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EXPRESS PHOTO BY RAYME THOMSON

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Lockdown at Gimli schools, businesses after shots fired at residence

By Patricia Barrett

Gimli schools and some businesses went into lockdown last Thursday afternoon after reports came in of shots fired in the community.

Gimli Coun. Andy Damm said the municipality alerted the public through its website after the RCMP contacted them about a situation unfolding in town.

"The municipality posted a public message on our website, saying there is an ongoing situation," said Damm. "Once we get further information from the RCMP, we will advise the public."

The Evergreen School Division also issued a notice on its website, saying it had been notified by the RCMP at around 1:10 p.m.

ESD was asked to "hold and secure" its schools because of an incident "occurring in the community." Hold and secure has staff stationed at school doors to let students into the building but doesn't allow them to leave.

"We are currently following this procedure and keeping our students safe in the schools," said the division's statement. "All of our early and middle years students are in the schools accounted for [sic]. Any high school students and staff still out of the building for lunch are being let into the schools upon their return."



RCMP

RCMP issued an arrest warrant for 28-year-old Joseph Henderson after he was suspected of firing at two people during a dispute at a residence on Lake Avenue in Gimli.

The RCMP issued an advisory notice just before 3 p.m. saying the Gimli RCMP responded to "shots fired at a residence in Gimli." There were no injuries reported and the suspect fled the scene. The suspect and residents are known to each other.

By 4 p.m. the alert had been lifted by RCMP.

The following day, the RCMP issued a news release stating a 28-year-old male suspect had discharged a fire-



EXPRESS PHOTO BY GLORIA THOMAS

Krista MacGregor locks the door at the Ship & Plough pub last Thursday afternoon after reports of shots fired in town and schools being locked down.

arm towards two people during a dispute at a residence on Lake Avenue in Gimli.

"The two victims, a 55-year-old female from Fisher River Cree Nation, and a 27-year-old male from Kinonjeoshtegon (Jackhead) First Nation, had left the scene and contacted police. The 28-year-old male suspect was reported to also have left the residence and his current whereabouts were unknown," said the news release. "Officers met with the victims and attended to the residence where the incident occurred. Inside the home, a 32-year-old female from Kinonjeoshtegon (Jackhead) First Nation was located and arrested after officers located an unsecured firearm in

the home."

RCMP also issued an arrest warrant for 28-year-old Joseph Henderson of Fort Alexander. He has yet to be located and is believed to be in Winnipeg, says the news release. He has been charged with assault with a weapon, uttering threats and numerous firearms-related offences.

"He's considered armed and dangerous and police are asking that he not be approached," states the release. "If you've seen Joseph Henderson or have any information on his whereabouts, you're asked to call the Gimli RCMP at 204-642-5106, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com."

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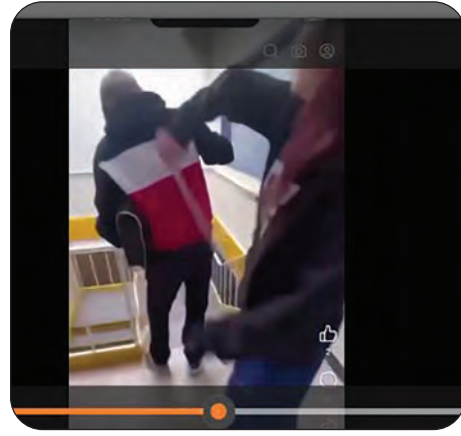
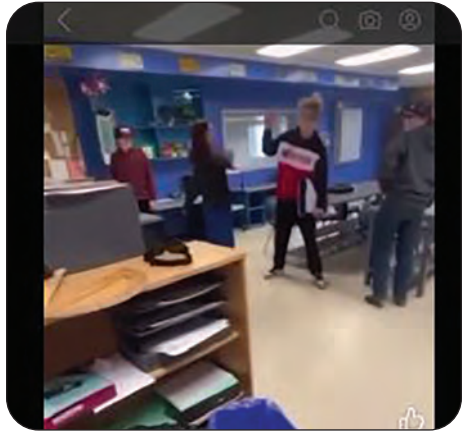
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Female student assaults male student at Gimli High School



FACEBOOK

Stills from a video, which was posted online, show a girl swinging what appears to be a long piece of metal strapping or ruler at a boy's face then striking him on or near the scalp. She later strikes him a number of times on the arm as he and another girl retreat from a classroom at Gimli High School. The girl with the strap follows the two students into the hallway, hitting the boy and swinging at his back as he runs down the stairs.

By Patricia Barrett

A violent incident at Gimli High School in late February that was filmed on a cell phone shows a female student striking a male student several times with what looks like a long piece of flexible metal strapping or ruler and chasing him and another girl from a classroom.

An unnamed source said the assault allegedly took place in a metalworking classroom, and the girl wielding the strap did not like the boy's girlfriend.

The audio-video, which was posted on social media, shows the girl swinging the metal strap at the boy's face then landing a blow on or near his scalp and catching and lifting some of his hair. In response the boy clutches his head and moves backwards.

The girl holding the strap is heard shouting, "F..... ugly. Go. Get the f... out. F..... ugly a.. bitch. F... off."

The girl forces the boy to retreat to

the classroom door. As he does, another girl appears in the video frame, also moving towards the doorway where both exit the classroom.

The girl with the strap follows the two students into the hallway, striking the boy's arms with the strap at least four times as he tries to fend off the blows. The two fleeing students head down a flight of stairs. The girl with the strap swings it at the boy's back as he descends.

She then returns to the classroom, throwing the strap down and continuing to swear and threaten to hit [?] if [?] "pisses me off." She exits the classroom once more and before she heads down the stairs, she appears to extend her arm towards a person that may have been filming the incident.

A number of other students are shown in the video, but they do not intervene during the attack. There appears to be no teacher present in the classroom.

Evergreen School Division superintendent and CEO Scott Hill was unable to provide detailed answers to questions that included whether the boy required medical treatment, whether a teacher was present during the assault, whether the RCMP was notified and what the division can do to prevent future assaults.

"The division is aware of the incident in question. This incident is a student discipline matter, and we are not at liberty to provide details," said Hill. "The division treats these matters seriously, and we have undertaken our due diligence regarding

communication with external agencies. We are following our internal processes to address the matter. Out of respect for the privacy of the students involved, and the fact that they are minors, the division will not comment any further."

The Express reached out to the RCMP for comment but the service did not respond.

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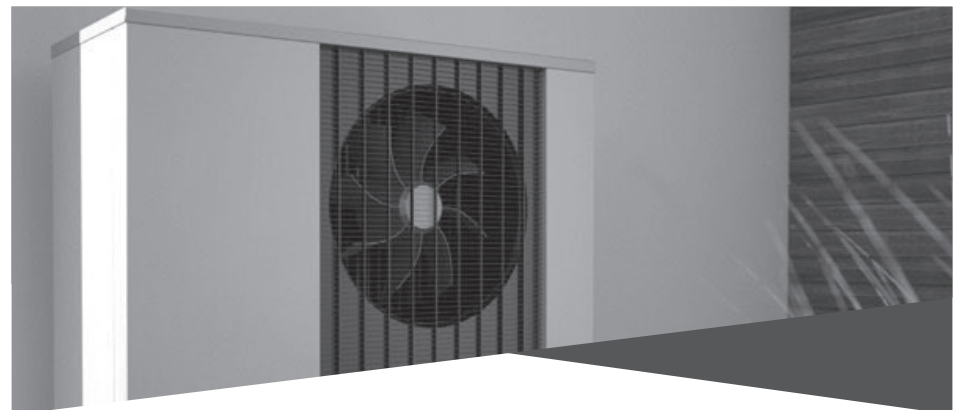
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Federal government selling Freshwater (FFMC), soliciting interested parties

By Patricia Barrett

The federal government has announced its intent to sell the Freshwater Fish Marketing Corporation (FFMC) and is inviting interested parties to forward an expression of interest.

The department of fisheries and oceans said in a statement released last week that the government wants to move forward on the transformation of FFMC through an open and transparent competitive process.

"DFO has launched a solicitation of expressions of interest for those who may be interested in ownership and governance of the FFMC in the future," said the department in a statement. "Interested parties can complete the template on the DFO website and submit it by March 8, 2024."

FFMC is a Crown corporation the federal government established in 1969 to help inland commercial fishers in western and northern Canada obtain fair prices for their fish and market their fish internationally. The corporation has a fish processing plant in Winnipeg.

The government said it intends to assess interest in the acquisition of FFMC and that DFO may later launch a competitive process to solicit bids, according to the statement.

The intent to move from a government-owned entity to a fisher-owned entity comes after the government received input in 2017 about how FFMC was governed from Indigenous partners, stakeholders and industry, said spokesperson Craig Macartney on behalf of DFO.

"Fisheries and Oceans Canada began engaging on the future of the

FFMC in 2017. Indigenous partners, stakeholders and industry had taken the opportunity to provide input and voice their concerns," said Macartney. "Following engagement with stakeholders and Indigenous partners in 2017, the then Minister of Fisheries and Oceans established a ministerial advisory panel to consider alternative governance and ownership models supportive of collaboration and co-operation amongst commercial fishers."

In 2019 a special interlocutor was appointed to explore a fisher-led governance and ownership model, he added, and there has been "significant exploration" of several options and proposals since that time.

"Many stakeholders have expressed the need for change with respect to how the FFMC is governed," said Macartney.

When asked what would happen to staff and jobs at FFMC's Winnipeg plant under a fisher-led model, Macartney said DFO is unable to speculate as to decisions made under new ownership. FFMC will operate under its current mandate until new ownership takes over.

The government was unable to provide a ballpark figure regarding FFMC's worth.

"The Government of Canada will be transforming the FFMC through an open and transparent competitive process," said Macartney. "To ensure the fairness and transparency of that process, we cannot speculate on the value of the FFMC at this time."

The government does not have a fixed target date at this time for the transition.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

An employee at the Winnipeg FFMC fish plant, processing pickerel fillets in 2018.

"Following the solicitation of expressions of interest, the department will develop a process to initiate the request for proposal," said Macartney. "Bidding criteria for the competitive process will be developed to promote continued market access for rural, remote, and Indigenous harvesters, and to promote reconciliation, among other considerations that would be informed through consultation and engagement with Indigenous govern-

ments and organizations and industry."

Visit the federal department of fisheries and oceans' "Transformation of the Freshwater Fish Marketing Corporation" webpage for more information about the sale of FFMC and submission guidelines.

