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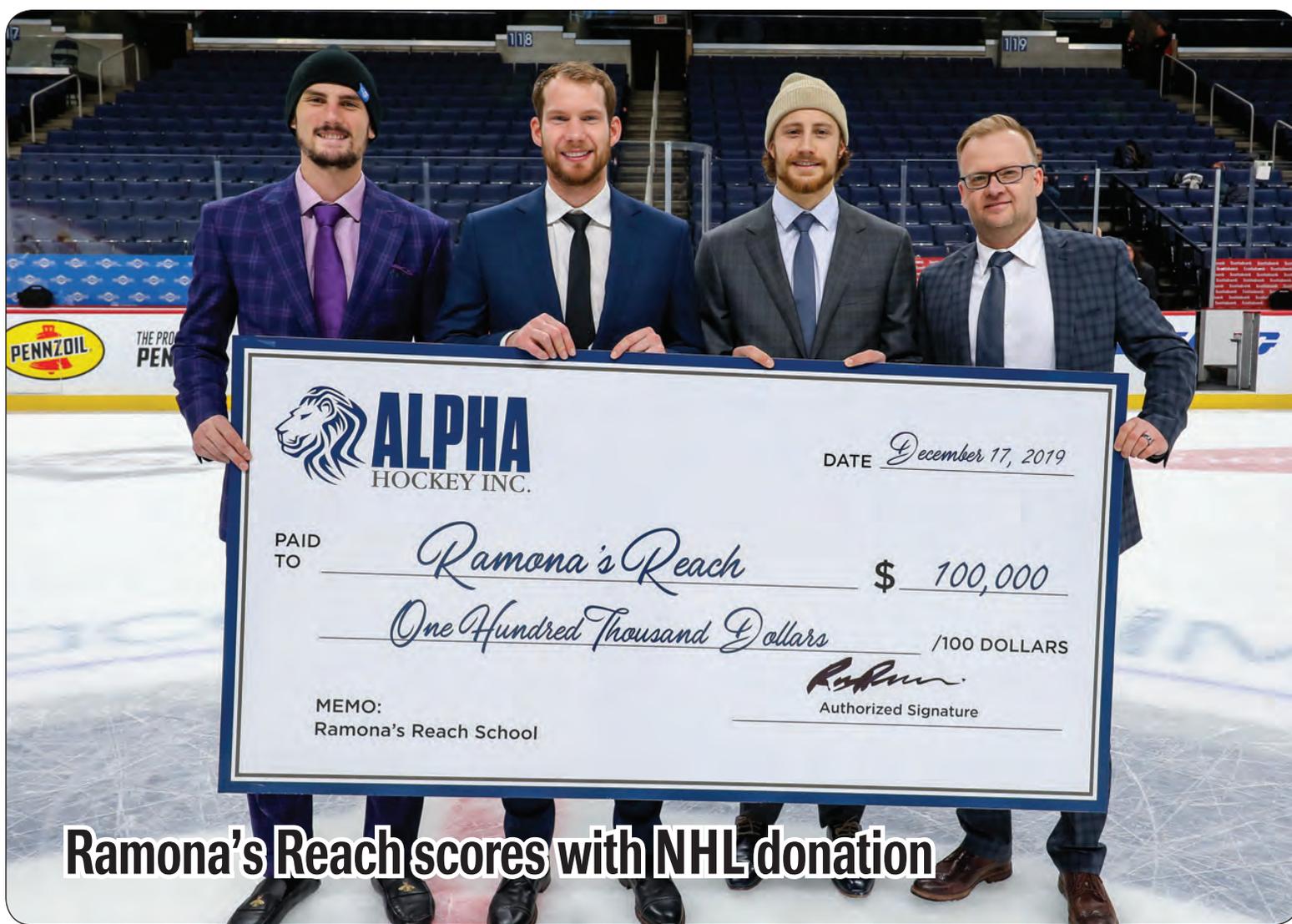

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Ramona's Reach scores with NHL donation

EXPRESS PHOTO BY KEVIN PETKAU

Alpha Hockey clients Connor Hellebuyck (Jets' goaltender), Morweena's James Reimer (Carolina Hurricanes goaltender), Laurent Brossoit (Jets' goaltender) and Ray Patkau (NHL Hockey agent; owner of Alpha Hockey) presented \$100,000 to Ramona's Reach following the Jet's game at MTS Centre on Dec. 17. See story on pg. 2.

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Our thoughts turn gratefully to all of those who have made our progress possible this past year. Let's continue to support each other in 2020. May the coming year bring happiness and health to you and your family.

From the staff and their families
Fisher Powersports



Alpha Hockey's NHL clients donate \$100,000 to Arborg-based Ramona's Reach

By Patricia Barrett

Ramona's Reach will be building a new school in Pamora, Uganda, thanks to a generous \$100,000 donation from several NHL players who are clients of Alpha Hockey, an agency that represents professional players.

Ramona's Reach, an Arborg faith-based ministry that supports education and nutrition in Uganda, will use the money to expand its existing school in Pamora and broaden the scope of its educational support.

Ray Petkau, CEO of Alpha Hockey and player agent, is spearheading the fundraising for the construction of the school with help from his NHL clients/donors, which include James Reimer (Carolina Hurricanes), Connor Hellebuyck (Winnipeg Jets), Laurent Brossoit (Winnipeg Jets) and Thomas Greiss (New York Islanders), as well as retired players and corporate affiliates.

Ramona's Reach board member and spokesperson Kevin Petkau said the "massive" donation will help realize the dreams of his sister, Ramona Reimer, who wanted to help disadvantaged children in Africa. Reimer, who died from cancer in 2009 at the age of 26, worked with children in Haiti and had dreamt of working in an orphanage somewhere in Africa to help those less fortunate.

"She was really passionate about Africa," said Petkau, who attended the Dec. 17 Jets game and was on the ice to receive the donation from the players and Alpha Hockey. "My family are carrying on her legacy. At first, we were pretty low-key but now we run a school and an orphanage [in Pamora]. We take care of about 100 disadvantaged kids. About 40 of them are orphans."

The school currently has 188 full-time students, said Petkau, but there are about 250 children in the area between the ages of 7 and 12 that can't afford to go to school.

"That's where the Phase 2 of the school comes in," he said. "We feel education is hugely important out there because they don't have the opportunity to educate themselves and further their [economic opportunities]."

The current centre sits on five acres of donated land and includes the orphanage, a kitchen and well. Pamora residents pooled their funds to help locals become childhood educators and run the school, according to Action International Ministries, of which Ramona's Reach is a partnering ministry.

Petkau said the centre has 20 full-time employees and provides breakfast every day for the 188 students. Phase 2 will see the addition of four



EXPRESS PHOTOS COURTESY OF KEVIN PETKAU AND ALPHA HOCKEY Ray Petkau and Jacqui Plett of Alpha Hockey, along with clients Connor Hellebuyck (Winnipeg Jets), Laurent Brossoit (Winnipeg Jets) and James Reimer (Carolina Hurricanes), presented a cheque for \$100,000 to Ramona's Reach board members Dec. 17 at Bell MTS Place. The money will help build a school in Pamora, Uganda.



Ramona's Reach building project

classrooms, an office for administrators and teachers, washrooms and a storage room, according to a schematic of the building he shared with the *Express*.

"We've been given the go-ahead and we're waiting for the last permit officer to give us the thumbs up," said Petkau. "We should hear any day now."

Petkau said Ramona's Reach has also launched a program to teach people in Pamora how to become more self-

sufficient in food production.

"This past year we created gardens to teach the local people how to grow their own food," he said.

Ramona's Reach is currently organizing its 10th Annual Hockey Fundraiser that will take place in Arborg from Feb. 22 to 23. Petkau said he'll be lacing up his skates.

For more information about Ramona's Reach, visit its Facebook page or www.ramonasreach.com

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First day of winter
EXPRESS PHOTO BY DRENNA CAMPBELL While out taking a drive on Sunday, Dec. 22, Drenna Campbell stopped by East Shoal Lake to capture this beautiful winter scene.

Riverton woman recognized for kindness and leadership

By Evan Matthews

One of the region's newest businesses, along with the collective Interlake community that makes up the region, is acknowledging a Riverton woman for her continuous community efforts.

Creative Community Promotions has named Deserae Dawn Bilinski as the winner of the Community Choice Nominations initiative.

"I love helping and hosting community programs; events that bring people together from all walks of life," said Bilinski, the Riverton and District Friendship Centre's youth co-ordinator.

"The Friendship Centre's impact within our community and service area is what I love most about my job."

In her role, Bilinski said it is her responsibility to create and manage youth programming and to ensure the community's young people have a safe space and a healthy environment.

Many of the programs Bilinski has created run after school and on weekends.

"Some keep people moving and active, which makes for a healthier and ultimately happier community," said Bilinski.

"I love ... to help them achieve their goals, gain skills for their futures, thereby helping them grow into their potential."

The Community Choice Nominations initiative encouraged community members across the Interlake to nominate another community member — whether an individual, business or school group — who they felt was performing kind acts of service or displaying outstanding community leadership, according to Creative Community Promotions owner and creative director, Samantha Hampton.

Whoever nominated Bilinski asked to remain anonymous, but Hampton said whoever it was had

some very high praise for the Riverton woman.

"Her work ... has changed the lives of so many. From the breakfast club, food hampers, fundraisers, and teaching Zumba, she is the pillar, the foundation of the Riverton Friendship Centre," said the thankful community member in Bilinski's nomination.

"Her tireless efforts on bringing awareness to mental health for our youth has helped give encouragement and hope for those who may feel alone. The world is a better place with Deserae at the Friendship Centre," the nomination went on.

With a total of 10 nominees, all of whom are contributing positive efforts in their respective communities, Hampton said there could be no "criteria," for a winner. Rather, when the time came, Hampton picked a winner out of a hat to celebrate their good work. Hampton said she hopes for even more entries next year.

The initiative opened on Nov. 27 and ran through Dec. 27.

Over 66,000 people engaged with posts relating to Community Choice Nominations, according to Hampton, who said she quantified the number using Facebook's analytics.

Bilinski will receive \$500 worth of services from Hampton's new business, Creative Community Promotions, as the winner of the initiative.

Though Bilinski said she is honoured by the nomination and subsequent win, she added she's unsure of how she'll use the prize right now but knows it will help her efforts.

Moving forward, the Community Choice Nominations will be an annual initiative, according to Hampton.



EXPRESS PHOTO SUBMITTED
Samantha Hampton (left) presents Deserae Bilinski (right) with the first annual Communication Choice Nomination Award.

Here's to 2020



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli council and staff wish residents a happy and prosperous new year. From left: Coun. Peter Holfeuer, Coun. Cody Magnusson, Assistant Chief Administrative Officer Kelly Cosgrove, Mayor Lynn Greenberg and Coun. Thora Palson. Missing is Coun. Richard Petrowski.

