCMP received a report of a robbery at a residence in Ashern. Three armed men entered the residence and threatened the residents with a firearm, machete and baton. The suspects stole Canadian currency, jewelry and electronics after assaulting an adult male resident, who suffered minor physical injuries. None of the other residents were physically injured.

The suspects left in a silver Jeep Wrangler. RCMP made patrols throughout the Ashern, Lunder, Gyp-

sumville, Stonewall and Ste. Rose du Lac areas, but the vehicle was not located.

The suspects are described as all between 5'7" and 5'10" tall and Caucasian. One of the male suspects is described as being approximately 40 years old with salt and pepper hair and hazel eyes.

Police do not believe this was a random incident.

If you have information, please call Ashern RCMP at 204-768-2311, Crime Stoppers anonymously at 1-800-222-8477 or secure tip online at www.manitobacrimestoppers.com.

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COVID outbreak declared at Arborg Personal Care Home: visiting restricted

By Patricia Barrett

The Arborg Personal Care Home has restricted visits as it works to contain a COVID-19 outbreak that infected eight residents as of last Thursday.

The Interlake-Eastern Regional Health Authority (IERHA) declared the outbreak at the 40-bed PCH on Nov. 16, but visits had been suspended a few days before that. The health authority had informed residents, families and staff about the outbreak, and asked that the news be shared with the community.

Pat Barkman, one of the IERHA's directors of long-term care, said eight residents tested positive for the virus but no staff had been infected and no one had died (as of Thursday, Nov. 18).

"We know this is tough on the families and the community," said Barkman, who has been on site at the PCH to monitor the situation. "We really want families to know that we do our best to care for their loved ones and that it's an honour to be working in their loved one's home."

By the time the outbreak was declared, a majority of residents had been given their third dose of a COVID vaccine, which may have helped mitigate the onset of severe symptoms.

"Ninety per cent of the residents at the site had three doses. The vaccine uptake by residents was excellent," said Barkman. "We had actually administered the third dose on Nov. 8. The symptoms of the [infected] residents are extremely mild and moderate at this point in time."

It's unknown how COVID made its way into the care home, she said, but she and the IERHA's infection prevention and control team are collaborating with provincial public health officials to try to determine how it spread. All the nurses and health-care aides at the PCH have been vaccinated.

"I can tell you that the nursing and health-care aide staff are 100 per cent vaccinated," said Barkman.

But other staff may be undergoing COVID testing every 48 hours. The IERHA had implemented in October the provincial government's testing protocol for unvaccinated staff, she said.

"If there are unvaccinated staff at the site, they are following that testing procedure," said Barkman.

Once the first positive result was confirmed, all visits with residents — general and designated family care providers — were suspended.

"Until Sunday night [Nov. 14], designated family caregivers were able to be with their loved ones. Visits at the site went according to criteria un-

der Shared Health's guidelines and provincial mandates. And general visitors [were allowed] if they could prove they were double vaccinated; they could book visiting time in the room or in the pod [outdoor visiting trailer]," said Barkman.

All long-term care sites in Manitoba were required to follow protocols under the orange zone (restricted) of the government's pandemic response system even if some communities had been moved into the yellow zone (caution), she said. That meant PCH staff were required to wear a level-three mask as well as goggles.

"But with us going into a potential red zone (critical) or outbreak, we immediately implemented extra screening procedures," said Barkman. "Now that it has been declared an official outbreak, staff members are required to wear an isolation gown and isolation gloves along with the goggles and the mask when they go in and out of residents' rooms."

The provincial government had set the pandemic response system level to orange on Oct. 5, according to its website, as COVID infections started creeping up. The highest number of fourth-wave infections so far occurred on Nov. 19 with 201 new cases, according to the province's COVID dashboard. To date 1,285 Manitobans have died of COVID (data as of Nov. 20).

Barkman said the IERHA's regional network of support, which includes senior leadership, support services and facility maintenance, has been discussing how it can provide more resources to the Arborg PCH. They've already brought in extra staff to keep patients with dementia — who tend to wander — safe, as well as to help deal with residents' feelings of isolation.

"We're really trying to spend extra time with residents. We've got recreation workers and support workers coming in to help with residents because they know that isolation is really tough on them when family can't be there," said Barkman. "We're also trying to engage residents with virtual visits on iPads and cellphones so that they can see their loved ones on a screen. In general, the morale of our residents is fairly good."

Having dealt with COVID for 20 unrelenting months, PCH staff are "tired" but they continue to step up to challenges.

"Most of the staff working at the Arborg PCH are from the community. When staff work in a long-term care site, it's like a big family that looks after the residents. You get close to the residents very quickly. This [outbreak] is really tough for them," said



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Arborg Personal Care Home.

Barkman. "They are a committed and dedicated bunch that have risen to the occasion and are doing amazing work. They are tired — they were tired long before this — but they are so dedicated and I can't say enough about how they continue to make good things happen for the residents and for each other."

In addition to the Arborg PCH's outbreak, Gladstone's Third Crossing Manor (Southern Health region) declared an outbreak a few weeks ago and has had 68 cases and two deaths, according to the province's online data (as of Nov. 20). An outbreak also occurred at the Benito care home (Prairie Mountain health region) and has resulted in 25 cases and six deaths (note: the province's online data shows seven, not eight, cases at the Arborg PCH).

When asked for comment on the increasing number of COVID infections and deaths in care homes and possible responses, a spokesperson for the government's Shared Health organization — which oversees health-care delivery across the province — said it is "not responsible for the management of personal care homes."

But the spokesperson said Shared Health is updating visiting guidelines, stating that designated caregivers should show proof of vaccination before they're allowed to enter a care facility.

"Shared Health updated visitation principles for personal care homes earlier this week as a result of increasing COVID activity across the province," said the spokesperson. "These principles, which may be implemented differently at individual sites based on circumstance, require designated family caregivers to show proof of vaccination prior to entry."

NDP Leader Wab Kinew told the

Express that personal care home outbreaks are concerning given the lessons already learnt over the course of the pandemic about the need to be vigilant when it comes to protecting vulnerable seniors from the virus. The provincial government has to provide more resources to care homes.

"The outbreaks in long-term care homes in Arborg, Benito and Gladstone are tragic and worrying. Earlier waves of this pandemic have already taught us the solemn need to invest resources in the long-term care system — outbreaks are a risk, but they aren't inevitable if care homes have enough staff, PPE and resources to keep people safe," Kinew said. "Twenty months into this pandemic, the province should be hiring more staff to work in rural care homes and working on a long-term plan for staffing in rural health care."

The IERHA said family members needing more information about their loved ones can call the Arborg Personal Care Home's recreation office at 204-376-3211. Other inquiries or questions can be directed to a toll-free line 1-855-347-8500 between 8:30 a.m. and 4:30 p.m., Monday to Friday.

The government's updated visitation principles are available at: <https://sharedhealthmb.ca/files/covid-19-pch-visitation-principles.pdf>

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THE **EXPRESS**
WEEKLY NEWS

Skating lessons welcome Interlake newcomers

By Nicole Brownlee

Newcomers are lacing up for the return of the Learn to Skate program at the Arborg & District Arena this winter, connecting them to a staple Canadian hobby.

"The rink, especially in a small town, is very much a social hub. When you're at a rink, you're a part of the community," said Amanda Brown who is leading the program, with Eastman Immigrant Services.

Eastman Immigrant Services and Settlement Workers in Schools have teamed up to offer the skating program for a second year in Arborg.

"The Learn to Skate program here in Steinbach has been around for about five years, and we've always had great success," said Gwen Reimer, Eastman Immigrant Services program director.

"It's a really good program for those families that might not otherwise have a chance to get on the ice."

Eastman Immigrant Services is a resource for newcomers and immigrants settling in Southern Manitoba and the Interlake region funded by the federal and provincial government. The service started in Steinbach around 20 years ago and in 2019 expanded to open an Interlake division.

SWIS provides support to newcomer families to integrate into Canadian culture.



EXPRESS PHOTO BY EASTMAN IMMIGRANT SERVICES

Immigrants and first-generation Canadians are connecting with Canadian culture through the Learn to Skate program at the Arborg & District Arena.

"They do a lot of work in the school systems, working with families," said Reimer.

People who have immigrated to Canada or first-generation Canadians are welcomed to join the program and receive a helmet and pair of skates courtesy of Canadian Tire Jumpstart Charities.

"It's really important to try and get these families involved just to try to learn some of our community's culture — which in small towns, especially in winter months, tends to revolve around an arena," said Arborg-based Brown.

Families may be hesitant to join the

program because of language barriers and unfamiliarity, but it can also be a learning opportunity.

"It can be a bit intimidating, but we're reassuring any of these families that are coming in, like, it's OK to fall and get back up. This is what these programs are for — to learn," said Brown.

Last year's Learn to Skate program was cut short because of public health restrictions, but Reimer said families were able to take the basic skills they picked up in the first few lessons and practise on their own.

"The fact that they could go to the pond and skate there with other kids

... there's that integration. They feel like they're a part of the community already because they've got access to something that is huge in Manitoba," said Reimer.

The program can host 30 participants with the help of several volunteers. As of Nov. 17, two children were registered for the Arborg program. Eastman Immigrant Services has extended the registration deadline to encourage more families to join.

To join the Learn to Skate program in Arborg, contact Amanda Brown at the Eastman Immigrant Services Interlake Division at 204-960-4773.

Vandor Denture Centre's 'No-Gag' impression technique really works

By Elisha Vandor

Making dentures is painless, so it should be a no brainer when it's time to get new. However, there's one thing that stops people from wanting to start the process...involuntary gagging.

If you consider yourself a regular or extreme gagger, then going for the initial impression appointment is a real concern for you. The one person who understands this the most is Brock, the Denturist. He says, "As for me, I hated gagging my patients. If they gagged, they would feel bad, then I would feel bad, so I had to make a better way. After combining different techniques, experimenting with some ratios, and using a funny looking tiny tool, I came up with what has been nicknamed the "No-Gag" technique. Essentially, it uses much

less goop and also prevents the goop that remains from going into the gag zone. I am happy to say that patients love it! They are so relieved to have not gagged and are amazed at how fast it was, which makes me smile every time. It's actually now been years since I have developed the "No-Gag" technique and am happy to say that every single day, myself and our Denturists get to hear how patients love it! Actually, Ruth was here not too long ago and had to share her story.

"The impression appointment was amazing. There was no discomfort whatsoever. There was no gagging reflex. Nothing! In fact, I would do it again. It was very quick and it wasn't like anything I've had done before and I've had lots of impressions. For me, the impression appointment was

usually gaggy. This is amazing. It's a great procedure."