Submissions will be accepted until March 8 via email: DFO.freshwater-eaudouce.MPO@dfo-mpo.gc.ca

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RM of West Interlake byelection candidates share views

By Patricia Barrett

The Rural Municipality of West Interlake will be holding a byelection on March 25 for a Ward 1 council seat after former councillor and deputy reeve Keith McLelland handed in his resignation last year.

Two candidates — Keith Lundale and Walter Whiteside — are running for Ward 1. Each candidate answered six questions: political experience, volunteer service, why they're running for council, three major issues they want to see addressed, whether they'd like to see changes to the way the RM operates and their approach to teamwork.

KEITH LUNDALE

Keith Lundale previously served as councillor from 2015-2019 for the RM of West Interlake and has four years' experience in municipal politics and governance. He helped steer the RM through the 2015 amalgamation of the former Siglunes and Eriksdale rural municipalities.

He has undertaken a number of volunteer service positions in the community that range across the financial, health and business sectors.

"I have over 25 years of service as vice-president and president of the Eriksdale Credit Union, which is now the Access Credit Union. I was the director of the Eriksdale Community Club and chair of the Eriksdale Community Development Corporation before it was amalgamated into West Interlake. I was also a 40-year firefighter veteran and served as deputy chief of the Eriksdale Fire Department," said Lundale. "I'm currently president of the Eriksdale & District

Chamber of Commerce, and have been for a number of years, and I'm presently president of the Eriksdale Royal Canadian Legion Branch No. 140. In the health-care field, I've been an advocate for equal access to health care for about 40 years. I'm currently chair of the Lakeshore Handivan, as well as a volunteer handivan driver."

He also coached hockey when his kids were growing up and served as director of the Eriksdale Minor Hockey program.

Lundale said it was his dad who inspired him to give back to his community through volunteer service.

"And that's what I've been doing over a number of years. It makes me feel good. I also have a word in my vocabulary that's hard not to say, and that's no. It's in my DNA," he said.

"I'd like to see more inclusion of other people in the community on our local boards, letting them have a chance to sit on boards or lead them. I think we need to have a successor and mentorship program to make that happen. I don't think it's healthy for an organization to have the same president for a number of years. I think it's imperative that we change it up every so often. But we do a poor job of mentorship on these boards."

Lundale he said he wants to run for Ward 1 because he has concerns about the way the present municipal government is operating and wants municipal decisions made transparent to the public.

"I'm not happy with the present local government and its ability to govern fairly and ethically. A large portion of residents have told me Ward 1 has not been represented. They

approached me when they heard I was running and

said, 'We're not getting a fair shake,'" said Lundale. "And council meetings must be open and transparent. The only time you go in camera is for a human resources matter, a legal matter or a transaction such as the purchase of land that could contain sensitive information."

Lundale said the three major issues he'd like to see addressed are unfair representation, the likely closure of the RM's municipal office in Eriksdale and the high turnover of key positions in the RM.

"The control over democracy is concerning. In Ward 2 and Ward 3, there are four elected officials. Ward 1 only has two elected officials. The reeve represents another vote. My issue is the control of democracy. There's unfair representation for all of the people in the RM of West Interlake," said Lundale. "They're also wanting to close the RM office in Eriksdale and have everything centralized in Ashern. And they have the power to do so because the councillor in Ward 1 [there will be two after the byelection] can be outvoted. There's no democracy."

The loss of the RM's former chief administrative officer, chief financial officer and most recently a councillor (and deputy reeve) from Ward 1 concerns him, said Lundale.

"Why is this happening? Leadership has to take ownership of this. When you have key staff quitting, you have to look yourself in the mirror and say, 'What am I not doing right?'" he said.

The one thing he said he'd like to see changed with regard to how the RM operates is to have "a professional and ethical council that has everyone's interests [at heart]."

As for how he approaches teamwork, Lundale said he's always believed

that teamwork is the best approach to getting things accomplished.

"I have always been an advocate for a team approach in all aspects of my professional and personal life. No one person can move positive change forward; it takes a team," he said. "It takes a village to raise a child, according to the familiar quote, and it's the same principle here with municipal governance: it takes the whole of council to raise a community."

The byelection will take place on Monday, March 25 from 8 a.m. to 8 p.m. at the Eriksdale Recreation Centre.

WALTER WHITESIDE

Walter Whiteside said he hasn't had a lot of past experience in politics but is employed by the province and has lots of management experience that's applicable to the governance of a municipality.

"Local politics has been on my radar for the past several elections and is something I'd like to do. It's something I feel I could possibly excel in as I do have a very good understanding of how government works as I have

Continued on page 8

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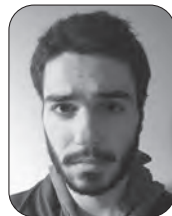
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Hard to be green while in the red

By Cam Dahl, general manager, Manitoba Pork Council

I did not come up with the line “hard to be green while in the red,” but I wish I had. It is a brief phrase describing one of the most challenging policy aspects of sustainability. It is difficult, or even impossible, to change farming practices to improve environmental sustainability when experiencing negative margins. The idea applies to every business.

Even though this policy truism seems obvious, governments do not always recognize it. The government’s most frequent policy tool is regulation. Imposing costly restrictions and penalties on businesses is often the default action. It should not be.

Take the carbon tax, for example. The stated policy objective is to reduce carbon emissions by discouraging the use of fossil fuels. This may work when the use of fossil fuels is a discretionary expense, but heating a hog barn in winter is not discretionary. For hog farmers, energy costs are the second highest operating expense after feed. At a time when farmers’ margins are written in red ink, the carbon tax is making it more expensive to raise pigs. This is antithetical to the policy objective of reducing greenhouse gas emissions because farmers are more likely to adopt innovative business practices when their operation is profitable. The carbon tax has become a barrier to adopting innovation that could improve environmental sustainability.

The carbon tax is also making Canadian hog farmers less competitive internationally. Manitoba exports 90 per cent of the pigs raised in the province yearly, either as live animals exported to the United States or as packages of pork exported worldwide. Cana-

dian farmers are competing against producers in other countries who do not face the added cost of the carbon tax. The reduction in our competitiveness impacts jobs in both urban and rural areas, which in Manitoba equals 22,000 jobs across the province and discourages investment in every link of the industry’s value chain.

To summarize, when applied to the energy requirements for raising pigs, the carbon tax does not achieve its policy goals, and it inhibits the adoption of alternative business practices that may improve sustainability, all while decreasing the competitiveness of Canadian farmers in world markets.

The cost and ineffectiveness of the carbon tax when applied to farming operations was recognized by the Member of Parliament (MP) who introduced Bill C-234, An Act to Amend the Greenhouse Gas Pollution Pricing Act. This legislation, supported by most MPs, would remove the carbon tax from essential agricultural operations like heating a barn in winter. Unfortunately, the Senate has disagreed and amended the legislation, removing the reference to barn heating. How much will this change cost Canadian farmers? The parliamentary budget officer estimates this cost to be \$910 million annually.

There is a better way. Not all government policy objectives need to be met using a regulatory hammer, as is done with the carbon tax. Instead, governments should be adopting an incentive-based approach. The alternative policy approach is one rooted in collaboration with farmers and accepting that financial sustainability for producers must be at the foundation of any strategy.

The collaborative approach may not be the easy path for those charged



Cam Dahl, general manager
Manitoba Pork Council

with implementing government policy. Canada is a large, diverse country, and innovative practices that drive fiscal and environmental sustainability in Quebec, the Maritimes or British Columbia may not work on the Prairies. There must be enough flexibility to account for differences in climate, soils, and ecosystems across Canada. Provincial and local governments must be engaged when determining which new practices and technology will work in a specific region. While this may sound messy and complicated compared to a one-size-fits-all regulation, incentives and collaboration, instead of costly regulations, will deliver meaningful results in the long run.

The federal carbon tax is set to increase again on April 1. If this happens, Canadian farmers will be less competitive internationally and may see more red ink on the bottom line. It does not have to be this way.

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EXPRESS PHOTO BY BRENNA PHILLIP

Graham Philip, Mason Snow and Finn Snow had fun snowmobiling on the north side of Pelican Beach this past Monday. According to the Weather Network, the temperature on March 4 was a high of -5 and a low of -17 degrees C., but felt like -23 degrees with the wind gusting up to 44km/h. It was a great day for snowmobilers with the fresh 5-35 cm of snow that fell across the Interlake from the system that came north from Montana. 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

New appointments to the board of the Manitoba Agricultural Services Corporation announced

By Lana Meier

Agriculture Minister Ron Kostyshyn announced the appointment of a new chair, vice-chair and directors to the board of Manitoba Agricultural Services Corporation (MASC) by the Manitoba government.

"Agriculture in Manitoba is growing and I am confident that the experience, knowledge and abilities of the individuals appointed to this newly formed board will play an important role in supporting agricultural stakeholders across our province," said Kostyshyn.

The board's leadership has seen a recent change, with John Plohman taking on the role of chair and Don Kostaskey as vice-chair. Joining them are five newly appointed directors: Paul Gregory, Mary Johnson, Larry Bohdanovich, Rayna Gleich and Gurjaspal Singh Bala.

Kostyshyn emphasized that these appointments are in line with the Manitoba government's goal of bolstering the agricultural sector, which

serves as the foundation of our provincial economy.

The MASC board of directors' duties include promoting a thriving and diverse rural economy through an array of financial offerings and risk management initiatives, as outlined in the Manitoba Agricultural Services Corporation Act. Additionally, this provincial Crown corporation oversees emergency aid programs and delivers inspection and verification services to the agriculture sector.

Brian Brown and Kristy-Layne Carr will both continue to serve as directors for MASC, with Brown having been appointed in May 2023 and bringing valuable experience from his involvement on multiple boards. Similarly, Carr, who has been a director since September 2023, brings her expertise as the owner and operator of Rich Lane Farms.

Kostyshyn expressed gratitude to former board members for their previous dedication to MASC when making the announcement.

Gimli Ice Fishery Derby cancelled last Sunday; Marymound draw March 10

Staff

The Gimli Ice Fishing Derby that was set for last Sunday was cancelled, but people can still purchase tickets until Sunday, March 10.

The derby was organized by and a fundraiser for Marymound, a group home facility that cares for vulnerable youth, and Fish Futures, which is dedicated to the preservation of freshwater fisheries.

In a statement posted on its website last week, the organizing committee said the derby's cancellation was necessary in the interest of safety.

