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Holiday spirit

EXPRESS PHOTO BY RAYME THOMSON

Parade-goers donned their holiday spirit for the return of the 2022 Gimli Christmas parade last Friday.

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Take Your Kid to Work Day teaches students the importance of thinking about their career

By Autumn Fehr

Last month, on Nov. 2, the Grade 9 students at St. Laurent School got to experience what it's like to work where their parents work through Take Your Kid to Work Day.

According to McMaster University, Take Our Kids to Work Day has existed since 1994.

More formally known as Take Your Kid to Work Day, it's a one-day shadowing experience that allows kids to see what it's like in the workforce and to connect what they have learned in school with what happens in the workplace.

"Take Your Kid to Work Day is important so they (the kids) can either determine whether that career path would be something they would be interested in or rule it out. So not even specific to that job, but they can start to see other jobs related to that field," said Lisa Bruce, a Grade 9 to 12 teacher and career counsellor at St. Laurent School, in charge of organizing Take Your Kid for the Grade 9s.

It also gives students a sense of what work they may or may not like to do early on.

This way, when the time comes to choose where they want to go for post-secondary school, they may have a better clue and an easier decision on what path to take.



For Take Your Kid to Work Day, Olivia Diell worked on her family's farm, Diell Farms.

"It's important for them to start looking now because then it gives them the insight into taking their career seriously and how early they have to start, so when they do it in Grade 9, they can learn what pre-requisites they need, in high school. So by Grade 10, they know which math, for example, they need to take to make that career. It's important to start with as much career knowledge as possible at



EXPRESS PHOTOS SUBMITTED

St. Laurent student Kylie Combot went to Randy's Tire & Sport in Lundar for Take Your Kid to Work Day.

such a young age because sometimes it's too late," said Bruce.

The process is simple and starts with a letter sent home to the parents, explaining the program's purpose and how long it's been around.

When the letter comes back to her, it will indicate where that student will be going.

"We have multiple conversations in

the classroom as to why it's important to start looking at options now for their career," said Bruce.

"They are encouraged to go to any adults. They think sometimes, 'Oh well, my parents can't have me at their workplace,' so we talk about how they can go to any trusted adult.

Continued on page 5

Baker Law

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Winnipeg Beach Legion helping community prepare for Christmas

By Patricia Barrett

The Winnipeg Beach Legion Branch 61 is helping the community prepare for Christmas by holding a craft sale this Saturday and by taking Christmas supper orders that will be available for pickup in a few weeks.

To help shoppers stock up on unique gift items, the legion is holding a Vendor & Craft sale this Saturday. The sale will help support local vendors and provide residents with an opportunity to shop locally.

The sale will feature a silent auction and offer plenty of food through the canteen, a bake sale and Ukrainian food.

The legion is also preparing for its annual Home Christmas Dinner event. Legion members prepare a pre-ordered dinner that includes roast turkey, stuffing, gravy, cabbage rolls, meatballs, mashed potatoes, vegetables, coleslaw and homemade Christmas baking.

The fundraising dinner helps offset the cost of the more than 175 meals that the legion delivers free-of-charge to veterans, residents of the Lodge



A legion member delivers a meal in 2021.

and Isfeld Manor and others in the community.

Dinners cost \$20 and can be picked up at the legion on Friday, Dec. 16 from 4 to 5:30 p.m.

For more information about the craft sale and to pre-order a dinner, call the legion at 204-389-2660 or email rclbr61@mymts.net, or call Lorraine at 204-389-3186 or 204-894-3701, or call Velma at 204-642-2840. The legion is located at 20 Hamilton Ave. near the community centre.



EXPRESS FILE PHOTOS BY VELMA DARROUX

The legion prepares a full turkey dinner for \$20 to help offset the costs of providing free meals to veterans, seniors and others in the Winnipeg Beach community.

Interlake Chamber supports Training Centre



EXPRESS PHOTO SUBMITTED

The Central Interlake Chamber of Commerce presented the Town of Arborg with a \$10,000 donation at the Arborg council meeting on Nov. 24. The funds are to be used for the Arborg Training Centre Project. Pictured left to right: Ron Rogowsky, Town of Arborg councillor and chair of the Training Centre Building Committee; Richard Chomokovski, Central Interlake Chamber of Commerce president; Ron Johnston, Town of Arborg deputy mayor and member of the Training Centre Building Committee; and Owen Eyolfson, Central Interlake Chamber of Commerce member.



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Gimli kicks off the holidays with parade and Moonlight madness



EXPRESS PHOTOS BY RAYME THOMSON

The Gimli Chamber of Commerce kicked off the festive season last weekend with a Friday night parade, a visit from Santa and the town's Moonlight Madness Weekend. There was singing in the air and an open fire, ending with businesses offering late-night shopping until 10 p.m. on Saturday. Shoppers can win a number of gift cards from businesses that participate in the chamber's Great Gimli Gift Card Giveaway, which will run from Nov. 25 to Dec. 9.



Gimli District Health Auxiliary seeking new members to support patients

Staff

The Gimli District Health Auxiliary is welcoming new members to its ranks to help support the community's health-care equipment needs and improve the lives of patients.

Many of the auxiliary's activities were hampered by the first few years of the COVID pandemic, and some members decided to retire or leave. But it's up and running again and will be holding a meeting in a few weeks.

Auxiliary president Elaine Thompson said when she joined the charitable organization in 2013, she found that it was a "wonderful way" to make new friends. And new members don't need to have specific skills, just a willingness to help.

"Many ladies think that they need to be able to knit, crochet or sew, but that's not the case. If they can donate their time to volunteer at the gift shop, deliver Meals on Wheels or help fundraise, that's great," said Thompson. "If they have a talent for quilting, knitting, crocheting, etc., then that's great, too."

The auxiliary provides support to patients at the Johnson Memorial Hospital (Gimli Community Health Centre) as well as to patients in the community. It has been operating in the Gimli area since Sept. 16, 1968, starting off with 12 founding members.

"Since that time, we have grown to over 40 members," said Thompson. "Like many organizations during the worst of the COVID pandemic, we were forced to suspend our meetings and major fundraising, but we are happy to say that we survived and are back up and running."



Auxiliary president Elaine Thompson presents Norma Cone with a quilt Cone won in auxiliary's September raffle. Cone donated the quilt to a Ukrainian newcomer family.

Thompson said the auxiliary has a "Wish List" of health centre needs. It asks each department what supplies and equipment they would like the auxiliary to purchase on their behalf.

Since 2008, the auxiliary has donated more than \$200,000 to the health centre, providing support to areas as acute care, palliative care, dialysis, chemotherapy, emergency medical services, physiotherapy/occupational therapy, diagnostic services, public health, home care, mental health, the Families First program, Camp Stepping Stones, The Healing Garden outdoor space, the Seniors' Resource Council and the adult day program. As well as the Wish List, its members also volunteer for Meals on Wheels twice annually and keep the drink machines at the hospital stocked.



EXPRESS PHOTOS COURTESY OF ELAINE THOMPSON

The 2022 Gimli District Health Auxiliary membership.

The auxiliary raises funds through the gift shop its volunteers operate in the health centre from Monday to Friday (10 a.m. to 2 p.m.).

"The product we sell in the shop is a combination of commercial items and hand-crafted items created by some of our talented knitters, crocheters and sewers/quilters," said Thompson.

The auxiliary also provides two \$500 bursaries to Grade 12 Gimli High School students to help them with their post-secondary studies in a health-related field. In the past it hosted a very successful Spring Luncheon at the New Horizon's 55+ centre and a Tag Day with the monies collected going towards student bursaries.

Because of COVID this spring, the auxiliary was unable to hold its Spring Luncheon. In its place, it held a quilt raffle and is currently running a 50/50 draw.

"Like many organizations, we are trying to find ways to fundraise

and continue our good work," said Thompson. "Thank you to the community for the support that was shown for these recent fundraising efforts."

Membership in the Gimli District Health Auxiliary is open to anyone. Meetings are held on the first Tuesday of each month from March to December. The next meeting will be held on Dec. 6 at 2 p.m. at the Shorepointe Village Clubhouse.

For more information about the auxiliary and how to join, contact president Elaine Thompson at 204-641-1626, by email at methompson821@gmail.com or through the Gimli District Health Auxiliary's Facebook page.

The draw date for the 50/50 will be held on Dec. 16 at noon at the hospital gift shop.

> TAKE YOUR KID TO WORK, FROM PG. 2

Maybe it's a spot where they might not see a career path, but I say, 'You never know until you try.' We encourage everybody to go."

This year, 13 out of 19 students participated in Take Your Kid to Work Day.

"The nine that went, they did express that they enjoyed their day. All the kids that did go had a positive experience," said Bruce.

After the students went to work, Bruce had them answer a few questions about how their day on the job went.

"They talked about the perks they got. Some people got tips, some got Tim Hortons lunch and the company paid for it, so they liked those perks," said Bruce.

Many students mentioned that it was a hard day, and school was easy compared to an entire workday for adults.

Some students even came out of the experience feeling like they wanted to do what they experienced that day.

Bruce said Olivia Diell, who spent the day on her family's farm, returned to school saying she wanted to be a part of that career.

Take Your Kid to Work Day is an important experience for Grade 9s that can help them get ahead of the game when choosing their career, which isn't always easy.

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Government introduces off-road trails safety and maintenance act

Submitted by Manitoba government

The Manitoba government is introducing the off-road trails safety and maintenance act, which would ensure that users of off-road vehicles (ORV) would have access to safe, high-quality recreation opportunities by supporting organizations that lead this important work, Environment, Climate and Parks Minister Jeff Wharton announced last week.

“Organizations like Snowmobilers of Manitoba Inc. (Snoman) and the All-Terrain Vehicle Association of Manitoba (ATVMB) manage the province’s ORV trail networks, ensuring Manitobans and visitors have access to safe, high-quality ORV recreation opportunities,” said Wharton. “We want to ensure that their important work is not limited by increased costs for labour and fuel, aging equipment and reduced volunteer capacity. This new legislation will help provide additional tools for these organizations, support the rehabilitation of lands impacted by ORV use and ensure we continue to protect natural ecosystems.”

The proposed off-road trails safety and maintenance act includes a \$25 annual fee for registered ORVs to ensure organizations have access to sufficient, sustainable resources for initiatives, the minister noted.

The funding generated by user fees would be provided to ORV organizations to support:

- trail development and maintenance;
- safety education, training and promotion;
- emergency trail repair;
- rehabilitation of lands damaged by unauthorized ORV use;
- operations and administration of Snoman and ATVMB; and
- trail capital projects, if sufficient funds are available.

“Snoman is pleased with the introduction of this bill today. It is a step to enabling the financial sustainability of the trail network and our volunteer clubs, which is what our members have been calling for,” said Jason Wiebe, president, Snoman. “Without financial stability, there is a threat of a loss of trails due to a lack of funding. As well, we are keen on being proactive and finding solutions throughout our more than 13,000 kilometres of trail with the introduction of new technologies that reduce our impact on the environment.”

The \$25 annual fee would be collected by Manitoba Public Insurance at the same time as ORVs’ annual registration. The annual fee would not apply to ORVs exempt from registration under the Drivers and Vehicles Act.

“ATVMB is pleased to see the Manitoba government introduce a user-pay funding model for ORVs in Manitoba. This funding will allow for proper maintenance and signage of trails, safety training and further development of multi-use trails in Manitoba,” said Kim Wozniak, executive director, ATVMB. “Manitoba is blessed with a multitude of recreational trail options that can be enjoyed by all, whether on foot, on horseback, skiing, biking or on an ORV. ATVMB is committed to providing safe, well-maintained trails for all who choose to enjoy them.”