We asked 10 patients about their experience after impressions and a resounding 10 out of 10 agreed: a much more comfortable and 'no-gag' experience.

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Helping people is our passion and this technique is just one way to make your experience one to smile about. Call today for your free consultation.



Denturist's wife Elisha holds the inventive tiny tool that's making a big difference when starting new dentures.

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'Profound democratic failure:' Lake Winnipeg commercial fishers excluded from policy-making

By Patricia Barrett

After five years of research on the Lake Winnipeg commercial fishery, a University of Manitoba PhD graduate has concluded that the Manitoba government's management of the industry constituted a "profound democratic failure" as fishers were consistently shut out of policy decisions that eventually jeopardized their livelihoods.

Dr. Solmundur Karl Palsson, who grew up in Iceland, recently earned a doctoral degree in anthropology after successfully defending his thesis titled "Lake Winnipeg in a Different Light: Re-imagining Environmental Politics in Small Scale Fishery."

Palsson evaluated the province's capacity to democratically address complex governance issues between 2016, when the Conservatives formed government, and 2020.

"There is a profound democratic failure in the current governance framework for fisheries which consistently excluded fishers from the decision-making process and ignored their ecological knowledge of the lake," wrote Palsson in a brief summary of his work.

Palsson's research entailed formal interviews with over 40 commercial fishers and other stakeholders, and

informal conversations with fishers from communities such as Fisher River Cree Nation, Gimli and Riverton. He also sat in on meetings between fishers, the provincial government and the Freshwater Fish Marketing Corporation (FFMC) and used textual evidence from Hansard accounts (verbatim transcripts of elected representatives' discussions) of both the federal and provincial governments.

Over the course of his study period, which was marked by exceptional volatility, Palsson illustrated how sustainability discussions between commercial fishers and the provincial government "completely collapsed" because of the province's narrow focus on production data and lack of respect for fishers' experiential knowledge.

"The knowledge of fishers has through the years filled the [knowledge] gap of scientists simply because fishers observe how the environment changes," said Palsson last week by email. "This knowledge has to be included in decision-making processes."

Manitoba's commercial fishery was subject to great upheaval after the provincial Conservatives came to power in 2016. The party removed Manitoba from the federal Freshwater Fish Marketing Act, which mandat-



EXPRESS PHOTO BY PATRICIA BARRETT

A commercial fisher unloads fish totes at Gimli Harbour in September.

ed FFMC to buy Manitoba fish, and opened up the market to private fish buyers — some of whom later failed to pay fishers for about \$1 million worth of their fish. Winnipeg-based FFMC provides commercial fishers with a stable means of transporting, marketing and selling their fish and is especially important to small fishers and Indigenous communities. As the government's open market fiasco unfolded, the majority of commercial fishers signed contracts with FFMC.

The Conservatives subsequently an-

nounced a mesh-size change in May 2019, essentially forbidding south basin fishers from catching marketable, plate-sized pickerel, and bought back, or retired, 126 quota entitlements from 90 Lake Winnipeg fishers, representing about 525,000 kilograms of fish. The party said these policies were necessary in order to "enhance" the sustainability of the lake.

"The whole decision was very serious as the politicians, or the minister, did not give fishers any chance to protect their own livelihoods. And First Nations, who are supposed to be consulted according to the Constitution, were completely disregarded," said Palsson, who's currently working with the Arctic Research Foundation to set up similar research on Great Slave Lake, N.W.T. "Both of these decisions were made on the assumption that sustainability can be solely measured by numbers. But the problem I am trying to convey is that sustainability is a

Continued on page 25

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The deadline for requests is Monday, December 13th and the Christmas hampers will be available for pick up or delivery on Tuesday, December 21st.

Monetary donations can be sent by e-transfer to ADcheerboard@gmail.com, mailed to Box 185 Arborg MB ROC OAO, or may be deposited at the Arborg branches of Noventis Credit Union or CIBC. Non-perishable food items can be dropped off at participating local businesses.

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Thursday, November 25, 2021

The Selkirk Record
EXPRESS
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Stonewall Teulon
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Your Holiday Cooking Guide



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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes



Appetizers

Easy Cheese Ball

3 packages cream cheese
2½ cups shredded cheese (I prefer tex-mex or cheddar)
1 package Ranch dressing mix

Mix well. Roll in chopped nuts and or dried cranberries. I make several balls or logs, wrap them in plastic wrap and put them in the fridge or freezer... ready to serve or gift!

Patsy Zdrill, Selkirk

Layer Taco Dip

500g sour cream
1 package taco seasoning mix

Mix and let sit overnight in fridge to blend flavours. Spread mixture in pizza pan or deep plate. Top with shredded lettuce, diced tomatoes, chopped green onions and finely grated cheddar cheese. Serve with tortilla chips.

Elizabeth Gregg, Gimli



Soups

Mushroom Soup

1 cup fresh, sliced mushrooms
1 can mushroom soup
1 tbsp butter
2 cups milk
1 package seasoned croutons
To taste: salt, pepper, parsley, paprika, garlic powder

Fry mushrooms in butter, set aside. Place milk, soup and seasoning in skillet and bring to a boil. Add fried mushrooms and simmer 10 minutes. Serve hot. Top with croutons and seasoning.

Margaret Hryciw, Selkirk

Spicy Zucchini Soup

4 tbsp Sunset Gourmet Garlic Olive Oil
1 onion finely chopped
3-4 cloves chopped garlic
5-6 cups chopped zucchini
1 carton chicken broth
1/2 cup fresh cilantro chopped up
2 tbsp fresh lemon juice
salt and pepper to taste
2 tbsp Sunset Gourmet Jalapeno & Dill hot sauce

Saute onion, garlic in oil for few minutes, add zucchini and saute till they are soft. Add salt and pepper. Transfer to a dutch oven pot, add broth, half of the cilantro and hot sauce. Bring to a boil then simmer for half an hour. Add lemon juice and puree in blender. Serve with few cilantro leaves on top as garnish.

Dianne Medwid, Dauphin



Salads

Shrimp Mousse

1 package cream cheese
1 can tomato soup
Bring to a boil until cream cheese melts. If there are any lumps, beat them.

Add:
1 ½ envelopes unflavoured gelatin
¼ cup cold water
Let sit for 10 minutes.

Add:
1 cup miracle whip
1 cup finely chopped celery
1 cup chopped green onion
1 tin shrimp

Place in mould and let sit overnight.

Elizabeth Gregg, Gimli



Breads & Buns

Brown Buns

2 eggs
4 tbsp sugar
2 tsp salt
6 tbsp oil
3 cups warm water
2 tbsp yeast (instant, fast acting)
7 cups flour (4 cups whole wheat, 3 cups white)
½ cup ground flax

Mix first 5 ingredients. Add some flour, then yeast, then gradually add rest of flour and ground flax. Cover to let rise and double in size, punch down, shape into buns. Cover to let rise for 1 hour or until double in size. Bake 15-18 mins at 350 degrees.

Ann Marie Lapointe, Winkler

Focaccia Bread

1 tsp white sugar
1 (.25 ounce) package active dry yeast
1/3 cup warm water
2 cups all purpose flour
2 tbsp olive oil
Tsp cracked sea salt
Cherry tomatoes (optional)
Tsp herbs (your favourite)

In a small bowl, dissolve sugar and yeast in warm water. Let stand until creamy, about 10 minutes. In a large bowl, combine the yeast mixture with flour, stir well to combine. Stir in additional water, 1 tablespoon at a time, until all of the flour is absorbed. When the dough has pulled together, turn it out onto a lightly floured surface and knead briefly for about one minute. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 30 minutes. Preheat oven to 475 degrees. Deflate the dough and turn it out onto a lightly floured surface; knead briefly. Pat or roll dough into a sheet and place on a lightly greased baking sheet. Brush the dough with oil and sprinkle with salt, herbs and tomatoes. Bake focaccia in a preheated oven for 10 to 20 minutes. If you like moist and fluffy, wait just about 10 minutes. If you like it crunchier and darker on the outside, wait 20 minutes. * I like to use Italian dried herbs and add cherry tomatoes to the top before baking.

Vanessa Figus, Winnipeg



Beverages

Minty White Chocolate Cappuccino

1 ½ cup Carnation evaporated milk, heated
1 ¼ cup hot coffee
½ cup white chocolate, chopped
¼ tsp mint extract

Place ingredients in blender. Process until smooth. Serve hot.

Margaret Hryciw, Selkirk

It's beginning to taste a lot like Christmas!

Season's Greetings

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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes

Baking & Desserts

Almond Butter Balls

Cream together:
1 cup butter
3 tbsp icing sugar
1 tsp vanilla
1/8 tsp almond extract

Add:
2 cups flour
1 cup sliced blanched almonds (slightly crushed)

Mix well and roll into tiny balls approximately 3/4 inch. Bake in 350 degree oven for 20 minutes or until slightly brown. Cool slightly, then roll in icing sugar – cool well before serving. Tip* don't try rolling in icing sugar until the balls have cooled a bit or the icing sugar will melt. These freeze well and everyone loves them!

Sylvia Thorgilsson, Lundar

Belgium Honey Cake

1 cup white sugar
2 cups honey
2 eggs, well beaten
6 cups flour
4 tsp baking powder

1 tsp cinnamon
2 cups milk
3 drops aniseed, if preferred (oil of aniseed)

Mix sugar, honey and beaten eggs well all together. Add remaining ingredients. Mix well all together. Let stand for 10 minutes. Put in bread pan. Bake at 325 degrees F slowly for 1 hour. Put in a crock for a while; it will taste better.

Noreen Grenier, St. Leon

Christmas Cake

1 lb butter
2 3/4 cups brown sugar
4 cups cake flour
9 eggs
2 tsp cinnamon
1/2 tsp allspice
1/2 tsp cloves
1 tsp baking soda
2 tbsp fruit juice
2 lb seeded raisins (Thompson are best)
2 lb sultana raisins
1 lb currants
1 lb mixed peel
1/2 almonds, peeled
1/2 lb glazed cherries
2 tsp brandy flavouring

Cream butter, add half sugar, add well beaten egg yolks. Beat egg whites until standing in peaks. Add rest of sugar to the egg whites, beat until stiff. Fold into butter mixture. In hot water wash fruits, then drain. Add almonds, cherries and peel. Sift flour, add spice and baking soda over fruit mixture and mix. Add to egg mixture, add juice and flavourings. Bake in 275 degree oven for about 4 hours. Leave in pan to cool. For flavourings you can add amaretto or apricot brandy.

