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Symbolic gesture

EXPRESS PHOTO BY RAYME THOMSON

The Treaty One flag-raising event held last Friday marks a significant milestone in fostering mutual respect and understanding between Treaty One Nations and Gimli, symbolizing a commitment to honour and celebrate the historic and ongoing contributions of Indigenous peoples to the region. See full story on pg. 6.

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IERHA, Shared Health provides update to Arborg, Bifrost-Riverton on health services

By Patricia Barrett

Health-care leaders from the Interlake-Eastern Regional Health Authority and the province's Shared Health organization met with residents from Arborg and the Municipality of Bifrost-Riverton last Thursday evening to update them on the current status of health services in the area.

Organized and MCed by Arborg Mayor Peter Dueck, the public forum attracted about 90 people.

IERHA chief executive officer Marion Ellis, who spoke with the *Express* by phone a day after the forum, said it was "very important" to hear from the community and address their concerns about health-care services in the area.

Arborg hospital's emergency room has been on diversion (i.e., ambulances take Arborg-Bifrost area patients to Gimli or to another community's ER) as the health authority continues to work on recruiting an adequate number of physicians to staff it. But the hospital itself is providing in-patient and laboratory services. The health clinic attached to the hospital is providing primary care to residents in the area.

At this point, the health authority doesn't know what will happen with the ER, said Ellis. At least six doctors are required to work in the area in order to have the ER staffed on a 24-7

basis.

In addition to the ER, residents raised concerns about difficulties getting access to a doctor and whether the shortage of doctors would "justify moving services" from the area, she said. They also asked for an update on the status of their proposed new personal care home (the province is currently reviewing the budget) and ambulance response times.

Ellis said Arborg has three doctors — one with a private practice and the other two at IERHA's Icelandic River Health Clinic — plus a nurse practitioner out of Riverton who works one day a week in Arborg.

Two of the doctors have decided not to work at the ER, she said. The health authority doesn't want to burn out their physicians by having them work in their clinics then take on long shifts in the ER.

"People asked Dr. Penner how many doctors we should have in Arborg, and he said he'd like to have four or five because we very much want to focus on primary care," said Ellis. "There's a doctor scheduled to come in September 2024 and Dr. Penner is also trying to recruit a physician assistant."

The health authority is also looking at providing three hours of clinic service on Saturday with lab services to back that up.



EXPRESS PHOTOS COURTESY OF IERHA

Arborg Mayor Peter Dueck organized the public health forum, inviting health-care leaders from the Interlake-Eastern Regional Health Authority and provincial Shared Health. Speakers from left: Arborg Mayor Peter Dueck; IERHA CEO Marion Ellis; Shared Health executive director diagnostic services Mohammed Bhabha; Shared Health chief operating officer diagnostic services Dr. AbdulRazaq Sokoro; site medical lead for Teulon, Ashern, Eriksdale and Arborg Dr. Mike Loudon; IERHA chief medical officer Dr. Charles Penner; and Shared Health diagnostics for IERHA Bozidar Modrcin. Speaking virtually was Shared Health emergency response services lead Dr. Rob Grierson.

As to the future of the Arborg hospital, Ellis said the response from Dr. Penner affirmed that "every bed in the region" is needed. And with advancements in medical technology and specialized care, patients with serious illnesses such as heart attacks and strokes — no matter where they live in the province — are sent to St. Boniface Hospital and the Health Sciences Centre, respectively. Even if the Arborg ER was open, patients suffering those conditions would be sent straight to Winnipeg.

Patients are still being admitted to the Arborg hospital for conditions that are "suitable" for that level of hospital care.

The focus on providing primary care can help reduce the volume of people

using emergency rooms to obtain health-care services they'd ordinarily obtain from a family physician. Over the past few weeks, media reports showed packed waiting rooms and excessively long wait times for service at some Winnipeg ERs.

"We know a lot of media across the country are reporting on congestion in emergency rooms. And ER doctors from coast to coast are saying this is because we don't have enough family doctors. Dr. Loudon said primary care is vital for screening patients for chronic diseases and managing those diseases," said Ellis. "If you have good primary care — whether that's provided by a physician, physician assistant or nurse practitioner —

Continued on page 3

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The two-year practical nursing diploma program class is shown in the Arborg Training Centre in January 2023. The site welcomed its first intake of nursing students in January 2021 followed by a second intake in September 2022.

> IERHA, FROM PG. 2

you're less likely to need emergency care. Our real focus is to provide that primary care."

There are registered nurse vacancies at the hospital and the PCH at the moment, said Ellis, but there are no vacancies for licensed practical nurses (LPNs) and health-care aides in acute care.

In acute care (hospital), the nursing vacancy is 22 per cent while the health-care aide vacancy is zero. In long-term care, the nursing vacancy is 53 per cent while the health-care aide vacancy is nine per cent (but these vacancies will be filled by three health-care aides from the Philippines). In home care, the nursing vacancy is 33 per cent while the health-care aide vacancy is five per cent.

Arborg has seen success in training local and

Interlake residents as LPNs and health-care aides.

"We want to give Arborg credit because the town has been very successful in working with Fieldstone Ventures and Assiniboine Community College to offer health-care aide courses and two LPN courses."

There was a question raised about QDoc.ca, regarding whether the IERHA has a contract with the service, which provides online access to physicians. Ellis said the IERHA doesn't have a contract, but people in the region can still use it for medical advice on minor illnesses.

"IERHA does not have a contract with QDoc. And people were asking what that meant. Dr. Penner explained that you can [use the service] and you don't have to go to emergency or if you can't make an appointment with your own doctor because they're busy. This service has been

great for those who have some mild illnesses." Through a free app, QDoc.ca offers select Canadians [Manitoba, Ontario, Alberta, Nova Scotia, British Columbia] consultations with a general physician, e-prescriptions, lab requisitions, COVID screening, audio and video consultations and medication reminders, according to its website. Common medical issues include respiratory conditions, irritable bowels, allergies, diabetes, skin conditions, urinary tract infections and sexually transmitted infections.

