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EXPRESS PHOTO BY EMMA GISTI

Henry Yeske and wife Shirley were two of approximately 180 guests who celebrated Ukrainian New Year at the Malanka Old Time Dance celebration last Sunday at Fraserwood Hall. Gem Stars provided the live music. Malanka marks the new year according to the Orthodox calendar. The next Old Time Dance is Feb. 18.

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# Sigvaldason Fine Art opens high-end art gallery in Gimli

By Patricia Barrett

Getting fine artwork into the hands of art lovers and collectors has just been made a lot easier with the opening of an art gallery in Gimli.

Nolan Sigvaldason, who grew up in Arborg and has been selling high-end artworks for nearly 15 years, said the opening of the gallery will give the public an opportunity to view and purchase investment-quality art.

“One of the main reasons I decided to open a gallery in Gimli was to get more Manitobans and local people interested in owning art,” said Sigvaldason, who celebrated the launch of his gallery last Friday evening and is in the process of completing his website. “I have been dealing in art for a number of years and I’ve bought and sold a lot of art outside Manitoba and in other provinces and countries, but I’ve always hoped that more Manitobans would think about owning and investing in artwork.”

Since 2010 Sigvaldason has been helping art enthusiasts, collectors, dealers and corporations obtain fine artwork for their collections. The gallery offers free verbal appraisals, written appraisals for insurance purposes, assists with estate sales and professionally packages (or crates) and ships artwork to any location in Canada or abroad.



Sigvaldason Fine Art staff Nolan, Melody, Abby and Emma Sigvaldason.

The gallery specializes in historical Canadian art and currently has several paintings by Canada’s Group of Seven landscape painters, who produced influential works in the 1920s and 1930s, as well as works by Emily Carr, Ukrainian Canadian sculptor Leo Mol, Ivan Eyre and Indigenous Group of Seven artists such as Noval Morrisseau. In addition to paintings, the gallery has screenprints, Inuit soapstone sculptures and rarer items such as monoprints (a type of printmaking) and woodblock prints.

“We have several pieces by Wal-



EXPRESS PHOTOS BY RAYME THOMSON

Sigvaldason Fine Art held an open house last Friday.

ter J. Phillips [Canadian painter and printmaker], who created around 50 woodblock prints,” said Sigvaldason. “He did several pieces of Gimli and surrounding areas, including the dock, and they’re quite valuable today. There are many things to consider with each, including how many were made — as that varied — their importance and condition. For example, WJ’s woodblock of Hnaua Dock is significantly more valuable and sought after than his Gimli Dock woodblock mainly because of its importance to WJ’s career and what awards he won using Hnaua.”

Not only can people buy art from Sigvaldason’s gallery, but they can also potentially have the gallery sell their own art. People with artwork they think might be worth something can contact Sigvaldason and his staff for an appraisal.

“We’d look at current values and de-

termine what the best course of action would be to sell it,” said Sigvaldason. “Oftentimes, after a family member passes away, a family likes to keep a few pieces for themselves if there’s a large collection. For the rest, we can figure out what to do with the pieces. We have a number of options for selling in our gallery. We purchase art all the time, and we can consign some of the more expensive pieces and sell other pieces at auction.”

The fine art world has always been subject to forgery because of potential lucrative payouts, and it requires art dealers to know their material and have a network of experts with whom to consult. Sometimes, however, the experts themselves can be fooled by forgeries.

The Vancouver Art Gallery’s acquisition of 10 paintings by Group of Seven member J.E.H. MacDonald, for

Continued on page 11

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# Gimli council releases municipal strategic plan

By Patricia Barrett

Gimli council is moving forward with a municipal strategic plan to address a number of challenges such as outmigration, lack of workers and a shortage of affordable housing.

Council released a draft of its strategic plan during its regular meeting on Jan. 10.

The plan focuses on retaining youth and employment-aged residents, who are leaving Gimli and could otherwise be providing services to Gimli's aging population or launching a business.

According to the 2021 census, less than half (44 per cent) of the population is of working age, compared to 65 per cent across the province, states the plan.

"The community needs to develop strategies to reverse this trend and attract and retain a younger demographic," states the plan. "These challenges to be addressed in this effort include affordable housing, housing options, alternative transportation and amenities."

To retain a younger demographic, council must also improve and expand amenities and services, update infrastructure and come up with strategies to address climate change.

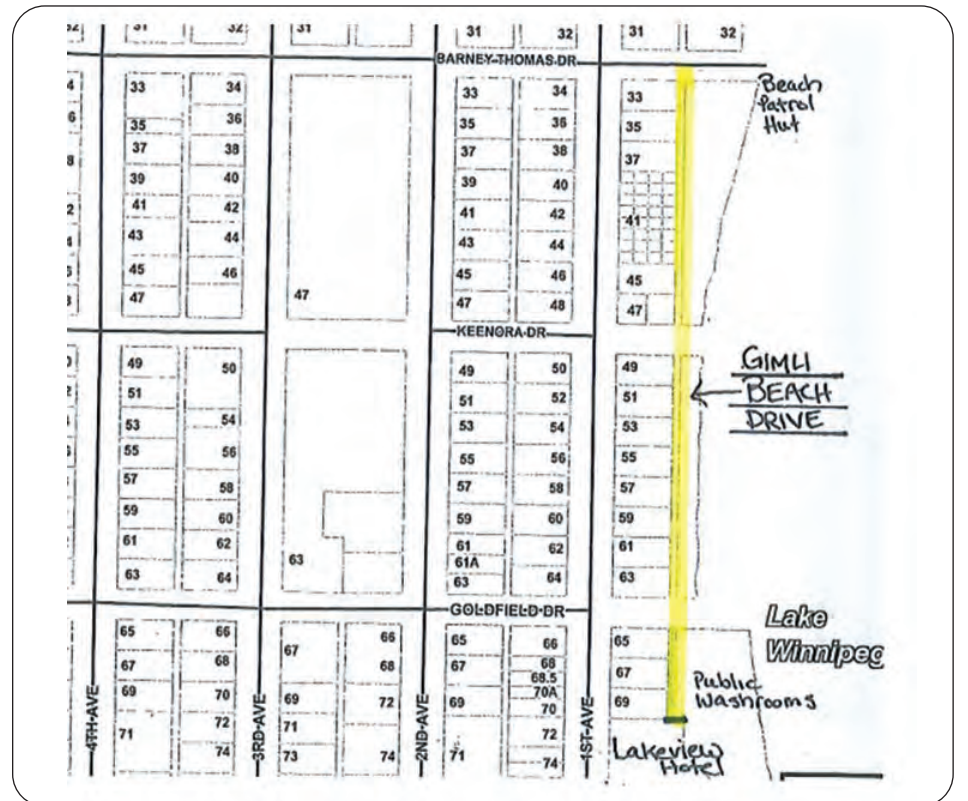
The 2023 strategic plan, which was put together by the RM's consultant DJ Sigmundson, builds upon efforts undertaken in 2008 after the amalgamation of the RM and the Town of Gimli.

The current plan sets out 12 goals, as well as actions and timelines, that include developing diverse housing, creating programs that cater to the needs of the working-age population, protecting Lake Winnipeg, reducing solid waste, advancing truth and reconciliation, enhancing leisure activities and improving facilities.

Other news:

- Council gave second and third reading to a bylaw to name a road that runs along Gimli Beach from the Lakeview Resort to Barney Thomas Drive. The road will be named Gimli Beach Drive.

- Minutes from the Dec. 19 meeting of the Gimli Waterfront Wetland Interpretive Centre committee note the committee (or its designate) having sent a letter about the proposed wetland redevelopment project to the provincial environment and climate minister but not yet receiving a response.



EXPRESS ILLUSTRATION COURTESY OF RM OF GIMLI

Gimli council renamed a road that runs along the beachfront area to Gimli Beach Drive.

The plan entails transforming the municipality's former sewage lagoons at the south end of town into a restored wetland with an interpretive centre. In September 2023 coun-

Continued on page 5

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## Arborg's mayor adds Zamboni duties to roster; Icelandic River trail attracting 100s

By Patricia Barrett

It will be a common sight this year on Arborg's rustic skating trail to see the town mayor resurfacing river ice so that kids, families and visitors can get into the great outdoors.

In addition to his roster of municipal duties, Mayor Peter Dueck is firing up the town's Zamboni and getting the trail and rink on the Icelandic River in peak condition for people to enjoy leisurely skates and hockey games.

"It just so happens that getting onto the river is easiest at my place and I have a heated facility to store the Zamboni," said Dueck. "The town's shop is too small to house the Zamboni."

The trail stretches west from the Main Street (PR 326) bridge and winds through a bucolic landscape of trees and fields. Dueck estimates the trail runs about 2.5 kilometres but can change given snow storms or from flooding by springs that feed the river.

Local businesses and volunteers provide conveniences to skaters and hockey players.

"Arborg Home Hardware has been supplying a warm-up shack each year," said Dueck. "Deputy Mayor Ron Johnston has been installing benches in the shack and finding straw bales to place along the path for skaters to take a break."

Awareness of the trail is growing each year and oftentimes when November rolls around, people are asking the town about the skating trail.

"The weather has been so favourable up until this week [last week], and we've had tons of people taking advantage of the trail," said Dueck. "Someone estimated they saw up to 100 skaters on the ice one particular day during the holidays so it seems the popularity of the trail is increasing."

Last year a group of manufacturers in the Arborg and Bifrost-Riverton area bought a Zamboni for the town so that it could groom the skating trail and rink each year.

"The town certainly appreciates the generous do-



EXPRESS PHOTO SUBMITTED

A view of the Icelandic River skating trail through Arborg. The trail and rink get residents into the outdoors, promote physical fitness and attract visitors to town.

nation of Diemo [Machine Works], Okno Manufacturing, Romafa [Metal Works] and Vidir Solutions for supplying the Zamboni," said Dueck. "The Zamboni has been a complete game-changer in our ability to have a well maintained skating surface."

In addition to cleaning and removing debris from ice, Zambonis dispense hot water that melts a layer of ice and results in a smooth silky finish.

What Dueck said he'd love to have is better access to hot water because filling the Zamboni at his house exhausts his hot-water supply, and he's an-

icipating having to run the Zamboni more often. An industrial hot water pressure washer would be ideal.

"The way the river froze this year we can achieve very good ice in two or three passes," he said. "One thing that is needed is access to hot water. I can fill the Zamboni at my place once, and then we are out of hot water in our house. Something like a Hotsy pressure washer that supplies heated water on demand would be a nice feature."

## Clothing the Interlake: Madeline's Closet sees demand growing

By Patricia Barrett

Rural women and their families continue to struggle with the high cost of living and they're turning in droves to an Inwood-based charity that provides free clothing.

Madeline's Closet is seeing hundreds of women and children using the service every month and the charity has quadrupled in size.

"Currently, we're seeing between 700 and 900 folks a month in our Inwood location. It is a lot. We've grown in leaps and bounds," said president and founder Shannon Dupont. "We've quadrupled in size. We've been in a wing of Inwood School since September of last year and we just finished a renovation where we added our own bathroom and laundry facility so that we are completely self-contained. It's made a big, big difference."