Alberta Horsman, Carman

Best Shortbread Cookie

1/2 cup cornstarch
1/2 cup icing sugar

1 cup flour
3/4 cup soft butter

Put 3 ingredients in a bowl and add butter and make into a soft dough. Shape into small balls and place on a plate and put in fridge for 1/2 hour. Place balls on parchment paper in a cookie sheet spaced 3" apart. Flatten balls with a fork dipped in white sugar with a "x" formation. A maraschino cherry cut in half is another lovely topping. Bake at 300 degree F for approximately 15 minutes. Delicious! My husband and I have tried various recipes for "the best tasting one". This is an old recipe my Aunt Joyce gave me.

Valerie Nordquist, Carman

Corn Flake Slice

1/3 cup margarine
30 large marshmallows
1 tsp almond extract
2 1/2 cups corn flakes
1 cup medium sweetened coconut
1 cup flaked almonds

Melt margarine and marshmallows together on low heat. Once melted remove from heat and add almond extract, corn flakes, coconut and flaked almonds. Press all into a greased 8x8 pan.

Elizabeth Gregg, Gimli

Crunchy Oatmeal Cookies

1 cup of flour
2 tsp of baking soda
1 tsp of baking powder
1/2 tsp of salt
1 cup of margarine
1 cup of sugar

1 cup of brown sugar, packed
2 eggs
1 tsp of vanilla
2 cups of cornflakes
2 cups of uncooked quick oats

Optional, but I highly recommend! Cinnamon and nutmeg – as much or as little as you want! Your choice of chopped nuts... as much or as little as you want! Preheat the oven to 325 degrees. Mix the flour, baking soda, baking powder and salt, as well as the cinnamon and nutmeg if you choose to use it. Next, cream the margarine and sugars in a large bowl, and beat in the eggs and vanilla. Add the flour mixture and give it a good stir. Then, combine the cornflakes and oats, as well as the chopped nuts if using. Lightly grease or line a baking sheet with parchment paper. Drop the batter by a heaping tablespoon and allow space for the cookies to expand. Bake in the oven for 12 to 14 minutes. Once they are done, let cool and transfer to a wire rack. This recipe makes about 48 cookies, but once you taste them, but you may want to double it! The great thing about this batter is that it gets better the longer it sits, so you can store the rest in the freezer if you need to. Enjoy! Recipe from: Women's Circle. (1992)

Skylar Anderson, Teulon

The Flower Child

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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes



Delicious Rice Pudding

1 tin coconut milk 1 cup short grain rice
2 cups skim milk 1/4 cup sugar

Mix and put in pot. Stir often. Ready when rice is soft. You can add some raisins and 1/4 tsp cinnamon. At Christmas put a spoon of Cool-Whip topped with red and green cherries.

Merle Willis, Petersfield

Drizzle Chocolate Mint Bars

1 cup chipits 1 1/2 cups graham wafer crumbs
(1/2 regular and 1/2 mint flavour) 1/2 cup walnuts, chopped
1/4 cup margarine 2 cups icing sugar
1 egg 2 tbsp milk
1/4 margarine Green food colouring

Melt chipits and 1/4 cup margarine. Reserve 1/4 cup for drizzle. Add 1/4 cup icing sugar and egg to remaining chipits and beat well. Stir in wafer crumbs and nuts. Press into 8" pan and chill. Cream 1/4 margarine, icing sugar and milk until fluffy. Add green colouring. Spread over base, drizzle remaining melted chipits over top. Chill. Cut into bars and serve.

Stacy Layne, East Selkirk

Easy Orange Cranberry Shortbread

1/2 cup craisins (dried cranberry)
3/4 cup sugar, divided
2 1/2 cups all purpose flour
1 cup butter
Zest of 1 orange
1 to 2 tbsp orange juice
Additional sugar to coat cookies
Line baking sheet with parchment.
Combine cranberries and 1/4 cup of sugar in food processor, process until cranberries are broken. Set aside. Combine flour and sugar in large bowl. Use pastry cutter to cut in butter into very fine crumbs. Stir in cranberry mixture, orange zest and juice. Use your hands to knead the dough until it comes together to form a ball. Shape into log about 2" wide. Wrap in saran and refrigerate 2-72 hours. Cut cookies into 1/4" thick and dip in sugar. Bake at 350 degrees for 12-15 minutes. Do not overbake! Cool at least 10 minutes on cookie sheet.

Stacy Layne, East Selkirk

Eggnog Donuts

Mix:	Sift:
1 egg beaten	1 1/2 cup flour
1/2 cup sugar	2 tbsp baking powder
1/2 cup eggnog	1/4 tsp nutmeg
2 tbsp melted butter	1/8 tsp salt

Add dry mixture to wet mixture and mix well. Roll about 1/4 to 1/2 inch thick. Cut with donut cutter or cookie cutter. Reuse dough if you want to just fry up the pieces. Use canola oil 375 degrees, one to two minutes or until golden brown. Sprinkle with icing sugar when cooled.

Margaret Hryciw, Selkirk

Gingerbread Men (Lebkuchen)

2 cups shortening	2 tbsp baking soda
3 cups molasses	1 tbsp ginger
1 cup sugar	1 tbsp ginger
8 cups flour	1 tbsp cinnamon
1 tsp salt	1 1/2 cups buttermilk

Heat molasses and sugar. Add shortening. Chill dough for several hours. Turn out on floured board. Roll 1/4" inch thick. Cut and back at 350 degrees. Decorate with favourite frosting and small candies.

Elaine Plett, Fisher Branch

Merry-Berry Cheese Bars

2 cups flour
1 1/2 cup oatmeal
3/4 cup packed brown sugar
1 cup butter softened
Preheat oven to 350 degrees. Grease 9x13 pan. Blend flour, oatmeal, 3/4 cup brown sugar and butter together until crumbly. Set aside 1 1/2 cups of mixture and press the rest in pan. Bake 15 minutes until golden.

8oz cream cheese softened
14oz can sweetened condensed milk
1/2 cup lemon juice
2 tbsp corn starch
1 tbsp brown sugar
16 oz can whole cranberry sauce
With mixer beat cream cheese until fluffy. Gradually add the condensed milk and then the lemon juice. Spread over baked crust. Combine cranberry sauce, cornstarch and 1 tbsp brown sugar. Pour over the cheese layer and top with remaining crumbs. Bake 45 minutes until golden. Cool before cutting into bars. These freeze well.

Pearl Gigolyk, Lockport

Peanut Butter Rice Krispie Balls

1 cup corn syrup
1 cup sugar
1 cup smooth peanut butter
4 cups rice krispies
1/2 cup chocolate chips

Place corn syrup, sugar and peanut butter in a saucepan. Bring just to a boil. Remove from heat and pour over rice krispies. Stir well to combine. Butter hands and quickly roll into 48 one-inch balls. Set on a sheet of wax paper to cool. When cooled, place chocolate chips in a plastic bag and microwave until softened. Cut a tiny hole in one corner of the bag and drizzle the chocolate over the balls.

Pearl Gigolyk, Lockport

Snickerdoodle Cookies

2 1/4 cups flour
1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 1/2 cups sugar
1/4 cup or 2 oz. cream cheese
6 tbsp butter (melted but still warm)
1/3 cup oil
1 egg
1 tsp milk
2 tsp vanilla or almond flavouring (my favourite)

Mix well. Roll into small balls and roll in a mixture of sugar with a small amount of cinnamon. Bake on parchment paper on the pan. Bake at 325 degrees for 12-14 minutes.

Patsy Zdrill, Selkirk

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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes

Baking & Desserts

Homemade Turtles

- 3 cups whole pecans
- ½ cup butter
- 1 cup brown sugar
- ½ cup corn syrup
- dash salt
- 7 oz sweetened condensed milk (half of a 14 oz can)
- ½ tsp vanilla
- 1 ½ cups milk chocolate chips
- ½ tsp vegetable oil or shortening

Place pecans in a single layer on a baking sheet. Bake at 350° for about 10 minutes or till lightly browned and fragrant. Let cool. Arrange in clusters of 3-4 on silicone liners or parchment paper. Combine butter, brown sugar, corn syrup, and salt in a 6 quart pot. Bring to a boil over medium heat. Add the sweetened condensed milk and vanilla. Continue cooking and stirring till mixture reaches 235-240 degrees. Quickly spoon the caramel over the pecan clusters, making sure caramel is touching each of the pecans. Let sit to harden. Melt the chocolate chips and oil in the microwave at half power, stirring often till smooth. Spoon chocolate on top of each layer of caramel. Let sit for 1-2 hours, or till hardened.

Michelle Balharry, Lockport

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2ND ANNUAL **2021 HOLIDAY FAVOURITE Recipes**



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Chili Lime Meatballs

2.2kg lean ground beef
2 cups breadcrumbs
3 eggs
1 cup jalapeno, chopped
¾ cup green onion
2 tbsp red curry paste
4 tbsp Asian seasoning
2 tbsp garlic
1 tsp Himalayan sea salt
1 pinch dried chili flakes
zest of 1 lime

Mix all ingredients well in a large bowl using gloved hands. Portion on stoneware brushed with olive oil. This makes the meatballs juicy and extra crispy. Roll meatballs gently to smooth edges, but do not compact. Bake at 400F for 25 minutes or until desired crispness.

Michelle Balharry, Lockport

Teriyaki Lime Sauce

Homemade Teriyaki sauce (can be used on meatballs)
½ cup soya sauce
2 cups water
1 tsp grated ginger
½ tsp Garlic Rub
½ cup packed brown sugar
2 tbsp honey
4 tbsp cornstarch
½ cup cold water
juice of two limes

Mix all except the cornstarch, lime juice and the 1/2 cup cold water in a sauce pan and begin heating. Whisk cornstarch and cold water in a cup and dissolve. After sauce is simmering, add

cornstarch and water mixture, whisking until sauce thickens. Heat until sauce thickens to desired thickness. Add water to thin if needed or cornstarch to thicken. Remove from stovetop and let cool. When cooled add juice of 2 limes and whisk well. (if you don't want to make Teriyaki sauce from scratch, Our Compliments is a good bottled brand. Place meatballs in slow cooker. Add the sauce. Gently mix to cover. Store in refrigerator until ready to use. Warm in crockpot and serve.