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Crop summary report for 2019 notes cattle feed shortage, herd downsizing

By Patricia Barrett

Manitoba Agriculture released its 2019 crop report summary last month, and it will come as no surprise to read that cattle producers in the Interlake experienced a feed shortage in 2019 because of dry conditions and that some will be “downsizing” their herds.

The department’s seasonal summary, which covers spring through to Nov. 12, 2019, notes dry conditions across most of the province until the fall when an extended period of wet weather and a snowstorm in early October left fields wet and frozen before harvest wound up.

Crops were sown quickly last spring in the Interlake despite persisting dry conditions that arose in 2018, and dust flying behind seeders was a common sight, notes the report. But the northern Interlake was drier than other areas, and that meant delays in seeding and in crop and forage germination and growth.

Annual crops had a “stagey emergence due to dry seedbeds and limited precipitation following to aid germination,” and crops that were seeded late “sat in dry soil for extended periods,” states the report. Perennial crops, hay and pasture were slow

to emerge and green up.

As a result, farmers had to provide supplemental feed to their cattle until pastures were able to support grazing.

The report doesn’t mention that 12 municipalities in the Interlake and Parkland regions declared a state of agricultural disaster last August due to drought. The RMs stated in a press release that the “severity” of the feed shortage had been compounded by a depleted inventory of carryover feed in 2018 when conditions then were dry as well.

The Manitoba Forage and Grassland Association created a Hay Relief page on its website to help livestock producers find sources of feed. The association had noted in its Hay Relief Report of Oct. 21, 2019, that there were “indicators of more animals going to market due to low feed supplies.”

Manitoba Agriculture recognized that moisture stress was “common” throughout the Interlake in 2019.

“Rainfall was inadequate for the most part, particularly in areas with lighter textured soils, and premature ripening of crops was common,” states the report. “Most crops were shorter and thinner than normal.”

As far as harvesting went in the re-



EXPRESS PHOTO BY PATRICIA BARRETT

Bales along Highway 8 in September.

gion, 90 per cent had been completed by November. But the report notes that farmers experienced challenges such as poor crop drying weather, high grain moisture levels and dryers at full capacity.

“As expected, crop yields were lower on average due to lack of precipitation,” states the report, and a “few” fields of canola, soybeans, sunflower and corn had yet to be harvested.

Unsurprisingly, overall hay yields were “significantly lower than average” in 2019 because of cool, dry conditions in the spring, lack of rain in the summer and cool, near-freezing overnight temperatures in early August, states the report. This stunted

the crop and limited re-growth for subsequent cuts.

“Considerable acres” of native hay — rushes, sedges, woody species and “old bottom” (areas not hayed in recent years) — were cut to deal with the hay shortage.

Manitoba Agriculture does not provide an estimate of how many acres of this material was cut but notes that its energy and protein content is “less than the nutritional requirements of cattle during the coldest months.”

“Some cattle producers will downsize their herds due to feed shortage,” the report concludes.

The crop report is available on Manitoba Agriculture’s website.

A 64-year-old Christmas story

By Evan Matthews

A man living in Brandon has shared his father’s 64-year-old Christmas story, when his father was a member of the Ashern RCMP detachment.

Over the holiday season, Gary Palmer, 71, opted to share his father’s first-person account of what he called “the most beautiful Christmas story ever to occur” in his life, near the village of Camper, Man., in the RM of Grahamdale.

“My father passed away in 1996, born in 1916. Ashern was one of the many places he was stationed as an RCMP officer. I lived there as well, and my brother Bruce was born there,” said Gary.

“This is a holiday story and was very meaningful, as you will be able to tell. I’ve been working on his biography. We’re at the stage of getting it printed, and I wanted to share this story.”

William LaMar Palmer’s story

For several years in the 1950s, the RCMP participated in a program to bring Christmas joy to the children of some of the province’s most “in-need” families, according to the late William LaMar Palmer.

In the months leading up to Christ-

mas, RCMP’s “D” Division — Manitoba and part of Northwestern Ontario — would gather clothing and toys, while repairing and building gifts for those families. Of course, Palmer said donations were accepted from citizens outside the force, as well.

“The quality of the resulting products was remarkable. Even old and broken mechanical toys were made to work and look brand new,” said Palmer, in his first-person written account.

“It was amazing, the number of things that were ready for delivery just before the great day.”

While the work was being done in Winnipeg to prepare, RCMP members in surrounding rural detachments combed the areas for people in need, according to Palmer.

RCMP acquired the names, ages and sex of children from any available local source, mostly from town and municipal offices, but some from schools and churches. All information was then sent to headquarters, with various gifts assigned to each individual child.

The men of each rural RCMP detachment then had the responsibility of delivering gifts to the in-need families as near to Christmas Eve as

possible.

The most unlikely home

In 1955, the Ashern region had heavy snow throughout November and December, according to Palmer, and travel in some rural areas was difficult, to say the least.

Contrary to what was expected, on Christmas Eve, Palmer’s detachment had little difficulty reaching most homes via police car, but the most unlikely to be reached home was left for last.

“A Métis family lived on a little-used bush road, about four miles from the village of Camper. I had one of the junior constables with me, and we drove to the village to inquire about the roads and the exact location of the home,” said Palmer.

“The family consisted of the mother and four children ranging in ages from one and a half to eight years. There was no father. They had no telephone. At the village store, we were told that most of the roads had been plowed a few days previously, but were still rather heavy.”

The storekeeper in Camper drew a map for Palmer and his constable, adding they would be able to drive



EXPRESS PHOTO SUBMITTED

A portrait of RCMP Officer William LaMar Palmer in uniform.

three miles, but from there the family lived on a side road that had not been ploughed out, as they were the only people living on it.

The storekeeper added he was “quite concerned” about the family, as he hadn’t heard from them for a couple of weeks.

Palmer and his constable managed the first three miles without difficulty, and arrived at the side road around 7 p.m., and it was cold and dark, but there was no wind, a clear sky and a part moon.

“Our hearts sank because the road

Continued on page 7

Gimli and area physician couple put down roots

Submitted by IERHA

Dr. Andrea Fulmore recently moved her prenatal practice from Selkirk to Gimli where she joins her husband and Gimli Hospital's chief medical officer, Dr. Jonah Fulmore, who has practised in Gimli since January 2018.

Andrea's work focuses mostly on woman's health, prenatal care and pre/post conception counselling. She's also more recently taken on the role heading the hospital's dialysis unit.

"Many of my pregnant patients previously had to travel every week or every second week to Selkirk to do prenatal care after they reached 28 weeks. By offering prenatal care in Gimli, I am helping save those patients the commute by offering this service closer to their home community."

The two physicians enjoy working and living in Gimli and think other young graduates or soon to be graduates will too. Jonah looks forward to his role in that.

"I feel fortunate to be able to build a cohesive team here in Gimli in my role as chief medical officer through recruitment and then eventually retention of physicians and I think we're getting there."

It sounds like the two are settling into the community just fine after moving here permanently six months ago. Jonah is a part of both the local men's golf and hockey leagues. But as much as they en-

joy Gimli, they also enjoy spending time travelling with their son. In fact, they have an upcoming trip to Mexico planned.

The pair met in medical school and eventually got married. Fast forward to the end of 2019 and both are enjoying being in the community of Gimli and raising their young son, Jagger.

Jonah is the hospital chief medical officer and personal care home's medical director. He enjoys the work he does both in hospital and through his primary care clinic practice.

"My passion is for emergency medicine and I take as many as seven or eight (24-hour) shifts a month in on top of my personal care home work and my primary care practice. I also hold a licence to prescribe medications to treat addictions so patients come to me as referrals from the region's Rapid Access to Addictions Medicine Clinic."

Growing up, they each spent time in the community of Gimli fishing, golfing and playing hockey with friends and family. So when they heard the community needed physicians to set up practice, they were on board.

Although the two have a full roster right now caring for their son, Jonah's shifts in emergency and Andrea's new role heading the dialysis unit, the two are hopeful they will be able to announce the capacity to take on new patients in the near future.



EXPRESS PHOTO SUBMITTED
Dr. Jonah Fulmore and wife Dr. Andrea Fulmore holding their son Jagger at Gimli's Johnson Memorial Hospital where they work.

Gimli council promotes physical activity with trails committee

By Patricia Barrett

Gimli council has made physical activity a priority after creating a new advisory committee to examine the present system of trails in the municipality and make recommendations for the creation of new ones.

During its regular meeting on Dec. 11, 2019, the majority of council (Coun. Richard Petrowski was absent) passed third and final reading of Bylaw No. 19-0011, which will establish a Transportation Trails Advisory Committee.

"It's a committee that needs to be established to bring together [trails] in the municipality," said Coun. Peter Holfeuer, who will be the council contact for the committee. "We have a municipality that is very spread out, and active transportation is so critical."

Holfeuer said it's important that people have an option to walk or cycle to work.

The new committee will be expected to create an action plan, set priorities and make recommendations to council on how to improve the current trail system. The public will play a role in establishing new trails.

"The committee will reach out to the public to plan and support local projects such as additional trails or connective routes, public awareness and



EXPRESS PHOTO BY PATRICIA BARRETT
Mayor Lynn Greenberg and Assistant CAO Kelly Cosgrove share a laugh during council's last meeting of 2019.

use of trails," states the bylaw. "The committee will work not only with council, but also with provincial and federal levels of government and their committees with similar mandates."

Holfeuer said there are a lot of opportunities to make improvements and expects the committee to advise council as to where to make

investments and to seek out grants that may be available.

The committee will be composed

of six or more members, including a member of council, a recreation centre member and a minimum of four citizens that reside in the municipality.

"We're hopeful that by the first meeting in January, we'll have recommendations on who members of the committee will be," said Holfeuer.

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There is no reason to suffer alone

By Evan Matthews

My family lost its patriarch over the holidays.

On Dec. 31, Wilfred Harold Matthews passed away after suffering a stroke and subsequent brain hemorrhaging.

Born on July 4, 1923, he passed away surrounded by our family at the age of 96. He was a Second World War pilot and veteran, a pioneer for the Manitoba Telecom Services (MTS), and an integral part of my family's lineage and legacy.

This is not an appeal for pity or sympathy. Au contraire.

I feel so privileged, honoured and blessed to have known my great-grandfather. In fact, I also knew his father, my great-great-grandfather; at that point I was six years old. My sister and I are one of the only sets of siblings I have ever come across to have known so many generations of their family.

This isn't to brush off my great-grandfather's death or to say the family isn't suffering.

But I look around, and I'm so thankful for the supports I have in my life; it's a strong network.

But this isn't the case for everyone.

This week, in our paper, you can read about the IERHA starting classes called Get Better Together. The workshops are aimed at folks who struggle day-to-day with chronic pain and illness. This isn't necessarily limited to the physical realm.

The workshops are designed to get people together, to discuss and emphasize self-management skills, to talk about commonly faced issues, and to motivate participants with solutions and techniques.