Madeline's Closet is a registered charity with the Canada Revenue Agency and has a board of directors. It provides women with access to free

clothing, accessories and household items for themselves and their children and, at the same time, helps reduce the number of garments going into landfills. The charity is unique in the Interlake.

"Our charity flourishes in rural Manitoba. We're one of a kind; there's nobody else that provides brand new clothing for free. We do have a silver collection at the door, but it's not mandatory," said Dupont. "Ninety-five per cent of our clothing is brand new. We have stores giving us almost \$1 billion worth of clothing a year that's written off and that would have gone into a landfill. Protecting the environment is another aspect of our service; we save clothing that's perfectly usable from going to the landfill."

There could be more people across the Interlake region accessing Madeline's Closet, but they may not know it exists, said added.

Dupont has been operating the char-

ity for the past 16 years and has seen 600,000 people come through the door.

She receives no provincial government funding and has to fundraise to maintain the charity's services, she said. With a growing demand for the service, she said she needs to hire at least six staff. That includes an executive director, a finance officer and project co-ordinators.

"We're seeing the demand because this is an economically challenged area," said Dupont. "We have posted positions for staff but haven't yet had a lot of people applying for them. These are good paying positions for rural Manitoba. We're burning our volunteers out because it's so busy."

The charity hosts special shopping days for social service agencies and for the community. Agencies such as seniors resource centres, Ukrainian newcomers and the province's Families First program can refer their clien-

tele to Madeline's Closet. On community days, people can pick out three new pieces of clothing.

"We also offer emergency services for women and children fleeing violence and those who are victims of fire," said Dupont. "We do a kids' program at Christmas called Presents for Parents. Kids from Inwood School and Teulon School, the two daycares, plus community families that use our services, can have their kids can come to Madeline's Closet and pick out two gifts for their special people. We wrap the gifts and the kids go home with them for Christmas."

The next Community Day is scheduled for Feb. 7 from 4:30 to 8 p.m.

For more information about Madeline's Closet, including its satellite location at the AFM in Winnipeg, visit [www.madelinescloset.ca](http://www.madelinescloset.ca) or call Shannon Dupont at 204-861-2500. The charity is located at 40 Main St. in Inwood.



# Lundar Community Cupboard free, fully stocked with food

By Becca Myskiw

When Irene Danielson heard that some community members were eating only two meals a day, she and Linda Fortin decided to do something about it, creating the Lundar Community Cupboard.

With grocery prices rising so high that some families can't afford to make nutritious meals, Danielson and Fortin wanted to start a food bank. But after researching it and everything that goes into running one, they realized the undertaking was bigger than they had time for.

So they started a community cupboard.

A food bank typically operates with volunteers and requires applications, while a community cupboard is open for anyone to use. Inspired by similar initiatives in British Columbia, the two women were motivated to establish one in Lundar. The enthusiastic turnout has exceeded their expectations.

Danielson and Fortin let the local residents know of the community cupboard through social media, initially making posts asking for shelving units, then for monetary or non-perishable food item donations.

Upon receiving a couple shelf donations, the ladies had to find a spot for the community cupboard. Many communities have them in busy public spaces like arenas or community halls, but Danielson didn't want people worrying about privacy when gathering food they need, so they

found a quieter spot to hold the food.

The community cupboard is held inside the Rural Municipality of Coldwell's office at 35 Main St. in Lundar, near the senior's resources space. From 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m. Monday to Friday, anyone in need can stop in and fill their bag with food.

The Lundar Community Cupboard received numerous monetary donations from local businesses when starting, but the real kickstarter came from community members Rob Einarson and Craig Sooley.

On their property outside of town, the pair established a Christmas display covering almost every inch of their large yard with lights and decorations.

There, they held a Tin for the Bin event in support of the Lundar Community Cupboard, allowing people to come to their yard, take pictures with the displays and enjoy hot chocolate, coffee and baked goods for free.

Everyone who came had to bring a Tin for the Bin, and Danielson and Fortin were blown away by the response.

But Einarson's and Sooley's work didn't stop there. Once everyone had left and the event was over, the two men opened the garage doors for the women to reveal two banquet-sized tables piled high with non-perishable food items.

"It was incredible," Danielson said. "It just brought us to tears."

It turned out Einarson and Sooley



EXPRESS PHOTO SUBMITTED

Linda Fortin, left, and Irene Danielson started the Lundar Community Cupboard, which is fully stocked and running now.

had contacted their friends across Canada and received numerous donations in support of the community cupboard. They took the money they raised and bought food items for the cupboard, stocking it full for its opening.

The Lundar Community Cupboard opened at the beginning of the year and is currently running, available for all in the community to use when they need it. To donate non-perish-

able food items or money to the Lundar Community Cupboard, people can contact Danielson or Fortin.

## > STRATEGIC PLAN, FROM PG. 3

cil changed the zoning of the site from Agricultural-Rural Limited to Parks, Recreation and Open Space.

According to the minutes, one of the lagoon's cells remains open for "overflow."

"Proper decommissioning of entire site required before move forward, the decommissioning of the final cell has begun by the municipality," states the minutes.

The province's highways department raised a concern about a lack of access from Highway 9 to the site, with the committee saying it will be addressed in the design process. There are ongoing discussions with landowners adjacent to the lagoon site for access and possible location of the interpretive centre.

- The RM bylaw officer's report for December 2023 noted complaints related to parking issues outside a residence. It

was determined that a [unnamed] church was "allowing" drivers to park in a dangerous manner, and five parking tickets were issued.

- There were also a number of complaints from residents in different areas of the municipality about fireworks on New Year's Eve.

"Writer received a complaint about fireworks in the Sandy Hook area around 8 p.m. but it was on private property, so no contact was made," wrote the officer. "Writer received a complaint about fireworks in Arnes area on Crown land, but message wasn't received until next morning and tracking the party responsible was not possible with the information given. Writer received a complaint about fireworks on Willow Island, but message wasn't received until next morning and tracking the party responsible was not possible with the information given."

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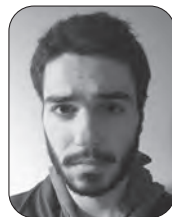
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## People who experience mental illness do not need our help to die – they need our support to live

By Moira Wilson

On March 17, 2024, individuals in Canada whose sole underlying medical condition is a mental illness will become eligible for medical assistance in dying (MAiD) — unless the federal government decides not to go forward as planned.

As a parent, a medical professional and an advocate for human rights, we must put a stop to this inhumane policy. By legalizing MAiD for mental illness, Canada will further deviate from the practice of preventing suicide — for everyone.

While “assisted suicide” may be an unsettling term, I use it intentionally. It’s time that we reckon with the discomfort of reality. People with disabilities are now legally dying by suicide in Canada with assistance from MAiD providers, and this will become far more common with the availability of MAiD for mental illness.

Medical assistance in dying was, for the first five years, an option made available to people with a “grievous and irremediable medical condition” and a “reasonably foreseeable natural death.” Then, in 2021, Canada began to allow all eligible people labelled with a grievous and irremediable illness, disease or disability to die by MAiD.

The caveat was (and is) that people with a mental illness were to be “excluded” from MAiD as a solution to suffering associated with their mental illness. They are therefore “included” under the Criminal Code’s protection from suicide promotion and facilitation, which is a protection most Canadians enjoy. People with a mental illness currently remain eligible for MAiD if they have a co-occurring illness, disease or disability.

This mental illness “exclusion” will expire in March.

Research shows that recovery from mental illness is very difficult to predict. While mental illness can be treatment-resistant, it is impossible to predict the likelihood of improvement for a given person at a given time.

As the parent of a son with an intellectual disability, I have some experience with doctors predicting quality of life. This is a near-universal experience for parents of people with disabilities.

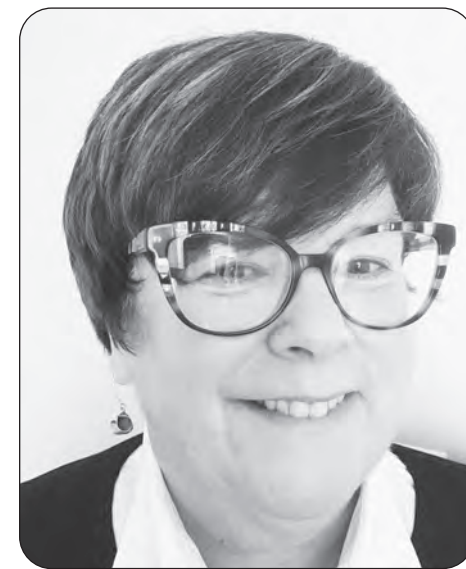
The nature of these early-diagnosis conversations can change your life-course and give or take away hope. I am thankful that my son’s doctor told us to never put limits on him, but others in my community were told that their child simply would not thrive (they later defied these predictions).

I have little faith in a medical professional’s ability to predict without bias what is scientifically known to be unpredictable.

As a medical professional myself, I am disappointed with Canada’s choice to pivot away from suicide-prevention — which was a key reason for legalizing MAiD in 2016. I’ve come face-to-face with suicide at various points throughout my career, including leading reviews of deaths by suicide in my community.

Because of this, I want to be clear not to overlook the “grievousness” of mental illness. Mental anguish paired with social stigma can be a lot for one person to hold. Many people expend precious energy into keeping themselves alive every single day.

This is exactly why, when a person wants to die, they don’t need to hear that their suffering warrants death. They don’t need their suicidal ide-



Moira Wilson

ation affirmed.

People who experience mental illness do not need help to die. They need support to live, to be heard, to be invested in, to have the conditions of their life improved upon and to be unconditionally valued. Even if — especially if — they may be “difficult” to work with.

Social determinants shape a person’s likelihood of acquiring a mental illness, their likelihood of accessing adequate and appropriate treatment for their mental illness, and the likelihood that their treatment will be successful.

Four out of five people with a mental health disability have at least one other type of disability, and over 40 per cent of people with an intellectual disability have a co-occurring mental health condition. Yet, our elected officials are pursuing MAiD for mental illness of their own accord and on their own rushed timeline.

How did we get here? At the recommendation of the Senate, elected

Continued on page 7

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## A boy from the Interlake - buying corn

By Av Olson

I bought some corn today. I was driving down a small highway, straight as a die across the prairie, when I saw the handmade sign on the shoulder of the road. The stand was on an unused gravel approach a few yards on. You can picture it — an SUV covered in gravel dust, back hatch open, full of corn. Behind it was one of those portable shades set up over a table filled with corn, some of it already in repurposed plastic bags.

It was manned by a young farm wife, pretty without makeup, strong, gentle, with windblown blonde hair and a genuine smile. I rolled my window down to ask the price; by coincidence I actually had enough real money in my pocket. I agreed to the price and asked for a dozen.

I opened my door to get out and was met by a boy, maybe nine years old. He was clean, neatly dressed with a ball cap on his head. His brown eyes looked squarely into mine, and I understood that he meant to take my money and handle the financial part of the deal.

I glanced at the woman who must have been his mom, and she gave me the little smile that begs forbearance. The little smile that says "Please be patient with my son; he wants to help, and I want to him to feel the rewards of helping me and being a part of what our family does." The smile

wasn't necessary because for a split second I was a child again.