"The decision to cancel was not made lightly," said the committee. "Due to a variety of reasons,

we believe it is in the best interest of all participants to prioritize safety and well-being."

The organizers plan to proceed with the raffle draw as planned and tickets are still available.

"All listed prizes, including the \$15,000 first prize, are still up for grabs," said the committee. "We are extending ticket sales until Sunday March 10 ... and the draw will take place on Monday, March 11 and will be livestreamed on our Facebook page."

Visit the derby's website at www.gimliicefishingderby.com for more information about the draw, prizes and ticket purchases.



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Ask the money lady

Dear Money Lady Readers,

With everything that's going on in the markets today, it's hard to know if you have the right investment plan for your future. Here's what all the economists say: "you need to have a well-diversified portfolio which includes bonds, cash and high-quality stocks, one that is rebalanced based on your age, risk tolerance and future aspirations."

OK, textbook — right? But what does that mean? How do you do that? How are you going to get started?

Well, you need to be build a financial team. If your car breaks down or you get into an accident, you don't fix it by yourself in your garage. You or your insurance company hires a professional mechanic to fix it and then everything is great again. Same idea with money. You need to have a pro-

fessional that can help you achieve all those financial goals you want out of your life.

You want an investment "partner." Pick an advisor who really has your best interests at heart, and don't just pick the first person you talk to or a relative that wants to help out. You want to be selective, not just with the advisor but also the brokerage firm. Now let's talk about fees. What should you pay? There are two types of fee structures — transactional or fee-based.

Transactional fees are charged with every investment transaction. This is often the case when you buy fixed income investments such as bonds. A fee is charged when you purchase the bond and then again when you sell it. There aren't many advisors that still do transactional fee structures when buying securities. That was the old "stockbroker style" of buying and selling stocks on a monthly basis to generate revenue not only for the client but also the broker. Most advisors

today lack the expertise to execute this style of investing properly; however, if you didn't have a good stockbroker back then, it still could be costly. We used to call this method the "pump and dump," which was basically how a broker would make an income, moving stock around and charging a transaction fee every time. Nowadays, advisors want to put you in a fee-based plan, with a fixed monthly fee designed to offer more protection for the clients along with ensuring a consistent revenue stream for the advisor and the brokerage firm.

Basically, you want to ask yourself: is this advisor a valued partner that I'm willing to pay for and, most importantly, am I satisfied with the services that they provide?

Personally, I think it's always a good idea to periodically check out the competition, talk to your friends and see what they pay. When you are young, you may not mind spending more for investment advice, but as you age and move investments into secure fixed income products with lower risk and smaller gains, your No. 1 problem will be fees and expenses.

Let me leave you with this tip: Your new advisor needs to be focused on how to secure your capital with ade-



Christine Ibbotson

quate growth in the most tax-efficient manner; and if they always do that, you will always make money.

Good luck and best wishes,
Money Lady

Written by Christine Ibbotson, author, finance writer, national radio host and now on CTV Morning Live and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

Meetings are Mondays

at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church

Corner of Hwy. 9 and Lake Ave.,

Winnipeg Beach

Meetings are Saturdays

between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd

Industrial Park

Fri & Sun Mtgs at 7:30 pm

Al-Anon

Gimli and Winnipeg Beach

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

All ages welcome.

AA Riverton Group

12 Main St. at the

Riverton Senior Centre

Mondays 7:30 p.m.

> CANDIDATES, FROM PG. 5

been employed the provincial government for over 20 years and in a management position for over 15 years," said Whiteside. "I know the process regarding who to call and how to get results for a fair number of things that could roll into local politics."

Whiteside's volunteer work in the community includes his service as an auxiliary constable in the RCMP.

"I've always answered the call whenever needed at local events like Bull-a-Rama or miscellaneous sporting events," he said. "But what I am most proud of is my time with the RCMP. I was an auxiliary RCMP member for over seven years with both the Lunder and Ashern departments. During this time, I was honoured with receiving the Queen Elizabeth II Diamond Jubilee Medal for exceptional contributions to public service."

Whiteside said he wants to run for Ward 1 because he has more time to devote to service and wants to contribute to enhancing the community for residents.

"My kids are getting to their teenage years and I want to be able to make a difference for them. I would like them to have something local that they're proud to call home, something to have here and something to stay here for," he said. "I don't plan on moving out of the RM and I want to try and make a difference."

The three major issues he'd

like to see addressed are lack of growth, keeping the Eriksdale hospital open, and infrastructure and RM financial accountability.

"Our community is dying. There's no other way to say it. We're losing business and our population is shrinking. This community has changed since I was younger. We need to try to find a way to bring the community back before it's gone like many others across Manitoba," he said. "We need to keep our hospital open. I believe that council needs to hold the newly elected provincial government accountable with their campaign promises. Eriksdale has an amazing hospital with fantastic and very experienced nurses and doctors who are from the area. It's a must that we do everything we can to keep this facility available."

On the infrastructure and financial accountability side of things, he said the roads need work and the RM needs to improve its business model.

"I believe there's a better way to manage and maintain our local network than how we're doing it now," said Whiteside. "The RM needs to be financially responsible and improve their business model on how infrastructure is maintained."

He said he feels the way the RM currently operates — a ward system that arose after a provincially mandated amalgamation of Siglunes and Eriksdale in 2015 — results in unfair rep-

resentation. He also wants to see municipal decisions made transparent to the public.

"I don't like the way the Ashern and Eriksdale wards are split. The former RM of Siglunes has two wards with four councillors and the former RM of Eriksdale has one ward with two councillors. In my opinion this is unfair and it should be even. I believe that the RM should have equal representation with its council members," he said. "I believe the RM should have more transparency. With our existing ward system, it opens the chance of unbalance and swing voting on decisions that affect all areas. I think any RM voting and decisions should be public information. Everything should be documented and readily available to everyone."

Whiteside said he works with others every day and his approach to working in teams entails fairness to the whole RM while standing up for Ward 1.

"I work with others daily but at the end of the day, I would be elected by the people of Ward 1, and I'd have Ward 1's best interest first while still being fair to the RM as a whole," he said. "Teamwork is important in any environment, but a person cannot be bullied or pushed over. A strong councillor needs to have a backbone and be willing to stand up for what they believe in and what they feel is right."

Rise, Red River live theatre premières March 8



EXPRESS PHOTOS SUBMITTED

From left, Christine Friday (choreographic consultant), Tara Beagan (playwright, director, costume designer, co-producer) and Bear Harper (assistant stage manager) in rehearsals for Rise, Red River.



Tracey Nepinak, left, plays the Matriarch in Rise, Red River alongside Carleigh Crow, right, who plays the other women, in rehearsal with the playwright, director, costume designer and co-producer Tara Beagan, centre.



By Raegan Hedley

Imagine a future where the earth has been fracked, burned and flooded and only one matriarch made it through. She finds and attaches one thing to her: the hooks that were once used by the volunteer organization Drag the Red to dredge the bottom of the Red River in search of evidence or remains.

The new play *Rise, Red River* invites you to open your heart and glimpse into this future with your own eyes. Not only does this work touch on the topic of missing and murdered Indigenous women, but it also invites the audience to reflect on what happens when we turn our back on the earth and climate change changes everything.

Rise, Red River tells the story of a matriarch (played by Tracey Nepinak) carrying on the work the family members of missing and murdered women, girls and two-spirit people started in 2014 when they created Drag the Red. She searches for answers alone in a now-dry river bed and, as she drags, meets Ancestors and uncovers their stories.

Co-produced by Article 11, Prairie Theatre Exchange and Théâtre Cercle Molière (TCM), *Rise, Red River* is a trilingual play in Anishinaabemowin, French and English. Surtitles (like subtitles but used in live performances) in three languages will be projected for the whole theatre so everyone will always know what's being said.

Marsha Knight plays the role of an Ancestor in *Rise, Red River* and she says it was one thing to learn the lines and perform them on stage, but it was completely different to learn the lines and a "new" language.

"This play is being done in three languages — English, French, and Anishinaabemowin. I don't speak my language — Sauteaux. It was spoken around me, but for social and political reasons,

my mother forbid me to learn it. So to speak it in this production has been an immense learning curve and one that I am so, so grateful for."

Knight says there are so many elements that make the play special, but if she had to choose one thing, it would be the story.

"In oral storytelling, there are many types of stories — stories for teaching, stories for entertainment, stories for learning about where we come from," says Knight. "This one, I believe, will be a story for reflection ... to allow for people to have discussions that still aren't happening, to support the voices and the wills of those who are telling their stories but are still not being heard."

Knight says she read the synopsis on TCM's website as part of their upcoming productions and knew she wanted to see the play immediately — only to find out she had been cast in the production by Tara Beagan and Andy Moro, the set, video and lighting designer. Together, Beagan and Moro are Article 11, an acclaimed Indigenous activist arts and live performance group.

"Tara and Andy are such amazing creators of storytelling and theatre and art. To be creating something so incredibly relevant ... I am so honoured to be a part of it."

Rise, Red River is dedicated to every woman who perseveres.

"There are those who will see this play who are already very involved in supporting Indigenous women and women-identifying people, and I hope that this story continues to support them and give them energy and ongoing resilience," says Knight.

"Then there are those who don't think they need to see this for any number of reasons ... so they may choose not to. Those are the people who need to see this play."

The première of *Rise, Red River* is on March 8 at TCM. Tickets can be purchased online at <https://www.pte.mb.ca/performances/rise-red-river>

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Annual chili contest raises funds for CancerCare Manitoba Foundation



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"Building a Lasting Legacy"

By Becca Myskiw

The Lakeside Lions recently held their annual chili contest, and with it, raised more than \$200 for CancerCare Manitoba.

Each year during Winnipeg Beach's Wonderful Winter Weekend, the local Lions hold a chili contest in memory of Lynn Gilkes, a past competitor who died of cancer. The chili contest has always been a fundraiser for CancerCare Manitoba and was recently renamed to be in memory of Gilkes. Colette Banks, president of the Lakeside Lions, said Gilkes made chili for the occasion every year until she passed, loving the event.

The Lakeside Lions didn't oversee the contest until recently when they stepped up to do some of the work in partnership with the Winnipeg Beach Hotel, where the chili contest is hosted. There are practically no rules on who can enter the contest — anyone and everyone with a chili recipe is welcome.

This year, the event saw 13 contestants bring their homemade chili through the doors to be judged. The volunteer judges were from the Lions group, and Banks said each pot of chili was delicious. The judges eat chili labelled with numbers, so they don't know which is which, ensuring the vote comes down to just taste. They grade each chili on a scale from one to four based on flavour, texture, originality and heat. At the end, the chili with the most points overall wins.