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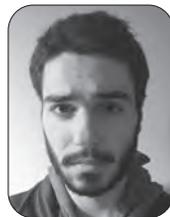
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EXPRESS PHOTO BY EMMA GISTI

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letter to the editor

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We need Manitoba's leadership to reform the tobacco industry

It's National Non-Smoking Week, and Manitoba has a historic opportunity to reduce health-care costs and reform the tobacco industry.

Over many decades, Big Tobacco has engaged in deception and targeted marketing that has addicted

youth and resulted in immense suffering, disease and premature death for so many people. The devastating impacts of tobacco use in Manitoba is extensive and undeniable — 130,000 Manitobans or 12 per cent still smoke tobacco, with 1,500 tobacco-related deaths and \$189 million in health-care costs every year.

All 10 provinces have filed lawsuits against the tobacco industry, collectively seeking more than \$500 billion in damages, and right now the Manitoba government is negotiating a settlement with Big Tobacco.

To prevent disease and save lives, it's vital that the settlement implement strict new controls on the tobacco industry and establish substantial long-term funding for tobacco control through an independent fund. We must protect future generations. As such, the Canadian Cancer Society urges Premier Wab Kinew to use this monumental opportunity to hold Big Tobacco accountable and prevent future harm to Manitobans.

- Andrea Seale
CEO, Canadian Cancer Society

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letter to the editor

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Who decides is MAID is right or wrong?

Ms. Wilson:

After reading what you wrote for last week's *Express Weekly News*, I feel that I must comment on the subject of MAID for mental illness, which you vehemently oppose. I favour it.

Who are you to say whether people's reasons for choosing to go with MAID are wrong? How do you judge who qualifies as "mentally ill enough or not"?

Did you not consider that many people who have what could be called mental illness could also have unbearable physical pain from medical issues? No, apparently not. Until you walk a mile in someone else's shoes, you and other "do-gooders" cannot possibly know what is going on with them.

I myself applied for MAID because of intractable physical pain and suffering of medical origin, but I also happen to suffer from major depres-

sive disorder; there is no cure for any of my conditions. Just palliative care and chemical "happy" pills in the form of antidepressants. I don't hallucinate. I have not lost contact with reality like so many people suffering from mental issues do, nor have I ever been an alcoholic or drug addict either. Yet depression is considered a form of mental illness. I am of sound enough mind (even my two psychiatrists have said this) and too well steeped in reality to know what is happening to me and my body, and why I want to go with MAID. You don't have the right to take this away from me nor anyone else in similar situations. In fact, I think you have incredible gall for attempting to do so.

I had made my wishes for MAID known to people around me, and a year ago a former friend doxed me in to the city police as "imminent suicide." At first, the police came to my door to ask me if I needed help. I refused and told them to go away and leave me alone. It is a personal decision that I and I alone make. The

police in that town came back moments later, broke down my door, shackled me like an animal and abducted me against my will, taking me to the local hospital. They beat me as well for resisting them. They said "You don't die unless we say you can!" Of course not, because police can decide to shoot someone at will and they can decide for you or anyone else. It should be noted that I had hematomas all over me from being "taken care of by the police" (our beloved public servants). And don't get any ideas of me going to a police review board. It is a joke, just like everything else here in this province and country. Government bureaucracy in getting medical care and treatments doesn't lighten my problems or make me feel any better physically or mentally; in fact, they both add to the problems. Can you fix all my problems? No, you can't. Can you make me well again? No, you cannot. Had you been there at the time, I am sure you would have smirked over it and praised the police.

While on the unit for a whole week (which was a real waste of taxpayers money), none of the staff saw me as demented, insane, "touched in the head," "loonie toon" or losing contact with reality whatsoever and supported my decision. They knew about my medical conditions as well. Not one of them agreed that I needed to be in the hospital for psychiatric care.

Then you come along and high-handedly encourage people to stop MAID programs to assist people, mentally ill or otherwise. Are you a psychiatrist to decide these things? I am sorry for what your son is going through and for what you as a parent must bear. However, you are interfering with my choice over my life.

Are you going to also tell me and others like me that we have no right to want to end our lives to end our suffering? You never experienced anything like what I have. I, myself, am hoping my wish for MAID comes soon.

- Mark Linares
Arborg, Manitoba

Coldwell hosting third annual March Madness Ice Fishing Tournament

By Becca Myskiw

The RM of Coldwell is gearing up for its third annual March madness Ice Fishing Tournament.

The annual ice fishing derby will be held March 1-31, and all community members are invited and encouraged to participate. The tournament started during COVID-19 as a way for people to get outdoors and active together and was put on by the Interlake Tourism Association. That first year, the tournament did so well that RM of Coldwell Recreation decided to keep it going.

"The goal is for people to be introduced to maybe a new sport opportunity we have right here in our own backyard," said Breanna Malcolm, recreation director for the RM. "And for well-being and social interaction. It's just another way to enjoy what our local tourism and economy has to offer."

People can start registering for the tournament now by downloading the app "FishDonkey," tapping "Fish in a Tournament" once in the app, then

Continued on page 8



EXPRESS PHOTO SUBMITTED
Paul Monkman with one of his catches at the 2023 March Madness Ice Fishing Tournament last year.

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# RM of Gimli and Treaty One Nations hold flag-raising ceremony

By Patricia Barrett

The RM of Gimli held a historic flag-raising ceremony last Friday at the municipal office to further truth and reconciliation efforts with Indigenous Manitobans who are part of Treaty 1 territory.

Gimli Mayor Kevin Chudd, who spoke on behalf of council, said the ceremony represented a significant moment in the RM's history and a commitment to co-operation and shared responsibility to build a better future for everyone.