In addition, the legislation also proposes changes that would allow for modernized and more convenient ways for Manitobans and visitors to access products online, like short-term Snopasses.

Improved access to Snopasses, coupled with user fee revenues, would contribute to a more robust network of high-quality trails for Manitobans and visitors to enjoy, the minister noted. New trails, along with the expansion of existing routes, would also support economic development across the province, particularly in rural communities, the minister said, adding that if the proposed legislation is approved it is anticipated the new fee would take effect in late 2023.

Amendments to liquor licensing expansions introduced by government

Submitted by Manitoba government

The Manitoba government has introduced amendments to the Liquor, Gaming and Cannabis Control Act and the Manitoba Liquor and Lotteries Corporation Act, which would allow liquor stores, wine stores and beer vendors to sell all types of liquor, Sport, Culture and Heritage Minister Andrew Smith, minister responsible for the Manitoba Liquor and Lotteries

Corporation, announced Monday.

“These changes allow for all liquor licence holders to sell various types of alcohol at their establishments, modernizing liquor sales in Manitoba and giving customers more choices,” said Smith. “This is an important step forward to modernize the liquor retailing system. Private retailers already sell almost half of all liquor sold in the province. These changes would en-

able more innovation in the industry, helping businesses to grow with the ability to offer new products.”

There are currently three types of liquor retail licences in Manitoba:

- liquor store licences, which include Manitoba Liquor Marts, duty free shops and rural liquor vendors;
- hotel beer vendors
- specialty wine stores.

Continued on page 7

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Icelandic River Community Foundation supports local organizations

Submitted by Larry Speiss

On Friday, Nov. 25, members of the Icelandic River Community Foundation board journeyed to Riverdale Workshop to present a cheque to pay for the three recent replacement ramps completed by contractor George Unger. Present were Judy Nichol, secretary; John (Jack) Sigurdson, treasurer; and Larry Speiss, chair. The IRCF has been fortunate that it has been able to contribute to past projects of the workshop, most recently the installation of air conditioning in the recycling sorting area.

This year the foundation has allotted funds to Riverdale Place Homes for an accessible shower and bathtub at two residences and specialized playground equipment at the Morweena School. In addition, past grants have gone to build the seating area and pergola on the west side of the Assisted Living Building, the Arborg Recreation Commission for equipment and the Arborg Care Home towards

oxygen concentrators and examination chairs, and Riverton Seniors Resource Council towards wireless life-line Communicators.

The Icelandic River Community Foundation area covers Arborg and Bifrost-Riverton, and we grant money for health care, healthy living, recreation, cemeteries and general projects. While the bulk of our money comes through bequests from estates, it is not mandatory to be deceased as we welcome donations from everyone, most recently from the employees at one of our area businesses matched by their employer through the United Way. We recently had the Giving Challenge in which donations to our unrestricted funds were matched by the province and Endow Winnipeg \$2 for every \$5 raised. Our foundation improved on last year's success. For more information, please get in touch with anyone on our board or visit our website, www.ircf.ca. Online dona-



EXPRESS PHOTO SUBMITTED

Jack Sigurdson, treasurer of the Icelandic River Community Foundation presents a cheque in the amount of \$2,954.98 from the foundation to Alex Janower, CAO of Riverdale Workshop on Nov. 25. The funds will pay for three recent replacement ramps for the workshop completed by contractor George Unger. Larry Speiss, chair of the IRCF, is seen standing to the left at the back with friends from the workshop.

tions can be made to the Foundation through Endow Manitoba's portal, www.endowmb.org. The area's resi-

dents have been very generous in the past, and we are proud to assist our different organizations as best we can.

> AMENDMENTS, FROM PG. 6

The proposed amendments would require existing retailers to apply for a new agreement with Manitoba Liquor and Lotteries to allow for expanded sales.

Additionally, craft liquor manufacturers with retail endorsements on manufacturing licences would now be able to expand the liquor products permitted for retail sale at manufacturing locations. For example, a craft

brewery that sells its products at its brewery location would now be able to sell other types of alcohol as well.

There are approximately 500 licensed liquor retailers in the province, the minister noted, adding that Manitoba has one of the most diverse liquor retailing systems in Canada including: hotel beer vendors; rural liquor vendors; specialty wine stores; retail manufacturer licence holders; and temporary retail locations like farmers markets.

"Liquor Marts have done an ex-

ceptional job at providing selection and service for Manitobans over the years," said Manny Atwal, president and CEO, Manitoba Liquor and Lotteries. "As consumer tastes and demands change, it is important for our retail network to adapt. With an increase in interest for more new and innovative products and customers wanting to purchase products closer to home, these amendments would allow our Manitoba marketplace to evolve and better serve Manitobans."

The proposed changes would par-

ticularly affect rural Manitobans by improving access to different types of alcohol, the minister noted. Under the proposed amendments, liquor and wine would be available rurally at up to 173 more locations and cold beer at up to 176 more locations, nearly doubling the number of rural locations where these products are available. There would also be up to 82 new locations selling all types of liquor in Winnipeg and up to 10 new locations selling all types of liquor in Brandon.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

What is Friendship?

I was driving down the highway this week. As I looked out the window, I saw two cows rubbing against each other on their faces. Surprisingly, a few days later, I saw two horses stroking each other on their faces too.

In my mind, these domesticated animals were showing affection to one another. They were demonstrating friendship. Animals appear to enjoy personal contacts and are happier when they are in close proximity to each other.

What draws humans to make connections? Some say that it is common interests. Others say it is similar values. When two people become friends, they bond due to a desire to share each other's company. Mutually, they enjoy being together and seek out times when they can share

experiences that they both gain pleasure from.

I recently went on a vacation with my husband to Niagara Falls. We shared enjoyable times together viewing the spectacular falls and going on a ride close to them. As we spent time together, we enjoyed the activities and each other's company. One day, Sean wanted to rest so I went alone to Marineland. I thoroughly gained pleasure watching the dolphins entertain the audience. Seeing the walrus and sea lion were also exciting. Watching the beluga whales during feeding time was spectacular. All of the captive marine mammals seemed to enjoy being in close proximity to each other and interacting together.

I am a social person so, as I walked around, I made some connections with people from various places such as Newfoundland, Australia

and Cold Lake, Alberta. The interactions with the family from Alberta was the most memorable. I was waiting for the bus and it was a very hot day. While sitting on the bench at the bus stop, an eight-year-old boy approached me and struck up a conversation.

I was astounded by his excellent social skills. His parents and older brother joined us, but the young boy seemed fascinated to learn about how I was enjoying my time in Niagara Falls. I was flattered and surprised. What made that young fellow reach out to a stranger? My mind tried to understand his reasons. I came to realize that he was just an outgoing young man who felt that I could use a friend.

Humans have been on the earth for a long time. They have learned to survive on the land by foraging, clearing land, planting crops and do-

mesticating animals.

The most successful accomplishments that we have done is to learn to interact with each other in a meaningful way. People need human connections to share work experiences and to enrich their personal lives. Without these special moments, life would be less fulfilling.

As I reflect on my vacation to Niagara Falls, one of my favourite memories is the interaction with the young boy. He added an exciting dimension to my time at Marineland. It gave me a positive feeling about future generations.

The next time you are alone and having some quality time, reach out to a stranger. Before you know it, you may make a new friend who will enrich your day.

- Patricia Witzke

Sixteen more COVID deaths in Manitoba; Eriksdale hospital's ER closes for second time

By Patricia Barrett

Manitoba continues to see elevated numbers of COVID deaths as the pandemic continues.

Sixteen more Manitobans died, according to the provincial government's respiratory surveillance report for the period Nov. 13-19 (reporting Week 46).

This is the government's second report in which it includes data on COVID and on influenza and other respiratory viruses. The government also changed the way it reports cumulative COVID deaths, hospitalizations and ICU admissions (see below).

There were 314 new COVID infections in Week 46, an increase of 41 cases from the 273 reported the previous week. Provincial data on new cases are an undercount as PCR laboratory testing is restricted and rapid antigen tests aren't tracked.

There were 82 new hospital admissions reported for Week 46, including 12 admissions to the intensive care unit.

Weeks ago, the provincial government stopped providing in its surveillance reports a list of the names of personal care homes and hospitals with COVID outbreaks.

Influenza cases have increased over the past three weeks, according to the combined report. There were 154 new cases of Influenza A in Week 46 and zero cases of Influenza B.

"Up to Week 46 this season, approximately 40% of those influenza cases and influenza associated hospital admissions are among children below the age of 18," states the report. "Additionally, children below the age of five years accounted for 15% of all influenza cases and 20% of associated hospital admissions."

A historical wave



EXPRESS PHOTO SUBMITTED

Doreen Maksymyk stands by the new Maksymyk Road side sign off Highway 7 by her place in the RM of Armstrong. Steven and Jerry Maksymyk attended the Oct. 11, 2022, RM of Armstrong council meeting asking to have their family's long-standing history acknowledged by having their family name displayed on the 104N road sign. Council approved the request and placed two road signs, one on Road 104N at Highway 7 and one at Road 12E. It is to be noted that the Road 104N number sign must remain along with the name Maksymyk Road and that the costs of the signs, including installation and any replacements of signs, be born by the applicant.

Respiratory syncytial virus (RSV) has also increased, with a test positivity rate of 5.6 per cent.

A spokesperson for the provincial government said RSV is not a "reportable" virus. Therefore, hospitalization and death data shown in the report refer only to Influenza.

"Because RSV is not reportable, information regarding RSV cases is not available, nor is information regarding hospital admissions or deaths associated with lab-confirmed RSV," said the spokesperson.

Other health news:

- The Eriksdale hospital's emergency room has had to close for the second time this year, but the hospital itself remains open. Staffing issues in the laboratory is behind the ER closure.

"Eriksdale's hospital remains open to admit patients," said an Interlake-Eastern Regional Health Authority spokesperson last Friday. "Due to staffing vacancies and sick time in the laboratory, ED [emergency department] services have been impacted."

Residents in the Eriksdale area can call 911 or their local 10-digit phone number for emergencies, said the spokesperson.

The ER had to temporarily close in September because of a staff shortage in the lab.

The IERHA posts ER schedules in advance on its website. The schedule for Dec. 1-15 shows Eriksdale's ER closed. It's unclear whether it will re-open after Dec. 15.

There is also very limited ER availability at the Arborg hospital, about 67 kilometres from Eriksdale. The Dec. 1-15 schedule shows the Arborg ER closed for 12 days of the 15-day period, with the remaining three days showing only partial physician coverage.

The Ashern hospital's ER, about 41 kilometres from Eriksdale, shows full availability for the 15-day period. The schedule is subject to change.

- The COVID outbreak declared on Nov. 4 at the Betel Personal Care Home in Selkirk is ongoing, according to the Interlake-Eastern Regional Health Authority's website as of Nov. 26.

- The provincial government changed the way it reports COVID data, starting with Week 45 (Nov. 6-12) of its respiratory surveillance report. The COVID data presented coincides with the "start of the current season," which isn't defined in the report, rather than from the start of pandemic reporting in 2020.

The change in the way COVID data is now being presented makes it difficult to assess Manitoba's death toll.

A provincial spokesperson said Week 27 (July 3-9, 2022) "marks the beginning of the current season" for COVID data.

