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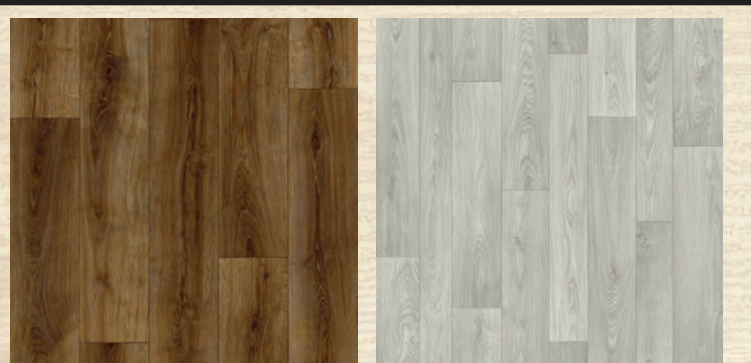
EXPRESS PHOTO BY ADAM STRINGER

Stringers on Ice is now offering overnight shelters for the 2022-2023 winter angling season. See full story inside.

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Fishing under the stars on Lake Winnipeg

By Patricia Barrett

Anglers who want to spend a night or two under the stars on frozen Lake Winnipeg can now do it with every creature comfort at their disposal after the provincial government issued overnight accommodation permits to select tourism operators.

The province announced in December that three tourism operators – Stringers on Ice (Gimli's Stringer Rentals & Power Products), Kannuk Outdoors, and K. Gaune Fishin – can offer overnight shelters on ice for the 2022-2023 winter angling season.

Adam Stringer, owner of Stringer Rentals, said his Stringers on Ice service will give anglers a unique experience under the stars as well as the comfort of home.

Stringer's "fish house" is a Grey Wolf camper, an RV-style (recreation vehicle) camper that has a furnace, electric heaters, bathroom (including a shower), kitchen, living room and entertainment.

Stringer said he has been renting the campers for three years now (they can also be used in summer), but this is the first year the government has allowed operators to offer overnight accommodation on the lake.

"The campers have a propane fur-



This family had lots of tales to tell after their stay in the Stringers on Ice camper on Lake Winnipeg.

nace, supplemental electric heaters, a fridge and freezer, an oven, stovetop, microwave and couch," he said. "It's like an RV camper but it's designed for ice fishing."

The campers also come with a television and DVD player, he said. And he's in the process of looking at acquiring satellite TV.

Stringer Rentals offers scores of products for rent, including saws, au-



EXPRESS PHOTOS COURTESY OF ADAM STRINGER

Stringer Rentals offers anglers an RV-style camper with a kitchen, bathroom, television, DVD player, couch and furnace.



You can watch TV while your fish cooks.

gers, stump grinders, pressure washers, jack hammers, sanders, chain saws, bobcats, trailers, snowmobiles and ice shacks.


To enhance the on-ice experience, Stringer said he's in the process of making outdoor fire pits for cooking and installing lighting.

"We're setting up fire pits set up so that people can cook outside. We've had to come up with a system so the pits don't melt through the ice. We're also setting up lights for night time,"

he said. "It's very nice out on the lake, especially at night when you can see the stars and the northern lights."

Stringer drills the fishing holes for guests and takes them through a number of safety protocols, he said. The campers come with a fire extinguisher and first aid kit. Guests could, theoretically, stay on the lake for days in the event of a storm provided they have enough food. But Stringer has vehicles to transport guests back to

Continued on page 4



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Arborg student working with residents at PCH, considering medical career

By Patricia Barrett

A Grade 10 student at Arborg Collegiate has been keeping residents at the Arborg Personal Care Home occupied and entertained since she became the facility's recreation and activities facilitator, and said she really enjoys working with seniors.

Aleah Jonasson applied for the facilitator position last fall and started working shifts at the PCH in November. She quickly became an asset to the care home because of her enthusiasm for working with older adults.

"The residents have a lot to tell you, and you can learn a lot from them by listening," said Aleah.

The recreation facilitator position is her fourth job. She entered the workforce when she was 14. After spending seven years in gymnastics, she took a coaching job and also works at the Ria Coffee Shop in town.

As the recreation and activities facilitator at the 40-bed PCH, Aleah says she keeps the residents busy and spends time talking with them about their lives.

"I keep the residents happy and entertained and make sure they have everything they need, and just be there to talk to them," she said. "A lot of them don't have lots of family out here if they didn't grow up here."

Depending on available space in personal care homes, provincial Shared Health may transfer residents from other communities to the Arborg PCH, and families or friends might be unable to travel regularly to visit them.

Aleah said she enjoys spending time with the residents. She's a bit of a natural because she had a lot of elderly family members when she growing up and had been coming to work with her mom, who's a nurse at the facility, for years. Her grandfather is also a resident at the PCH.

"My grandpa is in the facility so it's really nice seeing him when I go to work, and I get to work with my mom, too," said Aleah. "Normally, when people go to work, they have to take time away from their family but I'm able to see two family members."

When the PCH needed a Santa to deliver gifts to the residents, Aleah was a shoo-in. A week before Christmas her mom texted her saying the PCH has a Santa suit for her to wear on Christmas Day and that she could pass out gifts to the residents.

"The next day I went to work and tried on the Santa suit to make sure it fit. The pants were way too big so I wore a pair of my mom's red pants," said Aleah. "The shirt was way too big and flappy, so my co-workers used



Aleah, who is in Grade 10 at Arborg Collegiate, landed a job last year with the PCH as the recreation and activities facilitator.



EXPRESS PHOTOS COURTESY OF ALEAH JONASSON

Aleah Jonasson dressed up as Santa this past Christmas to deliver gifts to residents of the Arborg Personal Care Home.

duct tape to secure a pillow under the shirt then stapled the jacket shut. One of the residents said, 'You're too pretty to be Santa,' and another resident was crying when I gave him a present."

The PCH purchased presents for residents out of the recreation budget and Aleah's co-workers helped wrap and sort the gifts.

Aleah's mom, Cathy Jonasson, said her daughter brings a lot of youthful energy to her job and really enjoys spending time with the residents.

"We don't get a lot of family mem-

bers in if they have to drive from a very far distance such as Selkirk or Lundar. So it was really nice when Aleah was here over Christmas," said Cathy. "She's so young and energetic and it's nice for the residents to see a young face for a change. They appreciate her because she quite often asks them a lot of questions about what it was like when they were growing up and what they used to do. They like reminiscing."

Aleah has also been exposed to the "full circle of life" and a lot of illness,

with her dad and her aunts having already passed, said Cathy. Illness is a natural part of life and doesn't seem to faze her.

Although she has not yet completed high school, Aleah said she's considering a career in medicine after she graduates. She likes learning about anatomy, physiology and biology and has even reviewed the test that's required to enter medical school.

"I want to go into surgery or be a physician in the emergency department," she said.

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Armstrong council taking new direction with administrative changes

By Patricia Barrett

The Rural Municipality of Armstrong is taking a new approach to governance with the creation of several oversight committees to replace the ward system, the hiring of a new assistant chief administrative officer and the potential hiring of a public works foreman.

Kate Basford, who was elected reeve in October 2022, said council is replacing the ward system, whereby councillors took a hands-on approach to issues needing to be addressed in their own wards.

"Council is moving more into directing and coming up with policy as opposed to trying to be hands-on. Something has been missing; we've either not developed policies properly or

the on-the-ground work isn't being done," said Basford, who formerly served as reeve for the Mossey River Municipality in Winnipegosis. "We're moving towards a different model where we'll have staff with the skills we need to take care of what a modern municipality needs."

Council is trying a new approach with the formation of committees to oversee areas of major municipal business.

"We have set up different committees – finance, personnel, policy, roads, drainage and so forth – and a councillor will chair a committee," said Basford. "One of the things we realized is how can any work get done if nobody is responsible. Everything comes to the council table now; there

are no individual wards. Everybody is working very well together and we've tackled quite a few things."

One of the major changes that council hopes to see is the hiring of a public works foreman. The RM has been without a foreman to oversee general maintenance and municipal infrastructure. Basford said Armstrong is probably the only RM that has gone without a public works foreman.

"Armstrong has not been without its issues in terms of getting things done. All candidates in the October election were asked about their stance on hiring a public works foreman," said Basford. "Everybody agreed that it was much needed, and it was one of the first things we discussed at the council table. The way council was

working before was an antiquated model with councillors on a ward system and taking care of their own ward. That has not been very effective. Everything now comes to the council table."

The personnel committee is overseeing the hiring of a foreman and hopes to present council with a potential candidate in the next few weeks.

"We're hoping to have that person in place as soon as we can, likely in February," said Basford.

The RM has also hired a new assistant chief administrative officer, who is scheduled to start on Jan. 9. The RM will make an announcement once the ACAO starts.

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Interlake-Gimli receiving \$15,000 as part of the Food Security Fund Recipients

Submitted by Drek Johnson

MLA Derek Johnson is excited to announce \$15,000 for the Evergreen Basic Needs Committee as part of our PC government's Food Security Fund. Our government is pleased to provide this funding to community food banks and local organizations at a time of great need in our province.

"I'm thrilled that this funding will

support such an important local organization," said MLA Johnson. "The work that this group accomplishes in our community is a vital service, especially around the holidays. I am very glad that our government is able to fund this initiative."

The Food Security Fund will be distributing \$1.75 million to 29 organizations across our province. In

addition, our government is providing \$3 million to Harvest Manitoba in support of its networks of food banks and soup kitchens in Manitoba. This funding will address food insecurity in Manitoba, and will put food on the table of many households in our province.