"This ceremony is not just a symbolic gesture: it's a call to action. It's a reminder that we must work together to create a society that is inclusive, equitable and just. We must strive to build strong relationships based on trust, understanding and respect," said Chudd. "Let us commit ourselves to the process of reconciliation, to learning from the past and to building a future where all people can thrive."

Gimli is on Treaty 1 territory, which comprises the traditional lands of the Anishinaabeg, including the Cree, Oji-Cree, Dakota and Dene Peoples, as well as the homeland of the Métis Nation.

Treaty One Nation represents seven First Nations: Brokenhead Ojibway Nation, Long Plain First Nation, Peguis First Nation, Roseau River Anishinaabe First Nation, Sagkeeng First Nation, Sandy Bay Ojibway First Nation and Swan Lake First Nation.

Representatives from Peguis and Brokenhead, the Assembly of Manitoba Chiefs, the Treaty Relations Commission of Manitoba, as well as Manitoba MLAs, were invited to speak at the ceremony, which included the raising of the Treaty One flag, a flag-smudging ceremony, drum ceremony and flag song performed by the Walking Wolf Singers.

Gimli resident Jocelyn Barlow attended the ceremony and said she felt the event brought everyone closer together.

"The power represented by a flag is one concept that really resonated with me during today's Treaty One flag-raising ceremony," she said. "The speakers' remarks were all so eloquent and thought-provoking. Surely a day like today signals that real, meaningful progress has been made in erasing any lines that may have divided people in Gimli."

The Treaty One flag



EXPRESS PHOTOS BY RAYME THOMSON

The RM of Gimli Mayor Kevin Chudd commits to co-operation and shared responsibility to learn from the past and to build a future where all people can thrive. A historic flag-raising ceremony was held in Gimli last Friday with government officials, ministers, delegates and special guests.

was adopted in May 2020 and incorporates the original spirit and intent of the treaties, which were to last "as long as the sun shines, the grass grows and the rivers flow." The green represents the grass; the blue, the water; and the yellow, the sun. The red represents the circle of life and the people who inhabit the land, while the seven points around the sun represent the seven First Nations who signed Treaty No. 1 in 1871 at Lower Fort Garry.

The flag-raising was followed by a feast at the Gimli Recreation Centre.



Mayor Kevin Chudd with Ovide Mercredi, political liaison for the Assembly of Manitoba Chiefs.



# Gimli Rotary Club recognizes member for outstanding service

By Patricia Barrett

The Gimli Rotary Club presented one of its members with a significant award to recognize his service to the club and the community.

Club members presented Anders Kuusselka with a Paul Harris Fellow Award from Rotary International.

The award recognizes Kuusselka's "tangible and significant assistance" to the club, which contributes to the betterment of the local community.

Kuusselka is a retired Gimli High School teacher who still subs from time to time, continues to work with youth in the community and sits on the board of the Gimli Youth Hub, which plans to build a youth centre near the Gimli Recreation Centre.

He said he was excited when he learned he would be receiving the award.

"I'm so pleased the Rotary Club went out of their way to nominate me. This was a total surprise," said Kuusselka, who founded the Wave Youth Club (middle school kids) and oversees the Interact Youth Club (high school kids), which falls under the aegis of the Rotary club. "I'm hoping this will help promote all the work that's being done in Gimli for our youth and how the Rotary Club contributes to that. Our club is small but we do a lot in the community."

The Rotary Club, which has 26 members, has been active in Gimli for over 50 years. Some of the recent Rotary projects include Operation Red Nose and planting trees in Gimli Park.

Kuusselka started the Wave Youth Club a number of years ago to provide activities for middle years students and to teach them leadership

and community service skills. The Interact kids help Kuusselka and his team with the Wave kids, organizing and supervising activities such as basketball and volleyball games, bowling, field trips and music.

"I'm so proud of our high school kids; they are the backbone of the Interact club. They are so good at working with the younger kids, serving as leaders and role models," said Kuusselka. "And I think the younger kids really appreciate having someone who's a few years older than them. They look up to them and really pay attention."

There are about 20 students from the high school who help out with Wave programs. And some of the students, such as Vira, Liuba, Logan, Nate and Gage, have been very "faithful," never having missed a day of volunteering with the younger kids, he said.

Among the Interact and Wave's adult volunteers are David and Sharon, DeeDee, Debra, Rhonda, Rick and Diane, Edwin, Autumn, Kelly, Danielle, and Rudi and Elida — all of them stalwart supporters of the clubs, helping supervise the kids and run the music program.

Music rehearsals are held in Kuusselka's garage, which he converted into a rehearsal studio for the high school students. The middle years students rehearse at the Bayview Church. Both music groups are supervised by adults.

Gimli High School and Dr. George Johnson Middle School provides space for both the Wave and the Interact clubs while the youth hub committee works on getting the youth centre built.



EXPRESS PHOTO COURTESY OF ANDERS KUUSSELKA

Gimli Rotary club members Ken Krebs and Bob Munro present Anders Kuusselka with the Paul Harris Fellow Award from Rotary International for his dedicated service to the club and community.

"The Rotary Club appreciates the schools for letting us have space in their buildings. In the high school, the Interact Club can use the sewing room. And in the middle school the Wave has use of the gymnasium and another space to do arts and crafts and play games," said Kuusselka.

In addition to the schools helping the clubs, Kuusselka said the local

Sobey's and Co-op food stores donate snacks. And Beach Boy Restaurant helps them in the summer with the Snack Shack on Gimli Beach, which is staffed by Wave kids and volunteers with food handling certificates. Any supplies the Wave can't buy locally is purchased for them by Beach Boy.

"It's so awesome. These local busi-

Continued on page 8

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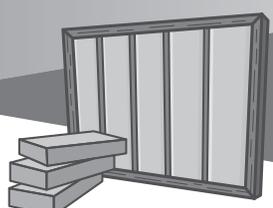


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## > COLDWELL, FROM PG. 5

searching for and joining "Coldwell March Madness." The tournament runs for the entire month of March, and the RM has prizes for fishers each week of the derby.