It's worth noting, the workshops are free and run for six weeks. Transportation can even be arranged if someone faces those types of barriers, too. Contact your local IERHA wellness facilitator if you have interest or feel alone. The point is that talking about these topics is of the utmost importance to our social fabric. What's important in these discussions is an acknowledgment: no matter how things may seem

or feel, we aren't alone.

Chronic conditions like arthritis, multiple sclerosis, depression, asthma, stroke, chronic pain, diabetes, anxiety, cancer, fibromyalgia and heart disease can often leave people feeling isolated, thus creating compounding social and mental health issues.

Maybe a person doesn't have close family, friends or loved ones.

But there are resources available.

There is no shame in feeling pain, suffering. We all do at various points within our lives.

The real shame is to think there is someone out there who is feeling it all by his or her self.

Whether it's the death of a loved one, a chronic mental or physical ailment, or really anything at all, don't be afraid to advocate for yourself and look for resources and help.

If you don't have anyone else, send me an email or give me a call.

But our world, and our communities, need more compassion. It starts with conversations like this one.

Communities build hockey and hockey builds communities

Submitted by Kraft Heinz Canada

Kraft Heinz Canada, in partnership with the National Hockey League (NHL) and the National Hockey League Players' Association (NHLPA), opened nominations for Kraft Hockeyville 2020. Nominations will close Feb. 9 at 11:59 p.m. EST.

In its 14th year, Kraft Hockeyville enables communities across the country to rally together to upgrade local hockey arenas in need of repair and refurbishment. To date, Kraft Hockeyville has awarded \$3.5 million to 81 deserving communities across Canada and has celebrated 13 NHL® pre-season games in eight different

provinces.

The 2020 grand prize winner will have an opportunity to host an NHL® pre-season game and receive \$250,000 for arena upgrades and the coveted title of Kraft Hockeyville 2020. Three additional community finalists will also be awarded \$25,000 each for arena upgrades and both the winner and each of the three runner-up communities will receive \$10,000 to purchase brand new hockey equipment for their minor hockey programs, courtesy of the NHLPA Goals & Dreams Fund.

In order to win the coveted title of Kraft Hockeyville 2020, communi-

ties need to have a compelling story that shows their passion and spirit for hockey.

"Every year, we are astonished at the impact that hockey has at the local level all across the country. The stories we hear are emotional, powerful, and connect us all. It's clear that communities build hockey and hockey builds communities. We want to shine a light on stories that have truly brought communities and people together from all walks of life," says Matt Bruce, senior brand manager of Kraft Heinz Canada.

Continued on page 11

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Warming heaters melt more than snow

With our most enjoyable festive season break now over, welcome back, my good friends.

Just before Christmas on a clear sunny day, I made my way along the snow-packed trails well out on the ice of Lake Winnipeg's south basin. I urged Old Red, my trusty (if not slightly rusting) truck, far out from shore into a collection of portable and hard wall ice shacks. The exceptionally warm afternoon had drawn many of the anglers from their shelters to sit on chairs and pails in the open jigging short fishing rods in their ice holes.

The bright yellow jacket of a young chap tailgating with his friend caught my eye. I pulled over to them just as his friend sprang from his seat lifting a wiggling forearm's-length pickerel from his hole. The men's excited chatter filled the air as I left my truck. I took care to step on the snow covered ice so I would not fall. Little did I know that safety measure would soon have relevance.

"Is that the first one today?" I called out.

"No, we got more," the offered the yellow jacketed chap, seemingly more talkative of the two. I watched the darker-clothed fellow unhook the fish as I asked if they had a fishing story for us.

"Yeah, I barbecued my butt out here last week," the yellow jacketed chap snapped back, causing his buddy to throw his head back laughing.

"Do tell," I said as I pulled out my recorder.

"I'm Anthony Ezekich and this is Andrew Harms," he said as he jerked his thumb toward his buddy. "We were fishing and I had to go outside for a call of nature."

Early that morning they had been fishing inside the shack and later outside with one of their heaters just by the door. As Anthony stepped back into the shack, the snow by the door had melted and he slipped, falling backward and landing on the heat-

er, which instantly burned through his clothes to his butt.

"Later I went to the doctor," Anthony exclaimed, "and was told the branded impression of the heater burn will be with me for the rest of my life!"

Last week I got over to Balsam Bay and as I drove down the slope to the harbour I could see 100 or more shacks spread over the ice as far out as the eye could see. I manoeuvred my truck past the harbour north to the vast, smooth, lightly snow-covered ice fields. It didn't take long to get a few miles out and I soon came upon a big hard wall ice shack. I pulled up to it and, leaving my truck for the shack's door, I called out, "Is anybody home?"

"Yeah, come on in," a voice replied from inside.

Opening the door, I saw four people jigging fishing rods in ice holes accessed from floor cutouts. Once inside, I could see the wall panels were fastened together with hooks.

"I'll bet this shack comes apart quickly." I remarked to a thin grey-haired chap in the corner.

"Yeah, we can have it collapsed and on the truck in 20 minutes," he responded, adding his name was Richard Yarenius. A tall muscular chap closest to me with long straight dark hair, who gave his name as Glen Koblun, soon became eager to tell a summer fishing story of his youth.

Years ago, he lived in Arborg and he with friends would catch crayfish at the "rapids" in the Icelandic River in town. Then they would bike over to Lake Winnipeg and use the crayfish to catch whitefish. One time they caught a huge whitefish and had put it on a thin chain. When they weren't looking, the fish took a notion to just leave, taking the unanchored chain with it! Richard, purely by reflex, surprised himself by casting out and snagging the chain recapturing the whitefish.

said he thought he saw a light through the trees.

"We strained our eyes trying to see. We were afraid it was just wishful thinking. We plugged on and shortly, through an opening in the trees, we actually did see a dim light," he said.

'Santa did come'

The light became more and more clear as the duo identified a kerosene lamp inside a window.

The pair found a gate in the wire fence and a bit of a path, according to Palmer. As they neared the house, Palmer said they could hear children's voices. They reached the door and knocked.

"There was complete silence for a few moments, and finally the door slowly opened. It must have been a shock to see two burly policemen dressed in buffalo coats," said Palmer.

"We saw the looks of apprehension, but we were invited in. As we entered with the sleigh and box of presents, the looks changed to amazement and then joy. One little voice said, 'See, Mama, Santa Claus did come.'"

The mother could not speak for some time, according to Palmer, eventually bursting into tears.



EXPRESS PHOTO BY ARNIE WEIDL

Andrew Harms, left, and Anthony Ezekich with some of their catch on Lake Winnipeg's south basin.

The next day on the Red River ice, I happened upon a young fellow by the name of Rob Bbiekrah, who remembered a day of fishing he would rather forget. A few years ago he and his dad wanted to go fishing on the Red. They loaded up his dad's car and his Gramma's, who was in Florida and had given instructions not to touch her car. On the Red it was a fine fishing January day. Suddenly the darkening afternoon was joined by a vicious blowing snow storm. They quickly broke camp.

When driving off the river to the road, Rob thought he saw a spot with not much snow. He gunned Gramma's car, and instead of bouncing onto the road, it dropped into an ice pocket with deep snow. Dad, coming behind, tried time after time to pull him backwards. Finally Rob got frustrated and put the car in reverse, slamming down on the accelerator only to hear a sickening grinding. Gram's transmission was wrecked! The final bill turned out to be \$1,500 and, yes, Gramma did find out about it!

Till next week. So-long fellow anglers.

> CHRISTMAS STORY, FROM PG. 4

was filled with snow — not even a trail through it. We studied it carefully, and discussed whether or not we should even try to walk through it. We wished we had brought some snowshoes," said Palmer.

"We were about ready to turn back when my (con- stable) said, 'It's going to be a bleak Christmas for those kids.'"

Palmer agreed and urged the pair move forward.

With a sled being a gift for the boy, and everything else in one giant box, the pair of RCMP officers elected to have one pull the sled, while the other would push and balance the box.

With much of the snow at knee height, it made for difficult traversing.

"It was the thoughts of my own children that kept my determination up," said Palmer, adding they had travelled over half a mile but had low visibility and started to fear they might not even see the house.

"We doggedly kept going — ploughing through the snow, and our load now seemed as though it weighed a ton. After an eternity, my companion

She then threw her arms around the police officers, giving them each a kiss.

"You are the answer to our prayers," she said to them. "It's a miracle — nothing else — just a miracle."

She explained through her tears, she had told the children Santa would not be able to find them that year due to all the snow and cold, so there wouldn't be any presents or Christmas dinner.

She added her boy insisted the family kneel and pray together for a different outcome.

"The mother dreaded the disappointment they would suffer when the prayers would not be answered, but they insisted so she agreed," said Palmer. "'We had hardly said 'Amen' when you wonderful men knocked on the door. I still can't believe it's true,' the mother said."

The RCMP officers laid out a turkey dinner, and presented the gifts. Palmer said they were smothered with hugs and kisses from the four little children.

"There was not a dry eye in the house," said Palmer. "Tears ran unashamedly down the cheeks of two big policemen."

Icelandic National League's Interlake clubs to host 101st Annual Convention

By Patricia Barrett

Interlake clubs that are part of the Icelandic National League of North America (INLNA) have joined forces to host the 101st Annual Convention in Gimli this spring, and Gimli council will be supporting the event with a grant.

INLNA clubs from Lundar, Arborg, Gimli and Selkirk are hosting the four-day convention, which celebrates Icelandic heritage and culture and builds relationships between club members in far-flung communities across North America, as well as with people from Iceland.

The convention is held in a different city across the continent every year. Gimli last hosted it in 2009.

The INLNA was formed in 1919 as a non-political organization to promote Icelandic culture, strengthen bonds between people of Icelandic descent and to maintain ties with the mother country.

Headquartered in Gimli, the organization offers numerous activities, including cultural visits to Iceland, readings and film presentations. The Interlake clubs support a Gimli-based Icelandic camp and the annual Icelandic Festival.

Signy McInnis, Arborg club president and chairperson of a committee that is organizing the convention, and Dean Bjornson, Gimli club vice -resi-

dent, appeared as a delegation during council's regular meeting on Dec. 11 to request municipal sponsorship.

"We are asking that the RM of Gimli contribute \$500 towards the costs of the convention, such as printing as well as swag for the registration bags," said McInnis. "And we also ask that a representative of council bring greetings at the opening remarks on the Friday morning of the convention."

The committee will be asking councils of all the communities with INLNA clubs to contribute to the event, said McInnis, and municipally branded items — which could include pens, pins, sunglasses and cups — will help promote the towns to visitors from across Canada, the U.S. and Iceland.

Bjornson, who is also a convention committee member, said they're hoping to bring in 200 or more people for the April event.

"The last convention was around the 200 mark and that's what we're kind of basing it on," said Bjornson.

McInnis said the sooner the committee can pin down sponsorship funding, the better it will be for planning and budget-setting.

