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Two sold-out shows

EXPRESS PHOTO BY RAYME THOMSON

The Winnipeg singer-songwriter, multi-instrumentalist and producer Sierra Noble performed two sold-out shows at Ship and Plough in Gimli this past weekend.

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GREEN THUMB ITCHING? HERE'S HOW!



Canadian singer-songwriter performs at Ship and Plough

By Gloria Thomas

Last Saturday, music lovers enjoyed an extraordinary musical experience at the Ship and Plough in Gimli. Sierra Noble, the renowned Canadian singer-songwriter and fiddle player, graced the stage with two sold-out performances.

Noble's first two-hour show of 55 guests sold out the day the tickets went on sale. In light of this, Ship and Plough owner Scott Carman asked for a second show, which was also a sell-out.

"The only other times we've done back-to-back dates were with blues veteran Big Dave McLean in November and Kaos from *Canada's Drag Race* last March," said Carman.

Carman is grateful that people from Gimli and throughout the Interlake are supporting the live music scene. Ticket holders are coming out for shows from Winnipeg and staying in the local hotels. They shop and eat at other establishments, which is great for the town.

The crowd response was enthusiastic, especially for the up-tempo fiddling and story-telling.

Noble treated the crowd to their first hit "Possibility" and their first single from the new Sierra Noble album entitled "Let Me Out of Here." Noble



was surprised at the huge response to their show dates and grateful for the opportunity. They were pleased with the warmth of the community.

"Gimli is lovely and the people are great."

Noble is planning some new material and a summer tour, and Carman hopes to bring them back soon.

At the age of 13, Noble debuted their first album of traditional Métis fiddle music. After the successful release of "Possibilities," they took their performances worldwide. Sharing the stage with legends like Sir Paul McCartney, Bon Jovi and Johnny Reid, Noble



EXPRESS PHOTO BY RAYME THOMSON

Sierra Dawn Sky Noble is a non-binary Canadian singer-songwriter and fiddle player. Noble's original music has been included in TV shows such as *One Tree Hill*, *Switched at Birth* and *Parenthood* and in films such as CBC's *Humboldt: The New Season*, *40 Weeks* and *Fostering Hope*.

has also had the honour of being the featured performer at the opening ceremonies of the 2010 Winter Olympics. Their music has been featured in various TV shows over the years. In addition to critical acclaim, Noble has also received numerous accolades including The Queen's Golden Jubilee Medal, the Veterans Affairs Canada Commendation and the Canadian Red Cross Young Humanitarian of the Year Award. Most recently, they

were accepted into the Music Publishers of Canada Women in the Studio Program.

After taking a few years to reflect on their music and the message they want to give to the world, Noble has returned. With unapologetic honesty and a newfound embrace of their non-binary identity, they are confidently paving their own unique path in their upcoming music.



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Gimli CDC expecting arrival of more Ukrainian newcomers

By Patricia Barrett

With the Russian invasion of Ukraine about to enter its third year on Feb. 24, Canada continues to see Ukrainians coming to Canada and settling in various parts of the country to work or study.

Gimli is expecting to see more Ukrainians arriving in town before a federal government fast-track visa program for entry to Canada ends March 31.

Melanie Specula, vice-chair of the Gimli Community Development Corporation (CDC), which has been overseeing the settlement of Ukrainians in the municipality, said the CDC currently has 52 people staying in municipally supplied rental housing (a former military dormitory) and many more living in rental accommodations in the community, and the organization is expecting more arrivals.

"We've got about 10 more Ukrainians coming within the next week. And we've also been receiving people from other countries such as India and the Philippines," said Specula, who helps newcomers find jobs, housing and English lessons. "A lot of people who are coming now already have jobs lined up, but some are still looking. But it's amazing how this keeps on growing in Gimli. It has come together really nicely."

Specula and another CDC board member oversee the dormitory and have a maintenance person who's fluent in Ukrainian, she said. They've also hired a man from Ukraine whose life in the beleaguered country was upended after a bombing in 2023. He acts as the CDC's "boots on the ground" at the dormitory, taking care

of daily tasks, helping Ukrainians settle in and providing transportation for them and their children to and from various workplaces and schools.

Some of the biggest hurdles faced by community organizations that help Ukrainian newcomers have been finding rental housing and jobs. But Specula said they've had success in Gimli.

Businesses throughout the community have stepped up to hire Ukrainians. Specula herself hired a number of Ukrainians at her business, Gimli Chicken Chef, saying she would have been in a real bind finding enough employees, especially after the pandemic.

"WE'RE PUSHING THE 200 MARK [THE NUMBER OF UKRAINIAN NEWCOMERS THAT HAVE COME TO GIMLI] IF WE'RE NOT THERE ALREADY."

"Employers in our community have gone above and beyond to help Ukrainians, which is what I hoped they'd would do when we first started this," said Specula, who is past co-chair of the Gimli Chamber of Commerce. "And this has been so important for businesses that have desperately needed staff."

One of the local employers that has hired many Ukrainian newcomers is Gimli

Sobeys. Co-owner Doriane Johnson said that's been very positive for the store, with 12 people so far having been trained for various positions in departments such as the bakery, the meat department and produce.

"They've all been trained and most are working in full-time permanent positions," said Johnson. "It has been great for us to have new residents who want to work full-time and want to learn new skills that were different from what they were doing. We



EXPRESS FILE PHOTO BY PATRICIA BARRETT

do have a couple people who only wanted part-time work, including a student. Overall, this has been great for us and I think it's been great for them, too."

Not only is the community working

hard to find jobs for the newcomers, but the new residents themselves are working hard to improve their English skills, said Johnson. She has had

Continued on page 10

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Marble Ridge Colony teacher bringing parliamentary know-how to the classroom

By Patricia Barrett

A Marble Ridge Colony School teacher has been accelerating student learning about Canada's legislative system after spending a week on Parliament Hill and taking part in a program for teachers.

Sheena Letexier, who teaches kindergarten to Grade 8, is encouraging her students to become more invested in democratic practice, preparing them to think critically about governance, teaching them how Canada's Parliament works and preparing them for civic responsibilities such as voting.

Letexier went to Ottawa last November to take part in the Teachers Institute on Canadian Parliamentary Democracy, a week-long professional development program for educators that focuses on democracy, governance and citizenship and provides them with opportunities to meet with politicians.

Letexier said teaching students about Canada's political system is already part of the social studies curriculum at Marble Ridge, but she wants to enhance their knowledge of parliamentary procedures.

"While I was in Ottawa, they told us that Canadians aged 18-24 have the lowest voter turnout. That's why we're trying to get students under 18 interested in voting," said Letexier. "That's one of this program's top goals for us as teachers: to have us engaging our students in authentic learning about the democratic system and providing them with opportunities to experience the voting process firsthand. Students should take an interest in Canada's politics and have their voices heard through the democratic process."

Letexier said she underwent a fairly rigorous application process to earn a spot in the program. About 85 teachers (including six from Manitoba) from across Canada, representing every province and territory, were able to take part in the program, which is funded for the most part through the [federal] Library of Parliament budget. The Lakeshore School Division picked up part of Letexier's expense.

Letexier and her fellow teachers got to visit with House

Speaker Greg Fergus and learn about his role, attend question period, visit with Senate Speaker Raymonde Gagné and ask her questions, meet with the chief electoral officer, attend Rideau Hall where Gov. Gen. Mary Simon addressed them and visit their respective MPs' offices.

The event also included a visit with Justice Nicholas Kasirer at the Supreme Court of Canada, a meeting with various media representatives and a dinner with parliamentarians at which Letexier and her colleagues from Manitoba and Saskatchewan got to sit with MP James Bezan (Selkirk-Interlake-Eastman) and Sen. Pamela Wallin, who is from Saskatchewan.

"Every day was jam-packed," said Letexier. "We were treated so well there. They opened all the doors for us."

Armed with firsthand knowledge of Canada's parliamentary system, along with online resources available to teachers on the Library of Parliament website, Letexier and a fellow Colony teacher had their students take part in the Bill on the Hill virtual activity, which teaches kids how bills become law and how the public can take part in voicing their opinions on a bill.

"We also did an exercise on parliamentary committees, where after a bill passes two readings it goes to a committee and the public has an opportunity to speak to it. We have a fake bill called the *Vegetable Harmony Act*, which says parents cannot feed their kids certain vegetables such as spinach, Brussels sprouts, turnips and cauliflower. The bill is written like a real bill, with English on one side and French on the other," said Letexier.

"We did this simulation with our middle years and high school students this week. We decided who would be pro and who'd be con and who'd be an MP or a special interest group from the public. The students were getting excited about learning how to debate this bill. If the government made this bill a law, vegetable growers would lose a lot of money and it'd put people out of business. But one student said, 'I don't like those vegetables so I'm in favour of this law.'"

To further encourage her students' interest in active citizenship, Letexier said she takes them through the election process when there are municipal, provincial and federal elections. Students investigate candidates and parties and take part in a mock vote.

She also invites local politicians to read to the students during February's I Love to Read month. She's had NDP and Conservative politicians take part. RM of Fisher Reeve Shannon Pyziak was at Marble Ridge last week to read to the students.

"Reeve Pyziak brought in a book that the RM of Fisher created with excellent graphic designs.



Teacher Sheena Letexier met with MP James Bezan in Ottawa last November during her participation in the Teachers Institute on Canadian Parliamentary Democracy, a week-long professional development program for educators.



Marble Ridge Colony School students (from left) Dylan, Brooklyn and Riley writing Valentine's Day cards to Canada's veterans.

It's all about our municipality, explaining what the RM does. The students prepared questions for her before she came and each student got to ask her different questions," said Letexier.

As part of active citizenship, Letexier is also having students create Valentine's cards that will be sent to Canadian veterans through the Valentines for Vets program.

"We want our students to know that doing things for others is very important, especially our veterans who've done so much for our freedom. It's nice to talk about them on Remembrance Day but also remember them on Valentine's Day," she said. "Our Hutterite students are very thankful for that."

Visit www.parl.gc.ca/education for more information about Canada's Library of Parliament resources for teachers.



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

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"Building a Lasting Legacy"

Ashern wellness centre slated to open this summer

By Becca Myskiw

Phase 1 of the local wellness centre's construction is slated to be done this June.

What was formerly the Ashern curling rink is being developed into a wellness centre for the community. Lakeshore Regional Wellness Commission (LRWC) is spearheading the \$1.5-million project, which will add a walking track, a pickleball court, a shuffle court, a gym, meeting rooms, a sauna and more to the area.

LRWC vice-president Scott Cameron said when Ashern lost its curling rink, the group was formed to turn the then-empty space into a wellness centre. Since then, their mission has evolved, and the goal is to create a space that supports well-being in every way.

"We want to be neutral and inclusive to all people," said Cameron.

"We want to support the overall wellness of the community, whether that's physical or mental health."

The project started before the COVID-19 pandemic with fundraisers to kick off construction. A Building Sustainable Communities grant added \$272,000 in funding along with a \$95,000 Enabling Accessibility Grant, a \$1,700 Interlake-Eastern Regional Health Authority grant, a \$5,000 Community Futures grant and an Efficiency Manitoba grant for \$14,253.

That money has allowed RWC to improve the centre's accessibility, adding concrete ramps to the entrances on each level of the three-tier building. A major excavation made room for the ramps, which go from the parking lot to the basement and upstairs levels. The accessible entrances will now be the centre's main entrances, the old ones working as fire exits. LRWC is

also adding a ramp to the centre's ice level so that everyone can participate in every activity.

The centre's basement has also been completely gutted, with LRWC adding a new changeroom layout, making it gender-neutral with private washrooms, private changing spaces, lockers and meeting space. There will now also be accessible washrooms on the ice surface and upstairs, allowing everyone to use the bathroom no matter where they are in the building.

"It's super exciting," said Cameron. "I know a lot of people in the community and surrounding area are looking forward to getting in there."

The accessibility additions and basic restructuring are all part of Phase 1, which essentially makes the building operational. The rest of the project will include numerous upgrades down the road that can be done while

the centre is still in use.

Today, LRWC is about \$500,000 into the project. Cameron said the group will hold a capital campaign in the coming months to encourage fundraising for the rest of the project. He expects Phase 1 to be finished by June 2024, which means people could use the wellness centre this summer.

"We're trying to offer as much as we can to the public that supports well-being," said Cameron. "It's almost contagious when people are active and mentally well."