I was raised on a family farm. A mixed farm, where selling our beef crop in the fall was the main income, and when I was really young, we hand-milked cows and shipped cream to the creamery in town. The beef was the yearly income, and the cream paid the grocery bill.

There was plenty of opportunity for the kids to help, to work.

Small children can do small things. Carry in some wood for the kitchen stove. Yes, we had a woodstove. Help chase the cows back and forth to pasture. Run and tell Mom or Dad this or that. Feed the chickens, weed the garden.

Medium children could do more — all of the above but also carry water to the house, milk cows, clean barns, pitch hay.

Larger kids did larger things — all of the above but also run equipment, do some equipment repair, cut wood, be trusted to mind the farm and make decisions if the parents weren't there.

Good work was rewarded with thanks and praise, and a child was encouraged to try a job that was a challenge, within reason. We were encouraged to accept responsibility and rewarded for it. Was it slave labour? No. Nobody worked harder or longer than my parents. A kid's job was school, number 1, then chores,

and farm work never got in the way of school.

During my high school years, I had the same teenage angst that most people have. Wanting to fit in with the group. Wanting to make the team. I managed to do both, in time, but I had a leg up. I was already in a group, on a team, the group that was my family, the team that ran our farm. I knew I could do things. I knew I had value. The things I could do may not have had much value in the teenage social world, but they gave me confidence in myself and told me that I could meet a challenge. The 4H motto, "Learn to do by doing" meant something to me then. It still does.

During my working life, I regularly thought of my good fortune to be raised that way, to be taught that work was how you accomplished things. That work accomplished led to more and better work. That you can do things if you try.

The woman handed me my corn and gave the boy my change. He brought it to me, and as he handed it to me I could see the glint of pride in his eye that meant he knew that he had done it right. He had helped his mom, had been trusted to hold his family's money, was doing his share.

I hope he grows up to be prime minister.

*HINDSIGHT is a feature written by a long-time Interlake resident who writes*



Av Olson and his siblings.

*under the pen-name Av Olson. While each story is based on real events, minor creative liberties have been taken and names have been changed.*

### > MENTAL ILLNESS, FROM PG. 6

officials made the hasty decision to go down the path of legalizing assisted suicide for people with a mental illness at a pre-determined date. They made this decision over the course of 29 days in 2021.

If no further action is taken, this predetermined course of action will come into effect in March, with no new safeguards being added to the law. That leaves us, Canadians, in the unfortunate position of needing to ask elected officials to admit they made a mistake. Join me in encouraging them to do so.

Moira Wilson is the president of Inclusion Canada and the parent of an adult son with a disability. Mobile: 613-897-9276.

## On Screen Manitoba collaborates with Manitoba Film & Music for mentorship program

By Lana Meier

Screen Manitoba and Manitoba Film & Music are excited to announce the launch of the Script Angel Feature Film Accelerator. This renowned mentorship program will pair up-and-coming Manitoba writers with industry mentors from around the world. Each of the five recipients will receive a \$10,000 mentorship package to aid in the development of their feature film script.

The goal of the Script Angel Feature Film Accelerator mentorship is to provide invaluable knowledge and assistance in screenwriting, while also positively impacting the development of Manitoba's film and television sector.

"This program is a catalyst to further develop and support local Manitoba screenwriters, bringing more unique voices and stories to the forefront of our dynamic film and television industry," said Lynne Skromeda, CEO of Manitoba Film & Music. "We are happy to be partnering with On Screen Manitoba to bring this important opportunity to our creative professionals here in the province as it's something that has a genuine impact on their careers."

### ABOUT THE PROGRAM

The Script Angel Feature Film Accelerator will include:

- Personalized mentorship sessions with industry professionals.

- Opportunities to network with filmmakers, producers and other writers.

- Showcase events where participants can present their work to industry stakeholders.

- \$10,000 in training for each of the five selected applicants.

Graduate of the Script Angel program Cecilia Araneda shares, "The Script Angel program was integral for me to be able to get my first feature film not just past the draft script stage, but also for it to become a fully produced and released feature film. The work through the Accelerator program was intensive and comprehensive, and enabled me to move forward the project much faster than if I

had continued working on it without this added support."

### ELIGIBILITY AND APPLICATION

This program is available to screenwriters residing in Manitoba. We strongly encourage those from marginalized and unrepresented communities to consider applying. Interested individuals must provide a sample of their screenplay and a statement explaining their goals. A panel of industry professionals will oversee the selection process, with a focus on promoting diversity and inclusion.

Application deadline: Jan. 26, 2024  
Program start date: March 1, 2024



# Bidding Wars site raises \$160,000 to date for St. Amant

By Patricia Barrett

A Winnipeg Beach resident's continuing dedication to helping children and adults with disabilities has resulted in her raising over \$160,000 to date for the St. Amant Centre in Winnipeg.

For the last nine or so years, Odette Carreiro has been raising money for St. Amant, a not-for-profit organization that supports Manitobans with developmental disabilities, autism and acquired brain injuries. St. Amant cared for Carreiro's son, Mark, until he passed away in 2020 after contracting COVID-19.

Carreiro set up a "Bidding Wars for St. Amant" Facebook page that allows Interlake residents and others to bid on items that are donated to her. The proceeds are then turned over to the St. Amant Foundation.

"The money I raise goes to all of Marky's friends and other people

who use St. Amant's services. My goal is to help these children and young adults and those that need special equipment," said Carreiro. "I just sent St. Amant \$10,000 not too long ago to help a woman that is very disabled and needed a few pieces like a walker and a special lift for a swimming pool. I can't explain how satisfying it is to help. And it's all in Marky's honour and memory."

Mark was a healthy baby when he was born in 1984, but after he received a vaccination for whooping cough, he started having seizures. That eventually led to brain damage. Carreiro cared for him at home for the first 15 years of his life before he moved to St. Amant for specialized care.

"After Marky passed away, I kind of went full swing ahead and put more passion into my bidding wars site and it has been growing in the last two years," said Carreiro. "It's very popular across the Interlake. I get people from towns such as Petersfield, Teulon, Fraserwood, Arborg and Riverton, plus lots of people from Winnipeg and nurses that have worked at St. Amant."

Although St. Amant is a Winnipeg-based organization, children with special needs from the Interlake can use its services and equipment.

The popularity of the bidding wars site has taken off, with residents and businesses supporting her fundraiser, said Carreiro. She started out by posting her own unwanted household items on Facebook and had a handful of people bidding on them. Then residents starting bringing her household items, books and other items they no longer had a need for and asking her to post them online.

"People were bringing me a boxful of stuff they'd find in their house because they thought it was neat that we were essentially recycling and that 100 per cent of the proceeds go to St. Amant," said Carreiro. "It's shocking how much the site has grown. I went from about five people to over 2,000 people."

Some of the goods people donate to her are of "unbelievably good quality or brand new," she said. She takes a photo of each item, posts it on her



EXPRESS PHOTO COURTESY OF ST. AMANT

The proceeds raised from Odette Carreiro's Facebook page, Bidding Wars for St. Amant, contribute to St. Amant clients' quality of life. The organization was able to purchase for Kennedy new mobility equipment such as a new walker (shown) and a new accessible beach chair.

Facebook page and opens up the bidding.

"I have half a garage [to store donated items] that my sweet man gave me," said Carreiro, who serves as the Town of Winnipeg Beach's gardener and landscaper. "If I take a break for a week, people will text me and say 'When are you putting the next bids up?'"

Local businesses such as Shenanigan's restaurant in Winnipeg Beach fundraised for a whole year for St. Amant after Mark passed away, she said, and others have also stepped up to support her.

"Cheryl Buhler [former owner] from Robin's Donuts in Gimli has been very supportive and Carlo's Cucina [restaurant in Winnipeg Beach] has been too," said Carreiro. "They've given me gift certificates for live giveaways that I do about once a month to thank the people who have been donating."

Because of the popularity of the site, Carreiro said she has a number of "wonderful" volunteers helping her

sort items, do photo shoots and record the winning bids.

St. Amant Foundation executive director Juliette Mucha said Carreiro is the foundation's "hero" for her efforts to support children and adults with disabilities, including their families, and advocating for inclusion and quality of life.

"I count myself lucky to have someone like Odette who has not only raised over \$160,000 for St. Amant, but has also increased awareness of its services and is always an important advocate for quality services for people with disabilities," said Mucha. "In addition to her own fundraising through Bidding Wars for St. Amant, Odette is always looking for connections and partnerships. She puts in many hours every single day to keep Bidding Wars going with a dedication rivaled by no other volunteer."

The funds raised by Carreiro have contributed to St. Amant clients' quality of life in areas including mobility and recreational activities, she said.

## Manitobans encouraged to participate in Budget 2024

By Lana Meier

Last month, Finance Minister Adrien Sala announced that the Manitoba government is urging citizens to be involved in Budget 2024. This can be done through completing the online EngageMB survey, participating in telephone town hall sessions or at-

tending public meetings in person.

Sala stated that the government is dedicated to addressing both the province's financial stability and issues within the health-care system, in addition to reducing expenses for citizens. They are eager to listen to input from Manitobans regarding their

concerns in order to ensure that Budget 2024 effectively meets the needs of families in Manitoba.

During the months of January and February, they will be holding both in-person sessions and telephone

Continued on page 14

### Community Support Service

#### AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

#### AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

Meetings are Mondays

at 6:30 p.m.

#### AA Winnipeg Beach

Lady of the Lake RC Church

Corner of Hwy. 9 and Lake Ave.,

Winnipeg Beach

Meetings are Saturdays

between 7 and 8 p.m.

Contact Ann J 204-389-3417

#### Gimli Group AA

Bldg 18 Municipal Rd

Industrial Park

Fri & Sun Mtgs at 7:30 pm

#### AI-Anon

Gimli and Winnipeg Beach

Join us at 17B Loni Beach Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.

All ages welcome.

#### AA Riverton Group

12 Main St. at the

Riverton Senior Centre

Mondays 7:30 p.m.



# Manitoba stroke patients to benefit from intensive rehabilitation

By Lana Meier

Specialized care and intensive rehabilitation tailored to individual needs will soon be available for stroke survivors in Manitoba, as the province's acute stroke unit is set to open next week at Health Sciences Centre (HSC) Winnipeg. This important announcement was made by Health, Seniors and Long-Term Care Minister Uzoma Asagwara in December.

Asagwara expressed that the people of Manitoba deserve top-quality medical care that enhances patient outcomes and expedites recovery. The new stroke unit at HSC will meet this expectation, offering treatment, management and rehabilitation for Manitoba stroke patients within days of their stroke. The specialized care provided will aid in their recovery process and ultimately improve their overall quality of life.

Located on the fourth and fifth floors of 735 Notre Dame Ave., previously referred to as the Women's Pavilion, the freshly revamped facility will greet its inaugural patients on Monday, unveiling an initial dozen beds. This centralized unit spans about 18,400 square feet and features contemporary private rooms with generous room for family members, a well-equipped kitchen designed for occupational therapy evaluations regarding a patient's post-discharge mobility and a workout area where physiotherapists guide individuals within hours of suffering a stroke.