When asked why the government changed the report, the spokesperson said:

"The combined report was intending to look slightly different from the historical reports for several key reasons: to ensure ongoing alignment with other jurisdictions' reporting practices; to ensure accuracy of the data and to reduce the risk of the data being misinterpreted given the evolving approach. The focus of the new report will be more on trends. COVID-19 information will be presented within the broader respiratory context and will be aligned to public health practice. The ongoing reporting needs will continue to be reviewed and adjusted over time."

Data for hospitalizations associated with COVID will be based on admissions within 14 days of lab detections, said the spokesperson.

The changes mean the data in the new report can't be compared to that provided in previous COVID reports.

"As a result of the changes, the data presented in the combined report cannot be compared in the same way with previous data, i.e., the numbers in this new report are no longer directly comparable to the previous weekly COVID-19 reports," said the spokesperson.

In the last standalone COVID surveillance report (Week 44 for the period Oct. 30 to Nov. 5) there were 2,256 cumulative COVID deaths, 13,336 hospitalizations and 1,844 ICU admissions. By contrast, the first combined report, Week 45, shows 159 cumulative COVID deaths, 1,730 hospitalizations and 187 ICU admissions. Week 46 shows 175 cumulative COVID deaths, 1,836 hospitalizations and 201 ICU admissions.

- The World Health Organization's latest weekly epidemiological update on COVID reports more than 2.4 million new cases and over 7,800 new deaths as of Nov. 20, both numbers representing a decrease from the previous week.

Worldwide, there have been 6.6 million COVID deaths reported. The Americas have had the highest number of cumulative deaths, with 2,865,519 people (43 per cent) having lost their lives to the virus. Europe has the second highest cumulative deaths at 2,130,276 (32 per cent), and South-East Asia is third with 801,256 (12 per cent).

In the past 30 days (Oct. 21 to Nov. 21), omicron has accounted for 99.9 per cent of the global infections, states the report. Omicron has dominated since January of this year after surpassing the delta variant of the virus. However, new sub-lineages are gaining ground.

"As of 21 November, BQ.1 and XBB (a recombinant of BA.2.10.1 and BA.2.75) and their descendent lineages have been reported from 73 and 47 countries, respectively," states the report. "A comparison of sequences submitted globally during epidemiological weeks 43 and 44 show a rise in BQ.1 sequences from 19.1% to 23.1%. Similarly, the prevalence of XBB sequences also increased, rising from 2.0% in week 43 to 3.3% in week 44."

COVID vaccine effectiveness (VE) against omicron is lower than against the original COVID strain and four other variants of concern based on 53 studies from 19 different countries.

"Findings from these studies show reduced VE of COVID-19 primary series vaccines against the Omicron variant for all outcomes (severe disease, symptomatic disease, and infection) compared to those that have been observed for the original SARS-CoV-2 strain and the other four VOCs ...," states the report.

It goes to say that the first booster vaccination "substantially improves VE for all outcomes." However, vaccine effectiveness declines more in the first six months after the first booster vaccination for symptomatic disease and infection than it does for severe disease. And few studies have assessed vaccine effectiveness of the first booster vaccination beyond six months.

As for the duration of protection from a second booster dose, there is "limited evidence" available to date. Five studies found "similar declines [in vaccine effectiveness] over time as has been seen with the first booster dose," states the report.

Heritage breeds are thriving at a historic Riverton farm

Noted historian devises a unique fundraiser to help feed his flocks and herds

By Catherine Strong

Following a year of drought and one of flooding, Nelson Gerrard's farm is starting to struggle for survival. Gerrard has poured his time and labour into the project, but animals need to eat, and his hay crop has been poor for the last two years.

The farm, Vidivellir, is a historic site, having been the home of Icelandic poet Guttormor Guttormson. Gerrard purchased the property in 2010, knowing only that he wanted to preserve it, to keep it from being lost to development. Two years later, with his plan formed, and after a period of construction to contain and house animals, he began purchasing heritage breeds of cattle, sheep, goats and chickens and set about the task of building a farm literally from the ground up.

His first animals were Rideau Arcott sheep, a Canadian breed developed at the Agricultural Research Centre of Ottawa. That facility developed three breeds of sheep, which were dispersed to Canadian shepherds once the project concluded.

The farm's second infusion of ovine genetics was a purchase of Icelandic sheep, one of the oldest breeds in the world, belonging to the Northern European Short-Tailed family of sheep. In their native Iceland, these sheep are allowed to wander in the rocky central part of the country, which abounds in short grasses, weedy vegetation and hot springs. Many of them are double coated, with a dense, short, downy undercoat that is exceptionally soft and is traditionally used for baby clothing and undergarments (in the days when undergarments had to be hand-knitted). In addition, the long, strong, coarser guard hairs, which protect the animal from the wind, rain and cold, are used for tough, hardwearing, very insulating, but lightweight outerwear such as sweaters, mitts, hats and jackets.

Gerrard also raises Dexter cattle, an Irish breed believed to have developed from the earliest species of wild cattle discovered in central Ireland. They are small, sturdy, compact cattle that are very calm and good-natured, easy to handle, and have excellent mothering instincts.

Other residents of modern-day Vidivellir include an assortment of goats, including the bloodlines of Kiko and South African Boer Goats; Icelandic Chickens, another heritage breed; and

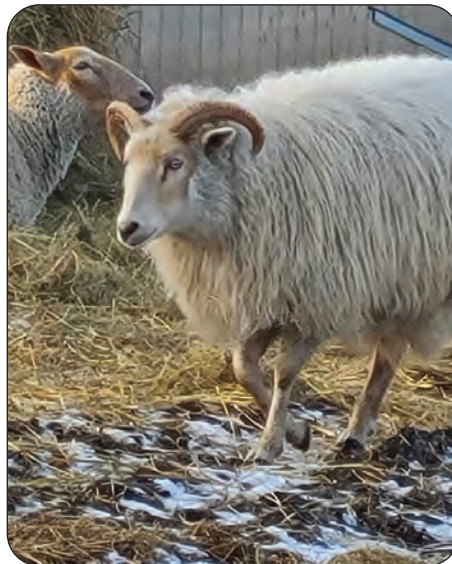
an alpaca named Al.

In 2015 disaster struck when a winter shelter caught fire and was completely destroyed. Several of the animals perished, including the entire flock of chickens. Fortunately, Gerrard had kept some of the fertilized eggs from his flock and was thus able to build it up again. Icelandic chickens are very handsome birds, particularly the roosters, which are exotically colourful and somewhat aggressive.

A GoFundMe appeal launched by Gerrard's nieces was much more successful than anticipated, enabling the construction of a beautiful barn and several outbuildings. As the proud owner says, "that barn has saved a lot of lives." His comment refers to the fact that lambs are often born in mid to late winter, when the weather is still very cold and unwelcoming, and that lambs born in a shelter are much more likely to survive the critical first few days.

Some of the livestock born at Vidivellir occasionally come up for sale. Some of the sheep are destined for a new home shortly, and a couple of the young Dexters are for sale. As well, the sheep grow an assortment of fleece types that are of interest to hand spinners. Rideau Arcott fleece is variable, but a good fleece from an Arcott is a perfect spinning fleece: medium length and with medium crimp – great for making socks and mittens.

Currently the farm is home to around 60 goats, 75 sheep, 18 Dexter cattle and 16 chickens. Feeding them is costly, although the farm produces its own hay in good-weather years. However, two successive years of adverse growing conditions have left the hay shed somewhat empty, and what is there is not top-notch.



Icelandic sheep clearly showing long outer coat typical of the breed.

With typical creativity, Gerrard planned a project to raise money for The Hay Fund. He already has a presence on social media, posting frequent photographs of adorable animals being cute. Lambs and kids are possibly the most adorable young animals. Since people were saying this on Facebook, emphatically and often, the thought occurred to the owner of all this ovine and caprine beauty that he should sell the images on calendars and coffee mugs. People do it all the time with cats and dogs, so why not?

The first calendar, printed last year at this time for 2022, was very successful, so he repeated the project for 2023. Calendars and mugs sell for \$20 each and are still available for purchase.



EXPRESS PHOTOS SUBMITTED

The mugs and calendars have been selling briskly.

chase. Contact Nelson Gerrard at 204-494-0022.

Gerrard also has a very handsome two-year-old black Dexter bull with almost perfect conformation for sale. If interested contact 204-494-0022.

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Winnipeg Beach resident banned from municipal buildings says no threats were made

By Patricia Barrett

A Town of Winnipeg Beach resident says an inquiry she made at the town's administration office a few months ago about the upcoming election turned into an all-out municipal building ban and the smearing of her character.

Denyse Stewner, who has lived in the community for over a decade, said she popped into the office in early August to ask how to go about running for a seat on council (for the October byelection) and was told by the CAO that candidate forms would be ready in about a week's time.

The following day Stewner said she received a letter from the town banning her from the admin office for being "disruptive," as well as a subsequent letter banning her from all town-owned buildings for allegedly threatening and harassing staff, council and volunteers.

Stewner said she believes the ban was put in place to stop her from running for council and dissuade her from making inquiries about the town's finances.

"Oh my God, no, I didn't threaten anybody," said Stewner when asked if she made threats. "Anybody that knows me knows I would have never done what they [the town] is saying I did, especially threaten a staff member. I'm a taxpayer and all I'm curious about is to know where our money is going. If there's a concern, I should be able to complain about it."

Stewner shared the letters she received from the town. The letter dated Aug. 10 states her behaviour was "disruptive" to government business and that she was banned from the administration office and the public works building. She was still, however, allowed to attend council meetings, public hearings and the admin office for elections.

A second letter dated Aug. 11 asked her to "cease and desist from approaching, verbally communicating with, harassing or threatening (both verbal and gesture)" the town's staff, council and volunteers. It also extended the ban to all municipal buildings. The letter states it was sent because of an incident between Stewner and the mayor [Pam Jackson]. Stewner was, again, allowed to attend



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Denyse Stewner and her granddaughter watched the town's fundraising fire truck pull in early August.

council meetings, public hearings and elections at the admin office.

Stewner said the incident between her and the mayor took place on the street. She saw Jackson as she was going to her car and called out to get her attention.

"I asked [Jackson] why she was doing this [the building ban] and she kept yelling at me, 'Don't raise your voice.' But this is my natural voice; I talk loud but I don't threaten anyone, and I didn't do anything to her. She was in her car with the window rolled down. That afternoon my husband and I came home and there was a police officer in my driveway saying I yelled at the mayor. So, I told him what was happening."

The town took things a step further the following week, said Stewner, by issuing an internal memo, dated Aug. 17, to town staff stating Stewner is not allowed to make "threatening gestures" and that

they should "not reach out to Denyse or have conversations with her." Any contact should be reported to their manager.

Stewner said she was in the midst of a fundraiser for a local park in Winnipeg Beach, but had to give the proceeds to the Matlock Recreation Centre in Dunnottar because she was not allowed to communicate with town staff or volunteers.

Although she donated candy from another fundraiser to the town's Halloween Extravaganza in which her grandkids took part, she said she couldn't attend it because it was at the town-owned community centre. She has also donated money to Shenanigans Restaurant to help staff there prepare Christmas hampers for families, and she and her husband have provided meals to strangers for the past three years because they believe in "paying it forward."

The letters state that she can appeal her building ban by sending the town an email or letter; Stewner said she tried sending an email but it was blocked.