> STARS, FROM PG. 2

shore if conditions warrant it.

A spokesperson for the province said there are a number of safety protocols operators have to meet.

"Information on the recreational vehicle construction standards is indicated in the operating guidelines on the Manitoba Natural Resources and Northern Development webpage for Commercial Overnight Accommodations on Ice and indicates the following: Any recreational vehicle


for rent in the Province of Manitoba must comply with the Canadian Standards Association construction standard CAN/CSA Z240 for mobile housing and recreational vehicles, including life safety standards for propane, electrical, vehicle components, plumbing and fire safety," said the spokesperson.

The number of nights guests can request is determined by each tourism operator as the province has no restrictions on time limit, said the spokesperson.

Stringer said he's in the process of setting up a guided angling service for guests who want to be taken on excursions.

"We're looking at incorporating guided services if people wanted to stay and fish but also want to go out on an excursion. It's for people who want to get cruised around different spots on the lake for six hours or so to fish," said Stringer. "We're trying to get that set up right now, and we're hoping to get it going within the next few weeks."

For more information about Stringers on Ice overnight accommodation, call Stringer Rentals at (204) 642-7490 or pop in to the business at 99 Seventh Ave (Highway 9) in Gimli.



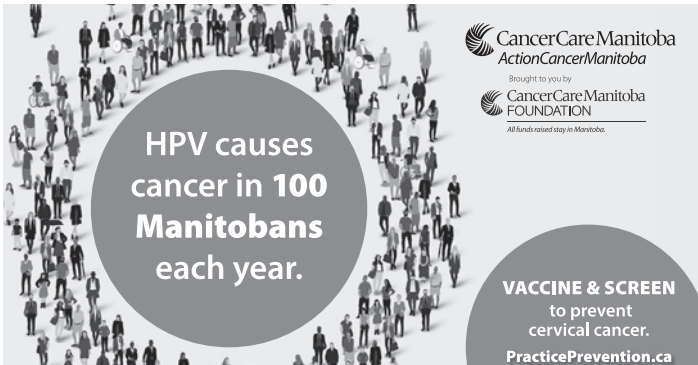
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Rural nurses continue to step up for patient care; province offers incentives

By Patricia Barrett

Although rural health care is under enormous strain with physician, nursing and paramedic shortages and the periodic shutdown of hospital labs, emergency rooms and acute care beds, frontline nurses are continuing to step up to fill as many staffing gaps as possible to ensure local communities have access to care.

There were pre-existing weaknesses in the health-care system prior to COVID and the pandemic exacerbated many of them, said registered nurse Tracy Abraham, who is the clinical team manager at the Pinawa Hospital, regional acute care supervisor and the cancer care program manager. The system is now being challenged by a suite of respiratory viruses, including COVID, that have disrupted staff rotas and are bringing an influx of people to rural emergency rooms.

Despite the challenges, there have been some positive changes in nursing. And nursing in rural communities comes with a number of benefits, including a variety of nursing jobs, fast-tracking to management and demonstrable support from residents.

Since COVID struck, Abraham said she has seen greater cohesion among nurses and the collaboration between inter-disciplinary teams has been fine-tuned, which has resulted in more streamlined patient care.

"With COVID in the last two and a half years, we've had staff off sick and we've seen an increase in ER presentations and admissions to hospital," said Abraham before Christmas. "But the nurses and the support staff have really come together, relying on each other more and more. Collaboration has also really increased between inter-disciplinary departments such as acute care, long-term care, allied health care and lab services. We've all had to collaborate to make this work for the patients."

Although health-care facilities are suffering from staff shortages and nurses are being asked to "come in all the time," Abraham – who is responsible for staff scheduling – said she has seen teamwork in action. As the Christmas break approached, staff at Pinawa Hospital have been very flexible with shifts.

"I have a lot of open nurse positions, which is similar in many facilities right now. And as Christmas approaches, I have been having numerous talks with my staff. They're saying, 'I'll work four hours on Christmas' or 'I'll switch that shift for you.' Staff are really trying to make sure we've got our hospital functioning."

The use of agency nurses has helped fill staffing gaps, said Abraham, as staff nurses are suffering from burnout after being asked to constantly pick up shifts.

"It is taxing. I can't say they're not experiencing burnout," said Abraham. "There used to be a much better work-life balance for nursing and other health-care staff. I'm hopeful we'll get back to that again."

There has been a positive shift in how agency nurses are viewed by rural health teams. Staff are happy to work with agency nurses because they help lighten the patient load. And agency nurses who find a site they really enjoy working at are continuing to pick up shifts there, she said.

The provincial government announced a \$200-million-dollar human resource action plan in November that addresses health-care staff recruitment and retention. It also includes supports and incentives for nurses that Abraham said are important.

The action plan includes a weekend premium for nurses, a full-time incentive, financial incentives for returning nurses, a joint nursing council that focuses on working conditions, mental health and burnout support and the creation of a provincial nursing float pool, according to the province's Nov. 10 news release.

"The province has offered an \$8-dollar-an-hour premium on Fridays, Saturdays and Sundays, and that has helped fill weekend shifts, which is great," said Abraham. "That incentive was the first big one. There's also a \$10,000 signing bonus for any full-time nurse."

Working as a nurse in a rural community has a number of benefits, including being able to work in a variety of positions and move up the ranks a lot faster than a nurse normally would in the city.

Abraham said she herself moved into a nursing leadership position in year five of her now 14-year career.

"The opportunities for this kind of quick advancement would not likely happen in a bigger centre in the city. Most people in management have had to work the floor for a long time," she said. "I also had an opportunity to gain a broader perspective on rural health care because I was able to work as a nurse in different areas."

Before she moved into a management position at the Pinawa Hospital, Abraham said she worked as an emergency room nurse at the Beausejour Hospital, in endoscopy in Beausejour then as a clinical resource nurse in Pinawa.

With the increase of respiratory viruses such as COVID, influenza and RSV, rural emergency rooms are "busier than they've ever been" and they're struggling with staff shortages, she said. To help educate parents about where to take sick children, the province's Shared Health organization put together an online guide.

The "Kid Care – Where do I go with a sick or injured child" webpage has advice for caring for kids at home and when it's appropriate to go to a doctor, a walk-in clinic, an urgent care centre or an emergency room based on the child's symptoms.

"The one thing the province did well, in my opinion, is providing Kid Care and doing a lot of radio and news bulletins about when to see your doctor, when to go to an ER and educating people on symptoms," said Abraham. "If your child has had a fever for this long and you're tried this, this and this and it's still not resolving, then it's time

to seek care. If your baby hasn't peed within 24 hours it's time to go to the ER."

In Pinawa there's a clinic with doctors who see patients regularly. There are also doctors in Lac du Bonnet and Whitemouth who help staff the Pinawa ER, she said. But people coming to the ER and other rural ERs may be faced with a wait – as they are in urban centres – depending on the severity of the health condition. They may also have to wait for a bed should they need to be admitted.

"If you're sitting here with a nail in your hand and someone has had a heart attack, I'm sorry but the nail in the hand has to wait," said Abraham. "We've always had to triage patients but I think people sometimes get frustrated because they don't know how the system works."

Abraham schedules supervisor shifts at the Selkirk emergency room and said it's the busiest hub in the Interlake. It too can experience delays should it find itself "bed-blocked" in which there are no empty beds for a patient to be admitted to or no beds available elsewhere at IERHA hospitals.

"You have to wait for somebody in another bed to be discharged. That's where system problems come in. People that maybe need to be going to a care home or be transferred to rehab or an ortho bed might have to wait for that bed to become available before you can free up your ER beds," she said. "That's why we're seeing so much more waiting room and hallway medicine because a lot of places are bed-blocked."

Continued on page 7

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COVID deaths in Manitoba during last week of 2022; virus expected to increase

By Patricia Barrett

The last week of 2022 saw 38 people die from COVID, according to the provincial government's weekly respiratory surveillance report for the period Dec. 25-31 (reporting Week 52).

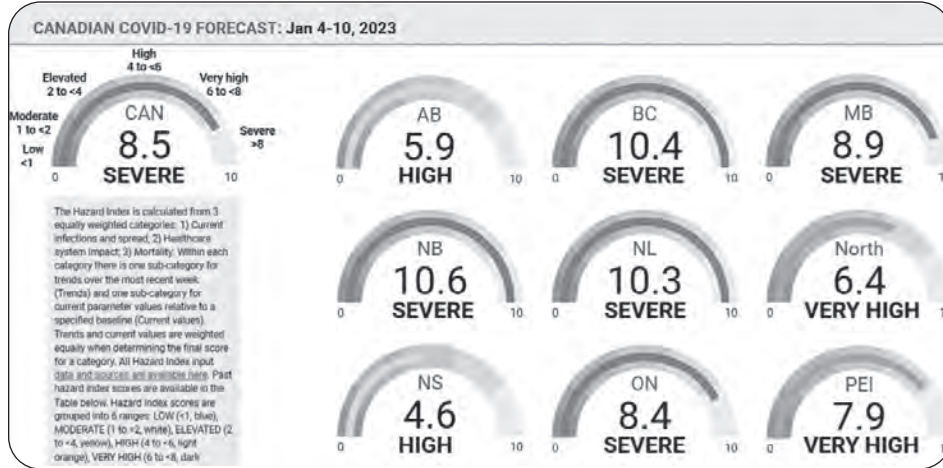
A spokesperson for the provincial government said no respiratory surveillance report was compiled for Dec. 18-24 (reporting Week 51) "due to the holiday break."