Each year, around 3,500 strokes take place in Manitoba. Currently, patients have access to two out of three standard treatments while hospitalized: clot busting and clot removal therapies. However, the minister pointed out that the newly opened stroke unit

will provide inpatients with better access to intensive rehabilitation. Clinical experts believe this is essential in expediting recovery times.

Dr. Esseddeeg Ghrooda, a stroke neurologist at HSC Winnipeg, announced that the recently opened acute stroke unit will offer comprehensive care for stroke patients. The team of specialists including neurologists, physiatrists, nurses and rehabilitation experts will provide a range of therapies aimed at preventing further health complications and reducing the chances of a second stroke. The team is excited to offer this enhanced level of care to patients in the near future.

The minister also mentioned that the unit's close location to the HSC's Diagnostic Centre of Excellence, equipped for interventional angiography and stroke care, will be advan-

tageous.

According to Christine Houde, director of health policy and systems in Manitoba for Heart & Stroke, the creation of this facility is truly excellent news for all Manitobans. By bringing together a comprehensive team of stroke experts, individuals who receive care here will have a higher chance of survival, experience fewer complications and ultimately regain their independence. This unit is committed to delivering the best evidence-based care for those suffering from stroke in our province.

The minister highlighted that the unit's capacity of 28 beds will soon be fulfilled by hiring more nursing staff over the next three to four months. The initial postings have attracted a significant number of applicants, according to HSC officials.

# MPI releases its top five attempted frauds for 2023

By Staff

Manitoba Public Insurance has released its top five attempted frauds for 2023.

The Crown corporation estimates that auto insurance fraud costs Manitobans more than \$50 million each year. The annual list is meant to raise awareness of this cost and shed some light on the work of the agency's Special Investigations Unit (SIU)

"Our experts in SIU investigate suspicious claims to give customers the peace of mind that the right claims are being paid for the right amount," said Satvir Jatana, MPI's chief customer officer. "This annual list showcases some of the most unique ways people attempt to commit fraud, and the techniques MPI's experts use to stop them, helping to save our ratepayers millions of dollars."

Last year, the SIU closed over 3,000 investigations, which resulted in claims savings of over \$10.5 million for customers.

Anyone with information about auto insurance fraud is encouraged to call the MPI TIPS Line toll-free 1-877-985-8477 or submit information online at mpi.mb.ca. All calls and reports are anonymous.

The top five frauds of 2023 include:

## No. 1: Memory lapse

A customer opened a collision claim for their vehicle but could not confirm what had occurred to cause the damage. They reported they were only made aware of the need for repairs

when they went to an impound lot to obtain their belongings from the vehicle. They also denied consuming any alcohol, drugs or medication in the 12 hours before the incident.

Based on information received by MPI, the same vehicle was seen driving erratically, causing damage to property and colliding with another parked vehicle, nearly hitting a nearby pedestrian. There were also reports the driver was seen stumbling around after the collision and seemed impaired. Open drugs and alcohol were also seized from the vehicle by the police.

Upon being interviewed by SIU investigators, the driver maintained that they have no recollection of the incident, that they were not impaired and did not have any knowledge of how the damage to their vehicle occurred.

Based on the claimant making a false statement, the claim was denied. The estimated cost savings for ratepayers is over \$60,000.

## No. 2: Need for speed

An insured individual reported a single-vehicle collision claim, alleging that they hit a bump in the road and lost control of their luxury vehicle while travelling at the posted speed limit of 60 km/h. Unable to regain control, the driver said the car turned sideways and both of the driver's side tires hit the curb.

An SIU investigation was initiated after it was discovered that the dam-

age to the vehicle was too severe for the speed the driver declared they were going when they opened the claim. Data recovered from the car revealed that the driver was in fact travelling 181 km/h at the time of the

collision.

The estimated savings of this denied claim is more than \$42,000, and the driver had their licence suspended.

Continued on page 16

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Manitoba



# Cool winds blow



EXPRESS PHOTO BY EMMA GISTI

Temperatures dipped to -21 C with a WNW 21 km/h wind, making it feel like -32 C this past Sunday in Gimli. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca)



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## Three patients share experiences of their 'excellent' dentures

BY ELISHA VANDOR

Have you ever heard people say, 'when you love what you do, it doesn't feel like work?' Well, the saying goes...Do what you love and you'll never work another day in your life. That's exactly how we feel everyday coming into work at Vandor Denture Centre to transform peoples smiles. What really puts the icing on the cake is when we hear how patients are doing with their new dentures after we have made them. When we do receive feedback, we share it with our entire team and it honestly puts an extra pep into our step. Here's 3 reviews that our patients so graciously relayed to us:

Our Denturist Matthew's patient, Isla called a week after receiving her new dentures to cancel her follow up appointment and said, "Matthew is absolutely excellent. He did a super job on my dentures. Even with no gums left, the upper fit is fantastic and the lower stays in place and isn't loose. If I would have known this would be such a seamless transition to new dentures with-

out pain, then I would have done it years ago." Isla H.

Another cool tidbit that makes the full-service denture experience at Vandor Denture Centre unique is that our dentures are hand-crafted in-house; meaning the same Denturist who sees you for your appointments customizes your denture to look like your smile once was or shapes it to make it uniquely you. Recent patient Shawna says, "It's been a journey for Brock and myself. It started approximately 6 years ago. I was recovering from cancer treatments, which included chemotherapy and radiation. I had several complications and teeth loosening was one of them. Unfortunately, at the time, I thought it was the end for my bright white smile. I had to lose some teeth. I was scared to death, but fortunately I heard of this Denturist. Brock eased all my anxieties and fears. I told him I wanted my new teeth to look exactly like the ones I lost due to the treatments. He made them look exactly like the ones I lost. He knew how important that

was to me. I can't begin to explain how grateful and blessed I am to have Brock work on my 'new smile'. From the moment you walk into his office you are greeted by his support staff like you are family. Not once did I feel uncomfortable. I would highly recommend Brock and his staff to my family and friends. So if you find yourself walking into his office, then expect to be treated as family. I thank Brock and staff for the excellent care I was given." Shawna.

Lastly, our patient Louise said, "nothing was going to stop me from getting my new teeth today! The people at Vandor Denture Centre are just very nice and caring. They do wonderful workmanship. I love my new teeth." Louise S.

If you've worn dentures for YEARS and it's time to replace, are just starting out and have questions about your options, or you're wanting to go for dental implant supported dentures, then call us to schedule your free consultation.



- supplied photo -

Louise (patient of Denturist Brock) braved the winter blast to get her new teeth and share her experience.

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> HIGH-END ART GALLERY, FROM PG. 2

example, turned out to be forgeries after an examination of handwriting and paint that wasn't available at the time of the works' creation. The gallery launched an investigative exhibit into the provenance (previous ownership) of the works and how the forgery was discovered.

Sigvaldason, who is a self-taught art specialist and who has family members in the art industry, said it can take a "lot of research" to determine whether a piece is authentic or fake.

"There's not an art dealer in the world that probably hasn't made a mistake or two along the way, and

you can learn from them. You have to do a lot of research," said Sigvaldason. "I have a great team; we have many years of experience and we consult with other art dealers, galleries, museums or the artists themselves if they're still alive. I'm connected to many galleries and art dealers right across Canada, so if there's something I'm not sure of, I pick up the phone and talk to the expert in that area."

People who sell their art often prefer to remain anonymous, which can be challenging when assessing the provenance of a piece. Provenance may be important for determining authentic-



ity.

"However, we can usually tell within a minute or so if something looks off or not, and the back of the painting often tells just as much as the front," he said.

Sigvaldason also has hundreds of Canadian art books for reference on well-known artists, groups and movements, he said, and there are certain clues that may present with a piece of artwork that could raise some doubt.

Fine art can at times be pricey. Those experiencing sticker shock should keep in mind that high-end works represent an investment that can increase in value over time for the own-

er or their descendants, said Sigvaldason. People should eschew picking up something mass-produced from a big box store as that has no value or meaning other than aesthetic appeal.

As a better alternative, people should look at purchasing art from local artists, said Sigvaldason, as their art has significantly more meaning, and the inherent value of those works will be retained or could increase over time. Sigvaldason Fine Art is located at 70 Centre St. in Gimli. Visit online [www.sigvaldasonfineart.com](http://www.sigvaldasonfineart.com) or call 204-641-1594.

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CANADA'S HEART IS CALLING



# Einarson teaches Métis youth the game of curling

By Becca Myskiw

Gimli's own is working toward more diversity in curling, opening up the sport to Métis youth earlier this month.

Four-time women's national curling champion and Métis woman Kerri Einarson recently taught a group of Métis children how to curl over the course of a day.

Twenty-seven children from six to 20 years old hit the ice in Tyndall to learn the game, and Einarson said it went incredibly well.

Some of the curlers that day were experienced, while others were trying the sport for the first time. Einarson's daughters joined the camp as well, curling alongside the other youth from 9 a.m. to 3 p.m. that day.

Einarson started by showing the youth how to slide safely and properly. She got them throwing small rocks to get the feel of it, then got everyone trying different aspects of the game, trying to spread herself as evenly as she could over the three sheets of ice.

As Einarson is a visual learner, she taught the children to curl by showing them how she throws, slides and sweeps. Come lunchtime, they were asking her when they would get on



Born and raised near Gimli, Kerri Einarson is one of Canada's premier women's curlers.

the ice again, and then they got into playing some games.

Each sheet of ice played the game Draw, Tap, Hit, and the winner from each sheet won a curling broom signed by Einarson's team. There

Continued on page 14



EXPRESS PHOTOS SUBMITTED

Four-time women's national curling champion and Métis woman Kerri Einarson hopes to diversify the sport by teaching Métis children how to play.



Curling requires strength balance and coordination and teaches youth how to participate in team sports.

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# Your FARM



## Ukkö Robotics doing big things in agricultural world

By Ty Dilello

Notre-Dame-de-Lourdes' Ukkö Robotics is receiving a \$100,000 grant from the Manitoba government to better its innovative company as part of the Innovation Growth Program (IGP).

The Innovation Growth Program (IGP) is there to help commercialize their products and grow their business as the program provides cost-shared grants of up to \$100,000 to eligible Manitoba small and medium-sized enterprises to assist with the commercialization of innovative products or processes and accelerate growth.

Ukkö Robotics owners Daniel Badiou and Katrina Jean-LaFlamme are receiving the \$100,000 to commercialize their mobile monitored livestock shades and poultry micro barns that can move autonomously in pasture settings.

Badiou and Jean-LaFlamme were thrilled to learn that they have successfully secured the Innovation Growth Program from the Province of Manitoba.

"Ukkö Robotics specializes in automating the return of livestock to pasture," said Badiou. "Given the nature of our work, extensive research and development efforts are invested in creating new products for our farmer customers. Utilizing the grant to offset some of these costs will expedite the introduction of new products to the market."

Raised on a dairy farm near Notre-Dame-des-Lourdes, Badiou developed an unparalleled knowledge of agricultural machinery and animal farming from an early age. He continuously strived to learn more about the mechanical operation of agricultural machinery, finding solutions for problems and designing his own multi-purpose machines.