Rather than have the committee go through the municipality's 2020 grant application process, which Assistant CAO Kelly Cosgrove suggested they do, Coun. Thora Palson asked council to consider adopting a resolution in



EXPRESS PHOTO BY PATRICIA BARRETT

Signy McInnis, INL Arborg club president (left), and Dean Bjornson, INL Gimli club vice president, are preparing for the 101st Annual Convention in Gimli this spring.

favour of a silver sponsorship worth \$500.

Mayor Lynn Greenberg said that would "streamline it a little bit and you don't have to bother applying. This is a one-time thing because you might not bring the convention back here for many years."

Coun. Cody Magnusson said he, too, would be in favour of fast-tracking a grant as the committee's request would fall "near the top of the pile" anyway.

Council (Coun. Richard Petrowski

was absent) voted in favour of providing \$500.

"It's great to see the convention come here," said Coun. Peter Holfeuer. "Having that many people here is a win-win, especially as our roots are Icelandic."

The convention will be held April 23 to 26 at the Lakeview Hotel. Registration opens in January. Early-bird rates are set at \$200 per person. For more information, visit the Icelandic National League website at www.inlofna.org.

New Year's Baby Arrives at Selkirk Regional Health Centre

Submitted by IERHA

Rochelle Hofer and husband Patrick of the Beausejour area are celebrating the New Year with the birth of their first child, Will, who arrived at 3:35 the morning of Jan. 1, 2020.

"It was a good experience. We were very well taken care of. The nurses and doctors were great," said Rochelle while holding Will in Selkirk Regional Health Centre's family birthing unit.

Will is seven pounds, two ounces, and 21.5 inches long. On the day he was born, a member of Selkirk Regional Health Centre's gift shop volunteers visited him and his parents to carry on a tradition of celebrating the first baby of the year. The family received gifts that included diapers, a new playpen, a baby carrier, a sleeper set and a gift basket and flowers for the new mom. Also part of the gift package from the volunteers was a onesie that says "I was born in Selkirk."

"We've been celebrating New Year's babies for as long as I can remember

and I've been here for 20 years," said Betty Milkowski, president of the gift shop volunteers.

Attending the birth was Dr. Andrea Fulmore and nurses from the family birthing unit. Sara Unrau, who manages the birthing unit, said the number of babies being born at Selkirk Regional Health Centre continues to grow every year.

"In 2019, 389 babies were born in our family birthing unit that services moms from all over the Interlake-Eastern region. That exceeds the 377 births we experienced in 2018," Unrau said. "We encourage anyone who is expecting to contact us for a tour of the family birthing unit. We appreciate opportunities to highlight features in the unit, introduce ourselves and answer any questions people may have."

Last year, an additional 11 babies were born elsewhere in the Interlake-Eastern region bringing the total number of births in Interlake-Eastern RHA in 2019 to 400.



EXPRESS PHOTO BY BETTY MILKOWSKI

Proud new parents Rochelle and Patrick Hofer of the Beausejour area welcomed their son Will on New Year's Day. Will was the first baby of 2020 to be delivered at Selkirk Regional Health Centre.

Riverton Friendship Centre awarded \$15,000 by RBC and Westshore Community Foundation

By Patricia Barrett

The Riverton & District Friendship Centre received a \$15,000 grant from the Westshore Community Foundation and the RBC (Royal Bank) Foundation to support a youth-led cultural initiative called Rooted in Community.

The project will focus on addressing mental health, well-being and reconciliation through traditional teachings, dance, drumming, regalia-making (sacred clothing, artifacts and accessories) and beading, according to a press release issued Dec. 17.

Last year the RBC Foundation launched the Future Launch Community Challenge, bringing community leaders and youth together to work on solutions to pressing local issues and to apply for funding.

The foundation is providing grants to youth making positive social or environmental changes in 150 communities across Canada. The Community Foundations of Canada and local foundations such as Westshore are hosting the Future Launch program.

Over the next 10 years, Future Launch will dedicate \$500 million to help young people access meaningful employment through practical work experience, skills development op-

portunities, networking solutions and mental well-being supports and services, states the press release.

The Friendship Centre's executive director Tanis Grimolfson and youth leader Desarae Bilinski, along with Westshore's vice-president David Douglas and RBC branch manager (Stonewall and Peguis) Shaun Dalgliesh, celebrated the award Dec. 15 during the centre's annual Christmas party.

Bilinski thanked Westshore and RBC for recognizing youth leaders' impact. "It's so exciting to get the support to help our youth in Riverton. We highly encourage youth programs that are youth-led," she said. "We believe this project will increase community engagement and develop, enhance and build skills for our young people."

For the past 20 years, Douglas said the Westshore Community Foundation has been committed to "building a lasting legacy" by awarding grants to non-profit organizations throughout its catchment area of Gimli, Riverton, Dunnottar and Fraserwood and scholarships to students. It focuses on projects and programs in five areas: the environment, the community, education, culture and heritage, and sports and recreation.



EXPRESS PHOTO SUBMITTED

Westshore and RBC representatives presented a \$15,000 cheque to Riverton Friendship Centre staff.

"Westshore Community Foundation is proud to be a partner in the RBC Future Launch Community Challenge because our foundation believes it is important for youth to have the opportunity to experiment with new ideas and build relationships within their community of interest," said Douglas.

In partnership with the Community Foundations of Canada, RBC is committed to the "power, vision and potential of youth," said Dalgliesh.

"We are thrilled to see the results of this important partnership with the CFC helping make a difference in communities across Canada."

New home care IV clinics save patients time waiting in emergency

Submitted by IERHA

Home care will be offering enhanced services by introducing a home care clinic in Eriksdale and expanding the home care clinic in Stonewall.

Interlake-Eastern RHA home care clients in these and the surrounding areas will be able to visit a home care clinic closer to home to receive home care nursing treatment daily as well as intravenous (IV) antibiotic therapy five days of the week.

Home care clinics give home care nursing clients who require advanced care the option to come to the clinic at an established time rather than wait at home for a nurse to come at an approximated time. Interlake-Eastern RHA already has home care clinics (that don't offer IV therapy) in Gimli, Beausejour, Lac du Bonnet, Selkirk, Pine Falls, Oakbank and Whitemouth to address wound management and treatable conditions such as diabetic ulcers, surgical incisions, bed sores, etc. Hours vary at each home care clinic as home care nurses still need to invest time in home visit for patients who cannot attend a home care clinic.

Patients who need IV antibiotics currently have to attend the hospital

emergency department every day for up to 10 days for their treatment. By giving patients access to IV antibiotics through a clinic setting, patients can make an appointment ahead of time instead of waiting to be seen in a busy emergency department. This also frees up emergency department staff to attend to patients who require life-saving care.

Interlake-Eastern RHA's palliative and home care nursing clinical team manager, Tammie-Lee Rogowski explains whom these clinics benefit most.

"These clinics benefit home care clients who require regular assistance from a home care nurse and who are able to get to a clinic," says Rogowski. "The home care clinics save our clients time as they do not have to wait nearly as long as they would at home. We are pleased to be able to extend that service to clients needing IV antibiotics."

The Eriksdale home care clinic opened Jan. 6, 2020, and will provide IV antibiotic treatments Friday to Tuesday. The Stonewall home care clinic is anticipated to open at the end of January and will provide IV anti-



EXPRESS PHOTO SUBMITTED

From left to right (standing): Tammie-Lee Rogowski (home care nursing and wound care manager), Kathy Janke (home care RN), Kristina Johnson (home care case co-ordinator), Cynthia Wirgau (home care LPN) and sitting is Nancy Muller (home care manager).

biotic treatments Monday to Friday. Nurses at these clinics will also address wound management and other treatable conditions.

Home care clients can contact their case co-ordinator for more information.

IERHA promoting Get Better Together workshops

By Evan Matthews

The Interlake-Eastern Regional Health Authority is promoting togetherness, as Interlake residents living with chronic conditions are invited to the organization's Get Better Together workshops.

IERHA Wellness Facilitator Jan Keryluk said chronic conditions — such as arthritis, MS, depression, asthma, stroke, chronic pain, diabetes, anxiety, cancer, fibromyalgia and heart disease — can often leave people feeling isolated, thus creating compounding social issues.

"All of these conditions have a lot of things in common. When we all get together and talk about it ... it becomes a way of learning some self-management skills," said Keryluk.

"It's an opportunity to share and talk about problem solving, how to manage symptoms, and how to cope with some of the difficult emotions and feelings."

For the sixth straight year, the IERHA is encouraging Interlake residents to attend Get Better Together workshops to collectively face common issues and to motivate each other with solutions and techniques.

The workshops are free and run for six weeks, Keryluk said, and are designed to help people with ongoing health conditions take control of their health.

Common issues, according to Keryluk, include dealing with frustration, pain, fatigue and isolation; communicating effectively with family, friends and health professionals; appropriate exercises for maintaining and improving strength, flexibility and endurance, appropriate use of medications, maintaining proper nutrition, and engaging with community resources.

"We're trying to remove barriers. Of course, it's a free class, but you also get a resource textbook to keep be-



EXPRESS PHOTO BY PIXABAY

Many struggling with chronic conditions experience isolation and compounding social issues. Get Better Together is designed to provide necessary tools to deal with those issues.

yond the end of the class. If someone wants to bring a family member or friend, we encourage that as well. This is about support and no judgement. If people are struggling with transportation, they can call us, and we'll help connect them with resources in their community to arrange that," said Keryluk.

"We want to ensure all Interlake residents who participate leave with positive feelings about the (workshops) and are able to move forward in a positive way."

So far, that notion has rung true.

Many participants in past workshops have reported the workshops' teach-

ings have stuck with them long after the workshop had ended.

"There is help and hope for your condition, to make your life better through these (workshops)," said one participant, who asked to remain anonymous.

"We are not alone; others are suffering, too, different but the same," the testimonial went on.

Get Better Together workshops are based on a program model developed by the Patient Education Research Center and Stanford University, according to its website.

People who participated in the Stanford program reported fewer days spent in the hospital, more healthy behaviours and overall better health status, with changes lasting well beyond the end of the program, the site reads.

"WE'RE TRYING TO REMOVE BARRIERS. ... THIS IS ABOUT SUPPORT AND NO JUDGEMENT."

In Manitoba, the Wellness Institute, powered by Seven Oaks General Hospital, has brought the workshops to Manitoba.

The institute is training wellness facilitators all across the province in order to provide workshops such as Get Better Together, according to Keryluk.

In addition to Get Better Together, Keryluk said the IERHA will be facilitating other wellness programs in 2020 such as Commit To Quit (a quit smoking program), Craving Change (improving one's relationship with food), and the Relaxation Series (introduction to mindfulness and stress management).

The IERHA is also offering free consultations with dietitians in the region, Keryluk said.

The next workshops are set to kick off right away, beginning on Jan. 15 in Lundar and Stonewall.