The wellness centre has endless opportunities for activities. In it, people can partake in yoga, weight lifting, fitness, dance, archery, virtual golf, gymnastics, meditation, reading, shuffleboard, board games, video games, musical events and more.

Gimli Art Club opens its after five months of renos

By Becca Myskiw

The Gimli Art Club has officially opened its doors for the first time since September long weekend.

The gallery at 3 Centre St. in Gimli closed shortly after September long weekend in 2023 to start renovating the space to make it more accessible. The upgrades aren't finished yet, but once they are, the Gimli Art Club's building will have level access, automatic doors and an accessible washroom.

"We decided it was the perfect opportunity to rethink the way the front gallery looked," said Gayle Halliwell, Gimli Art Club member on the display team.

As the space was closed anyway, the display team took advantage of the circumstances and rolled up their sleeves to reinvent the gallery. Together, club members painted, changed, altered and fixed the front gallery to make it look like a completely different space. Halliwell said before they renovated the front gallery, its overall look wasn't cohesive.

"There were pieces that came in and were acquired over a length of time," she said. "They didn't all feel like there was unity."

So the display team made the furniture match and pushed back the display pieces so the artwork could come forward. They painted the walls white and added bright yellow accents, allowing the colours to play off of each

other and bring distance between them, with black trim mediating the space.

"There's brilliant yellow to set your heart on fire and some cool white to bring you back down," said Halliwell.

The Gimli Art Club reopened its doors on Feb. 3 for the public and they'll remain open every weekend until the summer season when they'll be open every day. The Gimli Art Club's gallery has art for sale from numerous artists across the province, most from the Interlake region. Halliwell said if someone wants a niche piece of art, they likely have it, noting cards with polar bears or roosters on them. They also have souvenirs of all kinds, pieces to hang on your walls and things to give as gifts.

"As I walked out of the doorway of the gallery, I thought to myself, 'it's just wonderful that we are going to present our faces to the community again,'" said Halliwell. "The other members said the same thing — it feels like we're back in the community again."



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Gimli Chamber Quarterly General Meeting

Your Gimli Chamber of Commerce (GCC) is excited to hold our quarterly General Meeting on Wednesday, February 21st at the Lakeview Gimli Resort.

Special Guests Include:

Gimli RCMP will be speaking to us in hopes of determining any policing issues or programs that should be prioritized within our GCC Community.

Don Matthewson will be available to answer questions about the Chamber of Commerce Group Insurance Benefits. Along with a few other guest speakers & presentations.

We will also hear about the Chamber's news and ongoing initiatives.

Wednesday, February 21st, 2024 at 7:00 pm in Lakeview North.

Doors Open at 6:45 for networking.

Prospective members are welcome. For more information, please contact gimlichamber@gmail.com

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Violence; Coarse Language **PG**

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OUR SISTER PUBLICATIONS



Beware when looking for rental properties online

By Lana Meier

On Feb. 5, Portage la Prairie RCMP received a report of a rental scam.

The real estate company in the area reached out to officers due to receiving alarming emails regarding properties listed for sale on their website.

According to the company, individuals were unlawfully capturing images and details of properties listed for sale or rent on the authorized realty platform. These falsified listings were presented as a rental unit or home on a distinct fraudulent site, prompting unsuspecting renters to submit payment in order to secure the rental.

RCMP are warning the public to be aware of this rental scam.

When browsing for a rental, it's important to keep an eye out for warning signs.

- The monthly rent is lower than other similar places.

- You're asked to leave a deposit without any formal rental agreement or lease in place.

- You're asked to send money to someone outside your province or country.

- When you ask about the rental, you get an email that sends you to a website asking for personal or financial information.

Here's what you can do to avoid being scammed:

- Reach out to local realtors in the area to inquire about the property listed.

- Go to the address, make sure the listing is truthful and accurate. If you are unable to go in person, use the Internet to see actual images

of the rental.

- Research the address to ensure it is not a duplicate post. Schedule a showing and confirm that the landlord will be present.

- Request a lease or contract. Review it thoroughly.

- Be sure to know your rights as a tenant.

In the event that you have fallen prey to a rental scam or any other form of deceptive activity, it is essential to promptly report the incident to the police and also notify the Canadian Anti-Fraud Centre.

To learn more about ongoing fraudulent activities and trickery, visit the Canadian Anti-Fraud Centre website at <https://antifraudcentre-centreantifraude.ca/index-eng.htm>.

Gypsumville RCMP investigating sudden death; shooting

By Lana Meier

In the afternoon of Feb. 2, Gypsumville RCMP received a report about a deceased woman who was discovered outside her vehicle on Loop Road in Little Saskatchewan First Nation.

Officers attended the scene and located the body of a 40-year-old woman a short distance away from her vehicle.

Investigators believe that sometime during the overnight hours, the vehicle entered the ditch and became stuck in the snow.

It appeared that the woman had been outside and away from her vehicle for an extended period of time before she was located.

An autopsy has been scheduled.

The RCMP in Gypsumville, in conjunction with the Office of the Chief Medical Examiner, are currently conducting an investigation.

ducting an investigation.

RCMP respond to shooting in Pinaymootang First Nation

On Feb. 12, at approximately 11:50 p.m., Gypsumville RCMP responded to a shooting in Pinaymootang First Nation.

Upon arrival, officers located an unresponsive 23-year-old male outside of a residence. Officers provided first-aid, including CPR, but he was later pronounced deceased on scene.

RCMP Major Crime Services, along with Gypsumville and Ashern RCMP, and RCMP Forensic Identification Services, are on scene and continue to investigate.

Anyone with information is asked to call Gypsumville RCMP Detach-

ment at 204-659-2682, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

Correction

By Patricia Barrett

In the article titled "Arborg Legion Ladies Auxiliary generous donation to Riverdale Place Homes" published in the Feb. 8 *Express Weekly News*, it should have said that the donation from the Arborg Legion Ladies Auxiliary Branch 161 was for Riverdale Place Workshop.

The staff of the *Express Weekly News* apologizes for the error.

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Hidden Treasures throwing Empty Bowls event

By Patricia Barrett

Hidden Treasures Studio in Gimli is throwing an Empty Bowls event to raise money for the Evergreen Basic Needs food bank to help eliminate hunger and food insecurity in the community.

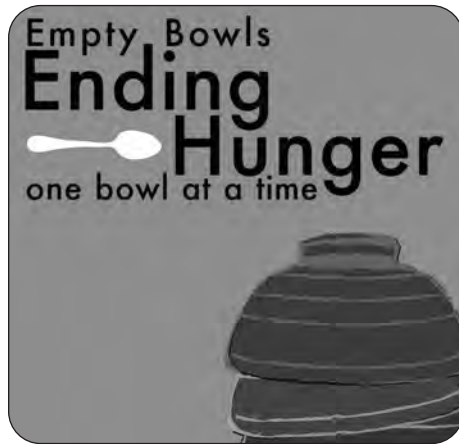
Hidden Treasures owner Barb Stein said no painting experience on pottery is necessary as staff will be providing instruction and inspiration.

“No pottery painting experience is needed. We will give guidance and provide ideas and inspiration,” she said.

The event is ideal for families and kids.

Participants can warm up with a bowl of soup while they paint an unfired bowl. Swiss mountain soup with a pretzel bun or minestrone soup with a pretzel bun will be available.

Participants can also choose the size of bowl they’d like to paint. A large cereal bowl (6 inches by 3 inches) costs



\$45. An ice cream bowl (4.5 inches by 2.5 inches) costs \$35.

The bowls will be fired — which will make them food safe — at the Hidden Treasures studio after the event and participants will be notified when their bowl is ready for pick-up.

The Empty Bowls event will take place Saturday, Feb. 17 at 7 p.m. at the Lakeview Resort. All supplies and kiln firing are included in the price.



EXPRESS PHOTO COURTESY OF BARB STEIN

Hidden Treasures Studio in Gimli is hosting an empty bowls ending hunger one bowl at a time fundraiser on Feb. 17 in support of Evergreen Basic Needs food bank.

People can register online through [Hidden Treasures website](https://www.hidden-treasures.com). The studio is located at 40 Centre St.

Lockport resident places second in class in drag-and-drive race

By Kaitlin Vitt

Sheldon Root, who lives in Lockport, and his 1962 Acadian placed second in his class “rowdy radials” in Sick Week, an annual “drag-and-drive” event in the United States.

Competitors ran quarter-mile time trials on dragstrips (straight raceways) every day for five days and would drive on public roadways to travel to the next dragstrip. Drivers started in Orlando, Fla., travelled to various stops in the state, and made their way to Georgia before going back to Orlando.

“With the safety rules involved, you don’t race on the street,” Root said. “The driving on the street is all within the legal [limits]. We’re not speed-

ing down the highway.”

The total distance travelled was about 1,600 kilometres. Drivers had to take photos at check stops along the way to prove they took the designated route.

“Once you leave the first racetrack, basically everything that you need needs to be with you, as there are no support vehicles,” Root said. “It’s basically you need to have whatever you need in order to make the week.”

These are cars built to go fast, not far, so it’s a real endurance test, Root said.

“These are not just your normal cars,” Root said. “Some of them are making an excess of 3,000 horsepower. You need to build a car to survive

the whole week.”

The cars pull trailers behind them with all the equipment they need for the five days. The drivers have to con-

vert the car from race trim (version) for the dragstrip to street trim for the

Continued on page 10



EXPRESS PHOTO SUBMITTED

Sheldon Root (left) placed second in his class at Sick Week, a drag-and-drive race. His father joined him as part of his crew.



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Prairie Innovation Centre receives \$100K donation from the McCain Foundation

By Lana Meier

Assiniboine Community College's Prairie Innovation Centre for Sustainable Agriculture has received \$100,000 from the McCain Foundation.

Agriculture and food are the largest areas of applied research at Assiniboine. The Prairie Innovation Centre will provide an integrated learning environment with a mixture of collaborative learning spaces, applied research labs, multipurpose spaces and amenities.

"The McCain Foundation is proud to support initiatives that recognize the importance of global environmental challenges, like food security," said Linda McCain, chair of the McCain Foundation. "By investing in education and supporting agriculture programming at Assiniboine, The foundation hopes to contribute to a strong, sustainable future for agriculture in Manitoba."

The centre will utilize the Parkland

building located on the North Hill campus, along with the grow plots, orchard and weed identification garden. It will also incorporate the Sustainable Greenhouse into its operations, which was previously funded by the McCain Foundation. This facility aims to offer interdisciplinary training, hands-on education and applied research opportunities.

The creation of the Prairie Innovation Centre will provide students, who represent the future agricultural workforce, with more chances to acquire practical professional experiences by collaborating with industry partners. This initiative will also bolster the college's efforts in promoting economic prosperity in Manitoba by focusing on applied research, work-integrated learning, extension and innovation.

"The agriculture industry is evolving to a place where technology and food innovations coupled with a strong commitment to sustainability are fundamental to things like agronomy, farming or land management and value-added food processing," said Tim Hore, dean of the Russ Edwards School of Agriculture and Environment at Assiniboine. "You can't do one without having knowledge of the other parts. The McCain Foundation donation supports our mission to become a leader in agriculture educa-



EXPRESS PHOTO SUBMITTED

The McCain Foundation has granted \$100,000 to the Prairie Innovation Centre for Sustainable Agriculture at Assiniboine Community College.

tion and applied research to ensure we are producing well educated students who enter the ag sector with the advanced skills to champion sustainability in the agriculture industry."

In 2019, the college initiated the Prairie Innovation Centre campaign and has since raised its fundraising goal twice. Originally set at \$10 million, it was then increased to \$15 million and has now surpassed the new target of

\$20 million. As of January 2023, the Province of Manitoba has pledged an initial amount of \$10 million towards design and costing.

The Prairie Innovation Centre will create an enhanced agricultural training capacity, increasing seats in agriculture, environment and related technology programs from 300 to more than 800 to fill the growing agricultural labour gap.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building
#7 Main Street, Eriksdale (side door)

**Meetings are Mondays
at 6:30 p.m.**

AA Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach

**Meetings are Saturdays
between 7 and 8 p.m.**

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm

AI-Anon

Gimli and Winnipeg Beach

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

All ages welcome.

AA Riverton Group

12 Main St. at the
Riverton Senior Centre
Mondays 7:30 p.m.

RM of Gimli asks ratepayers to prune encroaching vegetation

By Patricia Barrett

The RM of Gimli is asking property owners to pull out their shears and start trimming their trees and hedges that extend on to municipal property.