"They're supposed to accept emails from me and they won't," said Stewner. "After I thought things had calmed down, I went to the office to talk to the CAO about the election, thanked him and left. I only opened the door and peeked my head in — I didn't put my full body inside — then I got another letter. Now I'm scared to walk downtown because I might get another letter saying I crossed the road the wrong way."

Stewner said she spoke with a staff member from the provincial department of Municipal Relations but the ban against her remains in place.

As she loves to decorate her yard for festive occasions such as Halloween and Christmas, she tried to register by email her home in the town's home/yard-decorating contest called Twinkle Time, but her email bounced back.

"[This whole issue] does bother me because I can't believe people can actually be like this. They basically blew everything out of proportion and smeared my name because I know so many of the negative things going on and they didn't want me to try to get on [council]," said Stewner.

Continued on page 13

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Camp Morning Star torched but mine opposition continues

By Patricia Barrett

A camp set up near a proposed silica sand mine on the east shore of Lake Winnipeg was sabotaged and set on fire a few weeks ago, but camp members and their supporters vow to continue their opposition to the mine.

Wendy Buelow, a friend of the camp, said one of the camp's members discovered the vandalism.

"The prospector's tent, in which a fellow had been living these past years to look after the sacred fire, was completely burned down," said Buelow. "The teepee was partially burned and damaged. Things were knocked down and they stole items. The RCMP was called but I don't know if they've examined the site yet."

Camp Morning Star was established in 2019 on Treaty 5 Territory to peacefully oppose Alberta-based Canadian Premium Sands' proposed silica sand mine and to educate local residents about the environmental and human health hazards of sand mining. When the mine begins operating, it will have the potential to create silica dust, which can cause lung cancer, and acid drainage, which can pollute ground and surface waters. Trucks going to and from the mine will also increase traffic congestion and danger along east side highways.

Reg Simard of Camp Morning Star said camp members and supporters were shocked at first by the vandalism, but they won't let it deter them from their mission. They had hosted 40 students from Winnipeg's School Division No. 1 in early November and had set up another visit on Nov. 29 with about 65 students from Winnipeg's Seven Oaks School Division.

"There were a couple of stages we went through when we discovered the damage. First, we were in disbelief. But then we thought, 'We're not going to let this stop us,'" said Simard, who lives near the mine site. "We've been discouraged many times, but a situation like this only makes us stronger. This pulls us together and gives us more reinforcement by getting more people on board. This is meant to try to discourage us, but we'll make ourselves stronger."

CPS' quarries are close to a number of communities including Hollow Water First Nation, Seymourville, Manigotagan and cottagers at Pelican Inlet. Simard said the science shows that silica sand mining generates dust that will travel with the wind and leaches heavy metals through acid mine drainage.

Silica sand contains pyrite. When pyrite is exposed to air and water, it oxidizes and creates acid. The runoff will pollute ground and surface water and the environment. Simard said they'll be left with "a big red lake" from the acid runoff, the same environmental damage that was created at the site of an abandoned silica sand mine on Black Island.

Simard said that will affect the cottagers "big time" because they have wells. Seymourville gets its water from Lake Winnipeg. Manigotagan gets water from the Manigotagan River and Hollow Water gets water from the Wanipigow River.

"When CPS did the original proposal of how they're going to mine the sand, they didn't even mention

Continued on page 12



EXPRESS PHOTOS COURTESY OF REG SIMARD

A teepee was set on fire and partially burned.



Students from Winnipeg tied ribbons around trees, which, in Ojibwe practice, protects the trees.

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> **CAMP MORNING STAR, FROM PG. 11**

there's a population of roughly 1,000 people at peak season. That struck a nerve with me, why they wouldn't they say there's a big population in this area. I guess that would've had a negative impact on their proposal," said Simard. "But there's a human health and environmental cost and that's why we're still there."

Simard said the camp's mandate is to show people the effects of silica sand mining and deconstruct the company's "sales job."

"We've tried to hold town hall meetings with some of communities in the area just so we could educate people and show them the effects of the sand mine, but we had some hall bookings cancelled," said Simard. "Everybody loves to hear a good story; CPS was acting like used car sales people. I was sitting there shaking my head when they said they're going to take the top crust off the sand and restore the mine to how it was. It's impossible to do that because they're extracting sand from about 30 or so feet below the surface."

Another reality check is the number of jobs CPS will create at the mine for people in the area, he said. CPS started out by promising 300 jobs then cut it down to 170 jobs, then again to 17 jobs.

"This mine is going to change our home forever — for 17 jobs and royalties the band [Hollow Water First Na-

tion] will get out of it," he said. "My son said it will ruin the land for him and his kids. We love this place. It's beautiful."

Part of the camp's mandate is to educate not only local residents but also the general the public about the dangers to human health and the environment from sand mining. It hosts visits from school groups in which students get to learn about Indigenous views with regard to the land and their cultural practices.

Retired teacher MJ McCarron, who is part of Camp Morning Star, said they try to raise awareness of how vital the land is to human survival.

"The biggest issue for us in terms of resource extraction is the difference in the world views between Indigenous peoples and colonizers. The first explorer stepped on North American soil and said, 'Where's your gold?' That's what drives our economy today and that's what gets priority," she said. "But the value system around the land is much different for Indigenous people. If you look at names in Indigenous languages, it shows everything is connected to land, with humans at the bottom of the chain, dependent on land. That relationship with land is at the centre of all Indigenous ceremonies, and it's at the centre of Camp Morning Star."

There is a movement in Manitoba and North America to get Indigenous

kids back on the land, she said. But rather than teaching them survival skills as many initiatives do, Camp Morning Star focuses more on the "intellectual side of things" which includes understanding why the land needs protection.

"We do nature walks in the spring and the summer and medicine walks," said McCarron. "We also get the kids to practise observational skills. For example, we'll ask them to find three different species of trees and stands of forest. We'll talk about natural forests versus a clearcut forest, which has different species, and we'll take them up to the clearing where CPS cleared 64 hectares prior to having a licence."

Spiritual leader Marcel Hardisty and Kelvin Ramsey, who has lived at the site for three and a half years, also speak with the students.

As part of the experience, students are treated to a traditional Indigenous meal that could include partridge, fish, deer, moose and blueberries.

The visit includes discussions surrounding the political side of mining, especially the failure to honour Indigenous beliefs, treaty rights and the duty to consult under Section 35 of the Constitution Act, said McCarron.

"We let the kids know what the political issues are. In a couple years they'll be able to vote and perhaps change things," she said. "We also teach them the science behind silica sand mining such as the acid drainage that will result."

CPS' building of a road chased the

deer population out of the area and displaced moose breeding grounds in an area that's supposed to be protected habitat, she said.

"It's quite disturbing to see that industry seems to lead," she said. "There are 98 conditions [in its environmental license] the company has to meet, and we're told by environmentalists that only 15 will be able to be enforced. So, what was the point of writing conditions?"

McCarron said the camp and its mandate has really sparked an interest in schools and more visits are planned.

"The schools are awfully excited because they're sending us more kids. And the kids really relate to the whole idea of a reciprocal relationship," said McCarron. "One of things we do at the end of the visit is put ties around trees. We talk about why we do that: it leaves behind something of themselves and their energy."

With the north becoming a focus for minerals needed for industries such as electric vehicles and wind and solar power, McCarron said she worries for the future of Indigenous communities.

"What really worries me is the government saying we're going to open up the north to mineral exploration as the result for the need for these rare minerals. And how many more communities are going to go through what we're going through?" she said.

Charleen discovered dental implants are not scary after all

BY ELISHA VANDOR

Are you someone who finds that your full lower denture tends to move more freely than the top. I have heard over the years that the lower denture feels like it is floating, and actually, there is truth to that, so let me explain...

A loose lower denture can be such a pain, both figuratively and literally, but there is always something we can do to help! So why is it so loose? Brock the Denturist says "The upper denture has suction and often people can go for years and years with no issues, but that full lower denture is a different story. We really have to stay on top of keeping it fitting well. You would think gravity would hold it in, but not so; the tongue is always moving and pushing it around, plus the jaw is going up and down and when we combine that with more sensitive gums than the upper, we can get looseness, sore spots and a very frustrating time."

Charleen can attest to the frustration after experiencing it first-hand when she had her remaining 6 lower teeth pulled and a full lower denture

put in about 5 years ago, which she exclaims was 'terrible'. Charleen says, "my bottom denture has always been a problem because of my uneven gumline, but when the place I went last to get my dentures talked about dental implants, I said no. Truth be known, I wasn't ready to reconsider the decision until I saw a picture of Brock on Facebook. The Vandor name rang a bell because I had been to the clinic many years ago when his dad George was a practicing Denturist. I was very impressed with the partial dentures that were made for me back then, so I was confident in seeing Brock after reading about him on Facebook. The honest truth is that I am impressed now with Brock and the staff too, that are all so caring, kind and considerate."

Now that Charleen has had the dental implant procedure I asked if she was concerned at first about it and she said, "I was petrified going to get that done. I have a very strong aversion to needles; however I was put at ease by the dental office Brock referred me

to who offered me a local anesthetic, which worked great! I have had absolutely no issues whatsoever after the procedure. I was impressed that they phoned later to check-up on me. I had no pain afterwards either. I never took the pain medication that was prescribed after because I didn't need it. I wasn't having any pain, discomfort or sore spots. It's been 100% worth it. I was very skeptical even having refused the procedure once before, but I have great confidence in Brock with his knowledge and everyone who works at Vandor Denture Centre. I will finally be able to eat without having to use product to keep the lower denture in place."

Thank-you to Charleen for sharing her dental implant story! We are confident that like Charleen, and the many others who have decided on a dental implant solution that we can help you too. Consultations to discuss your options and pricing are always free. Looking forward to talking to and seeing you soon!



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- supplied photo -

Charleen shares how she was petrified about the dental implant procedure but shouldn't have been.

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> BANNED, FROM PG. 10

When asked how Stewner allegedly threatened or harassed town staff, council or volunteers, Mayor Pam Jackson told the *Express* the town won't comment on specific situations with taxpayers.

"That being said, I can certainly let you know that the town is committed to building and preserving a respectful and healthy work environment for its employees and elected officials," she said by email. "The town doesn't condone or tolerate any acts of harassment in the workplace against any employee, volunteer or elected official, should that be from a town employee, an elected official or a taxpayer. We are working diligently to ensure that the town is a respectful

workplace for all."

If there are violations to that policy, the town does everything it can to resolve the situation prior to taking more substantial action, she said. That includes informing employees of their right to not verbally engage with anyone harassing them or interfering with the performance of their jobs.

"We would only ban a taxpayer from the municipal buildings or involve the RCMP as a very last resort. While we are very reluctant to proceed to this level of intervention, unfortunately, on very rare occasions, this may be necessary," said the mayor. "However, should this be required, the individual who is banned from attending ... the municipal office is still allowed to attend public functions, including public meetings, gatherings or voting."

The Express Weekly News Thursday, December 1, 2022 **13**

Banned taxpayers are encouraged to communicate with the town office via email, said Jackson, as this is the "avenue" they can take to have the ban lifted.

"When the taxpayer can demonstrate some insight as to their problematic behaviour in the past, and let the town know what steps they'll take to ensure that they'll no longer engage in harassing or threatening behavior, then the town can enter a discussion with them in regards to lifting the ban," she said. "The town has not and will not block any taxpayer from communicating by email."

Jackson didn't say whether Stewner has been banned from participating in the Twinkle Time decorating contest, but said "every home owner" is encouraged to participate.