Badiou designed, developed and implemented an autonomous barn. He tested it on his own farm to better understand the needs of chicken farming and adapt his future machines.

Ukkö Robotics was launched in September 2016 with the goal of using technology to transform the traditional barn, making pasture-based farming more accessible. Partnering



Ukkö Robotics owners Daniel Badiou and Katrina Jean-LaFlamme.

with mechanical engineer Katrina Jean-LaFlamme, Ukkö specializes in manufacturing an all-in-one autonomous barn that falls under the company's ROVA Series.

ROVA provides farmers and aspiring farmers with never-before-seen flexibility, allowing individuals to raise their animals on pasture while having the same benefits as most



EXPRESS PHOTOS BY DANIEL BADIOU

Ukkö Robotics out of Notre-Dame-des Lourdes have recently received a \$100,000 grant from the Manitoba government to help out with its company that produces autonomous barn. high-tech barns.

In 2021, Ukkö Robotics first launched its flagship product, the ROVABARN PRO, and has since experienced exponential year-over-year growth.

"Our primary customers are farmers engaged in pastured poultry farming, aiming to scale their operations without increasing labour demands," said Badiou. "Our units reduce the labour required for raising true pasture-raised poultry by 90 per cent. The

ROVABARN autonomously moves birds to fresh pasture multiple times a day, handles automatic feeding and watering, provides automatic ventilation and is solar-powered, with connectivity to smartphones. Our barns are operational across provinces in Canada and in certain states in the United States. Additionally, we are in the process of sending our first batch of units overseas this year."

Continued on page 14



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## > UKKO ROBOTICS, FROM PG. 13

Ukkö Robotics has much more in the works going forward as they are developing the capability of the ROV-ABARN to bring smaller livestock to pasture.

"In the near future, we plan to initiate testing for larger animals such as cattle and sheep. Furthermore, we are working on introducing a micro ROV-ABARN model designed for modern

homesteaders, accommodating up to 12 hens, which we anticipate will be popular on many farms and acreages."

For more information about the Innovation Growth Program, including details on how to apply, please visit <https://gov.mb.ca/jec/busdev/financial/igp/index.html>.



The ROVABARN autonomously moves birds to fresh pasture multiple times a day, handles automatic feeding and watering, provides automatic ventilation and is solar-powered, with connectivity to smartphones.

## > GAME OF CURLING, FROM PG. 12

were three other brooms given out that day, too, each signed by her team.

Einarson hasn't experienced discrimination while curling, but she does admit the game is Caucasian-dominated, and by teaching more children of different background how to play it, it will only get more diverse.

"We're trending in the right direction," she said. "I want to keep it trending that way."

Einarson took away a lot from teaching the Métis youth and plans to take

those ideas to the junior program she coaches in Gimli. She's also hoping to get more opportunities to teach more children about the sport to keep it growing.

"It's all about what you put into it," she said. "I want to inspire youth, even the adults as well. I want to be that inspiration to motivate you to play a sport and keep having that drive."

Einarson's day camp was put on by the Manitoba Métis Federation in support of Red River Métis Youth.

## > BUDGET 2024, FROM PG. 8

town halls. One in-person session has already been confirmed to take place on Jan. 31 at 6 p.m. at the Riverbank Discovery Centre in Brandon (1-545 Conservation Dr.). Stay tuned for more consultation dates to be announced in the new year.

According to the minister, those interested in attending either an in-person meeting or a telephone town hall are required to pre-register and secure their spot by signing up at <https://engagemb.ca/budget-2024>.

Citizens of Manitoba are encouraged to take part in the digital survey,

accessible at <https://engagemb.ca>. Additionally, individuals can share their thoughts and suggestions by emailing [MBbudgetfeedback@gov.mb.ca](mailto:MBbudgetfeedback@gov.mb.ca) or sending written submissions to:

Minister of Finance c/o budget engagement, 103 - 450 Broadway, Winnipeg, MB, R3C 0V8

Along with the online survey at <https://engagemb.ca/budget-2024>, the Manitoba government will also unveil its comprehensive public engagement schedule.

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Thank you to the Express Weekly News for their media support.



# Brewing joy and festivity: a heartwarming recap of our coffee group Christmas get-together

By Karen Bittner

The holiday season is for warmth, laughter and cherished moments with loved ones. This sentiment was beautifully encapsulated in the recent Christmas get-together organized by our beloved Robins Gimli coffee morning group. A few of us started this last year and continued again this year for the people who had no place to go or family at Christmas. The family feeling we have at Robins Donuts coffee place is where all of us spend our time.

There is an early morning group (starts at 7 a.m.), morning (9:30) and afternoon groups (1-ish). That feels like family. The topics discussed are sometimes life-changing, all the ups and downs in each other's lives or ideas to change the world. Like a family, we have various personalities, which sometimes we laugh loudly about. The coffee family is our "family." If you walk in alone, you are welcome to sit with us, and after that, you will see that you have a place to come and relax. Sometimes, yes, we get loud. But it is laughter.

As we gathered, 30 people arrived, enjoying the steaming mugs of coffee donated by the new owners of Robins Donuts in Gimli (Michael O'Rourke) at our Christmas gathering, which

was held on Jan. 6. The air was filled with the delightful aroma of freshly made coffee and lots of homemade goodies that everyone had brought.

We thank Debbie Fakes for helping us arrange our function in Aspen Park Hall in Gimli. The hall was a great location, and the festive feeling created the perfect ambiance for our coffee-centric celebration. From the moment we stepped through the door, it was evident that this gathering was about coffee and the camaraderie and connection shared among our friends.

As we held our coffee cups in a collective toast, the room echoed with laughter and cheerful chatter. In the true spirit of the season, our coffee group exchanged thoughtful gifts, carefully wrapped and adorned with festive ribbons. The joy on each face, as presents were unwrapped, added an extra layer of warmth to the gathering. Santa also took time out from his busy schedule to help with the gift exchange; the gifts reflected both the love and the unique bonds that have formed within our group.

No holiday gathering is complete without an array of delicious treats, and our coffee group's Christmas celebration was no exception. Some people brought their home cooking that



EXPRESS PHOTO SUBMITTED

The Robins Gimli coffee morning group celebrated Christmas at Aspen Park Hall.

was passed down through the family generation's favourite recipes by bringing an assortment of homemade hot and cold food. All are designed to complement the family experience. The delightful spread turned the event into a culinary journey, where each bite was savoured amidst laughter and shared stories.

To add fun, Lois Yablonski organized games that brought out the competitive spirit in a lighthearted manner. We even had Lynn Greenberg (past mayor) from our coffee group play a round of games. He drove from his home in Roblin, Man., to spend the afternoon with us. We could not have a gathering without our beloved Lynn,

who started the family feel in Robins (my opinion).

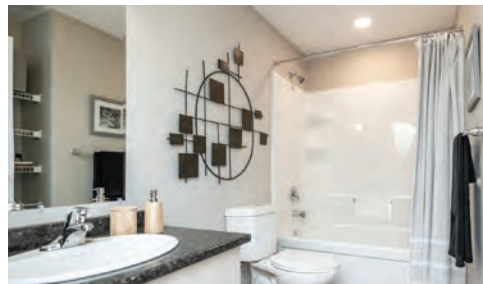
As the evening drew to a close, the air was filled with contentment and gratitude. The Robins coffee group Christmas get-together was not just a celebration of our shared love for coffee; it was a celebration of friendship, warmth and the joy of coming together during the festive season. This memorable gathering will undoubtedly be etched in our hearts as a testament to our bond in our coffee community.

We all gathered at Robins for our coffee and homemade cake from Tammy the following day.

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# get inspired

> MEAL IDEAS



## Mini Greek Yogurt Pancakes with Cinnamon-Maple Topping

2% or 5%)

1/2 cup milk (skim, 2% or whole)

3 tablespoons melted butter

1 teaspoon vanilla

oil

1 cup fresh blueberries or chopped fresh strawberries

To make topping: Stir yogurt, syrup and cinnamon. Cover and refrigerate.

To make pancakes: In mixing bowl, stir flour, sugar, baking powder, baking soda and salt. In separate bowl, whisk egg, yogurt, milk, butter and vanilla. Add yogurt mixture to flour mixture. Stir just until combined (batter should be slightly lumpy).

Scrape batter into large plastic food storage bag. Oil nonstick griddle or large nonstick skillet. Heat over medium heat. Cut off about 1/2 inch from corner of plastic bag. Squeeze batter, about 1 tablespoon at a time, onto hot griddle. Cook 1-2 minutes per side, or until pancakes are golden brown, turning to second sides when bubbles form on surface of pancakes and edges are slightly dry.

Serve warm pancakes topped with cinnamon-maple yogurt and sprinkled with berries.

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Total time: 25 minutes

Servings: 6

Topping:

1 3/4 cups plain Greek yogurt (fat free, 2% or 5%)

1/3 cup maple syrup

1/2 teaspoon ground cinnamon

Pancakes:

1 cup all-purpose flour

2 tablespoons sugar

1 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

1 egg, lightly beaten

3/4 cup plain Greek yogurt (fat free,

## Expert patient here to help!

By Susie Schwartz

It's a new year, which means no more tears, right? Well, not usually. Health doesn't always comply with our resolutions, hopes, and dreams.

So what do we do when another year is looming?

Well, we take it one pain attack, sick day, or appointment at a time. I personally can't manage the thought of dealing with an entire year of chronic illness all at once. And I do not need to add 'overwhelm' to my symptoms list right out of the gates. It lands there often enough as it is.

Also, if I may make another suggestion, try not to get sucked into all the pressure to perform. While Tony Robbins is cheering the world on to goal-set for the year after he bounces on his trampoline to hype himself up, you're probably thinking, trampolining? Making plans? Tony, I'm glad if I'm well enough to feed my dog and get groceries once a week. (The groceries. Hopefully, your dog isn't starving.)

Okay, and one more piece of advice. (Which is allowed, right? Because this is an advice column. I promise I'm not just being bossy).

Try not to fall into the comparison trap. Definitely not with the healthy that surround you. But also with your fellow sick or worse, your personal best.

In fact, unfortunately for some of you, this year might be your most challenging yet. The comparison game only ever creates losers. Be gracious to yourself when the laundry pile topples over, when the vacuum gets a little dusty when you have to say 'no' to babysitting your grandchild



Susie Schwartz

dren because the fatigue or nausea is too strong, when you need to ask for a friend to clear the snow off your drive so you can get to your next medical appointment—pride go-eth before a fall...into a relapse or worse.

I know you know this stuff already. But it feels like a good time for a reminder. I'm not sure about you, but I feel societal pressure to plan for big things like new exercise programs, high productivity, and exciting new achievements.

Well, I'm stepping out of that pressure cooker and making a revolutionary plan: a year of un-plans.

Boom. Take that, you over-worked, over-stressed rat race.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com) Sign up there for her writer's substack. Her book, 'Help the Doctor Help You' is available on Amazon!