A notice posted on the RM's website says ratepayers have until the end of February to trim vegetation that impedes pedestrian or vehicular traffic, signs, intersection sight lines and street lighting.

The RM's director of operations Ron Hahlweg said the major focus is on sidewalks within the town of Gimli.

"Branches and tree limbs from trees and shrubs that impede sidewalks pose potential hazards to pedestrians and can cause damage to the maintenance equipment that is used to maintain the sidewalk," said Hahlweg. "As per CS1 Tree Control Policy, if an owner fails to trim back the branches and limbs, the municipality has the authority to complete the work and bill back the property owner, [but] the municipality prefers to have the property owner complete the work."

He added that no fines will be issued if ratepayers fail to prune.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Trimming trees in Gimli.

International documentary features local great grey owls

By Katelyn Boulanger

Secret World of Sound is a three-part documentary series that will premiere on CBC's *The Nature of Things* and CBC Gem on Feb. 15. This series uses science to delve into the sounds that animals make to learn more about our world and part of the filming took place right here in the Interlake.

"We were looking at the ways animals use sound in really unique ways to survive, to make sure that they don't get eaten by somebody else, or that they find prey or they find a mate. One of the, of course, animals that came up was the amazing great grey owl. We were intrigued by that creature," said executive producer and writer Dugald Maudsley.

In Episode 1: Hunters and Hunted, which residents can view on Feb. 15, the team visited our area to discover how the great grey owl manipulates sound to capture its prey under nearly a metre of snow.

"We were intrigued by that creature because it uses its hearing in a really unique way to capture its prey in a really difficult environment, an environment filled with snow," said Maudsley.

They teamed up with local owl expert James Duncan of Discover Owls to learn more about these impressive local birds.

"[Duncan] was just amazing in helping us not only understand the behaviour of these owls but helping us figure out where we'd shoot. And we did we did a bunch of filming actually on his property," said Maudsley.

The area of interest that they were trying to learn more about through the owls was how they hunt their prey through the snow. Because of the properties of snow and the way that it muffles sounds and sound doesn't always move through it in as predictable a way as it travels through air, the team used the latest technology to figure out how the owl catches its prey and accounts for this distortion.

To do this, they used an acoustic

camera to delve into science that, to their knowledge, was explored for the first time in this project.

Maudsley explained that it was a particularly cold -40 Celsius day when the filming took place and the crew who was mostly from warmer climates was quite chilly, but in the end, they got the information they needed.

Something else that Maudsley mentioned as particularly interesting about this series is that they do use music in some sections but there is an emphasis, as you might expect, on natural sounds.

"A lot of the time when you're watching this film, all you're doing is listening to the sounds that are made by the animals or the location," he said.

He said that this creates a very relaxing quality to the series.

The great grey owl was one of 21 species of animals from around the world that were featured in the documentary.

"Over the three episodes, we filmed in 11 different countries, from Kenya to Australia to the Caribbean and, of course, in Canada. Here, we filmed wolf pups in Ontario. We filmed the sharp-tailed grouse in Alberta and also the elk we also filmed in Alberta. We filmed lions in Africa. We filmed elephants in Africa. We filmed the bumblebees in the U.K., desert frogs and toads in Arizona, meerkats in Botswana and the Caribbean, flamingo just off the coast of Mexico," said Maudsley.

He encourages residents to check out the show next week.

"There're lots of documentaries about animals out there. But this one really stands alone because it focuses on sound, which is something that most documentaries like this don't do. It's all about the beautiful pictures rather than about this amazing sound. And so it's really flipping the equation around, and because we're using this cool equipment to get sounds that you normally can't hear, we're able to



EXPRESS PHOTO SUBMITTED

Photo of a great grey owl that was captured by the Secret World of Sound team.

actually get inside. That's why we call it Secret World of Sound — we're getting inside this world of animals to hear basically how they communicate with each other and what's going on. And by doing that, you can really un-

derstand their behaviour in a totally new and unique perspective. So, to me, that's what's really exciting about it. It's just a new way of looking at animals and the totally cool things they do," said Maudsley.



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Manitoba 

> GIMLI CDC, FROM PG. 3

staff enrol in English language training and Sobeys has sponsored some of that training.

Those who are proficient English speakers have also been helping other Ukrainian staff members at Sobeys — and store trainers — overcome communication challenges.

“We did sponsor them to take English lessons and that’s been beneficial for us because they’re helping the

others learn English. They’re also helping us when we’re training. If there’s something that doesn’t translate well, they’re able to understand what we mean and translate that into Ukrainian so that the other person can understand the word and the spirit of what we’re saying,” said Johnson.

Because Gimli has a busy cottage and tourism season in the summer, Johnson said Sobeys typically hires about 30 people every summer. And if there are more newcomers coming to Gimli, there will likely be opportunities for employment.

With the federal government’s Canada-Ukraine Authorization for Emergency Travel (CUAET) program about to expire on March 31 (for entry to Canada), Specula said there may be lots of Ukrainians arriving in the province. Those that come after that date may require assistance that was formerly available under CUAET. With a volunteer base having dropped off over the past few years, newcomers may face some challenges.

“Under the federal CUAET program, they get a work visa, health card and financial support set up for them, and when they come to Gimli, they’re ready to work. When CUAET ends, they’ll have to navigate through the Canadian immigration system like everybody else,” said Specula. “I’ve tried in the past, before the

[Russian] war, to get people to come here to work because there just aren’t enough people to work all the jobs in town. I found it’s a slow system with lots of red tape.”

She said she’s worried that without the assistance they had under CUAET, some may struggle with sky-high rental accommodations or have trouble finding jobs in the city.

“Rent is so atrocious in the city that we do have people coming to Gimli. They’re also coming here because they said they’re having trouble finding a job in the city. I don’t know why that is. We do help them find jobs here,” she said. “We’ve got cheaper rent at our dormitory and it’s a safe place. We’ve managed so far to find housing for everybody that needs it, but I am having to turn some housing down because it’s just too expensive for the newcomers. We’re pushing the 200 mark [the number of Ukrainian newcomers that have come to Gimli] if we’re not there already.”

Under the CUAET program, there were a total of 1,189,320 applications received between March 17, 2022, and Jan. 27, 2024, of which 958,190 were approved. Of those approvals, 221,231 people arrived in Canada, according to the federal government’s immigration and citizenship webpage (viewed Feb. 10).

Mary Rose Sabater, a spokesperson for the federal department of Immigration, Refugees and Citizenship Canada (IRCC), said with the end of the CUAET application intake on July 15, 2023, Ukrainians were still able to

apply for a regular temporary resident visa to come to Canada.

“Once in Canada, these clients will be eligible to apply, until March 31, 2024, for study permits, open work permits and an extended stay of up to three years, and will benefit from priority application processing. Settlement services are available to all Ukrainian nationals in Canada until March 31, 2025,” said Sabater.

“It’s important to note that some of these individuals who are now taking advantage of the protection offered in neighbouring countries may have chosen not to withdraw their pending applications with IRCC given the continued uncertainty of the situation. IRCC can’t process applications until clients have provided all the necessary documentation and biometrics.”

When asked how long it takes to process a temporary visa under normal channels for a Ukrainian applicant, Sabater said it varies depending on “a number of factors.” More complex applications may take longer. But IRCC continues to process applications “as quickly as possible.”

“Visa applications are considered on a case-by-case basis on the specific facts presented by the applicant in each case,” she said. “The decisions are made by highly trained visa officers according to Canadian law. All visitors are carefully screened before coming into Canada. This screening ensures that these persons do not pose a threat to the health, safety or security of Canadians.”

St. Michael's, St. Benedict's and Our Lady of the Lake Church

Feb. 14, 2024 Ash Wednesday Mass at St. Michael's Church 10:00 a.m. and 7:00 p.m.

Stations of the Cross are as follows:

Our Lady of the Lake: following the 10:00 a.m. Mass every Thursday

St. Michael's: following the 10:00 a.m. Mass every Friday

St. Benedict's: before weekly mass on Sunday at 8:30 a.m.

Celebration of our Lord's Passion Week

Palm Sunday - March 24th, 2024

- St. Benedict's at 9:00 a.m.

- St. Michael's at 11:00 a.m.

Holy Thursday Mass: March 28, 2024 St. Michael's Church at 7:00 p.m.

Good Friday Mass: March 29, 2024 Our Lady of the Lake 3:00 p.m.

Easter Vigil: Saturday, March 30, 2024 Our Lady of the Lake 5:00 p.m.

St. Michael's at 8:00 p.m.

Easter Sunday: St. Benedict's at 9:00 a.m.

St. Michael's at 11:00 a.m.

Introduction to Catechism start Tuesday February 27th, 2024 @ 4:30 at St. Michael's Church Hall.

UPCOMING EVENTS

Performance of "SISTER'S OF THE HOLY ROCK"

On Saturday, April 20, 2024 at Fraserwood Hall

Doors open: 6:30 p.m.

Performance: 7:00 p.m.

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> RACE, FROM PG. 7

public road.

The drivers and their crew — someone in the car with them for the long-distance drives — change the car's tires, shocks, spark plugs and fuel to make it road-ready versus race-ready. Root's father joined him as his crew for this year's Sick Week.

Root bought his Acadian for \$300 about 30 years ago. In 2008, he started working on the car to make it race-ready, building it all himself. He's been racing it on and off for about 15 years.

His Acadian makes about 2,500 horsepower. In Sick Week, the fastest he drove was 4.7 seconds at 160

miles.

Root has always been interested in cars, he said. In the late 1990s, he started drag racing at the track in Gimli. His interest influenced his career — he owns Motion Performance, a performance vehicle shop.

“It's basically part of my life,” Root said. “It's what I do all day long, but it's also my hobby.”

He said the car community is supportive, and the camaraderie among racers is what makes the sport so fun.

For people interested in racing, he suggests going to the track in Gimli to see if you enjoy it, and if you do, then take part in a drag-and-drive event.

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

Root raced in Sick Week last year and also placed second in his class, but he thinks he has a championship race in him yet.

“It's time to go back and try to get first,” he said.

Sandy Hook musician picks up international song-writing nomination

Brose offering music lessons and songwriting mentorship

By Patricia Barrett

A musician who recently moved to Sandy Hook has been nominated for another international songwriting award and is setting up a studio to welcome local and area students.

After falling for a woman from the Gimli area, James Brose — who also records under the name Jamie Brose — recently moved from Kenora, Ont., to Sandy Hook where he's settling in, continuing to record music for a new album and teaching students.

Brose is waiting for the results from the U.K. Songwriting Contest, an annual international competition that he's entered almost every year, apart from a few years during the COVID-19 pandemic when he took a break.

In 2018 he achieved the number 1 finalist position and overall winner in the rock category. This year, he entered a song into the contest's adult contemporary category.

"In 2018 I ranked as number 1 in the world for the tune I wrote," said Brose, who plays guitar. "I'm currently waiting for the results of the 2024 contest. I'm expecting to be a finalist in this competition in more than one category and I'm pretty excited about it. I know I'm in the Top 4 right now and I'm waiting for pole position."

The U.K. Songwriting Contest discovers new songwriting talent through songs submitted to its annual competition. The judges include Stuart Epps, a U.K. producer who has worked with Elton John, Oasis and Robbie Williams, among many musical stars.

Brose has made the competition's finals almost every year since he first submitted material in 2015. Last year he was a finalist in three separate categories, made the Top 4 of the rock category and scored a five-star rating (out of five) and a commendation for his single Fly Me Away.

"Fly Me Away is a song about the Gimli Glider. I grew fascinated with Gimli. When I was living in Toronto, I remembered when the plane landed in Gimli with no loss of life. It was quite the story," said Brose. "I drove out to the original runway to look at it when I was writing the song for the Glider's 40th anniversary last year."

As a result of winning numerous awards, Brose said his music could be placed in movies and television, which could be financially rewarding.

Having grown up in a musical family and learned classical music theory by the time he was 10 years old, Brose said teaching music has always been a "big part" of his life.

His primary instrument is guitar but he has taught bass, too. Not only is he welcoming new music students, but he's also welcoming songwriters who want to hone their skills.

"I'd like to mentor people with their songwriting in addition to music theory if they're interested," he said.

He said he can teach all genres of music, including country, rock, jazz, blues and classical.

"Music theory applies to all genres. I like to start with teaching music theory then allow the student to apply that to what they like," he said. "What I try to do is give students the tools they need to progress down their own path."

