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Spectacular performance

EXPRESS PHOTO BY RAYME THOMSON

Gimli's Barvinok Ukrainian Dance Club turned out some spectacular performances last Saturday night at the Fraserwood Hall during its 42nd annual Malanka celebration. The evening included performances from guest artists, the Druzhba Ukrainian Ensemble.

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IERHA medical residents share their skills

National Resident Doctors Appreciation Week from Feb. 5 to 9

By Jennifer McFee

The Interlake-Eastern region offers opportunities for new doctors who are interested in gaining hands-on rural medicine experience.

Dr. Amanda Wong and Dr. Rita Costa have begun a two-year residency through a family medicine residency program in the region. Residency is the final training stage for doctors after they graduate from medical school.

Born and raised in Manitoba, Wong pursued all her studies in the province. She completed her undergraduate bachelor of science degree with a major in genetics at the University of Manitoba and continued her medical studies there as well. While completing her bachelor of medicine, she focused her research on predicting injuries in high-level circus artists.

For her residency, Wong chose to come to Interlake-Eastern for several reasons.

"Firstly, the staff in IERHA (Interlake-Eastern Regional Health Au-



Dr. Amanda Wong

thority) are great and create an ideal learning environment for residents, where our learning is prioritized and our experience can be tailored to our areas of interest," said Wong, whose family has a cabin in the Interlake and whose mom grew up in East Selkirk.

"Secondly, IERHA serves a large area of rural Manitoba and diverse populations, creating an ideal setting



Dr. Rita Costa

to become a skilled rural family physician."

To start, Wong will be primarily based out of the Selkirk Medical Centre and the Selkirk Regional Health Centre, and she'll also spend some time in Lac du Bonnet during her second year of residency.

When she's not busy studying and working, Wong loves to play soccer.

"I spent five years playing for the University of Manitoba Bisons' women's soccer team during my undergraduate studies, during which I was team captain for several years. I am still playing soccer now and find it to be a good way to socialize with friends and stay active," she said.

"I have also been quite involved with coaching various soccer teams,

including running some soccer camps in Selkirk. Another hobby of mine is my houseplants and propagating them. I am also a big sucker for bad Netflix reality shows."

Looking ahead, Wong hopes to practise medicine in rural Manitoba.

"I hope to give back to underserved communities and improve access to health care," she said. "I hope to have a diverse practice and be able to care for people of all ages and backgrounds and have a wide scope of practice to offer my patients."

Like Wong, Costa began her studies at the University of Manitoba, where she first obtained a degree in microbiology.

"I absolutely loved learning about how our bodies fought against bacterial and viral diseases. I even completed a research project and published a paper in virology during the last year of my degree," Costa said.

"I had always had an interest in medicine and wanting to help patients navigate the health-care system, so I applied to the Max Rady College of Medicine here in Manitoba and began my medical journey in fall 2019."

During her fourth year in medical school, Costa spent two weeks in Selkirk, which piqued her interest in returning to the community.

"I absolutely loved this experience, and it opened my eyes to how amazing a residency program the IERHA is. I knew that I wanted a residency program that allowed me to be a learner, while also giving me graded responsibility that will allow me to

Continued on page 15

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January the cruellest month for winter-loving Interlakers

By Patricia Barrett

The 20th-century poet T. S. Eliot was wrong when he opined that April is the cruellest month for it's actually January, especially for winter-loving Interlakers.

After a few weeks of extreme cold and snowy days across the province, the mercury rose near the end of January, taking out swathes of snow and ice and destroying our favourite wintery pursuits such as snowmobiling, skiing and outdoor skating. And, yes, even shovelling.

Yvonne Rideout, executive director of Snoman (Snowmobilers of Manitoba), a non-profit organization that represents 53 snowmobiling clubs across the province with over 5,300 members, said she's just crushed by the warm temperature.

Snowmobiling has "certainly been a victim of Mother Nature," she said, adding that she's been doing a "snow dance" every day to appeal to the icier side of Mother's character.

"The warm temperatures are having an impact province-wide. As of today [Feb. 1], we have only three Snoman clubs with trails open. Yesterday we had 10 clubs with trails open," said Rideout. "I've been talking to my counterparts in Saskatchewan and Ontario and they're in the same situation. This morning I talked to North Dakota and Michigan — same situation. They haven't turned on their groomer this year."

There are 11 Snoman clubs in the Interlake region. Because all clubs are responsible for maintaining and grooming their respective trails, they incur costs even though they receive some financial support through the sale of Snoman passes.

"The warm weather is devastating to our volunteer clubs because they had put in all this work to get the trails signed, packed and groomed. They opened the trails and then shortly thereafter they had to close them,"



EXPRESS PHOTO BY HALEY CVAR

Snowmobile trails have quickly disappeared this past week with the above-average temperatures. As of Feb. 1, Snoman said three of 53 clubs had trails open throughout the province.

said Rideout. "Although they can't re-open because of a lack of snow, they still have payments to make, like loans on equipment. And they've already spent the money on signage and fuel for the groomers."

And it's not only the snowmobile clubs taking a financial hit but also the economy of small communities that will consequently feel the impact of fewer visitors.

"This has a domino effect; it trickles into our rural communities, affecting businesses such as gas stations, restaurants and accommodations," said Rideout. "We often hear from small business owners that snowmobile traffic is vital to their operations in the winter, which is the slower tourism season."

Even if temperatures fall in the next few weeks, as they've been predicted to do, there's no guarantee that snowmobile trails can be brought up to speed unless there's sufficient snowfall.

"We have to hope we get snow along with cooler temperatures and

hope we don't lose our base on the trails," said Rideout. "When you lose the hard-packed snow that forms the base, it'll go down to grass. The later

it gets in the season, [clubs] will wonder if it's even worthwhile putting in all that effort and cost to restore the trails when there's only two weeks left and spring will be here."

Rideout's Snoman colleague Joe Thieven said it has been an "incredibly disappointing" winter for snowmobiling.

"I can't remember us having a season like this. I can remember seasons starting late and continuing on and seasons starting early and ending early but never just a wee snowstorm and getting shut down due to unseasonably high temperatures," said Thieven, who also sits on the board of the South Interlake SnoRiders club, which has more than 170 kilometres of groomed trails and covers the Stonewall, Stony Mountain, Balmoral and Argyle areas.

Snoman clubs in the south Interlake installed their trail signs, cut branch-

Continued on page 7



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Woodlands business offers zero-turn mowers

By Jennifer McFee

The Woodlands community is welcoming a new start-up business — but it's actually not a start-up at all since its roots run decades deep.

For more than 30 years, Arrowquip has been manufacturing cattle-handling equipment for the global market. The Firth family moved the business from Australia and has been operating in Woodlands since 2003.

Now the entrepreneurial family is taking that experience to the outdoor power equipment sector through Arrowquip's new sister business called Yakta.

Andrew Firth, former Arrowquip CEO, moved over from his role to become Yakta's founding CEO. Meanwhile, his brother Mark Firth stepped up to lead Arrowquip as its new CEO.

To start, Yakta will specialize in zero-turn mowers. The first mower will roll off the line in early February.

"We decided to venture into this sector by listening to our Arrowquip customers and dealers, who let us know that this sector is under-utilized and all about shareholder value over dealer and consumer growth," said chief marketing officer Brodie Milne.

"Currently, we're operating inside our Arrowquip international HQ building, which is right next door. Our manufacturing staff will be in the new building shortly and office staff in the coming months."

Yakta's first product off the line is its YXR 710 zero-turn mower, which



Yakta's first product off the line will be the YXR 710 zero-turn mower.

operates up to 20 kilometres per hour. This powerful product features a 30.5-horsepower engine and 16-gallon fuel capacity. It's geared for both homeowners and commercial operators alike. Coming soon will be the YXR 910, YXR 610 and YXR 410 models.

"We've been engineering our mower lineup since the winter of 2022 and launched our brand at Equip Expo this past October," Milne said.

"We'll also be releasing our Split Frame technology in the fall that transforms our mowers to anything you need — blower, snow blower, grader, thatcher."

With Yakta, its products will stand out for their top-notch performance combined with dedicated customer



EXPRESS PHOTOS SUBMITTED

Yakta launched its brand at Equip Expo in October.



The 72,000-square-foot facility is located in Woodlands.



service.

"Our point of difference starts with how over-engineered our products are, ensuring that they're able to stand up to the toughest use cases, which is backed by our five-year or 2,000-hour warranty that covers everything except for batteries, blades and tires," Milne said.

"This means that we cover Kawasaki, Briggs & Stratton, and Hydro-Gear longer than they cover themselves. Industry standard is about three years or 1,500 hours on average."

Current Canadian prices range from \$9,450 for lighter units up to \$32,256 for top-of-the-line heavy-duty units.

"We have a mower for every need — be it a homeowner with an acreage they need to manage to commercial

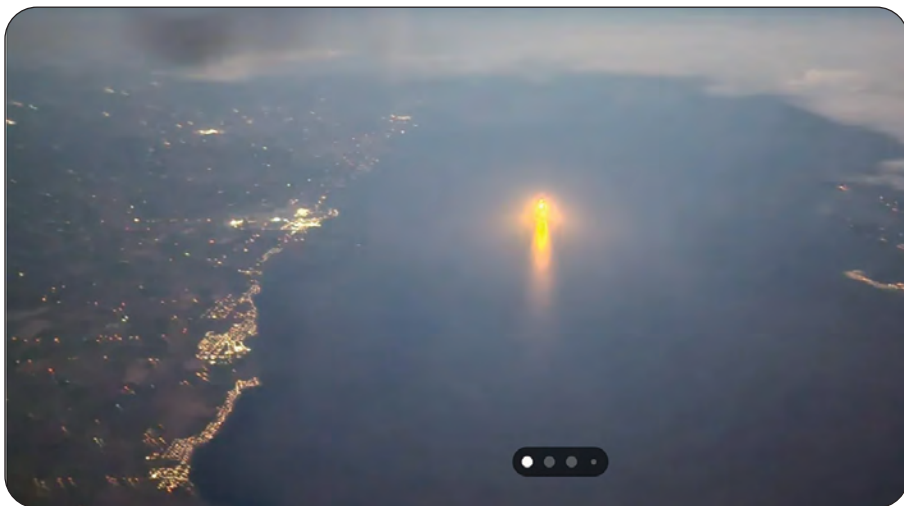
cutters who are using the units for eight hours a day, five or more days a week," Milne said.