Taking first place this year was Connie Couliard with "Cou Chili." In second was Maggie and Tracey with "Chili's Angels," and in third place was Sandra Gottfried with "Bonfire Chili." Each of the winners received a prize and bragging rights until next year's competition.


Once the chili has been judged and prizes given out, the contest transitions into a fundraiser, inviting community

members into the hotel to buy a bowl for \$2. The event raised \$206.

Last year, the chili contest raised \$250 alone, with the Lions matching that to make a \$500 donation to CancerCare Manitoba.


"It just draws such a crowd," said Banks. "It's such a fun event for the Wonderful Winter Weekend."

The Lakeside Lions currently have 28 members and are always looking for more. The community-based organization gives back to the community in various ways, whether it be at the Canada Day festivities, Family Fun Day or by donating \$1,000 to a local man in need of a walker. The group's largest and most common donations go to hearing, vision and diabetes. Banks said they're planning to hold the second annual Amazing Race this summer, too, so she encourages community members to keep their eyes open for more information.



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Carlo's Cucina competing with pickerel chowder in Stone Soup 2024

By Becca Myskiw

Carlo's Cucina is mixing up a brand-new, one-of-a-kind soup for Stone Soup 2024, and it's one that owner Carlo Guzzi says you won't want to miss.

Fresh off another Le Burger Week win, Guzzi is gearing up for his next challenge: the 12th annual Stone Soup fundraiser. He said because of his reputation with Le Burger Week, the Child Nutrition Council of Mani-

toba reached out to Carlo's Cucina to participate in this event, which raises money for school meal programs.

The Stone Soup fundraiser is put on by the Child Nutrition Council of Manitoba every March. Essentially, restaurants from across the province create a signature soup to be sold, with \$1 from each bowl going towards the cause. Last year, the annual fundraiser brought in \$25,000 thanks

to individual donors, corporate donors and soup sales.

The contest will first choose a winner from each region (Interlake-Eastern Manitoba, Northern Manitoba, South Central Manitoba, Western Manitoba and Winnipeg) and then the entire province, and Guzzi is hoping to take home the big title. A fan of new things, he readily accepted the

Continued on page 15



EXPRESS PHOTO SUBMITTED

Carlo's Cucina is making a one-of-a-kind Big Windy Chowder, a walleye soup for the Stone Soup 2024 fundraiser. The soup is available for purchase from March 11 to 17 with \$1 being donated to the Child Nutrition Council of Manitoba.

How to save extra money this tax season

Personal income tax season is coming and with a more complex system every year, it makes good sense to have an expert prepare your taxes to ensure you're receiving the best return possible. The Canada Revenue Agency (CRA) has put out a lot of new legislation this year, with what seems to be a record number of changes. Erica Minarik, owner of ELM Chartered Professional Accountant Inc. (ELM CPA), is here to walk you through some of those changes that could affect the way you file this year.

One of the bigger changes is how remote employees can claim expenses while working from home. Since 2020, remote employees have been able to claim the temporary flat rate method of \$2 per day as working-from-home expenses. As of this year, employees now need to meet certain criteria and obtain a signed T2200 form from their employer before being able to claim expenses.

Minarik says if you recently renovated your home, consider if you are eligible to claim the existing Home Accessibility Tax Credit or the new Multigenerational Home Renovation Tax Credit. The CRA has also added to the list of eligible medical expenses this year, including the additional cost of an aspher-

ic lens over a basic lens during cataract surgery.

If you are looking to maximize your return, Minarik recommends seeking out professional tax preparation services and advice. "Find someone you trust, someone that is staying on top of these changes, and takes time to analyze your tax return, not just prepare it."

Before starting her firm, ELM CPA, in October 2023, Minarik worked as an accountant for the last 16 years in Winnipeg. Staying rooted in the values of accessibility is important to Minarik, so this tax season she is bringing her personal tax preparation services to the Interlake region by offering a Gimli pick-up and drop-off service. For those who prefer to submit their documents electronically, she also offers a secure portal on her website.

Gimli holds a special place in Minarik's heart as her happy place and home of her late Amma and Afi, Benna and Don Martin. "I've only ever missed one Islendingadagurinn and was especially proud to be one of my Amma's attendants when she was Fjallkona."

Minarik would love to be of service to you in this upcoming tax season and beyond. You can reach her by phone at (204) 272-7946 or email at info@elmcpa.ca.

VIRTUAL PUBLIC MEETING

Wednesday, March 13
at 7:00 p.m.

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for the link to join the meeting.



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Fun at Gimli's ice festival



EXPRESS PHOTOS BY RAYME THOMSON

Gimli's 13th annual winter Ice Festival came with a few challenges blown in by Mother Nature forcing organizers to plan for safety. Freezing rain and snow and 80 km/h winds shut down all outdoor activities on Sunday. This was the first time organizers have had to cancel outdoor events, but the safety of the festival's 100+ volunteers from various partner organizations and the safety of the festival's attendees that come from communities all over the Interlake and Winnipeg was of the highest priority in making that decision. Fortunately, the festival's indoor events experienced very high attendance numbers.





Gimli High School promotes mental and physical health with Wellness Week

By Patricia Barrett

Students and staff at Gimli High School took part in an annual Wellness Week that featured theme days devoted to mental health, nutrition, exercise and good fun.

Guidance counsellor Shalyn Noble organized the week with the help of school principals, other teachers and members of student council.

"This is our fourth annual Wellness Week. It originally started with the guidance department then we brought in more people to help us plan activities throughout the week," said Noble. "We noticed that with our Manitoba winters, kids tend to struggle more, as do others, in January and February. So we thought it would be a good time to place wellness at the forefront."

After two snow days postponed the start of the five-day Wellness Week, the event kicked off late last week. Students learned about mental health and got to hear from guest speaker Big Daddy Tazz. Students from Arborg and Riverton collegiates were also invited to take part.

Vira, who's in Grade 11 and sits on student council, took the lead on coordinating the visit from Big Daddy Tazz, who's a comedian and mental health advocate and who had performed in Gimli earlier in the year with the GHS jazz orchestra opening for him.

Vira met with principal Leona Groot to discuss student council's budget to bring him in, then reached out to Big Daddy's team to organize the day.

"I thought it would be really cool to hear him speak about mental health because he is an advocate for children's mental health, specifically. He talked a lot about anxiety and feelings of being overwhelmed or being bullied. These are the kinds of things schools really struggle with. We also invited the Arborg and Riverton students, who contributed to the cost



PHOTO COURTESY OF GIMLI HIGH SCHOOL
On Foodie Friday, students were treated to fresh fruit and vegetables, along with yummy protein balls the school's cafeteria made.



A student gracefully skips across the hopscotch course as guidance counsellor Shalyn Noble looks on.

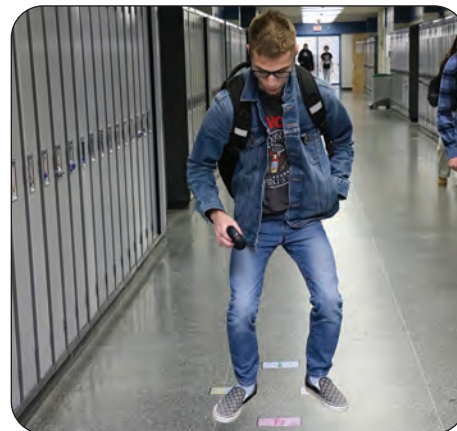
of bringing Big Daddy Tazz in," said Vira. "I think he was very relatable. He talked about his own experiences and said some powerful stuff. What stood out to me was when he said a kind word can add a day to a person life, but a mean word can take one away and what if they only have one day left? He also talked about some pretty heavy topics such as a friend who took her own life. His firsthand experience with these things really resonated with me."

To help raise money to bring in Big Daddy, student council also organized a Basketball Buyout where



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli High School students Ayla and Abby took part in Wellness Week on Friday with healthy food, fun and exercise, including hopscotch in the hallway. The school and student council organized five days of wellness-themed events.



Hopscotch is more than a fun game: it helps builds strength, agility and balance. This student aced the game on his way to class.

staff had to play the varsity basketball team, said Vira. They set up a VIP section with couches and a canteen and let students buy their way out of class to watch the game. Students won this year.

Last Friday was the Foodie Friday theme day when students learned about the importance of water intake — as our bodies are made up of a high percentage of water — and balanced eating, which includes healthy foods and snacks. At lunch students had a variety of fresh fruit and vegetables to choose from and protein balls the cafeteria made. Vira said the nutrition day made an impact on students.

"In our classes, we did a little presentation about the things you should know about nutrition. People have habits, but it's nice to know some of the dangers of foods like energy drinks, which have lots of caffeine,"



During lunch break, students took on hopscotch in the hallway, practising their footwork and balance.

said Vira. "I think this was a fun way to get people to learn about their health and the food that affects their mood. I don't think a lot of people realize that what you eat affects your mental health."

Noble said the school's cafeteria focuses on a balanced food program that includes fruits and vegetables.

"It's hard to eat healthily with food prices these days. Food insecurity is pretty big right now. We've got students whose families are struggling with the cost of food and it may be hard for some students to access those types of foods at home," said Noble. "If we do have students in need, we try to support them as best we can. We rely on donations of food from the community."

On Friday, the school also let stu-

Continued on page 15



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> STONE SOUP 2024, FROM PG. 11

challenge and got to thinking about what he'd do to stand out with soup.

"We really wanted to bring our big guns on this one," he said. "Because we live on Lake Winnipeg, we wanted to incorporate a soup that isn't common and has history. And this lake has history."

So Guzzi created Big Windy Chowder, a walleye soup. He's made a walleye chowder before, and since that one was a huge hit, he decided to tweak and perfect it. Big Windy Chowder includes pickerel cheeks,

baby white potatoes, corn, shallots, celery, garlic and more, with everything blended to silky smooth perfection, according to Guzzi.

"It's a soup no one's going to want to miss if you like pickerel," said the restaurant owner. "I like to make my cream soups silky and smooth. When making one, you start with the key components and don't cut corners. We don't cut corners at Carlo's Cucina."

Guzzi added that he is always striving for consistency and quality, the

keys to any successful restaurant. He said there are lots of big things coming this year for his restaurant, including their Le Burger Week burger, which he's already drawing up the plans for.

Because Guzzi needs so many pickerel cheeks to make enough of the Big Windy Chowder to sell for a week, he only started making the soup this week. He doesn't mind, though, as he purchased every cheek from local commercial fishermen that he's proud to support.