The tournament is catch-and-release only to protect the fish species in the area. Upon catching a fish, people will take the proper measurements of it, take photos and submit them through the FishDonkey app. On the app, fishers have to include a video of them safely releasing the fish back into the water.

The tournament has several prize categories, including the grand prize for the largest overall walleye catch, with the prize typically being an \$800 electric ice auger. There are also prizes for participation, the smallest catch and hard luck prizes for those who don't catch anything.

New this year is an early bird prize of a \$200 Cabela's gift card on behalf of the families of Carey Rae and Darlene Law, avid ice fishers in the community.

"They may not have won any prizes but they registered, fished and had fun doing so," said Malcolm.

The early bird prize is available to all who register for the tournament on or before Feb. 23. All

who register before then will automatically be entered into the draw.

"We know Darlene and Carey would much rather be down here fishing with us during the tournament," said Malcolm. "But we know they're both fishing in heaven this year."

As the RM continues to prepare for the tournament, they're looking for sponsorships from local businesses. Until Feb. 1, businesses can contact Malcolm at [rec.coldwell@mymts.net](mailto:rec.coldwell@mymts.net) and sponsor the event and its prizes. All sponsors will get their logo promoted with their sponsored prize and will be recognized on the RM of Coldwell Recreation's channels. All sponsorships will get a tax receipt as well.

"When participants see local businesses have sponsored the event, our hope is they'll stop at that local business and support them back," said Malcolm.

Tournament participants can catch bullheads, perch, silver bass, walleye, burbot, freshwater drum and common carp near Lundar. All fish are fair game in the tournament, with special prizes for certain species catches.

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## > GIMLI ROTARY CLUB, FROM PG. 7

nesses are so supportive of our programs. They've been doing that for years," he said.

The Rotary Club is welcoming new volunteers, especially younger people, to help make a difference in the community. The Wave Youth Club has about 30-40 kids taking part, and Kuusselka said they'd like to have four adult supervisors at events.

"The Rotary Club doesn't have a huge number of members and we'd like to get more people volunteering and helping us organize activities and programs for our youth, as well

as supervising the kids," said Kuusselka. "We'd love to see younger members join us because most of us are retired."

Gimli resident Bill Martin, who said he's interested in joining the Rotary club, said Kuusselka's award is well deserved.

"Anders is a wonderful person. He runs the Wave Youth Club. He's helping get the Gimli Youth Hub built and teaches the kids music," said Martin. "He's a modest man, but he really inspires people and raises enthusiasm."



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# Fisher Branch's Chaika dancers celebrate 54 years at Malanka

By Patricia Barrett

The Fisher Branch Chaika Ukrainian Dance Club marked 54 years of high-spirited dance performances at its Malanka on Jan. 13 at the community hall.

Club secretary Amanda Bouchard said the COVID-19 pandemic cancelled their 50th anniversary celebration in 2020, but they continued to practise and fundraise to keep the club going.

"Our club right now has 50 dancers from 30 families. Our youngest group of dancers are four years old and we have 14 dancers in grades 9 to 12 at Fisher Branch Collegiate," said Bouchard. "We have a creative movement class this year."

Attendees enjoyed a traditional Ukrainian supper, which was followed by the club's performances of 10 different folk dances including the hopak, poltava, volyn, bukovina, hut-sul and polissia, as well as a character dance called the barnyard dance that was performed by the beginners. The evening ended with the kolomeyka, a free-form dance that lets dancers show off their skills.

"Our kolomeyka was about 20 minutes long and we had probably close to 20 former dancers join in at the end," said Bouchard. "And just before midnight we formed a Malanka unity circle for a local family, Cameron and Shailynn and their baby Anthony, who was our Malanka baby. We had two dancers and a baba go around the circle. The baba gives everyone a handful of wheat. It represents going out with the old and coming in with the new. Then we did a countdown and everyone threw the wheat into the air."

Chaika dancers have been "blessed" with many local community sponsors and families, said Bouchard, helping fund costumes and other expenses and supporting their fundraisers. The club puts on a silent auction at Malanka and at spring recitals and



EXPRESS PHOTOS BY SARA URUSKI PHOTOGRAPHY

does a Grey Cup tickets fundraiser and a perogy and sausage fundraiser every fall. It also donated proceeds from a raffle to a non-profit group in Ukraine that delivers humanitarian aid to communities devastated by the Russian invasion.

"Last year we did a raffle and donated all the proceeds to Principle of Consciousness, a group in Ukraine that are on the front lines supporting soldiers and bringing food and water to communities that are cut

off from everything," said Bouchard. "The Fisher Branch community has been amazing at supporting our club. For all our fundraisers, we get so much support and that's why this club has been successful for as long as it has."

She expressed gratitude to instructors Deneika Gard and Cody Vandersteen, who have been with the club as dancers.

"Jessica Truthwaite has also been helping our club this year, and it is

so awesome having her back to instruct," said Bouchard. "We are also very blessed to have two senior dancers volunteering with our younger groups, Carli Nahuliak and Brandt Cochrane. Our club greatly appreciates these positive role models who are giving their time back to our club and inspiring the younger generations of dancers. And we would like to thank our incredible, hard working Chaika board of directors: Laura Grzenda, Larissa Nahuliak our vice-president, Kristen Stocki our treasurer, Amanda Bouchard, Dwight Nahuliak, Sara Uruski and Chad Rindall. There is a ton of work done behind the scenes in this club and our group is so very fortunate to have such a dedicated board."

The club's spring tea is scheduled for Sunday, April 14 in the Fisher Branch Collegiate gymnasium. It will also be competing at the Kalyna Dance Festival in Yorkton, Sask., at the end of April.



# Gimli's assisted living building expected to open this summer



EXPRESS PHOTO BY LANA MEIER

The Betel Heritage Foundation assisted living building will have 40 affordable units, on-site parking and a dining room on the top floor.