## > FRAUD, FROM PG. 9

### No. 3: Lifting lies

While recovering from a collision, a claimant receiving benefits from MPI's Personal Injury Protection Plan reported that their neck, shoulder and arm pain as well as dizziness, nausea and headaches were so severe they were unable to work.

During evaluations, the individual noted that their injuries prevented them from walking or driving more than 30 minutes at a time and lifting more than five pounds.

An investigation was initiated, and surveillance revealed the customer performing a number of physical activities, including carrying a full water jug, which weighed over 40 pounds, shoveling snow, operating a wand pressure washer as well as lifting, carrying and loading a step ladder into their vehicle.

Additionally, the claimant was seen

running after a garbage truck, shopping and driving a vehicle on several occasions with no indication of pain or dizziness.

The claimant's entitlement to income replacement benefits ended because of the investigation, saving ratepayers more than \$57,000.

### No. 4: Sneaky keys

An insured customer opened a total theft claim, reporting that they woke up to find their truck had been stolen overnight. They told MPI that two keys existed for the vehicle but one was missing. The known key was in their possession at the time of the theft and no one else had access to it.

The insurance for the vehicle was set to expire the day after the theft allegedly took place and the customer shared that they had already removed the licence plates and was not planning to renew the policy.

The individual also reported the theft to the police — but, conflictly, told them that they were only

given one key when they purchased the vehicle. The police contacted SIU investigators to share their concerns after they recovered the truck the day after the customer said it was stolen and found that it had been involved in a single-vehicle collision rollover. There were no occupants — and no keys found in it.

A mechanical examination by SIU investigators revealed that two keys were programmed for the truck. The key that the customer turned in had been smashed and unable to be used in the investigation.

Tellingly, the examination also found that the truck ignition, column and immobilizer were intact — meaning that a programmed key was needed to start and run the truck. Data retrieved from the vehicle also showed that prior to the crash it was started with a programmed key.

The claim was denied based on the policyholder making a false statement, saving MPI ratepayers approximately \$43,600.

### No. 5: Unsupervised driver

While opening a claim, an insured driver reported that after rear-ending a vehicle, they and their spouse, who they stated was a passenger at the time of the collision, stopped to exchange information with the other driver.

After further investigation and with the help of the statement from the other driver, it was revealed that the first driver was alone in their vehicle, despite licence restrictions requiring them to have a supervising driver with them at all times.

When asked to exchange information, the unsupervised driver had their spouse come to the scene to do so on their behalf. The couple denied any wrongdoing when questioned by SIU investigators and collision data was unable to support their accounts.

The claim was denied based on the policyholder making a false statement and the savings to MPI ratepayers was approximately \$10,200.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## U18 AAA male Lightning pound the Parkland Rangers

By Brian Bowman

The U18 AAA male Interlake Lightning pounded the Parkland Rangers 7-1 on Sunday afternoon in Teulon.

Ian Buors led Interlake with a hat trick and an assist while Talon Hogg, Morgan Waddell, Mason Bernier and Blake Farthing also tallied.

Waddell and Jeremy Kawiuk each finished the game with three assists.

Cade Legaarden was the lone Parkland player to put the puck past Lightning goaltender Alex Myers.

Saturday evening saw Interlake get blanked 4-0 on home ice by the Pembina Valley Hawks.

Ryder Wolfe scored for the Hawks in the first period and then Cade McCallum, Liam Goertzen and Lane Apperley tallied in the third.

Interlake, now 19-9-2, will head to Brandon this weekend to battle the Wheat Kings on Saturday (3 p.m.) and Sunday (noon).

In U18 AAA Female Hockey League action, the Interlake Lightning was edged 2-1 in a shootout by the Pembina Valley Hawks in Morden last

Sunday.

Georgia O'Neill scored a second-period goal for the Lightning.

Emma Durand potted a first-period goal for the Hawks.

Interlake goaltender Rachel Hall-dorson was fantastic between the pipes, making 52 saves.

On Saturday, the Lightning defeated the Yellowhead Chiefs 2-1 in Stonewall.

Delainey Rigaux led Interlake with a goal and an assist while Vayda Rigaux also tallied.

Yellowhead's goal was scored by Kirby Gray.

Jane Sugimoto made 33 saves for the win.

Interlake will hit the road for three games this week, beginning Wednesday (7:15 p.m.) when they take on the Winnipeg Ice at the Hockey For All Centre.

The Lightning will play the Westman Wildcats on Saturday (7:30 p.m.) and then the Yellowhead Chiefs Sunday (2:30 p.m.) in Shoal Lake.



EXPRESS PHOTO BY RICK HIEBERT

Lightning captain Brooke Barylski turns to carry the puck up ice.

## Ice Dawgs, Falcons earn weekend points

By Brian Bowman

The Arborg Ice Dawgs defeated the Lundar Falcons 5-4 in overtime on Saturday.

Pierce Beardy scored the game winner in OT.

Arborg's Jordan Sanderson, Mark Hamrlik, Eastyn Borchurko and Beardy scored second-period goals.

Lundar's Cayden St. Laurent netted a first-period goal and then the Falcons' Zachary Halldorson, Carson

Gudmundson and Liam Russell tallied in the third.

Logan Moskal made 35 saves for the win.

On Friday, Lundar doubled the Beausejour Comets 4-2 at the Sun Gro Centre.

Halldorson was the star of the game with three goals and an assist and Aiden Prystup added a goal and an assist.

The Falcons' Riley Zdan chipped in

with a pair of assists.

Comets' goals were scored by Mason Dubberly and Evan Leeson as Lundar netminder Kennedy Kerr made 35 saves for the victory.

Arborg was also in action last Friday, playing to a 3-3 draw with the North Winnipeg Satelites.

The Falcons' Mitchell Wilson and Cadrick Dueck scored power-play goals in the third period to force overtime. Arborg's Ben Danielson earlier

scored in the second period.

North Winnipeg goals came from Daniel Valente, Jack Speechley and Dylan Care.

Arborg's next action is Friday at 8 p.m. when it visits Beausejour.

Lundar, meanwhile, will play at the St. Malo Warriors Friday (8 p.m.) and then host the Selkirk Fishermen on Saturday for a 7 p.m. game.

## Lightning 50/50 draw reached \$125,055

By Brian Bowman

For the first time ever, Interlake Lightning teams joined forces to run an online 50/50.

Each of the seven Lightning teams had a fundraising goal. Individuals simply chose a specific Interlake Lightning team that they wanted to benefit from their purchase.

"The U17 team did this last year and it was successful for the team," said Tanya Swanson. "I was approached

by a parent to see if I was interested in helping do this for all of the teams. I worked with Jason Cassils and we worked together on this."

The fundraiser started in November, was made Jan. 9, and reached a whopping \$125,055. That's a lot of cash.

"The amount (raised) was so much fun to watch it grow," Swanson said. "We actually broke a record for sales in a 24-hour period that the platform

has ever seen. It was very exciting."

Teams will use the money raised for a variety of reasons.

Stacey Goodwill was the lucky winner and there is a good possibility that the 50/50 will be done again next year.

"I think due to the success, it is something that we are absolutely going to consider for next year," Swanson said. "A special thanks to every-

one who supported the 50/50 - all of the teams, parents, and family members that shared their links. That's the reason it was so successful."

Teams that benefited from the fundraiser included U13 AA female (\$23,865), U15 AAA male (\$22,970), U15 AAA female (\$21,880), U15 AAA male (\$16,055), U17 AAA male (\$11,340), U18 AAA female (\$10,130) and U15 AA male (\$8,985).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Morden is ready for the Scotties Tournament of Hearts

By Lorne Stelmach

Excitement is building for when the top female curlers from across Manitoba arrive in Morden for the 2024 Morden Scotties Tournament of Hearts next week.

CurlManitoba executive director Craig Baker anticipates Morden will be putting on a great week for the curlers and fans alike.

"I think it's going to be a phenomenal event down there ... and it's always exciting to see an arena transform into a curling club for a week," said Baker.

"It looks like they've had some great support. It looks like the community is behind it," he continued. "Any community we end up in down there, we get tremendous support ... it shows the desire of the fans to be there.

"The biggest thing is, when we come into a community like Morden, we kind of become the show. We don't get lost, and the community rallies behind it," he added. "We see the community support and what they do to make it special ... there's that desire for it and there's the support for it."

Teams arrive a day ahead of the competition, which runs Jan. 24-28. Twelve teams will be playing in the round robin Wednesday to Friday, with three draws daily. The elimination playoff round then goes Saturday

and Sunday.

Activities start Tuesday evening with a banquet for the teams and sponsors at the Access Event Centre.

Saturday evening features a social with live music for anybody who wants to attend. It's \$10 a ticket, and they will be available at the door if there's room.

Organizing committee chairperson Ernie Epp said last week that everything was in place and there have been good ticket sales so far.

"Sales of tickets are going really well. CurlManitoba stated last month already that our sales are really good in comparison to what they normally see, so that's thrilling for us. We expect to see a fair number of people, and I think part of what helps is there's one team that's fairly local," Epp said in reference to the Carman foursome skipped by Shaela Hayward.

The excitement built even further Monday when the volunteers came to pick up their clothing and materials, Epp noted.

"It will be the first time that about 200 of us are all together, and I was really looking forward to it. It was exciting."

And he paid tribute to the volunteers and other supporters who have really rallied to make the championship a success.

"Morden is a community where volunteering is second nature to a pretty

big percentage of the population," Epp said. "It was a little of here's what we need to do, and off they go, and they will make Morden look good.

"It's important for me that we recognize all of the volunteers and how tremendous it is that there are people willing to help out," he continued. "And the business community and what they have done for sponsorship. We've exceeded our target with corporate sponsorship with fundraising, so that's been a phenomenal thing.

"There's response still happening," Epp added, noting the Morden Chamber of Commerce sent a notice out to its members encouraging them to decorate and help make the week special. "I'm hoping that there's a whole bunch more businesses who are going to be sharing that excitement."

Five of the top 20 teams on the women's Canadian team rankings (CTRS) will compete at the Scotties.

The top seed status went to the rink skipped by Kaitlyn Lawes (Selena Njegovan, Jocelyn Peterman, Kristin MacCuish). Currently ranked CTRS #4, Lawes and her Fort Rouge team finished second in the preliminary round a year ago with a 7-1 record but lost the semi-final to Abby Ackland.

The second seed is CTRS #8 Kate Cameron (Meghan Walter, Taylor McDonald, Mackenzie Elias). Walter and Elias were half of the Ackland Scotties

playoff team a year ago.

The third seed is CTRS #9 Jolene Campbell, who returns to the Manitoba Scotties after a disappointing first appearance a year ago with Chelsea Carey. She and teammate Rachel Erickson have joined forces with Abby Ackland and Sara Oliver, the other half of last year's finalist team.

The #4 and #5 seed positions go respectively to CTRS #14 Beth Peterson (Jenna Loder, Katherine Doerksen, Melissa Kurz, Kelsey Rocque) and CTRS #20 Kristy Watling (Laura Burtnyk, Emily Deschenes, Sarah Pyke). Peterson's Assiniboine Memorial team had a 5-3 record a year ago. Watling and her East St. Paul team won the Scotties berth bonspiel and a strong local bonspiel showing placed them at the top of the MCT rankings.