"It comes down to how many generations and years they've been commercial fishing on Lake Winnipeg,"

he said. "We wouldn't have these types of things if it wasn't for the commercial fishermen. Otherwise, it would take forever for me to get all the cheeks I need."

The soup will be available from March 11 to 17. People can find a complete list of restaurants competing at www.childnutritioncouncil.com/soups. Restaurants competing alongside Carlo's Cucina in the Interlake-Eastern region this year are LJ's Grill in Warren with their Lasagna Soup and Breezy Oaks Inn & Tavern in Beausejour. People can also vote for their favourite soup at the above link.

> WELLNESS WEEK, FROM PG. 14

dents play hopscotch in the hallway. Students on their way to classes or lunch took a few minutes to play the fun children's game, which entails more than fun. The game is believed to have originated in ancient Rome as a way for soldiers, wearing full armour, to improve their strength, balance and footwork. Teachers also got hopping.

Other theme days such as Movement Monday (planned for this week pending a snowstorm) entails students taking "movement breaks" throughout the day and includes line dancing and students on roller skaters. Tech-Free Tuesday will see students and staff lock up their devices for the day and learn without technology. Wellness Week is scheduled to end with Welcoming Wednesday when students will learn about kindness and empathy and decorate the school in pink for a belated Pink Shirt Day, which encourages kids to not bully others.

Vice-principal and teacher Shelly Dankochik said the business community really stepped up to support the school's Wellness Week activities.

"Our community support has been stellar," said Dankochik. "We started planning this a number of weeks ago and we put out letters to the community, explaining all of our theme days. On our last day, we'll be having a wellness-themed assembly and all students will have their names entered for prizes."

Nineteen businesses donated prizes: Access Credit Union, Brio Insurance, Chicken Chef, Deals for Dollars, Diamond Beach, Garriock Insurance, Head Over Heels, Heaven Scent, Hidden Treasures, Home Hardware, Johnson's Fashion & Footwear, Lakes Edge Auto and Tire, Pharmasave, Powder Princess, Quarry Physiotherapy, River Rock Massage, Sobey's, Taylor Pharmacy and HP Tergesen & Sons.

get inspired

> MEAL IDEAS



Classic Apple Lattice Tart

Servings: 8-10

2-3 sheets puff pastry dough

5 Envy Apples

2 tablespoons sugar

1 teaspoon finely grated lemon zest

1 tablespoon cornstarch

1 egg

1 tablespoon milk

1 tablespoon cinnamon sugar

ice cream, custard or cream, for serving (optional)

Preheat oven to 365 F.

Use two sheets semi-thawed pastry

to line fluted tart pan approximately 10 inches, pressing and trimming neatly to fit; chill 15 minutes.

Peel, core and thinly slice apples into large bowl; sprinkle with sugar, lemon zest and cornstarch then toss well to evenly coat.

Arrange apple slices in pastry-lined tart pan, laying flat.

Beat egg with milk. Brush egg wash around pastry rim.

Cut 1/2-inch strips from remaining pastry sheet and make lattice pattern over apples, crimping edges once lattice is completed.

Brush tart with egg wash and sprinkle with cinnamon sugar.

Bake 35-40 minutes, or until pastry is golden. Allow to cool at least 15 minutes before slicing. Serve with ice cream, custard or cream, if desired.

Unlock the Keys to Business Success: Join Us for an Exclusive Fireside Chat!

You are cordially invited to an exclusive fireside chat to discuss the crucial role of financial management in propelling business growth and ensuring seamless transitions. Mark your calendars for Tuesday, March 12th, 2024, from 11:00 am to 1:30 pm at the Arborg Community Centre, 409 Recreation Centre, Arborg, Manitoba.

Our distinguished panel will delve deep into a spectrum of topics vital for businesses across all sectors. From unlocking strategies for business expansion to navigating the complexities of transition planning.

Topics of Discussion Include:

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- Understanding Interest Rates and Their Implications on Cash

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Transition Tactics, Growth Strategies: Fireside Insights for Business Leaders!"

Join us for an exclusive fireside chat focused on the crucial role of financial management in driving business growth and facilitating smooth transitions.

Date: Tuesday 12th March, 2024

Time: 11:00am - 1:30pm

Location: Arborg Community Centre, 409 Recreation Centre, Arborg, Manitoba



Email to register: marketingwinnipeg@mnp.ca

Gimli Minor Hockey hosting Manitoba Provincials U13 (co-ed), March 8-10



By Patricia Barrett

Gimli Minor Hockey will be hosting the Hockey Manitoba Provincials Under 13 (girls and boys) championships starting this Friday and has received lots of community support.

Amber Isfeld and Nancy Johnson, who are co-chairs of the Gimli host committee, said the event starts on Friday morning at the Gimli Recreation Centre. It will include an opening ceremony later on Friday afternoon, a community pancake and sausage breakfast put on by the Gimli Kiwanis club on Saturday, as well as a silent auction with donations from local businesses, an online 50-50 draw and prizes for the players.

Gimli last hosted a provincials competition in 2018, said Isfeld.

In addition to the Gimli Vikings, U13 players with the Pineview Saints, Elm Creek Lightning, Hartney Devils, Arborg Falcons, St. Eustache Jets, Shoal Lake Eagles and Grand Plains Hawks will be taking part in the competition.

"We're expecting to see about 120 players, along with their families,

coaches and bench staff," said Isfeld. "In addition to games, we will have a skills competition for players from all the teams on Saturday, March 9 at 3 p.m. It's a fun skills competition and there will be prizes awarded to the players."

Hosting a provincials competition comes with a number of benefits, said Johnson, including economic spinoffs for the whole community and some revenue for Gimli Minor Hockey.

"Hosting provincial tournaments benefits our entire Gimli Minor Hockey Association. While it's the U13 category playing in this competition, any revenues go back to Gimli Minor Hockey and that will help our U7 players all the way up to our U18 players," said Johnson. "This competition will also highlight our teams and our players, and the players on the teams from across the province. It'll be nice for the kids to be in the spotlight."

Local businesses will likely see an uptick in visitors over the three days. "There's a benefit to the communi-



EXPRESS PHOTO COURTESY OF GIMLI MINOR HOCKEY

The 2023-24 U13 Gimli Vikings hockey team.

ty with the number of players, their families and coaches and so forth that we're bringing to Gimli," said Johnson. "March is Gimli's slower season, and it will be great to have more people at our stores, hotels and restaurants and seeing what Gimli has to offer."

Johnson said Gimli Minor Hockey has received a "ton of community support" from volunteers, local businesses and the municipality.

"They've gone above and beyond, with everything from donations to sponsorships," she said. "We've got lots of community volunteers involved as well."

The Gimli Vikings will be playing on Friday March 8 at 11 a.m. and again at 5:30 p.m. On Saturday, the team plays at 1 p.m. The playoffs on Sunday are to be determined.

The competition runs from March 8 to 10 at the Gimli Recreation Centre. The pancake and sausage breakfast on Saturday runs from 8 to 11 a.m.

Weekend and daily passes are available at the door.

Visit <https://www.rafflebox.ca/raffle/gimleymh> to enter the online 50-50 draw.

The draw will take place on Monday, March 11.

Local patients share about their 'fabulous' new dentures

BY ELISHA VANDOR

We see a lot of patients who have been wearing dentures for their entire adult life and feel very honoured when we are entrusted to make them their next denture(s). After all, it's not a regular occurrence for denture replacement. On average, someone replaces their dentures every 5-25+ years, so when it's new denture day at Vandor Denture Centre, it can be exciting, emotional, and down right picture worthy.

In the month of February, some of our patients shared their experiences of their new dentures. Brenda writes, "my mouth has not felt this good since I lost my natural teeth. 5-stars for the staff being so genuine and professional, a process of both efficiency and pleasantness, and the Denturist Brock for his degree of expertise, attention to detail and sense of humour. But mostly for the collective attitude of caring and good manners shown by all - such a

lovely surprise. Grateful to have you all in our small community!"

- Brenda K. February 6, 2024

Here's a fresh perspective from new patient, Doris, who received a new denture from us. She says, "this was my first experience at Vandor Denture Centre. My experience was one of professionalism and caring by both Denturists Matthew and Brock. The partial was fixed and fit perfectly. The receptionists were very accommodating when I had to change my appointment and gave me a time slot that fit my busy schedule. I definitely am recommending this clinic for any denture needs you may need."

- Doris G. February 13, 2024

Don came to us never having worn a partial upper denture before. He says, "I am very happy with the service that they provide. They are very professional and very personable. Brock did a fabulous job on my partial upper plate. I am very satisfied. Love the friendly atmosphere."

- Don S. February 10, 2024

Sharon quickly became someone who instantly felt like family upon meeting her in January of this year! She says, "I had a tooth next to my front teeth removed as the cap failed. A replacement at the dentist was going to be over my budget. Brock was able to replace the tooth with a beautiful matching tooth at a very reasonable price. The turnaround time was a matter of a week and I was ready to be seen in public again. How fortunate to have such a successful business locally. Staff were wonderful to deal with as well. Will be very happy to recommend Vandor Denture Centre to my friends and family."

- Sharon E. February 29, 2024

Going for a new denture can sometimes be daunting and satisfactory at best, but here, we aim to provide the 'wow' factor with dentures. Our consultations are free, and we look forward to hearing from you!



Recent patient of Vandor Denture Centre, Leona poses with Denturist Brock and Elisha after getting her new dentures.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Viking Challenge across Lake Winnipeg raises \$10K

By Gloria Thomas

Viking enthusiasts and runners participated in the annual Viking Challenge, raising \$10,000 for the Save Your Skin Foundation and bringing the five-year total to \$70,000.

During this year's Gimli Ice festival, for the fifth consecutive year, a dedicated team of runners joined Chris Isfeld, originally from Gimli and now living in Abbotsford, B.C., and Gimli's Shawn Bjornsson in a bone-chilling run on the frozen waters of Lake Winnipeg. Typically, the Viking Challenge covers a 30-kilometre route across Canada's sixth-largest lake from Grand Beach to Gimli, but due to the lake's current conditions, a safer course was established for the event.

This year, the Snowtrackers assisted with the grooming of a five-kilometre trail from the Viking statue to Willow Island. One return equalled 10 kilometres, which is what Isfeld was able to run. Bjornsson ran 30 kilometres while the participating 14 runners ran anywhere from 10 to 30 kilometres.