There were 111 new hospitalizations with 23 ICU admissions for COVID in Week 52, according to the differences between total hospitalizations and ICU data in the reports for weeks 50 and 52.

There were 134 new COVID infections reported in Week 52. There were 158 infections reported in Week 50. Provincial data are an undercount because the government restricts access to PCR lab testing and rapid antigen tests aren't tracked.

The government stopped providing in its surveillance reports the names of personal care homes and hospitals with COVID outbreaks.

There were 108 new cases of influenza A and zero cases of influenza B reported in Week 52, as well as 20 new hospitalisations. There were 294 influenza A cases reported in Week 50, along with 48 hospitalizations.



COVID-19 RESOURCES CANADA

Manitoba's COVID hazard score, based on current infections/spread, health-care system impact and deaths, for Jan. 4-10 is 8.9 or severe.

There has been a total of 2,499 cases of influenza A so far this season, with 605 hospitalizations and 50 deaths.

Respiratory syncytial virus cases increased in Week 52, with 148 new cases reported. There were 120 cases in Week 50.

Other health news:

The Interlake-Eastern Regional Health Authority declared a COVID outbreak on Dec. 30 at the Selkirk Betel Personal Care Home.

A COVID outbreak that had been declared on Dec. 13 in Appleyard Bay in the Rosewood Lodge Personal Care

Home in Stonewall and an RSV outbreak declared on Dec. 22 in Shura Lane in the Rosewood Lodge are ongoing, according to the IERHA's outbreak page viewed Jan. 7. The IERHA also declared a COVID outbreak on Jan. 3 at the Kin Place Personal Care Home in Oakbank.

-Canada's chief public health officer Dr. Theresa Tam said an increase of COVID in Canada is expected and people should continue to take precautions.

"In Canada, variations in population level of immunity & current glob-

Continued on page 7

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Why doesn't Gimli have a river trail?

Last week's *Express* had a photo of the beautiful skating rink on the Icelandic River in Arborg and I couldn't help but wonder why Gimli can't have a skating area on the lake all

winter? There's one every year for Ice Festival and people love it, but why only for a few days? We could have a rink at the harbour all winter with lights, a bonfire, even a toboggan run?

Just think of how nice that would be for our community.

Winter is long and we need activities that will get us outside and see-

ing other people.

I'm sure that if a rink is created in the area around the docks and maintained all winter that it would be embraced by our community and the dock area would become a winter meeting place, just like it is in the summer.

- Norma Bailey

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EXPRESS PHOTO BY RAEANN LEARMOND

Mother Nature showcased some of her ice sculpted beauty at the cliffs of Steep Rock last week. Teryl Moore from Stonewall was taking it all in while snowshoeing with friends. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

> COVID, FROM PG. 6

al trends suggest an uptick in #COVID19 could occur in the New Year," said Tam in a Jan. 3 tweet. "With other respiratory viruses circulating too, it is too soon to let our guard down."

-COVID-19 Resources Canada's latest Hazard Index for Jan. 4-10 shows COVID at a "severe" level in Manitoba, with a score of 8.9. Hazard scores are based on current infections/spread, health-care system impact and deaths.

-XBB.1.5, an omicron offshoot that is said to be more transmissible than any previously known COVID mutation, is surging in the United States. The U.S. Centers for Disease Prevention and Control said at the end of December that XBB.1.5 was estimated to be responsible for about 40.5 per cent of cases across the country.

The Public Health Agency of Canada reported 21 cases of XBB.1.5 in Canada as of Jan. 4.

-The World Health Organization's weekly epidemiological update for COVID for the period Dec. 26, 2022 to Jan. 1, 2023, reports over 3 million new COVID infections worldwide and 10,000 deaths.

The WHO says the numbers are likely undercounts because of a reduction in testing and reporting delays over the holiday season.

The U.S., China, France, Brazil and Japan were among the countries reporting the highest numbers of deaths over that weekly period.

Gimli International Film Festival 2023 submissions open

By Autumn Fehr

Are you a filmmaker ready to share your film with the world?

There's no better way to do that than at Manitoba's premier and largest rural film festival in Canada, the Gimli International Film Festival (GIFF).

Before the holidays, on Dec. 21, GIFF started accepting film submissions for the 2023 festival this summer from

July 26-30.

As another year comes to fruition, the festival is again looking for the best contemporary cinema from across Manitoba, Canada, and around the globe. From documentaries to animated, short to feature film formats, an array of genres is open for submission.

Each film category has standard

prices, and submissions for Manitoba short films and short films outside Manitoba are free.

The early bird gets the worm. To save some cash on your submission, submit your film before Jan. 23, 2023.

If you miss that deadline, you can submit before Feb. 28 to still receive a discount on your submission.

All film submissions must be made

before March 31 to be considered for the 2023 GIFF.

Mark your calendars, and submit your film to participate in a Manitoban event like no other in Gimli this summer.

For information and to submit your film, head to <https://filmfreeway.com/GIFF2023>.

> RURAL NURSES, FROM PG. 5

Despite public frustration over disruptions to health services, the Pinawa community – along with other communities such as Gimli – continues to show its support for health-care staff.

"Our local school's Grade 1 and Grade 5 classes came over to the hospital one day and stood outside. They made us posters and cards thanking the nurses, doctors, the cleaning staff, the maintenance staff, the kitchen staff, everyone, for their efforts. They came over and planted daffodils which will come up in the spring. It was fantastic," said Abraham. "The community has not forgotten about the hard work that's keep-

ing our hospitals open, keeping our patients safe and trying to get them healthy."

And the local high school's Youth in Philanthropy program, which teaches students about fundraising for good causes, has provided the Pinawa Hospital with grants. The hospital has purchased pyjamas for patients and dumbbell weights and ankle weights to help bedbound patients with range of motion activities.

Hospital staff recently helped raise money for the Youth in Philanthropy program, which launched a grilled cheese fundraiser.

"We had 30 hospital staff sign up. Food speaks in addition to good causes. We ended up raising about \$150 for the program," said Abraham.

"We appreciate everything they've done for us so we wanted to give back"

Derek Johnson
MLA for Interlake-Gimli



Gimli 204-641-8525 | Arborg 204-376-3401
InterlakeGimliMLA@gmail.com

Family Doctor Finder waitlist shrinks in some Interlake communities

By Jennifer McFee

The waitlist to find a family doctor is shrinking in some Interlake communities, which shows a healthy improvement for patients seeking care.

As of Dec. 14, a total of 87 Interlake residents were on the waitlist for Family Doctor Finder, a resource that aims to link Manitoba residents with a home clinic. Individuals seeking assistance to find a home clinic or primary care provider can register with Manitoba Health.

Wendy Meek, primary care connector for the Family Doctor Finder program, said several local communities with new doctors have seen significant improvements in the length of their waitlists.

"Gimli and Beausejour have obtained new doctors, so waitlists for these communities have decreased," Meek said, noting that the length of the waitlist changes daily.

"The waitlist has also definitely decreased since Easton Place in Selkirk has brought in new providers."

Between February and September 2022, the waitlist for Selkirk decreased by 77 per cent, with no patients waiting by the end of October and November.

Selkirk's Easton Place Clinic welcomed Dr. Temitope Ajayi from the U.K. in February, Dr. Jennifer Wilson from South Africa in mid-August and Dr. Idowu Dare from the U.K. at the end of September. They join Dr. Anthony Anozie, a general surgeon who started the clinic in December 2019.

Easton Place Clinic, a Manitoba College of Physicians and Surgeons accredited facility, has space for 12 full-time primary care physicians, Anozie said. Currently, the clinic has seven physicians (four full-time and three part-time) and four clinical assistants.

For Anozie, he enjoys practising as a surgeon in Selkirk thanks to the appreciative patients, friendly community, proximity to Winnipeg and the new hospital.

"We hope to continue to develop our extended clinic opening hours," Anozie added.

Marianne Tom, clinic manager for Easton Place Clinic, said Dr. Anozie is always working to recruit more physicians. Recruitment efforts include networking and advertising in Canada and overseas.

"He has done an amazing job in bringing Easton Place Clinic so many wonderful physicians to work here. So far, every physician has been caring and a joy to work with. Our Easton Place family is amazing and we all love working here," she said, noting that Dr. Dare is currently accepting new patients but might reach capacity soon.

"Easton Place Medical is unique in its own way. We have a variety of different clinics under one roof and we all work in a partnership to help each other out. We have Red River Dental, Horizon Hearing, Interlake Lymph Clinic, Dr. Anthony Anozie, Dr. Angela Schellenberg (general surgeon) and Dr. Shahnaz Ziaei Saba (gynecologist) all here for specialist consultations, as well as Easton Place Pharmacy. The closeness of all the clinics helps keep a majority of people's medical needs under one roof."

Physicians run the walk-in clinic with the help of clinical assistants, she added.

"Our walk-in clinic's goal is to relieve the pressure on Selkirk's already overwhelmed ER. We try to limit things to acute care issues when possible as we want people to reach out to their family doctors first for chronic care issues," Tom said.

"We really hope that we have helped reduce numbers in the ER, even if it's just a small amount of patients per day that we have kept out of the emergency room."

In an effort to increase access to the clinic, Easton Place Clinic is undertaking a trial run of extended clinic hours on Wednesdays.



The Easton Place team is pleased to serve the community.

"We have been trying in the last few weeks to gauge community interest in extended clinic, so we have a rotating schedule and have been filling up these spots quickly each week," Tom said.