A spokesperson for the province's

Municipal Relations department said municipalities have the right under the Municipal Act to expel people from council meetings and to restrict their access to municipal facilities. They can also direct their staff to refrain from interacting with a specific individual and pursue legal remedies such as court orders pertaining to comments or behaviour.

"A municipal services officer (MSO) spoke with the complainant after two registered letters from the municipality were sent and advised of this as well. The MSO also advised of the ombudsman's authority to investigate complaints relating to administrative actions of the municipality and provided the contact information for the Office of the Ombudsman," said the spokesperson.

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Give a dog a bandana and help Ukrainian refugees

By Autumn Fehr

As Ukrainian refugees settled into life in Canada at the dormitory in Gimli, George's floppy ears and teddy-bear-like appearance quickly became a hit with everyone living there.

George's owner, Christine Payne, hadn't been able to do any hands-on work helping the refugees because of her full-time job, but she had longed to help in some way.

Seeing Ukrainians' interactions with her dog sprouted the idea to start Dog God, a fundraiser creating dog bandanas to support Ukrainian refugees in need.

"I thought, well gee, you know what, there's an opportunity to do some fundraising maybe and help the families out by starting a dog bandana fundraiser to show awareness of what they were going through, as well as the support that people could provide," said Christine Payne, George's owner and the founder of the fundraiser.

Payne's neighbour Lisa volunteered at the dormitory where Ukrainian families were staying.

Lisa reached out when looking for support for one of the families.

A Ukrainian refugee had been hired in Gimli at the Credit Union and had to go to Winnipeg to do her training at Access (Noventis).

Lisa knew Payne and her husband went to Winnipeg every day and asked them if they would give her a lift. Without question, they agreed, and Payne's husband drove them to the Credit Union in Winnipeg to do her training.

A relationship quickly formed between the Ukrainian family of three



(Irena, Maxym and Yvea Tsaenko) and the Payne family.

They came over a few times and loved their dog, George, said Payne.

Since George had gone to the dormitory with Lisa, visiting families, he was very well known to Ukrainian refugees and adored by them. Hence, an idea to fundraise off of a dog accessory wasn't so far-fetched of an idea.

The bandanas were an outlet where Payne felt she could help, even in a small way.

After designing the logo, there was just one thing missing — someone who could help her execute the vision to life.

Payne called out on Facebook in the "Meanwhile in Gimli" chat for anyone willing to sew the bandanas.

Not too long after, Kim Parmar and herself connected.

"We had never met. She answered the call, she and I co-ordinated and got material, and the rest is pretty much history," said Payne.

The bandanas are in blue and yellow and are \$15 each. One size fits all, as you can tie them to fit different sizes.

Each package includes an edible dog bone too.

Since their official launch on Nov. 18, they have sold 15 in one day and 22 so far in total, and they hope to continue expanding their reach.

"I think people are supportive, and it's neat to see all the different fur babies with their bandanas and showing support in the community," said Payne.

Payne said people are emailing their orders.

"It's really about raising funds at a time of year when people will also enter the holiday season. The hope

My name is **George**, I'm from Sandy Hook and I had the tremendous honour of meeting many Ukrainian refugees who settled in and around the RM of Gimli.

My mom had this idea about how we could help those in need, especially as we turn to the holiday season so she teamed up with a wonderful lady by the name of Kim Parmar to create bandanas to raise funds in support of Ukrainian refugees in need.

While this is my first modelling experience, I think you'll agree, I look kind of handsome in my bandana. And your fur-baby could too!

And, while there are plenty of yellow and blue bandanas available, stay tuned as Kim and my mom are launching a special fleece series to help keep us warm.

To order, call my Mom, Christine Payne at 204-795-4277 or email her at wpgcpayne@outlook.com to pick up in Sandy Hook or arrange delivery.

One size fits all as they can be tied to fit.

\$15.00 per bandana

Dog spelled backwards is God; unconditional love.

EXPRESS PHOTOS SUBMITTED

Dog God is a fundraiser supporting Ukrainian refugees selling handmade dog bandanas with the Ukrainian colours blue and yellow.



Furry friends and happy supporters sporting their bandanas from the Dog God fundraiser, raising funds for Ukrainian refugees.

is to spread a little cheer," said Payne.

Last Friday, the fundraiser launched fleece bandanas as a secondary option for owners to purchase for their fur babies as we head into the winter months.

Payne's goal for the fundraiser is two-fold.

She hopes to raise awareness around the families in the RM of Gimli, showing support and bringing it to the forefront.

"This is just one way of helping, one way I can help. I wanted to do something," said Payne.

All the proceeds made from the bandanas will go toward Ukrainian refugees in need.

Payne said she hopes to raise a couple thousand dollars for the cause.

"As long as there is a demand, we'll continue to produce them, and if there's something else that pops up that's creative, maybe we'll pursue that too," said Payne.

To order bandanas, and support the cause, contact Christine Payne at 204-795-4277 or email wpgcpayne@outlook.com to pick them up in Sandy Hook or arrange delivery.

Available at:

Swimwear • Clothing • Accessories

Winnipeg: 11-1504 St. Mary's Rd. 204-237-0457
located across from St. Vital Centre. Open Monday-Saturday

Gimli: 120AB-10 Centre St. Lakeview Resort, 204-641-8618
just steps from your room! Open Thursday-Sunday

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs shoot down Satelites

Staff

The Arborg Ice Dawgs doubled the North Winnipeg Satelites 6-3 in CRJHL action on Saturday.

Noah Johnson (two), Cadrick Dueck, Austin Adair, Mark Hamrlik and Dylan Woyotowich scored for the Ice Dawgs.

Evan Laurencelle, Nicolas Andrews and Jeremy Bridgman replied for North Winnipeg.

Dylan Johnson made 26 saves for the win.

Arborg visited North Winnipeg this past Tuesday and will play at St. Malo Friday (7:30 p.m.) and Lundar Saturday (7 p.m.).

The Falcons, meanwhile, were beaten 4-1 by Beausejour on Saturday.

Riley Wirgau scored to give Lundar a 1-0 first-period lead but the Comets

came back with tallies from Aidan Ticknor (two), Mark Mroz and Brady Bowes.

Last Friday, Lundar was defeated 8-4 by the Selkirk Fishermen.

Jordan Donald led the Fishermen with a hat trick while Connor Courchene had two goals and an assist.

Kasen Andrushko, Raymond Heferman and Ryan Dupont also scored for Selkirk.

Lundar goals came from Cohen Smigelsky, Jayden Timlick, Cody Procter and Andrew Henry.

On Nov. 22, Lundar lost 5-1 to North Winnipeg.

Ryan Benson scored a first-period goal for the Falcons.

Max Goulden (three), Riley Behun and Ethan Reid tallied for the Satelites.



EXPRESS PHOTO BY RAYME THOMSON

Lundar Falcons' captain Riley Wirgau has seven goals and 12 points in 11 games this season.

U18 AAA male Lightning split with Wild

Staff

The Winnipeg Wild scored three third-period goals in a 5-4 home victory over the Interlake Lightning in Manitoba U18 AAA Hockey League action on Sunday.

Darian Sinclair led Interlake with two goals while Adam Vigfusson and Ian Buors also tallied. Aiden Miller had two assists.

Three of the Lightning goals came on the power play.

Winnipeg goals were netted by Cole Robertson, Jayden Ward, Marlen Edwards, Aaron Krestanowich and Campbell Epp.

Last Wednesday, Interlake defeated the Wild 5-3 in Teulon.

Joel MacMillan, Miller, Vigfusson, Buors and Noah Oughton sniped goals for the Lightning.

Wild goals came from Robertson (two) and Ward.

Lightning goaltender Alex Myers made 43 saves for the win.

Interlake will play the Winnipeg Thrashers on Wednesday (7:30 p.m.) at the Gateway Recreation Centre and then will take on the Pembina Valley Hawks Friday (8 p.m.) in Morden.

In Manitoba U18 AAA Female Hockey League action, Interlake was defeated 4-3 in overtime by the Central Plains Capitals in Portage la Prairie.

No Lightning goal scorers were on the league website at press time.

On Saturday, Interlake was stopped 3-1 by the Eastman Selects.

Tessa Stewart scored a third-period goal for the Lightning, assisted by Ireland Tymchak and Charleen Wong.

Interlake will play Balmoral Hall on Friday (2:15 p.m.) and the Pilot Mound Buffaloes Saturday (10:15 a.m.) at the Hockey For All Centre.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

NOTICE TO CREDITORS

In the matter of the Estate of JIM BRENNER, late of Ashern, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Jaime Smith, Acting Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 24th day of January, 2022.

Dated at Winnipeg, Manitoba, this 22nd day of November, 2022.

NICOLE HAMILTON
The Public Guardian and Trustee of Manitoba



Permanent Full-Time Employment Opportunity!

Freedom West Insurance Solutions is seeking a committed, motivated, adaptable individual to join our team as a **General Insurance Broker**.

Where: Fisher Branch, Manitoba
Potential Start Date: February 1, 2023

Responsibilities Include but are not limited to:

- Under the direction of management, to service an existing book of business including Personal Lines, Farm, and Commercial Insurance, among others.

- Procuring new business across all lines.
- Travelling between locations for work when required, including site visits to clients' premises.
- Completing Autopac transactions when required.

Skills & Requirements:

- A valid class 5 Driver's Licence and access to a vehicle.
- An aptitude for learning.
- A punctual, professional demeanor and a high level of personal integrity.
- A valid level 1 Insurance Broker's licence is preferred, but not required. A commitment to obtaining a level 2 Insurance Broker's licence in a timely fashion will be required.
- Experience working within a customer service-based industry, office, or sales environment is preferred.
- Fluent with Microsoft Office (Outlook, Word, Excel) and other Windows based programs, as well as experience troubleshooting computer/networking issues.
- A criminal record check will be required.

Freedom West Insurance Solutions would like a new member who enjoys small town life and is eager to serve their local community by joining our family run and team-based brokerage. We offer competitive wages and mileage reimbursement for site visits, with paid holidays and sick days included as well. We are willing to work with new hires to help you obtain pertinent licensing and begin your career in the insurance industry! For more information on our brokerage, please visit our website at www.freedomwestinsurance.com.

If you believe yourself a good fit for this position, please submit your resume to dsmith@freedomwestinsurance.com.

Dwayne Smith - Owner/Manager

Deadline for applications: December 31, 2022.

We thank all applicants for their interest, however only those under consideration will be contacted.

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

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

FARMLAND FOR RENT

FARMLAND for RENT - Have crop land for rent in Vidir north of Arborg. Also, some pasture land. Taking offers until Dec. 14th. Highest offer not necessarily accepted. Call 204-642-2764.

HAY FOR SALE

Large round hard-core bales of alfalfa & brome grass. Call 204-461-0722.

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EASTMAN IMMIGRANT SERVICES IS HIRING

Eastman Immigrant Services - Interlake Division is currently hiring for one Settlement Workers In Schools (SWIS) position and one Settlement Facilitator position. Both positions are full-time, operating out of Arborg, MB.

For the full job descriptions, please visit www.eastmanimmigrantservices.com/about.

Resumes and cover letters can be sent to Gwen Reimer, EIS Program Director, at hiring@eastmanis.com.