While he waits for the results of the U.K. competition, Brose is finishing a CD that he's working on with musician and music producer Murray Pulver (Doc Walker and the Crash Test Dummies) and



EXPRESS PHOTOS COURTESY OF JAMES BROSE



Continued on page 12

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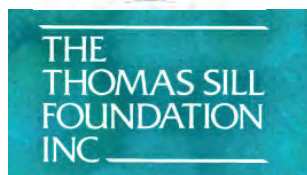
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Canada



Red River



A Note from Evergreen Basic Needs

Evergreen Basic Needs would like to take this opportunity to say thank you to all who supported EBN through 2023: governments: federal, provincial and municipal; foundations: both national and local; and businesses, organizations and individuals. This past year brought both challenges and opportunities but with the help of all, including our dedicated volunteers and staff, we were able to meet the challenges and capitalize on the opportunities.

The challenges continue on many fronts, whether it is the increased costs of food, housing and fuel or the increase in the number of households who have had to rely on the Food Bank. Through it all the EBN Food Bank maintains its ability to provide relief from food insecurity with basic food items to those who need our services. Whether it is a one-time need or ongoing assistance EBN will be there.

The support that we have received will allow us to confidently continue with our mandate to help those who need help.

Thank You

get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



EXPRESS PHOTO BY PAT PAYJACK

The above-average temperatures continued with spring-like weather last week. With all the warming and cooling temperatures and rain last Thursday, everything was left as a sheet of ice, making it very treacherous to get around. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@expressweeklynews.ca

> NOMINATION, FROM PG. 11

bass player Spider (Kenneth Sinnaeve from the band Streetheart). He's recorded with the "best of the best" including guitarist Theofilos Xenidis, (a.k.a. Phil X) of Bon Jovi. He has also toured with the Winnipeg band Harlequin.

"I'm working on my third album right now and Spider has played bass on every song. And Murray Pulver has produced every song as well," he said.

Brose said he's in the middle of posting all his music on a website called Bandcamp.com, which is similar to Spotify but pays the artists a much higher percentage of the money they

make from song sales.

Having been in bands all his life and playing the music circuit between Toronto and Kenora, Brose said he misses live gigs.

"Right now, I'm focusing on songwriting and teaching, but I do miss gigging," he said. "I'm contemplating how to best get back into gigging as I haven't yet met any musicians in this area. It would be fun to get together."

Contact James Brose at 807- 464-2690 or email jfbrose4music@gmail.com for more information about music lessons.

To listen to or purchase his songs, visit Bandcamp.com and search for Jamie Brose.

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Arborg Minor Hockey receives \$2,000 grant from Manitoba Ag Days

By Patricia Barrett

Hockey players in Arborg and the surrounding area can look forward to extra skills development lessons next season after Arborg Minor Hockey received a generous grant from Manitoba Ag Days. The Ag Days Gives Back program provided the Arborg Minor Hockey Association with a grant worth \$2,000.

Arborg Minor Hockey board member Kaitlyn Magnusson said the grant will benefit the kids enrolled in hockey by providing them with additional lessons to improve their skills.

"It's great to have this extra money to fund different program that we don't always offer. This will help cut the cost down if kids want to sign up for an extra skills development class," she said. "We haven't decided exactly on what we'll offer, but we have run power skating in the past or a skills development camp."

Coaching is an unpaid volunteer position but there's a cost to bring in additional programs.

"If we want to get an extra program in, we have to pay for that," she said. "We have to fund the

people who come in to teach special programs."

Ag Days Gives Back community giving program, which started in 2013, has provided over \$362,500 in community grants or post-secondary scholarships, according to its website. The community improvement grants can be used towards infrastructure improvements, upgrades, supplies and equipment.

Arborg Minor Hockey board member Amanda Bouchard had applied for the grant, said Magnusson, and "got this going for us."

Blaine Magnusson, who coaches the U7, U11 and girls U11 teams for Arborg Minor Hockey, accepted the cheque from Ag Days staff in Brandon in mid-January during the Manitoba AgDays exhibition, which showcases agricultural production, equipment and technology.

He said the Ag Days Gives Back program helps many communities and students.

"This grant is great for our community," he said.



EXPRESS PHOTO SUBMITTED

Blaine Magnusson, who coaches the U7, U11 and girls U11 teams for Arborg Minor Hockey, accepted a \$2,000 cheque from Ag Days staff in Brandon in mid-January during the Manitoba AgDays exhibition. The funds will be used for hockey skills development training.

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WONDERFUL WINTER WEEKEND FRIDAY, FEBRUARY 16

5:00pm & 6:00pm	Beach Hotel Meat Draws <i>At Beach Hotel - Main St.</i>
6:30pm	Glow Curling Bonspiel <i>At Winnipeg Beach Curling Club - Hamilton Ave.</i>

SATURDAY, FEBRUARY 17

11:00am – 3:00pm	Fire on Ice Car Racing <i>Practice 11am Racing 12pm - 3pm</i>
Variable Times	Glow Curling Bonspiel <i>At Winnipeg Beach Curling Club - Hamilton Ave.</i>
12:00pm – 2:00pm	Sticks In The Middle <i>At Community Centre – Hamilton Ave.</i>
12:00pm – 4:00pm	Puzzles Time <i>At Community Centre – Hamilton Ave.</i>
1:00pm Start	Horseshoe Tournament <i>Near Shenanigans on Main Street – Registration @ 12:00pm</i>
2:00pm – 4:00pm	Sticks N Pucks <i>At Community Centre – Hamilton Ave.</i>
2:00pm – 4:00pm	Sled Pull Rides <i>Near the Bandstand – Main St.</i>
4:00pm – 6:00pm	Family Skate <i>At Community Centre – Hamilton Ave.</i>
5:00pm & 6:00pm	Beach Hotel Meat Draws <i>At Beach Hotel - Main St.</i>
7:00pm Start	Trivia Battle Of The Genders <i>At Community Centre – Hamilton Ave.</i>

Happy Trails Ski Club

Join us on Sunday, February 18th, between 10:00am & 2:00pm to demo and experience Cross Country Skiing. Skis will be available for use at no charge.

Location: Ruby's Paradise - Churchill Rd

Winnipeg Beach Snowshoe Club

Join us on Sunday, February 18th, at 1:00pm to demo and experience Snowshoeing. Snowshoes will be available for use at no charge.

Location: Main St - south end by Pa



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FUN-TIME ACTIVITIES SCHEDULE SUNDAY, FEBRUARY 18

8:00am – 12:00pm	Pancake Breakfast <i>At Community Centre – Hamilton Ave.</i>
10:00pm – 2:00pm	Experience Cross Country Skiing – Free Demo! <i>Happy Trails Ski Club At Ruby's Paradise - Churchill Rd.</i>
11:00am – 3:00pm	Fire on Ice Car Racing <i>Practice 11am Racing 12pm - 3pm</i>
12:00pm Start	3 on 3 Road Hockey Tourney <i>Near Shenanigans on Main Street – Registration @ 11:00am</i>
1:00pm – 3:00pm	Family Skate <i>At Community Centre – Hamilton Ave.</i>
1:00pm	Experience Snowshoeing – Free Demo! <i>At South end of Main Street at Park</i>
1:00pm – 3:00pm	Board Games <i>At Community Centre – Hamilton Ave.</i>
2:00pm – 4:00pm	Scavenger Hunt <i>At Community Centre – Hamilton Ave.</i>
3:00pm – 5:00pm	Sticks N Pucks <i>At Community Centre – Hamilton Ave.</i>
5:00pm Start	Bonfire & Marshmallow Roast <i>Near the Bandstand – Main St.</i>
5:00pm & 6:00pm	Beach Hotel Meat Draws <i>At Beach Hotel - Main St.</i>
5:00pm – 6:30pm	Sled Pull Rides <i>Near the Bandstand – Main St.</i>
5:30pm	Chili Contest <i>At Beach Hotel - Main Street</i>
7:00pm	FIREWORKS ON THE LAKE!
7:30pm – 9:00pm	Glow Skate <i>At Community Centre – Hamilton Ave.</i>

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Your FARM



Local agricultural entrepreneur introduces innovative irrigation system

Vertical Harvest Wall produces larger plants, less roots

By Raegan Hedley

William Aitken was working in construction when he started trying to figure out the next business opportunity to pursue. He grew up on a family farm in Stonewall, surrounded by a family of entrepreneurs. Aitken approached his uncle, Rick Langille, a retired business owner and former CEO, with an idea.

"You can't really tie my uncle down. He's one of those guys who constantly has to be doing something," said Aitken. "So I said, 'hey, why don't we get into vertical farming and design and create a piece of equipment?'"



William Aitken (left) and his uncle Rick Langille (right), the founders of Harvest Today.

Langille, who has a background in manufacturing and a degree in agriculture from the University of Mani-



EXPRESS PHOTOS SUBMITTED

Rick Langille with the Harvest Wall. Harvest Today is the only company in North America that can produce a stackable grow wall thanks to a design and utility patent.

Continued on page 17



JOIN US FOR THE FEBRUARY CONSIGNMENT SALE 2024

ITEMS AVAILABLE TO VIEW FEBRUARY 12TH TO FEBRUARY 16TH FROM 9AM TO 5PM BIDDING STARTS: FEBRUARY 15TH AT 9AM. OFFSITE ITEMS WILL BE CLOSING ON FEBRUARY 22ND IN CONJUNCTION WITH ONSITE ITEMS.

Pickup Days: February 23rd and 24th from 9am to 5pm
Arrangements can be made otherwise. CLOSED SUNDAYS



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LAND AUCTION UPCOMING FEB 29, 10:00AM

160 acres (1/4) land auction for Marc and Michelle Robidoux, land is in the RM of De Salaberry MB, SW quarter 32 -4-5E, selling on timed online auction with Grunthal auction service opening Feb 29 and closing March 7 /2024, Marc and Michelle are continuing to

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.

BAZINET AUCTION SALE 2024. TIMED ONLINE UPCOMING FEB 29, 10:00AM CST

Auction sale for Brad Bazinet dairy in dugald mb, (the dairy is sold). Grunthal auction service is pleased to announce the complete equipment dispersal of all major machines, tractors, skid steer, baler, tubeline, discbine, dodge Cummins, cattle trailer and much more on complete unreserved public auction. Opening Feb 29 at 10 am and closing March 7 / 2024, auction

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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Safety top of mind for farmers, governments

Federal, provincial officials invest \$1.5 million in farm safety

By Autumn Fehr

As the agriculture industry continues to evolve, so do the challenges with farm safety — pushing producers to embrace a culture of safety in the industry.

On Jan. 24, the federal and provincial governments, through the Sustainable Canadian Agricultural Partner-

ship — a five-year, \$3.5 billion investment by the governments to support the industry — announced they will invest over \$1.5 million over the next five years in the Keystone Agricultural Producers (KAP) for the FarmSafe Manitoba program to promote safe and healthy farm operations in Manitoba.

“As equipment and practices evolve and change the day-to-day realities on Canadian farms, it’s vitally important that we take steps to protect our agricultural workers and their families,” said federal Agriculture

Continued on page 20



PHOTO SUBMITTED

While farm-related fatalities have decreased in recent years, lives are still being lost in the workplace, prompting a welcome investment in safety initiatives by government stakeholders.

> IRRIGATION SYSTEM, FROM PG. 16

toba, immediately saw the potential. They started prototyping in 2020. Now the Harvest Wall is sold around the world to growers who are passionate about fresh food.

“When we got into the science of it, we realized we could do a better job,” Langille said.

The pair consulted with Dr. Jill Claperton, a soil scientist, to create a design with the densest plant spacing possible.

“We started analyzing systems, lighting components and all the different pain points that growers experience, and we came up with the Harvest Wall,” Aitken said. “It’s easy to ship, scalable to your location and easy to service and clean. We can do residential or full commercial applications anywhere.”

They named the company Harvest Today. Langille is the CEO, and Aitken is the director of operations for Canada. Every wall is completely customized and made of modular pieces, so it assembles easily.

Once it gets running, it doesn’t need much water because the media keeps the soil moist. They use the patent-pending word “vertigation” to describe how the wall’s vertical irrigation works. The water drips down from the top of the wall, and whatever is left at the bottom gets sent back to the top to complete the cycle.

Aitken said what sets the Harvest Wall apart from all the other systems is that the plant ports are filled with organic growing media to inoculate the root system. The other common vertical farming methods — aeropon-

ics, hydroponics and aquaponics — don’t use soil.