Yakta's main business comes from the United States, which is where they see the vast majority of their sales. All sales of Yakta products will be done through dealers.

"Our methodology is all around the dealer. They are the ones who are the backbone of our economy and who need support in a space where OEMs (original equipment manufacturers) are taking away from their bottom line and either going to big box stores or directly to consumer," Milne said.

"Consumers need dealers who are dedicated to their success and dealers need OEMs who are dedicated to

Flares over Lake Winnipeg



EXPRESS PHOTO SUBMITTED

There were a number of photos circulating on the internet earlier this year of a flare or possibly a fire on Lake Winnipeg that were taken by an airline pilot from the flight deck.

It has been confirmed that there was a NOTAM (notice to airmen) released by RCAF Winnipeg's search and rescue group that there would be flares dropped 11 kilometres east of the Gimli airport on the night of Nov. 22, 2023.

Spreading love and the word of God one Monday at a time

By Becca Myskiw

Lundar's Pentecostal church shares the word of God through children's programming every week.

On Monday afternoons, children of all backgrounds are welcomed at Lundar Lighthouse, where they learn about God while having fun. Lundar Lighthouse's current facility is too small for them, and while they build their new facility, their programming is running as usual.

Becky McGillan, church member and wife of Lundar Lighthouse's pastor, said Lighthouse Kids, the children's program, has been running for years now and shows no signs of stopping anytime soon. Five church members voluntarily run the Monday night sessions, teaching the curriculum set out by the Pentecostal Publishing House. That curriculum gives the church a

new theme and new materials on that theme each quarter, every week leading to the quarter's conclusion.

Children from five to 12 are welcome to join the program at no cost, regardless of their background, spending an hour each Monday evening together to learn.

At each session, the teachers will start with the basics in an exciting way to get the children ready for the class. They'll then teach about God and building relationships with Him, building friendships in the world, do an object lesson to reinforce what they've learned, lead worship and singing, and teach the children to pray.

"We also equip them for when they're not at church and teach them how to engage in spiritual things like praying, reading the Bible," said Mc-

Gillan.

The Lighthouse Kids program is in addition to the church's Sunday School, which is typically only for church members. Having programming on Sunday and Monday allows more children to be included if their families can't make a Sunday service. McGillan said 95 per cent of the children who attend Monday's classes aren't church members.

At least once a month, those who put on Lighthouse Kids do an evening of fun rather than instruction. They'll host an open gym night or a larger activity for the children, focusing on friendship and fun rather than spiritualism.

Lighthouse Kids has around a dozen children attend each week. Those running the program will pick most of the children up and take them after

class, too, lessening the load on parents. McGillan said the children love Lundar Lighthouse programming and the love they feel while being in the room.

"We're just feeling that there's a real need to teach Christian morals and Christian beliefs," she said. "It's an opportunity for us to teach the kids so they gain an understanding of who God is and understand the love of God — understand that He's available to every single one of us no matter where we are or what walk of life we are in."

McGillan added that most active church and youth group members were in the Lighthouse Kids program. Because of that, she knows the Monday night sessions are growing the future of Lundar Lighthouse Pentecostal Church.

> MOWERS, FROM PG. 4

theirs. As such, you'll never see a Yakta product in a big box store or sold direct. All product sales will go through our committed, hard-working, family-owned dealerships."

Currently, there are already 51 dealers across 16 states and three provinces that are ready and waiting to take their first order of Yakta units as soon as they're available, as well as many others waiting to finalize dealer agreements.

"The response from dealers looking for better has truly been humbling. Along with our international HQ facility currently being built in Woodlands, we intended to expand to an additional plant in the U.S. to keep up with demand as well. Those talks are already in place and plans in development," Milne said.

"We already have plans in place to begin sales in Australia, either this year or very early the following year, as well as other international markets like the U.K. where we're currently very successful with Arrowquip."

Yakta is located off Highway 6 in Woodlands right next to Arrowquip. Currently, it employs 50 workers — and further recruitment efforts are underway as the company is ramping up for production in its 72,000-square-foot facility.

"We are always looking for new employees who are looking to make a real impact on a global scale. Anyone who might be interested in joining our team, at any level, should reach out and apply," he said.

"Currently, we're looking for more engineers, factory support (assembly), operation staff and sales support. With

the exception of engineering, no past experience is needed — just drive and motivation to succeed and thrive."

Milne estimates they'll likely need between 100 and 150 employees by the end of the year.

"However, this is a moving number and is based on demand," he noted. "If more shifts are needed, like they were for Arrowquip, we'll add shifts and staff."

Looking ahead, the future looks bright for the bustling new business.

"We're the only zero-turn mower manufacturer in Canada," Milne said. "We're competing against giant names like Toro and John Deere, and we have no doubt that we're going to be able to show those brands how things are done."

Even in these early days, Yakta seems poised on a path for success.

"Overall, there's no holding us back. The industry is being bought and sold from major holding companies and OEMs all the time. Each time, consumers are being left with fewer and fewer choice since products are often made identical as another mower brand the company owns, just painted differently," Milne said.

"We will wake up a market that has put consumers behind shareholder value for far too long and who have not taken care of the hard-working, family-owned dealers.

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Free provincial park entry for month of February

Manitobans encouraged to explore the great outdoors

By Lana Meier

The Manitoba government has announced free park entry for the entire month of February in efforts to promote the various winter activities offered in provincial parks. Environment and Climate Change Minister Tracy Schmidt shared this news last Wednesday, urging both Manitobans and visitors to take advantage of this opportunity.

"February is a great time to enjoy Manitoba's provincial parks," said Schmidt. "We know affordability is top of mind for many families, so I am pleased to announce we are waiving the entry fee to all provincial parks for the month of February. We encourage all Manitobans to get outdoors and enjoy everything our beautiful provincial parks have to offer."

In February, vehicle permits are not necessary in provincial parks. However, for snowmobiles using designated trails, Snopasses are still required. Additionally, entrance fees remain applicable in national parks.

Manitoba's provincial parks are equipped with a diverse range of trail systems, providing opportunities for cross-country skiing, fat biking, snowshoeing and hiking. Additionally, Paint Lake, Spruce Woods and Turtle Mountain provincial parks boast outdoor skating areas, hockey rinks and toboggan hills. Those inter-



EXPRESS PHOTO BY MICHELLE SIMONSON

The provincial government announced free park entry for the month of February and is encouraging Manitobans to get outside and enjoy the winter activities available in the provincial parks.

ested in ice fishing can utilize the free shelters on Lake Winnipeg at Hecla/Grindstone Provincial Park. For those seeking downhill skiing and snowboarding options, Asessippi Ski Resort in Asessippi Provincial Park or Falcon Ridge Ski Slopes in Whiteshell Provincial Park are excellent choices.

According to the minister, park interpreters at Birds Hill, Spruce Woods and Whiteshell provincial parks are providing a variety of guided programs to enhance visitors' experiences and encourage conservation of Manitoba's park resources. These programs, which can be registered for at www.gov.mb.ca/sd/parks, include wolf howl hikes, snowshoe

treks, ski clinics, quinzhee building and ice fishing. Additionally, teachers have the opportunity to schedule free guided field trips or virtual programs with park interpreters from these three provincial parks.

Manitobans are encouraged to check trail conditions before visiting parks. Detailed maps and trail information can be accessed at www.gov.mb.ca/sd/parks. It is requested that individuals using the trails adhere to designated activities, keep their dogs on leashes and follow Leave No Trace principles by bringing back everything they brought in.

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EXPRESS PHOTO BY NICK FINNISON

Ice fishers on Lake Winnipeg were busy moving their ice shacks out of water last week as temperatures reached 2 degrees C. The ice at Husavik was still 23 inches deep so this fisher just moved his shack to a drier spot and continued fishing. Help the Express Weekly News record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@expressweeklynews.ca

> CRUELLEST MONTH, FROM PG. 3

es and groomed the trails after the snowstorm. But with the snow having all but evaporated, the trails can't support a snowmobile.

That said, Thieven discourages people who own ATVs from riding on Snoman trails as that will rut them. Plus, there may be a chance in the upcoming weeks that the region will see enough snow to re-open the trails.

"ATVs will cut up the trails. And if there's any winter to salvage — if we get a snowstorm in the next couple of weeks — we'll certainly be out there again grooming the trails for snowmobilers. We hope the ATV riders would avoid our snowmobile trails until at least the end of February to see if the snow comes," said Thieven. "That's what I've said to the South Interlake ATV club. We have a very good relationship with them as to when they can and can't go on them and they respect that. And Interlakers, overall, are quite reasonable people."

Not only are warm temperatures ruining the trails for snowmobilers, but they're also ruining them for people with horse and sleigh, cross-country skiers and hikers who like hard-packed snow, he said. And even though some people might be experiencing a little cabin fever at this time of year, they're not coming out in droves.