NORSEMEN AUCTION

Dec 7th ONLINE SALE
www.norsemenauktion.com

- Valmet 370e Processor • Westfield Mk130-71
- 1947 Willys Jeep • Rem 2700 Grain Vac
- 1980 Timberjack Tree Skidded
- 2016 Polaris 600 Indy • Xr 80r • Ford F150
- Grain Gravity Wagon • Bulldozer Wing Blade
- 2015 Kubota Svl 75-2 Skid Steer
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- 1981 Peterbilt 359 Day Cab Semi
- 1994 Cat 330I Excavator
- 2002 Case Is Spx 3150 Sprayer with Skinny Tire Spares
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- 1965 Wagner Wa4 4wd • Highline Bale Processor
- 2007 John Deere 7730

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MORE ITEMS COMING

- 5x 30 Ft Wind Break Cattle Panels
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Wednesdays

Sell with Norsemen and AuctionTime and get your items seen worldwide. AuctionTime consistently brings auction values higher than any other auction platform.

Call Jordan for details 204-651-0008

Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier

Email: news@stonewallteulontribune.ca



EMPLOYMENT OPPORTUNITY

Elskamp Farms, Woodlands MB is Looking for:

Full Time
Class 1 Truck Driver
Full Time
Heavy Duty Mechanic

If interested please send your resume to elskampfarmsjobs@gmail.com



ATTENTION FARMERS AND RANCHERS

Plan to attend the following bred cow sale At the Ashern Auction Mart

Saturday, December 10, 2022

Complete dispersal for Archie Thompson
330 head on offer -
220 Charolais, 110 Red
30 Red 2nd Calvers bred Black Angus
30 Red Cows bred Black Angus
30 Charolais 2nd Calvers bred Red Angus or Charolais
Remainder: Charolais 4-10 yrs old bred Red Angus or Charolais
Full Herd Health Program
Closed Herd

Start calving mid March 2023
Bred Cow Sale starts at 1 PM
Please contact for more information
Ashern Auction Mart 204-768-2360
Buddy Bergner 204-768-0018
Kirk Kiesman 204-768-0019
View pictures on our website
www.ashernauctionmart.com
License #1128

Classifieds



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HAY FOR SALE

Quantity of round bales, net wrapped, first cut alfalfa, second cut alfalfa and wild hay. Call 204-461-1717.

LIVESTOCK

F Bar Ranch Herd Reduction: Bred heifers, young cows and open heifers available. Red and Black Angus, excellent genetics, quiet, easy-handling stock. Price range \$1400 to \$2500. We also will have bulls for sale in December. For further info, contact Allen or Marilyn Staheli, 204-447-0737 or 204-448-2124, Eddystone, MB. or email: amstaheli@inethome.ca

NOTICE TO CREDITORS

Notice to creditors and others in the estate of Herbert Mardon Robinson, deceased, late of Arborg, Manitoba, who died on November 25th, 2022.

Take notice that all persons having claims upon the estate of the above named must file with the undersigned Estate Trustee by December 28th, 2022, with a full statement of their claims and of securities held by them Geisler Law Office 315 Main St Arborg Manitoba R0C 0A0 204-376 2022



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Online Timed Auctions @ iCollector.com

Estate & Moving

Closes Wed Dec 7 @ 7:00PM

Estate & Moving

Closes Wed Dec 14 @ 7:00PM

Moving & Estate Sales Every Wednesday!

McSherryauction.com

Consignments Welcome!



ATTENTION FARMERS AND RANCHERS

Plan to attend the following bred cow sale At the Ashern Auction Mart

Saturday, December 3, 2022

Complete dispersal for Art & Jackie Jonasson

130 Black cows and heifers

20 Bred Heifers, 23 - 2nd calvers,

60 - 3 to 6 yr olds, 30 - 7 to 10 yr olds

Closed Black Sim x Angus cow herd

Full Herd Health Program Pfizer Gold

Start calving April 7, 2023, All Black Bulls

Strict Culling for udders, feet & temperament

Reputation Herd

Bred Cow Sales starts at 1 PM

Please contact for more information

Ashern Auction Mart 204-768-2360

Buddy Bergner 204-768-0018

Kirk Kiesman 204-768-0019

View pictures on our website

www.ashernauctionmart.com

License #1128

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



RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

ASSISTANT CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Armstrong is accepting applications for the position of Assistant Chief Administrative Officer.

Under the direct supervision of the Chief Administrative Officer, the Assistant Chief Administrative Officer responsibilities shall be to oversee the finance and administration operations of the RM including general accounting, tax and assessment, accounts payable/receivable, payroll, financial reports, building permit applications, zoning requirements, significant involvement in all day to day operations including public works duties and assumes the responsibilities of the Chief Administrative Officer in their absence.

The ideal candidate will have a minimum of five years office administration experience. Completion of a recognized certificate in the Manitoba Municipal Administration Program is preferred.

The Assistant Chief Administrative Officer will assist in the management and implementation of all aspects of daily municipal finance and administration. We are seeking an individual that has advanced skills in accounting, and computer experience with a municipal software program, preferably Asyst, and demonstrated abilities with Windows, Microsoft Office 365; including Word, Excel, Power Point. The Assistant Chief Administrative Officer will require a high level of ability to communicate and assist staff, council, and the public. The ability to develop, interpret and administer agreements, statutes and by-laws will be required.

Salary is negotiable depending upon qualifications and experience. Interested individuals may submit a cover letter and resume with three references to:

Corlie Larsen, CMMA
Chief Administrative Officer
Box 69, Inwood, MB R0C 1P0
Fax (204) 278-3437
Email: cao@rmofarmstrong.com

Resumes will be accepted until the position is filled. We thank all that apply and advise that only those selected for further consideration will be contacted.

Manitoba Government Job Opportunities

Construction Worker

Multiple Departmental Full-Time vacancies to be filled

Manitoba Transportation and Infrastructure, Water Operations, Morris, Ashern, Teulon, Carman, Minitonas, The Pas, MB

Advertisement Number: 40101

Closing Date: December 11, 2022

Salary Range: \$41,593.00 - \$45,871.00 per year; remoteness allowance where applicable

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation. The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

An eligibility list may be created for similar positions and will remain in effect until exhausted.

Introduction

Water Operations is currently looking to fill a number of full-time departmental Construction Worker vacancies in Morris, Ashern, Carman, The Pas, Teulon, and Minitonas. An eligibility list may be established to fill future departmental and/or seasonal Construction Worker positions in the province. If you do not see a location of interest posted, we still encourage you to apply and indicate in your covering letter and/resume where you would be interested in working.

We are seeking highly motivated individuals that are results oriented with a strong work ethic to work within our Water Operations Branch. We offer a competitive benefits package, extensive orientation, certification and training, with opportunities for professional growth and advancement. Water Operations ensures safe and effective provincial water related infrastructure through the delivery of inspection, planning, design, maintenance, rehabilitation and construction activities. The Branch is responsible for the overall management of infrastructure inventory that includes drains, dams, flood protection dikes, diversions, bridges, culverts and pumping stations.

For a complete list of conditions of employment and qualifications please visit our website at: www.manitoba.ca Applications must describe how the applicant meets the requirements of the position to be considered further.

Duties:

As part of a crew, the Construction Worker carries out maintenance and operation of water conveyance structures, bridges, dams, buildings and other water resources related works. The Construction Worker also assists in bridge repairs, installation of culvert and low level crossings, assists survey crews with line cutting or drilling ice, operation and maintenance of pumping facilities, brushing, seeding and flood fighting operations as required.

Apply to:

Advertisement No. 40101
Service Centre 3, Human Resource Services
600-155 Carlton Street, Winnipeg, MB, R3C 3H8
Phone: 204-945-8819 / Fax: 204-948-3382
Email: govjobs@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

Manitoba Government Job Opportunities

Maintenance Worker

Several Departmental Full-Time Positions and 12-Month Eligibility List
Manitoba Transportation & Infrastructure, Highway Regional Operations, Capital Region, Several Maintenance Yards within the Capital Region
Advertisement Number: 40178
Closing Date: Open until filled
Salary Range: LAB (\$37,941 - \$40,612) & OR1-4 (\$41,051 to \$49,023); remoteness allowance where applicable

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation. The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

Current Opportunities: Altona, Beausejour, Birds Hill, Carman, Dominion City, East St. Paul, Elie, Elm Creek, Gimli, Headingley, Hadashville, Lac du Bonnet, Lorette, Manigotagan, Morden, Morris, Sanford, Steinbach, St. Pierre-Jolys, St. Norbert and Warren. **resume must state location preferences,*

An eligibility list will be established to fill future vacancies in the Capital region. A list of maintenance yards can be provided upon request.

A comprehensive benefits package, orientation and training program is offered including support in attaining a Class 3.

New employees are hired as Labourers (LAB: \$37,941 - \$40,612) and promoted to the Operator (OR1-4: \$41,051 to \$49,023) series once training, orientation, and proficiency milestones are met.

If you are looking for a career with the Manitoba Government with an aptitude and interest in maintenance operations, we encourage you to apply.

Conditions of Employment:

- Legally entitled to work in Canada.
- Valid Class 5 driver's licenced with ability to upgrade to a Class 3 with air brake endorsement.
- Work extended hours, weekends, and statutory holidays.
- Be subject to call outs and working under adverse weather conditions.
- Physical requirements: lift/carry 0-25kg, walk on rough terrain, sit /stand for prolonged periods, climbing, crouching, kneeling, bending, twisting, operating vehicles and wearing PPE.
- Report to work within 30 minutes of a call out.

Qualifications:

- Experience performing manual duties.
- Experience operating hand and power tools.
- Knowledge and understanding of Occupational Safety, Health & Risk Management.
- Ability to work independently as well as part of a team, with strong interpersonal skills.
- Experience operating light and/or heavy duty equipment.
- Experience servicing and/or making minor repairs to vehicles and equipment.

Duties:

Operate and maintain maintenance equipment, small hand and power tools, and perform physical maintenance work.

Apply to:

Advertisement No. 40178
Service Centre 3, Human Resource Services
600-155 Carlton Street, Winnipeg, MB, R3C 3H8
Phone: 204-945-8819 / Fax: 204-948-3382
Email: govjobs@gov.mb.ca

WHEN APPLYING TO THIS POSITION, PLEASE INDICATE THE ADVERTISEMENT NUMBER AND POSITION TITLE IN THE SUBJECT LINE AND/OR BODY OF YOUR EMAIL.

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions for represented positions may be grieved by internal represented applicants. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request



Shoreline Protection for Lake Winnipeg

Call the professionals that have been serving the Interlake and Manitoba for over 76 years.

Eddie's Gravel Supply Ltd.
204-389-2023



IMMEDIATE POSITIONS AVAILABLE

Toomey Construction Ltd. is accepting applications for qualified individuals for the positions below.

Class 1 Licenced Drivers Heavy Equipment Operators Grader Operators

Position Requirements:

- *Valid Driver's Licence;
- *Strong attention to detail;
- * Able to follow direction and work with minimal supervision;
- *Ability to work effectively as a team;
- Demonstrated reliable attitude, honesty, and integrity
- *2 Year+ Experience Required
- *Winter Road Experience an Asset
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Full-time & Part-Time Positions!

Please e-mail resumes to toomeycons@gmail.com



VILLAGE OF DUNNOTTAR - Municipal Clerk Position

The Village of Dunnottar invites written application for the position of Municipal Clerk. The municipal office is located in the southeast Interlake, on the shores of Lake Winnipeg. Under the direction of the CAO, the Municipal Clerk is responsible for secretarial support for the Municipal Office.

The successful candidate will possess the following:

- Computer experience with Microsoft Office, the Internet and website maintenance. Experience working with All Net Municipal Solutions considered an asset.
- General Accounting knowledge
- The ability to communicate effectively with the public, employees and external stakeholders.
- Graduate of or enrollment in the Manitoba Certificate program for Municipal Administration.
- Salary range is dependent upon qualifications and experience. An attractive benefit package is also provided.