Michelle Balharry, Lockport

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Traditional Turkey Stuffing

1lb pork sausage
1 large onion chopped
2 tbsp prepared mustard
1 tbsp poultry seasoning
3 ribs of celery chopped
2 tbsp mayo
½ tsp sage
3 eggs beaten
1 loaf whole wheat bread, day old, cubed
2 loaves white bread, day old, cubed
900ml carton of chicken broth (fluid)

In large non-stick skillet coated with cooking spray, cook the sausage, celery and onion over medium heat until meat is no longer pink. Drain. Remove from heat. Stir in the mayo, mustard, sage and poultry seasoning. Place bread cubes in a large bowl. Add sausage mixture. Combine eggs and broth. Pour over bread cubes and stir gently to combine.
Option 1. Transfer to cooking dish coated with pan spray. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 12-18 minutes or until lightly browned and thermometer reads 160.
Option 2. Stuff turkey with dressing. When cooked, remove all the dressing and transfer to a casserole dish. Freezes well. Delicious! Enjoy.

Care Holmes, Stonewall

Lazy Holobchi

1 lb hamburger and 3 slices bacon diced
1 onion chopped
3 cups cooked minute rice
1 head cabbage. Freeze ahead and thaw to soften
1 can tomato soup and 1/2 tin water
1 1/2 cup pasta sauce
Garlic and oregano to taste
Salt and pepper to taste
Brown hamburger and bacon and onion. Drain off fat. Add seasonings and mix all with cooked rice. In separate bowl mix soup and sauce together. Core cabbage, remove vein and separate leaves. Alternate layers of cabbage and hamburger mixture and sauce in a casserole dish. Cover with tin foil and bake at 365 degrees for 1 1/2 hrs or until cabbage tender.

Georgia Campbell, Lockport

Honey Glazed Ham

2 cups packed light brown sugar
1 cup honey
½ cup Dijon mustard
2 tablespoons unsalted butter
2 tablespoons apple cider vinegar

While the ham is heating in the oven, place all the ingredients in a medium saucepan over medium-high heat and bring to a simmer, stirring regularly to break up any lumps. Reduce the heat to medium-low and continue to simmer slowly until reduced by a third, darkened, and thickened, about 20 minutes. Remove the ham from the oven, uncover, and baste with the warm glaze, working the glaze between the cuts in the ham wherever possible. Return the ham to the oven for the last 30 minutes of cooking.

Lucy Kowalchuk, West St. Paul

2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes

Figgy Duff

NEWFOUNDLAND CHRISTMAS PUDDING

- 4+ cups bread crumbs
- 1 tsp ginger, allspice, cinnamon (each)
- 1 tbsp hot water
- 3 tbsp molasses
- 1 tsp baking soda
- ½ cup melted butter
- ½ cup flour
- 1 cup raisins
- ½ cup brown sugar

Soak bread in water for a few minutes. Squeeze out water (measure without pressing down) Combine bread, raisins, sugar, salt, spices and mix with a fork. Add molasses, melted butter and soda which has been dissolved in hot water. Add flour and mix well. Pour into a greased mould. Steam for 2 hours. Serve with sauce.

HOT RUM SAUCE

- ¾ brown sugar
- ¼ tsp salt
- ¼ cup butter
- 1/3 cup rum
- 3 tbsp cornstarch
- 2 cups water
- 1 tsp vanilla
- ½ tsp nutmeg

In a microwave bowl, combine sugar, cornstarch, salt and water. Cook on high for 2-3 minutes. Stir after one minute. Blend in butter, vanilla, rum flavouring and nutmeg

Care Holmes, Stonewall

Perishky

- Mix:
- 7 cups flour
 - 1 tsp instant yeast (fast rising)
 - 1 tsp salt
- Beat:
- 2 ¼ cups water
 - ½ cup sugar
 - 2 eggs
 - 1 cup oil
- Add to flour mixture, mix and let dough rise until it doubles in bulk.
- Filling:
- 4 hard boiled eggs, mashed fine
 - Salt and pepper
 - 1tbsp butter
 - 1 bunch finely chopped green onion
 - 1 finely chopped green bell pepper

In frying pan add 1 tbsp butter (more if needed). Add green onions and pepper and fry until soft and wilted. Remove from heat and cool. Add to egg mixture, mix well. Make buns by rolling out dough to ¼ inch thick, use round cookie cutter. Put about 1 tsp of filling in dough depending on size. Do not stretch dough. To seal, wet dough all around, fold in half press together and poke in ends. Bake in a 350 degree oven until golden brown, about 25 minutes.

Margaret Hryciw, Selkirk



Ethnic Favourites

Maple Sugar Pie

A French-Canadian tradition, very sweet, very rich!

- 1 unbaked pie shell
- 1 cup water
- 1 cup sugar
- 1 cup brown or maple sugar
- 1 ¾ cups whipping cream
- ½ cup butter
- ½ cup flour

In a heavy saucepan combine sugars with water and bring to a boil. Reduce heat and simmer for 8 minutes, stirring constantly. Add cream and set aside. In a heavy metal frying pan (not iron), melt butter over low heat and add flour a little at a time. Stir with a whisk until thick but not brown. Add cream-sugar mixture, stir until smooth. Let cool and then pour into pie shell. Bake in a 350-375 degree oven until set about 25 – 30 minutes. Serve with whipped cream or ice cream.

Joan & Gord Taylor, Selkirk

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Ukrainian Kutya

Best made several days before use, to allow flavours to mix

2 cups wheat

Wash wheat in cold water and then soak overnight

Next day, bring water to boil and simmer wheat 4 to 5 hours, stirring occasionally

1 cup poppy seed

Scald with hot water, let soak for 30 minutes

Drain, and grind the poppyseeds

Liquid Mix:

- ½ cup honey
- ½ cup sugar
- ½ cup hot water
- Pinch of salt

(can use more honey, if wanted sweeter)

- ½ cup chopped pecans

Mix wheat, poppy seeds, pecans and liquid together

Add a dash of cinnamon

Stir well and refrigerate

Kutya is served cold, in a small bowl, on Christmas Eve and again on Christmas Day. It's served as an appetizer, before the big meal. It represents farmers thanking God for good crops in the year past and in the year to come.

Debbie Kashuba, Lockport

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MFGA holds fourth annual regenerative ag conference

By Sydney Lockhart

Manitoba Forage and Grasslands Association held its fourth annual regenerative agriculture conference in Brandon, where specialists from around the world shared their expertise.

The three-day conference gathered hundreds of producers together in a hybrid in-person and online format that allowed people to join in even if they were not able to travel to Brandon or felt uncomfortable in public situations during the pandemic.

The volunteer-run association has been around for over 30 years. Duncan Morrison, executive director of Manitoba Forage and Grasslands Association (MFGA), said the conferences they have created have served as not only an educational tool but also a place for producers across the province to speak with each other.

"They appreciate the ability to hear from other producers on our panel and from global keynotes," said Morrison. "They respect the organization's work on it and then they go back to their own farms and decide, you know, what exactly do I want to implement."

The conference had speakers such as Walter Jehne, an Australian soil microbiologist who presented remotely about soil and water management, Bertie Coetzee from South Africa who spoke about crop management, Blake Vince from Ontario who spoke about nutrient and soil management, and many more keynotes and panel presenters.

"Manitoba farmers that are investigating regenerative agriculture practices are looking to mimic nature. That means that they're looking to put into soil health practices that help for water infiltration that help the root systems. With that becomes biodiversity enhances with healthier lands, more animals can live," said Morrison in interview.

The conference, which ran from Nov. 15 to 17, not only had presentations, panels, trade shows and silent auctions, but it also gave producers the opportunity to ask questions in Q & A sessions after big presentations, allowing them to pick the brains of the keynote speakers.

"To explore the realities and challenges grazing and we must face, and some of the options we have to address them," said speaker Jehne. "Grasslands, herbivores and graziers are fundamental in securing these biosystems and humanity's saved future through them."

On the opening night Wednesday, Jehne gave his virtual presentation on



soil presenting the concept of adding biomass and microbial ecologies to soil to create a soil carbon that is stable.

"This enables us to bias sequester and draw down 20 billion tons of carbon per annum globally. This is more than our fossil fuel emissions of eight billion tons of carbon per year and could get us to negative net emissions by 2030, if we chose to do so," he said.

The conference is available online for weeks following the conference. For more information on the 2021 MFGA Regenerative Ag Conference and bios of all speakers, go to <https://mfga.net/regen-ag-conference>.

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Fisher Branch touched by enchanted pumpkin display

By Nicole Brownlee

A pumpkin display in Fisher Branch brought community members together to admire magical scenes.

Pumpkins of all shapes, sizes and colours created a trail along Cindy and Robert Obszarski's property, leading visitors to a babbling pond, birch tree deer, gnome homes and a secluded gazebo.

Palm-sized pumpkins dangled from archways while smiling scarecrows lounged in wooden chairs overlooking the yard and Cindy's teetering tower of pumpkins.

"I call it my leaning tower of pumpkins," said Cindy. "I love creating them."

Cindy and Robert created a similar pumpkin presentation 10 years ago to raise community spirits.

"I felt like we all could use some lifted spirits this year," said Cindy. "And it lifted my spirits as well."

The decorated yard took seven weeks of work arranging the home-grown pumpkins while making sure they had enough gourds to give away to family and friends who visited the property.

"Some people even asked if we had leftover seeds for the pumpkins," said

Cindy.

The Obszarskis grow a variety of heirloom pumpkins like Jarrahdale pumpkins, which have blue-gray skin, and Cinderella pumpkins, which are large and stout in size. Several of the pumpkins they grow are known for being ideal to bake with because of their sweet taste.

The ethereal escape was completed by September, and they welcomed a few hundred visitors until closing the yard on Nov. 7.

"It is amazing. Like an enchanted forest," said Sherryl Woloshyn.

Woloshyn brought her family to take photos with the pumpkin displays and came back a few weeks later to visit a second time.

"The second time it was a bit cool, but we still had a nice crowd of people come, and they sat and had a coffee, and it was really quite nice to sit and chat," said Woloshyn.

After guests explored the yard, hot dogs, chips and dips, desserts, coffee, lemonade and apple cider awaited them.

Linda Ostryzniuk visited the patch in early October and remembered the display from previous years.

"I knew they always did beautiful



EXPRESS PHOTOS BY SARA URUSKI PHOTOGRAPHY.

Cindy and Robert Obszarski created an enchanted forest of pumpkins at their Fisher Branch home from September to November to lift the community's spirits.

landscaping and garden work, and they had one 10 years ago, and that was awesome," said Ostryzniuk. "To see the amount of work to set up such an attractive display just stunned me."

Ostryzniuk said the pumpkins were displayed with artistic flair along arbors, trestles, benches and paths.

"The labour that was involved to place all these pumpkins was just hard to imagine," said Ostryzniuk with a laugh.

"It was wonderful."

Woloshyn and Ostryzniuk agreed that their favourite part of the display was a seating area tucked away from the path where they could admire wicker swings, quiet paths and the carved deer Robert created.