"This is a huge hit to little communi-

ties such as Inwood, which relies on winter tourism to support their gas station and Rosie's Café, and to places like Teulon, which has Fry-Days Restaurant. Even Gimli; we'll ride up to Seagulls [restaurant]. But none of that is happening right now," said Thieven. "It's got to be a big hit for businesses and for people who just want to get out and enjoy themselves in the fresh air."

If this is the winter of discontent for snowmobilers, it must also be so for outdoor skaters.

In Gimli the skating trail and the rink that were built in the harbour are not faring well.

Adam Stringer, who was contracted by the municipality to build and maintain the popular outdoor venue, said last Thursday that there's no risk of breaking through the ice on the harbour as he measures ice depth regularly and found it to be 24 inches, which is a "very safe amount." But people will certainly have trouble keeping their skates dry.

"You won't break through the ice, but it's just that the ice is so soft with water everywhere and that makes it unpleasant to skate. The pooling water has made the surface uneven, eating away at what we had flooded," said Stringer. "And I know this might sound counterintuitive for a skating rink, but it's really slippery with wa-

ter sitting on top of the ice. Even the ramp going down to the trail is very slippery right now because we've had some freezing rain: it's almost like a sheet of ice getting down to the skating trail."

A day later, the municipality decided to close the harbour trail and rink.

Stringer said if the temperature drops, he'll be back out on the harbour flooding the ice to get it into peak skating condition.

Although the harbour is out of commission, Lake Winnipeg continues to support ice fishing.

"People are still able to go out ice fishing. There's no issue there," said Stringer. "The ice is safe and you can drive your vehicle anywhere you want on the ice and not worry about getting stuck in snow."

Gimli resident Cheryl Buhler, who chairs the Gimli Chamber of Commerce's Destination Brand Committee that helps oversee the harbour trail, said the ice fishing village on the lake is flourishing despite the mellow temperatures and disintegrating surface ice here and there.

"It was plus 7 C in Gimli on Jan. 30, but that hasn't affected fishing. There are so many ice fishing shacks on the lake. Experienced fishers know when they can and can't drive on the lake," said Buhler.

As for the snowmobile trails in the Gimli area, Buhler said the ones she walked on are bare grass.

On a more serious level, the lack of snow is not boding well for the environment. Agriculture and Agri-Food Canada's Canadian Drought monitor for Dec. 31, 2023, showed "below-normal precipitation across much of western Canada" over the month of December. A good percentage of Manitoba is experiencing a moderate drought with some areas of severe drought.

Buhler said she and other people are concerned about the impact unseasonable conditions will have on the environment and wildlife.

"I'm not sure people are loving this warm weather. All the people I've talked to are nervous about it," she said. "Even though some of us like the fact that it's not freezing and we don't have to heat up our cars, I'm personally worried. Some people I talked to are worried about the polar bears. We don't want minus 40 C, but we also don't want plus 7 C on Jan. 30."

While Snoman does its daily snow dance and others lament the loss of winter, there may be hope on the horizon.

Manitoba Merv, a groundhog puppet who lives at Oak Hammock Marsh, saw his shadow last Friday morning (on Groundhog Day) and predicted there will six more weeks of winter. So don't pack away the shovel quite yet.

PC caucus announces new leadership structure

By Lana Meier

The Official Opposition of Manitoba announced its new leadership structure last week, following the appointment of Wayne Ewasko as its interim leader.

Kathleen Cook, who has a long history as a business and community advocate, will assume the role of deputy leader for Winnipeg and other urban areas. She was initially elected to the Manitoba legislature in 2023.

Kelvin Goertzen, who was first elected in 2003, will continue to serve as deputy leader for rural Manitoba.

Prior to this role, he held positions such as premier, attorney general, and various other cabinet positions within the former PC government.

Greg Nesbitt has been appointed as caucus chair, having previously held the position of minister of Natural Resources and Northern Development. He has been an MLA since 2016.

Doyle Piwniuk, who was first elected in 2014, will now assume the role of caucus whip. He brings with him a wealth of experience, having previously served as both the minister for Transportation and Infrastructure, as

well as deputy speaker of the legislative assembly.

Interlake-Gimli MLA Derek Johnson remains Opposition house leader.

“The NDP are already showing their willingness to break their word and cut things like schools and personal care homes to pay for their \$3-billion worth of election promises,” said Ewasko. “This reinvigorated team will ensure that the NDP is held to account and make sure that all Manitobans have their voices heard in the legislature.”



Derek Johnson
Interlake-Gimli MLA

Funding expanded for youth mental health including addictions and homelessness

By Lana Meier

On Jan. 29, Bernadette Smith, the minister responsible for mental health and Housing, Addictions and Homelessness, revealed that the Manitoba government will be raising funding for three effective programs geared towards aiding youth throughout the province.

“Young people need the support of their peers, schools, families and communities to thrive,” said Smith. “We are pleased to provide additional funding to community-based programs that meet youth where they are. We recognize there is much work to do to build individual and community well-being, and these investments are just the start.”

The Province of Manitoba is continuing to invest in three programs aimed at supporting the youth population.

The Indigenous Youth Mentorship Program (IYMP) develops leadership and training skills for university and

high school students who manage after-school programs for younger students, creating lasting relationships through mentorship. This highly successful program promotes healthy development among Indigenous children and youth through health and cultural programming, noted the minister. The minister acknowledged its success and announced an additional \$545,000 in funding that will enable the program to reach 24 new locations over three years — including 15 in northern and rural areas and nine in urban areas.

“This is an incredible program that has real impact in young Indigenous people’s lives,” said Heather McRae, acting director of Indigenous engagement and communications, University of Manitoba, who oversees the IYMP. “In the last year alone, a thousand students have connected through programs across the province. The Manitoba government contribution is

making it possible to expand into new communities and schools which will have a lasting impact.”

According to the minister, the Sources of Strength initiative aims to enhance mental health and prevent suicide by encouraging students to seek help and building relationships between young individuals and supportive adults. Furthermore, \$100,000 will be allocated towards training and educational sessions for targeted schools in six divisions across Manitoba as part of the program’s in-school efforts.

In addition, Manitoba’s five health authorities will be granted \$40,000 each to enhance their regional suicide prevention networks. These networks aim to effectively organize community resources and design customized plans for each area, following the structure of the Mental Health Commission of Canada’s Roots of Hope framework.

Smith encouraged all Manitobans to check in on friends, family and peers who may need additional care and support.

“Many of us have struggled at one point in our lives and ending stigma through open discussion is important,” said Smith.

Manitobans can access the following suicide prevention supports and mental health resources anytime:

- Clinic Community Health Crisis Line at 204-786-8686 or 1-888-322-3019;
- 9-8-8, a new 24-7 pan-Canadian suicide helpline;
- Kids Help Phone for children and youth at 1-800-668-6868;
- Hope for Wellness Helpline, available 24-7 to all Indigenous people across Canada at 1-855-242-3310; and
- dialing 211 in Manitoba or visiting <https://mb.211.ca> to connect with a social service.

Sexual and Reproductive Health Awareness Week

Submitted by IERHA

Sexual and Reproductive Health Awareness Week is Feb. 12 to 16 this year.

This week has been used to raise awareness about sexual health — and all that sexual health encompasses — to better overall well-being in life.

Sexual health is more than just birth control, pregnancy and STI testing. Sexual health includes our relationships with our bodies, healthy relationships with others, boundaries, consent, pleasure and more.

We all deserve access to the resources and care we need to make informed decisions.

Check out our Sexual and Reproductive Health Awareness Week event in Ashern, hosted by the Northwest Interlake Harm Reduction Network. On Feb. 14, they’ll be at the Pioneer Manor common room from 1 to 3 p.m. with heart-shaped sugar cookies to decorate. They will have resources and information available about sexual health and healthy relationships, and they will be fostering a safe space for questions and discussions. This is free and open to all community members. Members will get to take home a delicious homemade cookie along with resources, condoms and any harm reduction supplies they need.

please join us for
COOKIES AND CONVERSATIONS
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Awareness Week
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LAKESHORE FAMILY RESOURCE CENTRE
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For more information, contact
Mikayla Johnson
Harm Reduction Coordinator
204-451-4821
or
Allison Staff at
Lakeshore Family Resource

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Air traffic control exhibit at NIHM takes off

Museum hosting Icelandic Bun Day on Feb. 12 in the Lady of the Lake Theatre

By Patricia Barrett

Gimli's New Iceland Heritage Museum has been given the all-clear for a new exhibit that will take people to the skies.

The exhibit titled "Eyes on the Skies: Managing Air Traffic in Canada" looks at the evolution of air traffic control over the decades, technologies such as radar and the people managing air traffic to keep the skies safe.

NIHM executive director Julianna Roberts said they're thrilled to have landed the large exhibit, which is on loan from the Canadian Aviation and Space Museum until May.

"This is a huge exhibit. We started unpacking it on Tuesday [last week] and it's taken this long," said Roberts last Friday. "You can't believe it."

Gimli is the only location in Manitoba where people will be able to see the exhibit.

The exhibit was developed by the Canada Aviation and Space Museum — which falls under the umbrella of Ingenium, a corporation encompassing three Canadian museums — and in collaboration with NAV CANADA, which oversees civil air traffic, guides



aircraft safely through the skies and manages 18 million square kilometres of Canadian civil airspace, along with North Atlantic oceanic airspace under Canada's control.

The interactive nature of the exhibit allows visitors to get their hands on the controls and try things out.

"I was in there pressing buttons and listening to the interactive videos and games. There's a satellite, scheduling board and information about how an air traffic control tower works," said Roberts. "And there's a monitor that shows a video about the play *Come From Away* that was done after the plane landed in Gander, Newfoundland and Labrador, during the 9/11 attacks in September 2001."