Aitken said they chose this method because the beneficial bacteria in the soil lead to bigger plants, not bigger roots.

“On social media, people are pulling out these plants with huge long roots. And it’s like, I don’t know, dude, that looks like a lot of plant energy being expelled into the root system because you’re starving your plant.”

Aitken says their roots only extend about half an inch to an inch off the cup because the soil is saturated with nutrients.

“I believe we’re going to be very successful I believe in providing people with the opportunity to be self-sufficient and make sure that they’re not reliant on truck bed lettuce anymore,” Aitken said. “A lot of people don’t understand how much nutritional depletion happens after the time of harvest.”

Aitken explained that within the first 48 hours, many greens actually lose up to half of their nutritional value. In the case of spinach specifically, it can lose up to 90 per cent within the first 48 hours after harvest.

“We should be eating salad as soon as it’s picked. Nature didn’t intend for lettuce to sit in the fridge for three weeks before we get to it — it was designed to be grazed.”

They called the company Harvest Today as a nod to how immediately you could eat a variety of different greens off the wall. Langille says that, without a doubt, the Harvest Wall is the best solution for helping com-



Harvest Today’s showroom in Edmonton. Once the plants germinate, just take the plug out, put it in a peat cup, add some cocoa coir, pat it down and put it in the wall.

munities that struggle with access to fresh food, especially clients with space restrictions.

“It’s the people who are challenged by something in the supply chain other than the food itself ... the transportation, the cost, the timing,” Langille said. “When lettuce gets trucked up to Whitehorse, it’s pretty much wilted or brown by the time it arrives. It’s not really super yummy, so it makes it less motivating to get your greens in.”

Langille saw the impact of food insecurity when he was sailing across the Pacific Ocean from 2007 to 2013. He quickly learned that there was no such thing as fresh food on many of the islands he stopped at throughout his journey. Most of what was available was processed and brought in by truck or boat.

“We mostly ate canned food or bagged food filled with preservatives. We lived that way for five years,” Langille said. “When we came back, it was like, ‘give me a salad, for crying out loud.’”

In addition to using the Harvest Wall to grow greens, Harvest Today recently developed larger plant ports to accommodate flowering plants like strawberries, peppers and tomatoes. The next step is developing smaller varieties that give the fruit the proper space to grow on the wall while still yielding an impactful amount of produce.

Langille said he would love to eventually set up a Harvest Today vertical farm in Stonewall, where he was raised, to provide the community with fresh food year-round.

> SAFETY, FROM PG. 17

and Agri-Food Minister Lawrence MacAulay. "This important investment will help farmers access essential tools and information to manage risks effectively and keep farming operations in Manitoba safe, sustainable and productive."

The Canadian Agricultural Injury Reporting's most recent findings prove this investment to be crucial.

The report found that between 1990 and 2020, 2,814 agriculture-related fatalities were reported in Canada, averaging 91 deaths per year. However, between 2006 and 2020, the average number of fatalities dropped by 70 a year.

Even though this report shows a significant decrease in fatalities on Canadian farms, it still shows that lives are being lost in the workplace, which means work still needs to be done to promote farm safety education and support.

The FarmSafe Manitoba program provides resources for farm safety, such as machinery operation, livestock handling, chemical handling and emergency preparedness. The program aims to reduce workplace injuries and fatalities and promote a

safety culture within the agricultural community.

The program is led by Keystone, Manitoba's general farm policy organization representing farmers and commodity organizations across the province.

FarmSafe Manitoba provides farm-specific resources, safety assessments, hazard identification, risk management guidance and training sessions.

"This funding provides KAP with the ability to deliver the FarmSafe Manitoba program, which provides Manitoba producers with a suite of resources, tools and services to help them manage safety on their farms," said Jill Verwey, president of KAP. "With an increased demand for these tools and services, KAP will be able to support Manitoba producers in their efforts to be safer in their operations and continue to promote what they have available at their disposal."

For farmers like Craig Riese, who has worked as a producer in the Selkirk area for 30 years, farm safety is a "day-to-day thing."

"They (KAP) put the tools and the resources in place, so farmers like myself can contact them, and they

can help you put your safety plan in place. They will come out and tour your farm. I've had them out in the past. KAP can't fund this program themselves — they need the money from the provincial and federal government to keep this program going," Riese said.

Growing up on a farm, he's seen the firsthand evolution of technologies and the importance of considering farm safety in all his daily operations as a grain farmer, harvesting wheat, canola, soybeans and corn.

Riese's daily duties vary depending on the season. For example, a day in January is very different from a day in May through November, he said. But no matter the season, safety is always a part of it.

"No longer can a farmer just be enrolled in the Worker's Compensation Board and think that's a farm safety plan. When you have employees, as many farms have now, that are not family members, you are, under the law, obligated to have them in Worker's Compensation, but that's not the end of where the farm safety needs to be. That's just a starting point. We have to, as farmers now, with employees, prove that we are taking safety seriously, that we are training

our staff, and that we're giving our staff the tools that they need to work safely," he said.

Riese has taken advantage of the FarmSafe program. Specifically, the documentation aspect has been enlightening for him, and he has learned just how important it is to know your plan and what you are doing.

"It's unimportant until something goes wrong, but if something goes wrong, the onus is on the farmer to prove that they've done safety training and have a safe plan for their farm," said Riese.

Riese encourages all Manitoba farmers to take advantage of the free program to find out where their shortcomings are or what they can do to take some small steps to start documenting safety on the farm.

"As the owners and operators of their farming operations, farmers and ranchers need to be supported in the efforts they take to protect themselves, their families and their workers," said Manitoba Agriculture Minister Ron Kostyshyn. "FarmSafe Manitoba is an invaluable resource that gives producers the ability to use their knowledge and experience to foster a safety culture that promotes physical and mental well-being."

sports & recreation

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Falcons down Ice Dawgs in CRJHL weekend action

By Brian Bowman

The Lundar Falcons defeated the Arborg Ice Dawgs 4-1 in Capital Region Junior Hockey League action on Saturday evening.

Zachary Halldorson had a great game with a goal and two assists for Lundar while Dayson McCreedy, Troy Johannesson and Daniel Masters also tallied for the Falcons.

Michael Crave replied for Arborg as Kennedy Kerr made 32 saves for the win.

Last Friday, Arborg was edged 4-3 in overtime by the Selkirk Fishermen.

Kasen Andrushko scored the game winner in OT.

Selkirk, which trailed 2-0 in the first period after a pair Arborg power-play markers, received regulation-time

goals from Matt Brooks, Matt Wagner, and Julius Guimond.

Ben Danielson (two) and Crave scored for the Ice Dawgs.

On Feb. 6, Arborg shot down the North Winnipeg Satelites 5-2 at the Billy Mosienko Arena.

It was a nice win for the Ice Dawgs, who received goals from Dainen Jacobson (two), Cadrick Dueck, Ben Danielson and Tyson Barylksi.

Jack Speechley tallied twice for North Winnipeg as Dylan Johnson made 28 saves for the win.

Arborg will host North Winnipeg on Friday (8 p.m.) and then visit the St. Malo Warriors Sunday (2:30 p.m.).

Lundar will have a home game on Friday (8 p.m.) against St. Malo and then visit Selkirk Sunday (3 p.m.).



EXPRESS PHOTO BY JO-ANNE PROCTER

Arborg Ice Dawgs' goaltender Dylan Johnson made 28 saves in his team's 5-2 win over the North Winnipeg Satelites at Billy Mosienko Arena on Feb. 6.

sports & recreation

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Team Carruthers headed to 2024 Montana Brier

Carruthers wins Viterra Championship

By Ty Dilello

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the championship final of the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

It was an up-and-down week for Carruthers as they lost a pair of games and struggled at times, but in the end, they found a way to defeat some stiff competition to capture the provincial title once again.

"This is the toughest test I've ever faced in a provincial," said Reid Carruthers. "Not to say that some of the other battles weren't crazy, but just overall ... holy smokes. We had some insane games against some good young teams. It makes me want to retire."

Carruthers won the event by winning seven games and losing twice. They reached the final by defeating Assiniboine Memorial's Jordon McDonald 10-7 in the semi-final in a

back-and-forth thriller that saw Team Carruthers' skip Brad Jacobs making a double takeout on his final rock of the game for the victory.

Sunday afternoon's final with Team Calvert was another back-and-forth affair that saw Carruthers ultimately get the upper hand in. Carruthers stole a critical point to take the lead with the game tied 3-3 in the eighth end. They would steal two more points in the 10th for a 6-3 win and the provincial championship.

"We're very excited to be heading to the Brier once again," said Carruthers. "It wasn't easy this week in Stonewall, but we want to head to the Brier and find our top game there and give it everything we have. This strong test that we just faced to win the province is only going to help us in Regina."

Other local participants included Stony Mountain's Jared Hancox, who played second for Riley Smith and had four wins and one loss. Stonewall's Emerson Klimpke who played second with Team Ede, and Winnipeg Beach's Justin Reynolds team including Nick Weshnoweski, Josh Maisey and Sean Giesbrecht, both finished the event with a record of 3-2, narrowly missing out on the playoffs. The Justin Richter team, with Kyle Einarson, Jared Litke and Mitch Einarson, finished the championships



Team Reynolds and Team Richter at the opening ceremonies.



Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.



EXPRESS PHOTO BY HALEY CVAR

Team Reynolds represented the Interlake with a 3-2 record, narrowly missing the playoffs.

with two wins and two losses. Stonewall's Greg Melnichuk, Carman's Dean North and Holland's Jeremy Sundell all exited the event winless with a 0-2 record.

As the 2024 Viterra Championship came to a close, the event is already being regarded as a major success, thanks in part to the host committee and the countless volunteers who made everything happen. The Town

of Stonewall should be very proud as the stands were full every single draw and the competitors played in a world-class atmosphere.

Team Carruthers will now advance to the 2024 Montana's Brier that is to be held from March 1 to 10 in Regina at the Brandt Centre.

Manitoba will also be represented at the Brier by Team Matt Dunstone, who prequalified through a Canadian Team Ranking System spot.

U18 AAA male Lightning team earns OT win

By Brian Bowman

The Interlake Lightning picked up a great 3-2 overtime win over the Pembina Valley Hawks in Manitoba U18 AAA Hockey League action on Saturday at the Access Event Centre.

Blake Farthing popped the OT winner.

Jake Keryluk and Drew Russell gave Interlake a 2-0 first-period lead before Pembina Valley's Jayden Penner responded later in the opening frame.

The Hawks' Acoyen Fehr then tied the score at 2-2 just 1:41 into the third.

Alex Myers made 26 saves for the win.

Last Wednesday, the Hawks defeated the Lightning 6-4 in Teulon.

Brandon Burak, Morgan Waddell, Ian Buors and Russell each had a goal and an assist for Interlake.

Pembina Valley goals were scored by Sam Delaquis (two), Kam Thomas, Cohen Pilkington, Fehr and Liam Goertzen.

Interlake will visit the Winnipeg Thrashers on Wednesday (7:30 p.m.)

for a Valentine's Day affair and then host the Norman Northstars Sunday (1:30 p.m.) in Teulon.

The U18 AAA female Interlake Lightning squad, meanwhile, had a wicked effort in a solid 3-1 win over the Pembina Valley Hawks on Sunday in Arborg.

Brooke Cyr, Georgia O'Neill and Bre-Ann Windross scored for the Lightning.

Jessica Anderson replied for Pembina Valley.

Rachel Halldorson made 40 saves for the win. She's really good.

Last Saturday, Interlake dropped a tough 3-2 shootout decision to the Central Plains Capitals in Arborg.

O'Neill scored a pair of second-period goals for Interlake.

Lana Cipriano and Mikaela Nimetz scored regulation-time goals for the Caps.

The Lightning, now 10-14 with four overtime losses and 24 points, will play the Eastman Selects this Saturday (4 p.m.) in Niverville.



EXPRESS PHOTO BY LANA MEIER

Lightning's captain Brandon Burak had a goal and an assist against the Pembina Valley Hawks last Wednesday. Interlake lost 6-4.

Round-robin pools, schedule finalized for 2024 Scotties in Calgary

By Kyle Jahns

Team Kerri Einarson's quest to win a record fifth consecutive Canadian women's curling championship will kick off on Feb. 16 against Team Laurie St-Georges of Quebec in the opening draw of the 2024 Scotties Tournament of Hearts in Calgary.