Two other Manitoba teams, also ranked in the top three of the Canadian team rankings, have already qualified for the national Scotties in Calgary in February. Kerri Einerson's defending champions currently occupy the CTRS #3 spot, while wild card entry Jennifer Jones is currently CTRS #2.

More information can be found online at [morden2024.ca](http://morden2024.ca), where you can purchase tickets for specific draws, certain days or the whole event.

## U15 AAA Interlake Lightning drop trio of games

By Brian Bowman

Goal scoring was a problem for the U15 AAA Interlake Lightning last weekend.

Interlake scored just three goals in three games which resulted in a trio of losses.

Interlake wrapped up the weekend with a 3-1 loss to the Winnipeg Wild Red at the Hockey For All Centre.

After a scoreless first period, Winnipeg's William Thompson and Noah Alexander (power play) scored in the second before Ben Chapman tallied in the third.

Interlake's Jacob Keck closed out the scoring with a power-play goal in the final frame.

On Saturday, the Lightning were

bounced 5-1 by the Winnipeg Bruins Black at the Hockey For All Centre.

Despite firing 22 shots at Lightning goaltender Owen Coe in the first period, the Bruins Black could only muster a 1-0 lead on a power-play goal by Ethan Walterson.

Will Owens, with a pair, and Walterson scored in the second before Interlake's Hudson Sigurdson tallied late in the second.

Walterson completed his hat trick by scoring with the man advantage in the third.

Last Friday, Interlake was beaten 8-1 by the Winnipeg Bruins Gold.

Tavyn Sigurdson scored a second-period goal for the Lightning.

Winnipeg, which built period leads

of 4-0 and 5-1, received goals from Tyden Lafournaise (six), Dryden Fourgere and Aidan Sitarz.

Interlake (5-22) will not play another league game until Jan. 27 when they take on the Central Plains Capitals in Portage la Prairie. Puck drop is 4:30 p.m.

In U17 AAA play, the Interlake Lightning were defeated 7-1 by the Central Plains Capitals on Saturday.

Peyton Thiessen scored Interlake's lone goal on the power play in the second period.

Capitals' goals were scored by Tegan Fehr (two), Tyler Kendall, Campbell Park, Connor Braun, Luca Tornato and Ryder Delaquis.

Last Friday, Interlake was beaten 5-3

by the Brandon Wheat Kings.

The Wheat Kings grabbed a 3-0 lead 13:48 into the game on goals from Drew Young, Ethan Stanley and Konner MacKay.

Interlake's Dominick Collins responded with a goal in the opening frame.

The second period saw the Lightning's Ty Sadowski and Avery Jones score, sandwiched around Wheat Kings' goals by Roan Michalchuk and Drew Young.

The Lightning's upcoming schedule was not posted on the league website at press time.



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**IN THE MATTER OF:** The Estate of Einar Stefan Sigurdson, late of Lundar, Manitoba, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 21st day of February, 2024. DATED at Stonewall, Manitoba this 10th day of January, 2024. **GRANTHAM LAW OFFICES** Solicitors for the Executrix

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## MORTGAGE SALE

The land and building known as 15-6th Avenue, Gimli, MB, as described in Certificate of Title No. 1727090/1 will be sold at a public auction on the 7th day of February, 2024 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Jo-Anne Degagne at either 204-957-4808 or jdegagne@mltaikins.com.

The Vendor is informed that the property consists of a 966 square foot single family dwelling, built in 1960, 2 bedrooms, 1 bathroom, full unfinished basement, double detached garage, located on a 66 x 120 foot lot.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2022. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: nil

**TERMS:** Deposit of \$24,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information may be obtained from: MLT AIKINS LLP Barristers & Solicitors 30th Floor, 360 Main Street, Winnipeg, MB R3C 4G1 Attn: Jo-Anne Degagne (204) 957-4808 jdegagne@mltaikins.com

## EMPLOYMENT OPPORTUNITY

### Full-time Hydrovac Operator

We're looking for a reliable and motivated Hydrovac Operator to join our team. The ideal candidate is knowledgeable about hydro vac equipment, understands the importance of customer service, and has prior work experience in the vac truck, construction, or utility industries. The successful candidate will have a solid understanding of the demands of our industry and will be capable of using their expertise to complete customer jobs safely and efficiently.

**Wage:** \$25 - \$30/hr depending on qualifications  
Benefits offered after 3 months full-time employment

#### Responsibilities:

- Use the equipment for daylight utilities, wash & vac customer-owned plant
- Complete pre-trips and other required safety forms
- Have previous knowledge of heavy trucks & equipment
- Work shifts where end times aren't always predictable
- Have good people skills
- Be willing to work required weekends
- Have a **class 3 w/air or better** drivers licence
- Maintain equipment
- Perform duties as assigned
- Safety oriented

All interested applicants should forward their resume by email to: gimliseptic@gmail.com **\*\*Please note, any applicants with class 4 or class 5 drivers licences will not be considered for this position\*\***



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**Duties:** tractor maintenance, mower maintenance

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Contact Leroy at 204-376-5445

or mail a resume to silverdirtworks@gmail.com

Silver Dirtworks Inc.

Box 4051 Arborg, MB R0C 0A0





## NEW Career Opportunity in Arborg Service Advisor

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204-389-2023  
[info@eddiessgravel.com](mailto:info@eddiessgravel.com)  
102086 HWY #9, Wpg Beach, MB

## NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR A MUNICIPAL BY-ELECTION R.M. OF WEST INTERLAKE

Please be advised that a municipal by-election will be held on  
**Monday March 25th, 2024** for the office of  
**COUNCILLOR WARD 1**

To obtain a registration form contact the Senior Election  
Official at:

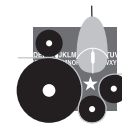
Myrna Little, SEO  
Cell 1-204-941-0156  
Office: 204-739-2666

Email: [seo@rmofwestinterlake.com](mailto:seo@rmofwestinterlake.com)

Dated at Eriksdale, MB this 18th day of January 2024

Myrna Little  
Senior Election Official  
RM of West Interlake

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> GAMES

## SUDOKU

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

Fun By The  
Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

# X CROSSWORD

## CLUES ACROSS

- Microgram
- Where golfers begin
- Each
- Warm weather metropolis
- Coat with sticky substance
- Girl's given name
- Myth (Spanish)
- Ultrahigh frequency
- Former NBAer Jeremy
- Where rockers work
- Your consciousness of your own identity
- Soft-finned fishes
- Localities
- Paddle
- Union
- Member of religious community
- Small shrill flute
- Small constellation in the Milky Way
- They \_\_\_
- College kid on vacation
- de Armas and Gasteyer are two
- Part of the human body
- A progressive grading
- Sound unit
- Noise some birds make
- Abba \_\_, Israeli politician
- Portuguese city
- Be extremely, uncritically fond of
- Resembling old Norse poems
- Ask for out of extreme need
- Sino-Soviet block (abbr.)
- Midway between south and southeast

|    |    |   |    |    |    |    |    |    |    |    |
|----|----|---|----|----|----|----|----|----|----|----|
| 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 |    |    |    |
| 39 | 40 |   |    |    |    | 41 |    |    |    | 42 |
| 43 |    |   |    | 44 |    |    |    |    | 45 |    |
| 46 |    |   |    | 47 |    |    |    |    | 48 |    |
| 49 |    |   |    |    |    |    |    |    | 50 |    |
|    |    |   |    |    |    |    |    |    | 52 |    |

## CLUES DOWN

- An insane person
- \_\_\_ Boothe Luce, American author
- Buttock muscles
- Men's fashion accessory
- "Hotel California" rockers
- Electronic communication
- Magnetomotive force (abbr.)
- Hostelries
- A way to resound
- Exclamation: yuck!
- A resident of Indiana
- Exclamation of surprise
- Make a mistake
- Boundary
- Antilles island
- It's used to make furniture
- Clod
- They indicate where places are
- Bobby \_\_, NHL champ
- Prints money
- Honorable title (Turkish)
- Appetizers
- Midway between north and northwest
- Spanish be
- Breezed through
- Grilled dishes
- In a way, excites
- Change mind
- A French abbot
- Popular candy
- Partner to cheese
- Wood or metal bolt



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## REQUEST FOR PROPOSALS

### Road Maintenance for a Five-Year Term

Please see our website [www.grahamdale.ca](http://www.grahamdale.ca) or contact our Municipal Office at (204) 768-2858, or by email [rm606@grahamdale.ca](mailto:rm606@grahamdale.ca) for RFP details.



### NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION R.M. OF WEST INTERLAKE

Notice is hereby given that a copy of the VOTERS LIST may be revised at R.M. of West Interlake municipal offices, 38 Main Street, Ashern, MB Or 10 Main Street, Eriksdale, MB Before February 16th, 2024 between the hours of 9:00 a.m. to 4:00 p.m.

During this time, we will be available to update the voters list by:

- (a) Adding the names of voters who are entitled to have their names on the list;
- (b) Deleting the names of persons who are not entitled to have their names on the list; and
- (c) Making such other correction of errors to the list as required.

#### VOTER ELGIBILTY:

A person is eligible to have his or her name added to the Voters list if he or she is:

- 1) A Canadian citizen and at least 18 years of age on election day; and
- 2) A resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

#### APPLICATION FOR PERSONAL SECURITY PROECTION:

A voter may apply in writing to the SEO (at the address/fax/ email number below) no later than February 16th, 2024 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail, email, or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before February 16th, 2024. If you are new to the area please call or visit the RM office to ensure your name is on the voters list.

Dated at Eriksdale in the Province of Manitoba on January 18th, 2024

Myrna Little  
Senior Election Official

R.M. of West Interlake  
10 Main Street  
Eriksdale, Manitoba R0C 0W0  
Cell: 1-204-941-0156  
Fax: 204-739-2073  
Email: [seo@rmofwestinterlake.com](mailto:seo@rmofwestinterlake.com)

## MORTGAGE SALE

The land and building known as 15096 Berlo Road, RM of Gimli, Manitoba, as described in Certificate of Title No. 3070588/1 will be sold by public auction by a Licensed Auctioneer on February 7, 2024 at 10:30 a.m.

The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Matthew Underwood at either (204) 957-8373 or [auctions@fillmoreriley.com](mailto:auctions@fillmoreriley.com)

The Vendor is informed that the property consists of a one storey dwelling approximately 806 square feet with living room, dining room, kitchen, 3 bedrooms, 1 bathroom, crawlspace foundation, double detached garage on an approximately 5.17 acre lot. Property is serviced by a well and septic system (particulars unknown). Property can be reached by travelling North on Highway 8 past Gimli turnoff, turn North to Lake Forest Road, turn left (West), continue along Lake Forest past Road 16E - Berlow Road runs North of Lake Forest Road between Road 16E and 15E; turn right (North), property is located on the NE corner of Berlo Road and Lake Forest Road.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2021.