By Patricia Barrett

A much-needed assisted living facility on First Avenue in Gimli is well underway and expected to open this summer.

The Betel Heritage Foundation, which owns the Waterfront Centre, is constructing the facility on the lot beside the Waterfront. One side of the building will have views of Gimli Harbour.

Waterfront Centre general manager Tristin Tergesen, who reports to the heritage foundation board, said the project will enable residents who need some assistance to remain in the community surrounded by their friends and family, as well as help them pay reasonable rent for that accommodation.

"Part of the vision was to provide housing and care for seniors so that they can stay in our community," said Tergesen. "There's been research showing that people at a certain point are having to leave the community to obtain assisted living accommodation. That was one of the motivations for moving this project forward."

When completed, the building will

have 40 units. Most will be one-bedroom suites but there are also two-bedroom and studio-sized units available. The top level of the building (seventh floor) will have a kitchen and dining room, which can offer meal services to residents, as well as a multi-purpose room. On-site parking will be provided.

Tergesen said people are eager to learn more about obtaining a suite in building but the eligibility criteria have yet to be determined.

"I have people calling me every day. The interest level is high," she said. "I will be providing information to people as it becomes available."

## Nurses helping nurses: Mentorship Program



EXPRESS PHOTO SUBMITTED

Breanne Galaluk, left, and Madalin Rusak-Chambers.

By Jennifer McFee

Nurses not only share a passion for their profession, they also share their knowledge with their up-and-coming counterparts.

Manitoba's Nursing Mentorship Program supports new nurses who are launching their careers by matching them with a nurse mentor who can offer guidance and advice.

Tanya Cheetham, chief nursing officer, said formal mentorship relation-

ships typically span about six months.

"The mentee works independently as a nurse, as does the mentor. They don't always work the same shifts, but the mentor is there for the mentee to support them through any situations they may encounter and to be a support," she said.

"This fosters growth of new nurses in the system, which will help in recruitment and retention of nurses and keep them in the system with the right supportive environment."

Breanne Galaluk has been a nurse for nine years. She currently works at the Gimli Health Centre, where she also served as a mentor to recent nursing graduate Madalin Rusak-Chambers.

"I agreed to go into the mentorship program because I remember how hard it was as a new grad to navigate all the aspects of nursing as a career, particularly if you don't have anyone else in your life who works in the field to help you understand how things work," Galaluk said.

"The best part about being in the mentorship program is seeing the new nurses grow and feel comfortable in their career choice. I wish this program had been around when I started."

For Rusak-Chambers, her interest in nursing sparked when she was a teen.

"I decided to go into nursing because I had the opportunity to shadow nurses at the Gimli hospital when I was in high school," she said.

"I admired the critical thinking and compassion the nurses had and decided I wanted to do the same."

Like Galaluk, she clearly sees the advantages of the nursing mentorship program.

"Being a new grad can be overwhelming. The program gave me the opportunity to have a trusted co-worker available to me when I needed support," Rusak-Chambers said.

"The best part was getting to have a co-worker who understood that I am still learning the world of nursing — and being able to ask questions judgment-free."

Visit [healthcareersmanitoba.ca](http://healthcareersmanitoba.ca) to learn more about the Nursing Mentorship Program.

### 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  
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Fri & Sun Mtgs at 7:30 pm

#### Al-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.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## U18 AAA female Interlake Lightning making people take notice

By Brian Bowman

In past years, wins were hard to come by for the U18 AAA female Interlake Lightning.

But that's not the case this year.

Interlake is 8-11-3, with a trio of overtime losses, and they have been very, very good this season.

The Lightning can absolutely play with anyone in this league and their success is one of the best stories this year in the Interlake (along with the U18 AAA male Lightning).

The girls are working hard and mak-

ing a lot of people in the league really take notice of their talent. Everyone on this Interlake roster has contributed to the Lightning's success. No question about that.

"It's great. I've shared with the team that at the midpoint of the season that they have already surpassed (expectations) and that is something to be really be proud of," said Lightning head coach Tatiana Rafter. "They have the best record for a (U18 AAA) female team in the last 10 years so that's a really amazing accomplishment and we

still have a bunch of games left before playoffs. We still have room to grow."

On Sunday, Interlake was edged 3-2 by the Yellowhead Chiefs in a shoot-out.

Claire Hudson and Ireland Tymchak scored for the Lightning.

Faith Burtnick, Hannagh Reagh, and Dara Thompson replied for Yellowhead.

The Lightning lost 4-1 to the Westman Wildcats on Saturday in Hartney.

Adriana Duna scored for Interlake while Reese Schutte (two), Karlyn

Gudz, and Shayla Scinocca answered for Westman.

Last Wednesday, Interlake overcame a 1-0 deficit to pull out a great 2-1 win over the Winnipeg Ice at the Hockey For All Centre.

Delainey Rigaux and Bre-Ann Windross scored for Interlake while Aliyah Teixeira replied for the Ice.

Jane Sugimoto was fantastic in goal, making 41 saves.

## Lundar Falcons defeat first-place Selkirk Fishermen

By Brian Bowman

The Lundar Falcons showed the first-place Selkirk Fishermen that this will be a humdinger of a season.

Really, anyone can beat anyone.

Lundar proved that with an impressive 4-3 overtime win in CRJHL action on Saturday evening.

Riley Zdan continued his stellar play this season, scoring the game winner.

The other Falcons' goals were tallied by Carson Gudmundson, Kade Laughlin, and Troy Johannesson.

Fishermen goals came from Carter Courchene (two) and Ryland Schoeder.

Kennedy Kerr made 40 saves in the win.

On Friday, Lundar lost 5-2 to the Warriors in St. Malo.

Falcons' goals were scored by Gudmundson and Morgan Mantik scored

for the Falcons while Teagan Fillion (two), Damon Johnson, Jeremie Collette, and Logan Fillion tallied for the Warriors.

The Arborg Ice Dawgs, meanwhile, lost 4-1 to the Beausejour Comets 4-1 last Friday.