The Lundar Primary Care Clinic will host from 1 to 3:30 p.m., while the Stonewall Hospital will host its own at the same date and time.

"We offer these programs throughout the year," said Keryluk. "If somebody can't make it this round or are looking for something closer to home, please give us a call."

Dates after January include Beausejour on Feb. 13, and Gimli and Eriksdale on March. 5.

The IERHA offers a toll-free line for inquiries at 1-877-979-9355 or email at wellness@ierha.ca.

Gimli RCMP recover loaded firearm during traffic stop



EXPRESS PHOTO SUBMITTED
Gimli RCMP discovered a sawed-off shotgun during a traffic stop.

Submitted by RCMP

On Jan. 1, 2020, at 12:30 p.m., officers with the Gimli RCMP conducted a traffic stop in the community.

The driver stopped his vehicle and then fled on foot onto Lake Winnipeg in an effort to evade capture. Officers pursued the suspect onto the lake and observed the suspect attempting to steal a truck near an ice fishing shack but was arrested before he could flee the area.

The investigation led to the discovery of a backpack containing a loaded sawed-off shotgun.

Thirty-six-year-old David Allan Parker, from Winnipeg Beach, was arrested and remanded into custody on numerous charges including possession of a prohibited firearm, carrying a concealed weapon, robbery, possession of a weapon for a dangerous purpose, possession of a controlled substance and other Criminal Code charges.

Gimli RCMP continue to investigate.

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Lakeshore School Division looking ahead for 2020

By Evan Matthews

As the Interlake closes the calendar on 2019, Lakeshore School Division staff review its highlights and look forward to 2020.

Don Nikkel, Lakeshore School Division's superintendent of HR and alternative program director, said the division will continue to focus on literacy and numeracy moving forward — themes that have been consistent over the years, but continue to evolve.

"Those are our core values and things we always want to come back to," said Nikkel.

"In terms of literacy, most kids come to us in kindergarten, unable to read and write. From there, through hard work in and outside of the classroom, we take them from that through to Grade 12 and have them understanding the world and interacting with their environments.

"It's hugely important, and the same can be said for numeracy," he said, adding the division continues to place added emphasis on developing positive character traits in individuals, too.

What's up in 2020?

While many of the same initiatives and programs from 2019 will continue in 2020, there is a likelihood of hearing some different stories as well.

Perhaps the best example of a potentially new program in the Lakeshore School Division, according to Nikkel, is Equine Therapy in Eriksdale.

Equine Therapy — also known as horse therapy, equine-assisted therapy or equine-assisted psychotherapy — is a form of therapy involving interactions between people and horses.

"It's another example of experiencing the world in a different way," said Nikkel.

"When you're working with a horse, there is immediate feedback. If you're kind and gentle to a horse, it's often reciprocated. If you're rough and abrasive, it may react in a very immediate way."

Ashern Central School is looking to host an International Exchange Stu-



EXPRESS PHOTO BY EVAN MATTHEWS

The Alf Cuthbert sensory path with the "mood wheel" helps students literally walk through their emotions.

dent in the spring, and Nikkel said the division is looking at the potential to have students from Lakeshore also participate in foreign exchange.

2019 at a glance

Janet Martell, Lakeshore School Division superintendent for the past 10 years, retired in July. Don Nikkel and Darlene Willets took over the role, reconfiguring some of the role's responsibilities between the two of them.

The pair continued to emphasize literacy and numeracy as the school division's main priorities and credited Martell's efforts to inspire teachers within the division to take more innovative approaches in the classroom.

Those innovative approaches were evident all around the Lakeshore School Division, often referred to as project-based learning and/or student-based learning.

Learning about sciences and aerospace, Lundar School's students launched a high-altitude balloon (HAB) into the Earth's stratosphere some 34 kilometres high.

Students from Lundar School also went to Guatemala to help construct homes for families in need through the Lakeshore Educational Growth Opportunities (LEGO) program. The program allows a hands-on approach to learning employability skills.

Fisher Branch Collegiate invested

in some new industrial arts gear to ensure their students have access to top-of-the-line — and safe — equipment to learn about the trades. Funding came through the Skills Strategy Equipment Enhancement Fund.

In Eriksdale, students participated in the gardening program. The school's breakfast program used home grown carrots, watermelon, peppers, potatoes, tomatoes, zucchini and eggplants for various foods available in its lunch program. Students learned about various crops, where the crops come from, and what it takes to have those crops flourish.

Eriksdale School also added a manufacturing and musical program for the first time in its history, allowing students first-hand experience and insight into shops and music.

In Moosehorn, Alf Cuthbert School installed a sensory path. Studies have shown when children start to lose cognitive functioning — or lose focus — during the learning process, sensory paths are designed to help give the child sensory input, resulting in the child re-focusing. Teachers across the country have begun to use the technique with more regularity.

Inwood School made a full-switch to a "student project-based learning model," as the school's total population is 45 and offers a unique advantage over other schools. Smaller

populations allow teachers to know students as individuals. Relationships are much stronger and students with specific interests can design projects tailored to those interests — of course, with their teacher's help.

The student project-based learning model also identifies gaps within communities. Inwood, for example, may want to focus on economic development. Teachers help students design entrepreneurial ideas in this context, and help them develop a project.

Up Highway 6 and as far as Fisher Branch, upwards of 2,000 people lost power during a winter storm. Many schools had shut down, and the Fisher Branch community was actually evacuated. Teachers worked tirelessly to re-acclimate students once they returned home and have them ready for annual assessments.

Students from Ashern Central School travelled to Paris, Nice, Pisa, Florence, Rome and Pompeii as part of a school trip. Teacher Jennifer Bjornson said the group travels with a tour guide to encourage and promote educational value. The teachings and culture experienced on the trip cannot be replicated in the classroom.

Lakeshore School Division also continued its pairing with the Experimental Lakes Student Experience Program (ELSE). For the first time, Lakeshore SD sent a student interested in science on a two-week internship to the International Institute of Sustainable Development's Experimental Lakes Area to work with legitimate scientists in order to explore if a career in science is of interest to them.

Of course, with so many positive stories out of the division, it's impossible to fit them all into a recap. But, all in all, that's a wrap on 2019. The Express looks forward to more Lakeshore School Division coverage in 2020.

> HOCKEY, FROM PG. 6

"We believe that sports and culture are the foundation of healthy communities. Winning Kraft Hockeyville can help a community preserve and enhance that important civic space — to gather, to play, to cheer and to grow today and for the future. Sharing impactful stories about the players on the ice, maintenance crews, the people behind the concession booth, or fans in the stands gives Canadians community pride and deepens their

love for the game."

While hockey brings together many Canadian communities and while arenas can be neighbourhood hubs, maintaining arenas can be costly. According to the 2019 Canadian Infrastructure Report Card, one in three recreational or cultural facilities will require investment in the next decade. The category with the most facilities in poor or very poor conditions, or fair conditions requiring investment, is ice arenas.

About Kraft Hockeyville Canada

Kraft Hockeyville is a partnership with Kraft Heinz, the National Hockey League (NHL) and the National Hockey League Players' Association (NHLPA) to support local community arenas across Canada. Since its inception in 2006, Kraft Hockeyville has awarded \$3.5 million to 81 communities across Canada and has celebrated 13 NHL® pre-season games in eight different provinces.

Visit krafthockeyville.ca for complete contest rules and program details.

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Couple will match \$150,000 in Kidney Foundation donations

By Jennifer McFee

A philanthropic couple with ties to the local community hopes to help people impacted by kidney disease — and they've initiated a matching grant to encourage others to do the same.

Yvonne and Conrad Desender will match \$150,000 in donations to the Kidney Foundation's campaign called Challenging Limits, Changing Lives, which aims to raise \$1 million in Manitoba for research, patient and family services, and prevention initiatives.

"I'm on dialysis and the disease is not a nice one," Conrad said. "If I can help 10 people not to get that disease, the money is worth it."

Val Dunphy, executive director of the Kidney Foundation's Manitoba branch, said the Desenders are highlighting the fact that the need in Manitoba is not only important but also urgent.

"With their match, we hope that people will donate today to help families affected by kidney disease. Donations will count twice," she said.

"This is tremendous support and we are very grateful to Mr. and Mrs. Desender, who hope that this new funding will truly change lives."

One in nine Manitobans is affected by kidney disease, which is the highest per-capita rate in Canada.

"There is no cure for kidney disease — only two treatments: dialysis and transplantation. While new cases are levelling off in other provinces, this is not the case in Manitoba, where many of our friends, neighbours and family members are being diagnosed with End Stage Renal (Kidney) Disease each week and need to start dialysis to stay alive," Dunphy said.

"The leading causes of kidney disease in Manitoba are diabetes and high blood pressure. It is very important that people with these conditions follow their medical advice carefully and take medications as prescribed.

Also, Manitoba has the youngest people affected; patients in Manitoba are 10 years younger than the national average."

Part of the funds raised through the campaign will be used for research, since improved dialysis treatments and kidney transplantations are needed.

"Years ago, a dialysis treatment took about 12 hours. Today, thanks to advancements made through research projects, these treatments take four to five hours, on average," Dunphy said.

"We also need one kidney transplant to last a lifetime. Research provides hope for these improvements."

Campaign funds will also go towards patient programs, Dunphy added.

"Last year, the Kidney Foundation conducted a nation-wide survey of patients and confirmed that the financial burden associated with kidney disease is substantial. For example, we know that when on dialysis treatments, many people can no longer work on a full-time basis. At this time of reduced income, additional travel is required to and from dialysis treatments, which may or may not be in their local town. These new and additional gas and/or parking costs are borne by the family," she said.

"There will also likely be increased expenses for medications, which can result, very often, in families being unable to afford basic necessities. People with a transplanted kidney must also follow an extensive regime of medications for the rest of their lives to combat the body's natural instinct to reject a 'foreign' organ. The Kidney Foundation is pleased to offer financial assistance to many families in need; however, additional funding is required to address the growing need."

Another area that will receive funds is prevention.

"Prevention initiatives to educate



EXPRESS PHOTO SUBMITTED

Yvonne and Conrad Desender will match \$150,000 in donations to the Kidney Foundation's campaign called Challenging Limits, Changing Lives, which aims to raise \$1 million in Manitoba for research, patient and family services, and prevention initiatives.

and heighten awareness regarding the links between diabetes and hypertension and kidney disease, especially for populations at high risk, are desperately needed," Dunphy said.

Kidneys are master chemists in our body, Dunphy explains.

"Most of us are born with two kidneys, located in our lower back area. People can live normal lives with only one kidney. Dialysis treatments try to replicate the cleaning of the blood of toxins, that kidneys normally manage. For those of us who can, we encourage people to drink an extra glass of water, for their kidneys. They love to be flushed," she said.

"Thirty per cent of patients with kidney failure need emergency treatment because they were not aware they had

kidney disease. Kidney function can decline gradually, over a long period of time. It is important to ensure that your health-care provider monitors your kidney function. Just ask 'How are my kidneys?' It takes a simple test using blood and urine samples to determine this."