Ingenium president Christina Tessier said in a news release that the exhibit highlights Canada's contribu-

Continued on page 14



EXPRESS PHOTOS BY RAYME THOMSON

The "Eyes on the Skies: Managing Air Traffic in Canada" exhibit will be on display in Gimli at the New Iceland Heritage Museum until May 1.



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Rockwood Festival of the Arts returns April 15-23

By Jennifer McFee

Local residents will have the chance to showcase their talents at Rockwood Festival of the Arts, which is back after a multi-year pandemic pause.

The 65th rendition of the Rockwood Festival of the Arts is slated for April 15 to 23 at New Life Church in Stonewall and Teulon Collegiate Institute.

The non-profit organization provides opportunities for kids and adults to share their talent in categories that include piano, vocal, choral, dance, speech arts and band/instrumental.

President Terry Zurylo outlined several changes this year.

"We are reviving the festival. Changing with the times of musical tastes and interests, all classes — whether it's voice, piano or guitar — now have opened up so you can play pop, rock, country, jazz, contemporary and music of all religious beliefs. It's not primarily classical anymore for piano or guitar," he said.

"It's for ages five to 80-plus. There are adult classes and university-level classes for everything except the dance. There are also multigenera-

tional classes in singing, piano and instrumental, so you could have a grandparent and a parent and a kid doing a trio."

Participants must either be a resident within the boundaries of Interlake School Division (ISD), be attending an ISD school or be a former ISD student.

For Zurylo, it's clear to see the benefits of participating.

"Any time you perform out in public, it gives you confidence and exposure. It helps you to get better," he said.

"This festival this year is competitive and non-competitive. Years ago, they would announce the marks, but they don't announce marks any more. You still get that when you pick up your adjudicated paper and you get a certificate. There are also awards and scholarships that come from donations or funding from grants."

More volunteers are always in demand, particularly during the daytime. If you're interested in volunteering, email info@rfota.ca for more information.

The entry deadline is Feb. 16. Reg-



EXPRESS FILE PHOTO

The Rockwood Festival of the Arts is returning for its 65th year April 15-23. This year's festival will take place in Stonewall and Teulon.

istration forms are available on the Rockwood Festival of the Arts website at www.rfota.ca or at ISD schools.

For online entries, fees can be paid by e-transfer to info@rfota.ca with name, phone number and category. For those who prefer to pay by cash or

cheque, the entry forms and fees can be dropped off at Keyboard Ventures at 324 Main St. in Stonewall.

Visit www.rfota.ca to learn more about the Rockwood Festival of the Arts.



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dairy farm like they have for several decades and have decided to liquidate this property by public auction. Terms and conditions of this sale. Contacts for registering at our office will be Barb, Debbie or Becky at home office 204-434-6519.

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is online only. All items must be removed by March 15/2024, any items remaining after March 15 /2024 become the property of the new owners. Grunthal Auction Service thanks Brad and Doug for the privilege of selling there machinery and thanks all the bidders for taking part in the sale.

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Gimli Barvinok Ukrainian Dance

By Patricia Barrett

The Gimli Barvinok Ukrainian Dance Club celebrated its 42nd year last Saturday night with Malanka and traditional Ukrainian dance performances that delighted a full house at the Fraserwood Hall.

Barvinok president Chelsey McColl, who's one of the original adult dancers with the club, said their numbers rebounded after some losses during the pandemic. It now has 32 dancers, including three adult members.

"Since the pandemic, our numbers have gone up significantly," she said. "And we gained quite a few dancers since last year."

The club performed a number of folk dances including the Hutzel, Poltava, Bukovina and Hopak, while the adult dancers performed a character Poltava.

The club also invited another Ukrainian dance troupe to take part in the celebration. The Winnipeg-based Druzhba Ukrainian Dance Ensemble performed the Pryvit or welcome dance, where guests are welcomed with gifts from a variety of regions, the Bubnarskiy, which features syncopat-

ed stamping and partner work, and the Hopak, which showcased male dancers' jumping feats.

"We invited another troupe to join us at Malanka last year and at our spring concert because we don't have a senior group and we think it's important to bring in more experienced dancers — especially male dancers — to encourage our younger boys and give them older dancers to look up to."

Instructor and choreographer Crystal Thordarson, who was part of Barvinok's adult dancers for a few years and has taught Ukrainian dance for 16 years including in Winnipeg and Fisher Branch, said there's a great atmosphere at the club and kids are eager to take part.

"It's a great club to be with because they have a great board that's open-minded and easy to work with," said Thordarson, who teaches the six-, seven- and eight-year-old dancers and the adult group. "And being in a small community — and with the only dance club in the community — the kids are eager to be there and want to be there,



Dance Club celebrates 42nd Malanka

which makes it fun.”

After the performances, guests sat down to a meal of perogies, cabbage rolls and other traditional Ukrainian fare and entertainment by the High Profile Band, which performs Ukrainian and contemporary songs. The evening included a silent auction and 50-50 draw.

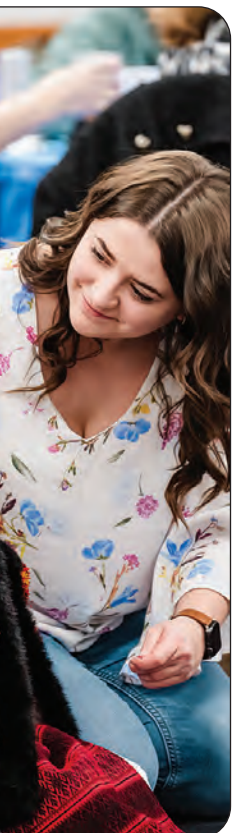
There were two Kolomaykas this year, one after supper for the younger dancers and another later in the evening to ring in the new year.

The dancers’ parents are very active fundraising for the club, said McColl. They had a wine raffle and sold a whopping 750 rings of heart-shaped kovbasa.

The club’s two beginner and two intermediate groups will be competing at the Manitoba Ukrainian Dance Festival from April 5 to 7 in Winnipeg at the Seven Oaks Performing Arts Centre. And the two intermediate groups will also be competing from April 12 to 14 in Brandon. The club’s spring tea is tentatively scheduled for April 28.



EXPRESS PHOTOS BY RAYME THOMSON



New recruit from Philippines starts new life in Ashern

By Jennifer McFee

The Ashern community is welcoming another health-care worker who recently arrived from the Philippines.

Fatima Oriesga landed in Manitoba in January as a participant in the Philippines recruitment initiative.

"When the opportunity to work in Manitoba came up, I was excited to grab it because of the province's affordable cost of living and a stable economy," she said.

"I am excited to be working in Manitoba and look forward to meeting new people and learning more about the province."

In the Philippines, Oriesga worked as a community nurse. Now that she's in Manitoba, she's working as a health-care aide at Ashern Personal Care

Home.

"I find the most rewarding and enjoyable aspect of working in health care is providing patients with the care they need and seeing them recover," she said.

Reflecting on her new situation, Oriesga knows she'll miss her loved ones in the Philippines, as well as the warm weather and the taste of dried fish.

"I feel fortunate to be here in Manitoba, where the people are friendly and welcoming. It feels like a home away from home," she added.

"I am beyond blessed to be part of Interlake-Eastern Regional Health Authority. Thank you very much for making my Canadian dream possible. I am always grateful for the support and guidance I have received since the beginning of my journey."



EXPRESS PHOTO SUBMITTED
Fatima Oriesga arrived in Manitoba from the Philippines in January. She is now working as a health-care aide at Ashern Personal Care Home.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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> NIHM, FROM PG. 10

tion to air traffic control.

"This exhibition helps to break down a very complex aspect of aviation that is often overlooked, and helps to underline the important contributions Canadians in this field have made — and continue to make — to keep our skies safe," she said.

The exhibit runs until May 1.

Other NIHM news:

Icelanders can look forward to the upcoming Bolludagur, or Bun Day, that will be hosted by the NIHM. The museum has hosted the event every year except during the pandemic.

Bolludagur is an Icelandic celebration that takes place seven weeks before Easter.

"It's a traditional event that the Icelanders have before Easter, like Shrove Tuesday [the traditional feast day before the start of Lent]. In Iceland the kids get little wands and however many times they can spank their mom or dad equals how many buns they get," said Roberts. "The buns are filled with cream and have chocolate icing on top."

Bolludagur is set for Monday, Feb. 12 at 2:30 p.m. in the Lady of the Lake Theatre in the Waterfront Centre. Admission is by donation.



The New Iceland Heritage Museum
invites you to



Bolludagur

Monday February 12th
2:30 - Join us for a creampuff!
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tea,
Lady of the Lake Theatre
Everyone welcome!



Manitoba Merv predicts six more weeks of winter

By Lana Meier

Feb. 2 has come and gone, and Manitobans eagerly waited last Friday to find out if spring will arrive early this year. Groundhog Day is more than just a quirky tradition — it's the day when Oak Hammock Marsh's Manitoba Merv, the adorable weather forecasting puppet groundhog, emerges from his cozy abode at sunrise to determine our fate.

According to traditional folklore, because Manitoba Merv saw his shadow

on Feb. 2, he will retreat into his burrow and winter will continue for six more weeks.

But as much as we believe in the abilities of a plush rodent to predict the arrival of spring, according to biologists at Oak Hammock, the best way to find out if we have an early spring is by looking for the arrival of the first Canada geese. Recording the spring arrival of the first Canada goose seen at Oak Hammock Marsh is an annual tradition.



EXPRESS PHOTO SUBMITTED

In spite of all the construction going on at Oak Hammock Marsh, Manitoba Merv still emerged last Friday, hard hat and all, to see if spring was around the corner. It was a beautiful, sunny morning and Manitoba Merv saw his shadow, which means that winter will continue for six more weeks.