"Each week, the physician works an extra couple of hours till 7 p.m. to see a few extra walk-in patients. So far, this has been going well and we keep our pharmacy open later to provide any needed medications."

Check out eastonplace.ca for more info.

For Interlake residents seeking a primary care provider, Meek encourages them to register with Family Doctor Finder.


"By registering, it gives a small snapshot of the needs in the communities and how best these needs can be addressed. Interlake-Eastern Family Doctor Finder can assist clinics that are on board to maintain a waitlist when no providers are available," she said.

"This list allows us to maintain regular contact with people who are waiting to connect. It provides individuals with a support while they are waiting. We can offer other resources that are available in their community depending on their needs."


To register with Family Doctor Finder, call 204-786-7111 or toll-free 1-866-690-8260 or visit <https://www.gov.mb.ca/health/familydoctorfinder/register.html>.



EXPRESS PHOTOS SUBMITTED
Dr. Anthony Anozie celebrates at Easton Place Clinic's recent Christmas party.




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Fieldstone Ventures offers Interlake-based education opportunities

By Jennifer McFee

An Interlake-based education and training organization continues to propel local learning to the next level.

Fieldstone Ventures, a non-profit and community-run organization in Ashern, opened in 1996 and then partnered with Interlake Adult Living Association in 2001. The following year, Fieldstone became a registered Adult Learning Centre to offer mature student high school credit courses.

Since 2006, Fieldstone Ventures has invested in developing employees in health-care and other careers. At the same time, Fieldstone Ventures connects students with funding. By easing financial burdens, students experience greater success with learning and course completion.

Fieldstone Ventures manager Julie Bergner recently won Interlake-Eastern Regional Health Authority's CEO Award for Community Leadership. This award acknowledges the work of Bergner and Fieldstone Ventures' team to help people progress to meaningful careers through education. Actively involved in the community, she also serves as a board member for Living Independence for Elders in Ashern, the Lakeshore Hospital Guild and the Lakeshore Handivan Association Inc.

When Bergner received a phone call from IERHA's CEO Marion Ellis, she was shocked to hear she won the award — and she was quick to share the accolade.

"I would like to recognize Becky O'Sullivan as well, who works alongside me in the office," Bergner said.

"She is the one primarily responsible for the front end and dealing with the clients when they come in. She works one on one with them when preparing documents for the courses and application process."

In addition, Bergner said the award helps generate public recognition for the training centre.

"I have been working here almost 20 years and there are people who still aren't aware of what we do. The fact that we can help people find jobs, determine what they may want to do after high school and help them with these processes is very gratifying. We have clients who come back year after year for help with resumés or just looking to see what type of training we may be offering — or even coming back to get that extra credit they missed in high school," she said.

"Seeing the students come into our centre and grow in their learning is also very rewarding. Some come in very timid or shy, and by the time they leave, they have evolved and are part of the group. Some have gone

on to start their own business or are working or attending college."

Since the organization's doors first opened, more than 5,000 people have taken programs through Fieldstone Ventures and the Adult Learning Centre combined. In the early years, they offered many continuing education courses, as well as heavy equipment operator courses in partnership with Operating Engineers Training Institute of Manitoba.

Fieldstone Ventures also worked with Assiniboine Community College and community groups to host a licensed practical nursing program in Ashern that generated 14 graduates in 2009. The recent Assiniboine Community College course in Arborg, held in conjunction with Fieldstone Ventures and IERHA, brought 25 nursing students to the region. To date, IERHA has hired 16 students from that program to work in the region.

As well, the Interlake Teacher Training Program, in partnership with Brandon University, welcomed 25 students over the years.

"This program ran full time from June to August and then every other weekend for six years. This program required a lot of dedication on the part of the students, a lot of whom worked full time as education assistants during the year," Bergner said.

"We have also had ongoing health-care training almost yearly with class sizes of 15 to 25. The first health-care aide course we ran in Arborg in 2016 with Red River College had 16 students, all of whom graduated, with 95 per cent obtaining employment. In any given course, there is a 75 to 90 per cent job success rate. The first group of licensed practical nurses in



EXPRESS PHOTO SUBMITTED

Julie Bergner, manager of Fieldstone Ventures Education and Training Centre Inc., with Interlake-Eastern Regional Health Authority CEO Marion Ellis.

two decades graduated from Arborg in September 2022 and another group has started this September."

Interlake residents can look forward to expanded training sites in Arborg, thanks to partnerships with communities and guidance by Assiniboine Community College. Work is currently underway to retrofit Ashern's provincial building to offer local training on the west side of the Interlake. A certified health-care aide program delivered by Assiniboine Community College will start in March 2023, offering training to students from as far south as St. Laurent all the way to St. Martin, as well as all five First Nation communities in the area. In total, 20 students are expected to be trained in this course.

In addition, Red River College is offering health-care aide programs and working with Fieldstone Ventures and Shared Health to bring paramedic training to the Interlake.

"We are also working with ACC to bring the medical lab assistant course to the Arborg area in the new year. As well, we have a need for qualified trades persons, so we are working with the businesses to identify Red Seal workers in the area that would be able to train students," Bergner said.

Continued on page 12

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First baby of the year arrives at Selkirk Regional Health Centre

Submitted by IERHA

An early morning drive from Arborg area to Selkirk through thick ice fog has ended with the first birth of the year at Selkirk Regional Health Centre in Interlake-Eastern Regional Health Authority.

Wanda and Samuel Wipf welcomed their fifth child, Zachary Don, at 9:05 a.m. on Wednesday, Jan. 4.

He weighed 6 lbs., 11 oz and is 21.5" long.

"He's the smallest one yet," said Wanda, comparing him to his siblings Noah, 9; Logan, 7; Lindsay, 6; and Jackson, 3.

Zachary will be welcomed with open arms by his brothers and sister who are at home with their grandma at Broad Valley Colony.

"We sent them a picture this morning and apparently they are hitting the ceiling," said Samuel.

The birth was attended by Dr. Margaret Speer. This was Wanda's fourth birth at Selkirk Regional Health Centre where she says she has always been treated very good. The couple

said everyone is very helpful and they have always been welcomed at the health centre.

During their stay in the obstetrics unit, Betty Milkowski, president of the Selkirk Regional Health Centre's Ladies Auxiliary, visited the Wipf family to celebrate Zachary's arrival. She presented them with a new play pen, diapers, sleepers and toys on behalf of the auxiliary.

"This is such a wonderful way for us to start the year," said Milkowski.

Clinical team manager for the obstetrics unit, Jamie Brown, said they are pleased that the Wipf family has made Selkirk Regional Health Centre their preferred location for their deliveries.

"We are very proud of our obstetrics unit and the team that works to provide care. It is our pleasure to help families get off to a great start! For those who are interested, we do offer epidurals. We encourage anyone interested in delivering with us to call the health centre at 204-482-5800 to learn more and arrange a tour of the



EXPRESS PHOTO SUBMITTED

Wanda and Samuel Wipf and their child, Zachary, who is Interlake-Eastern RHA's 2023 New Year's baby.

unit," said Brown.

In 2022, there were 397 births at Selkirk Regional Health Centre which is

Interlake-Eastern RHA's birthing centre.

Enjoying the outdoors



EXPRESS PHOTO BY PAT NUSPL

Members of the Winnipeg Beach Snowshoe Club enjoyed the great outdoors last weekend. The Snowshoe Club is free and doesn't require a commitment. It lends snowshoes free of charge and welcomes people with all levels of experience, from beginners to seasoned 'shoers. The club's oldest 'shoer is in her 80s. The Club meets at the Boardwalk entrance in Winnipeg Beach every Sunday at 1 p.m. and trek in the park. Please call 204-389-2303 or message us on Face Book should you need for us to bring snowshoes, otherwise just show up for fresh air, exercise and camaraderie with a group of friendly snowshoe enthusiasts.



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Westshore Community Foundation Inc. is proud to be working with community foundations across Canada as part of the Community Services Recovery Fund. This fund is a collaboration between Canadian Red Cross, Community Foundations of Canada and United Way Centraide Canada to provide funding to Community Service Organizations including non-profit organizations, Indigenous Governing Bodies and Registered Charities located in Canada.

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Call Westshore Community Foundation at 204-642-9796 or visit www.communityservicesrecoveryfund.ca to find out more about how to apply, explore resources for applicants, and sign up for upcoming webinars.

Riverton-based entrepreneur links Ukrainian newcomers with jobs through staffing agency

By Patricia Barrett

With the continuing arrival of Ukrainian newcomers to Manitoba, a Riverton-based entrepreneur with Ukrainian roots has set up a staffing agency to link them to employers across Manitoba.

Mark Myrowich, owner of ECBVerdoyl, which supplies erosion and sediment control products, launched the Myrowich Staffing Agency last week to help newcomers find work that matches their job skills.

"I remember the stories my grandparents told me about the challenges they experienced settling in Canada just after World War I. They told me how tough it was, not knowing the language, not knowing the culture of the place, but knowing that they had a new life ahead of them for their children. They got a little piece of land, started a farm and that's where my father was born. I was born on that same farm," said Myrowich in a Dec. 13 news release. "And now, with this new generation of Ukrainians that are coming to Canada, I want to pay it forward, for the help that my grandparents got, to this generation."

Myrowich hired 25 Ukrainians for his two factories as he was facing a worker shortage, the release says. He established connections with Ukrainian newcomers online and offered



Andrii Podyma is one of the members of the Myrowich Staffing Agency.

them jobs. After speaking with some of his employees, Myrowich realized there was a need to match workers' specific skillsets with jobs available at Manitoba companies.