Dainen Jacobson scored a second-period goal for Arborg while Aidan Avanthat (two), Merrick Hurcul, and Clint Thomas answered for Beausejour.

Lundar played at the North Winnipeg Satellites this past Tuesday and then will host North Winnipeg Saturday (7 p.m.).

On Sunday, the Falcons will play at the Fishermen for a 3 p.m. game.

The Arborg Ice Dawgs, meanwhile, will host the St. Malo Warriors on Friday (8 p.m.) and then visit St. Malo Sunday (6 p.m.).

## Mixed curling champs



EXPRESS PHOTO BY TONY MICHALUK

The Gimli Lakers' team of Ryan Graham, left, and Julie Magnusson won the Manitoba High School Athletics Assoc. Zone V mixed curling championship on Jan. 18 in Lundar. The Lakers defeated the Lundar Kodiaks 9-2 to win the banner. The Lakers went undefeated in the bonspiel defeating the Kodiaks 6-4 in the first game then Arborg 8-0 and Stonewall 10-0. The team has advanced to the MHSAA Provincials at the Heather Curling Club hosted by Collège Jeanne-Sauvé Feb. 9-10.

To see more photos of your favourite Interlake Athletes

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## RECYCLING NOTICE FOR FEBRUARY/ 2024

Riverdale Place Workshop Inc. Will not be picking up recycling On the below mentioned dates.  
 Tues. Jan. 30 at Arborg curbside pickup  
 Thurs. Feb. 1 at Riverton curbside pickup  
 Tues. Feb. 13 at Arborg curbside pickup  
 Thurs. Feb. 15 at Riverton curbside pickup  
 Tues. Feb. 27 at Arborg curbside pickup  
 Thurs. Feb. 29 at Riverton curbside pickup  
**The workshop will be closed on Mon. Feb. 19/2024**  
**Louis Riel Day**  
 Please rinse your containers  
**Thank you for recycling**

### Online Farm Land Sale

**For Archie Thompson - Circle T Ranch, Arborg, MB**  
 Sale Starts online: Saturday, February 17, 2024 at 10:00 a.m.  
 Closes: soft close starting at 10:00 a.m. Wednesday, March 13, 2024  
 To register: go to: [www.apro.bid](http://www.apro.bid)

**Lot 1 - Legal Description - SE27-24-3W Frontage - 160.00 acres**  
 Municipality: 605 - RM of Fisher Roll No: 0375000.00  
 Property Taxes 2023 - \$365.10  
 From Fisher Branch - West to end of pavement. 1 mi. West & 1 mi. North  
 • Approx. 140 acres cultivated w/some being new land  
 • Brush piles just burnt, mostly cleaned up  
 • Fenced - 80% good

**Lot 2 - Legal Description - NE27-24-3W Frontage - 150.19 acres**  
 Civic Address: 14012 Road 143NW  
 (House and approx. 4 acres of 150.19 acres not included)  
 Municipality: 605 - RM of Fisher Roll No: 0374800.000  
 Property Taxes 2023 - \$912.32 (included house)  
 From Fisher Branch - West to end of pavement. 2 mi. North and 1 mi. West  
 Located near Fisherton in the RM of Fisher  
 • w/130 acres cultivated.  
 • Fenced - 80% good.  
 • Water in creek year round.  
 • Both properties located 2.8 km east of the Pig barns.  
**Note: Owner would like to retain hunting privileges.**  
 Lots will be sold in order listed. 20% deposit required sale day by certified cheque. Sale is subject to owner's approval of last bid. Bidders must satisfy themselves as to the exact current acres, property lines/fence locations, sizes, taxes and assessments. Property titles available upon request  
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Times:

Thursday, Feb. 8, 2024 - 8:30 am - 4:30 pm  
 Friday, Feb. 9, 2024 - 8:30 am - 4:30 pm  
 Saturday, Feb. 10, 2024 - 8:30 am - 12:30 pm

For more information, please call or email:  
 Ferdinand Funk, Regional Spiritual Health Services Coordinator  
 Ph. 204-461-3414 or Email: [ffunk@ierha.ca](mailto:ffunk@ierha.ca)  
 Registration Deadline: Feb. 5, 2024  
 Learn more or Register for Free:  
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For term - March 2024 to October 2026

**The nomination deadline is February 18th, 2024 at 4:00 p.m.**  
 Nominations cannot be accepted after this day.

All nominations shall be made in writing, and shall be signed by at least 10 voters, or NOT less than one percent of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification. Nominations may be filed in person on the dates and hours specified, by an agent, or by fax or email. To obtain a nomination paper, and/ or candidate's declaration of qualification, contact the SEO at the telephone number or email listed below. Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Myrna Little  
 SEO R.M. of West Interlake  
 10 Main Street  
 Eriksdale, Manitoba R0C 0W0  
 Cell: 1-204-941-0156  
 Office: 204-739-2666  
 Fax: 204-739-2073  
 Email: [seo@rmofwestinterlake.com](mailto:seo@rmofwestinterlake.com)  
 Dated at Eriksdale, MB this 22nd day of January 2024

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## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF HAROLD WALTER ERNEST FARTHING, late of the Postal District of Oak Point, Manitoba, Retired, Deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office at 11 Main Street, P.O. Box 200, Ashern, Manitoba, ROC 0E0, on or before the 25th day of February, 2024.

DATED at Ashern, Manitoba, this 15th day of January, 2024.