Applications should be marked "Application for Municipal Clerk" on the outside and should contain a full resume with three references. Applications to be forwarded to the undersigned no later than 4:00 p.m. on December 9, 2022.

Sarah Palson - Administrator
Village of Dunnottar
P.O. Box 321
Matlock, Manitoba
R0C 2B0
Phone: 389-4962 Fax: 389-4966 E-mail: info@dunnottar.ca

We thank all applicants in advance, however, only those considered for interviews will be contacted.

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RENTAL SUITES

Interlake Housing Co-op (Teulon) - Farview Place is seeking applicants for upcoming available suites and for the wait list in our 55+ building in Teulon. One and two bedroom suites currently available starting at \$680 per month. Close to amenities.

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info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

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204-389-2023

Info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

Build Interlake Growth Program



Calling all not-for-profit (non-paid share) organizations in the East Interlake region. Grant funding available.

Through the Build Interlake Growth Fund, Community Futures East Interlake (CFEI) will stimulate community and regional economic development by supporting local community organizations undertaking community and regional development projects. Maximum of \$5,000 grant or 50% of total project costs whichever is less.

Accepting applications now until December 15 annually.

Full applications and eligibility details at: https://cfmanitoba.ca/images/east-interlake/Big_2021_fillable_form.pdf

Send your complete application, or for more information contact:

Community Futures East Interlake Inc.
Box 1620, Gimli MB R0C 1B0
Phone: 1-800-378-5106
Email: tdziadek@eastinterlake.com
or ezalevich@eastinterlake.com
www.eastinterlake.com

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

K	C	O	N	P	E	L	S	E	O	D		
S	I	B	I	T	S	V	O	C	I	R		
I	V	B	D	I	H	M	G	O	G	V		
A	B	E	S	T	O	R	L	E	V	A	H	
S	E	D	V	N	E	R	S	E	E	T		
T	S	M	D	V	R	T	H	N	A	D		
V	W	S	V	I	M	C	W	M	S	E	E	T
E	L	V	C	S	G	V	M	I	V	S	S	V
L	V	P	O	G	N	L	B	E	W	B	O	C
P	H	S	N	V	I	V	F	I	H	S		
W	H	N	E	T	O	T						
S	K	I	H	I	L	V	H	S	V	H		
I	S	I	K	E	L	I	N	V	D	D	O	G
K	V	R	V	S	E	X	O	C	V	C	N	I
S	U	M	H	S	E	R	S	U	H	S	V	H

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Chop up
 - Ones who utilize
 - Sings with closed lips
 - South American hummingbird
 - Serves as a coxswain
 - Liquor distilled from coconut or rice
 - Spur
 - Senile
 - Tanzanian people
 - Cruel
 - Boxing's "GOAT"
 - Yokels
 - London soccer team
 - Chinese chess piece
 - Supervises flying
 - 007's creator
 - Shaft horsepower (abbr.)
 - A spider makes one
 - Liquefied natural gas
 - Opaque gem
 - Brazilian palm
 - Periodical (slang)
 - You might step on one
 - Marvin and Horsley are two
 - Partner to cheese
 - Unpleasant smell
 - Field force unit (abbr.)
 - Fashion accessory
 - Cool!
 - Time zone
 - Songs to one's lover
 - German river
 - Go bad
 - Sword
 - Very eager
 - Leaf bug
 - Italian seaport
 - Napoleon Dynamite's uncle
 - Member of Jamaican religion
 - Large wading bird
 - Carries out
 - Eternal rest
 - It holds up your headwords
- ## CLUES DOWN
- Not low
 - Small water buffalo
 - A mark left behind
 - Archaic form of have
 - Fiddler crabs
 - Popular Hyundai sedan
 - Deport
 - Making over
 - Midway between south and southeast
 - Arabic masculine name
 - Type of acid
 - Popular 1980s Cher film
 - Outdoor enthusiasts' tools
 - Chinese city
 - "Star Wars" character Solo
 - The bill in a restaurant
 - Old, ugly witch
 - Burn with a hot liquid
 - To claim or demand
 - "A Doll's House" playwright
 - Involuntary muscular contraction
 - Pea stems (British)
 - Double or multiple fold
 - No longer is
 - Lakers' crosstown rivals (abbr.)
 - S. American plant cultivated in Peru
 - Cloth or fabric
 - Flanks
 - Disfigure
 - Angry
 - Baltic coast peninsula
 - Large, flightless birds
 - Plants of the lily family
 - Medieval Norwegian language
 - Polio vaccine developer
 - Not soft
 - Exchange rate
 - Voice (Italian)
 - Baseball's Ruth
 - Famed guitarist Clapton
 - Take a chance
 - Wife
 - Elaborate handshake


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

Announcements Classifieds

EMPLOYMENT OPPORTUNITY
Sawmill Workers required immediately.
Must be reliable and follow directions well.
Must be a team player.

Spruce Wood Loggers is looking for an energetic person who is physically able, punctual, promotable, trainable and can work with others. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.
 We are located approx. 18 miles north of Arborg.
Multiple positions available Sawmill, Planer, Pellet Plant
Benefit package available

Email resume to: swl@sprucewoodloggers.ca or call 204-378-2997 References required. 



Utility Locator -Telecom

You are a Utility Locator who takes pride in accurately locating underground facilities. You have experience working independently and enjoy working outdoors. Please note that this is a fixed term job role.

Apply Now! join Ledcor Technical Services today in: Winnipeg, Selkirk, Eriksdale, Ashern, and Lundar MB today!

Essential Responsibilities:

- Interprets job order tickets
- Reads blueprints and maps
- Plans travel routes between urban and rural areas
- Operates testing equipment to pinpoint the location of underground utilities
- Monitors equipment (excavators etc.) to ensure facilities are not damaged
- Creates drawings using Visio
- Other duties as assigned

Qualifications:

- Experience locating underground facilities or working with outside plant fiber optics is an asset
- Self-Motivated, ability to prioritize and organize workloads with little direction
- Experience with telecommunications and wiring is an asset
- A positive, "can-do" attitude and customer focused approach that will enable you to deal with challenging situations with integrity, empathy, and sincerity
- Strong desire to learn new technologies
- Team player with both excellent communication skills both written and verbal
- Adhere to Ledcor's strict safety practices in a "Think Safety, Work Safely" environment
- Must be a computer savvy, able to manage multiple computer applications
- Maintain a valid provincial driver's license (Class 5) and must provide a driver's abstract
- Ensure vehicle, test equipment and tools are maintained in excellent condition
- Must be fully vaccinated and provide valid COVID-19 vaccination record (unless you have a legitimate recognized medical or religious reason for not getting vaccinated)

Work Conditions:

- Van and major tools supplied
- Occasional on-call, including some overtime and weekend and/or holiday work may be required
- Work environments include diverse types of terrain (grass, gravel, ditches, etc.) in and around construction zones and residential, commercial, industrial and rural areas
- Able to meet the physical requirements of the position which involves sitting, standing, bending, in all types of weather conditions

Contact: John Colville, Senior Recruiter-Ledcor
john.colville@ledcor.com

News Tips? Story Ideas? We want to hear about them!
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BIRTHDAY



Happy 95th Birthday Mom/Amma Oski Vidalin December 3rd


Her strength and wisdom is beyond compare. She is the rock of our family that holds us all together. Cheers to her and everything she is. We love her forever and always.
 -Love all your family

IN MEMORIAM




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
 You were always there when we needed you
 No task too great or small,
 With a loving heart and a willing hand,
 For us you did them all.
 Thank you for the years you gave us
 And for the precious times we shared,
 We only pray that when you left us,
 You knew how much we cared.
 We hold you close within our hearts,
 And there you will remain,
 To walk with us throughout our lives,
 Until we meet again.
 A wonderful husband, father, grandfather and great-grandfather missed dearly by Elsie and family.

IN MEMORIAM



Bruce Sielski
 Sunrise: May 11, 1955
 Sunset: December 5, 2021
 Always a smile instead of a frown,
 Always a hand when one is down.
 Always true, thoughtful and kind,
 Wonderful memories you left behind.
 -Loved and missed by your family.

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

Announcements



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Remember Your Loved Ones with an Announcement in the

THE EXPRESS WEEKLY NEWS

Call 204-467-5836 or classifieds@expressweeklynews.ca

IN MEMORIAM



Brian Arnold Appleyard
Passed away December 4 2012

Ten years ago we lost you,
And not a day goes by you are not in our thoughts.
In our hearts your memory is kept to love, cherish, to never forget!
We miss you dearly and love you.
-Your loving wife Janice,
daughters Amanda and Ashley

OBITUARY



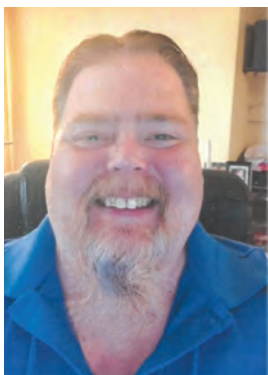
Jack Bennett Nelson

Jack Nelson of Winnipeg Beach, MB passed away at the Health Sciences Centre on Saturday, November 19, 2022 at the age of 88 years.
He leaves to mourn his daughter Sharon Nelson and grandson Jonathan Nelson of California as well as numerous friends.
Jack was predeceased by his wife Eleanor (nee: Grabowski).
Cremation has taken place and he will be laid to rest beside his beloved wife Eleanor at the Foley Cemetery in the summer of 2023.
Friends and family are invited to visit Jack's memorial page @ interlakecremation.ca where memories and condolences may be shared.

Arrangements entrusted to



OBITUARY



Jason Thorkelson

It is with a great deal of sadness that we announce the passing of our son Jason on Sunday, November 13, 2022 with his family at his side, after a long and agonizingly painful battle with cancer.
"Therein beat a heart of pure gold".
Jason is survived by his parents Rosemary and Philip, his brother Conrad, the love of his life, Jessica Hardy and his best friend Keith Wilkinson and his family. Jason was predeceased by his grandparents.
Jason was born in Winnipeg, grew up in Eddystone, and spent most of his adult life in Dauphin working for Baker Computers.
His most enjoyable time was time spent with Jessica in Texas and cruising the streets of Dauphin with Keith and their coffee. In our world Jason was always easy to live with, a happy and agreeable son.

If so desired, a monetary donation may be made to CancerCare Manitoba Foundation, for which we thank you.

"Rest in Peace our Son, Brother, Sweetheart and Friend"
Private Services will held in the summer of 2023.

Sneath-Strilchuk -Dauphin Chapel
204-638-4110
www.sneathstrilchuk.com

OBITUARY

Wilma Garrett

Peacefully after a lengthy illness, Wilma Garrett of Riverton, MB, passed away November 28th, 2022, at home at the age of 74 years.
She will be missed by her sister Ruth Kennedy of Arborg, brother Robert (Judy) of Riverton, brother Thomas (Gina) of Winnipeg, sister Eva Krawec (Donald) of Fisher Branch, MB, and her nieces and nephews.
Keeping with her wishes a family service will be held at a later date.
Thank you to our homecare workers.