The staffing agency helps Ukrainians find jobs at no charge but charges a flat fee to companies using the service. It consists of an online site staffed by 12 Ukrainians.

To make it easier for Ukrainians who haven't had a chance to learn English,



EXPRESS PHOTO COURTESY OF MARK MYROWICH

The Myrowich Staffing Agency team on Mark Myrowich's grandparents' farm.

the staffing agency can group similarly skilled employees together – with at least one of whom can speak English – for deployment to a company. The English speaker can help translate between employer and staff.

Companies looking to hire Ukrai-

nian newcomers can visit: <https://hireukrainian.ca> Ukrainians looking for jobs can visit the bilingual (Ukrainian and English) website: <https://myrowich.com>

Three surprises you never want with new dentures

BY BROCK VANDOR, DENTURIST

"You know that look people with new dentures sometimes have? Those big fake white teeth... that's exactly what I don't want! I want to look natural, like the ones I have now, but not stained or worn-out." We hear this all the time and it's exactly what we like to hear because we believe in making dentures that are both beautiful and natural-looking! The worst thing that can happen is someone comes in to get new teeth because theirs are getting old and then leave with a new smile that looks totally different than what they, and everyone else, are used to; which is a big surprise for all.

Surprises are not good when it comes to dentures! When myself or Matthew first meet with patients we like to tell them that they will be happy if we can ensure there are no surprises in 3 areas.

1. We want no surprises when

it comes to what your dentures will look like. To do this we first talk about what you like or don't like about your current teeth, then we pick the new shade and shape together while sometimes even using old photographs to recreate your natural smile. Lastly, we actually do a mock up (practice) denture with the real teeth in pink wax so we can heat up the wax to make the teeth longer or shorter and characterize it just right. Once you are happy with the look, then we finish the denture(s) in high impact natural-looking acrylic.

2. Next, it is so important (I believe this for every business) for there to be no surprises in price! We hate extra costs and hidden fees, so we make sure everyone knows exactly what their treatment price will be before we ever start. This ensures there will be no surprise charges, unless the cost ends up being less,

but that's a good surprise!

3. Lastly, there should be no surprises in how the denture functions and feels. This one is the hardest to ensure, so we take the time to sit down face-to-face with you before we begin, to really understand what you're used to. We talk about any issues, what you want in your new teeth and clearly communicate all the options including their pros and cons so we can all have the right expectations and no surprises.

We call the face-to-face meeting a consultation and it's the first step to making sure there are no bad surprises when getting your beautiful and natural-looking new teeth. We don't charge anything for this appointment (no price surprise!) and would love to book you in today! Looking forward to taking your call and meeting you in person.



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Crystal shows off her beautiful yet natural looking smile with Brock (Denturist).

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Gimli revives idea of sewage lagoon conversion to wetlands

By Patricia Barrett

The old sewage lagoon in Gimli is being considered once again for conversion into functioning wetlands that would include boardwalks and an interpretive centre.

The idea of turning the former lagoon into wetlands started with Kevin Chudd almost two decades ago when he served as mayor and when Gimli was in the process of building a sewage treatment plant. Having won the mayor's seat again in the October 2022 election, Chudd revived the idea.

A local committee is currently in the process of being formed to oversee various facets of the project, including a made-in-Gimli site design.

Bill Barlow, a former Gimli mayor, Lake Winnipeg Research Consortium board member and former chair of the Lake Winnipeg Stewardship Board, is serving as leader of the committee, which so far includes mayor Chudd and Tim Arnason, who serves on the Westshore Community Foundation. Barlow said the municipality has people with "experience and expertise" to come up with a good design, and he envisages a committee of about 10 people.

The lagoon conversion would be modelled along the lines of Oak Hammock Marsh (near Stonewall) and FortWhyte Alive (in Winnipeg) and include boardwalks, viewing platforms, paths and an interpretive centre, he said.

"The general concept is to develop it as a wetland for visitors to see all the flora and fauna," said Barlow last week. "As well, we want to add an interpretive centre with a very unobtrusive design. The centre would cover the geological development of that spot and several thousand years of human history in the area. There would certainly be a First Nations component."

The old lagoon is located between Gimli's South Beach neighbourhood to the north and Willow Island Road to the south. Highway 9 and beachfront along Lake Winnipeg make up

its respective west and east borders.

Barlow said the lagoon site consists of 144 acres with four deactivated wastewater cells. The lagoon served the Gimli urban centre from roughly 1956 or 1957 until about 2005.

There are a few challenges the committee has to address in the initial phases of the project, said Barlow. Part of the lagoon site is currently being used by municipal public works as a snow dump, one of the four cells can be used as backup storage in the event of excess precipitation and there's a major lift station that sends wastewater to the treatment plant in the industrial park across Highway 9. The committee also wants to look at possibly re-zoning the site to maximize environmental protection.

The municipality said it has already embarked on a lagoon decommissioning project, with sludge having been removed from cells 2, 3, and 4 and "stored in cell 1 until it is land applied possibly this fall."

The municipality completed the construction of a biosolids facility at the Arnes Landfill, but said "old sludge is land applied; it does not go to the drying beds (biosolids facility)."

Part of the decommissioning plan is to level some of the dykes around the lagoon cells.

"The dykes for cells 3 and 4 have been leveled and will return to the natural state of the area," said the RM. "The berm running north and south on the east side of cells 1 and 2 will remain in place as it is part of the dyke system in that area."

The conversion of the lagoons to wetland would dovetail nicely with the trend towards the restoration of natural landscapes and the recognition of the ecosystem benefits restoration and preservation brings.

Barlow said the municipality has responsibilities as one of the stewards of the Lake Winnipeg watershed. And converting an unused lagoon to wetland would bring a number of environmental benefits and possibly more



GOOGLE MAPS

The four cells of Gimli's former sewage lagoon near Lake Winnipeg (right).

visitors to Gimli.

"At this point, the lagoon site is not a major source of any nutrient loading, but if it could act properly as a marsh, it would help filter nutrients; marshes are nature's kidneys. It's the reduction of marshes and wetlands throughout the watershed that have caused some of these nutrient overloading issues in Lake Winnipeg," said Barlow. "What we want to do is re-establish wetlands throughout the watershed, and this will be one of them."

The committee wants to involve community groups, such as the Gimli Active Trails Advisory Committee – which is creating and connecting trails in the municipality – before it considers inviting specialists that could include Ducks Unlimited, the Manitoba Habitat Heritage Corporation and landscape design firms. But it has already approached the Gimli-based East Interlake Watershed District.

"We want to move forward with a design we put together ourselves as a community before we involve other agencies," said Barlow. "But the East Interlake Watershed District will be very much involved in the project, and I've had some discussions with the district on this matter already."

The EIWD said it's excited to partner on the proposed conversion project.

"Projects like this are great examples on how enhancing and naturalizing places can have lots of benefits, from making places for bees, birds and other wildlife to live, to improving water quality for swimming, fishing and other water activities, to reducing the risks and costs of climate-change events such as floods and droughts," said EIWD manager Armand Belanger.

The EIWD facilitates environmental protection projects in the east Interlake watershed region and works with interested landowners on projects that can include the creation or enhancement of wetlands, reforestation, soil enhancement, shelterbelts and the establishment of prairie.

Belanger said funding is currently available to anyone interested in making, enhancing protecting or maintaining naturalized areas such as wetlands, grasslands, pollinator areas, treed areas or shelterbelts.

"We also have funding available for farmers to improve soil health such as livestock fencing and watering, nitrogen management and cover crops," he said.

Barlow said he would like to see a detailed preliminary report on the lagoon conversion project presented to council by at least mid-February.

> FIELDSTONE, FROM PG. 9

"We have a strong desire to 'grow our own,' to train locally and allow students to train from home and not have to uproot. This is especially important for anyone with families or young children. It has been working and we continue to bring training to the area, which we know will benefit all the communities we serve."

In an effort to best serve local communities, Fieldstone is open to suggestions from the public, Bergner noted.

"If there is some type of training you would like to see brought out to the rural area, let us know and we will try to accommodate. Currently, we offer continuing education courses to the public in computers, accounting, babysitting, food handler certificate, first aid, CPR and basic life support," she said.

"The Adult Learning Centre runs on a continuous intake. If you need to upgrade or want to get your mature student high school diploma, we can help with that. Courses are in

individual modules and can be completed remotely with in-class support as needed."

Fieldstone also provides itinerant services by travelling to communities within its catchment area — weekly in Arborg, biweekly in Gimli and monthly in other communities.

For more information about education opportunities at Fieldstone Ventures, drop by the office at 1-61 Main St. in Ashern or call 204-768-3797. Office hours are Monday to Friday from 8:30 a.m. to 4:30 p.m., and

teaching staff is available Monday to Friday from 9 a.m. to 3:30 p.m.

Learn more on the Fieldstone Ventures website at www.fieldstoneventures.com and on the Facebook page entitled "Fieldstone Ventures Adult Learning Centre."

sports & recreation

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Emms-Finnsson having success with Assiniboine Cougars

By Brian Bowman

Keely Emms-Finnsson's first collegiate hockey season could not have started any better.

Emms-Finnsson's Assiniboine Cougars are 14-1 at the holiday break and are currently on a 14-game winning streak.

She is really enjoying her time going to school and playing hockey out west in Brandon.

"School is going great. I'm doing agriculture right now and that program is really well run. I'm enjoying it a lot. It's a lot of hands-on work so I get good experience while I'm at school and it's a lot of logical stuff that we're going to use in our future," said Emms-Finnsson last week. "Hockey, I'm very much enjoying that. We're doing really well this season. I love my coaches and the girls are like a family out there so it's nice. Even though I'm so far away from home it still feels like I'm with my family."