Prior Charges: Nil

#### TERMS OF SALE

A deposit of \$10,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00), and the balance according to conditions which will be available electronically by contacting the individual below prior to the auction. The property will be sold subject to a Reserve Bid of \$80,000.00 such other additional and incidental costs which may be incurred by the Vendor from the 10th day of January, 2024 to the date of auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: [www.teranetmanitoba.ca](http://www.teranetmanitoba.ca)

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

GST will be payable on amount equal to 33% of the purchase price at the time of closing unless the purchaser is a registrant under the Excise Tax Act for GST and, on or before the closing date, provides a Declaration and Indemnity to that effect, satisfactory to the vendor's solicitor. No GST will be payable on 67% of the purchase price.

Further information may be obtained from:

FILLMORE RILEY LLP  
Barristers and Solicitors  
1700 - 360 Main Street  
Winnipeg, MB R3C 3Z3  
File No. 400784-3731 MTU/kl(mer)  
Attention: Matthew T. Underwood  
Phone: 204-957-8373  
[auctions@fillmoreriley.com](mailto:auctions@fillmoreriley.com)

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## ICE ROAD DRIVERS

Fuel/Winter Road Experience an Asset  
Willing to Train  
2 years driving experience required  
**2024 winter road season.**  
**\$500-\$1000 a day plus bonuses**  
**204-389-2023**  
**info@eddiessgravel.com**  
**102086 Hwy #9, Wpg Beach, MB**

### Employment Opportunity - Counselor

#### Lakeshore Family Resource Centre in Ashern is Hiring

- 1 permanent full-time (37.5 hours/ weekly) position.
- Salary \$18+ depending on qualifications & experience.
- Training Offered.
- Mileage Allowance.

#### QUALIFICATIONS

##### Education and Experience

- Strong ability to build supportive relationships with clients.
- Capacity to initiate, develop, and maintain Outreach programming.
- Comprehensive interpersonal skills and team oriented.
- Experience working in a community based setting is an asset.
- Relevant education and life experience will be considered.
- Understanding of Microsoft Office, Teams, Power Point and Zoom.

#### Additional Requirements

- Valid Class 5 license; Access to a safe and reliable vehicle
- Satisfactory Current (within 3 months) Criminal Record Check/Adult Vulnerable Sector, and Child Abuse Registry/Adult Abuse Registry Checks
- Ability to lift 25lbs

**Submit applicable Registry checks and 3 references to the Hiring Committee: [Hiring.lfrc@gmail.com](mailto:Hiring.lfrc@gmail.com)**  
**Application Deadline January 26th, 2024.**  
**Position will remain open until filled**

Lakeshore Family Resource Centre is an equal opportunity employer for all job applicants, including those self-identifying as a member of these groups: People with a disability, Indigenous people, Newcomers of Canada and Visible minorities.

Lakeshore Family Resource Centre welcomes applications from people with disabilities.

We thank all who applied with their interest, but only those selected for an interview will be contacted.

Lakeshore Family Resource Centre may contact former employers.

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## IN MEMORIAM

Kristin (Chrissie) Arnason,  
Aug 25, 1919 - Jan. 13, 1999  
B. Valdi Arnason,  
May 25, 1916 - Jan. 9, 2009



It's been 25 years since we have lost Mom  
and 15 years since losing Dad.  
We miss you and think of you always.  
- Love, your family.

## IN MEMORIAM



**Kristin Kristjanson**  
It's been a year since you left us.  
We are now left with wonderful memories of  
our coffee times, playing cards, gatherings  
and all the great times we shared.  
We miss you so much.  
-From your friends and neighbours

# RONA

Rona Gimli is seeking a full-time  
**ASSISTANT  
SUPERVISOR**

The successful candidate will have:

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- Retail experience, including providing excellent customer service, processing credit and debit transactions, and merchandising.
- Sales experience, including identifying and selling products based on customer's needs, add-on sales, and explaining product features and benefits.
- Supervisor experience, including directing, delegating, evaluating, training and coaching employees.
- Weekend availability is required.
- Positive, team-building, and motivational attitude.

Benefits include:

- An inclusive and safe working environment.
- Employee discounts
- Health and dental insurance plan (certain conditions apply)
- Quarterly incentive program

Please submit your resume to

[laura@ronagimli.ca](mailto:laura@ronagimli.ca)

**RONA GIMLI**

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Ones  
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Announcement  
in the**



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**Express Classified  
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Monday at NOON prior to  
Thursday's publication  
Please Call  
204-467-5836**

## OBITUARY

### Sean Steven Witzke



It is with profound sadness that we announce the sudden passing of Sean Steven Witzke on January 7, 2024 at the Winnipeg Health Sciences Centre. Sean was born into the loving embrace of Allan and Sharyn Witzke on April 15, 1970 in Winnipeg, MB.

Growing up in St. Andrews, Sean brought joy to those around him with his exceptional sense of humor. He graduated from Selkirk High School, engaging in a variety of sports such as hockey, baseball, football, and excelling in water polo. The family swimming pool became a place of laughter and shared memories with friends and family.

Sean graduated from Red River College with a diploma in Structural Engineering Technology and he started his career in the construction industry.

Sean married Patti Carson on August 10th in 2002. They started a life together in Fisher Branch. Sean contributed to the healthcare sector as a dedicated health care aide and recreational support worker.

Together with Patti, he travelled around Canada, indulging in scuba diving adventures in BC and marveling at the wonders of Niagara Falls in Ontario. The family expanded with the arrival of Bogdan (Bo), and Sean embraced fatherhood with enthusiasm. Coaching soccer, partaking in Ukrainian dancing with Bo, embarking on long snowmobile trips, and bonding over video games became cherished family activities. As an avid Jets and Bombers fan, Sean instilled his passion for sports in his loved ones. Numerous memories were created at their Grand Beach cabin, making it a cherished retreat for the family.

Sean was predeceased by his mother Sharyn Witzke and father-in-law Kenneth.

He leaves to mourn his wife Patti, son Bo, father Allan Witzke (Diane), brother Scott Witzke (Kim), sister Nicole Skiba (Prez), mother-in-law Betty, sister-in-law Connie Chaput (Bob), brother-in-law James Carson (Lilja), sister Susan Carson and numerous nieces and nephews.

The family would like to thank the Fisher Branch Fire department, staff at the Percy Moore Hospital and the Health Sciences Centre for their exceptional care.

In lieu of flowers, donations in memory of Sean can be made to the Canadian Diabetes Association (<https://www.diabetes.ca>)

Funeral services will be held at 11:00 a.m. on Saturday, January 20, 2024 at Our Lady of Victory Memorial Catholic Parish, 249 Arnold Ave, Winnipeg, MB. Luncheon to follow. Eulogy will be given during luncheon.

Funeral arrangements provided by  
Fisher Funeral Home

## OBITUARY

### Thomas Frank Mozden

December 17, 1952 – January 11, 2024

Suddenly, on Thursday, January 11, 2024, Thomas Frank Mozden, 71 passed away. Tom's remarkable life and unforgettable personality will be memorialized on Saturday, January 20th, 2024 at 2:00 p.m. at the Gimli Lakeview Hotel in Gimli, Manitoba.

Tom leaves to mourn his wife of almost 49 years, Karen; four children, Mathew (Jennifer), Ian (Jorge), Shauna, and Kirby (Aaron); six grandchildren, Jillian, Christian, Victoria, Slayde, Aliya, and Sienna; siblings Roy, Bob, Marie, Jean and Margaret; mother-in-law Elmeria, siblings-in-law Tracy, Darlene and David; with many other relatives; and countless friends wherever in the world Tom went.

Tom was predeceased by his parents, Frank and Dorothy, brother Ernie and father-in-law, David Roberts.



Tom was born December 17, 1952 in McCreary, Manitoba and his family moved to a farm in Stonewall when he was young. Tom contributed to the growth of the family farm, graduated from high school in Stonewall, worked for various companies, and received an Agricultural Diploma from the University of Manitoba in 1976.

Tom was a force of nature, and raised up an immense farm operation over the course of four decades with Karen and their children. Tom was never shy to strike up a conversation and could win over anyone, anywhere at anytime with his charm, bold authenticity and playful sense of humour.

A jack-of-all trades, Tom could build, repair, modify or maintain anything in the house and in the shop. Tom's final creation was a GORGEOUS backyard sandy beach into the waters of Lake Winnipeg at the home he shared with his devoted wife, Karen.

Tom was passionate about family, especially his six wonderful grandchildren who he spent immense time with being the best Papa. He loved visiting people and places, exchanging ideas, learning new things, cutting good deals and spreading his singular kind of joy everywhere he went.

Tom also forged a strong bond with nature over the course of his all-too-short life; Tom was experienced in agriculture, hunting and fishing and had recently discovered the beauty of kayaking.

Tom will be missed immensely.

A celebration of Tom's life will be held on Saturday, January 20, 2024 at 2:00 p.m. at the Gimli Lakeview Resort.



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## OBITUARY



**Rick Arnason**  
February 27, 1955 - January 4, 2024

It is with great sadness that we announce the passing of Richard Steven Arnason, at St Albert, Alberta.

Rick is survived by siblings Ron (Liz), Ted (Grace), Gerry (Doris), Ellen (Art) Henry, and Laurie. Also, daughter Krystal (Dale) Mangan, grandchildren Mya and Jake, sons Kurtis and Kolin.

Predeceased by parents, Steve and Lara Arnason, sister Pat (Ralph) Tanchak.

Rick was an amazing brother, uncle and friend to many - he was fun and funny and well loved.

A celebration of his life will be held in Lundar, MB at later date.

*Your memory will live forever Engraved within our hearts*

## OBITUARY



**Lori Ann Steinthorson**  
October, 1957 - January 9, 2024

It is with great sadness we announce the passing of Lori Steinthorson at Teulon Memorial Hospital.

She is now united with her parents Lloyd and Marjorie and infant son Christopher and friend and step mom Edith.

Lori is survived by her son Jordan and Sarah; sister Elaine; step siblings Dawn, Brad, Kathy, Stephen and Laurie; grandchildren Kaelene and Emma; her extended family LauraLee, Glenn, Hunter, Shirley and Ken Chezick.

Lori enjoyed life to the fullest. She loved long scenic drives especially with Stephen and Dawn. Often, she would take that opportunity to fulfill her other passion of photography. She loved kayaking, camping, horseback riding and belonged to local horse clubs when she lived in Balmoral. Lori fell in love with the Jets and could always be heard screaming at the television with her good friend Glenn. She was a true social butterfly. Especially with the LGBTQ+ community. She was an absolute mentor for all youth and elders in this community. She had a very positive influence for all her friends and family often known to empower people with her influence.

Lori's last career path was with Gerdau Steel in Selkirk. Throughout her life she has taken many continuing education courses at Red River and many more with Larson Management Inc to help with her employment in Alberta until she was diagnosed with cancer. She won that battle. She was a known fighter for her health. Kidney disease with years of dialysis and finally a kidney transplant 23 years ago. In last year or so she has been fighting again with heart disease, strokes, and onset Alzheimer's.

We would like to thank the staff at Stonewall Hospital and Teulon Hospital for the care that was given to Lori.

Flowers gratefully declined, if so desired donations can be given to Kidney foundation or to a charity of your choice.

In keeping with Lori's request no funeral service will take place.



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