> MEDICAL RESIDENTS, FROM PG. 2

develop the skills and clinical reasoning necessary for independent practice — which is exactly what the program in IERHA allowed me to do," she said.

"I have had such amazing learning opportunities and know that this is just the beginning. Another amazing aspect of the residency program that really sold me was the people I worked with."

Costa also currently works at the Selkirk Medical Centre and the Selkirk Regional Health Centre.

"Everyone I have come into contact with during my residency has been so

kind, supportive and I find that everyone is invested in my learning and growth as a resident," she said.

"I cannot say enough positive words about the residency program here in IERHA. I am truly very lucky to be trained here, and I believe the training I receive here will truly help me as a transition into independent practice at the end of the two years."

When she's not busy with her residency, Costa enjoys spending time with family and friends. She also likes to bake and go for walks in nature.

In the future, Costa hopes to continue to call the Interlake home.

"I am not originally from the Interlake region; however, that has not stopped me from exploring the region and loving every minute. I do hope to one day settle down in the Interlake region," she said.

"I hope to have a comprehensive practice that looks after patients of all ages and different stages in life. I also hope to incorporate women's health into my practice. My dream would be to practise family medicine in IERHA."

While Wong and Costa are in the early stages of their residency experience, Dr. Stewart Nadurak is current-

ly in the second year of his residency program.

The family medicine residency in Interlake-Eastern is co-ordinated by Selkirk Medical Associates in collaboration with the department of family medicine, Max Rady College of Medicine and Interlake-Eastern Regional Health Authority. Dr. Ian Alexander of Selkirk Medical Associates is the lead.

To date, the regional medicine residency program has trained and graduated six residents since launching in the region in 2019, and five of them have remained in the region.

The difference dental implants made for Lynne

BY ELISHA VANDOR

"I'll be able to eat again" exclaimed Lynne as she felt her lower denture snap into 3 lower dental implants for the first time; "oh, and they're so natural-looking too!" With built up emotion, Lynne hugged and thanked Denturist Brock saying, "it was worth it".

We wish you could hear the SNAP as Lynne pushed down on her lower denture securing it into her three dental implants like snapping together a button tightly. For us, it's the successful sound of a tight-fitting lower denture, but for Lynne it's the sound of freedom. Freedom from struggling with a loose lower denture. She says, "to go from not being able to eat anything but soup and yogurt, being embarrassed and holding up my hand in front of my mouth to now being able to eat normally again and smile at people, it's been an excellent, excellent experience and I would suggest having it done to anybody." So, the big question ev-

eryone wants to know is, what is the dental implant procedure like? Lynne says, "I was petrified. I wasn't sure if was going to work properly. Now, feeling the way they fit properly and being able to take them in and out, it's been worth it. If the person can afford it, then definitely get it, even if it's 2-3 posts like I was able to get done. It feels natural, it really does."

A dental implant should feel natural! After all, the purpose of the dental implant is the same as a tooth root - anchoring the teeth for chewing purposes. Without an anchor, the ship floats away... the same can be said for a lower denture (specifically). Trying to chew with force and accuracy with a lower denture will not be as successful without it being snapped into at least two dental implants. Natural teeth can bite using a substantial amount of force and mulch food with ease because of the teeth's stability being rooted into the jawbone. The difference with dental implants is an anchored denture providing greater chewing force,

accuracy, and stability. All three combined will provide you with the ability to successfully and easily eat with a denture. As Lynne so excitedly said to us that she's trying out steak for the first time in a while because she's now confident in her chewing again like she once was with natural teeth.

For Lynne, the total amount of time it took to have the denture snapping into the dental implants from the time of the procedure was 3.5 months. In contrast, some dental implant procedures allow for the teeth to be secured onto the dental implants the same day. The wait period or no waiting period is dependant on the procedure, which can be discussed with our Denturists Brock and Matthew. Our consultations are free of charge! As Lynne says, "I always felt like it was family working with me here, you were excellent that way. To know I can eat properly again and smile, it feels natural. You all have been excellent."



-supplied photo-

Lynne (pictured right) celebrates her new teeth with her friend Anna and Denturist Brock.

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Lundar singers win big in CFRY Live Talent Night

Almost \$30K raised for Eriksdale Curling Club upgrades

By Becca Myskiw

Eriksdale recently hosted the return of CFRY's Radio Talent Nights, and among the winners were two Lundar tweens.

On Saturday, Jan. 27, CFRY hosted their first talent night in years at the Eriksdale Rec Centre. The talent night features youth performers from rural communities on CFRY's airwaves, each collecting pledges to raise money for a community project. The Eriksdale talent show fundraised to upgrade the curling rink's ice surface and lounge, which will cost around \$200,000. Along with pledges, each performer vies for first, second and

third place in two categories: talent and popularity. In other words, there were prizes for the best singers and the ones who collected the most pledges. First place receives \$300; second, \$200; and third, \$100.

Charlee Holm from Lundar was awarded first place for both talent and popularity, raising the most money at \$3,765. The 12-year-old has been singing since she could talk, belting out country hit after hit at various community events, including Lundar Falcons games. She said at the talent night, she was nervous and worried it would show in her performance, but her mom, Becky, said that was not the case.

"With these performances she's doing, I can really see her starting to gain her confidence and get her own style," she said. "They were amazing. You wouldn't even think she was nervous."

Holm sang three songs at the talent night — "Hello Sweetheart" by Katie Ro, "I'm Little but I'm Loud" by Little Jimmy Dickens and "Hallelujah" by Leonard Cohen.

CFRY's Live Talent Night's second-place winner for talent and popularity also went to one performer. Alyssa Christensen, 13, has also been singing forever and is also a familiar face at community events for performances, like Holm.

When entering the talent show, Christensen had raised \$400. As the show continued, she received more



Alyssa Christensen placed second in both categories at CFRY Live Talent Night.



PHOTO SUBMITTED

Charlee Holm placed first in both categories at CFRY Live Talent Night. Holm raised \$3,765.

and more pledges. After finding out a couple of people with plenty of pledges weren't competing, she was awarded second place in the category.

Christensen likes to sing country music. At the talent night, she sang "Die from a Broken Heart" by Maddie & Tay, "Someone Like You" by Adele and "Heart Like a Truck" by Lainie Wilson. Her mom, Colleen, listened to the show from her car speakers at Christensen's brother's hockey tournament, and said just listening to her daughter sing was almost better than watching her.

"She has a beautiful, natural voice," said Colleen.

Both performers take vocal lessons with Alison King, a local music teacher. King had five current students and two former students sing at the CFRY Live Talent Night and was excited for

each of them to get their moment.

"It's a great opportunity for local musicians to showcase their talents and help raise money for the community," said King. "Performance opportunities have been few and far between since the pandemic started. It's one thing to develop singing/playing skills in lessons and at home and quite another to put them to the test in front of an audience — and on the radio."

King noted that the adrenaline rush of performing can sabotage a prepared but inexperienced performer, which is why opportunities like the talent show are incredibly important to budding musicians.

Along with her solo performances, Christensen sang with the Eriksdale Music Choir, which raised \$1,985 for the curling club upgrades.

A total of 13 youth performed at CFRY's Live Talent Night in Eriksdale. Before the evening started at 8 p.m., performers had already raised \$5,700, and by the time the clock struck 12, \$28,313 had been raised for the Eriksdale Curling Club.

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

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.

All ages welcome.

AA Riverton Group

12 Main St. at the

Riverton Senior Centre

Mondays 7:30 p.m.



The Westshore Community Foundation

is accepting applications for grants from eligible registered charities.

Applications can be made online or downloaded & printed at

www.westshorefoundation.ca

Printed applications can be mailed to

Box 395, Gimli, MB R0C 1B0 or emailed to admin@wcf-foundation.ca

APPLICATIONS ACCEPTED
from February 15th to March 15th

For more information email admin@wcf-foundation.ca
"Building a Lasting Legacy"

Beaver Creek Bible Camp

AGM

Sunday, February 25th at 5pm

Hosted at Morweena EMC

Faspa will be served

Come for a camp update & dessert auction

Arborg Legion Ladies Auxiliary generous donation to Riverdale Place Homes

By Patricia Barrett

The Arborg Legion Ladies Auxiliary Branch 161 provided a considerable donation last week to Riverdale Place Home that will benefit its clientele.

Several members of the auxiliary paid a visit to Riverdale on Jan. 29 to help celebrate the arrival of two much-needed new appliances.

Auxiliary president Marlene Taylor said two members had found out about group home's need for new appliances and decided to make the generous donation.

"We knew we had enough money in our account from fundraising, and we were able to purchase a washing machine and a fridge for Riverdale," said Taylor. "Riverdale was always on our radar for donating some money for whatever they needed. We do help organizations throughout our community."

The auxiliary purchased the appliances locally through Smitty's Furniture & Appliances.

The auxiliary provides support to the legion, raising funds for the branch and helping organize Remembrance



EXPRESS PHOTO COURTESY OF ALEX JANOWER

Members of the Arborg Legion Ladies Auxiliary with staff and clients at Riverdale Place Homes and Workshop. The auxiliary bought a new fridge and washing machine for the organization, which cares for adults with intellectual challenges.

Day services. The auxiliary also pays visits to people who are homebound, hosts spring teas, provides bursaries to high school students and supports community organizations such as the personal care home and the cheer board.

Taylor said the auxiliary would

be happy provide future support to Riverdale should the need arise.

Riverdale Place Homes is a non-profit organization that provides staffed group homes for people living with intellectual challenges. It also operates the Riverdale Place Workshop where it employs residents in

recycling jobs.