What began as a humorous exchange between Isfeld and Bjornsson was sparked by a photo Isfeld saw on Facebook of Bjornsson completing a frosty run. As Isfeld had recently taken up running again, he playfully suggested a race across the lake. Isfeld elaborated that he needed a significant goal to keep him motivated and driven.

When Isfeld began to experience chronic back pain in 2017, he never thought too much of it. He began to go for regular chiropractic treatments; however, after six months of constant back pain, Isfeld ended up in an emergency room with a sharp pain on the right side of his abdomen.

"At first I thought it was gallstones," said Isfeld. "It was a complete surprise when the ultrasound results showed multiple tumours in my liver and large masses on both my adrenal glands. This triggered the need for a biopsy to determine if the tumours were cancerous and, if so, what type of cancer it was."

On Christmas Eve in 2017, Isfeld underwent a biopsy on one of his liver tumours. This came with the devastating diagnosis of Stage 4 melanoma. The following month, Isfeld went to the emergency room due to excruciating back pain. As he reached triage, he suddenly collapsed and woke up later to find nurses attending to him, administering an IV and monitoring his vitals. It was then that he discovered he had lost partial feeling in his lower body.

Another CT scan on Isfeld confirmed that the tumours had begun to compress the nerves in the hips and pelvis, causing paralysis. The only course of action was to start steroids and emergency radiation treatment to shrink the tumours. Once this was completed, the oncologist began a "Hail Mary" treatment that had just been approved for use on patients with Stage 4 metastatic melanoma in B.C.

After being connected with the Save Your Skin



EXPRESS PHOTOS SUBMITTED

Chris Isfeld, left, and Shawn Bjornsson took part in the fifth annual Viking Challenge in support of the Save Your Skin Foundation.



Fourteen runners braved the -13 degrees C and 22 km/h winds at this year's Viking Challenge held on Saturday.

Foundation during his initial diagnosis, Isfeld expresses gratitude for the extensive care provided by the organization. He has personally experienced the impact of their immunotherapy treatment on melanoma patients, significantly increasing survival rates from five per cent to over 50 per cent.

This realization prompted him to incorporate fundraising for the foundation into A Viking's Challenge, which held its first run in 2019. Due to the pandemic, virtual events were held in 2021 and 2022, but in both 2023 and this year, physical events

were organized in various locations across Canada. To commemorate the successful run and raise more funds, a sold-out event was held at the Ship and Plough Tavern on Saturday evening.

Despite facing cancer, Isfeld remains grateful for the support and donations received from all over Canada.

Isfeld returned to B.C. last Monday and was scheduled for scans the following day. He is hopeful they show that he is stable at this point.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 AAA male Lightning even with Wild in playoff series

By Brian Bowman

The Interlake U18 AAA male Lightning lost 2-1 to the Winnipeg Wild on Sunday evening in Teulon.

Cole Swanson scored for Interlake while Cole Babych and Tegan Kurtz replied for Winnipeg.

The best-of-five series is now tied at a win apiece.

Last Friday, Interlake scored a pair of third-period goals to snap a 2-2 tie en route to a solid 4-2 road win at the Hockey For All Centre.

Brandon Burak, Jeremy Kawiuk,

James Franklin and Mason Munday scored for the Lightning. William Marceus and Carter Kingerski answered for the Wild.

Alex Myers stopped 27 shots for the win.

Game 3 of the series was played this past Tuesday but no score was available. Game 4 is set for Thursday at 7:30 p.m.

If necessary, a series-deciding Game 5 will be played Saturday (5:45 p.m.) in Winnipeg.



EXPRESS PHOTO BY LANA MEIER

Lightning captain Brandon Burak scored in the first period to lead Interlake to a 4-2 win over the Wild in Game 1.

Local MMJHL players



EXPRESS PHOTOS BY LANA MEIER

A number of Interlake players will begin their playoff run in the MMJHL with the Charleswood Hawks. The Hawks are currently in fifth place. Hawks' goaltender Zack Meadows of Gimli makes a glove save against the Jets. Meadows made 36 saves for a 6-2 win.



Gimli's Nathan Vigfusson snuck one past Jets' goaltender Liam Johnson for the Hawks on Friday night.

Falcons force Game 5 against Satellites

By Brian Bowman

There is no quit in the Lundar Falcons.

Lundar forced a series-deciding Game 5 in their CRJHL playoff series against the North Winnipeg Satellites after a 2-1 road win last Saturday.

Game 5 was played this past Tuesday but no score was available.

In Saturday's win, Ryan Benson and Zachary Halldorson scored first-

period goals for the Falcons and then the Satellites' Emerson Veloso tallied in the second.

Nigel Taylor made 33 saves for the win.

The previous evening, Lundar kept its season alive with a solid 4-1 home win.

Joel MacMillan had a great game with two goals and an assist while Riley Zdan added a goal and an assist.

Ty Sadowski also scored for Lundar.

Kayden Buffalo replied for North Winnipeg as Taylor stopped 39 shots for the victory.

The Arborg Ice Dawgs, meanwhile, had their season end with a 7-2 road loss to the Beausejour Comets last Wednesday.

Ice Dawgs' goals were scored by Jake Plett and Peyton Plett while Comets' markers came from Merrick Hurcul

(two), Clint Thomas (two), Ryan Miller, Evan Leeson and Tanner Amos.

On Feb. 24, Beausejour beat the Ice Dawgs 9-1 in Arborg.

Tyson Barylski scored for Arborg. Aidan Avanthay (two), Nikolas Bear (two), Jarvis Ewasko, Kieran Brannen, Chiefton Enns, Xavier Beaudette and Clint Thomas answered for the Comets.

get inspired

> MEAL IDEAS



Irish Sláinte Stew

1 tablespoon dried chives
1 bottle Irish draught beer of choice

crusty bread, for serving
In Dutch oven over medium heat, drizzle oil and brown stew meat with salt and pepper. Sprinkle flour over meat.

Add beef broth, carrots, celery, potatoes, onion, garlic pepper, thyme, rosemary and chives. Add Irish draught beer.

Bring to boil, stirring, 5 minutes. Simmer 2 hours, stirring occasionally.

Serve with crusty bread.

Oil, for drizzling
1 pound stew meat
1-2 pinches salt, plus additional to taste, divided
1-2 pinches pepper
3 tablespoons flour
48 ounces beef broth
1 cup carrots, diced
1 cup celery, diced
3 cups potatoes, diced
1/2 onion, diced
2 tablespoons garlic pepper
1 tablespoon dried thyme
1/2 tablespoon dried rosemary



Irish Apple Cake

cloves, nutmeg and ginger. Using fork, cut butter until mixture resembles crumbs. Add sugar and apples; mix well. Stir in eggs and half-and-half until mixture reaches thick, dough-like batter. Pour batter into prepared pan.

To make topping: In bowl, mix butter, flour and sugar to create crumbled mixture. Sprinkle on top of batter in pan. Bake 1 hour. Check with toothpick to make sure middle is completely done. If not, bake 5-10 minutes. Let cool on rack.

To make custard: Whisk egg yolks and sugar. In saucepan, bring half-and-half to boil. Add one spoonful half-and-half at a time to egg mixture, whisking while adding. Once whisked together, return to saucepan and stir over medium heat until thickened, about 4 minutes. Remove from heat and whisk in vanilla.

Serve custard over cake.

Cake:
3 cups self-rising flour
1/2 tablespoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1 stick butter, cubed
3/4 cup sugar
4 apples of choice, peeled and cubed
2 eggs
1 cup half-and-half
Topping:
1/2 stick butter
3/4 cup flour
1 cup brown sugar
Custard:
6 large egg yolks
6 tablespoons sugar
1 1/2 cups half-and-half
2 teaspoons vanilla
Preheat oven to 375 F. Grease and flour 9-inch round spring-form pan.
To make cake: In large bowl, sift flour with cinnamon,

Cinnamon Chocolate Popcorn

Yield: 3 quarts
3 quarts popped popcorn
butter-flavored nonstick cooking spray
9 tablespoons powdered co-

coa mix (cocoa sweetened with sugar or sugar substitute)

3 teaspoons cinnamon
Place popcorn in large bowl and lightly spray with nonstick cooking spray.

Sprinkle cocoa mix and cinnamon on popcorn. Toss to coat evenly. Serve immediately.

Is the plastic in your blue bin getting recycled?

Submitted by Karl Daher, with files from MMSM

In recent years, you may have heard that only nine percent of plastic gets recycled. Wide misrepresentation of this statistic, among other reasons, has led many people to question whether the plastics they put in their blue bins are getting recycled. Some have even stopped recycling as a result, believing their recyclables (and their efforts) are going to waste.

The reality is, nearly all recyclable plastic collected in Manitoba is recycled. Let's look at what the 9 percent statistic really means, how much plastic Manitobans are recycling, and why plastic in the recycling stream occasionally can't be recycled.

Is it true that nine percent of plastic is recycled?

In 2017, a study found that nine percent of plastic produced globally has been recycled. It gained a lot of media coverage and left many with a misunderstanding of what it means.

The statistic refers to all plastic ever made—recyclable and non-recyclable. Most plastics aren't accepted for residential recycling due to the lack of end-markets or because they're not recyclable. Although nine percent is a low number, it represents millions of tonnes of plastic annually that are kept out of landfills and environments across the world. As technology, public policy, and education improve, so will these numbers.

For now, the best way to eliminate plastic waste is to reduce consumption or reuse/repurpose items. But when that's not possible, recycling accepted materials will keep them out of landfills.

How much recyclable plastic is recovered in Manitoba?

In 2020, Manitobans recycled 10,878 of the 23,692 tonnes of plastic packaging that entered the province. That's a recovery rate of 45.9 percent—nearly double what it was 10 years ago at 23.3%. While there have been steady increases in recovery rates, there's still lots of room to improve.

What happens to my recycling in Manitoba?

Any accepted materials collected from your blue bin will get recycled unless they're contaminated. Recycling contamination can occur in many forms. Thankfully plastic is much harder to contaminate than other materials. There are three main causes of plastic contamination:

* When containers contain excessive amounts of food or liquid.

* When recyclables are placed in opaque plastic bags or nested together.

* When unaccepted plastics are placed in the blue bin.

In Manitoba, there's a 10-15% contamination rate in residential recycling. This means that 85-90% of materials collected are recycled. To avoid contaminating your recycling, it's crucial to follow recycling guidelines in your area. The best online tool to find out what can be recycled in your community is Re-



PHOTO SUBMITTED

Plastics move quickly along an optical sorting system, which uses light and a spectrometer to automatically sort different types of plastic.