After a season-opening loss to Balmoral Hall back on Oct. 22, Assiniboine has been on an absolute tear.

The Cougars have outscored their opponents by an amazing 106-12 margin during their impressive winning streak.

"It's been so fun, we work really hard. We train a lot and all of us girls work really hard at doing well because we all want the end goal at nationals," said Emms-Finnsson, an Arborg product. "We all know we have to put our work in."

Assiniboine does a lot of travelling playing against teams from the United States.

"Travelling is so fun. It's a new experience for me. I've never gotten to travel with my teams before so it's really fun getting to do that," Emms-Finnsson said. "(The hockey) is a lot more physical than what I played before in Manitoba and it's a faster pace than what I played before."

Emms-Finnsson, on a personal level, is having a solid season. She has three goals and nine assists while splitting time on defence and at forward.

"Personally, I feel that I'm doing really well," she said. "We're a very fair team. All of us are good, no one person gets more ice time than another. My coach says we're not line one, line two, line three, we're all line 1A, B,



Keely Emms-Finnsson

and C."

Playing defence has been a change for Emms-Finnsson, who played the past 17 seasons strictly as a forward.

"I'm actually loving defence right now," she said. "I'm getting some points back there and seeing the ice from a different angle. I'm really enjoying it and when I'm up at forward I'm really aggressive and not afraid to get into the corners and get dirty. I really enjoy playing - I love the game and having a great coach and great teammates makes it so much better and so much easier to keep going especially when we have those long trips."

The Cougars will have another long road trip this weekend when they head east for a pair of road games against Sault College in Sault Ste. Marie.



EXPRESS PHOTOS SUBMITTED

Arborg's Keely Emms-Finnsson has three goals and nine assists with the Assiniboine Cougars this season.

The goal for Assiniboine is to win a lot of hockey games in the new year and advance to the nationals which will be played in Boston from March 14-21.

"I'm so excited to experience Bos-

ton and I'm so excited to experience the nationals," Emms-Finnsson said. "This is all new to me and this will probably be one of the highlights of my hockey career."

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs blast Beausejour twice last weekend

By Brian Bowman

The Arborg Ice Dawgs have had a great start to the new year.

Arborg is 2-0 in 2023 after beating the Beausejour Comets 5-2 on Saturday.

"We played very well. We're starting to develop some consistency in our game," said Ice Dawgs' head coach Scott Wong.

Cadrick Dueck led Arborg with two goals while Mitchell Wilson, Jake Plett, and Michael Crave also tallied.

Brady Bowes scored both Beausejour goals.

Dylan Johnson made 26 saves for the win.

The Ice Dawgs' penalty kill was terrific, blanking the Comets in nine opportunities while scoring a pair of shorthanded goals.

"Our penalty kill has gotten much better since the start of the year until now," Wong said. "I believe we were one of the worst penalty killing teams in the league. Since the Christmas break we have changed a few things in our game."

The two teams clashed on Friday with Arborg blasting the Comets 6-1 in Beausejour.

Austin Adair led Arborg with two goals while Luke Hjordli, Wilson, Harris Dankochik, and Noah Johnson also tallied.

Dueck had three assists and Plett chipped in with two helpers.

Jaiden Reeb scored a second-period goal for the Comets.

Tre Strachan stopped 27 Beausejour shots for the win.

Giving up just three goals in two games is a great way to resume play after the holiday break.

"Our defensive play is improving tremendously throughout this season," Wong said. "I've got a big 'D' core that moves the puck well."

Arborg's next game is Saturday (7:30 p.m.) at Sel-



EXPRESS PHOTO BY RAYME THOMSON

The Ice Dawgs' Austin Adair led Arborg with two goals in his teams 6-1 win Friday night against the Beausejour Comets.

kirk. The Ice Dawgs will then host St. Malo on Sunday at 2:30 p.m.

The Lundar Falcons, meanwhile, were edged 2-1 by the first-place Selkirk Fishermen on Sunday afternoon.

Riley Zdan scored midway in the third period to give Lundar a 1-0 lead.

But the Fishermen's Kyle Folhoffer netted a short-handed goal just over three minutes later and then Selkirk's Kasen Andrushko tallied the game winner with just 38 seconds remaining in regulation time.

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

Ryan Benson and Andrew Henry tallied for the Falcons.

Ethan Doell, Radek Merasty, Ashton Dubois, Kaden Rioux, and Thomas Maynard replied for St. Malo.

The Falcons will host St. Malo on Friday and Beausejour Saturday. Puck drop for both games is 7:30 p.m.

U18 Lightning split weekend with Southwest Cougars

Staff

The Interlake Lightning needed a strong third period against the Southwest Cougars on Sunday afternoon.

And the players delivered.

Interlake erased a 2-1 third period deficit with three goals on its way to a 4-3 comeback victory in Manitoba U18 AAA Hockey League action in Souris.

Nate Robson, on the power play, and Darren Hunt scored to stake Southwest out to a 2-0 first-period lead.

Interlake's Brandon Burak netted the lone goal in the second period and then the Lightning mounted their comeback with three goals to start the third period.

Burak, Nic Leclair, and Morgan Waddell tallied

for the Lightning.

Southwest's Jack Clark closed out the scoring at 13:43 of the final frame.

Dylan Leclair made 25 saves for the win while Ian Buors chipped in with two assists.

On Saturday, Interlake let a 3-2 third-period lead slip away in a 5-4 loss to Southwest.

Aiden Miller, Adam Vigfusson, Blake Farthing, and Gavin Holod scored for the Lightning.

Buors had two assists in the game.

Southwest goals came from Sebastian Stone, Kelby Diehl, Ty Schell, Regan Anderson, and Jayce Thompson.

The Lightning, now 12-17-0-2, will host the Kenora Thistles on Saturday (7:30 p.m.) and Sunday (1 p.m.).

In off-ice news, Buors was named the league's forward of the month for November. The St. Laurent product scored seven goals and added nine assists in nine games that month.

In U18 AAA female action, Interlake lost 5-1 to the Winnipeg Avros last Saturday.

Chloe Minkus scored Interlake's lone goal in the first period.

Avros' goals came from Elizabeth Bird, Mackenzie Lizotte, Rory Lubkey, Chloe Nicolas, and Avery Shortridge.

The Lightning's next game is Saturday at 8 p.m. when they host Westman. On Sunday at 3 p.m., Interlake will play the Avros.

Both games will be played in Stonewall.

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RM OF WEST INTERLAKE PUBLIC NOTICE

Pursuant to Section 194 of *The Municipal Act*, public notice is hereby given that the auditor's financial report, together with related financial statements for the 2021 fiscal year, is available for inspection. This information can be retrieved at either Municipal office during regular office hours or online at www.rmofwestinterlake.com

Dated at Eriksdale, Manitoba this 20th day of December 2022

Mrs. Davina Mason, CMMA
Chief Financial Officer
RM of West Interlake

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RURAL MUNICIPALITY OF ARMSTRONG REQUEST FOR SEALED TENDER MELEB WASTE DISPOSAL GROUNDS MAINTENANCE

The RM of Armstrong Council is inviting tenders to push, compact and cap garbage at the Meleb Waste Disposal Grounds. Pushing and compacting garbage will be required weekly and capping required monthly.

Each week the garbage is to be pushed and spread in approximately 12 inch layers and then compacted. This will require heavy machinery in order to compact properly.

Monthly the waste will have to be pushed, spread, compacted and then covered with earth capping. Capping/covering of the waste consists of a layer of soil approximately 6 inch thick spread on the compacted waste and compacted again. The working face of the cell is to have an even slope surface to be able to spread and compact future waste. Material for covering the waste is in a spoil pile located next to the site.

Work Start Date: February 1, 2023
Contract End Date: December 31, 2023 and may be renewed annually at Council's discretion.

Deadline to submit tenders: Friday, January 27th, 2023 by 4:30 P.M.

The Lowest or any tender not necessarily accepted.

Detailed tender packages complete with specifications are available to interested applicants on the RM of Armstrong website. Any questions or concerns can be directed to:

Corlie Larsen, CMMA
Chief Administrative Officer
Box 69, Inwood, MB R0C 1P0
Phone: (204) 278-3377
Email: cao@rmofarmstrong.com

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Experience and Education in Management and/or the field of Community & Disability Support required. This is a full-time position, complete with employee benefits and pension. Salary negotiable, according to qualifications.

Apply in writing by Mon., Jan. 16. For further information or to apply, contact:

Kathy Finnon, Executive Director
Riverdale Place Homes Inc.
Box 968
Arborg MB R0C 0A0
email: kfinnon_rph@outlook.com
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Riverdale Place Workshop Inc. requires a Recycling Driver to drive a 4x4 truck and 16 ft. Recycling trailer for Recycling pick up in the Town of Arborg and Village of Riverton. Also to assist in the recycling department. Hours are 8:30 a.m. to 4:30 p.m. Monday to Friday. Benefit plan and pension plan provided. First Aid and C.P.R. provided. A Criminal Record Check and Adult Abuse check required. Job Description available at the workshop.

Please send resume or drop off at the workshop to
Alex Janower, Manager
Riverdale Place Workshop Inc.
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Tele- 1-204-376-5584
Fax- 1-204-376-5584
email riverdalew@mymts.net

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The Chatfield Community Club would like to thank all those that donated and participated in their Halloween Dance, the Halloween Party for the Children and the Buck Night.