"We had a great time creating the displays," said Cindy. "The best of all, though, was seeing the smiles and joy on people's faces when touring the yard."

PHOTO CALENDAR

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January 2022

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The largest pea plant in the world opens in Portage la Prairie

By Becca Myskiw

Manitoba is officially home to the largest pea protein plant in the world.

On Wednesday, Nov. 17, Roquette, a “pioneer of plant proteins,” held the virtual grand opening of their newest facility in Portage la Prairie. The company is based in France, with facilities there and in the Netherlands.

The Portage plant is a \$600-million, 200,000-square-foot facility. It sits on a 200-acre parcel of land, with just 67 of those acres developed.

At the pea protein plant, yellow peas will be processed into powdered fibres, protein and starch, which have pharmaceutical, nutritional and food sector benefits.

Ingredients produced at the Roquette plant will be available under the NUTRALYS brand. Products created from their pea proteins range from snacks, soups and sauces, to pasta, biscuits and meat analogues. As none of these products contain meat, they’re all vegetarian.

At the virtual grand opening, president and CEO of Beyond Meat Ethan Brown spoke about why plant protein options are so crucial for the environment. Beyond Meat has been working with Roquette since 2010.

“As a global governmental community, we cannot seem to solve [climate change],” he said. “But consumers can solve this problem, and they can do it faster than the government can.”

According to a University of British Columbia study, most greenhouse gases come from livestock waste production, primarily methane, more de-

structive than carbon dioxide. Animal agriculture, they say, accounts for 18 per cent of all greenhouse gases.

Along with that, up to 90 per cent of U.S. water consumption is from agriculture production, including what is needed to grow crops the animals eat, the water they directly consume, water used to scald them, and anything used for processing.

Brown also said plant farmers use 93 per cent less land to produce the same number of burgers as animal crops. In addition, by swapping meat products for plant protein products, the demand for meat products lessens and affects the environment.

Peas are also an excellent source of protein, high in fibre and low in fat. In addition, they’re easily digestible, gluten-free, non-GMO and have low allergenicity. They require less water to grow than most crops and use less nitrogen fertilizer, benefiting soil health.

Roquette officials said the Portage la Prairie facility has the resources to meet the global demand for pea plant protein. What that demand is, though, they’re unsure.

“It’s a fast-moving target,” said Jeremy Burks, senior vice-president of plant proteins at Roquette.

He said their objective is to meet the constant demand, whatever it may be. They’re expecting a global growth rate between 15 and 24 per cent over the next decade.

Roquette chose to build their new plant in Canada because it’s one of the world’s biggest pea-producing



EXPRESS PHOTO SUBMITTED

The world’s largest pea protein plant, owned by Roquette, just opened officially in Portage la Prairie. Pea plant protein is used in all kinds of meat alternative foods.

countries, accounting for 30 per cent of the global production. They also chose to build in Manitoba specifically because of its reliable and sustainable hydroelectric power and the highly skilled and well-educated labour.

Peas used at the Roquette facility will come mainly from western Canada and local growers. It has the capacity to process 125,000 tons of yellow peas per year. Combined with the plant in face, the company’s capacity now rises to 150,000 tons of peas produced per year.

The opening of the pea protein

plant created 120 jobs, 114 of which were filled as of the grand opening. Roquette expects it to reach full production capacity early in the new year.

Hosting the virtual grand opening was astronaut and Portage la Prairie native Chris Hadfield. He was joined by many Roquette employees, Prime Minister Justin Trudeau, chef Michael Smith from Prince Edward Island, minister of agriculture and resource development Ralph Eichler, and ambassador of France in Canada madame Karen Rispal.

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result of many different factors, and one will not ‘enhance’ sustainability without looking at other factors.”

Although the Lake Winnipeg Fisheries Co-management Board brought fishers and provincial government officials together to discuss the industry, fishers thought it a sham and felt robbed of any meaningful deliberation. They later voluntarily dissolved the board when it became clear the government was acting unilaterally and ignoring their ecological and experiential knowledge of the lake.

“There are fishers in Gimli or Riverton who can trace their fishing tradition to almost 200 years, and First Nations fishers can trace their fishing tradition to over two thousand years,” said Palsson. “All this knowledge has been transmitted orally through generations. This is not in line with western science but that should not delegitimize their knowledge.”

The province and organizations such as Sea Watch, which judge fisheries, have a narrow definition of sustainability that focuses on production numbers, he said. The province’s view needs to be broadened, with different parties (fishers, Indigenous and Metis fishers, scientists, bureaucrats) working together if governance is to be “effective and legitimate.”

“We need to begin re-imagining what we believe is sustainability. Many people, and especially politicians, have certain ideas of what is sustainability, and they assume that everyone else has the same conceptualization of sustainability as they do. Therefore, no need to discuss it,” he said. “The reality, however, is not so simple. When we think about a sustainable fishery, we cannot fall into the fallacy that fishing is just a biological issue. If fishing were just a one-dimensional issue, then collecting stock

data would be enough to ensure sustainability, regardless of the location.”

The definition of sustainability needs to take into account whether a fishery can support communities or whether it’s supporting only a few, he said. You couldn’t imagine Gimli, Riverton, Fisher River or Norway House without their fishery.

“The clearest example is my native country, Iceland. The politicians created a system that favored big corporations, which slowly has made life harder for smaller fishing communities that have lost quotas to the big corporations,” said Palsson. “In turn, those fishing corporations hold a gigantic political power.”

Lake Winnipeg fishers are sceptical of using only production numbers as a yardstick by which to determine sustainability, he said, because so many other factors (e.g., bad weather that prevents them from working)

can skew those numbers. To improve stock assessment and get a better estimation of what’s in the lake, the province’s current index netting program would have to be expanded and a biomass analysis would have to be carried out.

“However, such actions require more funding and, unfortunately, for years politicians in Manitoba have not been eager to spend that money on the lake,” said Palsson.

Palsson will be disseminating the results of his thesis and plans to keep working with Lake Winnipeg fishers “to discuss what I can do with those results and other observations that were not included in the thesis,” he said. He also plans to turn the thesis into a book so that the wider public can “learn about Lake Winnipeg and listen to the voices of the Lake Winnipeg fishery.”

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Minor Hockey fights cancer in Stonewall

By Jo-Anne Procter

There are a few names that resonate when talking hockey in the Interlake.

Dwayne Swanson is one of those names. Swanson lost his battle to cancer in June 2020, and the Interlake Lightning Organization and the Interlake Minor Hockey Association has ensured that his name will always be remembered by creating a scholarship in his name.

Niels Kaczorowski, vice-director of Interlake Minor Hockey and manager for the U18AAA male Lightning team, introduced Swanson's family at the opening ceremony of the Interlake Lightning Day held last Saturday at the Veterans Memorial Sports Complex.

Kaczorowski stated that nearly half of Canadians are expected to be diagnosed with cancer in their lifetime, and the hockey community is no exception.

"Through Hockey Fights Cancer, the NHL and the NHLPA honour those who are no longer with us and support those living with it and going through and moving past cancer," he said.

"Unfortunately, cancer touches all our lives, whether it be through personal experience or your family or friends. Anytime we can come together to use hockey as a medium to raise awareness and money, it is definitely a very worthy cause."

The event raised over \$10,000, which has been donated to the Canadian Cancer Society, through admissions, silent auction and 50/50.

Darren Bond, a huge part of the Lightning program, acknowledged Swanson's wife Penny, daughter Neely and son Eric.

"It means a lot to our organization to honour Dwayne in this way," he said.

"Dwayne was a long-time coach in

Interlake, coaching club hockey and in the Interlake Lightning organization."

Swanson was a volunteer coach in the Interlake Minor Hockey Association before joining the Interlake Lightning program where he coached U15AAA, U17AAA, U18AAA teams. He was also involved in coaching Hockey Manitoba's Rising Stars and Director's Cup programs. His coaching highlights include winning the Bantam U15AAA Rural Provincials in 2013 and coaching the Lightning U18AAA team in 2017/2018 with his son Eric.

"The one career highlight that he has, without question was his ability to coach with his son Eric, the U18AAA team. This was huge for Dwayne, it was so important to him," Bond said.

Swanson valued a superior work ethic, character, leadership and a positive attitude in his players. He served as a role model, leaving a positive mark and teaching many life lessons along the way to hundreds of players in the Interlake.

To honour Swanson for everything that he has done for hockey teams in the Interlake, Interlake Minor hockey has created The Dwayne Swanson Memorial Scholarship.

The scholarship will be awarded annually to one graduating player from the Interlake Lightning program either male or female. The recipient will best exemplify character, leadership, hard work, integrity, improvement both on and off the ice and community involvement.

Bond thanked the Swanson family. "Coaching at this level takes a lot of dedication, a lot of time, a lot of time away from family. Thank you for sharing Dwayne with us. I know that is something that hundreds of young



EXPRESS PHOTOS BY JO-ANNE PROCTER

Eric Swanson made the ceremonial puck drop to start the U18AAA Lightning vs Southwest Cougars game. Pictured left to right: Southwest Cougars captain Jayce Thompson, Neely Swanson, Penny Swanson, Eric Swanson and Lightning captains Hayden Wheddon, Alex Kaczorowski, Andrew Thevenot and Liam Foley.



The U18AAA Lightning battle in front of the Southwest Cougars net.

men in the Interlake benefited from, my son included and they are much better off, better people, better hockey players, better citizens because of

that."

The Swanson family were presented with a plaque commemorating all the hard work Dwayne did and an Interlake Lightning jersey.

The U15AA Lightning defeated The Railcats 5-1, the U15AAA tied Parkland Rangers 3-3 after one period of overtime, the U17AAA Lightning tied Eastman 3-3 after one period of overtime, the U18AAA team fell to the Southwest Cougars 7-5 and the U18AAA female Lightning team were defeated by Eastman Selects 6-1.



The U18AAA Lightning wear pink to honour all affected with cancer.

U15 'AAA' Lightning playing well in recent games

By Brian Bowman

The Interlake Lightning U15 "AAA" boys' hockey team continues to play good hockey in recent games.

Interlake battled the Parkland Rangers to a 3-3 tie on Saturday in Stonewall.

Dainen Jacobson (power play) and Blake Farthing (shorthanded) scored second-period goals for the Lightning and then Mason Bernier tied the score at 3-3 with a goal at 4:30 of the third.

Interlake's Cole Swanson had two assists in the game.

Lightning goaltender Braedan Cormack made 27 saves.

Last Wednesday, Interlake's game against the Winnipeg Bruins Gold was postponed.

The Lightning will host the Central Plains Capitals on Wednesday (7 p.m.) in Stonewall and the Winnipeg Thrashers Gold Saturday (4 p.m.) in Lundar.