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> GAMES

## SUDOKU

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

### 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!

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

Sudoku Answer

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

Crossword Answer

# CROSSWORD

## CLUES ACROSS

1. Winged nut
7. Humbug!
10. One who sets apart
12. Circle above a saint's head
13. Unpleasantly loud and harsh
14. Expressed pleasure
15. Feminine given name
16. Company of badgers
17. Popular Dodge pickup truck
18. Witty sayings
19. Leader
21. Autonomic nervous system
22. Premolar
27. Atomic #28
28. Holiday decorative item
33. Exclamation of surprise
34. Rusk or cracker
36. Returned material authorization (abbr.)
37. Scottish or Irish Gaelic language
38. Eat
39. Marxist economics theory (abbr.)
40. Ceases to exist
41. Male Arabic name
44. Series of ridges on an organ wall
45. Places where bees are kept
48. One-time Yankees sensation Kevin
49. Church office
50. Single lens reflex
51. Pieces of fibrous tissue

## CLUES DOWN

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  | 6  |    | 7  | 8  | 9  |    |
|    | 10 | 11 |    |    |    |    |    |    | 12 |    |    |    |
|    | 13 |    |    |    |    |    |    |    | 14 |    |    |    |
|    | 15 |    |    |    |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    |    |    |    | 18 |    |    |    |    |
| 19 |    |    | 20 |    |    |    |    | 21 |    |    |    |    |
| 22 |    |    |    | 23 | 24 | 25 | 26 |    | 27 |    |    |    |
|    | 28 |    |    |    |    |    |    | 29 |    | 30 | 31 | 32 |
|    |    |    |    | 33 |    |    |    | 34 |    |    |    | 35 |
|    |    |    |    |    | 36 |    |    |    |    | 37 |    |    |
|    |    |    |    |    | 38 |    |    |    |    |    | 39 |    |
|    |    |    |    |    | 40 |    |    |    |    | 41 | 42 | 43 |
| 44 |    |    |    |    |    |    | 45 | 46 | 47 |    |    |    |
| 48 |    |    |    |    |    |    | 49 |    |    |    |    |    |
| 50 |    |    |    |    |    |    |    |    | 51 |    |    |    |

1. Classify
2. Dismounted
3. Produced
4. Consumed
5. Director Howard
6. The products of human creativity
7. Thai monetary units
8. Away from wind
9. Builder's trough
10. Relating to Islam
11. It can sometimes ache
12. Small quantities (Scot.)
14. Poisonous plant
17. Laugh at
18. Vogul
20. C. European river
23. Type of cat
24. Exclamation of disgust
25. Stephen King novel
26. Without armies
29. Expression of sympathy
30. Relative biological effectiveness (abbr.)
31. Previously
32. Illegal drug
35. Kiloelectronvolt
36. Large, flightless birds
38. For smoking
40. Binary
41. Competition
42. Mark resembling an arrow
43. Containers
44. Root mean square (abbr.)
45. Commercials
46. I.M., architect
47. 007's creator

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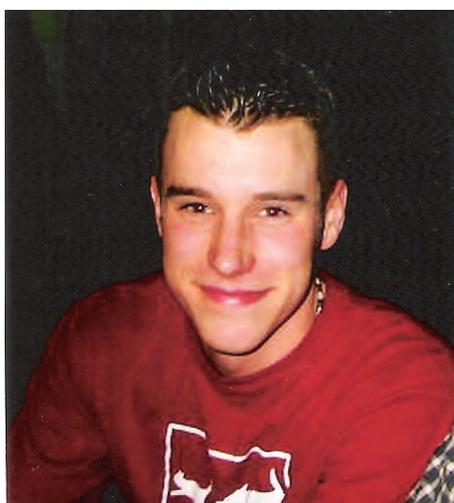
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And tragically, 19 years ago

Your life was a blessing,  
Your memory a treasure,  
You are loved beyond words,  
And missed beyond measure.  
It's the heartache of losing you,  
That will never go away.  
-Forever loved and deeply missed,  
Mom, Dad and brother Darrell

### OBITUARY

#### Donald Daniel Bilinski

Surrounded by the love of family, Donald D. Bilinski passed away on Saturday, January 6th, 2024.

Predeceased by his parents, Helen and Stanley Bilinski, and siblings John, and Mary-Anne.

Left to miss, mourn, and remember are his wife Tanis, daughter Desarae (Tom), step-daughter Tanya, and grandchildren, Ty and Lyla. The highlight of his later years was ensuring that his grandchildren always had a smile on their faces.

Survived by his siblings, Paul, Stanley, Mike (Sharon), Elizabeth, Melvin (Carol), Nancy (Phillip), Philip (Bev), Debbie (Andy) and brother-in-law Bill (Laureen) as well as numerous nieces and nephews.



Don was born on May 1st, 1956 in Gimli, Manitoba. Raised on a farm in Chatfield he developed a strong work ethic. After he graduated from Gimli High School, he went on to study Physical Education at Bemidji State University in Minnesota. After completing his degree, he became the Recreation Director at Gull Harbour Resort on Hecla Island for 11 years, while substitute teaching. During his time at the Gull Harbour Resort, he met the love of his life, Tanis Grimolfson. They opened a Shop Easy grocery store in Riverton (known as "D & T's") which they successfully ran for 30 years.

Retirement led to Don's all encompassing dedication to the Riverton & District Friendship Centre running countless errands for the Food Bank, and other local programs. He took so much pride in securing the best meat draw prizes, and keeping the RDFC lawn in perfect condition. He gave generously of his time to support the community.

Don was always someone you could count on and our "go to person." He believed in and exemplified Service to Others. He will be remembered for his kind heart, quick wit, and phenomenal work ethic.

Celebration of Life will be held at the Riverton Community Hall on Saturday, February 3rd, at 2:00 p.m.

In lieu of flowers, donations can be made to the Riverton & District Friendship Centre Foodbank in Don's memory.

*"In loving memory of a legend whose laughter brightened our days, whose kindness touched every heart, and whose unwavering dedication to family and hardwork left an indelible mark on all who knew him".*

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### OBITUARY



**Percy Lawrence Fuz**  
March 18, 1947 – January 16, 2024

With very sad hearts, we announce the passing of my beloved Husband, Father and Gigi on January 16 at the Arborg Personal Care Home.