The proceeds of these successful events will go towards the maintenance and upkeep of the Chatfield Hall.



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EMPLOYMENT OPPORTUNITY

Office Clerk

Full-Time – Office Clerk Position

The Rural Municipality of Fisher invites written applications for the position of full-time Office Clerk.

The successful applicant will be required to provide a variety of administrative and financial clerical duties associated with municipal and utility services. A detailed job description and duties are available upon request.

The successful candidate shall possess the following qualifications:

- Ability to communicate effectively with Council, employees and the public.
- Strong written communication skills.
- Computer Knowledge
- Attention to accuracy and detail.
- Honesty, reliability, integrity, team player and ability to work well with others is a must.
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Written applications including resume, cover letter and three work related references to be submitted in confidence by 4:00 January 31, 2023. Open until suitable candidate is found.

RM of Fisher "Office Clerk Position"
PO Box 280, Fisher Branch, MB R0C 0Z0
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The RM of Fisher thanks all applicants for their interest. Only those considered for an interview will be contacted.

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RM OF GIMLI

MUNICIPAL GRANT APPLICATIONS 2023

The deadline for the Municipal Grant applications is **February 15, 2023**

If your organization would like to apply for a grant, the grant application package is available 3 ways:

- On the RM of Gimli website, www.gimli.ca
- By email request, gimli@rmgimli.com
- By mail, call (204) 642-6650

Applications received after the deadline date will not be considered.

Dated this 4th day of January, 2023

Kelly Cosgrove
CAO

Rural Municipality of Gimli



RURAL MUNICIPALITY OF ARMSTRONG

MUNICIPAL GRANT APPLICATIONS 2023

The Rural Municipality of Armstrong is now accepting applications from various types of charitable, non-profit and community organizations.

Each year the Rural Municipality of Armstrong receives more grant requests than it can fund, the RM would like to treat all organizations fairly and share available resources throughout the Municipality.

All funding decisions are made based on local needs and priorities within the limitations of Council's approved budget.

Grant applications are available on our website at www.rmofarmstrong.com or contact the municipal office 204-278-3377.

The deadline for the Municipal Grant applications is January 31st, 2023 at 4:30 pm.

RM of Armstrong Office
Box 69, Inwood, MB R0C 1P0
Phone: 204-278-3377
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

Temporary Service Change

E.M. Crowe Memorial Hospital - Eriksdale

Outpatient Lab and ECG services will be available beginning Monday, January 9 (Monday to Friday, 8:30 a.m. to 4:30 p.m.).
Outpatient ultrasound services continue to be available.
Outpatient X-ray services are available in Ashern for the month of January.

Emergency department services will resume on Monday, January 16 and continue on Mondays and Thursdays for the remainder of January. To confirm physician availability in Interlake-Eastern RHA's emergency departments, please visit <https://www.ierha.ca/emergency-department-schedules/>



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OBITUARY



Anita Lynn Kristjanson
May 7, 1954 - January 1, 2023

It is with great sadness that we share the passing of our dear mom, Anita, aged 68 who passed away at the Stonewall Hospital with family by her side, after a long battle with cancer.

She will be sadly missed by her partner Mickey; children Carmandy (Colin), Jayson, and Ashley; grandchildren Ryan (Noémie), Curtis, Mandy, Lindsay, Abby, and Mya; and great-grandchild Rylee. She also leaves to mourn siblings Dennis (Sherry), Laurel (Fred), brother-in-law Jim, Dale, and Karen (Jim); many nieces, nephews, and numerous friends.

She is predeceased by her mom Laura, dad Oscar, and sister Sharrel.

Mom was born and raised in Lundar, Manitoba. She loved the people and the place so much she never left. In her young adult years, she raised us with our dad, Dayle, on the family farm in Clarkleigh. She was a dedicated parent who took wonderful care of her family, home, vegetable garden, and worked long hours on the farm. Later, she moved into town and worked Home Care before she began her career at the Lundar Pharmacy. She had a way of connecting with anyone that walked through the doors and built a lot of strong relationships with many members of the community; she was truly a friend of all. For 32 years Mom was a dedicated member of the local AA and Al-Anon group of which she was very proud to be a part of. In her spare time Mom loved to spend time at Steep Rock with her partner Mickey where you could find her relaxing at their site, gardening at their small plot, going for a daily swim, and making their daily rounds on the golf cart greeting everyone they met along the way. Mom also loved to attend the old-time dances where you could find her dancing up a storm. She was also a huge Lundar Falcons fan and you could always find her in her spot in the stands. She spent lots of time attending her grandchildren's activities, getting together with all her friends and family for board games and once retired, her and her friends attended a card making group where she learned a lot about a hidden talent she had!

We would like to give a special thank you to all hospital staff that provided care on Mom's journey and to her close friends that provided love, care, and support to her along the way.

A memorial service will be held at 2:00 p.m. on Thursday, January 12, 2023 at the Lundar Legion Hall with Cindy Thorkelson officiating. Service will conclude at the hall with a luncheon to follow.

In lieu of flowers donations can be made to CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON 1160, Winnipeg, MB R3E 0V9.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1-204-768-2072
1-866-323-3593

OBITUARY



Owen Victor Thorstein Eyolfson

It is with broken hearts and tear-filled eyes that we announce the passing of Owen Victor Thorstein Eyolfson, beloved son of Pat (Palsson) and Victor Eyolfson, the youngest of their three children. Owen was born in Arborg, Manitoba, April 8, 1985, and he passed away December 16, 2022, due to diabetic complications. Although he left this world far too soon, he left it a far better place.

Owen is survived by his two sisters, Tracy Eyolfson (Sebastien Tremblay), Magnus and Thorstein and Michelle Eyolfson (Rick Slaney), Nickolas, Henrik and Willow, as well as numerous aunts, uncles, cousins, extended family, staff and countless friends, young and old from all around the world.

He is predeceased by his grandparents, Afi and Amma Eyolfson, Steini and Swanlaug (Swanbergson); his Afi and Amma Palsson, Pall and Sigurros (Vidal) and Uncle Raymond Palsson.

Owen grew up in Arborg where he attended school, kindergarten to grade 12. He was intelligent, quick-witted, enjoyed and excelled in all sports. He captained volleyball and basketball teams and coached many junior teams. He enjoyed being on the Arborg Collegiate Student Council and served in his senior year as a Youth Member of the Arborg Town Council. After graduation Owen attended the University of Manitoba, Faculty of Science, returning to his beloved hometown of Arborg to purchase the Arborg Hotel which had been levelled by fire in 2006. On this site he built the new Arborg Hotel and Eldhus Restaurant which opened September 15, 2009. Ever the entrepreneur, Owen purchased the Travelling Inn in 2014. He was owner and GM of both establishments at the time of his death.

Owen was a visionary, ambitious and community minded, passionate and positive about his hometown, its past and future potential. He tried his very best to make it an even better place to live. He participated on many boards and was an integral member of the Community Development Corporation, an active member of the Arborg Chamber of Commerce since opening his businesses, serving as President and Vice-President and was instrumental in establishing the Central Interlake Chamber of Commerce. Owen worked tirelessly to establish the Central Interlake Training Centre in Arborg. He was the East Zone Director of the Manitoba Hotel Association the last six years, served as President of the Interlake-Gimli Constituency of the Manitoba Progressive Conservative Party and continued to serve as Past-President. He was a proud promotor and volunteer at the Arborg & District Multicultural Heritage Village since its inception, helping his mom with so many projects.

Always the explorer, Owen was widely travelled, had a keen interest in history and collecting artifacts from his globe-trotting adventures and getting to know people. He made friends easily and enduring friendships with people around the world, touching so many lives. Since his death, friends have reached out from across Canada, Iceland, Denmark, Australia, Argentina, Italy, London, Minnesota, and North Carolina.

Owen possessed a magnetic personality and quickly charmed everyone he met. He was a loving, kind, caring and devoted son, brother, uncle, cousin and friend. Owen was passionate about helping others, well known for his enormous heart and generosity, someone to lean on, a trusted, compassionate, and objective listener and a wise advisor. A communicator, he thrived on engaging conversations and the exchange of ideas, whether provocative, radical or creative, with friends, family and colleagues. Children adored Owen and his beautiful, loving soul. An "animal-whisperer", he cast the same spell on animals with his calm and gentle ways.

Owen had a special love and affinity for his Icelandic roots, culture and artifacts. He was involved in organizing many Icelandic events in the community. Owen took great pride in his home, designing it to reflect his personality and to showcase his eclectic tastes, his treasures and collections whether Icelandic artifacts, Egyptian and Italian antiques, crystal, paintings and photographs, restored furniture or plants.

His contagious smile, big bear-hugs, and witty banter made everyone fall in love with him. With a twinkle in his baby-blue eyes, and a sense of humour like his Afi Pall, Owen loved sharing random and obscure pieces of information, often leaving you guessing if it was fact or fiction. His mind and heart were full of ideas and plans, some just waiting to take form and many now left as dreams.

In the spirit of his grace and his selfless caring nature, Owen's wishes were respected with love and dignity, and he gave the ultimate gift of life as an organ donor.

Life was never dull with our beautiful Owen and will never be the same without him. Owen will forever be remembered with joy and pride by his family, especially his warm embraces and his comforting bear-hugs.

Góða nótt elsku sonur minn.

We will love you forever, miss you always and never forget you, our dear, dear Owen.