Riverdale manager Alex Janower said the organization was pleased with the support it received from the auxiliary.

"It was so nice that the legion's Ladies Auxiliary gave us this donation, which really helps out the workshop," he said. "It was very much appreciated. And the clients were really pleased, too."

Susie, one of Riverdale's supervisors who works with the clients, said the new appliances were greatly appreciated.

"We had a washing machine, but it was old-style and sometimes it was very touchy," she said. "The new fridge is much bigger and better than our old one."

Auxiliary members also brought dainties and spent time with the clients during their coffee break, she said.

"We were really surprised when auxiliary members brought us dainties," she said. "It was awesome. The clients were so happy."

Jets alumni to play exhibition game in Arborg March 8

By Patricia Barrett

Winnipeg Jets alumni players and friends will be taking on a number of rec hockey players in Arborg next month during an exhibition game that will help raise funds for the Arborg & District Arena upgrades.

Recreation director Tom Chwaliboga said the Arborg-Bifrost Parks and Recreation Commission is excited to see Jets alumni heading to town.

"There will be an opportunity for people to get autographs of Jets alumni and other players who have played in the NHL," said Chwaliboga.

There will be a number of items up for grabs. Some of the items in-

clude a 2023-24 Winnipeg Jets team autographed jersey, a Winnipeg Jets alumni jersey, press box tickets (8) to a Winnipeg Jets home game, loge tickets (4) to a Winnipeg Jets home game and sticks and pucks.

"This is sure to be a wonderful evening of hockey and a great way to support the community," said Chwaliboga.

The exhibition game is set for Friday, March 8. Admission is \$10 and 12 and under free.

For more information, contact Tom at tom.abprc@mymts.net or 204-376-5576.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Arborg Arena will host a Jets alumni game on March 8.



get inspired

> MEAL IDEA

Mexinut Dip

Recipe courtesy of the Georgia Peanut Commission

Yield: 4 cups

1 can (11 1/2 ounces) condensed bean with bacon soup

1 cup shredded cheddar cheese
 1 can (10 ounces) tomatoes and green chiles
 2 tablespoons finely chopped onion
 1 tablespoon hot chili powder
 1/2 cup peanut butter
 corn chips or crackers
 In 2-quart microwave-safe container, combine soup, cheddar cheese, to-

matoes and green chiles, onion, chili powder and peanut butter. Cover with glass or plastic lid.

Microwave on high 2 1/2 minutes; stir. Microwave 2 1/2 minutes, or until cheese is melted.

Stir before serving with corn chips or crackers.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 AAA female Interlake Lightning beat first place Winnipeg Ice

By Lana Meier

Last week was action-packed for the Interlake Lightning U18 AAA female hockey team, as they played three games. Although they suffered a 5-1 loss to the Winnipeg Ice on Thursday, they bounced back on Sunday with a 3-1 victory over them in Lundar.

Georgia O'Neill of the Lightning scored the only goal for her team during Thursday's game, with Jane Sugimoto manning the net for Interlake.

On Sunday's game, Interlake saw scoring from O'Neill, Charleen Wong, and Kait Yanchishyn. The win was secured by goaltender Rachel Halldorson.

Saturday saw Interlake drop a 3-2 decision to the Eastman Selects in Lundar.

Clare Hudson and Delainey Rigaux had a pair of goals for Interlake but it wasn't enough to beat the Selects.

Interlake, now 9-13-3 and in sixth place with 21 points, will host two games this weekend in Arborg. The



Georgia O'Neill heads up ice against the Winnipeg Ice last Thursday.

Lightning will play Central Plains at 4 p.m. on Saturday, Feb. 10 and the Pembina Valley Hawks at 2:30 p.m. on Sunday, Feb. 11.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Lightning goaltender Jane Sugimoto makes a save against the Winnipeg Ice.



The Interlake Lightning's Georgia O'Neill scored a goal in a 5-1 road loss.

Capital Region Junior Hockey League announces All-Stars

By Lana Meier

The Capital Region Junior Hockey League (CRJHL) is thrilled to announce the All-Star lineup for the 2023-24 season, showcasing the exceptional talent and skill.

From the Selkirk Fishermen are a pair of overage defensemen in Ray Hefferman and Kasen Andrushko.

From the Arborg Ice Dawgs are a pair of 2003 born players in defensemen Michael Crave and forward Tyson Baryliski

From the Lundar Falcons are a pair of 2003 born players in defensemen Zach Halldoson and forward Riley Zdan.

From the North Winnipeg Satellites is rookie forward Jack Sppechley and overage defensemen Daniel Valente.

From the St. Malo Warriors are a pair of forwards in Jeremie Collette and Damon Johnson.

From the Beausejour Comets are 2003 born defensemen Riley Tirschman and league leading scorer Nikolas Bear.

In net the CRJHL recognizes Jordan Armstrong of the Selkirk Fishermen and Kennedy Kerr from the Lundar Falcons as league all stars.

The CRJHL congratulates these exceptional players on their selection as All-Stars for the 2023-24 season.

Lundar Falcons defeat the Arborg Ice Dawgs

Last Sunday was a day of triumph for the Lundar Falcons as they faced

off against the Arborg Ice Dawgs in an intense battle on the ice. The Falcons showed their strength and determination, emerging victorious with a final score of 3-2 in favor of Lundar.

The game started off with a slow and steady pace, as both teams struggled to find their footing. The first period ended without any goals on either side.

It was in the second period that Dayson McCreedy from the Falcon's team took charge and scored an impressive goal, giving his team a much-needed boost. But the Ice Dawgs weren't ready to back down just yet. In the third period, Jake Plett managed to find the net for Arborg, leveling up the playing field once again.

However, it was Liam Russell and Zachary Halldorson who ultimately sealed victory for Lundar.

Ice Dawgs' Dainen Jacobson scored a second goal in the third period but it wasn't enough for the win.

Lundar's goalie Kennedy Kerr was busy between the pipes and got the win stopping 40 shots while Arborg's goaltender Logan Moskal made 27 saves.

In other action, the Arborg Ice Dawgs fell to the Beausejour Comets in Arborg last Friday.

Goaltender Dylan Johnson made 27 saves in the 4-0 loss.

Arborg played the North Winnipeg Satellites on Feb. 6. There was no score as of presstime.

The Ice Dawgs will play the Selkirk Fishermen in Selkirk on Feb. 9 at 8 p.m. and will then travel to Lundar on Feb. 10 to take play the Lundar Falcons at 7 p.m.

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MORTGAGE SALE

The land and building known as 43 Blue Spruce Road, Gimli Manitoba, as described in Certificate of Title No. 3018222/1 will be sold by public auction by a Licensed Auctioneer on February 28, 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

The Vendor is informed that the property consists of a one storey dwelling approximately 1,026 square feet with living room, dining room, kitchen, 3 bedrooms, 2 bathrooms, full finished basement, on a lot approximately 100 feet x 200 feet.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2023.

Prior Charges: Caveat Nos. 3556622/1, 3690971/1, 3900067/1

TERMS OF SALE

A deposit of \$30,000.00 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 \$279,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 29th 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.

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.

Further information may be obtained from:
FILLMORE RILEY LLP
 Barristers and Solicitors
 1700 - 360 Main Street
 Winnipeg, MB R3C 3Z3
 File No. 434740-58MTU/kl(lam)
 Attention: Matthew T. Underwood
 Phone: 204-957-8373
auctions@fillmoreriley.com

Town of Winnipeg Beach GARBAGE & RECYCLING TENDER

For the provision of garbage & recycling collection services within the boundaries of the Town of Winnipeg Beach for the period April 1, 2024, to March 31, 2027.

Detailed tender packages complete with specifications will be available on Monday, February 5, 2024, to interested bidders at www.winnipegbeach.ca.

Completed sealed tenders must be received by noon on Friday, March 1, 2024, at:

Town of Winnipeg Beach
 Attention: Sharon Desiatnyk, CAO
 PO Box 160
 29 Robinson Ave.
 Winnipeg Beach, MB R0C 3G0

Questions in respect to the tender can be directed to Sharon Desiatnyk, CAO, by telephone 204-389-2698 or by email cao@winnipegbeach.ca

EMPLOYMENT OPPORTUNITY

The West Interlake Watershed District (WIWD) invites you to be part of our mission in a flexible role as an Environmental Assistant/Communications Coordinator. Can be part-time or full-time terms, with potential extensions based on funding.

We are committed to environmental conservation, promoting water quality, soil health, and climate change adaptation, WIWD offers a meaningful opportunity to contribute to sustainable practices. This position involves a range of responsibilities related to environmental conservation and administrative tasks.

Key Responsibilities:

- Assist with environmental data collection, data entry, and analysis relating to WIWD programming.
- Collaborate with our team on environmental projects related to water quality, soil health, and watershed resilience.
- Public education relating to environmental initiatives and WIWD programming.
- Utilize Microsoft Office Suite proficiently for various tasks.

Qualifications:

- Education or certification in environmental programs is an asset.
- Knowledge of Microsoft Office Suite.
- Strong organizational and communication skills.
- Ability to work effectively in a team and independently.
- Detail-oriented and capable of multitasking.
- A valid driver's license is required.



Send your resume and cover letter to manager@wiwd.ca by March 1, 2024. WIWD is committed to fostering diversity. We welcome applicants from all backgrounds.

FULL TIME HELP WANTED



at **TEULON**
 Email resume to: 7service@mymts.net
 or in person
 Attn: Dave

MORTGAGE SALE ADVERTISEMENT

The land and building known as 102018 18 Road E., Winnipeg Beach, Manitoba as described in Certificate of Title No. 2732308/1 will be sold at auction on Wednesday, the 6th day of March, 2024, at 11:00 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 in the auction sale, you must pre-register at least 24 hours prior to the auction by contacting Sonia at 204-957-6437 or by email at sruppel@ltglc.ca.