In U17 "AAA" action, Interlake was defeated 6-2 by the Winnipeg Thrash-

ers on Sunday at the Seven Oaks Sportsplex.

Hayden Kaczorowski had a goal and an assist for the Lightning while Mitchell Wilson also tallied.

Nathan Leclerc, Liam Urciuoli, Ian Lavallee, Shea Reynolds, Morgan Waddell and Shay Woytowich replied for the Thrashers.

Alex Myers made 40 saves in the losing cause.

On Saturday, the Lightning played the Eastman Selects to a 3-3 tie in Stonewall.

Ian Buors scored a pair of power-play goals for Interlake while Brandon Burak also tallied with the man advantage.

Kaczorowski had two assists in the game.

Haideen Willis, Mason Hooper, on the power play, and Colton Pakoo scored for Eastman.

Dylan LeClair stopped 47 Eastman shots.

The Lightning will host the Brandon



EXPRESS PHOTO BY JO-ANNE PROCTER

U15AAA Lightning's Blake Farthing faces off against Parkland Rangers' Tavyn Boychuk.

Wheat Kings on Sunday (2 p.m.) in Warren.

Lundar loses to St. Malo, doubles North Winnipeg

By Brian Bowman

The Lundar Falcons had a rough third period on Sunday evening - and it resulted in a home loss.

Lundar let a 4-3 third-period lead slip away by allowing four unanswered goals in a 7-4 loss to the St. Malo Warriors in Capital Region Junior Hockey League action.

Ryan Gleich and Dennis Baptiste led Lundar with a goal and an assist apiece while Jayden Timlick and Nicholas Fernandes also tallied.

Ashton Dubois (two), Colton Magne, Aiden Peters, Jaden Gosselin, Levi Penner and Thomas Maynard scored

for the Warriors.

Falcons' goalie Dillon Rapinchuk made 21 saves.

On Friday, the Falcons doubled the North Winnipeg Satelites 6-3 in Lundar.

Riley Wirgau had a great game with two goals and two assists while Gleich added a goal and two helpers.

Lundar's other goals were scored by Baptiste, Jonathan Campeau and Colby Choken.

Jordan Klippenstein, Damian Aikman and Ronin Kubrakovich replied for North Winnipeg.

Rapinchuk made 17 saves for the

win.

The Falcons played the Satelites this past Tuesday but no score was available.

Lundar will visit the Selkirk Fishermen on Saturday (7:30 p.m.) and North Winnipeg next Tuesday.

The Arborg Ice Dawgs, meanwhile, were defeated 6-1 at home by the Selkirk Fishermen on Saturday.

Josh Poponick had a tremendous game for Selkirk with two goals and three assists while Travis Spratt added two goals and two assists. Spratt leads the league in goals (12) and points (21).

The Fishermen's Jordan Donald chipped in with a goal and a helper while Braeden Hummel also tallied.

Cale Jonski had two assists in the game.

Special teams were the difference as Selkirk scored three power-play goals and a shorthanded one.

Kalen Guimond netted Arborg's goal midway in the first period to give the home side a 1-0 lead.

Arborg will visit the St. Malo Warriors on Saturday for a 7 p.m. game.

U18 female Lightning lose to Hawks, Selects

By Brian Bowman

The Interlake Lightning gave the Pembina Valley Hawks everything that they could handle on Sunday afternoon in Stonewall.

But it still didn't result in a victory as Interlake lost 3-2 in Manitoba Female U18 "AAA" Hockey League action.

Emerson McAuley and Bre-Ann Windross scored for the Lightning while Sarah Shewchuk and Tessa Stewart each had an assist.

Abby Bourdeaud'hui, Cambree Martens and Mya Pearce had Pem-

bina Valley's goals.

On Saturday evening, Interlake was downed 6-1 by the Eastman Selects in Stonewall.

Veronica Smarz scored the Lightning's goal in the first period, assisted by Kenady Christensen.

Brenya Kapusta (two), Janique Labossiere (two), Pandora Turcotte and Bethany Wielgosh replied for Eastman.

The Lightning, now 0-11, will hit the road for a pair of games this weekend, beginning Friday when they play the

Yellowhead Chiefs in Shoal Lake. On Saturday, the Lightning will battle the Westman Wildcats in Hartney.

In Manitoba U18 "AAA" Hockey League play, the Lightning lost 7-5 to the Southwest Cougars on Saturday afternoon.

Andrew Thevenot led Interlake with two goals while Alexander Kaczorowski had a goal and two assists.

Aiden Miller and Rylan Slatcher also scored for the Lightning.

Jayce Thompson (two), Garrett MacDonald, Darren Hunt, Josh Fluker,

Nicholas Cullen and Jackson Hofer scored for Southwest.

Interlake was defeated 5-2 by Southwest on Friday evening.

Evan Calder and Hayden Wheddon scored first-period goals for the Lightning.

Hunt, Fluker, Ty Plaisier, Nate Robson and Thompson tallied for the Cougars.

Interlake, now 4-13-1, will play the Parkland Rangers in Dauphin on Friday evening and then Saturday afternoon.

Lakers win Zone 5 JV boys' volleyball title

By Brian Bowman

The Gimli Lakers are the Zone 5 junior varsity boys' volleyball champions.

Gimli defeated the Warren Collegiate Wildcats 2-0 (25-15, 25-22) in the final on Nov. 15.

The Lakers have plenty of size and athleticism this year.

"Our boys put it together right from the start of the day," said Lakers' head coach Chad Heminger. "We didn't lose a set all day."

In the second set, Gimli led 18-12 but Warren came back to make it close at the end.

"Serving was probably the biggest difference," Heminger said. "We were really consistent and pulled away from teams with our strong serving."

Gimli reached the final after beating the Riverton Patriots 2-0 (25-23, 25-18) in a semifinal matchup.

Riverton gave Gimli a good battle in that match.

"It was closer than expected," Heminger said. "Riverton scrambles really well. They don't let (the ball) hit the floor. Over the last five years, they have played a really defensive brand of volleyball and they're tough to beat. When you're really cranking hits at them, they respond well and they keep throwing the ball over."

In the other semifinal, Warren downed the Ashern Cobras 2-0 by scores of 25-18 and 25-11.

In first-round playoff games, Riverton slipped past Teulon while Ashern defeated the Morweena Raptors.

Gimli, which was 4-0 in pool play, has high expectations heading into the "A/AA" provincials which will take place this Friday and Saturday in Wawanesa.

"Any time that we have played a high-calibre team, we seem to rise to the occasion," Heminger said. "We have height and anyone is beatable when you put up a big block and respond to an attack."



EXPRESS PHOTO SUBMITTED

The Gimli Lakers won the Zone 5 junior varsity boys' volleyball championship after defeating the Warren Wildcats in the final on Nov. 15. Players on the team include David Johnson, Parker Johnson, Haden Magnusson, Ryan Litwin, Ethan Yablonski, Evan LaRocque, Nick Waite, Alex Wyatt, Miguel Klassen, Jesse Jonasson, Blaze Benediktson. Mitchel Clarke is missing from the photo.

The Lakers played several mini tournaments this season with teams in their zone. This will be Gimli's first opportunity to see some different teams with a lot of talent.

"We couldn't play out our zone this year which was a wrinkle," Heminger noted. "Usually we like to move around a little bit and play some teams that are ranked and get some Winnipeg action."

The Arborg Athletics, meanwhile, lost 2-0 (20-25, 12-25) to Warren in the final at the Zone 5 junior varsity girls' championship in Teulon on Nov. 15.

Arborg advanced to the final after beating Teulon Collegiate 2-0 (26-24, 25-20) in a semifinal game.

In the other semifinal, Warren defeated Ashern 2-0 by scores of 25-9 and 25-13.

Lott competing at Olympic trials in Saskatoon

By Ty Dilello

In an unexpected twist on the eve of the 2021 Canadian Olympic Curling Trials, Team Matt Dunstone of Saskatchewan was forced to make a change.

Dunstone's third Braeden Moskowky was unable to play in the event at the last minute due to personal reasons. So who is now Dunstone's replacement? Look no further than Winnipeg Beach's own curling phenom Colton Lott.

Lott was playing in a mixed doubles league with his fiancée Kadriana Sahaidak last Wednesday night in Winnipeg Beach when Dunstone gave him the call.

"I was astonished," Lott said. "It's a little overwhelming, but overwhelming in a way that I'm fully ready for this and can't wait for what's to come."

Lott is very familiar with his new skip as he and Dunstone both won Canadian junior championships together in 2013 and 2016.

Lott had played with Team Pat Simmons at last month's Olympic Pre-Trials event in Liverpool, N.S., and lost a semifinal there to Glenn Howard.

When the call came from Dunstone on Wednesday night asking to join the team, it was an instant yes.

"Dunstone just asked me if I'd be willing to fill in for Braeden. I couldn't even kind of grasp what he was saying, because this is just such a great opportunity. I was astonished. It was out of the blue. I'm just so stoked to be here. This is such a great opportunity."

Lott came home from his curling practice at Winnipeg Beach and got a quick haircut from his mom. He then did some laundry and packed. He departed Winnipeg on a 7:40 a.m. flight to Saskatoon the following morning to make it in time for the pre-event practice.



EXPRESS PHOTO COURTESY OF CURL CANADA, MICHAEL BURNS
Skip Matt Dunstone, left, and third Colton Lott talk strategy Sunday at SaskTel Centre.

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Lakeshore Women's Resource Centre
Box 628, Ashern, MB ROC 0E0
EMAIL: janicelwrc@gmail.com
Phone: 204-768-3016
Fax: 204-768-3916

R.M. of Grahamdale and Ashern Christmas Cheer Board

The R.M. of Grahamdale and Ashern Christmas Cheer Board are again preparing for the Christmas season. Lakeshore Women's Resource Centre has volunteered to coordinate and distribute Christmas Cheer Board hampers in the area. We are appealing to the community for donations of non-perishable food items, new toys, knit items, home-made baked goods, vegetables or donations of any kind. If you can help in any way or need more information please call Janice at (204) 768-3016.

Please have all donations in by 12: Noon on Monday, December 20, 2021.

Non-perishable food items and new toys are being accepted at Moosehorn and Ashern Co-ops and Ashern Shop Easy. Cash donations can be made at the Noventis Credit Union (Moosehorn and Ashern Branch).