He will be dearly missed by his wife, Beverley (nee Shachtay); his children, Daryl (Sabrina), Jeff, Lori (Trevor Gard). His wonderful grandchildren, Cody (and Dahlia), Summer (and Jesse); great-grandchild Brynlee, Lori's children; Byron, Alex and Jaden. He loved his grandchildren, they were the world to him. He is also survived by his brother Steven (Jean) and their family; sister Julia (Patrick Gulay) and their family; sister-in-law Darlene Yaremus and her daughter Caroline (Ben).

He was predeceased by his parents, Stefan and Julianna; in-laws, Steve and Caroline Shachtay; sister-in-law Rose Darch.

Percy was a school teacher for 35 years. His love was his family and sports. Baseball was his favorite, along with curling. He drove many hours to take his boys and grandchildren to hockey. He spent many summers driving to Winnipeg to take Jeff to baseball.

Percy, life will never be the same for me without you. I know, my love, that we will meet again. We the family, would like to thank the Gimli Hospital and Arborg Personal Care Home for the excellent care he received.

The family will hold a memorial service at a later date. Donations in his name may be made to the Morweena Cemetery or the Arborg Personal Care Home.

You will be missed Percy!  
Vichnyat Pamyat



204-886-0404

### OBITUARY

#### Andre Edmond Gauthier

February 21, 1947 – January 10, 2024

It is with great sadness that the family announces the passing of our beloved husband, father, grandfather and uncle. He slipped away quietly and peacefully at the Percy E. Moore hospital in Hodgson, MB.

Left to cherish his memory are his beloved wife Pat of 57 years; his sons Ken (Janice), Jeff (Glenda) and James (Kemi); sisters Lena, Alma and Melvina; sister-in-law Marge; 14 grandchildren and numerous nieces and nephews.

He was predeceased by his parents and brothers Edward, Matt, Jannard and Henry. Andre grew up on the family farm, east of Fisher Branch, Manitoba. He spend a few years in Michigan, where he met and married Pat. They eventually moved back to Fisher Branch and farmed for 20 years. When he discovered beekeeping the farm was no longer as interesting. He learned how to handle bees and grafted queens for a while. After retirement he often drove to bee yards and watched the bees and crew at work. Often giving advice! He enjoyed carpentry, welding, driving and especially baseball. He now had time for gardening and yard work.

His greatest joy was his children and grandchildren, and many nieces and nephews who were right at home on the farm.

He was always willing to help with whatever he could and was generous with his time. He will be sadly missed.

Celebration of life will be Saturday, January 27, 2024 at 11:00 a.m. at the I.C. Roman Catholic Church in Fisher Branch. Lunch to follow at the Ukrainian hall. Interment at a later date.

The family extends special thanks and gratitude to the doctors and staff at Percy E. Moore hospital for their care and exceptional kindness. Thank you to Gordie Wevursky, Fisher Funeral Home, for your support during this difficult time.

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### OBITUARY

#### Emma Lydia Chyzy

It is with great sadness we announce the passing of Emma Chyzy of Winnipeg and formerly of Arborg, MB. on Friday, January 19, 2024 at Concordia Hospital, Winnipeg.

Funeral Service will be held on Wednesday, January 31, at St. Philips Roman Catholic Church in Arborg at 11:00 a.m. Interment to follow in St. Philips R.C. Cemetery. Lunch to follow.



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## OBITUARY



**Clarence William Jeffery**

April 6, 1935 - January 8, 2024

Clarence, the only child of the late William and Marie Jeffery of Oak Point, MB, passed away at the Stonewall General Hospital on January 8.

As an "uncle" to many, a friend and a cousin, he will be greatly missed.

At his request, cremation has taken place and there will not be a formal service.

There are no words that can fully express my gratitude to the staff of Stonewall General Hospital for their compassionate care of Clarence Jeffery during his extensive stay there. Thank you to those who visited with him - he greatly appreciated it. A special thanks to Lynn and Glen Mathews for all the help you gave me... Vivian.

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**Albert Ferris**

October 2, 1936 - January 12, 2024

It is with great sadness that we announce the passing of our father and grandfather, Albert Ferris. Albert passed away peacefully at the Fisher Branch Personal Care Home on January 12, 2024 at the age of 87.

Albert will be greatly missed by his children Maryann (David) and Mark, and his grandsons Carter and Nolan. Also left to mourn are his brothers Ferris (Leslie), John (Debra), sisters Mary and Lila, and numerous nieces, nephews and friends.

He was predeceased by his parents Alex and Melanie Ferris, sisters Anne and Margaret, brother George, and brothers-in-law Metro and John.

Albert was raised on a farm just outside of Hodgson, Manitoba and was the second oldest of eight siblings. He attended a one room school called Marble Ridge School. After a few years Albert was given the job of going to school early to light the fire in the wood stove, warming the school before the teacher and other students arrived. When Dad left the farm, he went to work on the oil fields in Alberta. After some time, he started working on road construction to be closer to home. Albert raised his family in Fisher Branch, a community close to his heart where he always felt at home. Albert was proud of his children and their accomplishments. Dad was a volunteer fire fighter and enjoyed being involved in Fisher Game and Fish. Albert enjoyed hunting, trapping, fishing, gardening, card games, and loved spending time with his grandsons.

Dad lived at his home in Fisher Branch until 2021. He then spent two and a half years at the House of Hope Senior Home in Arborg, where he enjoyed meals, coffee time and doing puzzles with the other residents. Albert moved to the Personal Care Home in Fisher Branch in September 2023.

Special thanks to the staff at the Fisher Branch Personal Care Home who cared for Albert.

A Funeral Service will be held on Saturday, January 27th at 1:00 p.m. at St. Philip's Anglican Church in Hodgson, Manitoba. Interment to follow in the Hodgson Cemetery. Pallbearers are Mark Ferris, David Bohn, Michael Ferris, Alex Ferris, Donnie Krawec, Billy Krawec, Dean Desjarlais and Ricky Dmyterko.

Donations can be made to prostate research.

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