The Gimli team of Einarson, vice-skip Val Sweeting, second Shannon Birchard, lead Briane Harris and coach Reid Carruthers has claimed the past four Scotties titles and would break the record they currently co-hold with Team Colleen Jones (2001 through 2004) with a victory in the Feb. 25 gold-medal game at the WinSport Event Centre.

The full field and the two round-robin pools have now been set after eight provincial championships were decided this past weekend.

The event will feature 18 teams — Team Canada, 13 provincial/territorial champions (Nunavut withdrew from the event earlier this month) and four Canadian Team Ranking System (CTRS) qualifiers — split into two pools of nine.

Two pre-qualified teams — Team Rachel Homan of Ottawa and Team

Jennifer Jones of Winnipeg/Altona — were declared based on 2022-23 CTRS rankings, while two more were confirmed today as the highest-placed in the 2023-24 CTRS standings that didn't win their respective provincial or territorial championship. Those teams are Team Kate Cameron of Winnipeg and Team Corryn Brown of Kamloops, B.C.

Teams will play a complete eight-game round robin within their pools. From there, the top three teams in each pool advance to the playoffs.

There will be no tiebreakers; if teams are tied for a playoff spot, head-to-head results will be the first tiebreaker. If that doesn't resolve the tie, last-shot draw rankings will rank the teams — the same formula used at world championship events and the Winter Olympics.

A modified playoff format will see the first-place team from Pool A meeting second place from Pool B, and vice versa, in the first round of the playoffs at noon (all times Mountain) on Feb. 23, with the winners going directly to the Page playoff 1-2 game, while the losers meet the third-place finishers in the pools Feb. 23 at 6 p.m. The winners



EXPRESS PHOTO CANADIAN PRESS/DARRYL DYCK

Scotties four-time defending champion Kerri Einarson will be in Calgary this week hoping to win a record fifth Canadian women's curling championship.

ners of those games will advance to the Page playoff 3-4 game.

The standard Page playoffs commence with the winner of the Page 1v2 game on Saturday, Feb. 24, at 6 p.m., advancing directly to the final, and the loser plays the winner of the Page 3v4 game (scheduled for noon

on Saturday) in the semifinal.

The semifinal (Sunday, Feb. 25, at noon) winner takes on the winner of the Page 1v2 game in the final at 6 p.m. on Sunday. The winner will represent Canada at the 2024 BKT Tires World Women's Curling Championship March 16-24 in Sydney, N.S.

sports & recreation

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Burak takes talents to University of Manitoba

Arborg teen has trained at James Daly Fieldhouse for years, will now call it home

By Jeremiah Knight

Sydney Burak is ready to make her biggest jump yet.

Burak committed to the University of Manitoba Bisons track and field program earlier this month, continuing a memorable start to the calendar year for the Arborg teen.

Burak, 17, mulled over offers from a few other schools but settled on the one most familiar.

"It was a tough process to decide where I wanted to go but, in the end, I'm very happy I chose Bisons and I

think it's great place for me and I'm excited to continue my track and field journey there," said Burak, a high jump and triple-jump specialist.

"I think it's the best situation I could be in. It's definitely what I wanted to achieve coming out of Grade 12 is being picked up by a university, and the fact that it's the Bisons is awesome that I get to stay here and compete with them in my home (province)."

Burak already makes the two-hour drive to the James Daly Fieldhouse on the U of M campus a few times a week to train with Winnipeg Optimist Athletics. There's an element of comfortability for Burak in that space, one she's spent the better part of her teenage years in and will officially call home in the fall, and she expects that to shine through when she's competing in Bisons' brown and gold.

"It's not as much pressure just because I'm familiar with the space so it's kind of my home away from home and it feels great competing there, representing where you're from," Burak said.

"Also, a lot of the Bisons' athletes, when I train there, it amazes me to watch them compete as well as practice. You sort of get a familiarity for the field house and even for some of the Bisons' athletes, so it's nice knowing next year that I will feel at home and I know some of the Bisons so it kind of takes an extra weight off your shoulders to know that."

Burak's commitment came on the heels of being one of four Manitoba athletes selected for the Simplot Games in Pocatello, Idaho, which goes from Thursday through Saturday. The Athletics Manitoba selection committee whittled its selection from 40 applicants.

The Simplot Games, held at Idaho State University, has become one of the premier high school indoor track and field events in the U.S. and is sure to be a tough test for Burak and her fellow Manitoban representatives Noah Neves, Elijah Falade, Annika De Smet, all from Winnipeg.

"It's definitely been a lot of emotions but I'm very excited to go to Simplot and I think it'll be a really great experience travelling. I think it'll be a great opportunity — I'm also a bit nervous just because there's great competition down in the States, so that'll be kind of cool to experience, though, and I'm be able to take some things away from that," said Burak, who will exclusively high jump at this week's event.

"I'm not trying to put too much pressure on myself, not trying to expect anything too high, but, at the same time, I do want to go there and show what I can do, and I think reaching a new personal best or close to that would make me really happy."

Burak's detail in her craft is what gives her coach Luming Chen the confidence one of her star pupils will succeed at the next level.

"That is why I feel she can succeed in both academic and athletics. She has a passion for sport and she's always wanting to know the other aspects — not only performing or competing but also why. She's always a kid that comes to me (asking) why we're doing this, why doing this will



PHOTO SUBMITTED

Arborg's Sydney Burak has committed to the University of Manitoba Bison track and field team.

Kodiaks competitive at MHSAA mixed curling provincials



EXPRESS PHOTO SUBMITTED

The Lundar Kodiaks' duo of Aiden Spalding and Jersi Godfrey reached the quarter-finals of the MHSAA mixed curling provincials last Saturday where they lost 6-4 to the eventual champion Garden City Gophers. Lundar made the playoffs after posting a 3-2 record in pool play.

help me improve," said Chen, who has coached Burak for more than two years through Winnipeg Optimist Athletics.

"Not every athlete that is training thinks about the reasons behind it. They always just do, do, do, whereas, Sydney, she's also asking questions about why, so that is something I think is special about her."

It's not easy commuting from out of town for extracurriculars multiple times each week, which has further cemented Burak's commitment to the sport, Chen said.

"Consistency is very, very important for athletes if you want to achieve the next level or a higher level," Chen said.

"Also, high jump — high jump is something that is not only physically challenging but mentally challenging. She can perform really well under pressure. Her attitude is always positive. She always wants to try her best and jump her best."

Burak will study psychology at the U of M with her sights on a career sports psychologist. There's no telling how high she can go over the next five years, though.

"I think the next steps will just be to see where university takes me — maybe competing nationally and things like that," Burak said.

get inspired

> MEAL IDEAS



Citrus Marinated Flatiron Steak Salad

- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

Citrus Balsamic Vinaigrette:

- 1/4 cup Florida Orange Juice
- 1/4 cup Florida Tangerine Juice
- 2 teaspoons Florida Orange zest
- 1/4 cup lemon juice
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons garlic, minced
- 1 tablespoon Dijon mustard
- salt, to taste
- pepper, to taste

Flatiron Steak Salad:

- 1 1/2 pounds flatiron steak
- 2 cups Citrus Balsamic Vinaigrette, divided
- 1/2 cup Florida Orange segments
- 1/2 cup Florida Grapefruit segments
- 2 quarts baby spinach

Exercise as medicine

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However, do you know exercise can treat severe diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn't just a solution for weight management but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you work out, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnosis around with the nutritional tips and exercise routine we developed together.

I always recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these benefits include walking, swimming, playing casual sports, or going for a bike ride. Remember that making a change doesn't have



Julie Germaine Coram

to be painful or extreme. Small steps towards more movement every day add up quickly.

Want help getting started or to ask me your nutrition or fitness questions? Please email me julie@juliegermaine.fit

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine



Citrus Cherry Cobbler

3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F.

In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.

Cobbler:

- 4 cups cherries, pitted, juice reserved
- 1/2 cup Florida Orange Juice
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 2 cups Florida Orange segments, seeded
- 1/2 cup Florida Grapefruit segments, seeded

Topping:

- 1 cup all-purpose flour
- 6 tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 tablespoons unsalted butter
- 1 large egg, beaten



Tart Cherry Superfood Banana Splits

1/2 cup frozen tart cherries, thawed
Place chocolate chips in bowl.

In saucepan over medium heat, bring tart cherry juice to simmer about 20 minutes until reduced to 2/3 cup.

Pour juice into bowl and mix until chocolate chips are melted and sauce is smooth.

Cut bananas in half lengthwise and place on two plates. Spoon 1/2 cup Greek yogurt on each banana then drizzle with 2 tablespoons almond butter and 2 tablespoons tart cherry chocolate sauce.

Sprinkle 2 tablespoons granola, 2 tablespoons dried tart cherries and 1/4 cup thawed frozen tart cherries on top of each banana split.

Note: Leftover tart cherry chocolate sauce can be stored in airtight container in refrigerator for later use.

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 2

1/2 cup dark chocolate chips

2 cups tart cherry juice

2 ripe bananas

1 cup vanilla Greek yogurt

1/4 cup almond butter

1/4 cup granola

1/4 cup dried tart cherries

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APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HELP WANTED
Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

Two Grooms for 2024 season at Assiniboia Downs. Must have horse experience. Call Carl 431-335-3049.



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THE RURAL MUNICIPALITY OF ARMSTRONG INVITATION TO QUOTE

2024 HOURLY EQUIPMENT RATES

The Rural Municipality of Armstrong is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2024 construction and maintenance season.

Quotation packages including submission documents are available by emailing clerk@rmofarmstrong.com or Merx.com .

Deadline for Quotation Packages is 4:00 p.m. (CST) Friday March 1st, 2024. Late and incomplete submissions will not be accepted.

Quotations may be submitted to:

Angie Dzuba, Clerk
RM of Armstrong
Lot 55 Highway 17
Box 69, Inwood, MB ROC 1PO
Phone: 204-278-3377 Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

THE RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY

Meleb Waste Disposal Ground Operator

The Rural Municipality of Armstrong invites applications for the position of a permanent, part-time operator for the Meleb Waste Disposal Grounds.

Under the supervision of the Public Works Coordinator, the Disposal Grounds Operator operates the site in compliance with the Waste Disposal Ground Operating Permit, Municipal By-laws and policies, and applicable federal and provincial regulations.

MELEB WASTE DISPOSAL GROUNDS

	Summer Hours March 1 to October 31	Winter Hours November 1 to February 28
Tuesdays	9:00 AM to 1:00 PM	9:00 AM to 1:00 PM
Thursdays	4:00 PM to 8:00 PM	2:00 PM to 6:00 PM
Saturdays	10:00 AM to 6:00 PM	9:00 AM to 5:00 PM

The operator will be required to take the Manitoba Landfill Operator Certification Program and be responsible for various recycling programs.

Deadline to submit applications will be Friday, March 1, 2024. Posting will remain open until a suitable candidate is found. We appreciate your interest in the position, however, only those applicants chosen for an interview will be contacted. This position commences as soon as possible.

Interested candidates should submit a resume with three references to:

RM of Armstrong Office
1094 Highway 17 Inwood
P.O. Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

MUNICIPALITY OF BIFROST-RIVERTON The Municipality of Bifrost-Riverton invites tenders for the following;

Construction of 20' x 20' Pergola at the RTHC grounds in Riverton, MB

Tender documents are available from the Municipal Office. Sealed and clearly marked submissions will be accepted by the undersigned until 12:00 p.m. on February 29, 2024. The Municipality reserves the right to reject any or all bids, waive irregularities and informalities therein, and award the tender in the best interest of the Municipality in its sole discretion.

All inquiries related to the above tenders should be directed to Jason Comeau at 204.641.2167.



Box 280, Fisher Branch, MB ROC 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

THE RURAL MUNICIPALITY OF FISHER

2024 BUDGET HEARING

THURSDAY, MARCH 21, 2024 6:00 P.M.

RM OF FISHER COUNCIL CHAMBERS 30 TACHE ST, FISHER BRANCH

At this time the Council will present the proposed 2024 financial plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed financial plan will be available upon request, March 20, 2024 at the RM of Fisher Municipal Office, 30 Tache Street, Fisher Branch, MB during regular business hours. Questions and remarks may also be directed by letter to the Chief Administrative Officer or through e-mail at fishercao@mymts.net

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For further information contact:
Ashern Auction Mart - 204-768-2360
Kirk - 204-768-0019
Licence #1128



RURAL MUNICIPALITY OF GIMLI

INVITATION TO TENDER

CLOSING DATE: Thursday, March 1, 2024 at Noon

The Rural Municipality of Gimli is accepting tenders for the following:

1. **PRIVATE EQUIPMENT RATES (RFT 2024-01):** the RM of Gimli is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2024 works season ending March 31, 2025. Contractors who do not submit pricing and/or do not hold a valid business license or business tax will not be considered for municipal projects.