After being sorted, recyclables are compacted into bales before being transported to end markets.

cyclepedia at simplyrecycle.ca. You can also view or print a recycling guide with common materials if you scroll past the Recyclepedia search tool. Not online? Your local municipal office would be happy to provide you with list of what is recyclable in your community.

Like any other accepted material, once plastics have been sorted and baled, they're shipped to an end market. Multi-Material Stewardship Manitoba (MMSM), the not-for-profit, industry-funded organization that funds and provides support for the province's residential recycling programs for packaging and printed paper, monitors where communities are sending their recycling. Communities must ensure recyclables go to an acceptable end market to receive funding from MMSM—burning or sending materials to landfill is unacceptable and results in increased taxes for ratepayers. Recycling from Manitoba is shipped to end markets in Ontario, the U.S. and sometimes exported overseas depending on market conditions. Where they get sent depends on market conditions and can change daily.

The plastic collected from blue bins will get recycled, but we can only recycle as much as we collect. Please recycle whenever you have the opportunity and encourage others. You can rest assured knowing that the items you bring out to the curb each week are being recycled.

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MORTGAGE SALE AD

The building and land known as **97 Old Arnes Place, Gimli, MB**, as described in Certificate of Title No. 3238936/1 will be sold at public auction, on Wednesday, the 27th day of March, 2024 at 10:15 A.M.. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction. In order to participate, you must pre-register at least 24 hours prior to the auction by contacting: Donna Riedel (riedel@pitblado.com) or Ashley Storozinski (storozinski@pitblado.com) or 204-956-0560.

The vendor is informed that property consists of 1.5 storey cottage (1,348 SF); 3 bedrooms; 1 full bathroom; 1 half bathroom; kitchen; living room; dining room; laundry room; crawl space; wood stove; balcony; deck. Lot size .38 acres.

Prior Encumbrances: Caveat 235424/1

Taxes: Paid to December 31, 2023 subject to any outstanding water accounts and/or property maintenance fees which may or may not have yet been added to the tax roll.

Terms: Deposit of \$41,900.00 in form of bank draft, certified cheque or cash (the maximum amount of cash that may be provided as part of the deposit is \$7,500.00) and the balance according to conditions to be announced at the sale payable to Pitblado LLP. **Reserve Bid** to be announced prior to the auction sale. Sold "as is where is" in accordance with Auction Sale Conditions.

Terms of online auction - any interested bidder must pre-register with the law firm prior to the sale date and provide valid contact information. The successful bidder must then provide to Pitblado LLP the signed Auction Sale Conditions and original guaranteed funds deposit payment within **24 hours** of the auction 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.

Contact: **PITBLADO LLP**
2500-360 Main Street,
Winnipeg MB R3C 4H6
Lawyer: Catherine E. Howden
Paralegal: Donna Riedel
riedel@pitblado.com
or Ashley Storozinski
storozinski@pitblado.com
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EXPRESS
WEEKLY NEWS
204-467-5836

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.

MISCELLANEOUS

Lakeside Aviation. Flight School-Charter Series. Gimli. St. Andrews. Riverton. Call 1-888-642-4799.

LIVESTOCK

Black Angus bulls for sale. Good selection of yearling & 2 year old. Bull sired by SAV Top Soil & HF Roper 27F, Peak Dot Profound 1005G. Birth weights 90-95 lbs. Moderate frames. Cow bulls. Semen tested. Delivery avail. For more info. call 1-204-861-0126, Teulon, MB.

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.

FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

News Tips? Story Ideas? call the Express 204-467-5836



NOTICE OF APPLICATION RURAL MUNICIPALITY OF GIMLI REVISED WATER AND WASTEWATER RATES GIMLI AMALGAMATED WATER UTILITY AND GIMLI WASTEWATER UTILITY

February 20, 2024

The Rural Municipality of Gimli (RM) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for the Gimli Amalgamated Water Utility (Water Utility) and the Gimli Wastewater Utility (Wastewater Utility) as set out in By-Law No. 23-0009, read the first time on October 11, 2023 and receiving second reading on February 14, 2024. Wastewater rates were last approved in Board Order No. 111/19, with current rates coming into effect October 1, 2019, and Water rates were last approved in 2022 in Board Order No. 37/22 with current rates coming into effect on July 1, 2023.

The current and proposed rates are as follows:

WATER RATES	Current Rates	Proposed Rates		
	By-Law 21-0003	By-Law 23-0009 Year 1	By-Law 23-0009 Year 2	By-Law 23-0009 Year 3
Quarterly Service Charge	\$ 25.91	\$ 27.37	\$ 28.22	\$ 29.09
Water (per cubic meter)	\$ 1.57	\$ 1.68	\$ 1.72	\$ 1.76
Minimum Quarterly Charge*	\$ 47.11	\$ 50.05	\$ 51.44	\$ 52.85
Quarterly Flat Rate Commodity Charge per REU**	\$ 85.17	\$ 91.14	\$ 93.31	\$ 95.48
Flat Rate Quarterly Bill***	\$ 111.08	\$ 118.51	\$ 121.53	\$ 124.57
Bulk Water Sales (per cubic meter)	\$ 2.83	\$ 2.70	\$ 2.75	\$ 2.80

WASTEWATER RATES	Current Rates	Proposed Rates		
	By-Law 21-0003	By-Law 23-0009 Year 1	By-Law 23-0009 Year 2	By-Law 23-0009 Year 3
Quarterly Service Charge	\$ 22.71	\$ 27.37	\$ 28.23	\$ 29.12
Wastewater (per cubic meter)	\$ 1.35	\$ 1.45	\$ 1.48	\$ 1.52
Minimum Quarterly Charge*	\$ 40.94	\$ 46.95	\$ 48.21	\$ 49.64
Quarterly Flat Rate Commodity Charge per REU**	\$ 66.49	\$ 78.66	\$ 80.29	\$ 82.46
Flat Rate Quarterly Bill***	\$ 89.20	\$ 106.03	\$ 108.52	\$ 111.58
Septic Haulers (per cubic meter within RM)	\$ 4.60	\$ 4.74	\$ 4.88	\$ 5.02
Septic Haulers (per cubic meter outside RM)	\$ 5.95	\$ 6.24	\$ 6.31	\$ 6.38

*Based on 13.5 cubic meters
**Residential Equivalency Unit (REU); 1 REU = 217 cubic meters annual (per year)
***1 REU plus Quarterly Service Charge

Details of the RM's application are available for review at the Municipal office or the Board's office. Any questions concerning the application for revised rates, or the operation of the Utilities, should be sent directly to the RM.

If you have concerns/comments regarding the RM's application for water and wastewater, rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before **April 5, 2024**.

The Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

Frederick Mykytyshyn
Frederick Mykytyshyn

Assistant Associate Secretary
Manitoba Public Utilities Board



Rural Municipality of FISHER

Box 280, Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

MUNICIPAL HERITAGE NOTICE

RM of Fisher

Take Notice That:

The site described as follows:

The lands and premises commonly known as **The Ukrainian Catholic Parish of St. Nicholas** in the town of Fisher Branch, province of Manitoba and legally described in Certificate of Title No. P 32491 as:

All that portion of the Southeast Quarter of Section 23 in Township 24 and Range 2 West of the principal meridian in Manitoba, which lies east of a line drawn parallel to the eastern Boundary thereof and perpendicularly distant westerly therefrom 285 feet and south of a lone drawn parallel to the southern boundary thereof and distant perpendicularly northerly therefrom 285. Excepting thereout all mines and minerals and special reservations as reserved in the grant from the Crown.

Of which the records of the Winnipeg Land Titles Office show as owner:

The Ukrainian Catholic Parish of St. Nicholas

All the lands and buildings thereon, have been designated as a municipal heritage site to be protected under the authority of **The Heritage Resources Act** by Municipal By-Law 1177/18 of the Municipality of Fisher, adopted on the 20th day of December 2018

AND FURTHER TAKE NOTICE THAT:

A copy of the Municipal Heritage Notice shall be filed in the appropriate Land Titles Office registry office, in accordance with the provisions of **The Heritage Resources Act**.

Dated at the Rural Municipality of Fisher, this 22nd day of February 2024.

Kelly Marykuca, CMAA
Clerk of the Municipality of Fisher

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

NOTICES

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

NOTICES

SEASONAL CRAFT SHOW? REGISTERING Spring programs? Having an AGM? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com


HEALTH

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

Classifieds



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



RURAL MUNICIPALITY OF GIMLI
PUBIC NOTICE

The Rural Municipality (RM) of Gimli Biosolids Land Application Program

TAKE NOTICE: The RM of Gimli is conducting a biosolids land application program this spring (May 2024) on the approved lands as identified in the bio-solids land application license #2473R. For more information, please go to the RM web site or contact the Darcy at 204-642-6650.

Dated at Gimli, Manitoba, this 29th day of February 2024.

Darcy Hjelmeland
Rural Municipality of Gimli



Fisher Branch Care-A-Lot For Tots is Hiring

Are you looking for a great job and career opportunity?

We are looking for a new team member to assist our ECE's and CCAs implementing an amazing program for our children

Job details include: Playing, fun, dancing, learning plus much, much more!

Must be 18 yrs. of age, energetic, reliable and willing to learn, Competitive wages, employee benefits and pension plan.

Resumes to be sent in by March 15th. Please send resume to carealot@mymts.net or contact Mandy @ 204-333-1416

McSherry Auction Service Ltd

McSherry Online Auction For Windrift Tree Farms

Closing Date; Thursday April 4th, 6:30pm
Tyndall, MB
3 Miles East on HWY 44 + 3.5 Miles North on 38E #76102

Contact: 204-619-3306 & 204-268-4414

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Detailed Listings & Full Listing Online; McSherryauction.com
204-467-1858 & Mcsherry@mymts.net

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with an Announcement in the EXPRESS WEEKLY NEWS
Call 204-467-5836

take a break > GAMES

SUDOKU

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

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!