The Kidney Foundation of Canada encourages people to visit signupfor-life.ca and speak to their family about their wishes regarding organ donations. Manitoba has the longest wait for a transplant in Canada at 5.5 years.

To make a donation, which will be matched by the Desenders, call 204-989-0800 or donation online at <https://kidney.akaraisin.com/hopehero/CLCLDonate>.

Spreading Christmas cheer



EXPRESS PHOTO FROM TWITTER

The Interlake Lightning Female U18 AAA girls hockey team were spreading Christmas cheer before the holidays at Stonewall Lion's Manor. The team held choir practice before their hockey practices in preparation for their carolling. Following carolling, the team served coffee and dainties to those in attendance.

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Christmas at home was the best gift of all for Gimli-area man

By Patricia Barrett

The best Christmas gift a Gimli-area man and his loved ones received last month was his release from hospital after receiving a bone marrow transplant for a rare blood disease.

Tristen Olivier was diagnosed last August with paroxysmal nocturnal hemoglobinuria (PNH), a rare, life-threatening blood disorder that destroys red blood cells, causes blood clots and impairs bone marrow function.

The disease affects roughly one person out of a million worldwide and is caused by a gene mutation in a bone marrow stem cell, according to an overview on the John Hopkins cancer centre's website. Stem cells make the necessary components of blood, including red blood cells, which carry oxygen to the body's tissues, and white blood cells, which fight infection. A bone marrow transplant, which provides new bone marrow stem cells, is the only cure for PNH, although less severe forms of the disease can be managed through medication and/or supplements.

Olivier said he began experiencing a number of symptoms last year before he was diagnosed.

"I had a sore back, I was puking and I was pale and tired," he said.

He was hospitalized in October and underwent chemotherapy, which was necessary "to kill all the bad cells," he said, after doctors found a donor who was a bone marrow match. That turned out to be his

mom.

Olivier received her bone marrow in November and was released from hospital just before Christmas when tests showed his blood was returning to normal. He can't yet return to work, he said, until further medical tests show he's in the clear.

Olivier's girlfriend, Kennah Lott, said she was upset when he got sick.

"I was scared and in shock because he was perfectly healthy," she said. "Then everything went south."

But it was the "best news we could have ever gotten" when doctors said he could go home for Christmas.

"We just couldn't wait to get out [of hospital], especially Tristen," said Lott. "He wanted to go see his friends and family as soon as possible."

The couple's friend Kadriana Sahaidak, whose significant other is Lott's brother Colton, said when Olivier became too weak and sick to work, they held a fundraising social for him last October.

"The whole community came together to support him," said Sahaidak.

She said she was so happy to learn that Olivier was being discharged from the hospital and would be able to spend Christmas with family and friends.

"He was so ecstatic that he was crying," said Sahaidak, referring to Olivier's blood results several weeks after the bone marrow transplant. "They kept him in the hospital until Monday morning (Dec. 23) just to be sure all was still fine. Tristen came home



EXPRESS PHOTO SUBMITTED

Tristen Olivier and Kennah Lott.

just in time for Christmas, and no one could be any happier than him and all of us, his family, to have him there at Christmas."

get inspired

Trout with Grape and Lentil Salad

Servings: 4

3/4 cup green lentils, uncooked

2 1/2 cups water

2 tablespoons minced shallot

1 1/2 cups halved red California grapes

1/4 cup fresh chopped dill

1/4 cup chopped walnuts

2 tablespoons lemon juice

1 teaspoon lemon zest

1 tablespoon white balsamic vinegar

1 tablespoon, plus 2 teaspoons, olive oil, divided

1 cup arugula

1/2 teaspoon sea salt, divided

1/4 teaspoon pepper, plus additional, to taste, divided

4 trout fillets (4-6 ounces each), skin on

1/2 teaspoon lemon zest

In medium saucepan, combine lentils with water. Bring to boil then reduce heat to simmer; cover and cook 15 minutes. Turn off heat and allow lentils to steam 5 minutes; drain and let cool.

In medium bowl, combine



lentils, shallot, grapes, dill, walnuts, lemon juice, lemon zest, vinegar, 1 tablespoon olive oil, arugula, 1/4 teaspoon salt, and pepper, to taste; set aside.

Heat oven to broil. Move rack to highest position.

Sprinkle trout fillets with lemon zest, remaining salt and 1/4 teaspoon pepper; brush with remaining olive oil. Broil trout 4-5 minutes. Serve with lentil salad.

Nutritional information per serving: 480 calories; 40 g protein; 36 g carbohydrates; 20 g fat (38% calories from fat); 3 g saturated fat (4% calories from saturated fat); 80 mg cholesterol; 380 mg sodium; 10 g fiber.

Ask the Money Lady.ca

My New Year's Resolution is to get my finances in order, but I have a lot of credit card debt and I don't know what to do to get it under control. Should I declare bankruptcy? I am worried this will make things even worse, any ideas?

Sincerely,

Julie XXXX (Drowning in Credit Cards)

Dear Drowning!

Don't beat yourself up about this debt, it can be fixed. Declaring bankruptcy should be viewed as a last resort and I would exhaust all other solutions before contemplating this option. Yes, the bankruptcy will ruin your credit, however it is recoverable. Once the bankruptcy has been settled and cleared, it is important to re-establish good credit right away. This could take up to three years to do so but remember to reach for your dreams you must do the incremental steps over time to get there. Money is not just for toys and possessions, it provides the means for you to reach your goals and ensures your comfort, dignity, security and independence as you age. Be honest with yourself and be committed to change. Let go of any past indiscretions or setbacks and start new this year. It is a new decade, and a new start to clear your mind towards financial freedom.

If you are entering the year with considerable debt, there are a few other ways to fix this. The easiest method is to consolidate high interest loans into a new mortgage to capture a lower rate and increase monthly cash flow. This consolidation should be viewed as a one-time transaction to put you on the right road to a debt free lifestyle and should never be used as a continuous solution to get you out of future debts. If this is not an option, make a list of all your debts and begin to tackle one liability at a time.



Pick the one you are going to concentrate on and put as much as you can down on this debt every month, whilst only paying the minimum payments on the other loans. Once this debt is paid, then move to the next one, repeating the process of paying down one and maintaining the others with only minimum payments. Once all the credit is paid, you can use these newfound funds

to start a savings program toward investing. This is when you will stop feeling helpless. Be sure to avoid the tendency to sugar-coat your finances or make excuses to flee from finally resolving your debt this year. It is necessary for you to take action and get out of the victim mentality, finally creating certainty and options for your future. If this means finding ways to make more income, getting a new job, or cutting back on spending - then do it!

It is in the reach of every person to become financially comfortable. Let go of your old habits and create new ones!

Let's make this new decade your time to succeed. Dream big. Try new things. Save more. Believe in yourself and most of all, believe you are worth it!

You've got this!

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" Chris is a Canadian Financial Planner, Chartered Investment Manager, Insurance Broker, Commercial & Residential Mortgage Broker, Estate Planner and Taxation Expert, with over 25 years in Canadian Banking. Follow her on Facebook & Instagram.

If you have a money question, please email on my website at: www.askthemoneylady.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg, Lundar resume CRJHL in new year

Staff

The Arborg Ice Dawgs started 2020 with a win and a loss last weekend.

Arborg hosted the North Winnipeg Satelites on Saturday, losing 5-4 in overtime, in Capital Region Junior Hockey League action.

Angel Gjorgievski scored the game winner in OT.

North Winnipeg took a 3-0 first-period lead on two goals by Derian Emes and a single by Gjorgievski.

But Arborg tied the score at 3-3 with second-period markers from Josh Roche, Logan Klippenstein and Daytona Moneas.

The Ice Dawgs grabbed their first lead of the game with a goal from Daron Monkman but the Satelites' Reis Wasmuth tied the score with 2:48 remaining in the third.

Arborg outshot North Winnipeg 67-24.

Last Friday, Arborg started the new year with a solid 3-1 road win over the Selkirk Fishermen at the Rec Complex.

Jayden Roche and Josh Roche scored for Arborg in the middle frame and then Josh Roche added an empty-net goal with 17 seconds remaining in the game.

Josh Roche had three points in the contest.

Nico Morrow-Litke scored Selkirk's lone goal in the second period.

Tre Strachan was very good in goal, making 41 saves for the win. At the other end, Riley Bannerman stopped 22 Arborg shots.

On Dec. 22, Arborg outscored North Winnipeg 7-4 in Gimli.

Blaze Bezecki paced the Ice Dawgs with two goals and two assists while Aden Asham also tallied twice.

Michael Crave, Theoren Sumner, and Josh Berger also scored for Arborg.

North Winnipeg goals were scored by Gjorgievski, Eli Caparros, Alex Loudfoot and Wasmuth.

Michael Merpaw made 41 saves for the win.

Arborg will host the Lundar Falcons on Thursday. Puck drop is 8 p.m.

The Ice Dawgs will then visit the Selkirk Fishermen on Saturday (7:30 p.m.) and North Winnipeg Tuesday (8 p.m.).

Lundar, meanwhile, lost 4-3 to the St. Malo Warriors on Saturday.

Dennon Sichewski led Lundar with two goals and an assist while Ryan Gleich also tallied.

Evan Anstant (two), Maxime Collette and Logan Unger replied for St. Malo.

The Falcons will host the Satelites on Saturday (7:30 p.m.)



EXPRESS PHOTO BY BRETT MITCHELL

Ice Dawgs' goaltender Tre Strachan made 41 saves to backstop Arborg to a 3-1 CRJHL win over the Fishermen last Friday in Selkirk.

Heading south for hockey



EXPRESS PHOTO SUBMITTED

The Rink Hockey Academy's Brenna Barylski has committed to the Minot State Beavers' women's hockey team. The Arborg forward will begin her collegiate career at Minot State during the 2020-21 season.

Neufeld among Manitoba Curling Hall of Fame inductees

Submitted by Curl Manitoba

Three of Manitoba's elite curlers from the 1980s-'90s, a pair of championship teams from two different eras and two builders of curling have been announced as this year's inductees into the Manitoba Curling Hall of Fame. The induction banquet will take place May 3 at Canada Inns Polo Park.

Two who will be recognized for their on-ice accomplishments across over two decades of competitive success are three-time Manitoba and Brier champion teammates Vic Peters and Chris Neufeld.

While both competed at the Manitoba Men's Championship with other teams their greatest accomplishments came as teammates with Vic at skip and Chris at second. Fittingly they are inducted together into the Manitoba Curling Hall of Fame as curlers.

Also being inducted in 2020 as a curler is one of a short list of curlers who have won Manitoba titles in three different categories. Karen Purdy won Manitoba junior, mixed,

and three Scott Tournament of Hearts championships, along with a Canada Games gold medal between 1989 and 1995.