2. **FUEL SUPPLY FOR MUNICIPAL EQUIPMENT (RFT 2024-02):** for the supply of fuel for the period of April 1, 2024, to March 31, 2025, for municipal equipment. The tenders are for approximately 40,000 litres of gasoline, approximately 50,000 litres of clear diesel fuel, approximately 90,000 litres of purple diesel (at pumps, card lock system). To be delivered to the Public Works Yard in the Gimli Industrial Park.

3. **DUST CONTROL PRODUCT SUPPLY & APPLICATION (RFT 2024-03):** Application of Magnesium Chloride or Calcium Chloride dust control product. Product must be Magnesium Chloride Liquid or Calcium Chloride Liquid with a 30% to 35% Brine Solution and an Anti-Corrosive Inhibitor to meet Corrosion Rate of less than 4.0 mils per ASTM G 4-84. Bidders may provide a quote for one or both. The product shall be available for delivery to various locations in the Municipality from June 1, 2024, to October 31, 2024, as required by the Municipality.

4. **LIMESTONE AGGREGATE SUPPLY & DELIVERY (RFT 2024-04):** for the supply and delivery of limestone aggregates; to be deposited on municipal roads throughout the RM of Gimli or hauled to stockpile at the Public Works Shop yards, as directed by the Municipality. The material is to be applied in one main haul approximately during the period of June 1, 2024, until completed. In addition, there may be spot hauling continuing until December 31, 2024, therefore, prices are in effect until December 31, 2024.

5. **GRAVEL HAULING & LOADING (RFT 2024-05):** for the hauling of gravel to be deposited on municipal roads throughout the RM of Gimli from the pit located in SW25-20-3E. The material to be applied in one main haul during the period of June 1, 2024, until completed. Additionally, there may be spot hauling continuing until December 31, 2024. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader and operator. The contract also includes hauling material to the Public Works yard(s).

6. **GRAVEL STOCKPILING (RFT 2024-06):** The work to be done under this Contract shall consist of the stockpiling/push-up of gravel from the pit located in SW25-20-3E. Approximately 14,000 cubic yards of gravel is required to be stockpiled for 2025 gravel requirements. The gravel stockpiling is to be completed by August 30, 2024, weather permitting.

7. **GRAVEL CRUSHING (RFT 2024-07):** The work to be done under this Contract shall consist of the crushing and stockpiling "Class C" traffic gravel at the gravel pit located in SW25-20-3. The material and stockpiling are required to meet Manitoba Transportation & Infrastructure (MTI) specification No 910. The gravel crushing is to be completed by October 31, 2024 weather permitting.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, MERX or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Any questions or concerns related to the tenders can be directed to:

Karl Bergman
Public Works Foreman
Rural Municipality of Gimli
Phone: (204) 642-6688
publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

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MORTGAGE SALE

The land and building known as 18049 Lake Forest Road, RM of Gimli described in Certificate of Title No. 3023080/1 will be sold at a public auction on the day of 13th day of March, 2024 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Jo-Anne Degagne at either 204-957-4808 or jdegagne@miltakins.com.

The Vendor is informed that the property consists of a 2296 square foot single family dwelling, built in 2009, 10 rooms; 5 bedrooms, 2-4 piece bathrooms, 1-two piece bathroom, no basement, double detached garage, located on 5 acres.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2021. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: Caveat No. 1705555/1

TERMS: Deposit of \$35,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

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

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

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**NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF ALONSA**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 21st day of March, 2024, at the hour of 01:00 PM, at Rural Municipality of Alonsa, 20 Railway Avenue, Alonsa, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
16030	LOT 3 PLAN 42127 PLTO IN NW 1/4 34-18-10 WPM EXC ALL MINES, MINERALS AND OTHER RESERVATIONS AS CONTAINED IN THE CROWN LANDS ACT - LOT 3 PLAN 42127	L -\$14,900	\$5,002.48
43000	AT AMARANTH AND BEING: LOT 2 SP PLAN 2243 PLTO IN SW 1/4 1-19-10 WPM EXC ALL MINES, MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE ORIGINAL GRANT FROM THE CROWN - LOT 2 SP - 2243 LUD OF AMARANTH	L -\$1,300	\$2,410.61
48600	THE WLY 416 FEET OF THE SLY 416 FEET OF SW 1/4 3-19-10 WPM EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - 108005 ROAD 57W	L -\$2,000 B -\$46,600	\$6,322.60
153400	AT ALONSA AND BEING LOT 29 BLOCK 1 PLAN 673 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN IN NE 1/4 7-21-11 WPM - LOT 29 BLOCK 1 PLAN 673	L -\$500	\$3,428.07
153500	AT ALONSA AND BEING LOT 30 BLOCK 1 PLAN 673 PLTO IN NE 1/4 7-21-11 WPM EXC ALL MINES MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE ORIGINAL GRANT FROM THE CROWN REGISTERED AS TRANSFER 52572 PLTO - 17 RAILWAY AVE, ALONSA	L -\$500	\$4,764.73
235281	LOT 9 BLOCK 5 PLAN 48614 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC NW 1/4 16-24-10 WPM - 35 MOON SHADOW DR	L -\$30,700	\$7,231.76
236200 117	LOT 17 BLOCK 1 PLAN 48615 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC SE 1/4 21 AND FRAC SW 1/4 22-24-10 WPM AND GOVERNMENT ROAD ALLOWANCE (NOW CLOSED) - 5 SHOVELER BAY	L -\$19,200	\$5,292.00
237137	LOT 4 BLOCK 4 PLAN 48616 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC N 1/2, FRAC SW 1/4 22, THE SW 1/4 AND FRAC SE 1/4 27-24-10 WPM AND GOVERNMENT ROAD ALLOWANCE (NOW CLOSED) - 47 NORTHWINDS ROAD	L -\$12,800	\$6,226.33
237145	LOT 12 BLOCK 4 PLAN 48616 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC N 1/2, FRAC SW 1/4 22, THE SW 1/4 AND FRAC SE 1/4 27-24-10 WPM AND GOVERNMENT ROAD ALLOWANCE (NOW CLOSED) - 31 NORTHWINDS ROAD	L -\$12,700	\$5,517.50
237147	LOT 14 BLOCK 4 PLAN 48616 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC N 1/2, FRAC SW 1/4 22, THE SW 1/4 AND FRAC SE 1/4 27-24-10 WPM AND GOVERNMENT ROAD ALLOWANCE (NOW CLOSED) - 27 NORTHWINDS ROAD	L -\$12,100	\$4,078.84
237167	LOT 8 BLOCK 6 PLAN 48616 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC N 1/2, FRAC SW 1/4 22, THE SW 1/4 AND FRAC SE 1/4 27-24-10 WPM AND GOVERNMENT ROAD ALLOWANCE (NOW CLOSED) - 7 NORTHWINDS RD	L -\$12,800	\$4,362.51
237168	LOT 9 BLOCK 6 PLAN 48616 PLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 1124139 PLTO IN FRAC N 1/2, FRAC SW 1/4 22, THE SW 1/4 AND FRAC SE 1/4 27-24-10 WPM AND GOVERNMENT ROAD ALLOWANCE (NOW CLOSED) - 5 NORTHWINDS RD	L -\$12,800	\$4,362.51

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the RURAL MUNICIPALITY OF ALONSA as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale, AND
 - A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 6th day of February, 2024.

Managed by:



Tami Dumanske
Chief Administrative Officer
RURAL MUNICIPALITY OF ALONSA
Phone: (204) 767-2054
Fax: (204) 767-2044

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**NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF COLDWELL**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **14th day of March, 2024**, at the hour of **2:00 PM**, at 35 Main Street, Lundar, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
130085	LOT 58 BLOCK 4 PLAN 20721 WLTO SUBJECT TO THE RESERVATIONS, PROVISIONS AND CONDITIONS RESPECTING MINES, MINERALS, MINERAL OILS AND OTHER MATTERS MORE FULLY SET FORTH IN AN INSTRUMENT REGISTERED IN THE WLTO (P DIV) AS NO. 114920 IN FRAC S 1/2 SEC 17 AND FRAC N 1/2 SEC 8-20-6 WPM AND OF CLOSED GOVERNMENT ROAD ALLOWANCE - 193 SUGAR POINT TRAIL	L -\$66,400	\$8,808.33
142150	LOT 10 AND N 1/2 OF LOT 11 BLOCK 3 PLAN 411 WLTO (P DIV) EXC ALL MINES AND MINERALS NW 1/4 1-20-5 WPM - 29 FIRST AVE	L -\$8,100 B -\$56,700	\$13,602.79

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Coldwell as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 7th day of February, 2024.

Managed by: Nicole Christensen
Chief Administrative Officer
Rural Municipality of Coldwell
Phone: (204) 762-5421
Fax: (204) 762-5177

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

Level: Intermediate

Fun By The Numbers

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

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

**MUNICIPALITY OF BIFROST-RIVERTON
The Municipality of Bifrost-Riverton
invites tenders for the following;**

Traffic Gravel Supply Tender

The Municipality of Bifrost-Riverton invites tenders for each of the following supply of approximately;

- 21,000 cubic yards of 3/4" down crushed limestone. Preference will be given to a supply location near the North East area of the Municipality.
- 15,000 cubic yards of 3/4" down crushed limestone. Preference will be given to a supply location near the South West area of the Municipality.

The above tenders are to be supplied and to be on site and available for distribution by May 15, 2024. Each tender should be individually marked. Tender documents are available from the Municipal Office or on the Website. Sealed and clearly marked submissions will be accepted by the undersigned at the Municipality of Bifrost-Riverton office, located at 329 River Road, Arborg, until 12:00 p.m. on February 29, 2024.

Gravel Hauling Tenders

The Municipality of Bifrost-Riverton invites tenders for each of the following;

- **Tender #1:** Loading, hauling and depositing of traffic gravel of app. 13,000 Cubic Yrds for Dust Control areas.
- **Tender #2:** Loading, hauling and depositing of traffic gravel of app. 36,000 Cubic Yrds to various roads marked for the annual gravel program.

Each tender should be individually marked. Tender documents are available from the Municipal Office or on the Website. Sealed and clearly marked submissions will be accepted by the undersigned at the Municipality of Bifrost-Riverton office, located at 329 River Road, Arborg, until 12:00 p.m. on February 29, 2024.

Roadside Mowing Tenders

North Tender #1 and South Tender # 2:

The Municipality of Bifrost-Riverton requires approximately 300 miles of roadway to be cut on both sides (600 miles total) (per Tender).

Each tender should be individually marked. Tender documents are available from the Municipal Office or on the Website. Sealed and clearly marked submissions will be accepted by the undersigned at the Municipality of Bifrost-Riverton office, located at 329 River Road, Arborg, until 12:00 p.m. on February 29, 2024.

Right of Way Ditch Mowing Tender

North Tender #1 and South Tender # 2:

The Municipality of Bifrost-Riverton requires approximately 300 miles of Right of Way to be cut on both sides (600 miles total) (per Tender).

Each tender should be individually marked. Tender documents are available from the Municipal Office or on the Website. Sealed and clearly marked submissions will be accepted by the undersigned at the Municipality of Bifrost-Riverton office, located at 329 River Road, Arborg, until 12:00 p.m. on February 29, 2024.

The Municipality reserves the right to reject any or all bids, waive irregularities and informalities therein, and award the tender in the best interest of the Municipality in its sole discretion.

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

Sudoku Answer

E	S	S				S	E	E	G	E	
P	E	E	S			D	E	N	I	V	
A	A	I	S			D	E	N	I	V	
C	I	B	N	I	G	O	G	E	T	I	R
S	T	V	E	E	D	I	L	O	R	P	
O	E	O	R	O	N	O	N	T	I	R	
V	R	E	K	N	A	V					
V	R	E	K	N	A	V					
S	I	O									
S	D	V	H	C	H	T	I	E	K	E	
A	C	N	V	C	V	A					
N	V	A	E	T	E	R					
N	R	V	L	T	O	D					
A	V	A									
C	L	O									

Crossword Answer

IN MEMORIAM



**In Loving Memory
Judy Eastman**

February 28, 1945 – February 16, 2014

10 years ago our hearts broke. So many things have happened since. So much we wanted to talk to you about. We love you and miss you always.
-Love Halli, Sheila, Jason, Audra and family

IN MEMORIAM

**Memory of Grampa Bert
1931 – 2022**

- One of a kind (hello darlin)
- You taught me a lot, I'll never forget you
- You accepted me as your own
- You made me the man I am today
- Loving man with a big heart
- Learned a lot about Grampa. We all miss you.