Sudoku Answer

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

Crossword Answer

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

CLUES ACROSS

- Chaps
- Revised
- Mountain is a popular kind
- Takes to civil court
- Currently fashionable
- Pouches
- A type of veil
- Chants
- Collision
- Elongated appendage
- Sailboat
- Actor Gosling
- Monetary units
- Assembly
- Russian pop duo
- Embarrassed with expressions
- Infrequent
- Temperature unit
- More slim
- European city
- Implicitly
- The side of something that is sheltered from the wind
- The Mount Rushmore State
- Gold or silver wire cord
- Muscles along insects' diaphragm
- Trent Reznor's band
- Sweet juicy gritty-textured fruit
- Broken branch
- Indicates ten
- Expression of annoyance
- Brings together
- Ancient city in Thrace
- Sailors' spirit
- Looked into
- Muckraking woman journalist Rheta
- A type of cast
- One's responsibility
- Where golfers begin
- Make a mistake
- Semitic Sun god
- Ancient Italian-Greek colony
- Beheaded
- A place to stay
- Unwise
- Most supernatural
- "Dennis" is a famous one
- Ointments
- Exam
- Leaked blood
- Baseball managers

CROSSWORD

- assemble it
- Hydrophilic amino acid
- Honk
- Legislative body
- Swinish
- Russian assembly
- Take over for
- Satisfy
- Felt
- Dutch cheese
- Witnesses
- Strong insects
- Gasteyer and de Armas are two
- Ancient people of Scotland
- Cheerless
- Sick

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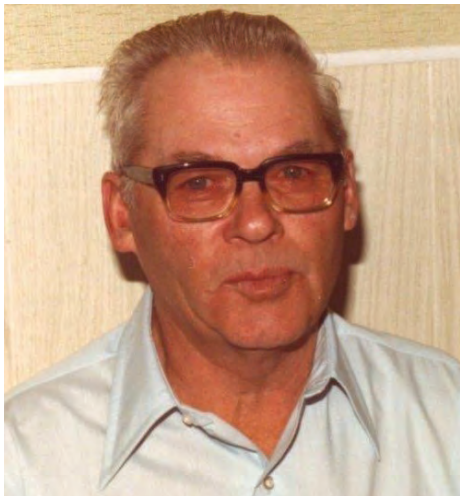
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Classifieds Announcements



Book Your Classified Ad Today - Call 467-5836

IN MEMORIAM



Ed Sielski

December 7, 1918 - March 8, 1996

The years are quickly passing,
Though still we can't forget
For in the hearts that love him,
His memory lingers yet.
Miss you Dad...

-With love Olive and family

IN MEMORIAM



Dolores Katherine Olyarnick
September 25, 1942 - March 5, 2023
In Loving Memory

As we mark one year without you Mom,
We cherish the love and warmth you shared.
Forever in our hearts.

-Love, your family

OBITUARY



Michael Olyarnick

November 23, 1936 - February 29, 2024

It is with great sorrow that we announce the passing of Michael "Mike" Olyarnick, of Gimli, MB, at the age of 87. Mike passed peacefully in the early morning hours of February 29th, 2024 surrounded by his loving family.

Mike will be missed dearly and lovingly remembered by son Dale, daughter Leanne with her husband Michael, and by his beloved grandchildren Brandi, Nickolas, Cameron, Parker and Nathan, and great-granddaughter Charlee. He is survived by sisters Mary and Nancy, as well as brothers-in-law Richard (Ann) and Gerry.

He was predeceased by his loving wife Dolores, parents Nicholas and Teenie Olyarnick, parents-in-law Bernard and Nellie Bezdiety, sister Linda, sister-in-law Jeannette, and brothers-in-law Philip, Peter, and Ed.

Born November 23, 1936, Mike was raised on his family's farm on Willow Creek Road, and attended Willow Creek School. He met the love of his life, Dolores, who lived just down the road, and they were wed August 24th, 1963. Mike's early career involved brush cutting and road construction for Red River Road Builder, creating many roadways around the province, including, locally, the stretch from Camp Morton to Arnes, and the runway at Gimli Airport. Obtaining his welding ticket at Red River College was the key to starting his own business, Parkside Machine and Service Ltd, and their marital home in Gimli, MB. Roots firmly planted, they started a loving family that continues to grow.

Mike was a master artisan when it came to metalwork and machining, famous in the fishing community for his commercial ice augers and hydraulic net lifters. His enviable work ethic was always evident in the many enhancements of his creations, based on his customers' feedback, with most of his strokes of genius sketched out on napkins as he sat at the kitchen table.

His lifelong relationship with metal was not restricted to functional pieces; Mike's artistic side shone through in meticulous steel beauty. From numerous signs located around the community, to great crosses adorning local churches, Mike's works of art stand testament to his unparalleled passion. His pride and joy, a nine foot tall fishfly (mayfly), the result of countless hours of design and construction, has become a local monument, one that he would proudly rush out to share with admirers stopping to take pictures.

In addition to his successful and revered welding career, Mike never lost contact with the soil, working with his son and grandsons to produce grain at their Willow Creek family farm to this day.

As much pride as he took in his work, Mike's pride in his family far surpassed. A generous part of any day around the shop was spent informing new friends and customers of the careers of his growing family, each job to him just as important and impressive as the last. Best of all, with his son and grandson following in his shoes, taking over the family business, he never had to look far to know what his legacy meant.

One thing we will miss most with Mike's passing was his unique brand of humour. In the shop, during a Saturday night hand of cards, or around the Sunday morning family breakfast table, Mike always had a joke ready ("Gigi Jokes" as they came to be known). His eyes sparkled as he told them, often for the umpteenth time, and he always laughed the hardest at the eventual punchline, usually drowning out most of our groans.

We'd like to express our deepest gratitude to friends and family for their love, sympathy, and support during this difficult time.

We also want to extend a great appreciation and thank you to all of the dedicated health professionals, and especially the staff of the Health Sciences Centre for all of their care and compassion.

Donations can be made in Mike's memory to St Michael's Ukrainian Catholic Church, Box 2083, Gimli, MB, ROC 1B0, with our sincerest appreciation.

A service honouring and celebrating Mike's life will be held on Thursday, March 7th in the Fraserwood Hall at 1:00 p.m., officiated by Father Yaroslav Buduykevych.

While Mike's departure brings sadness for anyone who knew him, our hearts are full knowing he has caught up with his beloved Dolores, to be together forever.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Mary Turkewich

Lovingly surrounded with family, we are sad to announce the passing of Mary Turkewich on March 1, 2024 at the age of 94.

Mary will be forever remembered by her daughters Shirley Skochylas, Gloria Dick (Lorne); sons Gerald and Richard Turkewich (Wendy); grandchildren Michael Skochylas (Leah), Shelley Roy, Dennis Dick (Lindsey), Christine Omeniuk (Mike), Pamela Birt (Steve), Jennifer Birt (Justin), Nicholas Turkewich (Amanda), Brittany Turkewich (Tyler); great-grandchildren Michael, Addyson, James, Rask, Emily, Chelsea, Amber, Anthony, Sareigh, Juanita, Connor, Lilia and Charlotte.

Mary was predeceased by her husband Phillip, daughter Angela Birt, parents John and Annie Zaluski, her sister Elsie, and her sons-in-law, Tony Skochylas and Tim Birt.

A service will be held on Friday, March 8, 2024 at 10:30 a.m., in the Gilbert Funeral Home, Gimli, Manitoba.

Thanks to the staff at Gimli Community Health Centre.

In lieu of flowers donations may be made to a charity of your choice.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



PUBLIC NOTICE NOTIFICATION DU PUBLIC

**PROPOSED ROGERS
91.5 METER WIRELESS
TELECOMMUNICATIONS
GUY WIRED TOWER INSTALLATION**

The proposed installation is composed of a 91.5-meter Guy Wired telecommunications tower, including the antennas, a lightning rod, and an obstruction light.

Location: SW 1/4 32-19-4 EPM, Rural Municipality of Gimli, Manitoba

Objective: To improve wireless coverage to your community, along Provincial Trunk Highway 8, north of Dnister Road (Rd 113N) and the surrounding area, and to meet rising demands for wireless services.

Details: An equipment shelter will also be installed at the base of the proposed tower and the entire site will be surrounded by a security fence with a locked gated access point.

The public is invited to provide written comments by end of business day on **April 6, 2024** to the contact information shown below. Please include a return address.

Tower Installation Project
Projet d'installation de communication sans fil
Reference: W6746 - Gilwell Estate

Scott Telecom Services Ltd.
Agent for Rogers Communications Inc.
Michele Klein, Municipal Planner
900, 202 - 6 Avenue SW
Calgary, AB T2P 2R9
Phone: (403) 261-6514
Fax: (403) 263-5263
Email: notify@scottland.ca

**EMPLACEMENT PROPOSÉ PAR
ROGERS POUR L'IMPLANTATION
D'UNE TOUR FILAIRE D'ENVIRON
91.5 MÈTRES DE HAUTEUR**

Le site de télécommunication proposé sera composé d'une tour de type filaire d'une élévation hors-tout d'environ 91.5 mètres incluant les antennes, le balisage aérien et le parafoudre.

Lieu SW 1/4 32-19-4 EPM, Municipalité rurale de Gimli, Manitoba

Objectif : Améliorer la couverture sans fil de votre communauté, le long de la route provinciale 8, au nord du chemin Dnister (route 113N) et dans les environs, et répondre à la demande croissante de services sans fil.

Détails : Un cabinet d'équipements sera aussi aménagé à la base de la tour et l'ensemble du site sera ceinturé d'une clôture de sécurité et d'une entrée verrouillée.

Les citoyens sont invités à faire part de leurs commentaires, avant la fermeture des bureaux de Rogers le **6 avril 2024**, soit à l'adresse indiquée (avec une adresse de retour).



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Todd 250-864-3521

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RECRUITING FOR Full Time Permanent French Immersion Teachers

Resumes are being accepted for École St. Eustache and Institut Collégial St. Paul's Collegiate in anticipation for the 2024-2025 school year. All grade levels from K-12 are welcome.

Candidates interested in less than full time are also welcome to apply.

Currently posted: Grade 5/6 teacher at École St. Eustache (Comp: #004-24-25)

École St. Eustache and Institut Collégial St. Paul's Collegiate are both 20-30 minutes west of the Winnipeg perimeter on Hwy 1.

Apply to hr@g.prsdmb.ca

For postings, please visit www.prsdmb.ca

Rural Municipality of FISHER INVITATION TO QUOTE BID HOURLY EQUIPMENT RATES

The Rural Municipality of Fisher is inviting quotes for hourly rates for various types of equipment for the purpose of establishing pay rates for the 2024 construction and maintenance season. Please return to the RM office in person or via email.

DEADLINE FOR PROPOSAL SUBMISSIONS IS 12 NOON, APRIL 1, 2024
Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, Manitoba
Phone: (204) 372-6393, Fax: (204) 372-8470, Email: fisheroffice@mymts.net

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