We would like to thank the Arborg Health Care Centre and staff, most especially Dr. Donnelly and RN Tammy Jonasson for their expert, compassionate care and for accompanying Owen on his ambulance transfer to HSC in Winnipeg. Thanks to the Arborg & District Ambulance EMTs for their expert and compassionate response. Final thanks to the doctors and nurses at HSC 4th Floor Critical Care Unit for their care, kindness and compassion.

"Celebration of Owen's Life" will be held later in 2023.

Condolences may be left on Owen's Tribute Wall at www.neilbardalinc.com.

Donations in Owen's memory may be made to: Arborg and District Multicultural Heritage Village, Box 4007, Arborg, MB., R0C 0A0 or e-transfer to admhv4007@gmail.com, Diabetes Canada, 1300-522 University Ave., Toronto, ON., M5G 2R5.

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OBITUARY



Esther Athalena Boates (nee Eichel)
December 30, 1921 - January 2, 2023

Esther passed away peacefully January 2, 2023 at Golden Links Lodge at the age of 101.

She was predeceased by her husband Sterling Harry Boates; parents John and Mary Eichel; brothers Arnold, Norman, Leonard and her granddaughter Maren Boates.

Surviving family include her children Gail Kerr and Gary Boates (Cethlyn); grandchildren Brenna Kerr, Annalee Miazga (Mike) and Aldara Mackay; great-grandchildren Nickolia, Xander, Xena Miazga and many nieces and nephews.

Esther was born in Melville, SK. The family moved to Springfield, MB. In Winnipeg she attended George V School. To make life more affordable the family moved to Camper, MB on a farm. Esther attended Woolsery School for one year.

While working as a housekeeper in the 40's at Doyle's All Star (Fox) Ranch, she met Sterling Harry Boates of Summerside, Prince Edward Island. They married November 1942 and lived in Fortune Bridge and Big Pointe, P.E.I. In 1949 they moved to Kentville, Nova Scotia where they built their home with the aid of their father-in-law. Esther operated a lunch counter in the Dominion Atlantic Railway Station catering to those travelling from Yarmouth to Halifax.

Following her husband's death she returned home to Ashern, MB in 1961. Esther was caring for her father and two children while in Ashern and happened to find employment with Medical Services, Health Canada serving many reserves in the Interlake. After 1981 she lived out her retirement years until age 96 before moving to Golden Links Lodge in Winnipeg, where their care, time and efforts were greatly appreciated and family could be close.

Thank you to home health care and the many friends in Ashern who spent time together and who kept a caring watchful eye on Mom. Thank you to all the staff at Golden Links Lodge for your friendship, kindness and caring.

Cremation has taken place and burial at the family plot in Ashern will be a private family gathering.

In lieu of flowers, we ask that you consider making a donation in her name to a charity of your choice.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

Announcements



Classifieds

OBITUARY



Rodney Dziadek

It's with profound sadness that we announce the sudden passing of Rodney Dziadek, who passed away with family at HSC Hospital on January 5th, 2023 due to complications from a surgery for Necrotizing Fasciitis.

He is survived by his mother Linda Dziadek, two daughters Kamiele Dziadek and Taryn Molinski, brother Marty (Cindy) Dziadek and sister Daina (Kevin) Ojala and families, as well as special friend Laura (Savannah and Quinton).

Funeral Services for Rodney were held at Komarno Hall on, Tuesday, January 10th at 11:00 a.m. with interment of ashes followed at Inwood Cemetery.



OBITUARY

Ronald (Ron) Ewald Bittner

Suddenly at this residence in Hilbre, MB on December 28, 2022, Ron Bittner passed away at the age of 69 years, loving husband to Sharon.

In keeping with Ron's wishes, cremation will take place and a Memorial Service is being planned.

Longer obituary to follow.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

OBITUARY



Clifton Arthur Bebber

January 11, 1956 – December 30, 2022

It is with great sorrow that we announce on Friday, December 30, 2022 that Clifton Arthur Bebber passed peacefully at the Gimli Community Health Centre with is wife of 45 years, Gina, by his side.

Cliff was born in Winnipeg, MB. Cliff loved the outdoors, spending time at Red Rock Lake, Air Cadets, snowmobiling, scuba diving and his #1 passion, flying. Cliff went to Red River Community College and took up the painting trade, receiving his Journeyman status, October 28, 1977.

He landed a job at Health Sciences Centre where he spent 25 years and retired in December of 2010.

Cliff was a jack of all trades. He knew plumbing, electrical, carpentry, painting and stain glass art. He always used to say "if you want something done properly, do it yourself".

With his knowledge he renovated numerous homes before he built one in La Salle, MB. where he lived for 30 years.

He loved training dogs and trained them in a sport called Schutzhund, which is obedience, tracking and protection.

He also renovated a "pig barn" into Manitoba's 1st rate boarding facility which we named "Bebber Boarding Kennel & K-9 Centre". I used to call him my dog whisperer because he definitely knew how to read dogs.

Cliff had many hobbies which became passions, wine and beer making, fishing, but #1 was flying and on November 9, 2008 he received his pilot license and then went on to get his float indorsement so he could also land on water.

In 2017 it was time to retire so we moved to Silver Harbour, Arnes, MB.

Anyone who knew Cliff, knew he couldn't sit still and tried numerous jobs in Gimli. Aurora as a driver, Diageo, Rona and Evergreen School Division as a bus driver. He loved driving school bus and his munchkins. He believed every child had a story and deserved to be heard and the kids loved him in return.

Cliff always helped people and always left an impression. He always had an opinion and a story or joke.

As per Cliff's request, cremation has taken place and no funeral, but a celebration of his life, will be this summer, August 19th and will be posted in the future.

Cliff, my love, you will be forever missed and always remembered.

OBITUARY

Joyce Grace Byron (Lally)

July 24th, 1937 - December 30th, 2022

It is with great sadness we announce the passing of our Mom, Joyce Grace Byron (Lally), at the Eriksdale Hospital on December 30, 2022.

For full obituary please see the Stonewall Teulon Tribune, www.stonewallteulontribune.ca



OBITUARY

Patricia Mary Watson (nee Kimball)

July 20, 1944 – December 12, 2022

Patricia was born in Fort William, Ontario (now Thunder Bay). She grew up in Winnipeg, fondly recalling attending Riverview Elementary School and Churchill High School. She graduated with Bachelors in Home Economics and Education and did an all-but-thesis in the Graduate Counselling Program (all with the University of Manitoba). Later she received a Master of Education (Focus on Integration) at McGill University. The latter degree was earned during a delightful 14-month education sabbatical in Montreal. Professional work over the years in Winnipeg included social worker at the Society of Manitobans with Disabilities, teacher at R.B. Russell Vocation School, resource coordinator for at-risk youth at Winnipeg Technical Centre and guidance counsellor and head teacher at various schools in the Fort Garry School Division.

Pat is survived by her loving husband, Graham Watson, three siblings and a number of nieces and nephews and their children who are spread across Canada. She is also survived by many great friends.

Pat is predeceased by her parents, Violet (Vi) Kimball (born in Saltcoats Saskatchewan) and Francis (Kim) Kimball (born in Radville Saskatchewan).

Pat loved "being at the lake". In the earlier years, she rented cottages in the Whiteshell Provincial Park, briefly owned a cottage beside Royal Lake in Ontario and for about 32 years had our country home in the Interlake on the shores of Lake Winnipeg. In retirement, Pat enjoyed "adventure travel" across three continents. She took great delight in cooking and making tasty meals for company either indoors during the winter or out on the beach during pleasant weather. Other interests were walking (as long as there was a destination), bicycling back lanes, golf, two book clubs, vegetable and flower gardening, ballroom dancing, Gimli International Film Festival, Scrabble, duplicate and contract bridge, solving crossword puzzles, and sharing a hearty laugh with Graham as well as with dear friends.

Pat survived a near fatal heart attack five years ago. Unfortunately, Pat's heart pumping capacity decreased over the last year. With support, she passed peacefully and quickly from a natural death.

As per her wishes, a cremation has occurred and there will not be a memorial service.

Please consider a donation in Pat's memory to Gimli New Horizons Activity Centre, Lake Winnipeg Foundation or a charity of your choice.

Condolences, photos, and stories may be placed on Patricia Watson's tribute wall at www.bardal.ca for all to see.

OBITUARY



David (Dave) McLean

May 24, 1946 – January 6, 2023

We are heartbroken to announce the passing of our father and grandfather, David (Dave) William McLean.

Dave was predeceased by his wife Joan of 42 years; his mother and father-in-law, Doris and Sigurjon; step father-in-law, Donnie; his siblings, Johnny, Bruce and Nancy and his granddaughter Alissa Rose.

He will be greatly missed by his four children, Les (Tim), Brenda (Eric), Robbie, and Sheila (Dwayne); along with his many grandchildren, great-grandchildren, family and friends.

Dave was an avid sports fan; you'd often find him cheering on his hometown team, the Montreal Canadiens. As a young adult he worked in the shipyards, until he moved to Thompson to work at Inco in 1966. It's there he met the love of his life. They soon

married and began to raise their four kids. In 1978 they moved to Arborg to be closer to family; where they would stay the next five years. Dave went on to get his Red Seal as an Autobody and Collision Technician. This would eventually move his family to Winnipeg where they'd remain for many years.

Dave took pride in everything he did. He was always willing to lend a helping hand. He loved spending time with family and friends around the table; with a coke, joking, listening to music and busting a move.

In lieu of flowers, donations may be made to the Manitoba Lung Association or plant a tree in his memory.

Arrangements by: Voyage Funeral Home & Crematorium with private burial to follow in spring.



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