The 2020 honoured teams are from two different eras. Darcy (Robertson) Kirkness' Canadian junior women's champion team from 1984 was the last Manitoba team to win the Canadian title before there was an opportunity to go on to a world event.

The second team did experience success at the world level. The 2011 Jeff Stoughton world champion team was the most recent Manitoba men's team to capture the world men's title.

Innovator Ernie Oliver, who is acknowledged as the driving force behind the establishment of two-person stick curling in Manitoba, will be inducted as a builder of curling. Marquette's Oliver will be joined in the builder category by Resby Coutts, whose 50-year career as a curling volunteer led to two terms as president of CurlManitoba and a term as chair of Curling Canada's Board of Governors.

Mercs lose shootout to Notre Dame Hawks

Staff

The Warren Mercs lost 4-3 on Saturday to the Notre Dame Hawks on Saturday in South Eastern Manitoba Hockey League action.

Warren's Travis Bobbee had tied the score at 3-3 at 19:45 of the third period.

Braydon MacDonald and Wes Pawluk scored second-period goals for the Mercs.

Justin Dalebozik, Chris Prejet and Jeff Michiels replied for Notre Dame.

Bryce Spittal made 38 saves in the losing cause.

On Dec. 21, the Mercs defeated the Portage Islanders 6-4.

MacDonald scored the game winner at 11:45 of the third period. Brent Ge-

nyk added an insurance marker just over four minutes later. It was his second goal of the game.

Warren's other goals were scored by Johnny Lazo, Wade Duncan, and Kyle Luschinski.

Portage's Derrick Brooks netted a natural hat trick in the second period and then Jared Roy tallied in the third.

Spittal made 32 saves for the victory.

Warren, now with 18 points to occupy second place, will visit the Morden Redskins this Thursday (8 p.m.) and then the first-place Carman Beavers on Saturday (7:30 p.m.).

The Mercs will then host the Winkler Royals Tuesday (8 p.m.).



EXPRESS PHOTO BY JO-ANNE PROCTER

The Mercs' Braydon MacDonald opened the scoring in the 4-3 shootout loss against the Notre Dame Hawks last Saturday in Warren.

Hockey Canada announces change to age-division names

By Hockey Canada

At its Winter Congress on Nov. 18 in Montreal, the Hockey Canada membership approved a regulation change proposed by the board of directors to revise the naming of the age divisions used in minor hockey across Canada.

Following the recommendations of a task team, the age divisions will become U7, U9, U11 through to U21, impacting all minor and female hockey programs under the Hockey Canada umbrella. The change was initiated by Hockey Canada and its 13 provincial and territorial members and will be implemented nationally with their input and support for the 2020-21 season.

"We believe everyone should feel welcome in the game and in our ongoing effort to make hockey more inclusive, the members at the Hockey Canada annual meeting determined that the names of our age divisions will change," said Michael Brind'Amour, chair of the Hockey Canada board of directors. "Following a comprehensive review, we believe this change will simplify the system for families who may be new to the game. The new age division names will be implemented for next season."

For more information on Hockey Canada and its minor hockey programs, please visit HockeyCanada.ca or HockeyCanada.ca/MinorHockey.

Minor Hockey Age Division Chart | 2020-21 Season

Year of Birth	Age on Dec. 31, 2020	Age Division
2014 and earlier	6 or under	Under-7 (U7)
2013	7	Under-9 (U9)
2012	8	Under-11 (U11)
2011	9	Under-13 (U13)
2010	10	Under-15 (U15)
2009	11	Under-18 (U18)
2008	12	Under-21 (U21)
2007	13	
2006	14	
2005	15	
2004	16	
2003	17	
2000-2001-2002	18-19-20	

The Minor Hockey age division chart for the 2020-21 season.

Lightning teams struggling in new year

Staff

Goal scoring has been a problem for the Interlake Lightning Bantam boys' hockey team this season.

And those struggles have continued in the new year.

Interlake lost 5-1 to the Monarchs last Thursday and then was shut out 5-0 by the Warriors on Sunday.

Hayden Wheddon scored the Lightning's lone goal in the third period.

The Lightning were scheduled to play the Warriors on Saturday in Stonewall but no score was listed on the league website at press time.

On Dec. 22, the Lightning were beaten 5-3 by the Brandon Wheat Kings.

Brandon trailed 3-2 in the second pe-

riod but Owen Wallace tied the score with a second-period power-play goal and then Carter Dittmer and Jackson Aldcroft tallied in the third.

Calder Crossin, on the power play, and Dittmer gave Brandon a 2-0 first-period lead.

Interlake came right back, though, with a pair of goals from Wheddon (one with the man advantage) and a single by Reid Byle.

Interlake also lost 3-1 to the Winnipeg Sharks on Dec. 21.

Wheddon sniped a power-play goal in the third period.

Liam Urciuoli, Hayden Chaloner (on the power play) and Nathan Leclerc replied for the Sharks. Leclerc's goal

came with a second remaining in the game with Interlake goalie Dawson Cowan pulled for an extra attacker.

Interlake will host the Norman Wolves this Sunday at 11:30 a.m. in Stonewall.

In U17 Prep play, Interlake suffered 7-1 losses to the Eastman Selects on Saturday and then to the Winnipeg Wild Sunday.

Evan Calder scored both Lightning goals.

On Dec. 22, Interlake picked up its first point of the season after playing to a 5-5 tie against the Brandon Wheat Kings.

The Lightning had first-period goals from Kai Tymchak, Joel Kingsland,

Nathan Vigfusson and Calder. Tymchak, on the power play, then scored his second goal of the game in the third.

Reid Wells (two), Colton Stone, Braden Mackay and Callum Halls replied for Brandon.

Interlake lost 6-1 to the Eastman Selects on Dec. 21. Kingsland netted a third-period power-play goal.

Reece Belot (two), Trey Sellen, Cole Gratton, Riale Lawless and Tanner Amos scored for Eastman.

Interlake will host the Winnipeg Bruins in Stonewall on Thursday (7:30 p.m.) and then will play the Winnipeg Thrashers Sunday (12:45 p.m.) at Gateway Arena.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Team Walter and Thomas Dunlop Win U21 Junior Provincials

By Ty Dilello

Brett Walter of the Assiniboine Memorial and Mackenzie Zacharias of the Altona Curling Club captured the 2020 Telus U21 Curling Provincials this past Sunday afternoon in Dauphin at Credit Union Place.

Thomas Dunlop of Stonewall throws third stones for Walter so the Interlake will have their horse in the race at the upcoming National Junior Curling Championships in Langley, B.C., in two weeks' time. Rounding out the Walter rink is second Zachary Wasyluk, lead Lawson Yates and coach Calvin Edie.

Team Walter was strong all week going 6-1 in the round robin and defeating top seed Ryan Wiebe (St. Vital) in the process to book their place in the 1v1 game. They would lose the 1v1 game to Jacques Gauthier (Assiniboine Memorial) but bounced back to defeat Wiebe in the semi-final and setting up a rematch with Gauthier in the championship final.

"This year's provincials definitely had a different feel to it considering two men's teams got to qualify for

Nationals," said Dunlop. "So throughout the week you're looking at the 1v1 game and the semifinals as a finals game, as you book your ticket into Nationals by making the finals. After losing the 1v1 game on Saturday night, we knew that we still had another shot to get in. I'd say that there were more nerves heading into that semis game as we all knew what was on the line. We were fortunate enough to get some breaks and take advantage of them to win that one."

In the final, Walter started off as good as you can without hammer in a big game, leading 4-0 after four ends of play. Gauthier would get back into the game with a couple of deuces and a three-spot in the ninth end but it wasn't enough as Walter held on for an 8-7 victory. For Team Walter it's the first U21 Provincial Championship for all four players.

"Heading into the finals with knowing we were already off to Nationals gave us a little less pressure," relayed Dunlop, "and I feel we were able to go out there and play loose which is exactly what we needed. We came out

firing and had the pressure on the whole game."

Team Walter is planning on having a send-off party for the Nationals this Sunday at the Assiniboine Memorial Curling Club.

"Getting to win a Buffalo is a huge honour as it's one of, if not the, hardest province to qualify through," said Dunlop. "I'm ready to head out to Langley and leave it all out there for Manitoba and I know the rest of the guys are going to be ready too."

Mackenzie Zacharias of Altona captured her second straight junior provincials by defeating Granite's Serena Gray-Withers 10-4. The top-seeded Zacharias was the dominant force all week long in Dauphin going undefeated with nine wins and zero losses. She will join Team Walter at the National Championship.

There were multiple Interlake squads competing on the boys and girls' side in Dauphin that had great tournaments but just fell short of the playoffs.

Emerson Klimpke of Stonewall had a great week for the most part but fell

short in a couple of games, finishing the round robin with a 5-2 record, missing the playoffs by a win.

Other Interlake teams competing on the boys' side were Winnipeg Beach's Josh Maisey, who went 3-4 while Stonewall's Matt Bijl went 3-4 in their pool.

On the girls' side, Katy Lukowich of East St. Paul was the upstart rink of the week going 6-1 in the round robin before falling in the 2v2 game to Morris' Hayley Bergman.

Talyia Tober from Moosehorn had an up-and-down week and found themselves on the outside looking in going 4-3. Meghan Walter of East St. Paul also missed the playoffs with a 4-3 record.

In other curling news, this past weekend Winnipeg Beach's Colton Lott and Kadriana Sahaidak competed in Banff at the Qualico Mixed Doubles Classic. The pair went 4-1 in their pool, won a playoff game and then lost in the quarterfinals to Matt Wozniak and Marlene Albrecht by an 8-7 scoreline.

U18 Interlake Lightning lose pair of games to begin 2020

Staff

The new year hasn't been too kind so far to the Interlake Lightning.

Interlake dropped a pair of games to begin 2020 after a 5-2 loss to the Parkland Rangers in Manitoba U18 AAA Hockey League action on Sunday in Teulon.

Steven Arp and Rylan Gibbs gave Parkland a 2-0 lead just 1:06 into the game.

Interlake's Matthew Vandel and Arp traded second-period power-play goals before Gibbs put Parkland up 4-1 after 40 minutes.

Vandel struck on the power play at 19:51 of the third with his team-leading 16th goal of the season and then Brayden Kohlman added an empty-net goal seven seconds later.

Interlake resumed play in the new year with an 8-1 loss against the Winnipeg Bruins on Friday in Teulon.

Ethan Johnson scored the Lightning's lone goal in the second period while the home side trailed 5-0.

Jack Kaiser (three), Joey Bielik, Ashton Romaniuk, Mathieu Catellier, Ben Howika and Aidan Hyra replied for Winnipeg.

On Dec. 22, the Lightning lost 8-2 to the Pembina Valley Hawks in Teulon.

Lyle Murdock and Kaydyn McMahon scored third-period goals for the Lightning.

Trent Penner (three), Derek Wiebe (three), Daniel Isaak and Michael Hladky had the Hawks' goals.