IN MEMORIAM



Clayton Brown

December 22, 1970 – February 20, 2023

Of all the special gifts in life, However great and small; To have you in our life, Was the greatest gift of all. May the winds of love blow softly, And whisper in your ear; We will always love and miss you, And wish that you were here. You have left a void in our lives that will never be filled. But we know you are in the Lord's presence and suffering no more. We love you and miss you, and, until we meet again - God Bless.

-Love Mom and Dad Brown and family

OBITUARY

**Anne Rogoski (nee Tomko)
March 24, 1929 - January 30, 2024**



Peacefully passed away at the Gimli Betel Home, at the age of 94.

Anne will be greatly missed and fondly remembered by her family and friends.

She was predeceased by her husband Charles, parents Peter and Nettie Tomko, sisters Sally Tomko, Elsie Zelenitsky, Bertha Nedotiafko, Jean Wilk, Eileen Scott and brothers Laurie, Bill, Bert, Tommy, and Murray Anderson.

She is survived by her sons, Ronnie (Arlene), Garry (Evelyn) and Grant (Grace); her dearly loved grandchildren, Aaron (Sasha), Brian (Ann-Marie), Tammy (Andrew), Tyler (Payton) and Brittney; her great-grandchildren, Nicole, Bailey, Evan, Emma, Sydney, Kayleigh, Brookes and Bridger.

On May 15, 1948 she married the love of her life, Charles Rogoski. They initially resided in Matlock before they decided to establish their home in Winnipeg Beach, MB in 1952.

Anne's dedication was truly commendable, she invested numerous years of hard work in the family business 'Dans Transfer' and later at Eddie's Café. Anne was also deeply involved in her community. She was a lifetime member of the Ladies Auxiliary, Branch 61 Royal Canadian Legion, where she contributed to the success of numerous events but also formed enduring friendships that would last a lifetime.

Music brought Anne immense joy, especially polka music, which she adored dancing to with anyone that could keep up.

Anne's flair in the kitchen made a lasting impact earning her the reputation of being an amazing cook. Her home cooked meals were memorable and enjoyed by many. Mom was well known for her cabbage rolls that could not be replicated. Mom enjoyed her flowers, gardening and she especially loved growing tomatoes which she took pleasure in canning and sharing with her family.

Anne's greatest pride and joy were her three boys (Ronnie, Garry and Grant). It was evident that she cherished her sons and took great pride in their accomplishments. Her boundless love for her family was unmistakable.

She will be missed by all who knew her. A special thank you to the staff at the Gimli Betel home for making mom's final days so peaceful.

A graveside service will take place at the Holy Rosary Cemetery, Saturday, February 24, 2024 at 11:00 a.m. to be followed by a luncheon at the Winnipeg Beach Legion.

Mom you will be missed and never forgotten. Love you!

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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OBITUARY

**Barbara Lillian Payment (nee Truthwaite)
July 27, 1944 – January 30, 2024**



Barbara Lillian Payment, age 79, passed away in her sleep on January 30, 2024. We have lost our precious and beloved mother, grandmother, and wife.

Barbara leaves behind her husband Henry; children Darryl (Sophie), Glenn, Tara (Carlos), and Alanna (Kevin), and grandsons Mateo and Luca. Also mourning her loss are siblings Helen (Buddy), Bobby (Grace), Judy (Doug), and Irene.

She was predeceased by her mother Florence, father Henry, brother Tommy, and sister Gerry.

Mom was born in 1944 and grew up on the family farm in Hodgson, Manitoba. She developed a love of reading and academics early in life. Mom was highly intelligent, graduating early from high school at the age of 16. After obtaining a diploma from Manitoba Teachers' College, she began her teaching career in Hodgson in 1963. She later taught for two years at Kirkfield Park School in Winnipeg before settling in Fisher Branch to start her family. She obtained a Bachelor of Arts from the University of Manitoba in 1981. Mom spent 33 years teaching elementary school in Lakeshore School Division, retiring in the year 2000. She was a substitute teacher for the next 12 years at various schools in the area. She took her responsibility as an educator very seriously and her efforts extended far beyond the classroom, often preparing lessons until late at night.

Mom married her high school sweetheart, Henry Payment, in 1967. Four children followed and we were her proudest accomplishments. Mom's family always came first. She was entirely devoted to her parents, her husband, and her children. She prepared nutritious lunches and suppers from scratch every day, and summers were spent harvesting, canning, and freezing vegetables and berries from our large garden. She adored Christmas and always made it so special for us. In 2014, Mom was elated to become a "Nana" to her grandson Mateo, and again in 2017 to her second grandson Luca. She doted on those little boys. Mateo and Luca loved playing and cuddling with their Nana, and delighted in hearing her read stories with her expressive yet soothing voice.

Mom cared deeply for animals and nature, and amassed a wealth of knowledge about songbirds, wildlife, flowers, and trees. She fed the birds every day and created a backyard haven for them. She had such respect for every living thing; if she found a dead bird or animal outside, she would weep for that little soul. She was a passionate advocate for wildlife conservation, and fostered compassion for animals in her children and students. Mom was a loyal monthly contributor to the Nature Conservancy of Canada, Canadian Wildlife Federation, Winnipeg Humane Society and numerous other charities. Her pet cats and dogs were always treated like members of the family, and she would say "they're babies too after all".

Mom's flowerbeds were nothing short of incredible. The array of colour and meticulous arrangement of her perennials were the product of her tireless work and brought her great pleasure.

She was a voracious reader and loved music and dance. Her face would light up when she heard a song she liked, and she could not stop herself from dancing or tapping her toes. Music was a source of comfort in her final years.

Mom also loved to travel. She had a special affinity for Ireland, visiting there twice. She also traveled with family to England, Scotland, Wales, Austria, Switzerland, Denmark, Czech Republic, Hungary, Peru, Australia, Hawaii, Alaska and other U.S. states, and across Canada.

Always selfless with her time and efforts, Mom poured her whole self into every project she undertook. In later years, she devoted countless hours working and volunteering for the Immaculate Conception Parish in Fisher Branch and its music ministry, choosing hymns and singing in the church choir. She fully converted to Catholicism in 2004. Mom always felt close to God and her faith guided her throughout her life.

Mom was a loving, kind, and sweet soul. We have lost the pillar and centre of our family. Our profound grief and enormous sense of loss are signs of her lingering love. Despite Mom's illness the past few years, her love for her family and pets always shone through. Thank you to the Fisher Branch PCH, where Mom resided in her final five months.

The Funeral Mass will take place on Saturday, March 2nd, 2024 at 1:00 p.m. at Fisher Branch Immaculate Conception Church, with Father Michael Raj Savarimuthu officiating. Fisher Funeral Home in care of arrangements. Memorial donations, if desired, can be made to the Nature Conservancy of Canada or the Winnipeg Humane Society.

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X CROSSWORD

CLUES ACROSS

- 1. Gene type
- 5. Persian male given name
- 10. Type of protection
- 12. Cloud
- 14. One who returns to life
- 16. Gym class
- 18. General's assistant (abbr.)
- 19. Baby's dining accessory
- 20. Enchantress
- 22. Prefix denoting "in a"
- 23. Spiritual leader
- 25. Cavities
- 26. Relative biological effectiveness (abbr.)
- 27. Foot (Latin)
- 28. Sweet potato
- 30. Pharaoh of Lower Egypt
- 31. Land
- 33. More inquisitive
- 35. Dog breed: ___ Apso
- 37. Stood up
- 38. Direct and uninhibited
- 40. Authorless
- 41. Blocking type of drug (abbr.)
- 42. Retrospective analysis (abbr.)
- 44. Root mean square

(abbr.)

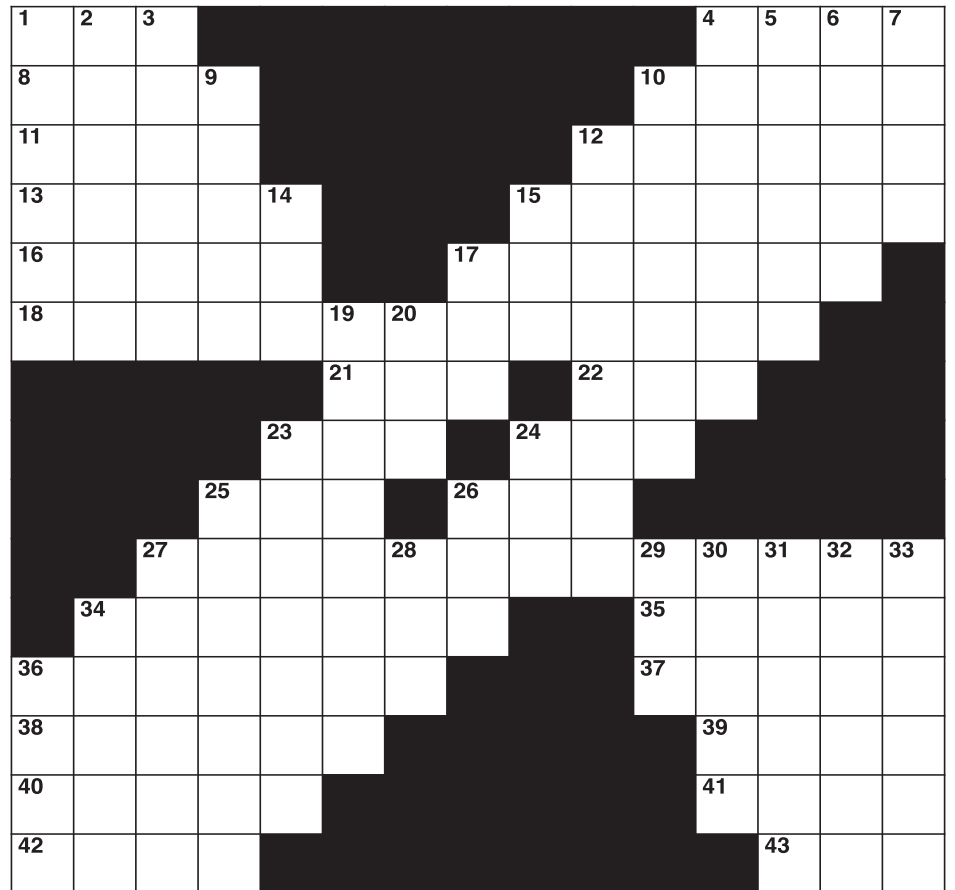
- 45. Macaws
- 48. Actress Remini
- 50. Polynesian wrapped skirt
- 52. City of Angels hoops team (abbr.)
- 53. Fitzgerald and Baker are two
- 55. Bowling alley must-have
- 56. A way to cool down
- 57. Ethnic group in Asia
- 58. A way to alter
- 63. Set of five
- 65. Removes from the record
- 66. Dummies
- 67. Set period in office

CLUES DOWN

- 1. DC Comics superhero
- 2. Brew
- 3. Play
- 4. Single-celled animals
- 5. Rough to the touch
- 6. Small island (British)
- 7. Often noted alongside cons
- 8. Preparation of rootstock
- 9. Atomic #44

10. Egyptian unit of capacity

- 11. About secretary
- 13. Particular groups
- 15. Poke fun at
- 17. Make certain that something occurs
- 18. Financial term
- 21. Justify
- 23. Arbitrator
- 24. 007's creato
- 27. Czech name for Prague
- 29. Groans
- 32. American time
- 34. No seats available
- 35. ___ Stahl, journalist
- 36. Cleft lip
- 39. Talk incessantly
- 40. Expresses atomic and molecular weights (abbr.)
- 43. A part of a river where the current is very fast
- 44. Curdled milk
- 46. Running competitions
- 47. A team's best pitcher
- 49. Carthaginian explorer
- 51. World-renowned city
- 54. Most common Japanese surname
- 59. The bill in a restaurant



- 60. They ___
- 61. City of Angels football team (abbr.)

- 62. Distinctive practice
- 64. One quintillion bytes



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