The Vendor is informed that there is situated on the property a single-family detached 2 story residence of approximately 1,976 square feet on approximately 45 acres with 5 bedrooms, 3 bathrooms, living room, dining room, kitchen, full partially finished basement and double attached garage. The property is located 1 mile West of Highway 8 on Highway 229 south of Gimli.

TERMS: Deposit of \$41,800.00 by certified cheque, bank/credit union draft or solicitor's trust cheque to Levene Tadmam Golub Law Corporation, or cash (the cash component of the deposit not to exceed \$7,500.00) to be provided within 24 hours of the date and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$228,253.10 plus such other additional and incidental costs which may be incurred by the Lender from the 25th day of January, 2024 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2023.

Purchaser to be responsible for payment of any outstanding water accounts owing by the Mortgagor.

Property is subject to Easement 263456/1.

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 and copies of Conditions of Sale may be obtained from:

LEVEVE TADMAM GOLUB LAW CORPORATION
 Barristers & Solicitors
 700 - 330 St. Mary Avenue
 Winnipeg, MB. R3C 3Z5
 Attention: Mara Koven-Lapointe/Sonia
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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

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

Viewing: by appointment only with Archie

For more info contact Archie Thompson at (204) 642-2764 or Buddy Bergner at (431) 253-0327.

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- Clean and sanitize washrooms
- Other cleaning requirements as necessary

Tenders or resumes, accompanied by a minimum of two references, must be received on or before **February 16, 2024, before 4:30 p.m.**

Tender information can be obtained by emailing Mike.Frost@accesscu.ca.

Tenders may be delivered, mailed or emailed to:

Access Credit Union
PTH #14 Unit 2 - 23111 Stanley Business Centre
Winkler, MB R6W 4B4
Email: Mike.Frost@accesscu.ca



JANITORIAL TENDER

Brio Insurance Gimli

Brio Insurance Gimli requires the services of a contractor to provide general cleaning duties daily for the interior and exterior of the building.

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- Gather and dispose of all garbage and recycling
- Dust and clean offices, staff room and public area
- Clean and sanitize washrooms
- Other cleaning requirements as necessary

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PTH #14 Unit 2 - 23111 Stanley Business Centre
Winkler, MB R6W 4B4
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IN MEMORIAM



George Anthony Chyzy
July 21, 1956 – February 3, 2023

A year has passed and we would like to thank again George's family and friends who came to honour his life and dedication to the fire service. George would be proud of the tribute his Arborg Bifrost Fire Department co-workers and fellow departments gave him. His love and wisdom will be forever missed.

-Miss you and love you always,
Judy, Curtis (Cooper, Carver), Anthony (Cairi)
Even though I know you are gone, I fear I still have yet to accept that you will never return
(Edward Lee).

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OBITUARY

Jason Thorsteinson
August 23, 1979 – January 30, 2024

It is with great sadness that we announce the sudden passing of Jason 'Jay' Larry Thorsteinson on January 30, 2024.

Predeceased by his grandparents; Simone and Clarence Desjarlais, Albert and Florence 'Flossy' Thorsteinson, and many special aunts, uncles, and cousins.

Jason is survived by the love of his life Lesley; his kids Sherisse (Evan), Karley, Austin (Lora-Lee), and Ashton (Kayleigh); his grandkids Jasmine, Luke, Jace, and Arie; his parents Susie and Larry Thorsteinson, and his brothers Jordan and James.

Jason was born August 23, 1979 in Winnipeg, MB. Jason spent most of his life living in Winnipeg until he relocated to Lundar with his wife and children. Jason was an avid member of his community, volunteering for the Lundar Fire Department where he secured the title of 'Captain'. He was always so proud of his crew. Jason also loved the outdoors, he was always available for a round of golf, hunting, or ice fishing.

Jason was always somebody you could count on and he will be missed by all who knew him. A Celebration of Life gathering will be announced at a later date.

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IN MEMORIAM

In Loving Memory of
my wife and mother
Carol Chartrand
1948 – 2009

We thought of you today,
But that is nothing new;
We thought of you yesterday,
And days before that too.
We think of you in silence,
We often speak your name;
All we have are memories,
And a picture in a frame.
Your memory is a keepsake,
From which we will never part;
God has you in His arms,
We have you in our hearts.

-Forever loved and deeply missed,
David and family

OBITUARY

Karl Woytowich
1946 – 2024

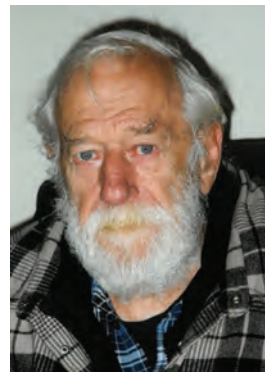
Peacefully, with his wife Kathy, Karl passed away January 28, 2024 at the Gimli Community Health Centre.

Karl's childhood was spent on the family farm and he enjoyed the outdoors.

He retired after working for 32 years as a machinist/millwright for Seagrams/Diageo. He enjoyed travelling during his working and retirement years.

No formal service will be held per Karl's wishes. Raise a glass of cheer and toast to his memory.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home,
Gimli in care of arrangements.



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Please contact the office at clerk@rmofarmstrong.com or Merx.com to obtain the mandatory tender document.

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Phone: 204-278-3377

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- Gather and dispose of all garbage and recycling
- Dust and clean offices, staff room and public area
- Clean and sanitize washrooms
- Other cleaning requirements as necessary

Tenders or resumes, accompanied by a minimum of two references, must be received on or before **February 16, 2024, before 4:30 p.m.**

Tender information can be obtained by emailing Mike.Frost@accesscu.ca.

Tenders may be delivered, mailed or emailed to:

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Email: Mike.Frost@accesscu.ca



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OBITUARY



Alfred "Buddy" Steinberg Eastman
June 21, 1935 - January 31, 2024

It is with profound sadness that our family announces the peaceful passing of our beloved father and Afi, Alfred "Buddy" Eastman on January 31, 2024, at the age of 88 years.

Dad leaves behind to cherish his memory daughter Tracy and her husband Dwight, son Todd and his wife Danielle, grandchildren Kyle, Cody, Nicholas, Marshall, and Daniel, sister Margaret, sister Irene, sister Rosemarie (Roger), brother-in-law Bobby, sister-in-law Marilyn, sister-in-law Barb (Barry), brother-in-law Richie, sister-in-law Linda, sister-in-law Sharon, sister-in-law Val, sister-in-law Bev (Bill), sister-in-law Doreen (Clyde), as well as numerous nieces, nephews, cousins, and family friends.

Dad is joining in heaven his wife of 41 years, Sandra, parents Dori and Herdis Eastman, brother Dori and sister-in-law Pat Eastman, sister Gladys Gudmundson, brother-in-law Steini Sigvaldason, father-in-law Arnold and mother-in-law Anne Bardarson, brother-in-law Hugh Sigurdson, sister-in-law Dorothy Johannson, brother-in-law Arnie Bardarson, brother-in-law Richard Bardarson.

Dad was born June 21, 1935, in Riverton, Manitoba, the second oldest of six children in the Eastman family. Riverton always felt like his true home... Dad was proud of his Icelandic heritage and of course playing on the Lions hockey team. After his marriage to Mom in 1969, Dad started working as an auditor for Gulf Canada and eventually moved West and settled in Calgary. For many years, he was passionately involved in his love for hockey, as a coach, a volunteer, and an avid spectator of his grandsons. During that time, he made many family friends and precious memories that he truly cherished.

A graveside service will be held at a later date. The family wishes to send a special thank-you to the staff at Shepherd's Care Foundation and Pembina Lodge. Your caring and support for Dad will always be remembered.

We will always love you Afi. "Goda Nott"

Expressions of sympathy may be forwarded to the family by visiting www.westlockfuneralhome.com

Westlock Funeral Home & Crematorium (780-349-3474)

OBITUARY



Yvonne Alice Cruise (née Bale)

Surrounded by love, Yvonne Alice Cruise (née Bale) peacefully passed away on January 25, 2024.

Yvonne is survived by her husband, Jack, of 49 years, her children Shawn (Nicole), Dennis (Cindy), and Kelly (Jack), as well as her six beloved grandchildren: Abigail, William, Joseph, Grayson, Channing, and Logan. She is also survived by her and Jack's numerous siblings and their families.

Yvonne's sister, Louise Jones, sister-in-law, Sharon Cruise, daughter-in-law, Nicole Merrick, and niece, Erin Skrabyk, were dearly loved by Yvonne. We are forever grateful to them for their unwavering love and constant support shown to Yvonne throughout the years.

Born on July 3, 1953, to Ernest and Angelique Bale in the town of Fisher Branch, Yvonne was the second oldest of nine children.

From her younger years, she fondly recalled trips to Winnipeg with her grandfather, engaging in shenanigans with her siblings, and her mother yelling to her father: "Ernest, put your foot down!"

In May 1974, Yvonne married Jack and moved to the farm in Chatfield, where she devoted herself as a wife and mother. Her training as a hairdresser came in handy on the farm, with a constant stream of kids and cousins in need of a trim. Yvonne tolerated cooking, loved gardening and flowers, was an avid bird watcher, and had a passion for healthy living. She could always be found on the road to 4-H, at the rink during her sons Shawn and Dennis' hockey years, and supporting her daughter Kelly in her favorite activities. Her six grandchildren held a special place in her heart, and she was always there to listen to the goings-on in life and at school, being the first to provide advice and encouragement.