To request a hamper please call Lakeshore Women's Resource Centre at (204) 768-3016. **NOTE: Lakeshore Women's Resource Centre IS THE ONLY OFFICE RECEIVING REQUESTS. DECEMBER 6TH TO DECEMBER 10TH WILL BE THE ONLY DAYS TO CALL IN TO REQUEST A HAMPER. PLEASE CALL BETWEEN 10:00am and 5:00 pm.** Only names registered will be considered (last year's list will not be used). **Respectfully we ask that you only request a hamper for your family, not on behalf of someone else and you MUST reside in the R.M. of Grahamdale or Ashern.**

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MUNICIPAL NOTICE OF INTENT

TAKE NOTICE that on November 10, 2021 the council of the Rural Municipality of Grahamdale gave first reading to By-Law No. 1042-2021 to designate as a municipal heritage site under *The Heritage Resources Act* the site of St. Helen's Anglican Church in Fairford.

The land is legally described as follows:
LOTS 1 TO 6 BLOCK 2 PLAN 17684 WLTO
IN LOT 18, SETTLEMENT OF FAIRFORD

A copy of the proposed bylaw can be inspected at the Grahamdale Municipal Office at 23 Government Road in Moosehorn, 8:30 am to 4:30 pm. Monday through Friday.

A public hearing will be held at the Grahamdale Municipal Administration Room at 10:00 a.m. on Thursday, December 9, 2021. At that time, any person may submit an objection or other representation on the proposal. If there is no objection, council may resolve to adopt the proposed bylaw, or not to proceed with it.

Dated at Moosehorn Manitoba on November 12, 2021.
Shelly Schwitek, CMMA
Chief Administrative Officer

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

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BIRTHDAY



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Bernice Greenberg
March 1, 1952 – November 28, 2016
Partings come and hearts are broken,
Loved ones go with words unspoken;
Deep in our hearts there's a memory kept,
For a wife and mom we'll never forget.
-Lovingly remembered by
Lynn;
Charlotte and family;
Jackie and family

IN MEMORIAM



Tony Chudyk
Everyday is filled with memories and loving thoughts of you,
For all the words and thoughtful things that you would say and do,
Memories of your kindness your warm and tender touch,
Your caring, loving nature that we all loved so much.
They say the memories are golden
And though that may be true,
We never wanted memories
We only wanted you.
-Love you forever,
Your loving wife Elsie and your family

-The Chudyk family has not yet held the celebration for Tony that he so greatly deserves. Family and close friends will be notified when his happens. We appreciate the many kind words and memories you have all shared.

OBITUARY



Steinunn Thora Sigridur Einarson
(nee Sigurdson)
February 15, 1939 - November 18, 2021
It is with broken hearts that the family announces the passing of our Precious Mother and Amma Steinunn Einarson.
Mom was predeceased by her husband Stefan Einarson; son-in-law Kevin Carter; daughter-in-law Carol Einarson; and great-grandson Ashton Bernhard. She will be missed by her children: Shirlee (Kris), David (Joanne), Dolores (Danny), Tanis, Danny (Tammy), Cindy (Stix); 15 grandchildren; 20 great-grandchildren; brother Allan Sigurdson; sister Johanna Pickering; sisters-in-law Gloria Sigurdson and Alice Bjornson.
Mom lived most of her life in Hnausa. Mom was an avid gardener with a green thumb. She took such pride and joy in her beautiful flowers. Mom preferred spending time outside in her gardens with the sun shining brightly down on her. Mom found beauty in all of nature, loving all creatures and animals and enjoyed many lucky pets throughout her lifetime. She kept her yard decorated and lit up all year long. Mom's beautiful flowers and yard gave her such pride and pleasure which she loved to share with her family and friends.
Music was a huge part of her life. Mom sang in the Riverton Hnausa Lutheran Church Choir for many years and was an active member as well. Mom was an excellent dancer and enjoyed dancing immensely. Mom was a devoted Elvis fan.
Amma was very popular with all her grandchildren. Amma had a fun and playful sense of humour that could make them howl with laughter as she so easily and naturally related with them. Mom had an easy-going manner with a kind and generous heart. Mom was so much fun to be with. She has left a great big hole in our hearts and will be missed forever.
Vid elskum Mommu af ollu hjarta (We love Mom with all our hearts)
A private graveside service will be held at a later date.

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



OBITUARY



Evelyn Grace Olsen
October 20, 1923 – November 21, 2021
With sadness, as well as with gratitude for a long life of 98 years well lived, we announce the passing of Ev Olsen, after a brief illness.
Left to cherish her memory are daughters Karen Nedotiafko and Darlene (Rod) Waldbauer; grandsons Jamie (Jennifer) and Cameron (Brooke); and great-grandchildren Keira, Brooklyn, Grace Evelyn, and Jackson Waldbauer.
Ev's husband, Harry Olsen, predeceased her in 1966. She was also predeceased by her son, Ron, son-in-law Darryl, brothers Victor and Harvey, and sister Mary Camsell.
Ev was born in Stonewall to Russell and Maggie Lillies, and was educated in Stonewall and Balmoral. After her father died in 1941, and her mother in 1943, she worked in Winnipeg. She met Harry after he returned from the war, and they were married in John Black United Church in East Kildonan on July 5th, 1947. In December they bought their farm in Teulon where their three children were born and raised.
After Dad's death Mum worked hard to provide for her family at Teulon Telephone Office, the Hosiery Mill, Promo Wear, and Teulon Golf and Country Club. She was a proud Life Member of the Teulon Junior Hospital Auxiliary, and Teulon Seniors' Club. Mum strongly believed in supporting her community.
Throughout the years she enjoyed bowling, golf, bingo, travel, and watching sports on TV, especially curling, golf, the Blue Jays, Bombers, and Jets. Being an avid reader, she made good use of the library, and read the daily newspaper.
Mum always welcomed company, whether family, friends, or her children's friends. Bonspiel season was a favorite time when



visitors often stopped by.
Many enjoyable hours were spent attending Jamie and Cameron's sports and activities. She was proud of them and their families. Until her last day she loved to see pictures and be updated on what her family was doing.
Mum lived in Farview Apartments for many years and enjoyed friendships and activities. We are thankful for the care she received the last 15 months at Icelandic River Lodge, Teulon Hospital, and Gimli Betel Home.
She may have been small in stature, but was strong and independent in character, always striving to make sure things were done properly. Life was often tough on Mum, but she persevered and made a good life for herself and her family.
Your life was a gift to us. Love you Mum.
Respecting her wishes a private celebration of life will be held.



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OBITUARY



George Lysak
August 20, 1932 – November 16, 2021

It is with profound sadness that the family of George announces his passing on the morning of November 16th, 2021. Peacefully with his family by his side, he was ushered to heaven by his loving wife Helen and numerous other family members that predeceased him.

George will be greatly missed by his daughters, Catherine (Roger), Stonewall; Theresa (Bob), Oakbank; wife (Audrey); grandchildren, Helen (Jhun), Kristi (Arko) and Scott (Orysa) and great-grandchildren, Oli and Julia. Also saddened by his passing will be his nephews, nieces, and numerous friends.

Dad had two loves during his life, predeceased by our mother, Helen and survived by Audrey.

George was raised on the family farm in Broad Valley, Manitoba. Dad knew at an early age that he would not be a farmer. He attended school in Teulon and would later go on to receive his Teaching Certificate. Dad started his career teaching at various rural schools where he met our mother Helen at a local dance. After they married in 1954, they settled in Arborg, Manitoba where he became the Principal of the Arborg School and later the first Principal of the newly built Arborg Elementary School from where he retired in June 1987.

Together they raised their two daughters, filling our home with family, friends, and love until the sudden passing of Helen in 1982. There wasn't a wedding that went by without George and Helen dancing up a storm to the Interlake Polka Kings. Dad always took the family on trips during the summer, the most memorable being the one with Baba Chuba to Bridgeport, Connecticut. Dad loved to curl, play baseball, and attend all local hockey games. Dad and Mom were both very active in the community and St. Philip Neri

Roman Catholic Church. You could always find Dad and Uncle Mike in our garage working on vehicles and having heated discussions which they seemed to enjoy. George continued to help his brother-in-law John Chuba on the farm during summer as he was still a farmer at heart.

Dad would go on to marry Audrey and in 1987, they moved to Stonewall, Manitoba where Dad was a member of the Knights of Columbus and worked for a short period of time as the church's Treasurer. They enjoyed spending time with his daughters, sons-in-law, grandchildren, and great-grandchildren at family activities and attending musical performances.

The family wishes to thank Dr. Hicks, as well as a special thanks to all the nursing and health care team at the Stonewall Hospital.

In lieu of flowers, donations in George's memory can be made to the Diabetes Association.

A funeral service will be held at Christ the King Roman Catholic Church in Stonewall on November 27, 2021, at 11:00 a.m. Due to public health restrictions all attendees must be fully vaccinated and provide confirmation of such before attending. Space will be reserved for family with the balance of seating made available based on a first come basis.

As per Dad's wishes he will be laid to rest next to Mom at St. Philip Neri Roman Catholic Cemetery northwest of Arborg at a later date.

Your memory will live forever Engraved in our hearts.

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OBITUARY



Mary Doerksen
March 5, 1920-November 11, 2021

It is with great sadness that we announce the passing of our beloved mother, grandmother and great-grandmother. Mom passed away peacefully in Arborg, Manitoba on November 11, 2021.

Mary was born in Aliessowa, Russia and at the age of six her family immigrated to Saskatchewan to take up farming. Things were very hard and four years after arriving in Canada, Mary, age 10, lost her mother. Because of that, Mary had to grow up very quickly and shoulder a lot of responsibilities.

In Eyebrow, Sask. she met and married Frank in January of 1943. After having five sons and one daughter they moved to a farm in Geysir, Manitoba where their second daughter was born. Farm life was difficult but Mom worked hard to make her home a welcoming place for many. She loved flowers and always left room in her vegetable garden for LOTS of them. Mom was also a great host and loved to entertain people. Many days were filled with baking, preparing meals, company and afternoon coffee break.

Mom had a strong faith in the goodness of her Lord, Saviour and friend, Jesus Christ. Even after losing three of her sons and her husband of 66 years, Mom never gave up but believed to her last days that she would meet her Lord and would be reunited with her loved ones. She shared that assurance with whoever would listen.

Mary is lovingly remembered by her sons Albert (Norma) and Leonard (Elizabeth), daughters Marianne (Patrick) and Betty, daughter-in-law Linda as well as 12 grandchildren and many great-grandchildren and close friends.

Mary was predeceased by her dear husband Frank and three sons Alfred, Edward and David. The family would like to thank the caring nursing staff of the Arborg Hospital, as well special thanks to Dr Akinpelu for her care. We so appreciated the love and care that Mom received during her final days from all the staff.