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



OBITUARY



Garnett (Garnie) Allan Gillies
November 25, 1943 – November 20, 2022

Garnie passed away with his family by his side.
He is survived by his wife of 58 years, Jo-Ann; daughter Carrie, daughter Marla (Shawn), granddaughters, Mason and Logan and their father Perry, son Jeff (Sara), grandsons, Aidan and Erik (Tracy) and twin great-granddaughters, Liliith and Phoenix. He is also survived by his siblings, Russell, Judy, Margo, Jocelyne, Roxanne and their spouses and families as well as sister-in-law, Pat Mazan and her family.
He was predeceased by his parents Margaret and Gar and sister-in-law Marilyn.
As per Garnie's request there will not be a service. Please celebrate his life how he lived and how you remember him.
Friends and family are invited to visit Garnie's memorial page @ interlakecremation.ca, where memories and condolences may be shared.
Arrangements entrusted to



OBITUARY



Olof Sigridur Sigurdson (nee Sigvaldason)

Olof Sigridur Sigurdson (nee Sigvaldason) passed away peacefully in her 100th year, on Wednesday, November 23, 2022, in Aldergrove, British Columbia.
Born in Arborg, Manitoba to the late Bjorn and Lara Sigvaldason. Olof was the last living member of her original family of 16 brothers and sisters. Beloved wife of the late Geirfinnur (1999). Loving mother to Beverley (Vic) Klassen, Garry (Jeannette) Sigurdson and Russell (Lillian) Sigurdson. Proud grandmother of Derek, Bradley, Robert, Daniel, Garry Jr., James, Christina and Julia. Olof will also be missed by her many great-grandchildren, great-great-grandchildren, and many nieces and nephews.
Olof and Geiri settled in White Rock, BC in 1945. There they successfully operated a mink ranching business before retiring in 1982. Olof had many valued friends and neighbors in the community and was an active member of Sunnyside United Church. Olof loved to bake, even entering and winning the Surrey Fall Fair Baking Competition for her celebrated pies and breads. She enjoyed her weekly bridge games with her sisters and friends.
As per her wishes, cremation has taken place and she will be laid to rest beside her late husband Geiri, at Victory Memorial Park Funeral Centre in Surrey, BC. A private ceremony will be held in the Spring.
Fond memories and expressions of sympathy may be shared at www.victoryfuneralcentre.ca for the Sigurdson family.



604-536-6522
www.victorymemorialpark.com

OBITUARY



Herbert Mardon Robinson
1950 – 2022

On November 25, 2022, Herbert Mardon Robinson, at the age of 72 years, lost his battle with cancer at the Arborg and District Hospital in the company of his wife of 51 years.
He is predeceased by his father George Mardon and his mother Sigurlin Ingveldur (Paulson) Robinson.
He is survived by his wife Deborah (Hill) Robinson; his children Cindy, Curtis, and Carla; eight grandchildren; one great-grandchild; his siblings Kristinn (Freda) Robinson, Carolyn "Ann" (Marcel) Sutyla, Gordon (Valerie) Robinson, Susan (Donald) Smith; nieces, nephews, and many, many friends.

Herbert was born and raised on a farm in the Framnes area in Arborg and loved the town so much that he never left. He attended Framnes school until bigger and better things, along with his sense of adventure called out to him. He spent most of his boyhood hunting, fishing, trapping, and enjoying the great outdoors.

He married Deborah on August 21, 1971 and started raising their young family. He tried his hand at a few types of jobs, but when he started work on a local mink ranch it spurred his love for the fur industry. He and Deborah took on the task of building a multi-award-winning mink and fox farm from the ground up. Throughout his years in the fur industry, he inspired many who are still in the fur business today.

His attention transitioned to cattle and grain once the fur industry started to fall, and this fostered a love for farming. He had a strange and wonderful way with animals, and it was not uncommon to find a little critter of some type needing a bit of extra TLC in the house.

Despite all the work the farm required, Herbert still managed to make time for a few hobbies on the side. Classic cars, repairing old farm machinery, ice fishing, hunting, and entertaining visitors at the kitchen table were all his favorite past-times.

Special thanks to the nursing staff at Arborg and District Hospital, family and friends that supported Herbert throughout his illness, the Melnychuk family for their caring and support throughout the years, as well as many others that have helped our family along the way.

Upon his request, Herbert would like only close friends and family to attend his service at the Silver Community Hall on December 3, 2022, at 2:00 p.m. Arborg (MacKenzie) Funeral home in care of arrangements.

Herbert left an impression on all he met. There was always an opinion and a story to be had. He will be forever missed and remembered.

Announcements Classifieds

get inspired

> MEAL IDEAS



Apple Cranberry Havarti Melt

Servings: 4
 2 tablespoons melted butter
 8 oat-wheat bread slices
 1/2 cup cranberry sauce
 12 ounces Havarti cheese
 2 Envy apples
 Preheat oven to 450 F.
 Lightly butter one side of each bread slice and place on baking sheet but-

ter side down. On side without butter, spread cranberry sauce on half of bread slices.

Slice Havarti cheese about 1/4-inch thick and place over cranberry layer. Thinly slice apples and layer over cheese. Top with remaining bread slices with butter side up.

Bake 5 minutes then carefully flip each sandwich. Bake 3-5 minutes until cheese is melty.



Sunchokes and Potato Quiche

Recipe courtesy of John Kanell (@PreppyKitchen) on behalf of the American Egg Board

Prep time: 20 minutes
 Cook time: 55 minutes
 Servings: 10
 Crust:
 1 lemon, zest and juice only
 1 egg
 1 1/3 cups flour
 9 tablespoons butter
 1/4 teaspoon salt

Quiche:
 1/3 cup Yukon gold potatoes, cut into 1/2-inch cubes
 3/4 cup sunchokes, sliced 1/2-inch thick
 2 tablespoons olive oil
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1 onion, chopped
 2 tablespoons butter
 2 cups Swiss chard, chopped with stock removed

Custard:
 6 eggs
 1/3 cup grated Parmesan
 1/2 cup grated gouda
 1/2 cup heavy cream
 2 tablespoons parsley, chopped
 2 tablespoons fresh thyme, chopped
 To make crust: In small bowl, whisk lemon juice with egg.
 In large bowl, mix flour, butter and salt. Mix using hands. Drizzle in lemon mix-

ture. Add lemon zest.
 Using fingers, knead dough to break down butter. Cover dough with plastic wrap and roll into disc while at room temperature then refrigerate until firm.

To make quiche filling: Preheat oven to 425 F.
 Toss potatoes and sunchokes with olive oil, salt and pepper then spread out on baking sheet.

Bake 15-20 minutes, or until fork tender, tossing pieces halfway through.

Add onion to well-buttered pan and cook over medium heat about 15 minutes, stirring frequently, until caramel colored. Add Swiss chard and continue cooking until wilted, stirring occasionally. Set aside to cool.

Roll out dough on pastry mat or well-floured surface. Prick with fork. Carefully transfer dough to quiche pan, fold edges under and crimp then transfer to freezer.

To make custard: Reduce oven temperature to 375 F.

In large bowl, whisk eggs, cheeses, heavy cream, parsley and thyme.

Add caramelized onions and vegetables then mix. Add mixture to crust.

Tent with foil and bake about 20 minutes.

Reduce oven temperature to 350 F and bake about 40 minutes.

For food safety, casseroles containing eggs should always be cooked at a minimum of 160 F.

Notes: Bake times depend on size of quiche. Deeper quiches may require additional bake time. As quiche cools, filling continues to set; it may wobble when removed from oven.



Roasted Apple Macaroni and Cheese

Drain and set aside.
 In large pot over high heat, melt butter then saute diced apple until caramelized and tender. Sprinkle in flour and stir. Cook 1 minute, stirring frequently.

Whisk in heavy cream and milk; bring to boil, whisking frequently so milk doesn't burn.

Once boiling, turn heat to low and whisk in cheddar cheese, Romano cheese, gruyere cheese, salt and Worcestershire. Continue whisking until cheese is melted thoroughly.

Carefully pour mixture into large blender and blend on high until smooth.

Pour cheese sauce over noodles and stir.

Pour macaroni and cheese into 9-by-13-inch pan and spread evenly.

Heat oven to broil.

To make topping: In medium bowl, melt butter and stir in panko breadcrumbs.

Sprinkle breadcrumbs over macaroni and cheese; broil until golden brown.

Salted water
 1 pound macaroni noodles
 4 tablespoons butter
 1 Envy apple, peeled and diced
 4 tablespoons flour
 2 cups heavy cream
 2 cups milk
 3 cups sharp cheddar cheese, grated
 1 cup Romano cheese, grated
 1 cup gruyere cheese, grated
 1 tablespoon kosher salt
 1 teaspoon Worcestershire
 Topping:
 2 tablespoons butter
 1 cup panko breadcrumbs
 Bring large pot of salted water to boil. Add noodles and cook until just tender.

Career Opportunity



Interlake Co-op is presently recruiting for a Grocery Supervisor – Full Time at Our Food Store located in Arborg, MB

Reporting directly to the Grocery Manager, the successful candidate will be responsible for assisting the grocery manager in all aspects of our grocery department including but not limited to; financial results, marketing, inventory control, merchandising, administrative duties, guest relations, along with talent development and performance management of our grocery team.

- Qualifications/Competencies:**
- High standards in marketing and merchandising
 - Desire to work in a team setting, and networking skills.
 - Exemplary guest service
 - Strong leadership, and interpersonal skills.
 - Knowledgeable in Microsoft Office (excel/word),
 - Administration responsibilities including cashups, lotteries, till operations
 - Excellent supervisory, planning and organizational skills.
 - Strong work ethic with a positive and ambitious attitude.
 - Possess sound leadership and decision making abilities.
 - Ability to operate a forklift (training will be available)
 - Previous leadership experience
 - Must be available to work a variety of shifts including days, evenings and weekends.

We offer career advancement opportunities, competitive compensation, benefits package, company contributed pension plan and learning/development opportunities.

If you would like to work in a business who strives to make a positive difference in our members' lives, please complete an application form at our Administration Office/Website or send a cover letter and resume to:

Attention: Jessica McCutcheon – Grocery Manager 204-376-5271
Email: grocery@interlakecoop.com
Or mail to: Interlake Co-op, Box 40, Arborg MB, R0C 0A0
www.interlakeco-op.crs

WE THANK ALL CANDIDATES FOR THEIR INTEREST, HOWEVER, ONLY THOSE SELECTED TO CONTINUE IN THE SELECTION PROCESS WILL BE CONTACTED.

==== Join Our Team! =====

Classifieds

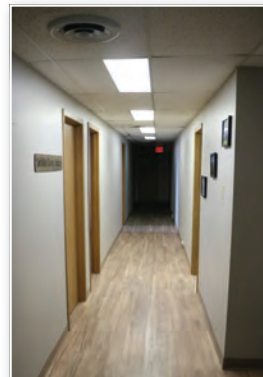
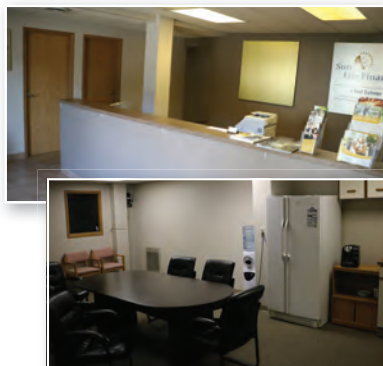


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CLANDEBOYE AVE in Selkirk Executive Mall

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For information please contact: BIG Real Estate
204-485-0010 email bigandcolourful@mts.net



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



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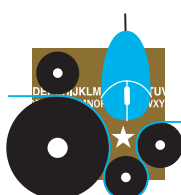
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