In her later years, Yvonne resided at Goodwin Lodge and actively participated in various activities. A fun partner in crime, she was always ready for a shopping trip, dinner, a movie, or a game of Bingo.

While Yvonne had a critical illness for much of her life, it never defined her, and she lived her life with gratitude and grace, focusing on peace and positivity. Yvonne embraced life with laughter, never dwelling on the negative or challenges that came her way. She harbored no judgment, exuding kindness to everyone around her, always quick to share a smile or have a laugh. Yvonne loved music and was always humming a tune whenever and wherever music was found. She was unique, and it was impossible not to love her.

We extend our heartfelt gratitude to Goodwin Lodge, the nursing staff, and Dr. Loudon for their exceptional friendship and care during Yvonne's time there.

She will be profoundly missed.

Funeral Service will be held on Tuesday, February 13, 2024 at 1:00 p.m. at Immaculate Conception Roman Catholic Church in Fisher Branch, MB. Lunch will follow at Chatfield Community Hall.

In lieu of flowers, the family kindly requests that you consider making a donation to MS Canada in honor of Yvonne's memory. Contributions can be made online at <https://mscanada.ca/>. Your generosity will support ongoing efforts to enhance the lives of those affected by Multiple Sclerosis.



OBITUARY



Emma Lidia Chyzy
December 27, 1937
- January 19, 2024

It is with profound sadness that we announce the passing of Emma Chyzy, a cherished member of the community, formerly of Arborg, MB, and residing in Winnipeg. Emma departed this life on Friday, January 19, 2024, surrounded by her loving family at Concordia Hospital, Winnipeg.

Emma is survived by her devoted husband Nick, sons Denis and Dean, and her beloved

granddaughter Blaire. She is also remembered fondly by numerous family members in Canada and the Philippines. Emma was the last of her remaining siblings.

Born in the Philippines, Emma arrived in Arborg in 1968 armed with her nursing diploma, embarking on a career that spanned Arborg Hospital, Gimli Hospital, and Betel Home in Gimli. In 1972, she married the love of her life, Nick Chyzy, and together they raised their family in Arborg.

Emma was known for her outgoing personality and the ability to strike up a conversation with anyone. A long-time parishioner at St. Philips R.C. Church in Arborg, she actively participated in the choir during weekly masses. Emma found joy in various hobbies, including tending to her flower beds, gardening, and her trips to the Philippines and her annual travels to Las Vegas, where she enjoyed the winter casinos with Nick. She maintained close connections with former classmates, visiting them in Las Vegas, Toronto, Chicago, or anywhere in North America. However, her greatest joy came from spending time with her cherished granddaughter Blaire.

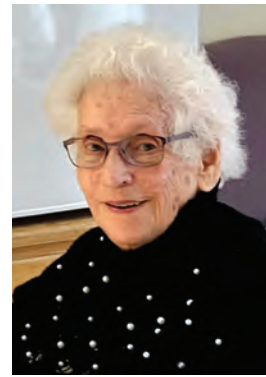
She lived a long and beautiful life, filled with adventures and warmth, and her absence will be deeply felt.

A Funeral Service was held on Wednesday, January 31, at St. Philips Roman Catholic Church in Arborg, with interment following in St. Philips R.C. Cemetery. Pallbearers were Anthony Chyzy, Lorne Jr. Harasym, Gordon Danard, Brad Sumka, Miles Gislason, and Flavian Balagus.

Emma will be remembered for her kindness, generosity, and the love she shared with everyone she touched. May she rest in eternal peace.



OBITUARY



Sheila Pearl Cottingham

Peacefully on Sunday, January 28th, 2024 Sheila passed away at the age of 94 years.

She will be dearly missed by her son, Gregory (Anita); daughter, Glenda (Shane); grandsons, William (Angela), Hunter; and numerous nieces and nephews.

She was predeceased by her husband Glen in 1995; sisters Carol Klagenberg, Linda Craig, and brother James McRae.

Sheila was born in Selkirk and raised in the Meadowdale district. She graduated from Grade 12 at St. Mary's Academy in Winnipeg. After completing further training in Business at St. Mary's she worked as a statistician for the Radio Oil Company in Winnipeg.

She married Glen Cottingham in 1951 and moved to the family farm in Petersfield. Here she functioned as an integral part of the successful seed business 'Cottingham Seed Farms', while raising two children. She resided in Petersfield until moving to Selkirk upon their retirement from the seed business.

Sheila was a certified Health Care Aide and worked as a Home Care provider; a library clerk at Gimli's Evergreen Regional Library; and a Program Assistant for 4H.

She enjoyed travelling to horse shows and activities with her daughter Glenda, and trips to the casino. An avid reader, she especially enjoyed mystery stories and programs on television.

She took great enjoyment in spending time with her grandsons and was an enthusiastic and loving nana, always taking interest and pride in their accomplishments.

She moved to Gimli Betel Personal Care Home in 2023 due to health challenges. The past year was spent exploring Gimli and enjoying its many amenities such as dining, shopping, and fishing off the dock.

The family would like to thank the staff and caregivers at Betel Home in Gimli for the patient and loving care for mom in these past few months.

As per her wishes, cremation has taken place, and a memorial service and interment will take place at a later date.

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OBITUARY



Elizabeth Rose (Betty) Thorsten

Elizabeth Rose (Betty) Thorsten of Winnipeg Beach, Manitoba passed away on January 31, 2024, at the age of 85.

Mom taught us first and foremost that we could do anything that we set our minds to. She created a home that combined firm boundaries with unconditional love, always putting her family's needs ahead of her own. Born in 1938, Mom was a child of the Great Depression whose family struggled to carve out a life on an Interlake farm. These challenges bred a fierce resolve and strength of character, the thread of which will be part of her legacy. She met Dad (Bruce) who was stationed nearby at Gimli Air Force base and became smitten watching him play for the base hockey team. They were married in 1957 and were inseparable in person and spirit until Dad passed in 2011. They travelled the world for work and adventure, eventually settling back in Brandon in 1984, before

retiring back where it began on the farmstead near Teulon in 1999. They stayed in the Interlake area reconnecting with friends, family, and the rural lifestyle that they loved. Mom maintained a love of gardening, fishing, and the outdoors throughout her life. She was very active, independent, and energetic throughout her life, and had a great memory for everything, especially anything related to her large extended family and ancestry. Mom inspired a sense of infinite possibilities in her family, as well as a culture of caring, warmth and love.

Mom is survived by her brother Larry (Sonja) Skwarek of Kamloops, BC; her children Lori (John) Pietracci of Winnipeg, Bryan (Tina) Thorsten of Calgary, Robert (Pamela) Thorsten of Winnipeg and Lynne (Scott) Pawluk of Winnipeg Beach; grandchildren Dustin (Charity) Thorsten, Caitlyn Pietracci, Shawna (Matt) Johnson, Trevor (Missy) Pawluk, Nastassja Thorsten (Lily), Anika Thorsten (Stefan), Alyssa Thorsten (Colton), Ashley (Lane) Malcolm, Alana Sheehan, and Alex (Taylor) Sheehan; and great-grandchildren Tristan, Joel, Leah, Maddy, Elly, Emerson, Bennett, Declan, Riley, Blair, Kyler and Emmet.

She was predeceased by her husband Roland Bruce Thorsten as well as her parents Walter and Jean Skwarek (Strileski) and sister Joyce.

We would like to thank the staff at the Gimli Community Health Centre as well the Betel Home in Gimli for the truly exceptional level of care provided to Mom.

A celebration of Mom's life will be held at the Gilbert Funeral Home, 50 1st Avenue in Gimli, February 9th at 11:00 a.m. followed by a luncheon.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



Colin Rosman Bjarnason

It is with great sadness that we announce the passing of Colin Rosman Bjarnason (Coli) on January 22, 2024.

Colin leaves behind a lasting legacy, dearly missed by his wife of 39 years, Hazel, his children Teresa, Kevin (Jody), Shianne, Kris (Megan), and grandchildren Riley, Ostyn, Brody, Tytan, Kohen, Reese and Mason. He is also remembered by his sister Susan, brother-in-law Alan, and numerous nieces and nephews.

He was predeceased by his parents Stoney and Dorothy, sister Shannon, and brother Douglas.

Colin was born October 26, 1950 in Gimli, and has always called Riverton his home. Colin embraced various passions, from his dedication to the community and love for hockey, to the cherished moments of his family. He could usually be found in "his spot" at the Riverton Arena with coffee in hand, where he loved to watch his hometown teams play, especially his kids and grandkids. He spent many years sitting on the Riverton and Interlake Minor Hockey boards, as well as the Riverton Memorial Arena board.

Colin began his work life at the age of 17 at Seagram's, he went on to do an apprenticeship in Thunder Bay as a painter, and then returned to Riverton in 1970 and began working Natural Resources where he completed his career of 35 years. He was proud to serve his community for over 36 years, and in that time, contributed countless time and energy to the completion of many projects for his community.

On July 1, 1984 he married the love of his life, Hazel, and together raised their family in the home they built in Riverton. Colin and Hazel enjoyed their trips with Community Futures throughout Canada, and he made endless trips to the casino with his brother Dougie. Colin highly valued family time. Camping with his growing children and cherishing quality moments with his grandchildren brought him immense pride and joy.

The family extends gratitude to the teams at CancerCare Manitoba and the Gimli Community Health Centre for their compassionate care for Colin.

A celebration of Colin's life will be held on February 16th, 2024 at 1:00 p.m. at the Riverton Community Hall. Cremation has taken place, and a private interment will follow at a later date.

In lieu of flowers, memorial donations may be made to the Riverton Memorial Arena. Box 532 Riverton, MB R0C 2R0

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