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

Arrangements are in care of
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OBITUARY



Janice Elaine Dey (Sveinson)
October 7, 1965 – November 10, 2021

Passionate and loving, fierce and determined. In all aspects of her life Jan always took care of business and people. Her love of family, friends and life itself is how she will be remembered and missed. Taken too soon with so many future memories unrealized, yet still so many experiences to hold onto and carry forward as her legacy.

Left to cherish her memory is Doug, her devoted and loving husband of 37 years. Two children, Tyler (Ariel) and Talia (Mike) Binda and Amma's much adored grandchildren Autumn and Hunter Binda. Sister's Beverley Johnson and Joanne (Bruce) Johnson; brother's Clarence Sveinson and Lawrence Sveinson. Brother-in-law Gerald (Colleen) Dey and sisters-in-law Susan (Barry) Penziwol and Colleen (Jeff) Epp. "Auntie Jan" was special and dearly loved

by all of her nieces and nephews.

Jan was predeceased by her parents, Siggie and Ruby Sveinson; brother Sammy; infant nephew Sammy Duane; sister-in-law Christine Sveinson (Johannesson); brother-in-law Halli Johnson; sister Margeret and brother-in-law Jack Jopp; parents-in-law Elwood and Elsie Dey; brother-in-law Calvin Chudd and family relative Bill Nolin.

Jan was born in Selkirk, the youngest child of five and spent her early years in Loone Straits, before settling in Gimli. As a fisherman's daughter, Jan worked from an early age developing fish filleting skills that were second to none. Later she was employed at Lakeview Resorts before pursuing a career as an HCA working at Betel Home and Johnson Memorial Hospital. She then worked at the Gimli Credit Union, eventually becoming a bookkeeper for the family business, Gimli Carpentry and Concrete, working alongside Doug, son Tyler and longtime friend Russel Johnson.

Jan's love of travel took her to many tropical destinations but her most cherished times were spent at the family cabin at Frog Bay, her "happy place". She loved the outdoors, whether she was golfing, boating, camping, off-roading or enjoying a morning coffee overlooking the water. During the winter she enjoyed curling and snowmobiling. One of her favorite hobbies was antique treasure-hunting.

Wherever Jan was, there was an abundance of great food as she was an amazing cook and loved to entertain! She always made sure the tunes were cranked, the cocktails flowed and everyone was grooving to the rhythm of the band. Jan lived her life passionately, cherishing times with family and friends, while being generous with her love, laughter and support. She was an amazing woman, mother and friend.

Above all, however, was the joy that she found when she became Amma to Autumn and Hunter. They were life's most precious gift and her pride in them made her sparkle from the moment she held them in her arms.

Her earthly walk ended peacefully surrounded by loved ones and she has entered fully into the presence of the Lord.

"Although our family chain has been broken, one day we will all link together again. You are forever in our hearts."

A tremendous thank you to all the staff at the Gimli Community Health Centre, and the nurses with the Home Care and the Palliative Care Programs for your kind and compassionate care that knew no boundaries. For that we are forever grateful.

Cremation has taken place and a private family memorial will be held in spring.

In lieu of flowers, donations can be made to the Palliative Care Program C/O IERHA foundation. Box 5000, 120 Easton Drive Selkirk, MB. R1A 2M2.

OBITUARY



Marlene Angela Bahde
February 8, 1965 - November 17, 2021

With heavy hearts we announce the passing of our cherished mother/best friend, Nana and loved one, Marlene Angela Bahde (nee Loewen).

She left this world peacefully and pain free, surrounded by family, on the evening of November 17, 2021 at the Health Sciences Centre in Winnipeg, MB.

She was predeceased by her father Henry Loewen and two brothers Johnny and Edward.

Marlene leaves behind her two daughters Angela (Jonathan) Penner and Sarah Bullock; her five sidekick grandchildren Ashley, Cassidy, Isaac, Alyssa and Charlotte; her boyfriend Jason and stepdaughter Chelsey; her mother Ann Loewen; three sisters Eunice, Shirley (Ken) and Darlene (Bill); four brothers James, Art, Philip and Leonard along with many nieces, nephews, great nieces and great nephews whom she loved dearly.

Philip and Leonard along with many nieces, nephews, great nieces and great nephews whom she loved dearly.

Mom was born at the St. Boniface Hospital in Winnipeg, MB. She grew up on Clarkleigh Road near Lundar, MB. Mom lived in many places in between but eventually ended up living in Beausejour, MB, where she had moved to in 1992 with her ex-husband. She had always considered Lundar area as her home.

Mom always had a deep relationship and love for God since she was very little and that had shown in every aspect of her life. She helped everyone in need and always had an open door and ear for people. She was one of the kindest and warm-hearted people that God placed on this earth. If someone was struggling with life, she would council them. If they had nowhere to live or stay, she would bring them into her home to help them get back onto their feet. If there was someone with no food, Mom would bring them whatever she had, even if it was all she had. I believe that she was a living, breathing angel God placed here to walk among us. Our mother raised us on her own after a lengthy divorce in 1999.

Mom had a drive for bettering the next generation and paved the way by finishing high school and college. She took many college courses such as her Health Care Aide Certificate and counselling courses. She even took her Food Handlers Certificate. Mom had passion in everything she did in life.

Mom had a lot of struggles and hardships in her life and tried everything in her being to make sure that we had a good life. She encouraged us to go to college as well and helped us as much as she could to do that.

Nearly every single day was spent with her two daughters, her grandchildren and boyfriend Jason and his daughter Chelsey (whom she loved as her own). She made life fun and exciting. Mom's humour was out of this world as well. She was always making people laugh. She was more than a mother...she was our best friend. She will be sorely missed and the many memories will always be cherished in our hearts. God has taken her home to be by His side.

We regret that the funeral will have to be limited to immediate family due to COVID restrictions. We know she has touched so many lives and this will be difficult for many.

An interment will be held in the Clarkleigh Cemetery.

Arrangements by:

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OBITUARY



Nelson Graham Tomalty
August 30, 1935 – November 17, 2021

On November 17, 2021 Nelson passed away peacefully at the Betel Personal Care Home after battling lengthy illnesses.

Nelson had been living in Gimli, Manitoba for the past 45 years but was born and spent his early life in Dalesville, Quebec. Beloved husband of the late Annie Laurie Tomalty (nee Burk), he leaves to mourn his children Laurie (Jim), Ed (Beth), Kathy, and Bonnie (Tim). Grandfather to Christopher, Conner, Addison, Ally, Tristan, Nicholas, Bailey, Emma and Aislinn. Brother to Kenneth (Wilda) Tomalty of Pembroke, Ontario. Son of the late Robert Leslie and Margaret Muriel Tomalty (nee McPhail).

The family would like to express their gratitude and appreciation to all the doctors, nurses and personal care staff that cared for Dad.

Funeral services will be held on Friday, November 26, 2021 at 11:00 a.m. in the Gilbert Funeral Chapel in Gimli, Manitoba. Proof of vaccination will be required.

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

Gilbert Funeral Home, Gimli in care of arrangements.



OBITUARY



Muriel Irene Henrotte
January 11, 1931 – November 10, 2021

With profound sadness we announce the passing of our mother, grandmother and great-grandmother Muriel Henrotte.

She is survived by her daughter Karen (Jim); grandson Walter (Amie) and great-grandchildren Alyssa and Kayla; granddaughter Danielle (Tom) and great-grandchildren Chloe and Zoe; along with her sister Margret (Tom).

In accordance with her wishes, cremation has taken place. An interment will take place at a later date.

Special thanks to Elaine Henrotte, Norman and Carol Lamoureux for all the help they have given to Mom over the years.

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OBITUARY



Robert Grant Everatt
March 5, 1954 – November 10, 2021

On November 10, 2021, Robert Grant "Butch" Everatt passed away.

He was born on March 5, 1954 in Ashern, MB. He was the oldest child of Harry and Edythe Everatt and a brother to Albert and Barb. He attended Lord Roberts School and Churchill High School. He became an apprentice Motor Vehicle Mechanic at MTS. Working in the Mechanical Automatic Industry his entire career, retiring at Murray Chevrolet. His passion for vehicles was both hobby and livelihood.

As an avid Blue Bomber fan, he showed his support by never missing a game in 35 years. Go Blue Go.

He enjoyed sharing his jokes with family and friends and said that he had a "million of them".

He is survived by his sons Robert Kenneth Everatt, Billy Joe Grant Everatt, Gage Adam Everatt and Cole Rene Everatt (Audrey); grandchildren Ariel, Lily and C.J.; a sister Barb Yanke; nieces Erin and Heather and their families and niece Nikki Stevenson and family.

He was predeceased by his father and mother, brother Albert and brother-in-law Barry Yanke, along with other family members.

There will be a Celebration of Life at a later date.

Flowers are gratefully declined. If you wish, a donation in Dad's memory could be made to the Canadian Angelman Syndrome Society, PO Box 31092 Namao Centre, Edmonton, AB T5Z 3P3 or to CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON 1160, Winnipeg, MB R3E 0V9.

Arrangements by:
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OBITUARY



Richard Orville Eastman

It is with deep sorrow that we announce the sudden passing of Richard Orville Eastman, age 56.

He was predeceased by his parents Roland and Connie Eastman; brother Billy and nephew Greg.

Richard will be sadly missed by his partner Chrissy; sisters Corinne (Boyd), Wanda, Leah, Rolanda (Ryan), Ramona (Quentin); nieces Cristy (Greg), Carrie, Alex, Caprice (Paul), Anna (Dalton); nephews Roland, and Hunter; great-nieces Addison (Drew), Paige, Brooke, Rhylee, Aubrei, Una; great-nephews Aaron, Nick, Kailym, Rylan, Logan, Oakland; great-great niece Brynley. Richard was very close to cousin Michael, wife Kim - Abby. He enjoyed coming out every year to help Michael fish.

Richard was born September 23, 1965 in Arborg, Manitoba. Richard was very loving, giving and a caring person. He was very protective of family. He thought very highly of them. Richard was well liked and respected by everyone he met.

Richard worked in the oil fields, road construction hauling all over. He was a very hard worker and didn't like to sit idle. He enjoyed fishing, gardening, cooking, baking and canning.

We will miss his phone calls, visits and jokes. We will especially miss his smile.

Forever in our hearts, you will be forever missed. We miss you already Richard, you were taken too soon!

Until we meet again. Rest in peace.

A viewing took place on Thursday, November 18 from 1:00 p.m. - 4:00 p.m. in the Gilbert Funeral Chapel, Selkirk. Lunch was served Friday at the Riverton Curling Club from 1:00 - 3:00 p.m. for anyone to say their goodbyes. A private memorial service will take place at a later date.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



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