Jacobson and Fines made 34 saves in the loss.

The evening previous, Interlake was defeated 5-1 by the Eastman Selects in Beausejour.

Murdock potted a second-period power-play goal for the Lightning.

Denton Mateychuk (three), Bryce Warkentine and Drayden Kurbatoff replied for Eastman.

Interlake, now 12-19-0-1-0 and in 10th place with 25 points, will host the Central Plains Capitals on Wednesday (8 p.m.) and will visit Parkland on



EXPRESS PHOTO BY LANA MEIER

The Lightning's Matthew Vandel scored a second-period power-play goal against Parkland on Sunday.

Saturday (7:30 p.m.) and the Brandon Wheat Kings Sunday (1:30 p.m.).

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CARD OF THANKS

The family of Anna Imlah would like to thank everyone for the kindness and support given to us in the loss of our beloved mom and oma. Thank you to all who sent cards and flowers, for the phone calls, visits and to those who sent baking, fruit baskets, food trays and to those who made donations in mom's name. Thank you to Pastor James Thiessen for the lovely service; thank you to Fisher Funeral Home; and lastly thank you to the Fisher Branch PCH for taking care of our mom this past year.

-Jim, Cathy and David,
Rita and Aurele,
Wayne and Carol
and families

CARD OF THANKS

The Association for Community Living Arborg held their Christmas Basket Raffle draw on December 19, 2019. Thank you for the donated prizes! Congratulations to all the winners! John Deere animal sound hayride, donated by Enns Brothers Ltd. - Bobby Payment; \$100 gift certificate, donated by Mike and Rita Shachtay, Arborg Nic Nacs and Flowers - Mary Friesen; one night hotel stay in Winnipeg (value \$150) and Boston Pizza gift certificate (\$50), donated by Arborg Pharmacy - Rykeir Kraus; Lakeview Hecla Resort: one night stay, donated by Lakeview Hecla Resort - Hannah Smolinski; Christmas basket poinsettia, donated by Kathy Timchishen - Wendy Osioway; vest, frisbee and water bottle, donated by Interlake Co-op and ceramic tea pot, serving dishes, salt and pepper set, donated by Mavis Weik - Harold Foster; two Winnipeg Jets tickets vs. Vancouver Canucks January 14, 2020, donated by Vidir Machines Inc. - Cindy Stansell; mini pretzel maker and \$50 Subway gift certificate, donated by Larry Speiss - Lena Caldwell; season service - oil change, tire rotation, brake inspection and gnome gift set, donated by Arborg Viking Motors - Barb Wachal.

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Box 280, Fisher Branch, MB, R0C 0Z0
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Envelope must be marked "Disposal Sites Recycling".

Proposals will be received at The Rural Municipality of Fisher until

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Dated this 2nd day of January, 2020
Kelly Cosgrove, CMMA
Assistant CAO

Announcements



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IN MEMORIAM

Robert Martin

December 22, 1934 – January 2, 2019

It broke our hearts to lose you,
But you did not go alone;
A part of us went with you,
The day God took you home.
If tears could build a stairway,
And heartaches make a lane;
We'd walk our way to heaven,
And bring you back again.
In life we loved you dearly,
In death we love you still;
In our hearts you hold a place,
No one could ever fill.

-Love Ellen, Sharlene,
Loretta, Laureen, Tracey,
and families

IN MEMORIAM



Edward John Kowalchuk

August 13, 1945 - January 8, 2013

We have only your memory,
To last our whole life through;
But the sweetness will linger forever,
As we remember you.
So watch over us, with Dad and Tom,
And hug all who have gone on before;
And know that when you were with us,
We could not have asked for more.
Breathe Easy.

-With love from your whole family
that misses you every day.
Hug Dad and Tom for us

OBITUARY

Mary Lovey Mannara
Nee (Smolinski)

November 1, 1930 – December 12, 2019
Passed away at Gimli Betel Home.
She is survived by her children, Ray, Sherry,
and Debra, as well as her two grandchildren.
-Rest gentle soul.

OBITUARY



Zulma Louise Cherlet

On January 1, 2020 at Gimli Hospital, Zulma, beloved wife of Marcel, peacefully went home to be with Jesus. Besides her loving and caring husband of 60 years, Zulma is survived by her children Theresa (Rheal) Collette, Catherine (David) Lyder and Michael (Janice) Cherlet; her grandchildren Rachael (Eric) O'Callaghan, Liana (Michael) Pekrul, Liam and Genevieve Lyder and Ben, Laura, Rosa and Ella Cherlet; her great-granddaughter Aria O'Callaghan; her siblings Anna (Phil Sarrasin) Maes-Sarrasin, Yvonne Delichte, Raymond (Fenella) Temmerman; her sister-in-law Janice Temmerman; her brothers-in-law Bob (Jeanette) Cherlet and Ray (Joyce) Cherlet; and numerous nieces and nephews.

Funeral mass will be celebrated on Saturday, January 11, 2020 at 11:00 a.m. at St. Michael's Church, 113 7 Avenue, Gimli, MB, followed by inurnment at Swan Lake Cemetery at a later date.

The family gives heartfelt thanks to the staff at Health Sciences Center, the Gimli Hospital, and the Interlake – Eastern Regional Health Authority for their kind and compassionate care.

In lieu of flowers, the family requests that donations be made to Evergreen Basic Needs in Gimli (evergreenbasicneeds.com).

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home,
Gimli in care of arrangements.



OBITUARY



Ingimar Sigvaldason

June 12, 1926 - December 23, 2019

On December 23, 2019 Ingimar passed away peacefully, at the Arborg Hospital.

Ingimar leaves to mourn his loving wife Mae of 67 years; his children Wesley (Debbie), Bradley (Diane), Morley (Roslyn), and Corrina; his sister Emily; sisters-in-law Ethel and Colleen; seven grandchildren; and eight great-grandchildren.

He is predeceased by his son Gerald; his parents Valdimar and Ingibjorg; sisters Solla, Margaret, Kristin; brothers Barney, Marino, Lawrence, and infant brother Marino Sigvaldi.

Ingimar was born and grew up on the family farm at Framnesi in Geysir. He attended school in Geysir and Arborg. He then received his Diploma in Agriculture at the University of Manitoba and returned to the family farm. Upon the death of his father Valdimar in 1955, Ingimar also took over his father's insurance business and continued to develop it along with his sons Morley and Wesley until his retirement. He also served on many boards in the community. Ingimar was quiet, kind, and caring. Family meant everything to him. He always took a great interest in what his grandchildren were doing. He loved the outdoors and could be seen walking in all kinds of weather. He enjoyed fishing, hunting, golfing and curling with family and friends. When he wasn't outside he would be in his favourite chair, reading.

Ingimar will be lovingly remembered and greatly missed.

The family would like to extend a thank you to the doctors, nurses, and staff for his care and to those who sent cards, brought food, and the many phone calls. They were very much appreciated.

A private family memorial will be held at a later date.



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

Sudoku Answer

take a break > GAMES

SUDOKU

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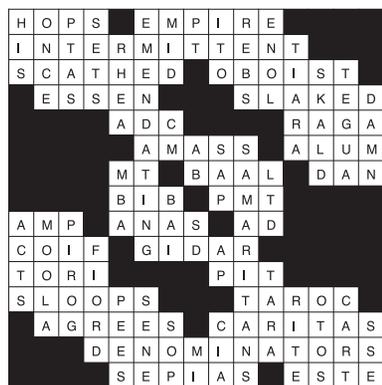
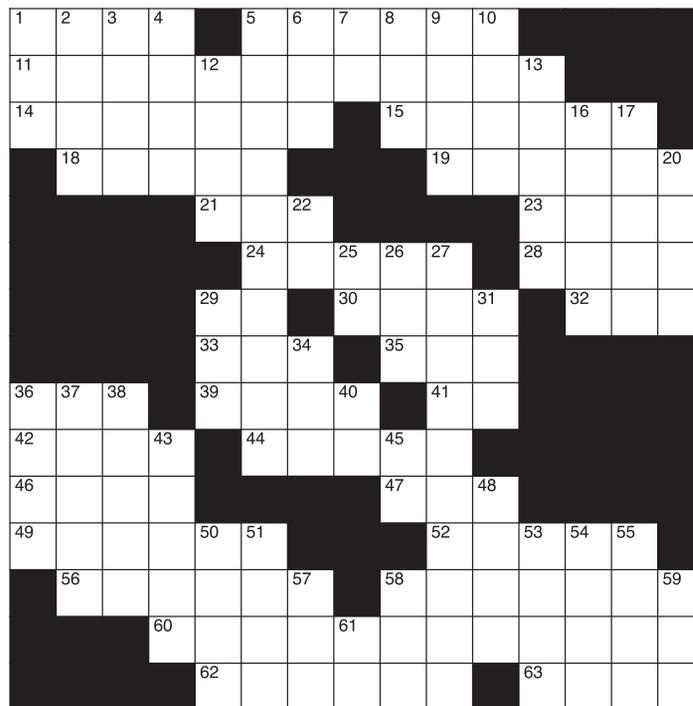
X CROSSWORD

CLUES ACROSS

- 1. Beer ingredient
- 5. Popular FOX TV show
- 11. Recurring from time to time
- 14. Criticized severely
- 15. Musician
- 18. German urban center
- 19. Quenched
- 21. Human gene
- 23. Indian music
- 24. Accumulate
- 28. One who graduated
- 29. Atomic #109
- 30. Semitic fertility god

- 32. Sportscaster Patrick
- 33. Child's dining accessory
- 35. Payment (abbr.)
- 36. Guitarist's tool
- 39. Dabbling ducks
- 41. Commercial
- 42. Style someone's hair
- 44. Biu-Mandara language
- 46. Actress Spelling
- 47. Large hole in the ground
- 49. One-masted sailboats
- 52. Tropical Asian plant
- 56. Concurs
- 58. Latin term for charity
- 60. The number below the line in a fraction
- 62. Reddish browns
- 63. This (Spanish)

- (abbr.)
- 8. OJ trial judge
- 9. Resist authority (slang)
- 10. Formerly alkenols
- 12. "Cheers" actress Perlman
- 13. Jewelled headdress
- 16. Viking Age poet
- 17. Vanuatu island
- 20. Wish harm upon
- 22. Unit of length
- 25. Blood type
- 26. Drain
- 27. Do-gooders
- 29. Advanced degree
- 31. Business designation
- 34. Chinese-American actress Ling
- 36. Performs on stage
- 37. Slang for money
- 38. Large Russian pie
- 40. The Mount Rushmore State
- 43. Narrow inlet
- 45. News organization (abbr.)
- 48. Scarlett's home
- 50. Micturates
- 51. Monetary unit



Crossword Answer

- 53. Any customary observance or practice
- 54. Sons of Poseidon
- 55. Facilitates grocery shopping
- 57. Standard operating procedure
- 58. Former OSS
- 59. Midway between south and southeast
- 61. The Wolverine State



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